

REPORT OF EXPERIMENT WITH MDMA, JUNE 1, 1980

Participants: Vanessa and Ivan Brandt, Uma Frazier, Peggy and Fred

Place: Vanessa and Ivan's home in Los Angeles

Background: This is the third get-together for this group, except that this time Jacob, Uma's husband, was missing. The experience was again requested by Vanessa. We were blessed with a nice, sunny day, as it had been cold and foggy previously (and again the next day), Uma a little concerned as she had menstrual cramps.

2:10 p.m. Vanessa takes 100 m.g., all others take 120 m.g.

2:20 Vanessa reports feeling something. She is hot and unusually alert.

2:23 Peggy reports first alert. Then Ivan feels a glow, a perpetual smile coming to his face. Peggy feels butterflies in stomach, is hit fast.

3:00 Peggy is very high. I am surprised how little I feel; a slight glow, but no intoxication. The feeling among the group is excellent, everyone feels good. We go outside to a beautiful back yard with pool, patio, trees, flowers, etc. We all enjoy immensely and admire how well we all look. We are in great form. I begin to be turned on by the beauty outside and the brilliant colors in the pool and living things. Vanessa in her insightful way focuses the discussion on things that are close to each of us personally.

3:20 We return inside as it is getting cool, but mostly because we are interested in our intimate relations with each other and the interesting discussions are we having.

3:42 All take 40 m.g. supplement except me. I take 60 m.g. as I felt so little effect from the initial amount, although I had reached a good intensity at supplement time. I also remembered that this had worked well once before.

4:00 Uma reports that her cramps have completely disappeared; she is feeling good. I feel some jaw clenching and other physiological signs that I took a bit too much supplement. These continues for a while, but I ignored them, after making none of them, and enjoyed the experience.

The rest of the time was spent intimately in the living room, all of us immensely enjoying relating to each other. Peggy was heavily struck and extremely relaxed and had little to say. The rest of us kept up a lively conversation, covering many interesting aspects of our various family relationships. The conversation was usually insightful and free of defensiveness. We could hardly believe it when we sat it was 7 p.m. We had little appetite, and finally had a nice soup around 8:30 p.m. Ivan and Vanessa were still quite animated, and Uma rather languid, and I felt more energized and alert than after any experience with this substance. The drive home was easy and enjoyable.

Peggy adds: It was so good cuddling up and sleeping with no problem at all. I slept like a baby. It felt very relaxed next day and the drive was simply wonderful.