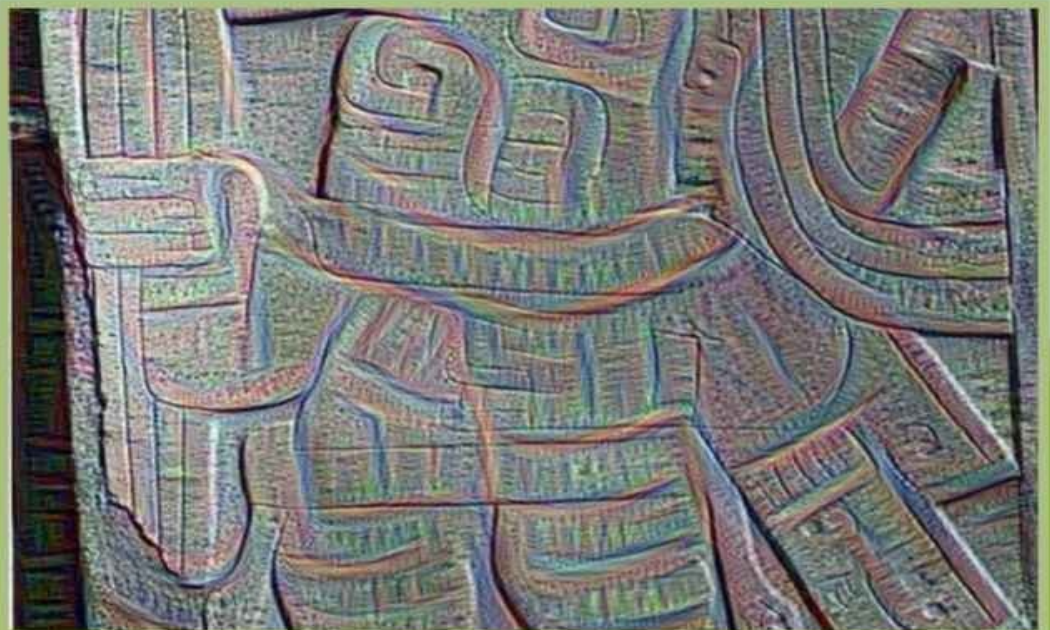


# SWIM'S PSYCHEDELIC COOK BOOK

Mescaline, DMT  
and Harmalas



Psychederic

# Swim's Psychedelic Cook Book



Mescaline, DMT and Harmalas  
By Psychederic

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Some of the plants and substances in this book are illegal in some parts of the world, and legal in others.

The author does not encourage illegal activities.

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## INTRO

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Everything you need to know regarding finding and buying plants that contain mescaline, DMT and harmala alkaloids, and also everything you need to know about preparing them for traditional consumption or extracting pure alkaloids from them.

These extraction methods are tried and tested, and have been selected for simplicity. If you do not have laboratory grade equipment or chemicals, instructions for easy to get DIY replacements are included.

Mescaline, DMT and harmala alkaloids are ancient non-addictive substances that have been used safely for thousands of years. Don't be a fool and confuse them with dangerous drugs like methamphetamines or "bath salts".

# HISTORY OF MESCALINE AND DMT CONTAINING PLANTS

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The places and dates below are only based on what we have discovered at various archaeological sites, and only cover a small percent of what has really been discovered. I am sure that these substances have really been used far more and for far longer than we think.

## Peyote

North Americans have been using peyote for a very long time. Some dried peyote heads were found in the Shumla Cave in Texas and have been radiocarbon dated to 5,000 BC, some of this ancient peyote was tested and still had a 2% mescaline content. Peyote rituals in this area are still going on unchanged today. They involve elaborate rituals, plenty of singing and music and are usually held for a specific reason like healing, a baptism, funeral, or a birthday. Peyote is slow-growing and very rare in the wild, so looking for them is not so easy and not much of a good idea if you are not from the native tribes.

## San Pedro

The use of mescaline rich *Trichocereus* cacti like San Pedro and Peruvian Torch dates back at least 2,000 to 2,300 years, judging from carvings and ceramic objects such as the Naska urns and other items from the Naska and Moche cultures. Peruvian Salinar style ceramics found in various parts of South America also show similar-looking cacti. This feline and cactus vessel from Chavin de huantar in Peru is a good example of this. Although nobody knows what these vessels were used for, I would say at least some of them must have held cactus tea at some point.







The following image is of a carving dated to about 1300 BC that was also found at the ancient centre of Chavin de Huantar in Peru. It shows a cactus that looks very much like San Pedro being held in a priest's hand. The way it is being held also suggests that it could be San Pedro, as this is one of the few cacti that have small enough thorns to be held like this. I have seen pictures of San Pedro cuttings taken from plants growing behind Chavin de Huantar, so while it is fun to debate it there is really no doubt that this is what they were, and still are consuming there.



## DMT snuff

Some amazing evidence of ancient DMT use was also found at Chavin de Huantar, where items like snuffing tubes and snuffing trays that still contain traces of DMT were found. Carved stone heads of people with snot running out of their noses were also found there (from too much DMT snuff)?

Snuffing tablet



Chavin de huantar



Snuff trays and tubes similar to these were also found all over the central Peruvian coastal area. These were dated as far back as 1200 BC.

The use of DMT snuff over the years has actually been quite widespread with evidence being found at Inca Cueva in Argentina, Northern Chili, the Caribbean area, including Cuba and La Española among many other places.

The oldest evidence of DMT use, however, was found at Inca Cueva in Argentina where smoking pipes made from puma bones were found along with a stash of still active Yopo seeds (*Anadenanthera* seeds). The pipes still contained traces of DMT and other alkaloids, and were radiocarbon dated to 2130 BC, making them over 4000 years old.

## Ayahuaska

DMT was not only snuffed but also drunk in the form of Ayahuaska. This is a mixture of DMT containing plants and maoi inhibiting plants, these DMT containing plants don't contain enough DMT for them to be orally active, and so

a maori inhibiting plant is needed to make them more potent (I will explain the science behind this later). The exact history of Ayahuaska use, however, is lost in jungle time but can be assumed to be similar to the other plants.

In most of these areas, the same plants are still consumed in the same ways. I know I have not included everything here, and that the jungles still hold many secrets. But, I am sure that you get the picture: DMT and mescaline have been used for a very long time.

## ALKALOIDS IN THESE PLANTS

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Mescaline and DMT are found in plants as alkaloids. Most of the plants in this book don't only contain mescaline or DMT, but often contain a mixture of alkaloids.

San Pedro and Peruvian Torch cactus for example contain mescaline (3,4,5-trimethoxyphenethylamine) and also other alkaloids like 3,4-dimethoxyphenethylamine, 4-hydroxy-3-methoxyphenethylamine, 3-hydroxy-4,5-dimethoxyphenethylamine, 4-hydroxy-3,5-dimethoxyphenethylamine, anhalonidine, anhalinine, hordenine, tyramine, or 3-methoxytyramine, depending on the variety of cactus.

Peyote contains also mescaline and other alkaloids like N-methylmescaline tyramine, N-methyltyramine, hordenine, anhalinine, O-methylanhalinine, anhalidine, anhalamine, anhalonidine, pelletine, anholonine and lophophorine.

Out of these alkaloids mescaline is the “one”. This is the alkaloid that seems to have the best effect and least side effects. Some of the other ones have a good synergistic effect with the mescaline, but some of them can also cause side effects or react with certain foods, making you feel ill.

DMT is the common name for the chemical N,N-DMT (N,N-dimethyltryptamine) The DMT containing plants in this book don't only contain N,N-DMT, they actually contain various mixtures of N,N DMT, 5-MeO-DMT, 5-HO-DMT, NMT and various other alkaloids and tryptamines. Some don't even contain N,N DMT and only contain 5-MeO-DMT, 5-HO-DMT or other alkaloids.

N,N DMT is the “original” spirit molecule, and also the one with the best and cleanest effect. Some of the “other DMT's” like 5-MeO-DMT and 5-HO-DMT are also psychoactive, but some of them can also be a bit more unpleasant and

can even make you feel ill.

## Common add-mixtures in traditional brews

It is quite common for healing plants to have synergistic mixtures of alkaloids that work together in amazing and harmonious ways. So, the other alkaloids are not to be under-estimated. Swim says that the effects of traditional brews are profound, and that meetings with plant spirits and such mystical things are more common with these mixtures. He says they also have powerful healing effects on your physical body, and that if you vomit it is good, because it is cleaning toxins and bad energy from your body.

In South America, the shaman mix even more alkaloids into their pots and are known to add some or all the following plants to San Pedro tea making a brew that they call “Cimora”: *Neoraimondia macrostibas*, *Neoraimondia arequipensis*, *Liesine*, *Isotoma longifloia*, *Pedilanthus tithymaloides*, *Pilocereus macrorobistibas*, *Pedilanthus carinatus*, *Hippobroma longiflora*, *Daturas*, *Brugmansia*.

With Ayahuaska, the standard traditional Peruvian ingredients are *Psychotria viridis* or *Diplopterys cabrerana* leaves with *Banisteriopsis caapi* vine. The *Psychotria viridis* and *Diplopterys cabrerana* leaves contain DMT, but not enough to be orally active. To make them active *Banisteriopsis caapi* vine is needed, this is because it contains  $\beta$ -Carboline alkaloids like harmine and harmaline which act as maoi inhibitors. These prevent your body from metabolising DMT, and therefore make it much stronger and longer lasting.

In the Amazon, each tribe also have their own secret additives including plants like: *Brugmansia*, *Calliandra angustifolia*, *Brunfelsia grandiflora*, *Tabebuia*, *Jatropha curcas*, *Dieffenbachia*, *Mansoa alliasea*, *Petiveria alliacea* and many other plants.

The only one of these additives Swim has tried is *Brugmansia*. This plant is used



by witches and such people for astral traveling, so it could be a good additive if you really want to leave your body and go somewhere. Swim, however, recommends extreme caution and only very small amounts of that (read the trip reports later in this book).

## Why fast when consuming mixed alkaloids?

This is not really necessary when taking pure DMT or mescaline, but it's a good idea when consuming these plants in more traditional ways, because of the other alkaloids in the plants which can have dangerous reactions with various substances and foods. Maoi inhibitors are especially dangerous in this regard, because maoi is an enzyme in your body that metabolises and breaks down things like DMT, other drugs and toxins. Taking a maoi inhibitor cancels this natural defence that your body has, potentially turning cheese sandwich into a deadly poison.

