

# DMT

From *Phragmites australis*  
the common reed



DMT From Phragmites australis - the common reed  
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The purpose of this book is to spread awareness to people about DMT being found in the common river reed you see growing everywhere. As you may already know, if you do a net search on this plant, you won't find very much about DMT extractions. So with this book I hope to change that and get this plant into mainstream Ayahuasca brews. I wish to inform my fellow "shamans" of this common plant source because it's unnecessary to take the risk of ordering plants from the Amazon rain forest. I realize that despite the risk of getting caught, some people believe the plants from the Amazon are better simply because the Shamans use those. But you must also remember they find a lot of plants, and they just use the best ones available to them. If they lived in America, they would probably choose the common reed, *Phragmites australis*.

This book is for those "in the know" in regards to DMT and its uses. Having said that, I won't waste time boring you with a long explanation of what this drug is. If you don't have any idea what DMT does, then I highly suggest you read "DMT: The Spirit Molecule". It is illegal in every country when extracted from plants, but it occurs naturally in your brain every time you have a "lucid" dream where you realize you are dreaming. It also is produced when you leave your body, and when you die (these tests were done by spinal tap). Thus, the Shamans of the Amazon say that it isn't a drug - it's a tool for learning the visions.

And they are indeed telling the truth about that. After experimenting with this chemical, you will be able to produce the same vision quest during deep mediation if you persist with daily practice. But most people who find this chemical often just consume it like mushrooms or LSD, and when they want to see visions, they ingest it again.

But you don't need the plant to see the visions. If you practice enough without it, then you will be able to recreate the experience, but now with more mental clarity and control. The vision quest will last for hours. I simply lay down on a bed and listen to good "astral-type" music until I'm very tired, yet still very alert. A good image to start with is light reflecting off water. Once you can see this clearly, then all the other images will come much easier. Don't force it, *allow* it. And don't try and visualize any objects or people. Just let your mind show you what it wants. Don't try to see it, just feel it with the music. The more emotion, the clearer the vision. But you can't be expressing the emotion like you normally would. What I mean is that you can't express it like you are screaming it in your head. You have to be passive, yet completely expressive at the same time. And the only way your brain will accomplish that is by producing these astounding visions. Just like a DMT trip, the visions will blend into each other as they change from one to the next. There will be no break in the visions - they continuously morph into each other. I could easily go on and on about this, but it's not necessary. Let me just add that these "visions" are actually a new way of

thinking in a superior way. In fact, you will be going through complex ideas so fast yet so intricately detailed that you will probably believe you are communicating with some higher intelligence. Especially since so much of the visual content tends to have the appearance of stars and galaxies. And after only a few minutes of this, you will be amazed. If you aren't, then you are doing something wrong and not "tapping" the information.

If you are only seeing visions and they aren't relaying anything to you, then you need to dig deeper. A lot of your success will depend on confidence. You'll find that it works best when you just let go and be care-free and just do it like you're slapping paint on a canvas with reckless abandon. You have to concentrate and be serious without actually being serious and worrying about every little detail. You must concentrate by focusing your attention, not by actively trying so hard. If you try too hard, then you won't be relaxed and you won't loosen your grip on your mind. The mind has to be let free of your grasp so it can show you what it knows, and you must be a passive observer who is focusing instead of straining to concentrate. In this way, you will be unconsciously conscious, just like a lucid dream but now you are awake instead of asleep, and therefor have better control.

Now I realize most people just can't get visions going no matter how hard they try, even after having experience with DMT. So to make things easier, you can take a combination of vitamins that will help your brain produce DMT. This is very different from ingesting DMT straight, because as your brain produces the chemical, it adapts to it in some way, and has more control. This is the reason that when you leave your body by just willing it, you are in control and it's very different from ingesting DMT even though your brain did produce DMT to get you out of body and you are indeed tripping. It's also the reason that when you lucid dream, it feels nothing like a DMT journey, yet there is plenty of DMT produced during the lucid dream.

So with that said, and because this is the only legal way to trip on DMT, purchase the following: MAOI (syrian rue) + 5-HTP + L-methionine (SAM works also) + B12 + B6 + folic acid = DMT.

