



DMT

Dimitri

What is DMT?

- DMT, or N,N-dimethyltryptamine, is a hallucinogen found naturally in the human body and many plants. It is the active ingredient of Ayahuasca, the South American entheogenic brew known for spiritual divination.
- DMT is used in South America and the Caribbean by rural natives for hunting rituals.
- DMT free-base is a crystalline material, usually with an orange-pink tint, and a mothball odor.

How is DMT used?

- Most people smoke DMT free-base, either vaporized by itself in a glass pipe, or mixed with parsley, mullein, or marijuana. Rarely, DMT is injected.
- DMT is not active orally, unless combined with Monoamine Oxidase Inhibitors (MAOIs), such as harmaline found in Ayahuasca.

What are the effects of DMT?

- DMT is characterized by short duration and rapid onset.
- Effects are felt instantly, the sudden onset (the "rush") can be overwhelming.
- The effects peak and plateau for 3-5 minutes, and gradually drop off with a total duration of 30-45 minutes.
- Users generally report intense open and closed eye visuals, slight auditory hallucinations, a powerful 'rushing' sensation, radical changes in perspective, color-shifting, dilated pupils, and an inability to conceptualize time.
- Many users describe profound, life-changing experiences, visiting other worlds, talking with aliens, frightening and overwhelming forces, complete shifts in perception and identity followed by an abrupt return to baseline.
- Negative effects can include lung and throat irritation, stomach discomfort, urge to urinate, and intense experiences often causing overwhelming fear.
- Large and rapid blood pressure and heart rate increases are usual, and may produce a pounding pulse and chest tightness.

What is the dosage of DMT?

Every individual reacts differently to every chemical, This information is intended to describe the range of dosages others report using and it should not be construed as a recommendation of any sort. Individuals can respond very differently to the same dosage. What is safe for one can be deadly for another.

- A standard dose of smoked DMT free-base is between 15 and 60 mg, but it is always best to begin with a small dose to determine your sensitivity.

Harm Reduction Tips for DMT

- Do not smoke DMT if you have any heart or blood pressure conditions, have a personal or family history of serious mental illness, feel as if you are in emotional or psychological turmoil, or taking any medications.
- MAOIs are contraindicated with a variety of everyday foods and drugs such as soy sauce and Prozac, and can be deadly in combination. Do lots of research before taking any MAOIs.
- As with all psychedelics, "set" and "setting" are extremely important. "Set" is the mental state a person brings to the experience, their thoughts, mood and expectations. "Setting" is the physical and social environment in which the drug is being consumed. By making sure that a person is in a good mental state and supportive location before DMT is used, the risk of 'bad trips' can be greatly mitigated.
- Do not be fooled by the short duration! DMT is one of the most powerful psychedelics known.
- Users are advised to remain seated or lying down while smoking.
- Despite its presence in both human cerebrospinal fluid and literally tens of thousands of plant species, DMT is a Schedule 1 controlled substance and is illegal to possess, buy, distribute, or manufacture in the United States.
- Extracting DMT from an existing plant source is often prosecuted as "manufacturing a schedule 1 drug", and is punishable by extremely long prison sentences, even if it was only being extracted for personal consumption.

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