

# The DMT Handbook



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Viracocha

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# Part 1: Extraction of DMT

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## **Ingredients used:**

(Quantities can be scaled accordingly to work with smaller or larger amounts)

- 2 kilograms of DMT containing plant material (Acacia obtusifolia bark was used here)
  - 200 grams of Sodium Hydroxide (Caustic Soda / Lye)
    - ✓ Buy from most hardware shops and supermarkets
  - 1 small bottle of either of the following acids:
    - ✓ Sulphuric acid – Battery Acid, Found at mechanics and auto suppliers
    - ✓ Hydrochloric / Muriatic Acid – Check hardware shops / pool suppliers
    - ✓ Phosphoric Acid – Food additive, try food chemical suppliers
  - 1 Litre of Shellite / Naptha (non-polar solvent)
    - ✓ Found at hardware shops and petrol stations
  - Tap water (polar solvent)
- 

## **Materials Used:**

- 2 x 5L HDPE Jugs
  - 1 x 2L Jug
  - 1 x 2L glass bowl
  - 1 x Small saucepan (stainless steel) – at least 1L capacity
  - 1 x Large saucepan (stainless steel) – at least 10L capacity
  - 1 x funnel
  - 1 x strainer
  - 1 x wooden spoon
  - 1 x filter cloth – Muslin or Screen Printing cloth
  - 1 x Coffee grinder or Blender (either should be of good quality)
  - 1 x Kitchen scales
  - A pair of secateurs or an electric mulcher
  - Litmus paper or digital pH meter
  - A siphoning device - **Please read below!!**
  - Personal Protective Equipment
    - ✓ Gloves
    - ✓ Goggles
    - ✓ Fume Mask
- 

## **A note on siphoning**

If you choose to siphon and don't fancy a mouthful of toxic liquid, then you should follow a few simple rules when making your device:

**MAKE SURE** the tube is at least two meters in length and has an inner diameter of 6mm

This device is ideal. It has a long firm rod which allows you to accurately pick your point of siphon, and most importantly, it has the correct tube.



### Extraction Theory:

The idea behind the extraction is that DMT is in the plant; we can get it out.

To our advantage, the state of the DMT can be changed between a salt and a freebase by using acids or bases respectively. For example, if you have a pH 4 (acidic) solution containing DMT, the DMT is converted to a salt (using sulphuric acid: DMT Sulphate, using hydrochloric acid: DMT Hydrochloride, etc...). If you now raise the pH to 12 or higher (basic), all the DMT salt will be converted to its freebase form.

As we change the state of the DMT, we also change its solubility properties: DMT salts are soluble in polar solvents (water) but insoluble in non-polar solvents. Freebase DMT is soluble in non-polar solvents (Shellite) but is insoluble in polar solvents.

Understanding these basic principles allows an extraction technique to be devised.

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### Extraction Technique:

**1. Prepare the Bark:**

Grind the bark as finely as you can in order to maximise its surface area

**2. Acid Cook:**

Simmer the bark in pH 4 acidic water. Keep the liquid and discard the bark  
The low pH drives the DMT into its salt form which will migrate into the water

**3. Basify and Extract:**

Basify the liquid to pH 12 or higher with Sodium Hydroxide (Caustic Soda / Lye)  
The high pH will convert all the DMT into its freebase form, which is soluble in Shellite  
Now add an amount of Shellite to the solution. Shake, separate, repeat, and combine  
The freebase DMT will migrate into the Shellite

**4. Freeze Precipitation:**

The last step is to get the freebase DMT out of the Shellite  
At freezing temperatures, the DMT is insoluble in Shellite and will precipitate out

Using this basic process, we can turn this...



Into **THIS!**



## **Step 1: Prepare the Bark**

Preparing the bark is a crucial step in ensuring the yield reaches its full potential. The aim is to powder the bark as finely as possible, which in turn maximises its surface area. This results in the vast majority of the DMT being exposed, and not protected inside thick layers of bark.

Of the two methods suggested here, Method 1 is far easier and less painful than the manual alternative. If you plan to do lots of this kind of work, then it is highly suggested you go with Method 1. Either way, there are endless possibilities for doing this so be innovative and find a method that works well for you.

Weigh the amount of bark you will be using for the extraction

Two kilos were used here

There are many possible ways in which the bark can be prepared for extraction, and here I will explain two



### **Method 1**

Get an electric mulcher like the one shown here. This cost AU\$250 and is worth every cent. Run the bark through a few times to get it reasonably well pulverised



### **Method 2**

Using secateurs, chop up all the bark into squares of about 1x1cm

### **Method 1 (cont)**

Once the bark has been processed by your mulcher, it will look something like this



**Method 2 (cont)**

After chopping up all the bark with your secateurs, you will be left with this



Load a grinder or blender with either the mulched bark or bark squares. Don't overfill, the levels shown here are fine

Shaking it around while grinding helps to ensure that all the bark comes into contact with the blades

**Note:** Be sure to give your grinder a rest between loads so that you don't overheat and damage the motor



After all the bark has been ground, you should have something like this. Even finer is better

Put all the bark into your large saucepan

You are now ready for Step 2: Acid Cook



## **Step 2: Acid Cook**

The acid cook will convert the DMT in the bark into a water-soluble salt. Phosphoric Acid was used here so the DMT Phosphate salt was produced. The DMT salt will migrate away from the bark into the acidic water.

