



# MDMA

## GUIDED SESSIONS



# MDMA

## THE LOVE STORY



MDMA (commonly known as the street drug Molly or Ecstasy) falls under the category of entactogens/empathogens, as it **has the capacity to heighten feelings of empathy, compassion, affection, intimacy, and emotional vulnerability**. While not classified as a typical psychedelic, MDMA induces significant shifts in emotional and cognitive patterns.

The MDMA experience often fosters a greater sense of empathy towards oneself and others, thus making it **a valuable tool in addressing personal distress and interpersonal conflicts**.

Additionally, the use of MDMA can empower individuals to freely express thoughts and feelings that they may typically avoid due to fear or embarrassment. **MDMA intelligently works in the brain to temporarily disable the amygdala (the fear centre), which lowers the individual's natural defences allowing them to interact with topics that would otherwise be challenging.**

From this open-hearted, compassionate space one suddenly has the ability to articulate and express the full array of their feelings.

# THE EFFECTS OF MDMA CAN INCLUDE FEELINGS OF:

"People taking MDMA report feelings of energy, well-being, empathy, transcendence, and sensory pleasure, and these are optimal conditions for engaging in processing of difficult or traumatic material."

- Rachel Yehuda, PhD -



Empathy



Self-awareness



Deep sense of self compassion



Sensory pleasure



More energy



Less anxiety



Ability to open up about emotions



Difference in how time and space are perceived



# USING MDMA AS A COUPLE

Couples use MDMA together to actively engage in a collaborative process, some as a relational tune-up or others to address relational wounds.

## HEALTHY RELATIONSHIPS

- enhance an already authentic and loving relationship
- can bring about a sense of depth, joy, peace, and celebration within partnerships
- power to enhance feelings of greater connection with your partner while also intensifying sensations of intimacy and sensuality
- likened to a relationship super glue, providing couples with the resilience needed to navigate through challenging times

## STRAINED RELATIONSHIPS

- potential to foster trust, release tension and fear, and break down barriers.
- enables both partners to engage in difficult conversations with empathy and without judgement
- engage in conversations where both partners can freely address the challenges within their relationship, unburdened by resentment or expectations
- develop the necessary tools to navigate difficulties with love, gratitude, and genuine communication
- facilitate the resolution of emotional wounds

## COUPLES WHO USE MDMA TOGETHER

Even months after a guided session with MDMA, couples continue to utilise the tools and strategies they acquired, demonstrating the lasting impact of the experience.

**MDMA has the ability to transform not only individual patterns but also the dynamics within a couple.**

However, it is important to note that MDMA is not a guaranteed solution for relational issues. It merely serves as a catalyst for open and honest dialogue.

It is essential for both parties involved to approach the experience with a willingness to engage openly and vulnerably, rather than viewing it as a magic bullet for relational strains. **Also vital to the process and maybe even more than taking MDMA itself, is how the couple integrates what they have learned about themselves and each other in the session into their everyday life.**



# WHY USE AN MDMA GUIDE?

1

A guide can help couples create a safe container through collaboratively designing a set and setting which will maximize the experience of MDMA.

2

A guide can help individuals or couples work through difficult traumas, feelings, or psychological issues.

3

For couples seeking to deepen intimacy or overcome relational challenges a strong support system is crucial in helping to navigate and manage the effects of MDMA.

4

A guide helps the individual or couple integrate the learnings from the session(s) in the form of coaching tools and skill sets both during and after the MDMA session(s).



# MDMA GUIDED SESSIONS

## ALL YOU NEED TO KNOW

### WHAT IS THE PROCESS FOR MDMA GUIDED SESSIONS?

**All guided sessions are held via Zoom.**

The general flow is to have a minimum of 3 sessions.

**1st** - this is an intake/discovery call. We meet to see if we are good fit and go over what brings you to this work.

*Time: 60-75 minutes*

**2nd** - The MDMA session.

*Time: 4-5 hours*

**3rd** - Up to a week later there is integration coaching call.

*Time: 60-75 mins*



### WHY ARE SESSIONS HELD ONLY OVER ZOOM?

MDMA guided sessions are perfectly adapted for working over Zoom. It allows the individual or couple to be in their own place of comfort and safety. This allows an even deeper level of relaxation into the process.



### WHAT IS A GUIDED SESSION LIKE?

Every experience of MDMA is unique. MDMA is a prosocial molecule that lends itself to a very emergent process. However, each person will come to this journey with an intention, which is clarified in the intake session. The context of the session will be held by the intention of the individual or couple. As your guide, I help to hold the container of your intentions. What that practically could like is offering enquiries at appropriately timed places to encourage open dialogue. There may also be times when I offer embodied invitations to move or breathe.



### HOW MUCH MDMA IS NEEDED FOR A THERAPUTIC PROCESS?

In clinical MDMA assisted sessions participants ingest 120mg of MDMA followed by an optional half-dose of 40mg administered about two hours after the initial dose to extend the therapeutic effects.



# MDMA GUIDED SESSIONS

## ALL YOU NEED TO KNOW

### IS MDMA SAFE FOR EVERYONE?

Generally speaking, if you are pregnant, have heart disease or high blood pressure, epilepsy, or suffer from (or have a family history of) bipolar disorder or schizophrenia, you should not use MDMA. If you are using SSRI's, you may need to reduce your dose before conducting your journey.

Always seek a medical professional to get screened for physical and mental health conditions or other issues for any concerns. Please note I am not a medical professional.



