

Proscaline

dose: 30mg
---------------

2/20/82

7:45pm  
to 4:30am

Helen A.

When we took it at 7:45, it took about an hour (and then some) until I could really tell I was high. From there the ascent was really slow, I don't think I reached my plateau until about 12:00, maybe a bit longer. It was so gentle and mild, I really didn't feel like I was on much of anything. But I felt so good and open, this one is great for relaxing and opening up, talking, communicating. We could have talked all night I'm sure. But the sensual part of it is outstanding too.

Proscaline really dulls and senses of pain and makes the other senses really sharp. Everything felt soft, and I could feel every hair my hand was touching. With a bit higher dose I was sure I would be able to see slight traces when you move your hand, like on LSD or shrooms. My sense of sight was pretty normal besides the very slight tracers, my hearing was improved, my smelling senses were dull though, but that could be due to the cold.

I felt so relaxed and at ease, it was I think the best that we've had. Absolutely no bad feelings, everything was clear, no blurry thinking like on some others. I felt almost as if this is the way I should feel all the time. Like I could, if I learned how, turn it on whenever I needed or wanted. There was a lot of "inside work" I did, at times, and it really helped, but I wanted to work on more, but then I didn't because I was with Juan. I would love to be able to use this again for that reason, to be able to use it like others are being used by even professionals.

When a thought or problem came into mind it was easy to see and understand the answers. And the answers lasted, not just for the evening. It really helped me identify with myself and Juan too.

Unlike others, except for pot and MDA, I had quite an appetite after 5 hours.

At about 2:00-2:30 we smoked a joint and I must say that brought us right back to the plateau if not a bit higher. Pot seemed like a supplement almost, and it did add a very relaxing touch to it. It extended it for about an hour. Then it was easy to fall asleep.

It made quite a difference with Juan too. His shoulder wasn't bothering him, so he was really feeling good.

The next day I felt very, very good. My energy level was great and I didn't feel uptight or tired.

The only thing to add is I thank you Very much Sasha, I hope we can do this or something close to it soon. Love you!

Helen

[Editor's Note: Pages 596 and 597 have been merged with this page]