

Part Two

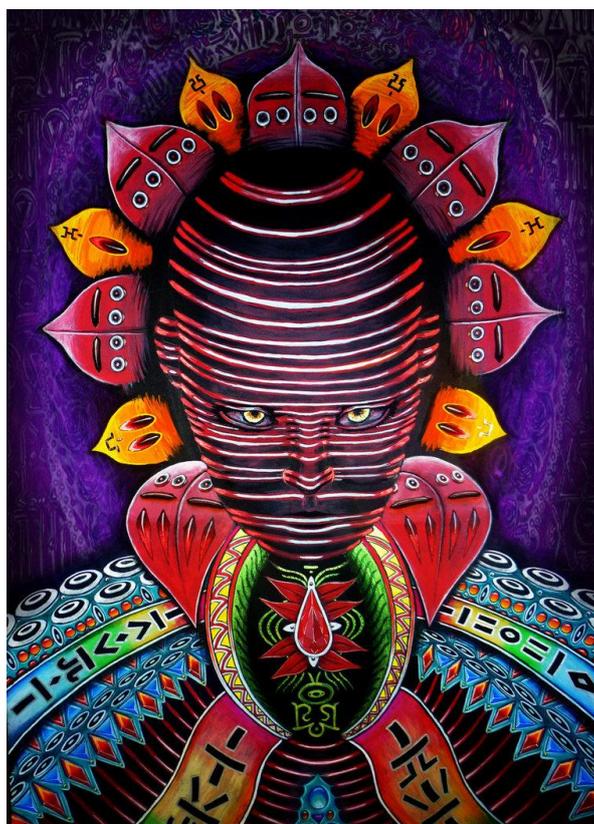
The Universe on Ketamine:

A personal journal documenting ketamine mindscapes

By

Willard G. Van De Bogart

(Entries from Nov 1978 – July 1983)

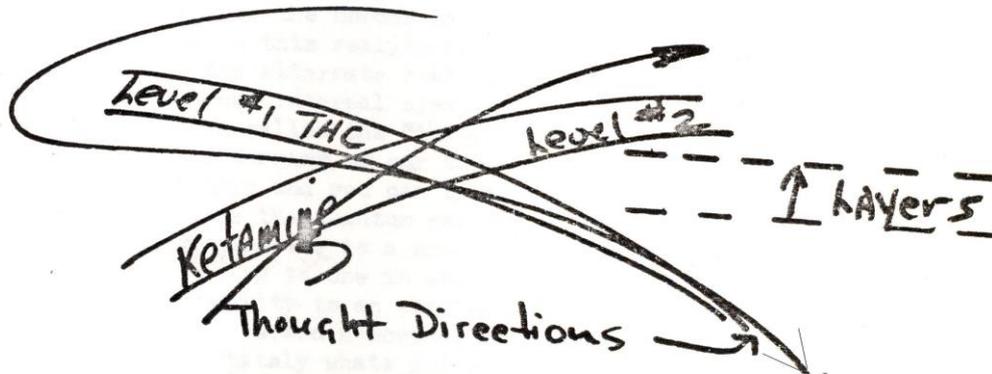


Art work "Our Quantum Mind" by Joey Baker

December 9, 1982 11:45 p.m. 40mg + California Sensemillian marijuana (28th injection) Pgh. PA.

This evening is combining two psycho-active substances. These are the sensamian marijuana, 3rd generation which has a very high THC content and then trying about 40mg of Ketamine to experience the combined effect. After getting over the initial Ketamine rush or peak experience there is the feeling that the level on sensamian still maintains itself through out the entire experience. It speeds things up as well. It acts as if there were a lot of stimulation and the body and mind feel accelerated. It is not

the calming experience you have when just on the Ketamine. The question arises as to which level is controlled by which substance. Which one maintains the level and how long can you tell the difference from one state to the other. It acts as a whole experience each one infused with the other. One permeates the other. The diagram illustrates those levels.