Many acids will work, however it is strongly recommended that Phosphoric, Hydrochloric, or Sulphuric acid be used. Previously, Vinegar (Acetic acid) was used, but the yields were sub-standard compared to those achieved with Phosphoric acid. This may be due to the Acetic acid forming a weak bond with the DMT which may easily be broken down during some steps of this process.

Phosphoric Acid is also known to produce ultra-potent ayahuasca brews.

A few drop of the acid (left) were added dropwise to a jug of water (right). It was shaken well and pH tested until it reached **pH 4**

Use a digital pH meter or litmus paper to check the water's pH



Pour the acidified water into your large saucepan containing the bark. It should cover the bark by at least an inch

**NOTE:** Be sure to use ONLY STAINLESS STEEL saucepans.

Aluminium saucepans will oxidize in the presence of acids/bases!



Place the saucepan onto your largest stove burner and bring it to boil. Once boiling, reduce the heat so it is just rolling and proceed to cook it for a further hour and a half

Be sure to keep some extra acidified water handy as the saucepan will need to be topped up from time to time due to evaporation



When you have completed the first cook, pour off the bark tea into one of your 5L HDPE jugs

You can use the saucepan lid to stop any bark from falling out, and the funnel to aid the pouring

Now, repeat the acid cooking process twice more and combine all the liquids. Once finished, discard the exhausted bark and clean your large saucepan well



Pour the combined liquids through a filter into your clean, large saucepan

The filter setup used here consisted of a screen printing cloth placed over a strainer. Muslin cloth will work fine if you can't find screen printing cloth



Put the filtered bark tea back on the stove and reduce it down to about 2L. A hard boil doesn't seem to affect the final outcome

**BE SURE** that your kitchen has adequate ventilation. Humidity can build up quicker than you think, and before you know it, your ceiling and walls may be covered in oily red acidic liquid!!



Pour the reduced bark tea into a clean 5L HDPE jug and you are ready to proceed to Step 3: Basify and Extract

**Note:** Pour the liquid into the jug right after you turn off the heat

**You must then wait 15-20 minutes before continuing**

Temperature is critical to the efficiency of the extraction and is most important in the next step





### **Step 3: Basify and Extract**

You are now going to basify the bark tea to a pH of 12 or higher. Sodium Hydroxide (Caustic Soda / Lye) will be used to do this. The reaction converts the DMT salt to the freebase.

Freebase DMT is insoluble in polar solvents (water), but soluble in non-polar solvents (Shellite).

When Shellite is added to the basified solution, the DMT molecules will migrate into the Shellite which, lucky for us, acts like oil on water – it floats on top of the water. This means that the DMT (in Shellite) can now be removed from the bark tea.

During the 15-20 minute waiting period, you should prepare the basifying solution

Start by weighing out 200 grams of Sodium Hydroxide

**NOTE:** Be sure to use ONLY STAINLESS STEEL saucepans.

Aluminium saucepans will oxidize in the presence of acids/bases!

Very slowly, and very carefully, add this to some water in your smaller saucepan. Stir well and allow all the Sodium Hydroxide to dissolve

**Note:** It is strongly suggested that this be done outside with a face mask, goggles, and gloves

It Burns skin!

It EATS furniture!

Once the 15-20 minute waiting period is up, you can very carefully add the basifying solution to your jug containing the bark tea

You will see the bark tea turn to a thick black liquid

**BE CAREFUL** if you pour too fast it can 'spit' at you. Believe me, it burns



Now pour 300mL of Shellite into the jug, then put the lid on and shake

**CAUTION:** Begin by shaking softly so you can gauge how strong the pressure buildup is. Just one shake can sometimes bring the jug near bursting point!