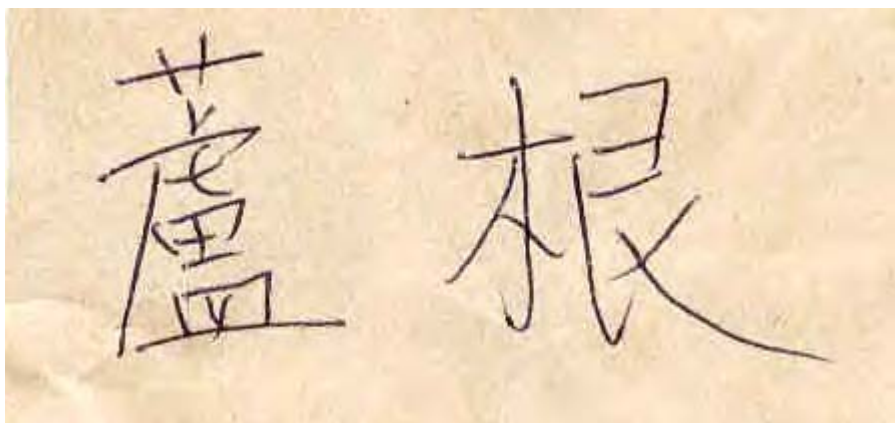
Seems too easy doesn't it? Well, there is a catch. Not all of the 5-HTP is going to make it to your brain, which presents a problem because there is no way of knowing how much to ingest. It's the 5-HTP that gets transformed into tryptamine by the other vitamins, then gets methalated into DiMethylTryptamine (DMT) by the L-methionine. So the intensity of your experience is directly related to how much 5-HTP you ingest. You will have to start with a small dose, and work your way up. If you have food in your stomach, this will greatly affect that amount of 5-HTP that makes it to your brain. You can substitute tryptophan for 5-HTP. Tryptophan is found in all meat, no just turkey. It's about the same level in each meat; the only reason turkey makes you so tired at Thanksgiving is because you over eat. But you will need to eat a large amount of meat to get enough tryptophan; there is a lot in the meat, but not much will make it to your brain.

Also, the B12 doesn't fully absorb. That's why I recommend taking a sublingual tab for this. And the B6 and folic acid should probably be taken in at least twice the daily recommended dosage. The Syrian Rue is the only thing that has a set dose - 3 grams of seeds. Remember to follow the rules of ingestion of an MAO inhibitor and stay away from food that could poison you like certain cheeses. Your MAO enzymes are inhibited now, and they normally protect you from natural chemicals in food. Syrian Rue puts that process on pause so the DMT won't get destroyed by those enzymes.

Now lets get back on topic about the wonderful common reed plant you see growing everywhere. Interestingly, one of it's other names is California Manna. (for those of you who know about manna)

The Chinese sell the rhizomes (little bamboo like roots with small stringy roots shooting off from them) in as a plant called LuGen. In fact, they even sell an extract of these roots, which is technically illegal since it contains DMT. But you can also buy a 5:1 extract of Phalaris grass from one dealer on the net. He's been selling it for over 7 years, and still hasn't gotten caught, but it's only a matter of time so hurry and order before it's too late!

While trying to find information about this plant and it's use as an Ayahuasca analog, I only managed to find a few reports by people who actually tried it. And I only found one source that claims the feather tops of the plant also contain DMT. But I did strike gold when I came to a website about LuGen. The person who wrote the report claims he simply made a tea with the rhizomes (as is a Chinese custom for effectively treating the common flu) using 38 grams, and 4 grams of Syrian Rue seeds. He says in Los Angeles, it only costs \$6 a pound, which is better than any price I can find on the net. But the plant is also growing all over the world, and takes over entire marshlands because nothing can stop it. Pretty much, if you live near water, this plant is right around the corner.



LuGen

He says with this cup of tea he achieved a threshold DMT dose, and he recommends using 4 ounces of the rhizomes instead of only 38 grams. But the real gold I found was in the directory listing of his website. He has photos that aren't linked to anywhere on the website. These photos are published here since very few people would ever think to check the directory listing of the files on his web server.

He shows how he made DMT crystals from the common reed plant! This is the proof I was looking for.



In this photo above, you can see the crystals he obtained from the LuGen plant. The only way I know this is because he labeled the file that way. He has no mention of it on his website; probably because DMT is a Class 1 illegal substance, and making pure crystals is serious jail time in every country. (which is fucked, and completely evil because DMT is a gateway to God, not a psychedelic drug for hippies and losers)

He obtained these crystals using a standard acid/base extraction technique with ether. A net search, or a trip to Erowid.org will explain that process for you.



In the above photo, you can see the white material before it was scraped from the Pyrex glass cooking pan.

I recommend a simple acetone extraction, because acetone gets 99% of the DMT out, and none of it is lost like it is with the acid/base method. And because you are extracting from woody rhizomes, there won't be much fatty material like there is with plants. The extract will easily be small enough to fit in a 00-size gelcap. Extraction of Rue seeds with acetone also produces very little excess material. In fact, I've extracted a quarter pound of seeds using only acetone, and the material wouldn't even fill half a 00-size gelcap, which means that most of it is the harmala alkaloid you want, with very little additional plant material.



For identification purposes, here are more photos of *Phragmites australis*. Don't mistake it for that other plant that has a feather top. You see it in people's yards as a decorative bush in a big bunch with lots of sharp blades. I'll get a photo of that for the next edition of this book.





