

Research Edition

BULLETIN

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From the Desk of Rick Doblin, Ph.D.

THIS ISSUE OF THE MULTIDISCIPLINARY Association for Psychedelic Studies (MAPS) *Bulletin* discusses the steady, hopeful progress that we've made recently in our research and educational efforts. Sadly, but also in celebration, this issue contains memorials to three people without whose efforts this progress would not have been possible: Sasha Shulgin, Christina Grof, and Richard Rockefeller.

Sasha played a crucial role in bringing MDMA to the world as a tool to deepen love and acceptance and to promote healing, and was an eloquent advocate for the personal freedom to use psychedelics to explore our inner worlds. Christina helped develop Holotropic Breathwork with her husband, Stanislav Grof, and trained thousands of therapists and others in this stunningly basic and accessible method of breathing, while also being an advocate for people (including herself) struggling to overcome addiction and dependence. Richard built a life and career of compassion and social justice activism, combining the accident of his birth with focus and accomplishments of his own doing. Richard took on as a personal mission opening doors at the U.S. Department of Defense and Veterans Affairs to collaborations with MAPS exploring the therapeutic potential of MDMA-assisted psychotherapy in veterans and

others suffering from chronic, treatment-resistant posttraumatic stress disorder (PTSD).

Their lives and recent deaths, as well as those of Rabbi Zalman Schachter-Shalomi, Stephen Gaskin, and those of many others who were touched by the grace and depth of psychedelics, serve to highlight the transitory nature of our brief existence as individual human beings. Through the way they lived their lives, they taught us all about the joy and meaning that comes from working to help others.

This issue of the *Bulletin* is being issued in the 28th year of MAPS' existence. Founded in 1986 primarily to develop MDMA-assisted psychotherapy into a legally available and FDA-approved treatment, MAPS has entered into a phase of growth and maturity that makes the accomplishment of the original core mission increasingly likely. Thousands of people over the years have donated to MAPS and helped us move forward in myriad ways. MAPS has also benefited from the incredible energies of the growing number of people who have worked as MAPS staff in a wide range of capacities. Pooling our resources, work, hopes, and dreams, we've made substantial progress together.

MAPS began with a vision of a castle in the air. Since then,

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