A good way to help with this is to squeeze the jug so the liquid rises near the top, then cap it, then shake it. This allows for a pressure buildup buffer



Shake it for a minute or so, then release the pressure and let it sit for a minute. Repeat this process 5-10 times

Make sure the jug is shaken vigorously enough so that the two layers can no longer be seen

On the last shake allow the jug to sit for five minutes for the layers to fully separate out



You are now ready to physically separate the two layers

Remember that now, the Shellite has the freebase DMT in it

There are several ways in which the layers can be separated (separatory funnel, turkey baster, etc..) but here a siphon device is used

In this picture, the top jug is being siphoned into the bottom jug, from the bottom up. Keep a close eye while doing this and just as it's about to siphon up the last bit of black liquid, pull the siphon device out of the top jug in order to stop the siphoning

Tilting the top jug onto one of its bottom corners helps with more accurate separation



The Shellite containing the freebase DMT will be left in the big jug. Pour this Shellite into your 2L jug, being very careful not to let any of the left over black liquid in

Ideally, you want ONLY the Shellite in the 2L jug, but if a bit of anything else does get in then don't worry as it can be removed later



This completes the first extraction. Now you need to do two more in the same manner

As the mixture is already basified, there is no need to add any more basifying solution. Just add more Shellite, shake, separate, and add it to the 2L jug

For the second Shellite extraction use another 300mL, and on the third use the rest of the litre, ie: 400mL



Pictured here are the combined Shellite extractions

Notice how it looks milkier than the previous picture. This is because as Shellite cools down, its ability to hold the DMT reduces. That's why in this step high temperature is critical – but for safety, not too high!

The milky appearance actually comes from small amounts of DMT that are now crashing out of the cooling solution

This concludes the non-polar extractions. You can now go to the final step in the process; Step 4: Freeze Precipitation





## Part 2: Methods of Purification

There are several ways in which you can increase the purity of the extracted crystal. Here I will introduce you to recrystallisation and crystal growing, however it is worth your while to also look into the activated carbon method.

Recrystallisation involves dissolving an amount of freebase DMT in a minimal amount of Shellite, followed by the recovery of the DMT by freeze precipitation. The key to the purification is to use the least amount of Shellite necessary to dissolve the DMT, which is typically 30-40mL per gram. When dissolving the DMT, you will notice that an insoluble coloured oil will remain at the bottom. This is the impurity you are going to remove, and happens to be only slightly soluble in Shellite. The Shellite will dissolve little to none of this oil and after recovery of the DMT, you will see that it is significantly whiter. This process can be repeated several times in order to further purify the product.

Growing crystals involves dissolving an amount of already purified DMT in Shellite, and then recovering the DMT by slowly evaporating the Shellite. As the amount of Shellite gets lower, its capacity to hold DMT progressively reduces. The excess DMT will precipitate out and slowly combine to form DMT crystals.

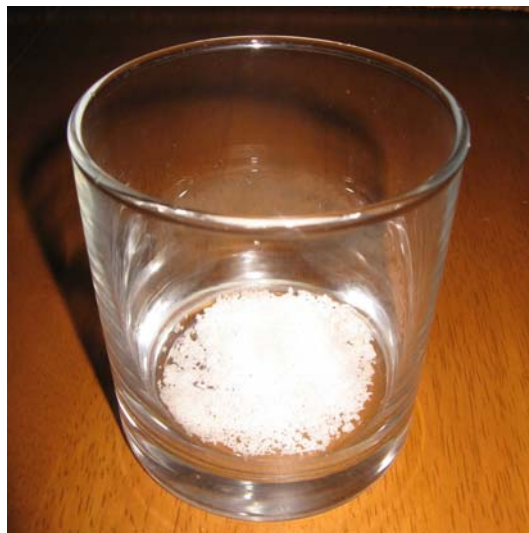
### Section 1: Recrystallisation

Measure the desired amount of freebase DMT you wish to recrystallise

1 gram of was used here



The DMT is placed into a glass or other suitable container



Now measure the amount of Shellite needed to just dissolve the DMT

Remember, 30-40mL per 1 gram

Approximately 40mL was used here as one gram of DMT is being recrystallised



Pour the Shellite into the glass containing the DMT and sit it in a bowl of boiling water

This setup acts as a hot water bath

Let it sit for a few minutes and then work the DMT into the Shellite. If the water cools too much, replace it with freshly boiled water and continue



Do your best to dissolve as much of the DMT as possible

You will notice an oily impurity on the bottom of the glass which will not dissolve

This is what will be removed in order to purify the product

**NOTE:** This oily impurity is mostly DMT-N-Oxide which is highly active! I recommend you enhance some leaf with it a la Section 5, Suggestion 1 ☺



Pour ONLY the Shellite into a fresh container

Be very careful not to let any of the oily impurity come across into the new container as this is exactly what you are trying to remove!



Cover the container and let it sit at room temperature for two to three hours, then place it in a refrigerator for a few hours, then in the freezer for +48 hours

The slow cooling of the Shellite will result in a slower precipitation and hence combining of the DMT

This further helps to produce a purer product



Once again, you will see this happy site. The larger clumping style of the DMT is due to the slower cooling of the Shellite

Sit the container upside down for 10 minutes to remove as much of the Shellite as possible



The recrystallised product is then fan dried for 30 minutes and collected

You will notice a drop in the weight of the DMT. This is because something has been removed. The more impure the DMT was, the less it will weigh after recrystallisation



Here you can see the increase in purity from the original product (left) to the recrystallised product (right)



## Section 2: Crystal Growing

The crystal growing process is almost identical to the recrystallisation process. It only differs in the way the DMT is recovered.

