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Oct. 1, 2012

Back in Print After Twenty-eight Years

Petaluma, CA—In the early 1980s some psychologists and psychotherapists were working with a legal drug known as MDMA which showed extraordinary potential for facilitating insight and change, spiritual growth, and alleviating interpersonal anxiety in their clients. Perhaps most encouraging were the positive experiences of subjects who had PTSD such as victims of rape and war.

Unfortunately, under the street-names of “Adam” and “Ecstasy,” MDMA had become the recreational drug of choice in the club dance scene and at parties known as “raves.” The situation seemed so dire to America’s politicians that in 1985 the U.S. Drug Enforcement Agency used its emergency administrative power to classify MDMA as a “Schedule One” drug which has no redeeming medical uses (along with LSD, heroin, and marijuana). Many therapists and psychologists objected and testified in Congress as to MDMA’s value, urging the government to allow the use of MDMA for therapeutic purposes and scientific study. No exceptions for therapy or scientific study were granted, and research ground to a halt.

An informal network of therapists and others who were working with MDMA before 1985 had encouraged their subjects to write down and/or tape-record their experiences, both during and after the MDMA-facilitated sessions. These subjects submitted the fifty-four vignettes collected in this volume, the first edition of which was published in 1985. Even though these sessions occurred before the drug became illegal, the accounts in this book were published anonymously. Though not part of a formal research study, their testimonies illustrate the enormous potential of MDMA for enhancing personal growth and facilitating psychotherapy.

Almost three decades later, MDMA is once again being used in therapeutic trials in several countries and on a limited basis even in the U.S., mostly with veterans with PTSD from the wars in Iraq and Afghanistan. Like many professionals in the field of psychotherapy, the editors of *Through the Gateway of the Heart, Second Edition* believe that a fresh look at this very promising substance is long overdue.

Through the Gateway of the Heart, Second Edition

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New Foreword by Ralph Metzner and Preface by Padma Catell

Updated Guidelines for the Sacramental Use of Empathogenic Substances

Publication Date: January 4, 2013 • Trade paperback: \$25.00

ISBN (Print Version): 978-929150-79-6 • 202 pages • 6” X 9”

ISBN (eBook Version): 978-0-929150-80-2 • \$12.99