

THE TRUTH ABOUT LSD

Lysergic Acid Diethylamide
A psychedelic nightmare
trip that has ruined
countless lives



Acid
Blotter
Tabs
Microdot

“SAY **NO** TO DRUGS, SAY **YES** TO LIFE”

WHY THIS BOOKLET WAS PRODUCED

Drugs destroy millions of lives every year. The most disturbing aspect of this problem is the damage drug abuse does to our young people — and the threat this represents to the future of every country. With more and more young people being introduced to drugs, it is vital to provide educational materials with factual information about their dangers.

This booklet is dedicated to those individuals and organizations working to salvage others from the ravages of drug abuse. Society owes them a debt of gratitude for their cooperative efforts and we hope this booklet will assist them.

Sadly, some in society seek to promote and spread drug use for profit or gain — a fact that has been exposed too many times for anyone to be fooled.



WHAT IS LSD?

LSD is one of the most potent, mood-changing chemicals. It is manufactured from lysergic acid, which is found in ergot, a fungus that grows on rye and other grains.

It is produced in crystal form in illegal laboratories, mainly in the United States. These crystals are converted to a liquid for distribution. It is odorless, colorless, and has a slightly bitter taste.

Known as “acid” and by many other names, LSD is sold on the street in small tablets (“microdots”), capsules or gelatin squares (“window panes”). It is sometimes added to absorbent paper, which is then divided into small squares decorated with designs or

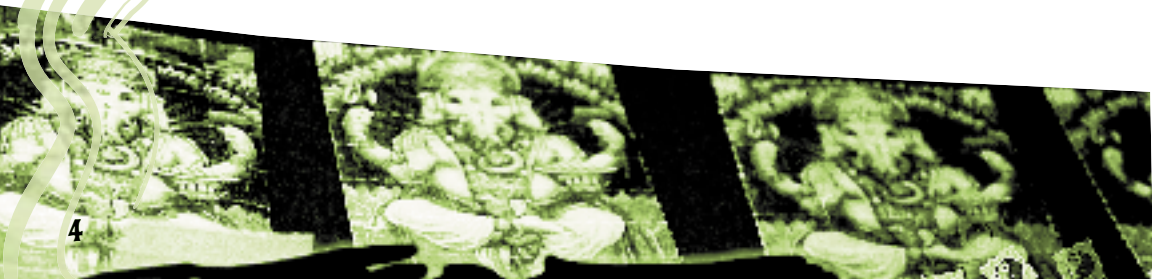
cartoon characters (“loony toons”). Occasionally it is sold in liquid form. But no matter what form it comes in, LSD leads the user to the same place — a serious disconnection from reality.

LSD users call an LSD experience a “trip” — which is typically 12 hours or so. Adverse reactions are called “bad trips,” an appropriate name for a taste of living hell.

STREET NAMES FOR LSD

LSD is most commonly referred to as “acid”. Other street names include:

- **Battery acid**
- **Boomers**
- **Doses**
- **Dots**
- **Golden Dragon**
- **Hippie**
- **Loony toons**
- **Lucy in the sky with diamonds**
- **Microdot**
- **Pane**
- **Superman**
- **Tab**
- **Window pane**
- **Yellow sunshine**
- **Zen**
- **and many others**



“At the age of 16 I was introduced to a drug that I abused for over three years — LSD. What I was unaware of was the fact that LSD is the most potent hallucinogen known to man.

“The drug came on a small piece of paper no bigger than my index finger called a blotter. Fifteen minutes after putting the paper on my tongue my entire body got hot and I began to sweat.

“Some other reactions that I experienced while on the drug included dilated pupils, nausea and ‘goose bumps.’ While high on LSD I felt like there was a huge distortion both in my mind and body. The visual changes as well as the extreme changes in mood were like some strange scary trip — one in which I felt like I had no control over my mind and body.”

— E.C.



WHAT ARE THE RISKS OF LSD?

The effects of LSD are unpredictable. They depend on the amount taken, the person's mood and personality, and the surroundings in which the drug is used. It is a roll of the dice — a racing, distorted high or a severe, paranoid low.

