

REPORT OF EXPERIENCE WITH MDMA

Date: November 25, 1975

Participants: Don and Betty Brandt, Fred and Peggy

Initial Dosage: 100 m.g. for Don, Betty and Peggy 120 m.g. for Fred

The chemical was ingested at 1:50 A.M.

11:05 Peggy reports getting tingly, excited, I feel some euphoria

11:23 I feel intoxicated, much more than in recent experiments

11:25 Don feels real strong. Betty feels nothing, is worried that it won't work because she takes so many different drugs that she is refractory, and will need a lot more.

11:35 Betty finally feels it strongly. She lies down on the floor, is tingly.

Her face is quite drawn; she experiences many conflicts. She doesn't want to discuss in front of Don. Peggy encourages her to move out to the back patio in the sun, and stays with her. Don and I go for a walk out front.

It had been totally overcast and rainy all week, but today was beautiful, warm sunny day, with fascinating clouds in the sky. Betty is very happy to have Peggy to talk to, and has much confidence in her, after several days of their visiting together.

I am quite impressed the way Don has expanded. I feel him strongly, in a very euphoric way. He looks younger, relaxed, he feels good. We walk through the unusually beautiful neighborhood he lives in -- beautiful homes set well back with lots of separation, beautifully landscaped with many trees and bushes. The area was originally a beautiful fine forest. There are few areas so nice in the country, and this was a particularly beautiful day. Don notices the beauty, and comments how he never allows himself to enjoy a day like this, but bogs himself down with work. He feels two very strong wave of drug action, not unpleasant but not pleasant, but overwhelming. They pass, leaving him feeling good after the wave. He notices that his back, which has been bothering him for several months, does not hurt as much, and we walk much further than would ordinarily be comfortable for him.

12:20 Supplement time. We return to the girls. Don does not want the supplement, but all else take 40 m.g. Betty has [started] to come out of the deep state of conflict she was in, and notices how young and relaxed Don looks, and how bright his eyes are, without their usual glaze. She asks us to leave her with Peggy again, and Don and I continue our walk. I am having a glorious experience, feeling very good with Don, and the weight of any past difference dropped away. I am pleased he is having such an excellent reaction, since he approached the experiment with many reservations.

The experiment trails off nicely, with good feelings all around. Don gets hungry and makes himself a sandwich. He wants to watch a football game on TV that he had previously set himself up for. I join the girls for relaxed discussion.

Later in the evening, we go out to eat at a cafeteria, having a nice, relaxed evening. Unfortunately, Don quickly returns to some of his established routines.