



Through the Gateway of the Heart, Second Edition

Sophia Adamson, Ralph Metzner, Padma Catell

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MDMA, or as it is commonly known, "ecstasy," has a paradoxical double role in contemporary society. As the party-drug ecstasy, it is consumed by tens (perhaps hundreds) of thousands of people at "rave" dance parties in the United States, Europe, and the Far East. In its other role as a promising adjunct to psychotherapy, MDMA is currently being researched as a treatment for many conditions, including PTSD, obsessive-compulsive disorder, and interpersonal anxiety. This book, originally published in 1985 before MDMA became illegal, is a compilation of experiences conducted in supportive and/or therapeutic settings. The vignettes are not part of a formal research study, and there is no control group. These accounts illustrate the value and potential of MDMA for generating insight, facilitating empathic communication, and supporting spiritual practice. Although the use of MDMA remains illegal (except in the limited context of research), the editors of this book, like many professionals in the field of psychotherapy, believe that a fresh look at this very promising substance is warranted. Ralph Metzner, PhD & Padma Catell, PhD

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