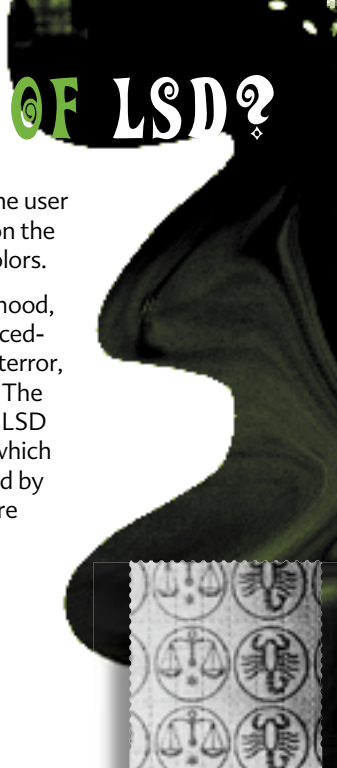
Normally, the first effects of LSD are experienced 30 to 90 minutes after taking the drug. Often, the pupils become dilated. The body temperature can become higher or lower, while the blood pressure and heart rate either increase or decrease. Sweating or chills are not uncommon.

LSD users often experience loss of appetite, sleeplessness, dry mouth and tremors. Visual changes are among the more

common effects — the user can become fixated on the intensity of certain colors.

Extreme changes in mood, anywhere from a spaced-out “bliss” to intense terror, are also experienced. The worst part is that the LSD user is unable to tell which sensations are created by the drug and which are part of reality.

Some LSD users experience an intense bliss they mistake for “enlightenment.”



**“I would stay up for
days at a time bingeing.
Eventually I had lost a lot
of weight; I looked like
walking death and was a
disgrace to everyone who
loved me.”**

— T.C.



**On LSD, which is often taken
in tab form (left), an intense,
altered state transforms into
disassociation and despair.
Often there is no stopping
“bad trips,” which can go on for
up to 12 hours.**

Not only do they disassociate from their usual activities in life, but they also feel the urge to keep taking more of the drug in order to re-experience the same sensation. Others experience severe, terrifying thoughts and feelings, fear of losing control, fear of insanity and death, and despair while using LSD. Once it starts, there is often no stopping a “bad trip,” which can go on for up to 12 hours. In fact, some people never recover from an acid-induced psychosis.

Taken in a large enough dose, LSD produces delusions and visual hallucinations. The user’s sense of time and self changes. Sizes and shapes of objects become distorted, as do movements, colors and sounds. Even one’s sense of touch and the normal bodily sensations turn into something strange and bizarre. Sensations may seem to “cross over,” giving the user the feeling of hearing colors and seeing sounds. These changes can be frightening and can cause panic.

The ability to make sensible judgments and see common dangers is impaired. An LSD user might try to step out a window to get a “closer look” at the ground. He might consider it fun to admire the sunset, blissfully unaware that he is standing in the middle of a busy intersection.

Many LSD users experience flashbacks, or a recurrence of the LSD trip, often without warning, long after taking LSD.

Bad trips and flashbacks are only part of the risks of LSD use. LSD users may manifest relatively long-lasting psychoses, such as schizophrenia or severe depression.

Because LSD accumulates in the body, users develop a tolerance for the drug. In other words, some repeat users have to take it in increasingly higher doses to achieve a “high.” This compounds the physical effects and increases the risk of a psychosis-inducing bad trip.

“At 13 years of age I took my first drink and soon after was introduced to marijuana. Then LSD quickly fell into my hands and I became addicted, eating it like candy.

“One night during one of my binges I blacked out and awoke with blood all over my face and vomit coming out of my mouth. By some miracle I pulled myself awake and cleaned myself up. I got into the car, shaking, drove to my parent’s house. I climbed into bed with my mom and cried.

“By the age of 21, I checked into my first rehab.”