### ARE THERE ANY SIDE EFFECTS?

While using MDMA, typical side effects can include involuntary jaw clenching, nausea, racing heart and hot flashes or chills. Side effects tend to be very mild.



### WHEN WILL I FEEL THE EFFECTS OF MDMA AND HOW LONG WILL IT LAST?

After ingesting MDMA the effects will usually be felt within 30-45 minutes.

MDMA can last up to 8 hours in the system.

The medicine is felt strongest in the first few hours, which is why guided sessions last between 4-5 hours.



### DO YOU GIVE US THE MDMA?

**No, you will need to acquire your own medicine and decide the dose that feels appropriate for you.** MDMA is an illegal substance and therefore what you may acquire on the blackmarket should be tested for purity. MDMA is also known as Ecstasy, XTC or Molly. The crystal form of MDMA, as opposed to a tablet is more likely to be unadulterated. You can purchase reagent purity kits online (see resources section).



### ARE YOU A MEDICAL PROFESSIONAL?

I am not a medical professional. This material is not intended as a replacement or substitute for any legal or medical advice. Always consult a medical professional about your health needs.





# PRACTICAL TIDBITS

- You'll need steady, reliable internet connection, a computer or device that can connect to Zoom, a power cable and comfortable, safe environment - one you can make a nest in.
- Eat lightly before MDMA session, have water on hand and ready, coconut water is great too or other electrolyte drink.
- Have a light nutritious meal already prepared for when you start to come down and may begin to feel hungry. Food that is juicy or high water content will be most palatable (avoid dry or crunchy foods).
- Let at least one other trusted friend or family member know the day and time of your medicine session - someone local is preferable in case you'd like them to come over for your aftercare - hugs, cuddle or to bring nice food.
- Turn off all notifications on phones/personal devices. Maybe even a sign on your front door to not be disturbed (leave parcels with neighbour etc).
- Plan on not leaving your home until the following day.



# RESOURCES



## **ARTICLES:**

About MDMA

<https://www.psychedelics.com/guides/mdma-love-drug/>

MDMA & Relationships

<https://www.psychedelics.com/articles/mdma-love-drug-and-relationships/>

Reagent Tests

<https://psychedelictimes.com/importance-using-reagent-test-kits/>

## **PODCASTS:**

The Science of MDMA & Its Therapeutic Uses: Benefits & Risks

<https://youtu.be/slUCmZJDXrk>

## **BOOKS:**

*I Feel Love: MDMA and the Quest for Connection in a Fractured World*

by Rachel Nuwer

*How to Change Your Mind* by Michael Pollan



# Session Details and Enrollment

## MDMA MEDICINE JOURNEYS

For MDMA journeys (better known as XTC), they can be done over Zoom. In fact, I get great results with MDMA over Zoom.

People find MDMA is much better for therapeutic work than mushrooms...My Master's thesis was on the therapeutic effects of MDMA on PTSD.

Journeys involve a one-hour Zoom sometime before the journey to get your background, set an intention, and help me know what you'd like to get from your experience. Then, the day of the journey, I set aside 5 hours to guide you into valuable insights, therapeutic processes to deal with trauma, and guidance for deep inner experiences.

Finally, about a week after that journey, we do another one hour Zoom to help you integrate what you learned and create a customized plan for moving forward. That's seven hours of my help in all. The cost for all this is \$1200 to \$2200 U.S. on a sliding scale based on what you feel you can afford. You can receive the medicine by contacting a friend of mine on the app known as Signal. This has a 100% success rate of avoiding any kind of legal problem. If you have your own medicine to use, I charge \$50 less.

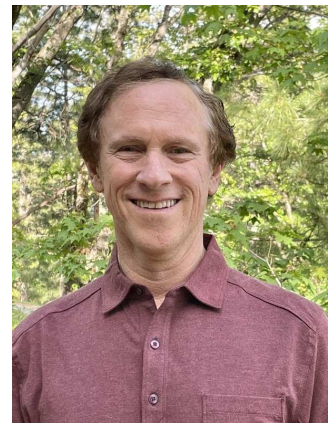
When working with couples, the only difference is the low end of my sliding scale begins at \$1450.

Let me know if you have any questions. Such experiences can often be a major turning point on the road to greater peace, and are quite often life transforming. When I work with couples, they often report that it was like doing many years of therapy in a single day.

If you'd like to schedule an initial one-hour Zoom (which may or may not turn into deciding to go forward with a journey), give me a few times that you could be available for that in the upcoming week or two. My personal email is iamjonr@aol.com. Put in the subject line: Medicine Journey

If you decide to do a journey, the one hour Zoom call is part of the price stated above. If you decide not to do a journey, I charge \$125 for an hour call, and you'll learn some good ways to help you better handle whatever challenges you may be going through. I look forward to connecting...

Warmly,  
Jonathan Robinson





# READY TO TAKE THE LEAP?

The path to an infinitely more alive connection to yourself, your partner, your family, friends and the greater community are only steps away.

If you feel the calling, simply click on the button below to apply for a complimentary call to see if we can find a path that works for your unique situation.

[APPLY HERE](#)



**Legal Notice:** Psychedelics are widely illegal in the USA and UK, and individuals should always be informed about local, state, and federal regulations regarding psychedelics or other drugs. Psychedelics are not supplied by Jamie Abrams or Academy for Intimacy nor do we encourage any illegal behaviours.