This is also the 2nd. time that my friend Roy Brown and myself have taken the same amount. However, my friend took more Sensamian after the Ketamine wore off a little and he was complaining that his mind was going around in circles and that he did not feel well emotionally. He started he was "Jittery" and "Fired-up". I recommended that he place reality parameters on his thought mechanism rather than letting the two effects keep on running through his mind. I believe that this is a very mental sensamian and it will heighten mental processes to the extent that it allows very inter-connective thoughts to occur. I refer to this as inter-systems phenomenon. I believe it is important to be able to exchange helpful and healthful dialogue when on these substances or just retire into the world that they provide. If there is a forced effect by trying to smoke cigarettes or drink beer or other alcohol I think the more subtle effects will be lost. Somehow I would like to develop a situation where others could share their thoughts with the new experiences on these psycho-active substances.

Omni Magazine Interview with Dr. John Lilly January 1983



Vitamin K better known as Ketamine. From this interview I am going to itemize all the comments related to K as a continual guide in this research. Lilly refers to Ketamine as the:

- a. "Superhallucinogen".
- b. Earth Coincidence Control offices
- c. Belief-system interlocks

Lilly states: "I think that the super self controls us from somewhere "above the brain" in the spiritual domains. The experience of higher states of consciousness is the only way to escape our brains destructive programming. On vitamin K I have experienced states in which I can contact the creators of the universe, as well as the local creative controllers, the Earth Coincidence Control Office or ECCO. They're the guys who run the earth and who program us, though we are not aware of it. Because our consensus reality programs us in certain destructive directions we must experience other realities in order to know we have choices. That's what I call "ALTERNITY ". On K I can look across the border into other realities. I can open my eyes in this reality and dimly see the alternate reality, then close my eyes and. the alternate reality picks up. On K you can tune your internal eyes. It is not what is called the "third eye" which is centrally located but instead it's a stereo like merging of our two eye images. K induces a short trip and you can train yourself to the state. On K I can experience the quantum reality. I can see Wheeler's hyperspace from within. This hyperspace is a non-local reality. The hyperspace with which I've been working is one in which I can jump from one universe to another-from this reality to an alternate reality-while maintaining human structure, size, concepts and memories. My center of consciousness is here and I can know immediately what's going on anywhere in the universe. It's a domain I now call ALTERNITY, WHERE ALL CHOICES ARE POSSIBLE. A human being is a bio-robot with a bio-computer in it, i.e. the brain. But we are not that brain and we are not that body, a soul essence inhabits us, and under K you'll find that the essence isn't tied to brain activity at all. Vitamin K sets up chemical configuration of your brain so as to loosen the connection between the brain/body and the soul essence. Then the essence can move into alternate realities. I call this phenomenon the "leaky-mind hypothesis" or the "escaping self hypothesis". The junction between the bio-computer and the essence is not localized in the brain it's throughout the body. Your essence is represented in every cell in your body".

Link to full interview:

http://www.erowid.org/culture/characters/lilly_john/lilly_john_interview1.shtml

December 19, 1982 12:45pm 60mg Pgh. PA. (29th injection)

I have read Dr. John Lilly's interview in the Jan. 1983 issue of Omni magazine and many of his insights with Ketamine are the same as mine. There is truth to understanding Lilly's "Altermity". Also I am -reading: Steps to an Ecology of Mind by Gregory Bateson. In 1979 I read Mind and Nature by Bateson. It is important to read Steps because it is our ideas about existence that guides us with our realities. I have had to wait to obtain more syringes. It is now obvious that Ketamine is a Super hallucinogen and as Lilly states he does not refer to it as a drug. New dimensions of thinking are upon us.