The DMT is recovered here by means of slow evaporation rather than freeze precipitation. The slower the evaporation, the larger the crystals will be. Furthermore, if recrystallised DMT is used to grow crystals with, you will also find that larger crystals will form. This is because there are fewer impurities present to interfere with the crystal formation process.

I should mention that the type of glass or container the evaporation is performed in does make a big difference to the crystal formation. The main factor here is that say you use an old wine glass which likely has several minute scratches and chips on the inside; these imperfections in the glass provide the DMT molecules a place to attach to. If your glass is very 'imperfect' then you will find a whole bunch of smaller crystals forming, rather than a few nice big ones. This probably isn't what you want, so I do recommend you go buy yourself a brand new, good quality glass dish and use this for your crystal growing experiments. I find a wine glass to work well, but you should experiment and see which works best for you. Be sure to keep it in good condition!

Measure the desired amount of freebase DMT you wish to form crystals out of

1 gram was used here



The DMT is placed into a glass or other suitable container



Measure the amount of Shellite needed to dissolve the DMT

This time, instead of 30-40mL per gram of DMT, you will use **50-60mL per gram of DMT**

For crystal growing, you do not want 'just enough' solvent. A little excess is better here





Pour the Shellite into the glass containing the DMT and sit it in a bowl of boiling water

This setup acts as a hot water bath

Let it sit for a few minutes and then work the DMT into the Shellite. If the water cools too much, replace it with freshly boiled water and continue



Do your best to dissolve as much of the DMT as possible

You will notice an oily impurity on the bottom of the glass which will not dissolve

**NOTE:** This oily impurity is mostly DMT-N-Oxide which is highly active! I recommend you enhance some leaf with it a la Section 5, Suggestion 1 ☺



Pour ONLY the Shellite into your crystal growing glass, leaving the oil behind

Cover the glass with something which will act to restrict the rate of evaporation

Here a coaster was used, but CDs work great too

Place your covered glass in a dark area (cupboard is perfect) and wait

**DO NOT DISTURB!!!**



After a few days you will have some nice little surprises waiting

This guy was the leader of the bunch, weighing in at 382mg



## Part 3: Salting

If you have understood everything so far, you would have gathered that many of the above processes rely on changing the state of the DMT between a freebase and a salt. As mentioned earlier, freebases and salts have significantly different properties which include:

### DMT freebase form

- More reactive (lower shelf life)
- Low melting point (easily smokable)
- Insoluble in water

### DMT salt form

- Less reactive (greater shelf life)
- High melting point
- Water soluble (snortable, injectable)

You can see how these properties may be of interest to the experimenter. For example, if a bulk extraction was done and one wished to store the product, then salting is of great benefit. And the fact that the salt is comfortably snortable (have you ever snorted freebase? eeesh!!) opens up a new level of exploration.

## Section 1: Theory

By reacting the freebase DMT with an acid, a salt form of DMT is created. If Hydrochloric acid is used, the salt DMT Hydrochloride will form. If Phosphoric Acid is used, the salt DMT Phosphate will form. Previously documented experiments show that many of the salts of DMT are notoriously hard to crystallise, with some exceptions. One of these is the DMT Fumarate salt (produced with Fumaric acid) which will be made here.

When it comes to isolating the salt that is formed, we are in luck. Both freebase DMT and Fumaric acid are soluble in Acetone, but the DMT Fumarate salt is not. This means that when the two solutions come into contact, the rapidly formed DMT Fumarate will precipitate out of the solution and crystallise.

Below, the amount of Fumaric Acid needed for the conversion is calculated.

### Constants:

Molecular mass of DMT freebase: 188.269 g/mol

Molecular mass of Fumaric Acid: 116.07 g/mol

### Calculation:

Firstly, Fumaric acid is diprotic. This basically means that one molecule of fumaric acid will combine with two molecules of DMT. Given this, the following calculation is derived:

$$2 \frac{Mr_{DMT}}{W_{DMT}} = \frac{Mr_{FA}}{W_{FA}}$$

Where:

- $Mr_{DMT}$  = Molecular mass of DMT
- $Mr_{FA}$  = Molecular mass of Fumaric acid
- $W_{DMT}$  = Weight of DMT
- $W_{FA}$  = Weight of Fumaric acid

$$\therefore W_{FA} = W_{DMT} \frac{Mr_{FA}}{2Mr_{DMT}} = 0.31W_{DMT}$$

So, to convert 500mg of freebase DMT into DMT Fumarate, the amount of Fumaric acid theoretically needed for the conversion to go to completion can be calculated:

$$W_{FA} = 0.31W_{DMT} = 0.31 * 500mg = 155mg$$

In practice, a multiplier of 0.4 rather than 0.31 is used. This results in an excess amount of acid being present which will ensure that no unconverted freebase DMT remains.



