

REPORT OF EXPERIMENT ON MAY 3, 1980  
from F.B.

D.O.M.

At 11:30 AM, took 4 m.g. Took another 1 milligram at 1:10 p.m. Effects came on smoothly with enhanced perception - magnification of light, color, odors. Very pleasant and beautiful, except for some dragging negative feeling. All increased to high intensity - both the beauty, and at times the negativity. The enhancement of beauty and heightened perception was the greatest I have ever experienced, with the one single exception of not feeling close to the celestial level. The negative feelings at times grew to considerable intensity. This seemed to be mostly repressed anger at Peggy. At times the negativity disappeared completely, and I broke through to most enjoyable, even hilarious experiences. I alternated about 50 - 50 between joy and discomfort. As the evening drew on, I became withdrawn and pensive. It seemed clear that I had made all the wrong decisions -- choice of partner, place to live, isolation, no meaningful activity. The greatest shocker was that my practice of meditation, which is a central focus living in Lone Pine, and which I had felt brought me much peace and understanding, seemed to be a delusional solution to my unhappiness and isolation. I was aware that I had become quite withdrawn from life and people, and particularly Peggy.

The experience continued unabated throughout the night, with much tension and discomfort. I was unable to get any sleep, although I finally began to get some rest after about 4 A.M., when I finally accepted what I had become in Lone Pine-- a contemplative. Being willing to do this, and only this, without saving the world, saving mankind, or finding a meaningful occupation, brought some peace. I also began to feel closer to Peggy and was not willing to make the changes in lifestyle indicated by my previous perceptions. I hallucinated quite freely during the night, but could stop them at will. While I never felt threatened, I felt I knew what it was like to look across the brink to insanity.

Unable to sleep or rest, I felt a strong urge to begin our drive home, relate to Peggy, and hopefully reach a place of rest. Upon checking that I was free of the disorganization and inability to concentrate experienced the evening before. I was able to mobilize my energy readily through my body and make preparations to leave. The drive home was very fulfilling. Peggy and I accomplished a great deal in establishing communication, much of my discord was resolved, and I reached a state of peace and unity. Driving was simple and enjoyable and rewarding.

This experience was the most profound learning experience I have ever had. Here are some of the key things:

1. Dosage. This dosage was far beyond the appropriate level, which one might define as that level where one can comfortably process the data that is exposed. I have answered once and for all that there is nothing macho in taking more material, especially if you can't handle it. In fact, it was an act of irresponsibility. While I feel the final results were most salutary, it now seems clear that it should be possible to get as good results in a more pleasant manner by choosing levels that will reveal data in a manner in which they can be responsibly dealt with. This is certainly the approach I am going to take for a while. However, I am also filing in the back of my mind that a good jolt once in a while might be good for the soul, but I would like to see if the other route can first be established to end up at the same place.

2. Meditation. As stated above, I was shocked to see how I had used meditation to repress feelings and isolate myself. It seems clear that I used meditation as a way to brute force my way to where I wanted to go, building up fairly solid walls in the process. I see that real meditation has to be very light, and in