This is why the traditional trippers fast or avoid certain foods before taking these plants. It is not for spiritual or religious reasons, but because of these reactions between certain foods and alkaloids. Because these alkaloids are all so closely related, or in some cases the same ones, the foods to avoid are the same for traditional mescaline and DMT plant-based recipes.

## Safe / not safe foods list

Basically any food that is very fresh and natural is okay. Fresh fruit and veg are good, but they must have no bruises or be damaged in any way. Fresh meat is also okay. Fresh dairy is not too bad.

Spinach, raspberries, peanuts and avocados are some of the few fresh foods to be avoided. Chocolate and caffeine are also not so good. Aged cheese, smoked food, processed food, fermented food and yeast-based foods should all be avoided. Avoid alcohol, especially red wine.

Chemical or herbal medication and supplements can also be very dangerous, so consult a real doctor if you are on something that you can't stop taking for a few days.

## Pure mescaline and DMT

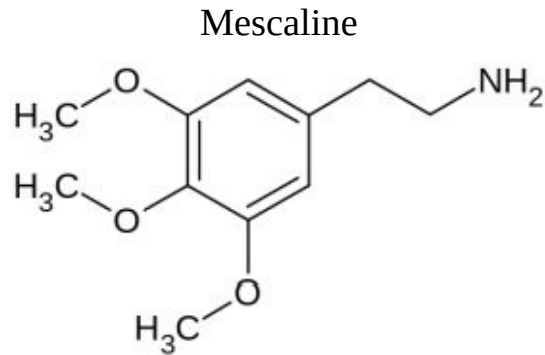
Taking pure mescaline or N,N-DMT is a whole different kettle of fish. The effect of pure mescaline is like the cleanest, smoothest and longest lasting LSD you have ever taken, with no risk of headaches or strange reactions (in Swim's experience). Smoking pure N,N-DMT is like mescaline x 1000, and literally sends you directly to hyperspace and returns you safely home in 15 minutes, with no bad side effects.

Pure mescaline and DMT both have a fixed weight/strength ratio, so the same amount always has the same effect no matter what plant you got it from, making safe and consistent dosing very easy. When extracting alkaloids from plants, it is also not possible to get the molecules 'slightly wrong' as you can when synthesising drugs, because with plant extraction the molecules are already intact, and only need to be removed from the plant.

The extraction methods later in this book are designed to get the DMT and mescaline molecules out of the plants, while avoiding or removing the ones that have strange effects. So, if you do your extraction and purification very well, you can be sure that you are getting the "original" psychedelic experience; the same one that people like Dr. Hoffmann, or Aldous Huxley were getting when they took very pure psychedelics. This can be good in a world where so many new and often dangerous analogues of these substances are being made, creating molecules that fit into legal loop holes but are not always good for you.

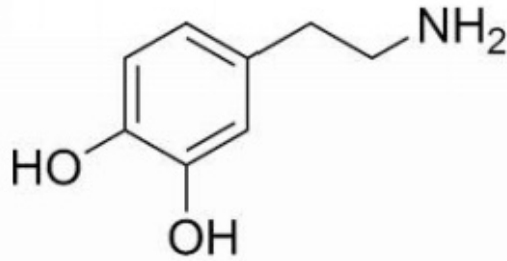
## Molecular structures

The following image is of a mescaline molecule:

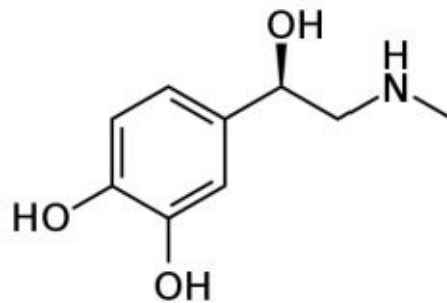


If you compare it to neurotransmitters already in our brains like dopamine or epinephrine.

Dopamine



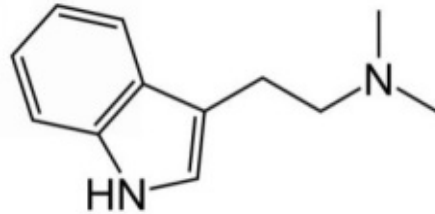
Epinephrine



...you will see that they all look quite similar.

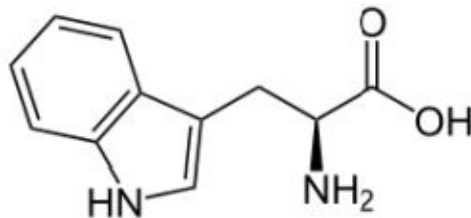
This is the N,N DMT molecule:

N,N DMT

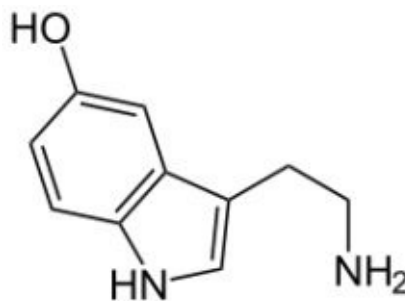


As you can see it looks quite similar to other neurotransmitters in our brains like...

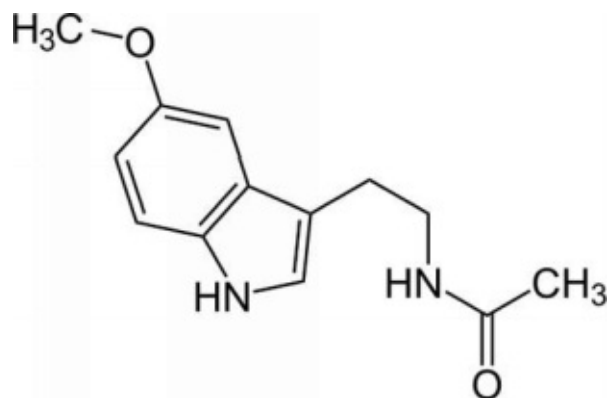
Tryptophan



Serotonin



Melatonin



Basically, DMT and other psychedelics bind to the receptors in our brains that normally receive these neurotransmitters, blocking or replacing the actual neurotransmitters and causing some interesting effects. Nobody knows everything about what happens when these substances bind to our receptors, so there is still some magic and mystery to this.

## Crystalline structures

When these molecules are extracted and crystallised, they join together and take on very beautiful forms (photos by anonymous users on <https://www.erowid.org/>):

Mescaline



DMT





Large ultrapure DMT crystal  
Anonymous photographer



## MESCALINE-CONTAINING CACTI

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### PEYOTE

Peyote (*lophophora williamsii*) is very slow-growing, rare and is sacred/protected in areas where it grows. So, you will be very lucky to get enough of these plants to actually consume. If you do manage to go peyote hunting, you will have no problems identifying these unique plants. As a rule you should always cut only the top, and leave the root to grow more “buttons”.

You do sometimes find them among other cacti at plant nurseries, but they will usually be quite expensive and young. It is possible to graft Peyote onto San-Pedro, where it will grow very fast but will not be so strong. Then later the peyote can be removed and rooted in a new pot making it look very old and large. Unscrupulous cactus growers have been known to do this.

Peyote



## SAN PEDRO, PERUVIAN TORCH AND FRIENDS

San Pedro (*Trichocereus pachanoi*), Peruvian Torch (*Trichocereus peruvianus*) Bolivian Torch (*Trichocereus bridgesii*) and other similar species and hybrids that contain mescaline, however, are not only found in South America but are in fact quite common in gardens, parks, plant nurseries and farms as “alien visitors” in a surprising amount different countries.

They can also be ordered online as live plants or dried for easy shipping, as they are now farmed around the world on a fairly large scale for consumption and for decoration.

If you look at the following pictures you will see that these related cacti all look very similar and are quite unique as a family, making them easy to identify. There are many hybrids and cross breeds of these, and it is actually quite rare to find a pure breed *Trichocereus pachanoi* or *peruvianus*. So, while my names may not be 100% accurate for a botanist, they are more than fine for finding cactus that contain mescaline.

Below is a large San Pedro cactus. It is easy to walk past one of these old plants in the wild if you have only seen close-up pictures of small younger plants in pots or gardens.



The next image is of another large San Pedro on a farm in South Africa. This one seems to have been chopped down, and has re-grown some nice “cucumbers” on a very old and thick woody base.





A San Pedro in flower - the flowers only open for one night and have an amazing scent. If you live in an area where many are growing, you will see that they all try to flower on the same night. How they co-ordinate this is a mystery to me, but it does make me think that plants are more conscious than we may think.







The next image is a close-up of a San Pedro cactus. If you compare this to the cactus carving from Chavin, it seems obvious that this is the same plant. Take note of how small the thorns are. San Pedro is the only cactus I know of that has this form and such short thorns.





Here you can see San Pedro pieces and San Pedro tea on sale at a market in South America.





The next image is of Swim's tried and tested collection of mescaline containing *Trichocereus* cacti in plant bags.



San Pedro usually has between 5 and 8 ribs, while Peruvian Torch often has more (Swim has a 16 ribbed Peruvian Torch). 4-ribbed *Trichocereus* are very rare and are known as the most sacred “cactus of the 4 winds” by Shaman who

often claim that they have extra special effects.

The South American shaman actually claim that there are 7 species of San Pedro, and that they are really identified by the amount of ribs that the plant has. I don't know the names, but was told by a Shaman that 4, 5 and 7-sided San Pedro have the best energy while 6 and 8-sided ones are not so good. He also told me that San Pedro generally has better energy than Peruvian Torch, and that Peruvian Torch with too many ribs and spines can actually make you go insane!

I don't know how the 'rib amount = species' thing can work because I have seen that most large plants have arms with different amounts of ribs on the same plant. But since we are coming from a scientific angle, and they are coming from a more natural/psychedelic one, maybe they are right. Maybe the difference is on a spiritual or energetic level, and not a scientifically measurable physical one.

The top view of these *Trichocereus* cacti is also quite useful in identifying them. The way they grow on top is very geometric and almost looks like peyote. The cacti below are three varieties; San Pedro on top and two different types of "Peruvian Torch" in the middle and on the bottom. The two "Peruvian Torch" cacti below are a good example how there are many varieties that are often called by the same name, although they are clearly not the exact same species.









The following image is of a young Peruvian Torch. Take note of the longer thorns and the blue colour. It is said that this blue colour is a sign of a strong cactus. Swim is not sure if it is true, but it works for him when he is cactus hunting.





