

There followed a very rewarding family discussion, in which Vanessa was particularly insightful and helped direct the discussion into fruitful areas. Through her questions, we examined our goals, and thought about our lives. She wished to know about life at Lone Pine and why I chose writing. She encouraged Ivan and I to discuss with each other our personal problems, and made some suggestions to Peggy for enjoying life more living with a Brandt. There was no defensiveness on anyone's part, and the discussions were not only insightful, but by airing areas on concern, we were all brought closer together. We concluded that we are a great family.

There was some jaw clenching as the effects wore off, but did not stay long. No one was hungry until after 7 p.m., when a very nice vegetable-chicken soup well satisfied our appetites. We ended the evening looking at more of our slides of Mexico, and sleepily withdrew about 10 p.m., the end of a perfect day.

For myself, I felt quite energetic at the end of the day, not experiencing the tiredness sometimes felt when MDMA wears off. The drive home to Uma's, about 40 minutes, was effortless and enjoyable. Everyone felt excellent the next day. Uma and Jacob felt it was a wonderful experience, and Jacob felt that it was his best so far of all his experiences, and dropped his concerns.

I had been aware of many of the concerns that different individuals took into the experience, and was most impressed by the smoothness and euphoria all participants experienced. This certainly is a remarkable substance, and the evidence continues to pile up that it is the chemical of choice for beginning experiences, as well as being very handy at other times too.