

## the use of drugs to treat childhood abuse: letters

**a**T THE SAN FRANCISCO meeting in April, commemorating the 50th anniversary of the discovery of LSD, I was disappointed that no one spoke of the use of drugs to help us deal with the abuse we all suffer when we are children, abuse that twists our original self-love into the self-hatred that becomes the source not only of our personal anguish but the cause of violence in the world.

I am aware that when LSD and MDMA were legal that therapists used them to explore our hidden pain, pain that always has its roots in childhood. Nowadays, though, MDMA is used chiefly to experience ecstasy. At least among the people I know, all but three use MDMA (and other drugs) just to "feel good," which is understandable. God knows, we all need some release from the suffering we live with. The use of drugs to get high is also a benefit because it often makes us aware of another reality so much more powerful than the narrow confines of the I-think-therefore-I-Am self. Nevertheless, since the self is largely created to protect us from awareness of what we suffered in childhood, the only permanent way out of the self and into a wider reality is not by going around the pain but straight through it.

It is not surprising that most people use drugs (legal or illegal ones) as an escape. I know from my own experience how hard it is to approach the memories, and the fear, anger and grief that accompany them. But I, fortunately, had no other choice. My first MDMA trip, which shoots most people into ecstasy, shot me straight into the hell of my childhood, a hell I had not been consciously aware of.

I think that the use of drugs for this purpose is so important that I am now writing an account of my journey into the abuse I endured in childhood, abuse I could not have faced without the help of "illegal

substances." After my first eye-opening trip, MDMA was not of much use, perhaps because what I had to remember was so terrible. Not until I took Euphoria (4-methylaminorex) alone, lying down, with eyeshades on and playing a continuous tape of a chorus singing Om, did I get the flood of memories I needed to get in order to heal. Euphoria let me get the memories calmly, but my heart had already been opened by MDMA, which enabled me for the first time in my adult life to cry, and I had much to cry about. Euphoria and later LSD also opened my consciousness to a compassionate and wise force within me that I soon called my inner guide, an experience that for me was totally authentic because at that time I had never heard of inner guides. I could not have made this journey without the help of this guide, a guide that I did not encounter only under drugs but who was soon with me every step of the way.

This mysterious and terror-filled journey is, because of my use of drugs, such a "hot potato," I'll have trouble finding a regular publisher, but somehow I'll get the story into the world. The use of drugs to open us up to our inner pain needs to become widely known. The public nowadays is learning that almost all the men and women in prison, especially the murderers and rapists, were severely abused in childhood. The public also knows that when let out of jail, most rapists, for example, will be compelled to continue to rape. What the public does not know is that people who commit violent crimes can rarely be helped until they remember the often forgotten traumatic events of their childhood and open up to their feelings. Without going

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through that process, there is little hope of a cure. I feel that drugs, used in the proper setting and for this serious purpose, are the surest way to bring about a cure.

I believe that these "illegal" drugs are the most beneficial aids mankind has invented to help us change the world for the better. The only way to stop the hatred and violence within us is to discover the source in our own self-hatred, self-hatred generated in childhood that seeps into the world and makes it ourselves writ large, a place of hatred and violence.

This culture sneers at and punishes those who use illegal drugs to feel good while the public floats away on rivers of alcohol. Alcohol can only help us escape from our painful feelings not get into them. Apparently, that is also true of Prozac, which more and more people are using. Prozac, which I have read is chemically close to speed, is, like alcohol, just another emotional pain-killing drug. Prozac is also expensive, has serious side effects and may need to be taken for life. A drug like LSD, on the other hand, is cheap and when taken sensibly has no side effects and when used to deal with childhood wounds is self-limiting. To speak from my own experience. At first I needed 200 mcg to be able to face what I had to, whereas recently only 20 mcg can get me into the remaining heavy pain I have to work through. Mostly, though, I am able to do it on my own. And although only 20 mcg can now also get me into my higher self, I often "get there" on my own, that is, I have eliminated so much of my pain that I can be what I was when I was first created, filled with the joy of being alive.

The public must become aware of the use of drugs for this higher purpose. It will not be easy because our culture has been created to keep us so distracted, so anesthetized that we don't have to face the abuse we suffered in childhood. But if the world is not to blow itself up or destroy itself in some other way, we have to stop running; we have to face what we are running from. The proper use of drugs can help.

Drug Freed

**I am a patient who has been helped immensely by MDMA.**

AM A PATIENT who has been helped immensely by MDMA. I am a victim of child abuse who has been diagnosed as having major depression. I also have symptoms of post traumatic stress syndrome. I spent years in therapy and tried just about every type of treatment there was, including several different kinds of prescription drugs such as Prozac. Unfortunately, none of those treatments worked and my symptoms persisted.

Then a friend of mine in the mental health field got me some MDMA. It worked fabulously! Cut right through the wall of trauma that had been paralyzing me all my life! Now that it is illegal and I am not able to continue treatment with it, I am sick again. No words can fully communicate the rage I feel at not being allowed access to this medicine, the only thing that has ever worked for me.

I have no idea why anyone would consider MDMA harmful. People like myself who suffer from emotional trauma live their whole lives in an altered state, a fucked up state. A state of panic, fear, and distrust. Believe me, none of us are looking for something to get fucked up on. Exactly the opposite. We are wanting help to feel normal! People without mental or emotional dysfunction have no idea how lucky they are! Feeling normal and healthy is an ecstatic state for someone who has depression. And that is the beauty of MDMA and MDMA-assisted psychotherapy. It removes the emotional trauma and allows a sick person to feel and act lucid and confident. No more paralyzing fear.

I cannot allow myself to live my life in sickness when there are medications like MDMA that can help me to be healthy. I know there are thousands, millions of people world-wide that can benefit from the therapeutic application of this medicine. This is an extremely important issue. God bless you who are helping to get MDMA back as a prescription medicine.

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