

EXPERIMENT WITH MDMA

Date: March 16, 1980

Participants: Raleigh and Bryan, Fred and Peggy

Dosage: 100 m.g. For Raleigh and Bryan 120 m.g. For Peggy and Fred

Background: Raleigh and Bryan are neighbors and good friends. They live in Los Angeles, in Westwood where Bryan is a professor of Biology at UCLA and Raleigh is a department head in Personal Services at UCLA. They spend most of the summer in Lone Pine and weekends throughout the winter when they can, which has been less frequent this past year. We have been close enough that I have discussed my work at the Foundation with them, but they did not show much personal interest. However, as Raleigh began to show more signs of stress, I suggested one of our new approaches could be helpful, and she agreed. It has taken several months for us to work out a weekend when we could both ~~could~~commit uninterrupted time to it, but it finally worked out. Bryan is a very good looking, lithe man who loves the mountains, hiking and backpacking, and is a technical climber. He is very intelligent and personable, and quite well informed. Raleigh is plump, very warm, and very bright. She loves to travel, is a very perceptive observer, and loves to talk about her travels. She also is quite well informed. They are around 60.

Start: 9:31 A.M.

9:54 I feel for first time, an inner euphoria building up. Peggy feels also, but not as strong as usual. Raleigh and Bryan are only slightly aware of any effect.

For the next hour, the effects intensify, but both Peggy and I feel not nearly as strongly as in our previous experience of January 26. I am aware of considerable resistance in our guests, and feel that they would move more freely with a larger dose. They begin to feel the effects more, and mostly experience the deep relaxing effect. After about an hour, Peggy is well into it, with the usual softening of skin and glowing face. This does not show up as much on Raleigh and Bryan although in both of them their eyes become very clear and bright. They do not seem to be aware of much change in perception. They both feel good, Raleigh very much enjoying lying on the sofa, and Bryan is enjoying sitting on the floor. It is a beautiful clear day, although a little chilly outside from a north wind. We light the fire to take off the chill in the house. The snow covered mountains are very beautiful.

11:00 We all take supplement, 40 m.g. For everyone but me. I take 60 m.g. in hopes of deepening the experience. I have suggested to the others that they might wish to take a little more than the usual supplement, but they are all content to take the customary amount.

The experience is very smooth as supplement takes effect. Everyone feels good, I feel much euphoria, Peggy is glowing, very deeply relaxed. We talk freely, carrying on a continuing conversation about many interesting subjects. We listen to some piano music, which everyone enjoys (they all know and like Iren), but we play it softly in the background so as not to interfere with the conversation.

I was anxious for people to step outside and experience the wonder of the outdoors, but everyone was too comfortable to move. Bryan was unsteady on his feet, and quite content to sit. After a while, we did move outside. It had warmed up and the wind died down, and we spent most of the balance of the outdoors lounging on