

Buddy Zetina

10/25/81

*Trip Friday 9am - This report Sun 6pm.*

*In the early stages I had a lot of pleasant body sensations, warm flashes and energy rushes that caused me to move a lot. Mostly I was cold. I put on blind fold and ear phones and listened to music and my mind. I didn't feel particularly stoned but I was not normal either. After a couple of hours of asking myself the usual questions of the day with no new answers I took off the headset and started reading the Course in Miracles. I felt very awake and conscious. I noticed no heightening in colors or vision change. I began feeling very resolved about my relationship with God and felt a new love I hadn't felt before - an experience I had been looking for. The balance of the trip was a validation of a new strength I had found - an experience that continued until I left Ward's. I felt a deep inner strength. More knowing.*

*Ward and I had some hash and I felt wonderful. I ate 2 hotdogs and left. I went to have some photos taken with some people I have been associated with for over a year. I saw the relationship very differently. I felt small and not all right. While I was there I got a blinding headache. I didn't mention it - I have been having headaches for some time and this was exactly like them but worse. I drove to Mill Valley and walked around killing an hour before I had another stop to make. My headache was much better - not gone but easily tolerable. I ate a very small salad and a small amount of Tarteaubrie. My headache got very bad again. I took two aspirin and left for home. on the way home - about 20 minutes later - I had to stop the car and vomit. I was very ill and could hardly get home. (Approx 7PM) I went to bed and fell to sleep quickly and slept to 9 the next morning. I woke up with a mild headache, very depressed, feeling weak questioning my commitment to God and myself. After felt better and spent the day (Sat) doing errands etc.*

*Today I feel okay - not good. I have a slight headache off and on and I just feel off! Not doing what ever I'm doing - I do however have a deep sense of strength, I'm hoping I feel it manifesting mon - when I go back to work.*

*I would like to take this medicine again with a larger dosage.*