

Outdoors is beautiful, the atmosphere charged with energy, the plants and mountains sharp and clear and bathed in grace. I feel an enormous sense of presence, and everything filled with love and beauty. It is marvelous to be out. It is fascinating to study individual plants and their myriad differences in structure. Benton I don't think is petting a lot of this. I ask him how he sees the plants, and he reports that he sees very little without his glasses, and is apparently not moved to put them on. I examine the Arizona cypress trees and am fascinated by the green balls that have formed. As I watch them, I am completely transported. I have never had such a profound visual experience with this material.

10:56 A.M. We are back in the house, Benton reports that he has felt the Oneness for about an hour, and is now beginning to separate. He is aware of becoming more tuned to the Spirit Eye which sees separately. He feels some sadness over the way the earth is treated. I read aloud my poem, Caretakers of the Earth, which he likes very much.

11:11 A.M. Benton is now down from the ecstatic place to normal awareness, yet he has brought something back, opened a channel. His little mind is in the process of ceasing to exist. I am still feeling the experience strongly, as is Peggy.

11:29 A.M. We are quietly settling down, enjoying talking with each other. Benton sees animal faces in the mountains. We become more quiet and reflective. After a while we move outside and sit on the deck, facing the mountains. It is a glorious time for me, pondering great realities, experiencing the beauty, in awe of the wonder of it all. I am aware that there is something that I do inside of me to help turn it all on, and it is the most wonderful thing to do. Gratitude and appreciation plays an extremely important part.

1:15 P.M. We go back inside and listen to music. After a while, Benton asks me to read from The Prophet on Love. He is very moved by this passage. We listen to more music, and quietly settle down, a very gentle descent. For the first time I feel the special euphoria that has formed inside on the descent which I have only experienced before with other materials and special groups. We enjoy food after a while, and spend more time outside, Benton doing some repairs on the sweat lodge. We feel marvelously close, a deep kinship. It has been a most rewarding experience for us all. Benton reports that this experience encompassed more, and that he went higher and wider than before. For me, it is the very best comedown from MDMA, free of the tired and languid feeling. I find that doing things, like gathering wood, energizes me. My group that night (which Benton is in) felt unusually good, and I functioned unusually well during the meeting, feeling quite energized afterward. Peggy also felt that this was the best descent she has experienced, extremely smooth. She went to her art class that night and functioned very well.

Benton's inner voice tells him that he should wait a month before the next experiment.