— Donna

THE HARMFUL EFFECTS OF LSD

PHYSICAL EFFECTS

- Dilated pupils
- Higher or lower body temperature
- Sweating or chills (“goose bumps”)
- Loss of appetite
- Sleeplessness
- Dry mouth
- Tremors

MENTAL EFFECTS

- Delusions
- Visual hallucinations
- An artificial sense of euphoria or certainty
- Distortion of one’s sense of time and identity
- Impaired depth perception
- Impaired time perception, distorted perception of the size and shape of objects, movements, color, sounds, touch, and the user’s own body image.
- Severe, terrifying thoughts and feelings
- Fear of losing control
- Panic attacks
- Flashbacks, or a recurrence of the LSD trip, often without warning long after taking LSD
- Severe depression or psychosis.



“**I** started drinking at the age of 15. Then I progressed to taking ecstasy, speed, cocaine and LSD.

“I found it difficult to hold down a job and became depressed and thought I would never overcome my obsession with drugs. I attempted suicide twice by overdosing on pills. I was put under psychiatrists who gave me even more drugs, anti-depressants and tranquilizers, which just made matters worse.

“... as an outlet for my feelings... I turned to self-harm — I started cutting and burning myself.”

— Justin

INTERNATIONAL STATISTICS

In Europe, the highest use of LSD is in the UK and Ireland (10 percent among 16 to 29-year-olds have used it at least once), with lower percentages in the other European countries.

In America, since 1975, researchers funded by the National Institute on Drug Abuse have annually surveyed nearly 17,000 high school seniors nationwide to determine trends in drug use and to measure the students' attitudes and beliefs about drug abuse. Between 1975 and 1997, the lowest period of LSD use was reported by the class

of 1986, when 7.2 percent of high school seniors reported using LSD at least once in their lives.

The percentage of seniors reporting LSD use at least once over the course of the prior year nearly doubled from a low of 4.4 percent in 1985 to 8.4 percent in 1997. In 1997, 13.6 percent of seniors had experimented with LSD at least once in their lifetimes.

By 2004, an estimated 23.4 million Americans over age 12 had used LSD at least once in their lifetimes. That is 9.7 percent of this age group.

LSD POTENCY

LSD: Most powerful hallucinogenic
(mind-altering) drug

LSD is 100 times
more potent
than psilocybin
mushrooms

LSD is 4000
times stronger
than mescaline

LSD
4000X

LSD
100X

Psilocybin
and psilocin

Mescaline

An LSD user tells his story:

“I started hanging out at strip clubs, casinos and became very promiscuous, visiting brothel after brothel and soon to be introduced to other drugs.

“I had now lost all my inheritance and had to move into a crack-house where I stayed for a year watching people die, losing my business and becoming a thief.

“I was arrested in November 2003 for attempted hijacking and went to prison.

“I had hurt and lost everyone that loved me and I was disowned.

“I ended up homeless and on the streets living and sleeping in a cardboard box by [the train] Station, begging and struggling to find ways to get my next meal.”

