

REPORT OF EXPERIMENT WITH TE

Date: Decanter 7, 1982

Place: Shulgin residence

Participants: Peggy, Fred, Ann, Sasha

10:42 A.M. Start, Ann, Peggy, and Fred each taking 20 m.g. of TE, Sasha 80 m.g. of B. on empty stomach.

In about 15 minutes, I begin to feel it developing, a nice warm, energizing feeling.

11:13. Peggy and Ann report a first alert. It am feeling it more intensely now.

11:27 Sasha reports a first alert. It has been growing steadily with me, first a positive warm feeling, then with a tinge of negative feeling. As it develops, I hope the negative feeling will be outgrown. However, it grows in strength along with the positive feelings. We are having an animated discussion, and I find that I have to concentrate hard to follow it, although I do successfully. I am very much aware of a pattern I have developed inside of myself to be self-absorbed and not very tuned into other people. It feels like a crust I have to break through. I spent much of the day breaking through this crust, which was very rewarding. The material seemed to burn inside with a very clean, driving energy.

12:20 p.m. Peggy reports that she feels it in her ovaries. It is very sensuous. It feels like total energy, and she is aware of her membranes. There is a slight jitteriness. Shortly after this, I get too uncomfortable to follow the conversation, and go and lay down for a while. I am very much aware of my repressed resentments. Just before lying down, we inspect the Shulgin's new music system. I am enormously impressed by the Chopin cassette that was played. I tried one of ours by contrast, and found it to be quavery, full of noise, and most unsatisfactory. I was chagrined that the cassettes I had made and intended to make were not up to the standards of their new system. They assured me our Grand Canyon Suite sounded fine, and I was aware of my selective perception focusing on defects, yet still amazed that a commercial cassette sounded so good.

After about 1/2 hour of stewing and not getting anywhere, I welcomed a walk with Sasha. Talking about resentments and what to do with anger was very helpful, and shortly after this I began to feel much better. From this point on the experience turned very positive, and the rest of the day was delightfully enjoyable and rewarding.

The predominant characteristics of the rest of the day was the feeling of clean burning, pure energy, the long-lasting, marvelous thrust of the material, the very clear-headedness and clarity of thought, and the ease of talking and sharing. I did not have a strong Sense of Presence, but more a wonderful feeling of converting energy into action. I felt that I was continually breaking through old habit patterns and freeing myself I could almost feel old coats of armor break off. An extremely worthwhile conversation rose from my sharing that my initial look inward was always accompanied by fear. Sasha reported that he experienced excitement, and wondered if they were not the same thing. While I could not be sure that they they were the same thing, it was clear to me that they arose at the same point, on the fringe of the unknown, represented a basic difference in attitude.