This is slightly older Peruvian Torch, when it gets old it grows some mean thorns. This plant gets much bigger than this and can actually grow taller than a house with very thick arms.



Swim had no pictures of Bolivian Torch (*Trichocereus bridgesii*) but you can just Google it. It looks like a cross between San Pedro and Peruvian Torch, with mostly short thorns but also a few very long ones. There are other species, cross-breeds and hybrids of these, but generally you can see that they all have a very similar form that is quite unique, easy to identify and does not resemble any poisonous cacti that Swim knows of.

These cacti are also the ones that have been used traditionally for thousands of years. And so, while some other cacti may contain mescaline, Swim recommends sticking with this “family” of well-known and easy to recognise cacti. He has never found one that looks like any of the above images that is poisonous, but he has found the odd one that has little or no mescaline.

If you can get access to one that you know is the right one, break a tiny piece off and taste it well. Now, you can taste test other cacti and look for the characteristic bitter flavour of these alkaloids. If you taste the dark green flesh just below the waxy skin, and compare it to the white flesh deeper in the plant, you will taste that the dark green layer is much bitterer than the white flesh. This is because most of the mescaline and other alkaloids are in this dark green layer. If you find a cactus that is not bitter at all, you can be quite sure that it contains little or no mescaline.

If you are not sure at all about a cactus or any plant, rather rub a piece on the inside of your elbow or some other very sensitive skin to see if a rash develops before tasting it. If a cactus has white milk inside, be very careful because it is not the right plant at all and is probably poisonous and dangerous to get in your eyes. The right “magic cacti” all look the same inside and release a slimy clear/greenish/bitter juice that is good for your skin and hair, and is said to have good anti-bacterial and anti-biotic properties when used externally (and internally).

These cacti can have slightly different alkaloid profiles due to many factors like sub-species, climate, soil, etc. All of them contain mescaline and a mixture of other alkaloids, but generally *Trichocereus peruvianus* and *Trichocereus*

bridgesii contain more mescaline and less other alkaloids while Trichocereus pachanoi contains more other types of alkaloids with the mescaline. Swim finds that, generally; more ribs, thicker arms and longer thorns = less other alkaloids, while less ribs, thinner arms and shorter thorns = more other alkaloids.

Obviously there are cacti that look just right but that have no useful alkaloids at all. This does happen, and Swim has seen a whole extraction amount to nothing because of the cactus being wrong, even though it came from the same field as identical-looking but obviously different cacti that did work in other extractions.

When picking plants, don't forget that they are alive. Be careful and try to speak to the plant. Tell it why you want some of its body and promise to plant some in a nice location (you can just drop a piece in the shade and it will grow). A good thing I learned from my bushmen friends while collecting medicinal plants with them, is to leave a copper or brass coin as an offering; they told me that most plants like those.

Never kill a whole plant! A big one can feed you forever. The more you pick, the more "cucumbers" will grow. San Pedro grows about a foot per year while Peruvian Torch grows a bit slower. So, if you cut a long arm and 3 new ones grow out of it, you can get up to 3 feet per year from that part of the plant. This means that large plant can grow many feet per year and eventually you'll never have to pick a large old arm again and can let the plant live while you "farm" around its edges.

If you have to pick long arms, don't take all of them from one plant. Leave some because these are the ones that flower and they only do this after 5 to 7 years. If you find round fruits where there were flowers before, eat one! They are not psychoactive or bitter, but are actually filled with sweet flesh that is crunchy with tiny seeds, almost like kiwi-fruit.

As long as you bring offerings like copper, water if it is very hot, or even fertilizer, and speak to the plant explaining what you are doing, then you could

find yourself in a very nice relationship.

**TOP TIP:** These cacti continue to produce alkaloids after they are picked, more so if they are kept in a dark place. So, storing fresh cacti under your bed or in a closet for a few months or even years can make it much more potent. Just keep checking on them, because if they are touching each other and one starts to rot, it can spread and destroy all of them in a few days, turning them into stinky black slime.

# TRADITIONAL CACTUS RECIPES

## Peyote

Peyote is much stronger than the *Trichocereus* cacti, so you can just eat/chew it as is. You can also use 200 grams of dried peyote instead of *Trichocereus* for mescaline extraction, in which case you will get a lot of mescaline!

With fresh Peyote heads, you can eat between 3 and 20 of them, depending on whether you want a mild or very strong dose. If they are dry, the dose is the same; 3 to 20 heads.

## San Pedro / Peruvian torch

Eating whole or dried *Trichocereus* cactus is not so great, making it into a tea is much better. If you are making cactus tea, it is good to take note of how many feet or grams of cactus is in the pot before boiling it, so that later you can have a vague idea of how much to drink.

Fresh *Trichocereus*: traditionally a piece about the same mass as your forearm from elbow to wrist should be about right. If the cactus is thicker than your arm then use a shorter piece. Again, strength can vary greatly so it may be quite strong or too weak, but I have never heard of any serious problems when sticking to the arm guide.

With Dried *Trichocereus* the dose is the same. If you don't know how many arm lengths were used, then 20 to 50 grams is a good starting dose while 100 grams is usually a full strong dose. Strength varies widely so be careful.

To prepare fresh cactus for boiling or drying follow the steps below:

First cut off all of the thorns in “wedges” (see following image) and then peel off the waxy skin (bottom left of image). The dark green layer is where most of the mescaline is said to be, so try not to lose too much when removing the thorns.



Then slice off all of the dark green layer and the white flesh, throwing away the woody core (see core in top left of image below and thorn wedges on the right).





If you want to store or use your cactus for mescaline extraction, then chop these green pieces smaller and dry them on a plank of wood or just hang them whole in the sun until they are nice and dry. Then they will look like this:





If you want to boil the cactus to drink (fresh or dried cactus works), follow these steps:

1: Chop into small pieces as above and put in stainless steel pot (never aluminium).

2: Cover with water.

3: (optional) Add a few tablespoons of citric acid to convert alkaloids into their salt form, and make them move into the water faster.

4: Boil for 8 to 12 hours, adding more water to keep the level the same. You can use tap water, but Swim prefers spring water or filtered water. At first it will become very slimy and foamy, but then after some boiling it will become more watery and soupy.

5: When it looks well done let it cool a bit, then you need to separate the tea from the plant matter. A wine or fruit press works well, but if you do not have one just find a shirt or cloth and use another pot or bucket to pour your cactus and tea into the cloth. If the edges of the cloth are hanging over the edges of the pot/bucket, you should be able to gather them up and tie a rope around them, making a ball that will start dripping juice into the bucket when you hold it up.

6: Tie the rope to a beam or the shower head in your shower and start to squeeze and twist the ball with the cactus mush inside. You want to keep doing this until no more juice comes out and you have a small dry white ball of cactus pulp in the cloth. In the end you will have a bucket or pot full of green and very bitter liquid.

7: If it looks like too much to drink you may want to boil it down until it is a thicker brown liquid or even a thick tar, then you only a small amount instead of a whole cup full. Be careful when it gets thick and brown as it burns easily and can destroy the alkaloids. A wise plan is to put a smaller pot with your thickening “tea” on-top of some spoons and forks in a bigger pot full of water; this is called a “double boiler” and will stop your tar from burning. Just be careful; if the larger pot has too much water in it, the smaller pot may float when the tar becomes less, and may even flip over into the water. In Swim’s experience, a sticky brown liquid that is not too thick and tarry yet, seems to have the best effect and is also easiest to consume.

When you are done you can work out a nice dose by remembering how much cactus you started with and dividing your juice or tar up accordingly. It is very bitter, so be warned and maybe have some water on hand to wash it down.

# DMT AND HARMALA ALKALOID CONTAINING PLANTS

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## AYAHUASKA

Ayahuaska is a Quechua term meaning “vine of the souls”. Most people have heard about how Ayahuaska is made from two plants from the jungle that are not psychoactive when taken alone, but are very potent when taken together. This is because one of these plants is a maoi inhibitor and contains harmala alkaloids while the other contains DMT.

Strangely enough, in the South American tradition it is in fact the harmala alkaloid-containing plant that is called Ayahuasca or the vine of the soul, while the DMT plants are only known as helpers.

Many people wonder how the people of the jungle figured out that these two plants work together. If, however, you know how plant shamanism works, then you should know that some people can speak to plants in their dreams and get specific instructions on how to use them. I know an African shaman who puts the plant next to his pillow and speaks to it just as he is about to fall asleep. He told me that in this way he gets all the right info, including medical or magical uses, recipes for preparation and the correct dosage.

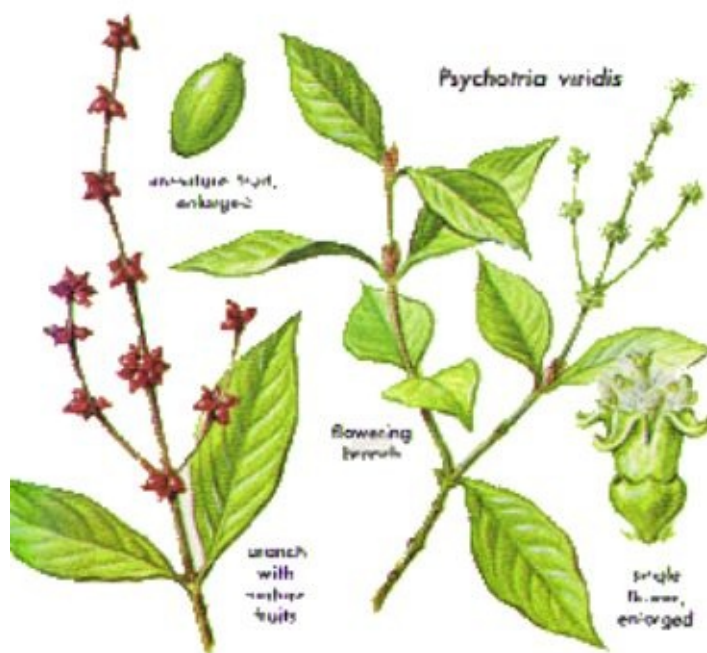
Ayahuaska is gaining popularity today, with many famous people openly speaking about it in public, documentaries being made and new research being done. Many wealthier people from the west like to travel to South America to get the “genuine” experience with a “real” Shaman. This might be nice, but is not really necessary as the plants are the real teachers and can do what they do anywhere in the world when put in the right hands. Also, just because a Shaman wears a head-dress, it does not mean he is not a scammer. Shamanic circles have as many scammers as any, so be wise and don’t just trust just anybody with your mind. The best and most honest Shaman I have met, look and dress just like everybody else, and do not put on much of a show.

