

February 1st, 1980

At 2:20 PM, I ingested 30 grams of TM. It had a mildly alkaloid taste. Since the afternoon was warm, around 60 degrees, I took a two mile walk with the dogs and with ATS and MP. We talked without any difficulty even after the onset of the first signs of effect. The major emotional and physical effects came on very gradually and quite pleasantly as we sat in the patio.

But soon, we all grew chilled, and put on more clothing. Nothing really helped the inward chill, and we were to discover that it stayed with us throughout the experience. At about 3:30PM, we went inside where the room temperature was set at 70 degrees. All three of us lay down and quickly launched into engrossing reveries. Mine were erotic in content but followed no linear progression. Ms. BM of whom we had talked as having had a similar chemical, entered clearly but chaotically into those reveries. They passed in about half an hour, and I sat up ready to talk.

The ease of talking surprised me. Unlike other experiences, the content was cogent, easy, articulate. It dawned on me after about two hours had passed that the heights of the experience had already passed, without any real exhilaration on my part. I felt some disappointment. But ATS and MP thought it over and suggested that my expectations from the past were misleading me. As the time went on, it came to me that they were right. The clarity and the continued ability to talk, especially with MP on a personally difficult topic, were for me the particular genius of this material. When I went inward, which I could do without effort, the sensations were neutral in affect but restful in some way. But coming out was entirely lucid and pleasant, and I soon found that I preferred this. Tina came into our circle around 6PM. She and I talked for a while in a loving way. Then she took some MDMA and launched herself warmly and gently into the interactions.

From about 8:30 PM, after a light supper, until about 10PM, MP and I discussed some interpersonal difficulties we were feeling with each other. He was unusually candid for him, and I tried to respect his feelings. It seems to me that I did so without feeling negative defensiveness. ATS and TG went into the living room during this time. Finally, MP and I were finished. My feelings remained very good about him and I believe his did about me. ATS left at around 10:30PM, and MP stayed and talked in very amiable fashion until around 1AM.

I feel the level of the experience was around 2.75. Sleep did not come until 3AM, when TG and I took 10mg of Librium to quell the active mental processes. Next day we awoke around 8:30AM, feeling languid but cheerful.

AG