

This experience had an enormous impact on all of us, and particularly Jacob. I have never seen anyone hold on to the new space as well as he, and the effect is to encourage us all to shift into a new consciousness, and not drift back into our old ways.

The day after the experience, Jacob returned to the hospital in Bishop to work for two days, before returning to Lone Pine for the balance of the week. He reported that work flowed beautifully and insightfully, and he sees so many ways in which the inner power can be expressed in life. An example: while in the hospital, he got a feeling; he should go to the Emergency Room. There a doctor and two nurses were trying to insert an IV into an elderly diabetic. She was so dehydrated they couldn't find a vein, and had punctured her all over her body without success. Jacob suggested to one of the nurses that she insert the needle where two veins came together so she could strike the fork. The nurse laughed, knowing Jacob as a fresh, inexperienced intern, while she had done this thousands of times. The other doctor asked Jacob to try. On the first try, he inserted it successfully. The woman was enormously grateful. Jacob felt he had been called to help her. During a hike on December 3 Jacob was able to describe more completely to me his experience. At the height of his experience, he found within himself a glowing ball of sheer power and love, with a white light. This was the source of life. He could see the same glowing ball in others. On New Year's Day evening, Jacob was once more expressing his appreciation of our country and what true meaning is, and how glad he was to be a part of it. (A feeling of deserting his own country and family was one of his problems) I put on the stereo a Fred Waring rendition of "Give Me Your Tired, Your Poor ...", and we all broke down as though still in the experience. It was clear to all of us the real meaning of our nation, and how we all lost sight of it by getting involved in many of the piddly affairs of everyday life, and losing track of important principles.

For me, I have realized a great deal more how important it is to focus your thinking and attention, which directs your power. Things thereby flow easily and readily. A way out of my pain that I do not use enough is focus the energy into meaningful activities. An interesting example on January 3: I was at last getting around to painting 3 doors which had been high on my priority list for at least 3 months. Having gotten together all of the materials, I felt very tired. I lay down, and immediately became aware of how intensely I hated painting-- the preparation, the gathering of materials, the fumes, the clean-up. I accepted my hatred and let it drain off, then as in the course I teach I visualized doing it successfully and enjoying it. When I finally felt some enthusiasm for it, I got up and was amazed to discover how much energy I had and how easily it went. I found myself even enjoying the painting.

For Peggy, it was like more. She was already quite intoxicated with the MDMA, and became more so with the LSD. She became the music, as already reported. For me, there was loss of the marvelous glow and euphoria, a kind of "thinning out", and a dive into the cruddy feelings that were transcended with the MDMA.

All in all, this was the most powerful experience that we four have had together, and for Jacob was a very special breakthrough that I believe will have great meaning in his life, with a lot of spillover to the rest of us.

The general consensus was that the 50 mcg. of LSD was more potent than the 1/2 we have used in the past.