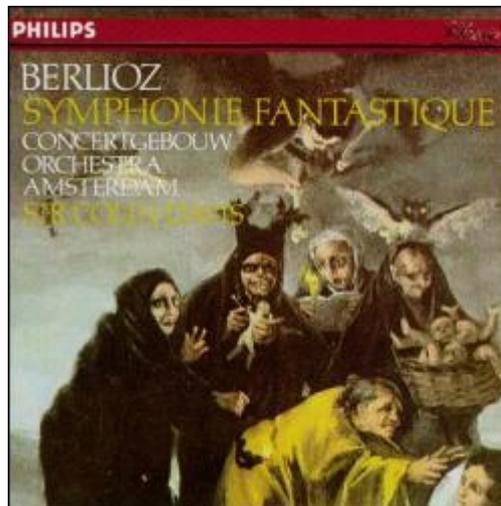
Time: 4:00pm

This experience relaxed me and brought me back in touch with all my involvements. It seems Ketamine has a way of smoothing the inter-connectedness of the thoughts which are on your mind. So I used this injection to become quiet, and rest.

December 19, 1982 8:00pm 80mg Pgh, PA. (30th injection)

I am now going to have a toke of Sinsemillia marijuana to allow this THC to act upon my memory and couple it with Ketamine. This time I hope to be able to look at this reality a bit more.

After the experience:



Indeed I did.

This experience was so full of life, love and spirit. I listened to Berlioz Symphony Fantastique performed by the Netherlands Symphony orchestra on WQED FM. I was indeed in tune. My hands were placed on my legs and I felt wonderful, complete, and whole. I was resonating with all my thoughts and was in a sea of ideas being nurtured by glorious perceptions. All life is resonating. It is we as individuals who have to tap this wealth of knowingness and stop portraying ourselves with only half an insight into where we find ourselves. This experience was warm, relaxed, but totally involved with all those forces blended

together to allow love fusion of mind to blend into the vast creation of life on planet earth as she floats around her warm sun.

December 20, 1982 10:35 p.m. 85mg Pgh. PA. (31st injection)

One toke followed by K. to see if the experience is similar. This time I began to realize that it is energy which we are encompassed with. On Ketamine you get to experience some of the prime energy which feeds the system. I tried to keep my eyes open as long as possible but then returned to this sea of energy. The experience is very pleasant. Paranormal is the sea of consciousness coming to light. The radiating life force is seemingly human, but much more profound. Mind is in the entire Universe.

December 21, 1982 11:55 p.m. 95 mg Pgh. PA. (32nd injection)

I have no recollection of this experience. I think it was concerned with how I am related to the whole. I was tired and went directly to sleep. However, 2 days later I did talk about it to Dr. Von Eckartsberg. Therefore, it is helpful to recall these events on K. if you have dialogue with someone who understands these new spaces. In my mind then the advantages of a close circle of inner-explores is essential to learning more about our own realms. I think it is essential that members of this exploration share readings about interpretations of reality and new findings in both the soft and hard sciences.

December 24, 1982 Xmas eve 8:02 p.m. 80 mg Pgh. PA. (33rd injection)

My living space and the surrounding environment is quiet. Its Xmas eve. I am in a culture pocket of non-involvement with groups, friends, family, communication, but will spend the evening with a close friend. I am at peace with myself. These are the last days I will be able to experience this living space under such circumstances. Next year I will move, and my living space will be dismantled. This space has been well suited to experiment with Ketamine. This evening I am very alert, a glass of wine, a toke of Sensamian, and once again I want to see these images. I did! The word I have for this experience was or is Fantastic - Halleluiah. It was as if the soul of Xmas was with me, and I was listening to all the praise and glory being shared around the world. At this point I think a tape recorder would be useful. However, I suspect that by hearing only a few words will not portray the entire experience. The integrated experience Ketamine affords is structured differently than the single word. There are few words that entail such a comprehensive overview as does the Ketamine experience. However, there is the new realization that the inter-connectedness of things takes on a new significance and with this awareness living is also enhanced. Language has at its base a very significant draw back. It exists to bring to the attention of the other person an action. This action is in response to something, someone, an event, a need or a goal. By doing this the language sets apart the attention from another event or action or idea. Language essentially separates out of the sea of many the singular. Once this is accelerated the language provides a platform for opposites or

a play off of another event or idea. The fusion that is necessary for language to create harmony may have to be accomplished by another language.