## Section 2: Practical

Weigh the amount of freebase DMT you wish to salt

500mg is used here

**Note:** Using freshly recrystallised freebase DMT will greatly enhance the purity of the end product



Calculate and weigh the amount of Fumaric acid needed for the conversion

This is 0.4 times the amount of DMT used, which in this case is:

$$0.4 \times 500\text{mg} = 200\text{mg}$$

So 200mg of Fumaric acid is used



Place both powders inside different glasses

Here, the DMT is on the left and the Fumaric acid is on the right

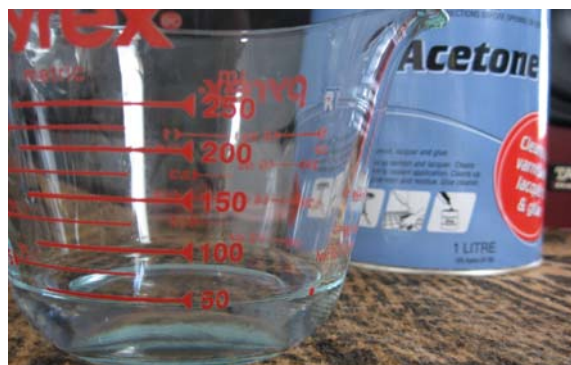


Now dissolve the powders in 100% Acetone

Use the following amounts:

25mL / 100mg of Fumaric acid

2mL / 100mg of DMT freebase



The DMT (left) was dissolved in 10mL of Acetone

The Fumaric acid (right) was dissolved in 50mL of Acetone

Be sure to agitate the mixture well enough so that all the powder dissolves

If you see some particles which won't dissolve, then pour off only the Acetone into a fresh glass, leaving the insolubles behind

For curiosity, the pH of the two solutions was measured:

The topmost paper was dipped in the Fumaric acid solution. As expected, it came back acidic

The lower paper was dipped in the DMT solution. As the freebase is by definition a base, the solution measured basic



You will now add the Fumaric acid solution to the DMT solution

Here, this was done slowly using a large syringe, but I see no issue with simply pouring the Fumaric acid solution into the DMT solution



The beauty of this process is that both Fumaric acid and freebase DMT are soluble in acetone, but the DMT Fumarate formed instantaneously on contact is not, which is why it immediately precipitates out of the solution

With each drop you can see the DMT Fumarate precipitate out



Once you have finished combining the two liquids, you will be left with a milky looking solution like this. The milky appearance is from all the precipitated DMT Fumarate currently suspended in the solution

At this point, cover the glass to stop the Acetone evaporating



Within a few minutes the precipitate will begin to crystallise. Watching crystals literally form in front of your eyes is a magical part of chemistry, and don't forget just how special those crystals actually are!

I suspect the crystallisation process is complete within an hour, but just in case it should be left to sit overnight



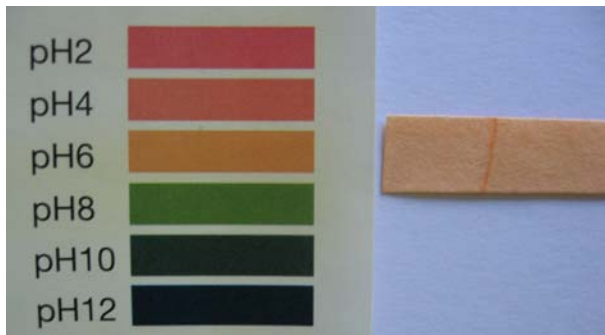
After the waiting period is up, you can remove the cover and take a look inside

You will see a whole bunch of crystals, and the Acetone will be clear



To check that all the freebase DMT did in fact convert to DMT Fumarate, you can measure the pH of the Acetone

If should be just slightly acidic. If it is basic whatsoever then you did not use enough Fumaric acid



Pour out as much of the Acetone as you can. Letting it drip dry upside down for a few minutes will help. Then sit the glass upright in open air to allow all the left over Acetone to evaporate  
Give it two to three hours



At this point, the crystals may contain some residual Fumaric acid that was deposited when the left over Acetone evaporated

To clean the crystals, add 10mL of fresh Acetone per 100mg of Fumaric acid initially used  
20mL of Acetone was used here



Now gather and grind all the crystals from the sides in as fine a powder as possible

Cover the glass and allow a few hours for all the DMT Fumarate particles to settle to the bottom

Now pour off the Acetone, being very careful not to lose any product, and let the glass sit in open air to dry. This could take anywhere from a few hours to a few days, depending on the amount and quality of the salt

If the salt insists on remaining goeey, you can try oven-drying it for 15-20 mins at 50-75 °C

Once the powder is bone dry it can be collected and weighed

Note that it weighs around 1.3 times that of the freebase, which is because the salt is heavier than the freebase



You have now successfully created long-life DMT Fumarate!

