

Date: February 19, 1979

REPORT OF MDMA EXPERIENCE

Participants: Uma, Peggy, and Fred

Dosage: Peggy, 100 mg. Uma and Fred, 120 m.g.

Background: Uma had been run down since Christmas, dropping in and out of the flu, with low energy, and with a raspy throat that has affected her throat and prevented her from singing (she is an excellent singer, accompanying herself on the guitar). She asked for an experience, so we set up this day in her apartment in Glendale.

Start: 11:30 A.M.

11:40: Peggy is beginning to feel.

12:00 Fred and Peggy are feeling it more strongly. Uma is cold.

12:05 We notice that the three brightly colored Mexican finger paintings on the wall are coming to life very vividly. After looking at the paintings, Uma feels strongly hot. I feel woozy. We notice that compared to the finger paintings, the Indian sand paintings next to them appear stiff and mechanical.

12:25. Uma and I feel cold and put on more clothing. Peggy feels good being cold. It is a cloudy day outside. Uma's living room has a dark gold wall paper. I find it getting very bright and very attractive. I doubt if I will ever see it dull again. I am intensely intoxicated, probably the deepest ever. Everyone's skin has softened. Peggy and Uma look radiant and beautiful. We all feel glorious.

12:35. The sun has broken through the clouds. We step out on the little balcony, into the sunshine, and observe the plants Uma is growing. It is beautiful and alive outside. The clouds are striking. I see intense, brilliant white light in the clouds that is very elevating.

1:00. All take 40 m.g. supplement.

1:20. Peggy reports that the supplement has hit her stronger than the first amount. This may be because of her initial lower dose. She thinks she may start with more next time. Everything is dancing. She has trouble focusing. She is extremely relaxed. She notices some internal darting.

1:30. We are all extremely relaxed and euphoric. Uma sings to us. She plays and sings perfectly. Her voice is angelic, with no trace of the earlier raspiness. This is true in her speech also. Time passes rapidly, unnoticed.

3:00. We go for a walk in the neighborhood. It is beautiful outside and we deeply appreciate the beautiful shrubbery and trees, and the well-kept homes.

3:40. Back in the apartment, Uma feels too tired to sing more. We put on Don Quixote, by Richard Strauss. The music is beautiful. Everyone feels very relaxed and Uma and Peggy feel tired. Peggy still reports eye darting. All have experienced some slight jaw clenching, but it passes quickly.

5:30. After eating (I am very hungry, more so than previously), we drive up Pacific Avenue high up on the mountain, with a marvelous view overlooking Concord and the Valley. We return for a quiet, restful evening. Uma is aware how she has been pushing herself and not getting enough rest. We all feel renewed.