End of experience: Time 9:35 p.m.

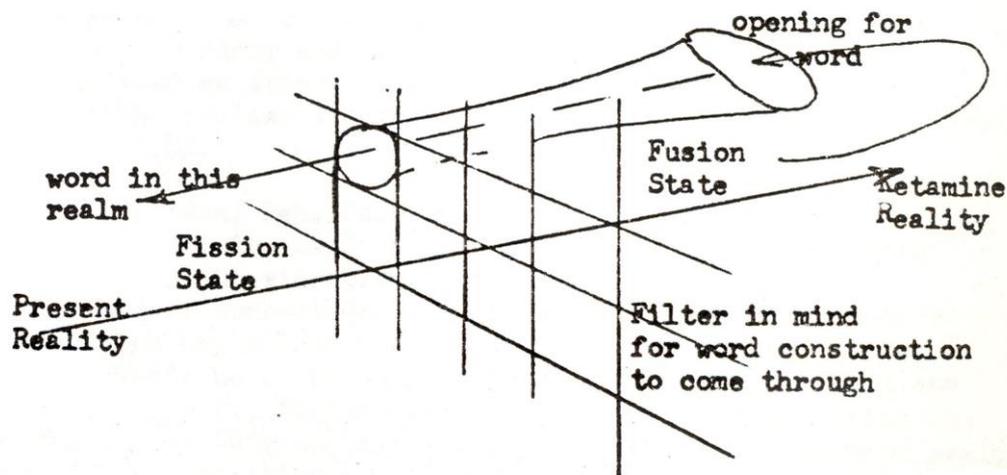


Diagram demonstrating how a word enters the mind from a Ketamine state of mind

December 26.1982 7:50 p.m. 30mg Pgh. PA. (34th injection)

I took a cassette tape of Ether Ship sounds into Dr. Howard Landy's home. Then I took 30mg after getting settled. I have also preceded this Ketamine by some sinsimella. I have had some wine and some apple juice and smoked two Salem Filter cigarettes. This experience was pleasant as I was walking around the large house listening to the music. Having a large space in which to walk in with Ketamine is a unique sensation. It feels as if the entire space was all of a sudden comprehensible in terms of the energy or psychological framework a space elicits. Dr. Hall's work, the anthropologist from Santa Fe, NM, has written a book on Hidden Spaces and I think Ketamine brings that out. I found that if I were to lie on my back and look at the ceiling or the walls I gained an entirely new perspective on the room.

December 26, 1982 8:45 p.m. 40mg Pgh. PA. (35th injection)

This time I learned that when I insert the needle I should pull back a little bit on the ram of the syringe to check to see if I hit a vein in my muscle. This time I did and when I pulled the needle out of my upper thigh blood appeared on my leg and I was worried. I immediately shut off the music and asked my friend Roy Brown, who is an emergency medical technician, if it was serious. I learned it was not, and later I got a black and blue mark which is still visible as of this typing of my notes Jan. 4, 83. This

experience of seeing blood alarmed me and canceled out my total experience although it was a very valuable one.

December 26, 1982 9:15 p.m. 40mg Pgh. PA (36th injection)

The film Battle Beyond the Stars was premiering on T.V. although I had seen it several years ago in Torrance, Ca in 1981. Robert Vaughn starred in this film and by this time the Ketamine was building up creating a deep concentration of the TV show. This concentration gave me an increased sense of attention and realism.

December 26, 1982 10:00 p.m. 40mg Pgh. PA. (37th injection)

Even during the end of the final episode I took more Ketamine to heighten the story and my experience of this film. The action captured my attention and it was intriguing to me to experience the realism I felt. This experience ended at 1:10 A.M. December 27, 1982.