— Frederick

LSD ♦ A SHORT HISTORY

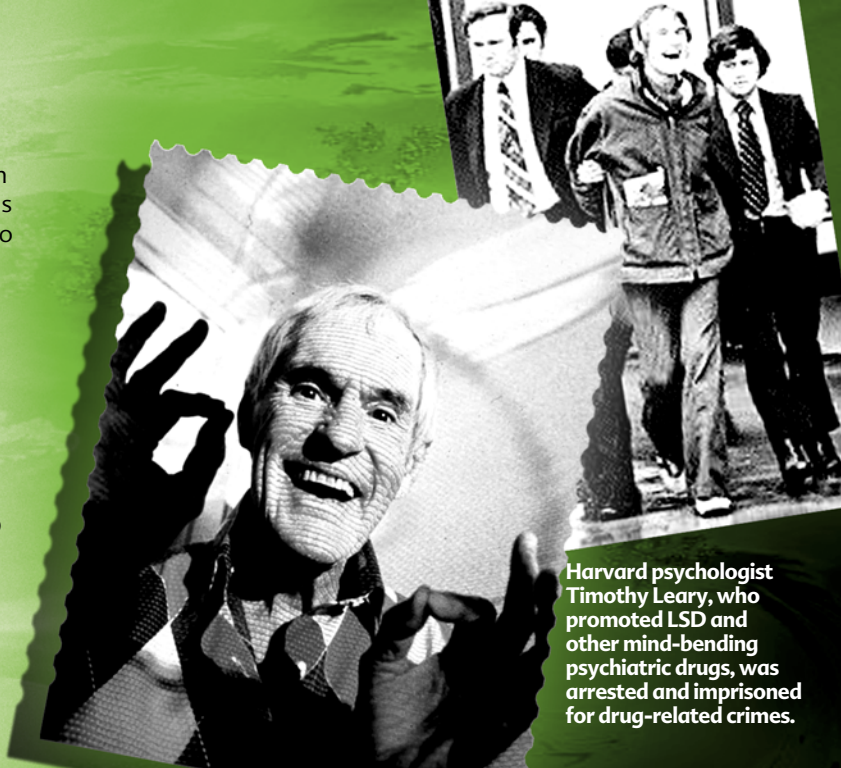
Albert Hofmann, a chemist working for Sandoz Pharmaceutical, synthesized LSD for the first time in Basel, Switzerland, while looking for a blood stimulant. However, its

hallucinogenic effects were unknown until 1943 when Hofmann accidentally consumed some LSD. It was later found that an oral dose of as little as 25 micrograms (equal in weight to a few grains of salt) is capable of producing vivid hallucinations.

Because of its similarity to a chemical present in the brain and its similarity in effects to certain aspects of psychosis, LSD was used in experiments by psychiatrists from the 1940s, 1950s and 1960s. While the researchers failed to discover any medical use for the drug, the free samples supplied by Sandoz Pharmaceuticals for the experiments were distributed broadly, leading to wide use of this substance.



LSD was popularized in the 1960s by individuals like Timothy Leary, who encouraged American students to “turn on, tune in, and drop out.” This created an entire counterculture of drug abuse and spread the drug from America to the United Kingdom and the rest of Europe. Even today, use of LSD in the United Kingdom is significantly higher than in other parts of the world.



Harvard psychologist Timothy Leary, who promoted LSD and other mind-bending psychiatric drugs, was arrested and imprisoned for drug-related crimes.

CIA Infiltrated 17 Area Groups, Gave Out LSD

Suicide Revealed

By Thomas H. Stone

Washington Post Staff Writer
A leading employee of the Department of Defense has admitted that LSD was part of a Central Intelligence Agency test program in the 1960s. The test was designed to see if LSD could be used to control the behavior of individuals in the field.

The test was given the drug while the subject was in a state of hypnosis. The results showed that LSD had a significant effect on the subject's behavior. The test was conducted by the CIA and the results were kept secret for many years.

District the Focus

By Bill Richards

Washington Post Staff Writer
Agents working for the FBI were directed to infiltrate and monitor at 17 Washington area groups in 1964. The groups were located in the Washington, D.C. area and were active in the civil rights movement. The FBI was concerned that the groups were being infiltrated by the CIA and were being used to further the CIA's goals.

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Psychiatric mind-control programs focusing on LSD and other hallucinogens created a generation of acidheads. With a more recent revival of LSD use, the legacy of destroyed lives continues.

June 1975

Report to the President by the COMMISSION ON CIA ACTIVITIES WITHIN THE UNITED STATES



