

EXPERIENCE WITH 2-CD

Date: March 20, 1979

Subjects: Fred and Peggy

Dosage: 25 m.g.

8:55 A.M.: Ingestion, on an empty stomach. The previous day had been quite stormy, with snow and rain. This morning it seemed to be clearing, but low-lying clouds moved in, and it was cold outside.

9:25: Peggy begins to notice. We have been listening to Iren's piano recording (the local valley pianist), and it is beautiful. I have felt somewhat, and have been enjoying the beautiful clouds. I notice I am a little dizzy when I stand up. Peggy turns off the heater.

9:32: Peggy is very aware of her body. It is strange, totally different than previous time with the group. Things are coming to life. I feel nausea, but it passes quickly.

9:38: I am cold, even with the heater back on. ~~Peggy is uncomfortable.~~

10:03: Peggy is uncomfortable. We both feel much more impact from the chemical than previous time. I feel quite intoxicated.

10:30: We go outside. It is chilly, but the sun peaks through the clouds to warm us. It is perfectly beautiful outside. Fortunately, no wind. Everything is crystal clear, the mountains are covered with fresh snow, beautiful clouds hang over the mountain. We notice the spring is bursting out everywhere, with wonderful shades of green everywhere as new plant life appears, and new grass is growing in the meadow. We notice the rocks and plants in great detail. We have a marvelous walk down to the stream, where I show Peggy a pool I discovered the day before where we might grow trout. We enjoy watching the stream, and the marvelous outdoors until almost noon.

12:00: It has clouded over, and gotten colder. We notice the tremendous emptiness of our stomachs, and go back to the house to eat. I feel much energy running, but a slight upset to my stomach. We seem to have passed the peak, with the intoxication having passed, but otherwise we are feeling marvelous. Scrambled eggs taste outstanding. We are both famished. All my stomach discomfort disappears after eating. Peggy felt a slight stomach discomfort after eating, and after a while it went away.

12:30 - 1:30 We lie still, listening to the piano music, which seems especially fitting. Iren is very much with us. We both feel a little tired, and enjoy lying down listening to the music. It is most peaceful and euphoric.

1:35 I feel a marvelous afterglow developing. We go for a stroll, and visit our new neighbor who is constructing his house. We wander about the property, enjoying the marvelous glow, which continues the rest of the day. We have splendidly relaxed afternoon and evening. At night we enjoy quietly reading in front of the fire.