December 27, 1982 4:25 p.m. 40mg Pgh. PA. (38th injection)

It's very quiet at Dr. Landy's this afternoon. I am now asking myself what are the vibrations in the house? What is the subtle or hidden connectedness which has allowed me to be here? I have got two books from his shelf in his study: Dr. William Irwin Thompson's book The Time Falling Bodies Take to Light and an older book by Dr. Victor Frankl The Unconscious God which was first translated into English in 1975. I am looking for that realization of the transition within my own life which is a place to once again be who I want to be and actualize who I really am as a person. It seems we are victims of our own direction.

December 27, 1982 8:15 p.m. 50mg Pgh. Pa. (39th injection)

This writing is after a little wine and I am now thinking of what level you can feel comfortable in a social setting with Ketamine.

December 27, 1982 9:40 p.m. 50mg Pgh. PA. (40th injection)

This is a definite increase to experience the social levels of Ketamine with wine, sinsimellan and again a 50mg injection. At 10:00 p.m. I am writing this in another world. I am sending this message back from my Ketamine world ••• please read it. I am trying to write from the other side. I will speak from the other side. I am over here and I am aware. The door just opened. The flame from the on the dinner table feels very warm to me. The colors of the furniture are vibrating. Rich burgundies, grey, wines and pinks in the main sitting room appear very sensual to me.

December 27, 1982 11:30 p.m. 50mg Pgh. PA. (41st injection)

This is my last experience on a continual basis before I retire. I now want to lie down on the floor in the sitting room where the colors were vibrating to sense this more directly. It was as if I was living in the colors. As I looked up to the ceiling all the

walls appeared to be from another dimension, or in another building, or perhaps it looked that way from a new perspective. It's important to see other sides to the space you are living in. When I get up and tried to move around the house it was as if the rooms, and the house, were part of my own mind. To me this shows the real hidden affect the environment has on consciousness.

December 28, 1982 7:00 p.m. 50mg Pgh. PA. (42nd injection)

This evening after dinner of roast chicken three people were together on Ketamine. This time a young woman of 24 took some Ketamine. This young lady only weighs 114lbs, and has a high metabolism, and is wearing contact lens. Time was taken by her to read the Physicians Desk Reference for 1982 on Ketamine as published by Bristol Labs and Park Davis. If there wert words she did not underrated she used a dictionary. This lady wanted to experience Ketamine, but also wanted to be informed as to what the effects were of the substance. Her dosage was 20mg and it made her feel uncomfortable. Her eyes watered a little due to her contact lens, she experienced nausea and also a slight head ach. She walked around a bit, but in general this was not good for her. She also seemed to have gas problems. It's obvious that some people are truly sensitive to this new experience and an introductory dosage such as this in this setting was not conducive to a good experience. This usage was in the recreational category and there are several ways to experience Ketamine.

1. For new thought processes
2. Psycho-therapeutic applications
3. Recreational-playfulness

I am most interested in the value gained from new thought processes. After my 50mg had subsided I took the lady home. My concern for her welfare did not enable me to really feel this 50mg, but it did relax me, and I was very aware of my surroundings. It seemed that my sense of smell was increased or enhanced a lot.

December 28, 1982 10:45 p.m. 50mg Pgh. PA. (43rd injection)

This experience was over at 11: 35 p.m. In general I went to another room and was looking at the art on the walls and into a large mirror above a mantle reflecting the crystal chandelier. I was sensing the energy Howard had put into his house, and the importance I found on creating for myself another living space where I can sense more of my involvements with my own created environment.

December 29.1982 12:00 a.m. 50mg Pgh. PA. (44th injection)

In the estate of Dr. Howard Landy or in his large home his space is coming into focus so I can see this reality for the first time. This environment has been so designed to enhance mental processes. Many experiments tool place while walking in the house

and talking to my friend, Roy, and in general learning more on how you can be aware, mobile and conversant while on Ketamine.

