

REPORT OF EXPERIENCE WITH MDMA

Date: July 24, 1979

Place: Udinese's condominium at San Clemente

Participants: Uma, Jacob, Tammie, Peggy, Fred

Background: Jacob has requested another experience with "Window" before he returns to medical school in Mexico, and felt the beach would be an ideal place. In the meantime, Tammie has been suffering from stomach problems, which the doctor has diagnosed as "spastic colon," and had prescribed librium. She seems to be suffering a lot of tension from a number of significant changes coming up in her life: her boyfriend moving to San Diego to go to school, her planning to move out of her apartment and later this fall move to a new location. She welcomed a second experience (her first was the day after her 19th birthday, July 9, 1978).

Dosage: All took 120 m.g. except Tammie who preferred to start with the amount she had had before, 100 m.g.

9:30 A.M. Start.

9:40. Tammie feels heart beating fast; feels antsy. Peggy reports first alert--tummy rumbles, excitement

10:05 I have had very slow start, but suddenly feel it come on quite strongly. Jacob has felt very little, but then he begins to feel strongly. Very shortly we are all quite intoxicated and feel absolutely marvelous. For me it is one of the most intense intoxication's with this material. Uma entered deeply somewhat before Jacob We all feel glorious. Everyone's face, voice, skin, soften. The ocean is spectacular. All of Tammie's stomach pains disappear. She feels free of pain and tension for the first time in months. She watches the breakers, seeing them as long smiles, and the ocean saying, "Come play with me!" She writes some poetry. We all have a marvelous time together, talking freely.

11:00 We all take 40 m.g. supplement. We had started to come down slightly, and as the supplement took hold, the conversation became more animated. We continue with a perfectly beautiful day. Tammie says she has never felt better in her whole life, and is very grateful for the experience. Jacob suggests looking down on your body, and noticing any place that has tension or pain, and healing it. We try this and it works fine. I find the ocean and heavy surf a great stimulus to exalted thoughts -- the timelessness, feeling of eternity, the marvelous state of the world, the hope for mankind, the wonder of these materials and those that make them possible. There is a marvelous feeling of centeredness. It is such a privilege to have one's family together under these circumstances. Jacob demonstrates a great deal of medical insight and intuition. He has a great feel for it. It has been a foggy day, but some sun breaks through. Out on the balcony, everything is alive and the ocean is marvelous.

2:00 Peggy is still high, but the others have returned pretty much to normal, although feeling wonderful. There is a sense of loss as the height of the experience leaves, but we remain in intimate touch and have a wonderful afternoon. We play music, and enjoy relaxing and being together.

July 28 Several days later, on a hike into the mountains, Peggy and I still very much feel the experience and the joy of sharing with with others.