

A DMT SMOKING PRIMER

In 1984, revised in '85, "Gracie and Zarkov" wrote the paper *DMT – How and Why to Get Off*. This still is the most extensive paper on the technique of smoking DMT and I am puzzled as to why nothing much more than this has been written in the last eleven years, especially considering the increase in curiosity about experimentation that has been catalyzed by Terence McKenna. This same article appears as a link on McKenna's homepage, Terence McKennaland. I would be interested in hearing about a more efficient method than the one below. A few of the other methods I've heard about require more elaborate equipment, electrically controlled vaporizers, etc.

You may wish to read this article as a starting point. I will only add the most important upgrades to the techniques discussed and clarify inaccuracies, although my outline will stand on it's own.

Setting:

A dimly lit room with few as possible distractions, not unlike the surroundings for a strong mushroom journey. Sit on a bed or floor or any comfortable horizontal surface so that you can immediately lie down after your last toke. You will most likely end up in this position anyway if you don't.

Method: There is good reason to use a glass pipe, to gauge the amount and form of the vapor produced and consumed. Most glass pipes I have seen used are coal black from DMT burned in them. This usually results in the eventual build up of burnt DMT in the bowl, stem or chamber of the pipe, reducing the advantage of using a glass pipe in the first place. When DMT is heated, it briefly turns into a liquid before vaporizing. If you use any pipe with a single screen, even a fine mesh, some of the DMT will melt through the screen if the pipe is clean, this can, over time be washed out with ethanol and the residue allowed to evaporate back to the freebase or it can be used to soak another substrate for smoking: *Cannabis*, mint leaves, etc. Using 3 fine mesh stainless screens nested together in a pipe bowl prevents the liquefied DMT from melting through before it can be vaporized. The liquid spreads through capillary action across the screens and vaporizes. Use the heat, not the flame of a

butane torch directly on the freebase, only hot enough to vaporize it. Draw the flame slowly closer at first to establish the distance necessary to reach the correct range for heating the DMT. A butane flame is preferred for its control, and adjusted with a sufficiently long flame will readily burn upside down to be directed into the bowl without burning your hand. A micro torch or pencil torch, available from electronic parts and tools suppliers is ideal. Even so, with this technique, the smoke has a strong pungent flavor and some find it difficult to consume a sufficient amount of vapor to reveal the full spectrum of possible effects. A glass water pipe to cool the vapor is ideal. A pipe or bong used for *Cannabis* will do, just add the additional screens. The use of water greatly reduces the harshness and very little of the DMT is absorbed into solution. A carburetor or hole in the chamber is useful to extract all the vapor. A dedicated pipe used in this fashion will remain fairly clear for a long time. Cleaning out your bong to try to collect the coated DMT is not practical to separate it from burnt tars in the weed.

Dosage:

5 - 10 mg -- a pleasant buzz throughout the body, little or no visual colors

15 - 25 mg -- the addition of patterns and simple forms

25 - 35 mg -- patterns dissolve into stronger and more distinct images

35 - 60 mg -- full blown effects

Smoking more than 25 - 30 mg. generally requires two tokes. These should be done efficiently to experience the full effect of the selected dose. Take several deep breaths to slow the breathing down and prepare for the first toke. Exhale completely then hold the first toke briefly, 2 - 3 seconds, exhale quickly and deeply and immediately draw the second toke. This may be held as long as comfortable. You will notice that as you exhale the first toke, that you are already coming on. Do not let this distract you. It takes a great deal of focused determination and courage to smoke a sufficient amount to produce full effects. Do not be tentative in your technique. Fortunately,

focusing intently on techniques has the added benefit of shifting your attention away from the apprehension that accompanies most sessions. With practice, you will only use enough heat to vaporize a first toke without leaving the unused smoke in the chamber. This unused smoke will coat the pipe, or your assistant may choose to consume leftover smoke after the second toke. Ideally, several attempts will be available to refine your timing and approach. If possible, you may wish to start with 10 mg. just to create an opening, then go for the committed dose 30 - 60 minutes later. G. and Z. claim tolerance can be built up if smoked repeatedly within an hour. Not so -- just try. For doses larger than 25 mg., using an assistant is recommended. Someone to remove the pipe and flame is welcomed.

5-Meo-DMT is some 3 1/2 times stronger by weight than DMT. Because the amount required to experience full effects is so small, a single toke is all that is required. The use of water in the chamber is also not as critical.

Dosage:

1 - 3 mg. -- body buzz and a pronounced shift in perspective, ego intact.

4 - 6 mg. -- ego beginning to dissolve.

8 - 12 mg. -- boundary-dissolving for most people.

12 - 15 mg. -- if you can maintain the witness at this dosage, a quite remarkable experience awaits you.

The most useful strategy is to simply pay attention. Do not try anything other than pay close attention and let go. Resisting in any way will not serve you. It is very easy to be distracted, to be led off on tangents, to wonder whether you are breathing, dying, losing your mind, or are the victim of some impish prankster. Try not to judge the experience in any way while in the thick of it. All of that is for you to decide later. You may console yourself with the knowledge that if you were to die or lose your mind, that you will be making medical history. -- *Leaf Hopper*

TAKING THE 5-METHOXY CHALLENGE

I misunderstood the differences between DMT and 5-MeO DMT, and in my mind they were one and the same. 30 mg, being a sufficient dose of DMT, I figured that 30 mg. was a good dose of 5-MeO DMT. Needless to say, 30 mg. of 5-Meo is very scary,

especially for a first time user. This was the most unnerving and mentally scaring thing to happen to me in my 18 years on this planet.

I have since wised up, and now rarely use more than 5 mg. at once. Also, I prefer snorting it, it isn't nearly as intense and lasts longer. This is more of a recreational use. The smoked 30 mg. was too much to actually think spiritually at the time. The lower dose snuffs are much easier to interpret, while under the influence.

Imagine that you suddenly have no control of your own body, but you are fully aware of what is going on. Almost like you are trapped watching, but cannot control anything. You run into walls, curl up fetal, and scream to yourself. You don't have any control over yourself any longer! It isn't quite an out-of-body experience, more like you are out of your body, but stuck in your head, your eyes. You become forced to watch your body act very odd, and can do nothing but wait.

Anyhow, I hope the enclosed information about my various 5-MeO trips can help *ER* readers understand what a high dose 5-MeO trip is like, and that they should never try it, unless they are very stupid. Unless they want to have semi-seizures and behave schizophrenic, stay away from doses over 15 mg!

I placed approx. 30 mg of 5-MeO into a pipe, and smoked it, in one toke, without a second thought. An instant later, I was crawled up on my bed (in the fetal position) with eyes closed, squirming around, screaming (in my head) "Fuck! You killed yourself!" I repeated this several times, very fearful of death. I didn't see anything, while my eyes were shut, except for a bright white light, that which you see after staring at the sun. If this is indeed the bright light seen in near death experiences, then something was very wrong, as this light was menacing, evil, mean. The only other "vision" was one in my mind, I came to the realization that my life would be wasted if I died there. They pictured all of my work being discarded and nothing good happening ever again. This was a glimpse into my future, if I died.

Some say that the bright light is soft and welcoming, however, I was deathly afraid of the whole experience (up to that point).

I have read that the key to getting through a 5-MeO trip is to concentrate on breathing, this I did, and that