Maya directed us to pick up her limbs and move them to the rhythm of the music. We were in love with her and with us. Her life was slipping away, but she didn’t want me to give up on her. Within a few days, however, she began to say, “I can’t do this any more,” “I want to go fast,” and “I’m ready for terminal sedation.” She held on because she hoped to have another session with Theo.

Theo returned from his trip, got my message with Maya’s request, and came to our home for a high dose MDMA session the following day. For the first time, Maya asked her father to join us. She said, “I know I’m going to die soon.”

As the MDMA took effect, Maya’s tics and spasms subsided, her laboring breathing became easy and regular, and her pain vanished. We told stories, we laughed, we sang, we danced. Maya directed us to pick up her limbs and move them to the rhythm of the music. We were in love with her and with us. We celebrated life. For approximately eight hours, there was only love.

As the MDMA wore off, Maya’s symptoms began to reappear. We discussed with Theo what to do next. We could keep Maya on low doses of MDMA and hope to control her pain, or we could alternate sedation days with MDMA days to maintain the optimum physical, emotional and spiritual benefits of the drug. We decided on the latter.

Theo gave me enough MDMA for another session and offered to provide whatever was needed for the rest of Maya’s life. The next day Maya slept fitfully. She awakened only briefly and no longer ate or drank. I looked forward to the following day when I hoped Maya would have another ecstatic experience.

When morning came, Maya could barely be awakened. She took the MDMA sublingually, and promptly went back to sleep. Her sleep became peaceful, without tics, spasms, moans or gasping for breath. Maya’s dad joined us when I told him I believed Maya would not wake up again. For the next eight hours while Maya slept peacefully, we told stories, played games and caressed Maya with love.

At 10 p.m., Maya awoke. Her dad was stroking her and I was reading aloud from Laura Huxley, about the importance of loving touch and the nobility of death. She opened her eyes with an expression of absolute wonder, reached out to touch her dad, and died.

We are grateful beyond measure to Theo and to those working to make psychedelic therapy legally available. We are honored to have witnessed and shared a holy experience, my daughter’s good death.

\* Fictional names were used to protect the privacy of the individuals in this story.
\* Names were provided by Maya’s parents for stories to reduce the extremely dangerous levels of other pain medications. It was edited as almost all doctors were concerned but I would kill off of body in a prospect work on the patient.

Upcoming Club Drug Research at Columbia University

Only a limited number of laboratory studies have evaluated empirical data regarding the acute effects of “club drugs” in humans. This study will evaluate the residual effect of a broad range of behavioral and physiological measures using moderate doses of several club drugs in human volunteers. Using carefully-controlled residential laboratory procedures, in which participants live in a laboratory without outside contact for 15 days, researchers will systematically evaluate the effects of club drugs on workplace performance. Workplace performance will be measured using a wide range of tests that evaluate cognitive functions such as divided attention and memory. In these studies, researchers will determine the effects of acute and repeated club drug administration the day of administration, as well as the morning after administration (i.e., “hangover”), on behaviors relevant to workplace performance. Drugs to be tested include methamphetamine (speed), methylenedioxymethamphetamine (MDMA, ecstasy), gamma-hydroxybutyrate (GHB), and zolpidem (Ambien).

Low drug doses will be evaluated, minimizing the number of drug deliveries per participant. The primary goal of this NIDA-funded study is to carefully evaluate the effects of club drugs on ongoing behavior under conditions simulating those outside the laboratory. The dosing regimen employed in this study closely parallels recreational use of club drugs by humans in society. Because there is little data available from laboratory studies on human performance after repeated controlled administration of club drugs, the proposed studies will make a unique contribution to the scientific database about the acute and residual effects of club drugs.

RESEARCH VOLUNTEERS NEEDED:
The Substance Use Research Center at Columbia University seeks healthy men or women (age 21 – 45) users of MDMA/Ecstasy to participate in residential studies evaluating medication effects. Live on a research unit at the NYS Psychiatric Institute for 15 – 17 days. You can earn approximately $1129. For information, call (212) 543-5982.

The proposed studies will make a unique contribution to the scientific database about the acute and residual effects of club drugs.