## PLANTS USED IN AYAHUASCA BREWS

The traditional South American Ayahuasca ingredients are *Psychotria viridis* leaves (Chacrana) or *Diplopterys cabrerana* leaves (Chaliponga) for the DMT and pieces of the *Banisteriopsis caapi* vine (Ayahuasca) as the maoi inhibitor.

*Psychotria viridis* leaves contain mostly N,N-DMT and small amounts of other alkaloids.

### PSYCHOTRIA VIRIDIS



Diplopterys cabrerana leaves contain mostly N.N-DMT, some 5-meo-DMT and trace amounts of 5-HO-DMT. Diplopterys cabrerana leaves also contain trace amounts of N-methyltetrahydro-beta-carboline which is a maoi inhibitor.

## DIPLOPTERYS CABRERANA

(Photo from trout's notes)





Banisteriopsis caapi contains mostly harmine, harmaline and tetrahydroharmine.

## BANISTERIOPSIS CAAPI



Another very good source of DMT for Ayahuaska is mimosa hostilis root bark. This also grows in South America and contains mostly N,N-DMT with some other mysterious alkaloids. This plant does not seem to have been used traditionally and was discovered more recently.

### MIMOSA HOSTILIS





Syrian rue seeds (*Peganum harmala*) are also good maoi inhibitors. They contain harmine, harmaline and other alkaloids. Some of the other alkaloids can make you feel quite ill, so removing them is a good idea (see the Syrian rue extraction later in this book). These are a favourite for Ayahuaska makers in the west and are easy to buy online or in some shops.

Syrian rue grows throughout the Middle East and in North Africa where the seeds have been consumed, and burned or used as charms to guard against evil since ancient times.

### SYRIAN RUE



Any combination of the above plants will work, as long as it contains one DMT-containing plant and one maoi inhibiting plant.

When you get these plants online or from a Shaman, they should come with a recommended dose. If not, here is a very rough guide:

Recommended dosages:

DMT containing plants:

15 to 50 grams of dried *P. viridis* leaves per person / 50 to 100 grams fresh leaves

5 to 20 grams of dried *Diplopterys cabrerana* leaves / 10 to 30 grams fresh leaves

5 to 20 grams of dried *Mimosa hostilis* root bark per person / 10 to 30 grams fresh

Maoi inhibiting plants:

20 to 30 grams of dried *B. caapi* per person / 30 to 40 grams fresh

2 or 3 grams of Syrian rue seeds per person

Large amounts of passion flower leaves may work, but they are mostly very weak

The strength of these plants can vary widely, so rather start at the low end of this list and drink some more later if it is not strong enough.

Remember that these plants can contain alkaloids that can have dangerous reactions with many substances in foods and drugs. Maoi inhibitors, in general, can be dangerous because your body uses them to protect itself. So, rather do some extra research and be very careful rather than just following my safe foods

list. You do get prescription Maoi inhibitors, so you could ask your doctor if taking them will be safe for you as a guide on how you will react to Maoi inhibiting plants. Some people even use these prescription inhibitors with DMT plants as an Ayahuaska mix with good results.

## PLANTS / TOAD USED TO MAKE DMT SNUFF

### ANADENANTHERA SPP

In some areas of South America, Yopo seeds were and still are used to make this ancient snuff. These are easy to store and can easily be ordered online. Yopo seeds come from various species of Anadenanthera trees such as *A peregrine*, *A colubrine*, *A excelsa* or *A macrocarpa* trees and contain mainly 5-HO-DMT (bufotenin) and some 5-MeO-DMT, N,N-DMT and other alkaloids.

This snuff is called Yopo, Jopo, Cohoba or other names depending on the location and tribe making it.

*Anadenanthera colubrine*

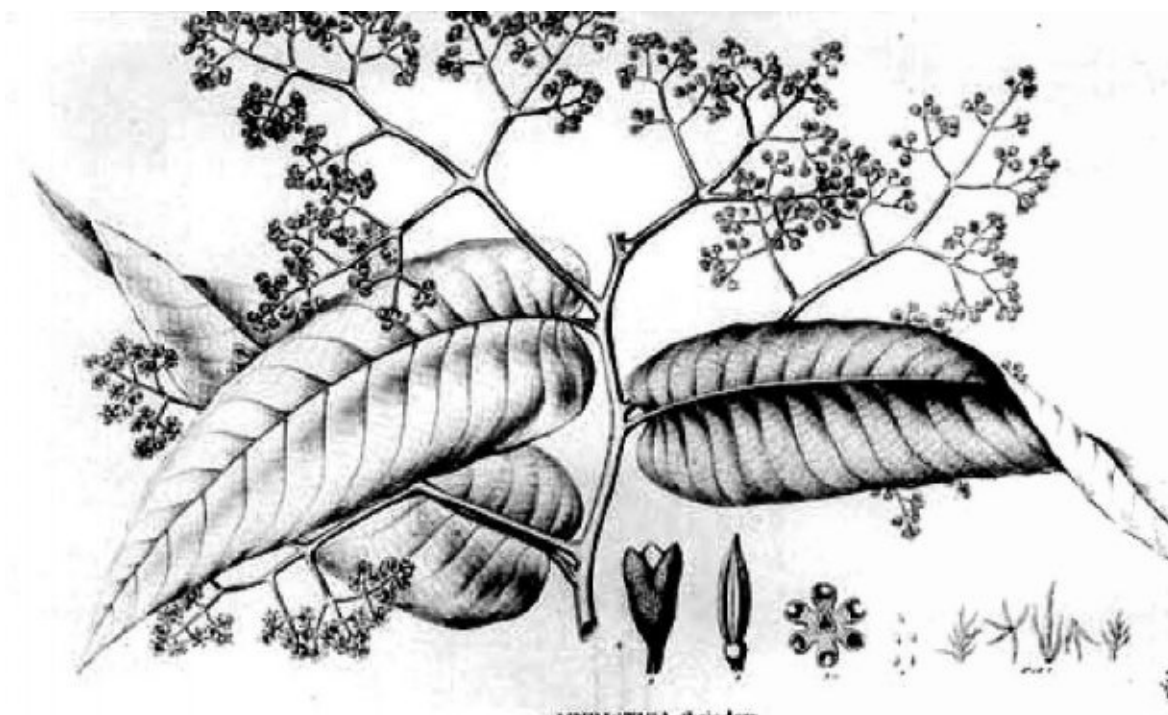


## VIROLA SPP

Some tribes use the bark of various species of *Virola* tree such as *V theiodora*, *V calophylla*, *V calophylloidea*, *V cuspidata*, *V elongata*, *V peruviana*, *V rufula* or *V sebifera* to make a similar snuff. *Virola* bark usually contains mainly 5-MeO-DMT, some DMT and other alkaloids including 2-methyl-6-methoxy-1,2,3,4-tetrahydro- $\beta$ -carboline and 1,2-dimethyl-6-methoxy-1,2,3,4-tetrahydro- $\beta$ -carboline, which are maoi inhibitors. Alkaloid content varies widely across different *Virola* species.

*Virola* snuff mixtures have a few local names like *ebene*, *epena*, *yakawana* etc.

*Virola theiodora*





## BUFO ALVARIUS

The venom from the pimples on the back of *Bufo alvarius* (Colorado River toad or Sonoran Desert toad) contain 5-MeO-DMT and 5-HO-DMT (bufotenin). It does not contain any N.N-DMT. Some people have an amazing experience and journey safely to other worlds after smoking this toad's venom, but many have a terrible time on even a tiny amount, falling to the floor unable to breathe and turning blue etc, so be very careful with this stuff.

*Bufo alvarius*



# TRADITIONAL DMT RECIPES

## AYAHUASKA RECIPE

- 1: Crush your plants as finely as possible (see amounts earlier in this chapter).
- 2: Mix your plants in a stainless steel pot and cover with water.
- 3: Boil for 4 hours (not too intensely).
- 4: Pour / squeeze through a cloth to separate plant from tea and save tea in another pot.
- 5: Add fresh water to plant mush, boil for another 4 hours and save tea again (repeat 1 or 2 or more times).
- 6: Boil all teas down into one very potent small amount in one pot.
- 7: Leave this pot in a cool place or in the fridge overnight.
- 8: Pour (or siphon) off the top layer of tea, leaving the nasty sediment at the bottom of the pot.
- 9: Filter through cloth one more time.
- 10: Drink!

## YOPO SNUFF RECIPE

To make this snuff, *Anadenanthera* seeds are cooked dry in a pan until they pop like popcorn. After the husks are removed they can then be smoked in a pipe just like that, or made into Yopo snuff. To make it the traditional way, the popped seeds are ground into a powder with a mortar and pestle and mixed with lime from certain types of ashes or calcified shells.

This mix is then made into a thick paste by adding some water and kneading it into a ball. It is then left to sit for a few hours or days to dry. Lime is caustic and so it will change the alkaloids into their freebase form, then letting them sit will allow the lime to react with the carbon dioxide in the air (carbonation) and become less caustic.

This snuff is then crushed fine and snuffed through snuffing tubes or, as in the case of some Amazonian tribes, it is blown up a person's nose by another person wielding a long blow-pipe. It is known to burn your nose a lot before sending you into another world filled with vivid patterns, shapes and strange beings as you would expect from most forms of DMT. The after effects are not so great and include headaches, nausea and general unpleasant feelings.

Some tribes use these snuffs along with *Banisteriopsis caapi* tea to increase and prolong the visionary effects, creating an experience similar to that of Ayahuasca. Although Swim says that taking maoi inhibitors with 5-MeO-DMT and 5-HO-DMT is not always a good idea.



## Simple modern day Yopo snuff recipe

- 1: Roast the seeds until they pop.
- 2: Remove their husks and crush them into a fine powder.
- 3: Mix one part baking soda (sodium bicarbonate) with 3 parts seed powder.
- 4: Add a small amount of water and mix into a paste.
- 5: Let dry and crush into fine powder.

