

REPORT OF EXPERIMENT WITH MDMA

Date: February 12th, 1981

Subjects: Peggy and Fred

Place: Lone Pine

Background: Peggy has been feeling well since our trip and the experiments we conducted, and was ready for another MDMA experience. I have not been able to maintain a good state of being since returning home, feeling quite tired, and feeling a lot of unresolved physiological and psychic material from the previous experiences. Running has been very difficult, and last Saturday's hike, while very enjoyable, did not bring me up to me usual good physical trim, and left me tired. I was not looking forward to MDMA, as I felt there were a lot of physiological after-effects I hadn't disposed of, and would have preferred a more potent material. However, after thinking it over, I decided that since I viewed MDMA as an excellent remedy for various kinds of ailments, I had better confirm its reactions on myself, and see whether it would help my current situation, or whether the by-products would add to my discomfort, as I feared.

10:15 A.M. Start with 120 m.g. each on empty stomach. We had started with the intention of carrying on a normal day until directed otherwise. Peggy continued her housework, and I did my back exercises to music. I found this an excellent way to get into the experience; my body felt wonderful and opening up. It kept our minds off any effects. Later reading in the john was also a good experience. I then went to bringing my address book up to date. At 10:55, we were both suddenly hit. Peggy felt a big woosh, and no desire to concentrate. I suddenly lost all interest in the address book. We sat and enjoyed the experience, feeling very exhilarated. Peggy glowed with energy, became very beautiful. Our voices became lyrical. We talked freely and openly. Peggy reported the last experience had stayed with her longer than any previous; it was 10 days before she began to feel edgy again. She looks at the beauty in our room; I enjoy the great beauty outdoors, with the snow-covered mountains, beautiful clouds trailing over the mountains. About 11:15, we put on Iren's record of Debussy's Images, and enjoy very quietly. We both feel marvelous, and are enjoying the experience very much.

At 11:50, we both take 40 m.g. supplement. The experience continues most beautifully. I feel very rejuvenated, and am delighted with the decision to have this experience. We go outside, where it is clear and sunny, slightly chilly. I remember Joy in his book advising his conference attendees to find something in nature to be your teacher. Looked at with this intention, every bush and plant looks utterly alive, in its full glory. I am entranced by a large rock. As I look at its surface, I see the surface of a planet, with mountains, valleys, structures. Little crystals of mica are like jewels. I have never had such great visual enhancement with MDMA. I walk around filled with euphoria. Peggy returns to the house, but I walk a ways, feeling the glory of outside. Often with material when I am alone, I feel the pain of loneliness creeping in, and feel drawn to join the others. Here the pain came and passed, and I gloried being with myself in these marvelous surroundings. I re-joined Peggy and we continued our quite enjoyment of the experience.

About 2:30, we decided to go for an extensive walk, as we felt energetic. We were gone about 2 hours, exploring some new areas we had never seen, and doing some climbing that resulted in a good workout. This is the first time we have had such extensive exercise while under the influence. It felt marvelous; everything outdoors