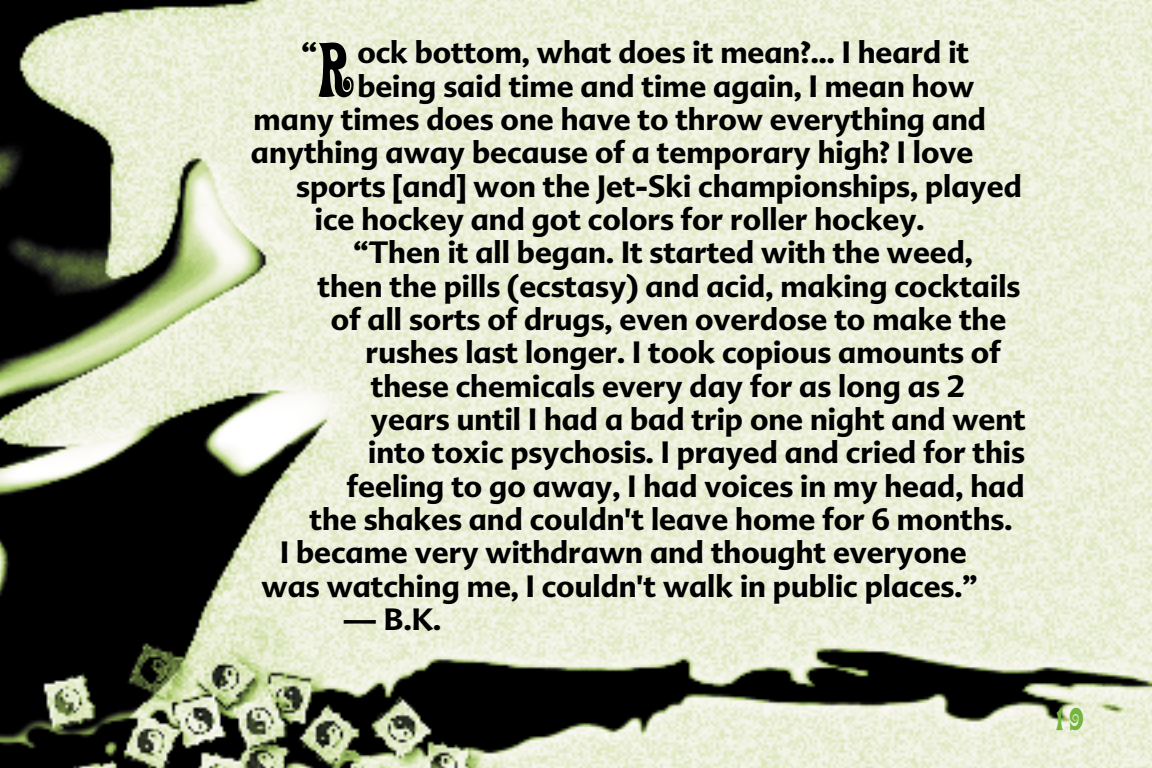
While the 60s counter-culture used the drug to escape the problems of society, the western intelligence community and the military saw it as a potential chemical weapon. In 1951, these organizations began a series of experiments. U.S. researchers noted that LSD “is capable of rendering whole groups of people, including military forces, indifferent to their surroundings and situations, interfering with planning and judgment, and even creating apprehension, uncontrollable confusion and terror.” Experiments in the possible use of LSD to change the personalities of intelligence targets — and to control whole populations — continued until the United States officially banned the drug in 1967.

Use of LSD declined in the 1980s, but picked up again in the 1990s. Since 1998, LSD became more widely used at dance clubs and all-night raves by older teens and young adults.

“The days following my LSD use, I was filled with anxiety and extreme depression. Following my first ‘trip’ on LSD, I would eat it frequently, sometimes up to four or five times per week for an extended period. Each time I would take the drug, mentally, I was drifting more and more out of reality. The eventual effect was the inability to feel normal in my own skin.”

— Andrea



A close-up photograph of a hand holding a lit cigarette. The cigarette is lit, with a bright orange tip and a trail of white smoke rising from it. The hand is partially visible, with fingers wrapped around the cigarette. The background is dark and out of focus.

“Rock bottom, what does it mean?... I heard it being said time and time again, I mean how many times does one have to throw everything and anything away because of a temporary high? I love sports [and] won the Jet-Ski championships, played ice hockey and got colors for roller hockey.

“Then it all began. It started with the weed, then the pills (ecstasy) and acid, making cocktails of all sorts of drugs, even overdose to make the rushes last longer. I took copious amounts of these chemicals every day for as long as 2 years until I had a bad trip one night and went into toxic psychosis. I prayed and cried for this feeling to go away, I had voices in my head, had the shakes and couldn't leave home for 6 months. I became very withdrawn and thought everyone was watching me, I couldn't walk in public places.”