See Part 5, Suggestion 3: Using Salts for a few ideas on what to do with it



## Part 4: Making DMT Enhanced Leaf

There are two main things to consider: the choice of leaf used, and how strong to make it

### Leaf Choice

I've had different blends in which the trip varied from electro-psychedelic worlds where all existence is merely energy, underground swamp lands with towering gangrenous insects, and gorgeous sunny days in a earth-like place with a severe psychedelic spin, etc... The overall feel of the experience can be heavily influenced by the leaf, however the age and type of the DMT plant source are also major factors.

Here are a few herbs which may be used:  
(These are just suggestions, experiment away!)

**Banisteriopsis Caapi:** Contains MAOI which can potentiate and lengthen the experience

**Calea Zacatechichi:** Calea is believed to increase dream lucidity and dream recall. Due to the relationship between DMT and dream-like states, Calea may have a positive synergy

**Heimia Salicifolia:** Heimia may increase vision and hearing ability, as well as auditory hallucinations

**Justicia Pectoralis:** The dried herb contains coumarins, which give the blend a smoother taste and a nice smell. There have also been reports that it can "smooth" the trip

**Turnera Diffusa:** Damiana would add a unique smell and taste to any smoking mixture

### DMT to Leaf Ratio

The ratio of DMT to leaf can have a significant impact on the experience. Firstly, the strength of the leaf implies the amount needed to be smoked for full effects. Making a blend too weak is undesirable as you may need to smoke a huge amount to break through. Making a blend too strong is fine for the experienced, but harder to dose for the inexperienced. Furthermore, the less DMT there is in the leaf, the more leaf you need to smoke → the more influence the leaf has on the trip. Sometimes this may be exactly what's desired, and sometimes not. Regardless, careful experimentation is needed to find your pleasant smoking blend.

I find a 1:1 ratio of freebase DMT to leaf to be more than strong enough for most people and only a small amount is needed to break through (about a standard level cone).

A 2:3 ratio (2 parts freebase DMT, 3 parts leaf – slightly weaker than 1:1) allows a little more forgiveness if a cone is overloaded, and gives the leaf more influence in the experience.

This simple formula is used to determine the amount of leaf needed for a desired ratio:

$$W_{Leaf} = W_{DMT} \times \frac{R_{Leaf}}{R_{DMT}}$$

Where:  
W<sub>Leaf</sub> = Weight of Leaf  
W<sub>DMT</sub> = Weight of DMT  
R<sub>Leaf</sub> = Ratio: Parts of Leaf  
R<sub>DMT</sub> = Ratio: Parts of DMT

As an example, we will use 5 grams of freebase DMT to make a 2 parts DMT to 3 parts leaf blend:

$$W_{Leaf} = 5 \times \frac{3}{2} = 7.5$$

So we need 7.5 grams of leaf!



Weigh the amount of leaf you wish to enhance with DMT at the desired ratio (use the formula above)

Using leaf that is chopped to the consistency which it will be smoked at makes life easier later on

Pictured is a mixture containing 4 grams of Calea leaf and 3.5 grams of Brugmansia Sanguinea flower



Weigh the amount of freebase DMT needed to enhance your leaf to the desired ratio



Thoroughly dissolve the freebase DMT (use about 40mL of solvent per gram of DMT) in one of the following:

- ✓ 100% Ethyl Alcohol
- ✓ Acetone
- ✓ Isopropyl Alcohol

You want to use a dish with a width that will allow your leaf to sit between 5-10mm high





Add the leaf to the DMT saturated solvent and swirl it around so all the leaf is spread evenly on the bottom of your dish

If you need to, add a little more solvent so that the leaf is well covered

Place the dish somewhere where it will stay undisturbed for several days. It took about four days for the Acetone to completely evaporate and the leaf to dry in this example



Once dry, the leaf can be weighed. It should be heavier by the amount of freebase DMT that it is enhanced with



So, now that you have some nice spicy leaf you can go show all your friends and family how busy you've been 😊

DMT is a magical wondrous substance that everyone should know about  
Hopefully you'll soon realise the same things I have

Enjoy!



## Part 5: Methods of Ingestion

If you're anything like me, you'll soon find yourself on a mission to introduce DMT to as many people as possible. In this case, I recommend enhanced leaf. It's a convenient form to hand out, and the vast majority of people are familiar with smoking plant material, so they're less likely misuse it. It also looks relatively inconspicuous. But, even though smoking plant material is generally pretty well understood, some will still find a way to bugger it up so a few pointers are given below.

Perhaps you'd like to smoke the crystal as is? You could use crack and freebase pipes, vaporisers, etc... Here, I will introduce you to a unique adaptation of a freebase pipe which is designed specifically for DMT use. See Suggestion 2: Smoking Crystal for 'The Machine'.

Converting the freebase to a salt affords new opportunities to the experimenter. Two that come to mind are snorting and IM/IV injection. See Suggestion 3: Using Salts.