December 29, 1982 1:00 a.m. 60mg Pgh. PA. (45th injection)

This time the build up of the Ketamine enhanced the visual and thought processes, however, I now can experience the cyclic affect of the duration of the Ketamine on these dosages. They are not as intense nor do they represent an "alternity". They do provide pleasant thoughts to occur as well as some very introspective moments. It does not appear that a lot of external stimulus is necessary with music or conversation. Therefore, if Ketamine was used in a wider social setting as in a small friendly party, and if there was not a pre-set agreement as to why the Ketamine is being used there could be many disoriented mental frameworks to contend with.

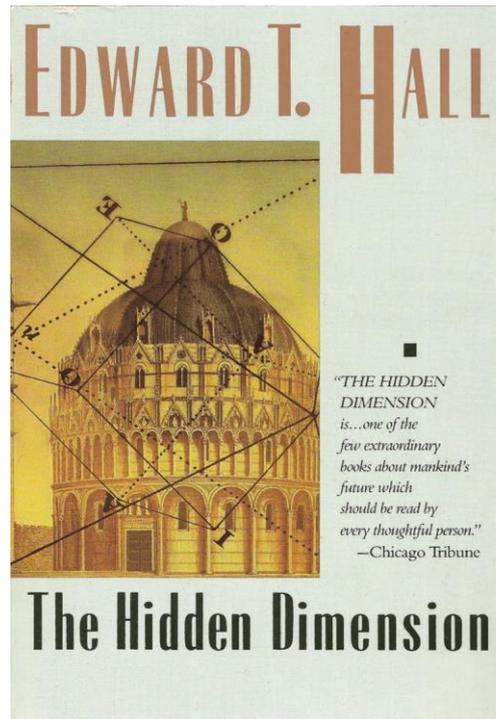
December 29.1982 8:00 p.m., 10:00 p.m. and 11:45 p.m. Pgh. PA. (46th 30 mg, 47th, 50mg & 48th 55mg) injections

This evening I have had some beer to drink and I am planning to do some Ketamine. I don't think I'll enjoy this way since I have been careful not to put beer or alcohol into my system. So I will mentally set myself to experience this Ketamine on a recreational level, and not a new thought process level. This does not exclude, however, new thoughts from coming into my vision.

Over the last few days I have been using the substance called Ketamine. There has developed a new realization of the thought process. Certain words catch other words. I am now climbing out of this recreational research because it is not angelic. I want angels and love to come to mind with flowers. Thought is too precious to be squandered. However, fun and play have an important place in our culture.

THE RESIDENCE OF DR. HOWARD LANDY 123 Woodland Road Pittsburgh, Pennsylvania. Ketamine experimentation location from Dec.26 1982 - Jan. 1, 1983

The estate of Dr. Landy was made available to me over the Xmas holidays as he went on vacation. The rooms were very spacious and the experience of his environment afforded me the opportunity to better understand the limits of my mobility with Ketamine. A large space enhances the perceptual field when under the effects of Ketamine. Edward T. Hall wrote a book titled: The Hidden Dimension. There are indeed many new areas of exploration when a larger space is made available. The comparison to the space I was living in with Dr. Lindy's carriage house was quite pronounced. This was an important time to better understand myself and the environment in which I was in,



Summary of continual dosages of up to 60mg in a social setting

For me I did not sense that my friend Roy was as sensitive to his own mental processes as I was. This is a very subjective experience with Ketamine use so that comment may be totally unfounded. It seemed however, that Roy was more concerned with getting a traditional high as he continually drank bottles of beer and smoked Salem filter cigarettes. In my own opinion Ketamine is best suited to explore the potential of our expanded visions and thought processes. Roy appears to me to want fun and party. This may be true since it is his vacation. I do not know where the judgement lies. This is my preference. If a person wants to ingest anything I feel that is risky. This is especially true if a person would put themselves in a dangerous situation or if someone else came into the environment who was not on Ketamine. For me as an explorer of Ketamine, I seek a different usage. I know that all things are connected and that there are aspects of human nature which provides the diversity we see in the world. However, for every direction of thought that is not part of the evolutionary mainstream of consciousness, the collective mind has to apportion energy to balance the deviations. What is knowledge and what is wisdom? What thoughts provide the human with insights into the psychological realm and what thoughts can be applied to humanity as a whole? I feel it is first important to adapt ones own potential to ones own living space and social setting. This action will provide new enhancements to understanding ones personal consciousness in the universe.