Modern day Yopo snuff





## VIROLA SNUFF RECIPE

- 1: Scrape shavings of the soft inner bark and roast them over a fire.
- 2: Crush the shavings in a mortar and pestle and sift them to a very fine, brown powder.
- 3: Add dried / powdered leaves of *Justica pectoralis* to the Virola powder in a 50/50 ratio (just for scent).
- 4: Place Elizabeth princeps bark in a fire and reduce to ash.
- 5: Add ash to other ingredients in a 50/50 ratio.
- 6: Now you should have a very fine snuff.

If you are in the jungle and can find a live virola tree, you can take long strips of fresh bark and place them next to a hot fire. A red resin will exude from the bark and can be easily scraped up. This resin is full of alkaloids and can be used to make snuff, or even taken orally because it also contains maoi inhibiting  $\beta$ -Carboline alkaloids.

The “modern day Yopo snuff recipe” above also works very well for making snuff from roasted virola bark powder or dried resin.

## TOAD VENOM RECIPE

Bufo alvarius toads can be made a bit angry so that they produce poison as defence, then you can milk the glands that look like pimples on their backs. These pimples are usually squeezed onto a plate of glass, where they will dry and can be scraped off later with a blade and stored in a bottle.

Smoking 5 to 50 mg should do the trick, but Swim would start small because 5-MeO-DMT and 5-HO-DMT are not always as smooth as N.N-DMT.

## NON-TRADITIONAL DMT CONTAINING PLANTS

DMT is also contained in many plants that do not seem to have been used traditionally, but have been used for selective DMT extraction in more recent years.

*Acacia acuminata* from Western Australia is highly recommended, with up to 1.6% N.N-DMT in the bark and root bark. It also contains some  $\beta$ -carbolines, tryptamine and other tryptamines. It is also called “raspberry jam wattle” because that is what it’s freshly cut wood smells like.

### ACACIA ACUMINATE



Acacia maidenii from Australia contains N,N,-dimethyltryptamine (N.N-DMT), N-methyltryptamine (NMT), Nb-methyltryptamine and other tryptamines in its bark, although the amounts vary widely across strains, and can spike high or drop very low at different times of the year. Swim says that the best time is in summer, after a good rain.

## ACACIA MAIDENII





*Acacia obtusifolia* from Australia also contains DMT, NMT and other tryptamines in its bark and root bark, but also according to season and sub-species.

It is almost impossible to tell the difference between *Acacia maidenii* and *Acacia obtusifolia* let alone the sub-species and close relatives, making these plants quite hard to work with.

### ACACIA OBTUSIFOLIA



Acacia confusa from South-East Asia is highly recommended, as it contains large amounts of N,N-dimethyltryptamine (N.N-DMT) (around 1.17%) and N-methyltryptamine (NMT) (around 1.45%) in the root bark. This can often be obtained from Chinese herbal medicine dealers.

### ACACIA CONFUSA



With Acacias, the bark or root bark is usually the best part. But, some people have had good results using larger amounts of leaves, stalks or other parts of these plants. Most of the other alkaloids in these trees, like NMT, are not as unpleasant as 5-HO-DMT and 5-MeO-DMT are, and are avoided during extraction, making these trees very good sources of pure N.N-DMT.

The Acacia trees of Africa have not been extracted much, but some have been tested and do seem to contain DMT. A very interesting African Acacia is *Acacia nilotica*. My friends in Turkey have successfully extracted and smoked DMT from one of the three sub-species found there. *Acacia nilotica* is also the sacred “tree of life” from which the ancient Egyptian gods Isis and Osiris were born. It is hard to believe that an advance race like the Ancient Egyptians could have been un-aware of the DMT in this tree.

## ACACIA NILOTICA

Tab. 201



*Mimosa pudica* L.



The Sangomas (traditional healers) in South Africa drink a mixture that contains mainly *Acacia senegal* bark (also known as Gum Arabic tree) to help them to dream, and speak to the spirits. So there is a very good chance that there is DMT in *Acacia senegal* too.

## ACACIA SENEGAL



## PHALARIS GRASS

There are two types of Phalaris grass that contain DMT; *Phalaris tuberosa* (*Phalaris aquatica*)...

*Phalaris Aquatica*





...and *Phalaris arundinacea* (reed canary grass). These do not come highly recommended because they usually contain more 5-MeO-DMT, 5-OH-DMT and other nasty alkaloids than N.N-DMT.

Another interesting plant that has not been explored much but is said to contain DMT is *Delosperma cooperi*. This plant grows in gardens all over the world and may be worth keeping an eye out for. With most succulents, the leaves are mostly water while the roots are where the alkaloids are. Maybe it is the same for this plant...

## DELOSPERMA COOPERI



Many DMT-containing plants can have different alkaloid contents depending on the weather, time of day and a million other factors. The same plant can have loads of DMT or none at all if harvested at the wrong time or place. The alkaloid levels of *Psychotria viridis* leaves for example change over the course of a single day, with the most being found at sunset and sunrise, and the least at midnight and midday.

# ALKALOID EXTRACTION

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Before attempting to do any extraction, it helps to understand what is happening and how the process actually works. Just following an extraction text step by step, without knowing how the whole process actually works is not a very good idea at all. Visualisation and intention always affect the outcome of any experiment, so knowing what you are doing and why you are doing it, is a sure way to make everything work exactly as it is meant to.

The type of extraction most often used for plant alkaloids is called an acid/base extraction. So, once you understand how it works, you will be able to extract alkaloids from many different plants with ease as the basic principles will always be the same:

## Chemical rules to know

Rule 1: Alkaloids in a solution can be changed to their freebase form by adding a base.

Rule 2: Alkaloids in a solution can be changed to salt form by adding acid.

Rule 3: Alkaloids are soluble in non-polar solvents and not water when in freebase form.

Rule 4: Alkaloids are soluble in water and not non-polar solvents when in salt form.

Rule 5: Non-polar solvents and water can be mixed, but will always separate again.

This means that if (for example) you had some DMT or mescaline in some water

with bits of plant matter, you could add some lye (base) converting the alkaloids into their freebase form. Then you could add some non-polar solvent. The solvent and water can be mixed, but will always separate. During mixing, the freebase alkaloids will dissolve in the solvent and leave the water and plant matter behind. All of the alkaloids will not move across right away, so you will need to repeat this a few times.

The process can also be reversed. You can remove the solvent layer, and mix it with fresh water. Then if you add acid, converting the alkaloids into their salt form and mix it again, when it separates, most of the alkaloids will be in the water again and not the non-polar solvent (repeat to get all of them).

This is a very basic explanation, but read it a few times before doing your extraction. As soon as you understand and can visualise what is happening, then you are ready to extract mescaline, DMT and many other alkaloids.

## How PH works

When working with acids and bases you are really adjusting a thing called the PH of your mixture, so it helps to know how the PH scale works:

PH 1 is as acidic as acid can get (pure hydrochloric acid).

PH 7 is neutral (not acidic or basic).

PH 14 is as basic as things get (pure lye/sodium hydroxide).

If you use PH papers they will come with a colour coded PH chart. It shows what colour the paper will become when exposed to liquid of the PH written next to that colour. If you have an electronic PH meter it will just give you the number of the PH (from 1 to 14).

The important thing to know when working with acids and bases is how they actually behave in a solution (like cactus or mimosa hostilis tea).

### Acids

Adding equal units of an acid like hydrochloric acid, makes the PH drop slowly when you add the first few drops, but then it drops much more each time you add the same amount of acid. This means that you need to be very careful when adding acid as it is very easy to add too much.

### Bases

Adding equal units of a base, like lye, to a solution however works in the opposite way making the PH rise fast when adding the first units. Then raising it less and less for each additional same-sized unit added. This is why people sometimes add base without checking the PH afterwards, because it is quite hard to overshoot.

This information is good to keep in mind when working with acids and bases.



## DIY SHOPPING LIST FOR HOME LAB

Before you can start, you will need to buy or find some items. The “hardest to find things” you need are the chemicals; everything else is easy to get but useless without these chemicals, so it is best to find them first. Fortunately they are available in many DIY stores and can also be ordered online without raising too many eyebrows. You really should use laboratory quality chemicals but they can raise more eyebrows, so if you can’t get them then DIY seems to work just fine.

Remember that many of these things are also used to make bad things like meth, so watch the “stay out of my territory” scene in breaking bad <https://www.youtube.com/watch?v=XNtXNKdWao8> and do not buy everything in the same place. You don’t want to be confused with a meth cook and have Walter breathing down your neck in a dark parking lot!

The mescaline extraction method in this book works for all “good” cacti, so there is only one method for mescaline. Each DMT plant, however, is different and so there are a few different methods for DMT.

The mescaline extraction works with bottles containing at least 200 grams of dried cactus. The optimum amounts of chemicals needed per gram of plant material are about the same for cacti and DMT plants, so 200 grams of any plant will normally require about the same amounts of solvent, base and so on.

You need everything in this list to make mescaline, while each DMT recipe may need less things. So, if you want to make DMT, look at the extraction you want to use, and just get the right stuff for that method.

I have not added exact item lists for each extraction because it is better to read them well, understand them fully, choose the best options for your situation, and then write down what you will need yourself.

## CHEMICALS

1: non-polar solvents: For mescaline extraction you will need 1.5 Litres of d-limonene, xylene or toluene per 200 grams of dried cactus (you only need one of them).



The friendliest solvent is d-limonene as it is made from citrus peels and is food safe (non-toxic). D-limonene can be found in some stores or ordered easily online. It is used as an insect repellent and lamp oil among other things.

Xylene or toluene are highly recommended but are both highly toxic and smell very bad. You may have seen permanent marker pens that say “xylene free” on the side; these usually contain a tiny amount toluene instead which still makes them smell when you write with them. Now, if you think that the smell coming from these markers is quite strong, can you imagine what happens when you spill a cup-full the pure liquid on your shoe?

If you can't get laboratory grade xylene or toluene, they can also be bought as paint thinner or paint stripper at most paint stores. These products will not always say “Xylene” on the front, and you may have to read the ingredient labels of a few products before you find “pure” xylene or toluene with no additives. Swim uses paint store solvents most of the time, and says they work just fine.

If you want to check how clean any solvent is, just evaporate some in a glass dish. If there is any sticky and smelly residue in the dish afterwards then it is not good (some water is okay). So, rather buy only one bottle of solvent, do a test and then buy more with the same batch number when you know it is good.

2: Purification solvent: 1 Litre of Acetone per 200 grams of dried cactus.