If you know about ayahuasca you can probably see where Suggestion 4: Pharmahuasca is going. In case you don't, ayahuasca is a psychoactive tea brewed from plants containing two key ingredients: DMT and MAOI (Mono-Amine Oxidase Inhibitors). MAO enzymes in our bodies metabolise DMT very rapidly which explains the shortness of the smoked trip. When DMT is taken orally by itself, the intake through the stomach lining is too slow and consequently the molecule is gone before it gets a chance to take effect. MAOI inhibits these enzymes, allowing the DMT in your system to build up to tripping levels. Pharmahuasca involves the dosing of MAOI followed by DMT, both in crystal form – significantly more pleasant than drinking a plant material brew.

These are merely a few suggestions.

Experimentation is the key to finding a method of ingestion that you like best!

### Suggestion 1: Smoking Enhanced Leaf

The enhanced leaf can be smoked in just about any way you can think of. It works fine in a bong or pipe, however I find a bong to add too much 'punch' to the experience. A joint works a treat but is a little too wasteful at times. Personally, I find the pipe method to work perfectly, and in particular, a glass pipe with a long travel which cools the smoke much more than the standard metal pipes.

One like this will work fine:



#### TIPS!

- ✓ Start with a small cone so you can gauge the strength and intensity of the product
- ✓ Don't start inhaling fully until the entire cone is glowing
- ✓ Inhale slowly; the smoke is quite harsh and coughing while tripping is strange
- ✓ If the smoke gets too harsh, hold your breath until your throat calms, then continue
- ✓ **DON'T EXHALE BETWEEN TOKES!**  
The number one key to achieving the break through is to get the whole cone in ONE LUNGFUL



## Suggestion 2: Smoking Crystal

As the extracted DMT is a freebase, it can be smoked as is. Some people may find it a little too harsh for their liking, and others may find the taste offensive. Personally, I love the smell and the taste, but each to their own. 50-60mg of freebase DMT makes for a good hit, but you may wish to start with lower doses like 30mg to get used to the smoke and the effect.

There are several ways you could smoke the crystal, but the fact is you do need to get a large volume of smoke in a single lungful to really achieve the DMT effect. Vaporising on foil and sucking through a straw isn't going to cut it!

This is a standard glass pipe used for smoking crystal. It's a good design that would allow you to vaporise the DMT rapidly without losing much, if any of the smoke.

Weigh your dose and put it in the bulb at the end. Vaporise it with a jet lighter and take in as much of the smoke as you can in as few tokes as possible.

Remember to hold the smoke for as long as possible!



Alternatively, there's...

### **“The Machine”**

*Featured in The Entheogen Review, Volume XII, No 1*

The Machine is capable of holding many doses, so you can load the device and take with. There is little to no loss with this device, and for some reason, the smoke it produces is significantly smoother than conventional crystal pipes like the one pictured above.

To make The Machine, you will need the following items:

- A glass, single serving alcohol bottle of a similar shape to the one pictured here. The long straight neck is an important feature
- Some very coarse steel wool
- A 6mm drill bit designed for drilling glass



The first step is to drill a hole in the bottom of the bottle. Patience is the key; don't drill too fast and don't use too much pressure. This took about half an hour

If you find that the drill bit is slipping, you can try placing a small piece of masking tape where you want the hole and then drilling



Once you have drilled the hole, place a small amount of steel wool firmly into the neck of the bottle as shown here

The Machine is now ready for use.

To charge the device, one or more good doses are placed directly on top of the steel wool at the mouth of the bottle. The neck of the bottle is then gently heated just enough for the crystal to melt and lacquer the steel wool.

At this point The Machine is charged and can be used now, or later. It's a good idea to save the bottle lid if you plan on carrying the device around while it's charged.

To charge the device with multiple doses, drop a large quantity of crystal through the broken hole onto the steel wool plug. The neck is then heated until all the crystal melts into the steel wool.



To use The Machine, point the neck downwards and heat the steel wool from below with a jet lighter while slowly inhaling through the hole in the bottom. Practice makes perfect and you will quickly learn the technique required to effectively and efficiently use The Machine to deliver the dose you require.

### **Suggestion 3: Using Salts**

Salts of DMT, in particular DMT Fumarate which you perhaps made in Part 3: Salting, have different properties to freebase DMT. Foremost, salts are water soluble, allowing for alternative methods of ingestion.

Because our mucous membranes are mostly water based, a salt form of DMT will dissolve into them more freely than a freebase would, hence allowing the user to achieve the DMT experience by snorting. If you've ever tried this with freebase DMT then you'd know that the bad far outweighs the good. On the other hand, DMT Fumarate is a pleasure to insufflate. The experience is quite like a shortened ayahuasca journey in the sense that it is longer and slower than a smoked experience. A higher dose is needed to achieve effects however, so I recommend you start with 100mg and tune to your liking from there. Personally, 150mg to 200mg is where it gets interesting. Preloading with MAOI (explained in Suggestion 4: Pharmahuasca) is a way in which you can and further enhance and potentiate the experience.