— B.K.

The Truth About Drugs

Drugs are essentially poisons. How much is taken determines the effect.

A small amount gives a stimulant (increases activity). A greater amount acts as a sedative (suppresses activity). A still larger amount acts as a poison and can kill one.

This is true of any drug. Only the amount needed to achieve the effect differs.

But many drugs have another liability: they directly affect the mind. By reactivating incidents from a person's past, below his

conscious awareness, they can distort the drug user's perception of what is happening around him. As a result, the person's actions may be odd, irrational, inappropriate and even destructive.

Drugs block off all sensations, the desirable ones with the unwanted. So, while providing short-term help in the handling of pain, they also wipe out ability, alertness and muddy one's thinking. Long-term drug use robs life of the pleasures and joys which are the only reasons for living anyhow.

**The real solution, however,
is not to begin using
drugs in the first place.
Taking drugs is not
an answer.**



In the end, one has a choice between being dead with drugs or being alive without them.

As terrifying as the consequences of drug use are, and as hopeless as they can seem to the addict, there are solutions to the drug problem and, on a broader scale, the war on drugs can be won.

The first step is to understand why a person becomes trapped by drugs. In May 1969, when the international drug crisis was reaching its peak, author and humanitarian L. Ron Hubbard wrote, “When a person is depressed or in pain and where he finds no physical relief from treatment, he will eventually discover for himself that drugs remove his symptoms.

“In almost all cases of psychosomatic pain, malaise or discomfort the person has sought some cure for the upset.

“When he at last finds that only drugs give him relief he will surrender to them and become dependent upon them often to the point of addiction.”

Growing up and living in this world can be very hard. Exercise, diet or simply taking a long walk to look at things until one can focus one’s attention outward and again feel relaxed can work wonders. Talking problems over with a friend or a minister or trusted family member can also help.

And for the person with a drug problem, there are also real solutions to their addiction. Narconon, a drug rehabilitation program that utilizes the methods of L. Ron Hubbard, has a success rate of more than 75 percent. (www.narconon.org)

The best solution, however, is not to begin using drugs in the first place. Taking drugs is

not an answer. As difficult as it can be to confront one's problems, the consequences that come with drug use are always worse than the problem one is trying to avoid when he or she begins to take drugs.

And the long slide into hell that comes as a result of taking drugs is even worse.

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PHOTO CREDITS: Page 5: DEA; Page 14: The Albert Hofmann Foundation; Page 15: AP/Timothy Leary; DEA/Timothy Leary arrest.

“Say No to Drugs, Say Yes to Life” is a community drug education and drug prevention program initiated by the Church of Scientology International. It educates children and youth about the dangers of drugs and challenges them to remain drug-free and to set a good example to their friends and family.

The program acts through clubs run by and for young people. These clubs reinforce a positive message of drug-free living through the distribution of educational literature that provides facts about illicit drug use and the effects of drugs on the spirit, mind and body, through group activities to popularize drug-free living, and through the support of civic leaders and members of other groups with similar aims.

Experience has taught us that people in general, and youth in particular, when they understand the destructive effects of drugs, and when they are provided with positive role models and the support of their peers to remain drug-free, they inevitably come to the conclusion: “I don’t want to take drugs” — which is of course the ultimate purpose of the program.

“SAY NO TO DRUGS, SAY YES TO LIFE”

This booklet is presented as a public service by the Church of Scientology International. It is part of a series of booklets to educate young people in the truth about drugs. The booklets in this series provide the facts about cannabis, crack and cocaine, crystal methamphetamine, ecstasy, heroin, LSD, prescription painkillers and other addictive drugs, allowing the reader to decide for himself to live a drug-free life.

To obtain more copies of this or the other booklets in this series, or to learn more about the discoveries of L. Ron Hubbard and his workable technologies that rid people of the harmful effects of drugs, visit or contact:

www.notodrugs-yestolife.org

Or Contact:

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