Because the acetone will be used in the final purification step, it needs to be of a very good quality. If there were some impurities in your main extraction solvent it may not be too bad, because the acetone will clean them out. But if the acetone has impurities, they will obviously be in your final product.

So, if you can get laboratory grade acetone it will be much better. I have seen small bottles of medical grade acetone at the drug store. They were very expensive but may be worth it. Swim says that purifying your mescaline with DIY store acetone a few times, and then finishing with a last wash using very good acetone works quite well.

Cheaper acetone is used for making fibre glass, and can be found in most DIY stores with the fibre glass and resin. Stay far away from yellow-coloured acetone; it should always be crystal clear.

For most DMT extractions you will not need the above solvents or the acetone, and can use naphtha for extraction and purification. This is available as lighter fluid or paint stripper in many stores.

The best brands for this are VM&P Naphtha or Zippo Premium lighter fluid. Using these will give you white fluffy DMT, while using other brands may give you yellow or sticky DMT.



Hexane also comes highly recommended for DMT extraction and especially DMT purification, but it is very expensive. You can buy this at the DIY store as “Bestine” (rubber cement remover).



3: Acid: Sulphuric acid or Hydrochloric acid (also known as muriatic acid) are the best acids for mescaline extraction.

Sulphuric acid is sold as battery acid and is fairly pure in this product form. It is available at car-part specialists.

Hydrochloric acid is available as pool acid in your home-depo store. It is fairly pure as it is used to treat water.



If the acid has a green tint then it is very old. Try to get clear-looking acid. You will however only use a few drops of this in about a cup of water, so purity is not that important. If you have a friend at the drug-store though, I am sure he can get you a small and very pure bottle of either of these.

For DMT the acids of choice are vinegar or citric acid. You want normal “5% acidity” distilled vinegar from the food store, it should be clear. Citric acid comes as a powder and can be found in the baking section at any food store.

4: Base: 500 grams of Lye (sodium hydroxide) per 200 grams of dried cactus (you need this for DMT, too, but only about half as much).



Lye is available at many stores as drain cleaner, but be sure to read the ingredients and to only buy 100% lye. Some drain cleaners have additives like aluminium or various scents which will not help your extraction at all. Pure lye is white, and comes as powder or flakes.

5: 1 Litre of Distilled water for every 200 grams of dried cactus, you need this for DMT too, about 1.5L for every 100 grams of plant material. The easiest way to get this is to buy it from the drug store for drinking, or as car battery water from the gas station.

6: Epsom salts (hydrated magnesium sulphate). Epsom salts are available in almost any food store. They are very cheap, so just get a whole bunch in case you need more later.



## PROTECTIVE CLOTHING

The first thing you will need after buying these chemicals is your “breaking bad” outfit so that you can safely handle them. Again you can get great DIY outfits from paint stores, as paints and other things that they sell there are just as toxic as any meth lab.

Breaking bad outfit: for a mask you need the type of mask used for painting. Make sure you buy filter disks for “solvents and organic vapours” and not just dust filters. You should also be able to get eye protection and chemical resistant gloves at the same store:



A cooking apron to protect your clothes will also be a good idea.

If you are lazy and don't want to get these things, at least wear sun glasses and work in a breezy place. It is rare, but sometimes you when make a splash, a small drop of highly caustic liquid can fly into your eye.

## HARDWARE

Now you will need some hardware. I will just describe the DIY versions and you can replace them with the real items if you can get them. You need all of these things for mescaline extraction. They are pretty much universal and are useful for DMT and mescaline extraction, but do check your chosen recipe first because some DMT extractions need a little more than a jar, lye, naphtha and some water.

1: First you will need a large container for your main extraction. For every 200 grams of cactus or DMT plant matter you want to extract, you will need a 5L container (you can scale everything up or down for a different sized extraction). Pyrex, which is heat resistant and a very good quality glass, is the best. Normal glass is better and HDPE plastic is also great.

For larger mescaline extractions, Swim uses plastic HDPE bottles. HDPE plastic is lye resistant, fairly heat resistant and is also what solvents like xylene and acetone are sold in. So, it is solvent resistant.



These are available in many food stores and DIY stores and can be identified by looking for “HDPE” or a “2” in a triangle on the bottom of the bottle.



For smaller DMT extractions, glass canning jars are many peoples vessel of choice. If the rubber seal melts, use a round piece of a chemical resistant glove or a piece of a black bin liner instead.



Just remember that the strong lye mixtures in these extractions will damage and even crack ordinary glass over time. So, don't use the same jar too many times, and always keep it in a larger container or tub in case it breaks.

It is better if your main extraction container is taller rather than wider, because you will be removing a solvent layer from the top of a water layer in this bottle. Swim, however, sometimes likes to use a flat, wide container for mixing his extractions so that he can just mix it with a spoon instead of shaking it. He says that the wide surface area where the solvent touches the layer below makes it extract much faster and better. When he wants to remove the solvent, he just transfers his liquid to a taller and thinner container.



Most coffee plungers are made of Pyrex and make great tall containers. These come in many sizes and can be used by removing the metal housing and handle to make a very nice piece of high quality glassware with a very useful pouring spout. Swim, however, leaves the handle on as it is great for preventing breakage.



2: A few clear glass wine bottles and jars of various sizes are very useful for salting mescaline and storing solvents. If you can't get chemical resistant corks for wine bottles, just get some thick chemical resistant gloves and cut a piece off one to hold over the top while shaking.



3: You will also find some ordinary clear PET plastic juice bottles to come in

handy, so you may want a few 1L and 500 ML ones of those, too. These are not solvent resistant, so never store naphtha, xylene, toluene, acetone etc in these.

Look for “PET” or a “1” in triangle under these bottles to identify them.



4: You will also need some plastic funnels of various sizes. Some will just be for pouring lye and cactus powder and can be made of any plastic. But try to get some made of HDPE plastic or another material that can withstand contact with solvents. If you are not sure of the plastic, just buy a whole lot of different ones and test them with some solvent yourself.

5: You will need a separatory funnel for removing watery layers from underneath solvents.





These are not easy to get without attracting unwanted attention, so if you cannot get one you will need to make a DIY one. HDPE bottles work well, but are not clear. So, if your layers are quite similar in colour, you may not be able to see them.

The main thing that is hard to get is a chemical resistant valve that can open and close for the bottom of it. To get one, Swim just pops the red cap/valve from the top of a zippo lighter fluid bottle and uses that for a valve. These lids with a valve that can open and close are chemical resistant and do not melt into most solvents.



You can make an amazing glass separatory funnel using these zippo tin caps. Just take a cap to a store that sells glass bottles and find one that fits onto the cap well. Then when you get home, you use a cigarette lighter to heat the bottle all around the base and then dip it in cold water. There is a good chance that the bottom of the bottle will just pop right off. This will be very sharp, so use sandpaper to make it safer.

As a last and dirty resort you can use a clear PET juice bottle. The solvent may leach some plastic from this which is not so great, but this can be minimised by first removing 99% of the solvent layer from the top while it is still in a glass bottle, using a fuel pump or baster and then an eye dropper for the last bits. Any plastic “should” also be removed in the last purification step, so it may not be so bad. Since you are going for the bottom water layer, it is true that if you only use the plastic funnel for a few seconds and only use it once, your water will not really touch the plastic that has touched the solvent very much at all...



If you can't get a zippo lighter fluid cap, just take a thick needle and prick a hole in the bottom corner of a plastic bottle. Next, use some electrical tape to stick a small piece of chemical resistant glove tightly over the hole. Now, just pull back the tape to start the flow and replace to stop it just before the solvent layer reaches the hole.



There are many fun ways to do this. I have even seen a video on YouTube where somebody used a ziplock bag and just cut the corner off to start the flow. So, just be creative when it comes to DIY separatory funnels. Just be warned, using plastic other than HDPE may result in some of it getting extracted, and this can ruin your extraction giving you plastic jelly alkaloids. So, always test it with some solvent first.



6: You will also need a device for removing solvent layers from the top of watery layers.

A hand-cranked model-aircraft fuel pump works very well for this (comes with very useful chemical resistant rubber tubes). Get these at specialist toy shops or online.



A glass or HDPE plastic turkey baster also works well.



Swim's Zippo bottle "solvent sucker" will also work well (see DMT extraction chapter).

As a last resort, a siphon made from some chemical resistant rubber tubing also works. Remember that the container any solvent came in is resistant to it,

making it very safe to use in a DIY device.

7: You will also need some cotton wool balls and some coffee filter papers.

8: PH papers from the drug-store or swimming pool department, or an electronic PH meter which you can get from a variety of shops, or online.

9: A scale that can measure grams and milligrams (available safely from jewellers).

10: A small glass eye-dropper from the drug-store.

11: One or more wide/flat pyrex baking dishes for evaporation.

12: A good quality juicer/blender for making plants into powder.

13: An office/table fan.

14: An oven with a hot plate.

15: A cold freezer that can freeze melted ice-cream hard.

Apart from the specific solvents that are best for each plant, and a few minor details, the basic setup is the same for mescaline, DMT and most other alkaloids. So, once you have all of these things you will have a nice DIY laboratory. The great thing about this setup is that everything has a “normal” use and so, if your mother-in-law is coming to visit, just put each item where you would normally find it in a normal house, and your lab will just disappear.



## DANGEROUS CHEMICAL WARNINGS

1: Wear your protective outfit whenever you handle acid, lye or solvents.

2: These solvents are very flammable, so never get then near an open flame, or even electrical devices like ovens and hot-plates that can make sparks.

Solvent vapours will make you feel ill and give you a head-ache, so wear a mask.

Lye is dangerous, here are some tips to surviving working with it:

1: Do not use the same glass bottle too many times because lye weakens glass over time.

2: Do not add water to lye because it will explode! Only add small amounts of lye to water.

3: Keep stirring or shaking the lye/water mix until all of it is dissolved, as clumps on the bottom will make a lot of heat in one spot, and can crack glass or melt plastic.

4: Do not touch lye, it will burn your skin and mess up your eyes forever.

5: Do not breathe in any gasses from lye mixtures (keep your mask on).

Never do extractions when there are pets or children nearby!

# MESCALINE EXTRACTION

## A/B MESCALINE EXTRACTION: DRIED CACTUS

A/B means: Acid/Base extraction.

To start this extraction you will need fine cactus powder. To make it, just throw your dried cactus in a blender and blend it! Keep a lid on the blender and wear your mask because this fine powder can make your nose and lungs feel quite unpleasant. It is very easy to burn your blender out by running it too long with a dry product in it, so try to get an industrial one and let it cool off now and again.

