

REPORT OF EXPERIMENT WITH MDMA

Dare: July 25, 1982

Place: Residence of Vanessa and Ivan Brandt, Los Angeles

Participants: Vanessa, Ivan, Uma, Jacob, Peggy, and Fred

11:42 A.M. All take 120 m.g. MDMA. In about 20 minutes, everyone begins to feel it, and the experience grows very positively for everyone until everyone is well into it in another 20 to 30 minutes. It is a good group, and the experience is glorious for everyone. Everyone gets lighted up and is full of energy. The conversation focuses on our interrelationships, with Vanessa leading by clearing her mind of things that concern her and observations that she makes. We have some very candid discussions, and the group warmth grows stronger and stronger as we air various differences of perception and clear up and drop past resentments. Ivan is amazed at Vanessa's sensitivity to other people.

1:15 p.m. All take 40 m.g. supplement. The discussion has been going very strongly with no one caring to go outside as no one wants to leave the warmth of the group. There is a slight drop in the energy of expression as the first ingestion wears off, but picks up again as the supplement takes effect. It is a most enjoyable experience, with everyone very much enjoying each others company, and we are all learning from our mutual sharing. The weather is beautiful. Finally about 3:00 p.m., we go outside and enjoy the beautiful back yard, looking at trees, plants, and flowers. It is a lovely day. We all descend very smoothly. I find the least body load on descent of any experience, although I have a slight headache. Around 4:30 p.m., I go for a swim, and it feels marvelous and eliminates the headache. We then listen to music for a couple of hours. Ivan plays some favorite Rossini overtures, which are very stirring. We all enjoy the music very much. I find that it helps run off any remaining remnants of body load. Jacob reports being very much taken up by the music, and when it was over, he found himself perfectly normal and feeling great. The music completely cleared up any drug effects.

7:00 p.m. We all enjoy a light supper, still glowing from the experience and very much enjoying each other. After eating, I feel totally at peace, much more so than I have ever felt from this material.

After returning to Lone Pine, I felt less negative after-effects than I have ever felt from MDMA. It appears that I am learning. The experience was very rejuvenating, and eliminated a lot of body and joint stiffness I was beginning to accumulate before going to L.A.