

Benton liked this suggestion very much. During the music, he was able to hold the negative images up to the light and dissipate them.

The experience continues beautifully, gradually trailing off during the afternoon. We go for a very enjoyable walk outside, and come back to a superb dinner that Warren had prepared the night before. After dinner, we are all feeling tired. We formed a meditation circle, after which Zabrina "channeled." She opened the channeling to questions, and answered them beautifully and with great insight. The meditation and channeling were reviving, so that I had no difficulty in conducting my class that evening. A good way to wrap up an experiment for those who are so inclined. Benton and Warren departed before the class, very happy with the day. Quinn and I had an excellent recap the next morning. I was so tired when I went to bed the night before I thought I would sleep in. However, we all got up quite early, and enjoyed recalling and discussing the experience. Quinn is learning a lot about his own functioning, and is working on what he now sees to be some of his problems. He very much appreciated the opportunity to share the experience with more mature people than he is used to in Santa Cruz.

Followup with Warren on 11/10: In spite of 'the higher' dose, Warren had less jaw clenching the second time. While he did not feel any different with the larger dose he did have some interesting visual experiences after the supplement. When he looked at someone, he would see two pictures, one the regular one although reduced in size, and the other would change. In Quinn, he saw about 8 different images, including a God-like one, a diabolic one, and black person. (Zabrina reported she has seen Quinn as a black person in experiences.) On Zabrina and in the mirror, he saw a triangle similar to the Peace symbol; he thinks it is a wing spirit. It is interesting that a small eagle flew by outside as he reported this. Outside looking at the mountains, he saw the world grow very small, but also saw it become very wide. He realized that how we see the world is created in our mind. He also saw the profile of a smiling face corresponding to God, which then changed to a diabolical face. It is hard for him to evaluate the effect of the two MDMA experiences because of other intense experiences going on simultaneously while in this area, but he feels that he made an important breakthrough that was very timely and unlikely to be achieved in another way. He is grateful for the experience of universal love and peace.