January 29, 1983 5:30 p.m. 100mg Pgh. PA (49th injection)

It has been one month since the last Ketamine experience. More was obtained, and since the last experimentation major changes have transpired as a result of having left 123 Woodland Road on Jan. 23rd. Since my major usage was at the Woodland address I was curious what the effect would be in a new setting. The time of this writing is 6:40 p.m. the experience was encapsulating. The thought of a galactic entrepreneur came to mind. This 100 mg brought back to mid the all encompassing world of Ketamine. I naturally fell into complete synthetic harmony with life and my environment.

January 29. 1983 8:00 p.m. Pgh. PA. 50mg (50th injection)

The home I am presently in has video equipment. The thought came to mind that since it is so difficult to record thoughts while on Ketamine then if a video recording was made of the words spoken during the duration of the Ketamine a better understanding may come about for the thought processes that do occur while on the major portion of the effects of Ketamine. It was during this experience that #3 people simultaneously took 50mg of Ketamine and the video tape was recording the group experience. There was no attempt to walk around as in the Landy estate in Pittsburgh and the video operator was going to take Ketamine for the very first time. This was another attempt to monitor a person on Ketamine as well as my friend Roy Brown and myself.

January 29. 1983 8:00 p.m. 50mg - video recording - (50th injection) Pgh. PA.

The side effects that Richard Fishkin was having was sweat on his face and brow. His remark was the experience was as if he was a circuit board on a huge space craft or perhaps a larger ship. He was experiencing himself as a liquid crystal mass of these circuit boards firing in bright electric colors. The next transcription is taken from the video tape. The sentences may appear broken and disjointed; however, this is the first time this technique was used. The following comments are by me.

"Electronic pleasantries"

"Intensity •• things going •• returning to where our minds are going •• come and go"

"Deft •••• Capable of dealing with •• directly. We are so concerned about how we should use our time. Pleasant •• very nice •• peace pleasant. I think this is good •• now •• these kinds of experiences to be enjoyed as a race of individuals to create a separation and to make an exclusion •• this is ridiculous".

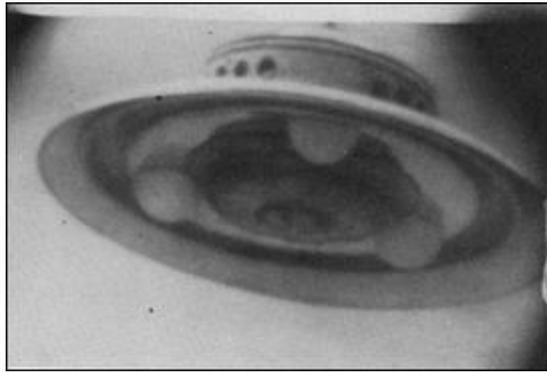
"There is always the sort of want to •• rip it all up".

"Nothing is happening •• the reality •• the most horrendous occasion OF ridiculous chores to consider".

"50mg of Ketamine and now experiencing the occasion •• well I declare we have a technological instantaneous experience to be dealt with".

"I have •• I am in tune with the tune •• we are here blissfully aware".

"We want to be like everything is here •• it is a process, what you are experiencing is a process of technology. These are areas we have to become familiar with to understand our way. We have many ways to process •• process •• thru the electrons •• a thing •• a human being •• be like a Venusian's ship •• fusion of all energies •• and can feel them here now ••• extend feelings into these •• very good •• monumental".



"Of that I may see the time as the wind blows."

"The vastness of the mind is an amoeba of the whole thing".

"People don't take too much time to think about being alive •• a lot going on •• no one ever it taught to us •• the whole planet is racing along."

"Bliss •• aware of reality problems"

Roy makes a comment •• "Sounds very conducive to these journeys."