Some of you may wish to take your experimentation further than others and look into IV or IM injection routes. I am impartial in this area and am merely here to present you with information. I will say that it can be done safely, however you must put specific measures in place to ensure this. This would mean recrystallising the freebase multiple times until no insolubility remains, and only then proceeding to make the Fumarate salt.

Doses are in the area of 0.5mg of DMT Fumarate per Kg of body weight for IV, and 1mg/Kg for IM. Dissolve the dose in 0.3 mL of saline solution and draw it through a 0.22 micron inline filter.

What you choose to do with the salt is up to you, but if you do wish to try the latter then please do so with the utmost care and respect for your body.



## Suggestion 4: Pharmahuasca



Pharmahuasca is a pharmaceutical alternative to Ayahuasca.

The basis to both Ayahuasca and Pharmahuasca is to inhibit the MAO enzymes in our bodies in order to allow DMT to be orally active. So you need two ingredients: the DMT, and the MAOI (the MAO inhibitors).

**DANGER:** MAO inhibition is risky business. We have these enzymes because we need them, and to inhibit them goes against our natural chemistry. It can be done, but protective measures must be put in place to do so safely. Before you even consider dosing, you need to make yourself aware of the dangers regarding MAO inhibition which include Hypertensive Crisis and Hyperserotonemia. **THESE POTENTIALLY MEAN DEATH !!!**

For some background on the risks involved you should read:

<http://en.wikipedia.org/wiki/MAOI#Dangers>

And here is some basic information on what you should and shouldn't take / eat before and after MAOI ingestion. This is just an introduction to the risks; you should do further research yourself:

[http://www.wikihighs.com/index.php?title=MAO\\_Inhibitors](http://www.wikihighs.com/index.php?title=MAO_Inhibitors)

There are many natural and synthetic sources of MAOI. Some natural sources include Peganum Harmala (Syrian Rue) and Banisteriopsis Caapi. An example of a synthetic source is Moclobemide. Traditional Ayahuasca brews use the Caapi vine, but here I will suggest the use of Syrian Rue seeds due to their potency, ease to extract, and availability.



Syrian Rue seeds (right) can be found easily. You can check local and online headshops, online horticulture shops, and most importantly middle eastern shops, particularly Iranian and Pakistani. It is also called Esphand.

Four grams of these seeds is enough to provide sufficient MAOI inhibition.

You could chew these foul tasting seeds, or alternatively, you can perform a simple extraction to obtain the raw MAOI alkaloids.

Due to variations in seed potency, the extraction route allows for more accurate dosing.



I won't go into the Syrian Rue extraction here, but I will recommend this technique:

[http://www.erowid.org/library/books\\_online/ayahuasca\\_apa/aya\\_sec1\\_harmala\\_isol.shtml](http://www.erowid.org/library/books_online/ayahuasca_apa/aya_sec1_harmala_isol.shtml)

This is the The Hasenfratz Method of Harmine and Harmaline Isolation, which explains how to extract the MAOI from Syrian Rue seeds. Seeds are cheap, yields are high, and the process is extremely simple.

As far as dosing goes... well, it's a tricky one. As we are dosing chemicals in combination there are more things to consider. MAOI serves two purposes: it allows the DMT to be orally active, and it potentiates and lengthens the DMT experience.

Firstly, dose the two 45-60 minutes apart. Obviously the MAOI first, followed by the DMT. As far as stomach contents go, don't be hungry, but don't be full.

**MAOI Dosages:** As a rough guide, 100-150mg of MAOI will be sufficient for most people. For smaller people, lean towards 100, for larger people, head to the 150 mark. For a long and strong version, you could look at +170mg. Extra-large people may need even more.

Keep in mind though that higher MAOI doses can lead to increased nausea and stomach cramps throughout the trip.

**DMT Dosages:** As I said, this is tricky. If you dosed high on the MAOI, then you'll be more sensitive to the DMT and the same goes conversely.

Assuming the 'average' individual: let's say you dosed 130mg of MAOI; then I'd suggest that 100-200mg of DMT would be from the mild to strong range. 150mg would likely give a healthy experience. A heroic dose in this case would be 200-300mg of DMT. Threshold effects would probably be felt with around 40-80mg of DMT.

As much as I'd like to, I really can't suggest much more than this. The ball's in your court, so go ahead and give it a go. Believe me, the warnings are valid, but try not to let them scare you off. Aya/Pharma-huasca is a much slower experience than the smoked breakthrough, and allows for a gentler intake of the information, which is more understandable and easier to integrate.

Finally, in all cases, be sure to keep clear of the dreaded 'under-dose'

Dose high, Dose healthy

Peace



*In memory of...*

