

(3) Thursday 8/21/80

[from p383](#)

I was upset and depressed ALL DAY. I wanted to have the Tues. night experience again. (NOT THINKING)

Noon: - HAD three drinks + lunch.

6:00pm - I started to drink wine - was hungry

7:30pm - took drug

8:20pm - beginning to take effect

8:35pm - in highest level - can't think or talk don't want to - this time this state (couldn't think - mind seemed to stop thinking) lasted for about 1/2 hour - I LOVE THIS LEVEL. It feels like you're asleep yet you're not. This time my entire body (except for my feet) was really warm.

Colors were bright + sharp, other times my vision was somewhat blurry.

Didn't drink or talk but smoked some.

9:00 - started coming out of this state - feeling myself going down - still high - but thinking again.

9:30 - almost totally down - wanted to get to non-thinking level again. started to drink - wine tasted O.K.

9:45 - Took supplement

I wasn't aware of clenching my teeth so much this time - I was some - but not like Tues,

10:05 - started getting high again - had trouble walking.

10:30 - I went to the bathroom. as I was sitting there the flowers on the wall paper starting jumping out at me. I got scared - almost called for Karis - instead I told myself that it was just my imagination and calmed myself down.

10:40 - I was real hyper - I felt all pinned up inside.

I had to keep moving - get it out. I would walk around + around the living room - then I would get tired + lay down to rest. While laying down I would get real hot + be burning up then I would get really cool - like the chills. Stomach felt somewhat upset Don't know if it were from drug or wine or both.

11:00 After a while I wanted to Dance fast and listen to FAST music. this lasted for awhile.

11:30 - not sure of time - I calmed down again.

Wanted to be peaceful + listen to SOFT, SLOW music again - enjoyed the silence.

We hardly talked all night.

12:30 - almost down totally - went to bed.

I had trouble sleeping again but knew I shouldn't drive because I was still a little high from the wine.