When it is done your cactus should look like the following image, only greener (this is 10 year old dried cactus that has gone brown).



This cactus was stored by Swim, to see if the green chlorophyll would break

down over time, which it did. Mescaline appears to stay active in dried cacti for at least 5000 years, so you can store it as long as you like.

As I mentioned, you will be using 200 grams of dried cactus per extraction bottle, so that is the minimal amount you should make. If you want to use more cactus and do a larger extraction, Swim recommends using more than one small container with 200 grams of cactus in each one, and not one larger container.

Starting your extraction:

### Basification

1: Put 3L of water in a 5L HDPE or glass bottle. Tap or filtered water is fine but distilled water is always better.

2: Slowly dissolve about 300 grams of lye in the water (don't throw it all in at once).

Swim finds that a large plastic funnel helps with getting lye into a bottle. It will get hot so be careful and keep it moving if there are pieces of lye at the bottom, as these can burn holes in the plastic or crack glass.

This will produce gas. So, if you put a lid on to shake it don't leave it on; rather open it now and again to release the gas. It is easy to see if the HDPE bottle is getting stretched and hard from gas build up, so this is not really a problem. If using glass, keep it in larger pot or container at all times because heat and lye can break the glass.

3: When all of the lye is dissolved, put the 200 grams of cactus powder into the bottle with the lye water and shake it gently until it is well mixed.

The lye does two things; it breaks up the plant matter helping to release the alkaloids, and it converts these alkaloids into their freebase form making them soluble in non-polar solvents and not in water.

Let the cactus soak in the lye for an hour or two or even a whole day, if you want loads of mescaline on your first extraction.

## Extraction

5: Now add 300 to 500 ml of your chosen non-polar solvent (D-limonene, xylene or toluene).

As you will see, the solvent will sit on-top of the cactus “tea” and will not mix with it. There may be a water layer between the solvent and cactus mush. Don’t confuse it with the solvent layer later.



6: Now you need to be careful because things get quite delicate. You want to mix them without actually mixing them. You just want to roll and swirl the bottle around getting the solvent to touch as much of the tea as possible. The

reason for this carefulness is that the two can form emulsion (fancy name for ‘foam’) and then they do not separate again so easily.

The secret to making good mescaline is “slow and steady”. Each step of the process always works better if you let it sit for that much longer, or mix it that much more carefully. You will do this process to the same bottle three times. So, it is okay if you don’t get everything first time around and rather take it easy with the mixing. Even when the solvent is just sitting on the tea, the alkaloids do still migrate across to the solvent. Swim believes that they do this at a much higher rate than some would say.

Swim finds that a gentle mix/roll of the bottle every hour or so over a whole day does the job very well. If it does not separate at all between mixes, add some more lye water. If it still refuses to separate, you can also add some more solvent. Or, if the weather is very cold you can also put your bottle in some hot water to help it separate. It should be at least halfway separated after each hour between your mixes.

7: When you are happy with your first few hours of mixing, put the bottle aside for 24 to 48 hours to fully separate. Don’t rush this because there will be very tiny “cactus dust” particles that must settle.

If it does not fully separate and you only get back half of the solvent that you added, don’t worry; it will “loosen up” and release all of the solvent when you add more lye and do more extractions from this bottle later.

## Separation

8: When it is ready, you’ll need to remove the solvent layer (first “pull”) and get it into a glass-jar. Do it where the bottle is standing rather than picking it up, and disturbing the bottom layer and any cactus dust.

For this a model aircraft fuel pump works very well, otherwise you can do it a

bit at a time with a turkey baster or even a siphon made with some fish tank pump tubing. Also see Swim's Zippo tin layer extractor in the DMT chapter for some inspiration on DIY separation devices.

To make a siphon work without using your mouth, fill the tube with water, put your finger on the end, and put the other end in your solvent. Slowly release your finger letting the water out into a waste jar and sucking up the solvent at the same time. When the tube is full of solvent and the water is all out, close the end and open it over your solvent jar. A 3m long siphon tube also helps if you don't want to put water in the tube and want to use your mouth instead.

You don't want any of the tea in the solvent, so rather leave some solvent behind for the next extraction instead of trying to get it all now. If some tea does get in you will have to leave the solvent standing in the jar for another 24 to 48 hours for it to settle to the bottom and remove it again (throw what is left in the bottom back into your main extraction bottle).

Once you have your "mescalized" solvent in a jar, put a lid on it and store it while you continue to extract the rest of your main extraction bottle. Storing it for a day or longer will help any more fine particles settle, which can save you time in the purification step.

9: To get more mescaline out of your tea, you'll need to add another 100 grams of lye (NOT ANOTHER 300 GRAMS!) and mix it all in again (more heat/gas etc).

10: Now, add 300 to 400ml of solvent and repeat the first steps again to get another pull:

1: Roll/mix solvent and tea over a full day.

2: Leave for 24 to 48 hours.



3: Remove solvent and store in jar.

Then do the whole thing a third time:

1: Add another 100 grams of lye slowly and mix.

2: Add another 300 to 400ml of solvent.

3: Roll/mix solvent and tea over a full day.

4: Leave for 24 to 48 hours.

6: Remove solvent and store a third jar of “mescalized” solvent. Some people do it a fourth time, it is up to you.

Now you can dispose of the tea. There may still be solvents in it, so don't throw it in the forest...

You will now have three jars of solvent from your 3 pulls. To make the next stage faster and easier, you can mix them together and re-divide in equal portions with exactly the same alkaloid content. Or, if you want to know how much mescaline was in each one, keep them separate.

This solvent now contains freebase mescaline. Unfortunately freebase mescaline is a caustic oil which will burn you if you touch it. So, for this reason, you will need to use acid to convert it into its salt form before you can consume it safely.

## Salting

Now you can move to the stage called “salting” where you will convert freebase mescaline to mescaline in its salt form.

If you have a DIY funnel of unknown plastic, do the first stages in a glass wine bottle, and carefully dump it all into the funnel right at the end of the process.

1: Add 200 ml of distilled water to your separatory funnel or wine bottle. It must be distilled otherwise you will also get minerals, additives or such things, being converted into salt form with the alkaloids.

2: Add about 400 to 500 ml of your alkaloid-filled solvent (it will float as a layer on the water). You don't need to be exact with the amounts. It should just look something like the following image.



3: Next you need to add a few drops of acid. The best ones are sulphuric and hydrochloric acid.

If you use sulphuric acid, you will have mescaline and other alkaloids in their sulphate form. If you use hydrochloric acid, you will have them in their hydrochloride form. There are other acids you can use like citric acid (food safe) for mescaline citrate, or acetic acid for mescaline acetate. Mescaline hydrochloride and mescaline sulphate, however, are most commonly made because their crystals are very stable, pure and are not waxy like some of the other ones can be.

Mescaline sulphate crystals are a bit longer and larger than mescaline hydrochloride ones, but they're also a bit less potent, weight for weight, than mescaline hydrochloride. So, if you want to grow beautiful big crystals or have a bigger/heavier but weaker yield, make mescaline sulphate. If, however, you want slightly smaller more potent crystals that can fit a bigger dose in a smaller capsule, then make mescaline hydrochloride.

Adding acid will convert your freebase alkaloids into their salt form, making them soluble in water and not the solvent they are currently in. This is where your PH papers come in. You want to get the PH as close to 7 (neutral) as possible. If it is higher than 7 there will still be some mescaline left in the solvent layer.

If you add too much acid and it goes lower than 7, the water can suddenly suck yellow or brown colour from the solvent or "burn" your mescaline so that it is brown or even black. If this happens it is not lost, though; the mescaline itself is still intact and can be easily purified (see last acetone purification step at end of this extraction).

For this reason, Swim adds acid until the PH is getting near to 7, but then stops just short of 7 (between 7 and 8). This leaves some alkaloids in the solvent, but also gives Swim very clean alkaloids in the water. There is no waste because the solvent with some alkaloids still in it can be kept and salted past PH 7 to get all of the alkaloids (they will need to be purified a lot), or you can just throw it back into you main extraction container.

There are a few ways that you can add your acid. Some people say that neat acid added directly with no water can burn some mescaline. But Swim has never had a problem with this. So, you can either just add it neat, one drop at a time with an eye dropper, or you can dilute it a bit by mixing a few drops of acid with some distilled water in a small glass jar and add that a bit at a time. It is hard to tell how much acid to add because you may have bought acid of unknown strength. So, start with very small amounts until you know how much to use. Your acid bottle will last forever, so you will not need to figure this out again.

So, for now, start with 1 or 2 drops of acid and add it using the method of your choice. Then put a chemical resistant lid on your bottle, or just put your hand over the top of the bottle (with a piece chemical resistant glove or rubber in your palm) and shake it gently but properly.

4: Set it aside for 10 minutes and remove a tiny drop of water to check its PH. If it is still higher than 7, you'll need to add some more acid until it is as close to 7 as you can get it without going past it towards 6.

If you are working in a separatory funnel just open the tap to let a small drop of water out.

If you are working in a wine bottle you can do this by turning the bottle upside down and opening the cork or cover a tiny bit, releasing a small drop of water.

Drip this onto your PH paper and use the colour chart that came with the papers to see the PH. Remember that with acid the PH spikes suddenly, so be careful and remember to add smaller amounts as you get closer to PH 7.

If you mixed all 3 of your solvent layers from your 3 pulls together, you can write down how many drops of acid it takes to get to or near to PH 7 this time, and just repeat for the same amount of solvent. Then you can just add the correct amount of acid to the full amount of water, add the solvent, shake, and you will

be ready for the next separation step.

## Separation

5: When your PH is as close to 7 as possible, you'll need to separate the water and solvent, retrieving the bottom water layer which now contains the alkaloids, without getting any of the top solvent layer in it.

If you have a real or HDPE separatory funnel and your liquid is already in it, just open the tap or open your pinhole and let the water out, closing it before any solvent escapes.

If you are using a DIY separatory funnel of unknown plastic, carefully pour your water and solvent mix into it, wait for it to separate again (if you let it separate for a while in the wine bottle, it will separate almost instantly) and open the bottom hole to get your water, closing it before the solvent starts to run through.

With a DIY separatory funnel that is hard to close, it helps to have another "trash" jar next to the one you are collecting the water in. Then, instead of trying to stop the flow, you can just move the funnel over and let the last drops of water and some solvent flow into that, before stopping the flow, away from your main water collection jar. After a few days of extractions, your trash jar will get full and will soon have enough to get some extra mescaline from it...

6: Repeat this salting process to all of your stored solvent until you have all of the water in separate small jars. You can throw all of the used solvent into one big HDPE bottle and re-use it in a later extraction.

So, now you will have a few small jars with alkaloid water in them, depending on how fast your learning curve was in the salting process. You will have some jars with nice clear water inside and some jars with more dirty or yellow-looking water.

You can leave these jars standing with no lids on them for a few hours to let any leftover solvent residues evaporate. Then, when you smell the water, you will be able to smell the alkaloids. They will have a strange “dirty sock” smell which is good to be familiar with, because then you can detect a very good yield just by smelling the water.

## Evaporation

7: In this water is your mescaline along with all of the other alkaloids in your cactus in their salt form. So, all you need to do now is place the water in each jar into its own Pyrex dish and evaporate the water, leaving beautiful alkaloid crystals in the dish.

If you have too much water you can reduce/evaporate it a bit in a “double boiler” (a small pot on spoons in a big pot of water). Don’t go too far, or it can make a super-saturated mix that does not evaporate easily when suddenly cooled.

With evaporation “slower is better” applies too. Leave your Pyrex dishes in a warm place or near to a table fan to speed things up a bit if the weather is cold. Swim finds that a slight wind motion causing a slight current in the water helps to gather dust, mescaline and other alkaloids in different zones in the dish, although it can also make your crystals smaller. If, however, you are going to purify them later then this does not really matter, because after purification you will re-grow the crystals anyway.

When all of the water has evaporated, you will have anything from brown to clear/white powder and longer crystals formed into a mat on the bottom of the dish. If it looks like the image below, you are doing well (photo from anonymous web user).





If they are a bit brown, it could mean that you used too much acid in the salting stage. This is okay, though, and will be cleaned in the purification step. I have read about people getting stomach pains from dark brown mescaline on Erowid.org, so purify it and don't just eat it!

When you break this mat up, you will have longer crystals which are mescaline, and finer ones which are the other alkaloids. So, at this point, you can see how much mescaline there is in relation to other alkaloids.

Eating the mixed alkaloids in this dish is okay if they are fairly white, and will basically give you a similar experience as when you drink cactus tea. Only you can dose more accurately. You will need to follow the San Pedro diet when taking these crystals, though, because you have extracted all of the alkaloids and some of them may react with certain foods etc.

## A/B MESCALINE EXTRACTION: BOILED CACTUS

It is possible to use boiled cactus tea, but it tends to make emulsions and extract messy things with the alkaloids. The best way to do this is to include an acid cook and de-fat.

It is very hard to work out exactly how much fresh cactus to use, as their water content varies a lot depending on the rain situation. So just try to use enough water to make a tea that is as concentrated as possible without being too thick and sticky.

With dried cactus use 200 grams for every 3L of water, with fresh cactus use between 1 and 2 metres depending on how you cut it up, and how thick / water logged it is.

To do this:

- 1: Add citric acid (PH 3 or 4) to your water / cactus and Boil until it is no longer slimy.
- 2: Add more water to keep the amount at 3L.
- 3: Make sure PH is still around 3 or 4.
- 4: Add Solvent shake and remove (discard solvent).
- 5: repeat step 4 until solvent comes off clear.
- 6: follow the previous mescaline extraction from step 2.

## ACETONE PURIFICATION

So, now you may want to separate the magical mescaline crystals from the other alkaloids, and also remove any other unwanted residues, “acid burn” etc. The purification step relies on the fact that mescaline crystals are much bigger and longer than the other alkaloids, and the fact that mescaline crystals are not soluble in ice-cold acetone while most impurities are.

Remember that up to half of the alkaloids by weight might not be mescaline. So, you can expect to lose some of your crystal mix. You can, however, evaporate your acetone afterwards and collect the other alkaloids.

As I said before, this is the stage where you may want to get medical-grade acetone from the drug store; at least for your last acetone wash, after a few have been done with acetone from the DIY store.

### How to make anhydrous acetone

There's one thing you will have to prepare before you can do this; that is anhydrous acetone or what I like to call “dry acetone”. You need dry acetone because mescaline salt is soluble in water, and there may be a few ml of water in the acetone which is capable of absorbing quite a lot of mescaline! Try dropping water on mescaline to see how much a small drop can dissolve.

Make dry acetone by baking a few spoons of Epsom salts in the oven at 100 degrees for an hour or more. When removed from the oven, the dry Epsom salts will start absorbing water from the air right away, so store them in a small jar with a tight lid and no air pocket on top.

Now, add 3 heaped table spoons of this to 500ml of acetone. If the Epsom salts clump on the bottom and look wet, add more until it flows freely and looks dry (even though it is in acetone). Shake it a bit (release gases) and then let it stand

overnight and remove the acetone. The Epsom salts will form a dense layer at the bottom, and so you can usually just pour the acetone off into another jar. DO NOT use your model aircraft pump with acetone, Swim's one worked with many solvents, but melted and seized when used once for acetone. Otherwise, you can use a glass baster or siphon for this but any plastic used with acetone must be HDPE or it might melt.

A "good" trick to get the acetone off the Epsom salts cleanly when using an HDPE bottle (without turning the bottle over and disturbing the Epsom salts) is to make a small hole in the bottle just above the Epsom salt layer. Then the acetone can be squirted into another jar easily without any Epsom salts going along for the ride.

Dry acetone will also immediately absorb water from the air, so also store it quickly in a tightly sealed glass or HDPE container with a minimal air gap.

### Washing mescaline with anhydrous acetone

1. Crush your alkaloids finer to separate various alkaloids from the mescaline.
2. Put some cotton balls tightly in the neck of a large funnel (you can fill the whole neck).
3. Fill a 1L HDPE or glass container  $\frac{3}{4}$  full with ice cold dry Acetone (anhydrous acetone).
4. Add alkaloid powder to your acetone.
5. Tighten the lid and shake it quite hard for a while (release gases if any form).
6. Put it in a freezer along with another 500ml bottle of dry acetone (with no

alkaloids in it).

7. Place a funnel, with cotton balls in the neck, over a large glass jar to catch the acetone.

8. Once your acetone and alkaloids are ice-cold, swirl them and pour through the funnel. Add a small amount of fresh, ice-cold dry acetone from the other bottle in your freezer, and wash the last alkaloids from the jar into the funnel.

9. Pour fresh, ice-cold dry acetone from the bottle in your freezer through the funnel until it runs clear into the jar.

10. Place the funnel in front of a fan, set it low as to not blow any mescaline crystals away, and wait until there is no more acetone smell (this can take 12 to 24 hours).

11. When it is dry, place the funnel over a jar and slowly pour 200ml of warm distilled water through the funnel. All of your mescaline will dissolve in the water and end up in the jar.

12. Now, just evaporate this water in a Pyrex dish and you should have very pure mescaline crystals. If you want nice big crystals, do the evaporation in a cool place with no movement or fan. The slower the water evaporates, the bigger the crystals will be. If they are not pure enough for you, do more acetone clean-ups until they are.

It is best to store alkaloids in a dark, cool and dry place. Swim likes to use small glass jars for this. The best way to eat mescaline is in capsules. You can buy empty ones, but Swim feels safer just emptying some vitamin C capsules and using those.

## Recommended dosages for pure mescaline

100 Mg = Weak.

200 Mg = Mellow but nice.

300 Mg = Standard dose.

400 Mg = Serious trip.

500 Mg = Extreme.



# DMT EXTRACTION

Some abbreviations I will use in the following extractions:

STB means: Straight To Base extraction

A/B means: Acid/Base extraction

MHRB means: Mimosa Hostilis Root Bark

Extracting pure crystalline DMT is not very difficult, and relies on the same basic chemical rules as mescaline extraction does. The basic set-up, bottles, protection etc. are the same as for mescaline, except for a few new things that you may need.

1: Naphtha is the preferred solvent for most DMT extractions, so you will definitely need some. Xylene or toluene will also work, but they tend to extract too many other alkaloids from some plants, while naphtha is quite selective and seems to target the DMT first. 5-HO-DMT (bufotenin) is not soluble in naphtha and will not get extracted (but 5-MeO-DMT will).

Naphtha also works with freezer precipitation (explained later) while Xylene and toluene do not.

The best brands for this are VM&P Naphtha or Zippo premium lighter fluid. Using some other brands often results in yellow or sticky DMT, while these will give you nice white crystals every time.

Hexane is said to work even better than naphtha, especially for purification. You can buy this at the DIY store as “Bestine” (rubber cement remover). It is much more expensive than naphtha though.

2: Sodium carbonate is useful for purifying DMT. You can make it yourself by baking sodium bicarbonate (baking soda) in the oven on high for a few hours.

3: Citric acid or white distilled 5% acidity vinegar are the acids most commonly used for DMT extraction.

You can buy baking soda, citric acid and vinegar at the baking section in most food stores.

For extracting DMT, using HDPE containers should be fine. Many people who make DMT, however, use Pyrex or glass to be extra safe from contamination.

If you are ordering your plants online and are wondering which ones are the best, Swim recommends MHRB. This plant is very easy to get and so easy extract that and even a beginner can make very clean DMT from it, using the STB method in this chapter.

## Mimosa hostilis root bark (MHRB)



If you can get very fine powder made from the inner bark that is a pink or purple colour, then you have the good stuff. Swim has extracted 1.2 grams of pure DMT from 100 grams of such root bark powder, which means that 1.2 % of the bark by weight was pure DMT.

Fine Mimosa hostilis inner root bark powder



## De-fatting

Before you start extracting DMT, it is often wise to perform a “de-fat” to clean your plant of fats and oils before they mess your extraction up. To do this you need to add a non-polar solvent to your plant matter while the alkaloids are in their salt (acidic) form, and are not soluble in non-polar solvents. Then the solvent will dissolve fats and oils, but will leave the alkaloids behind.

With most extractions heat is to be avoided, because it heats and releases more oils (oils get more liquid when warm). With de-fatting however, heat is exactly what you want, just like when you are washing dirty dishes. Some of the following recipes start with a hot “acid cook” anyway, so adding, mixing and removing a warm solvent layer at this stage is not hard at all.

## Standard de-fat

For this you can use xylene, toluene, d-limonene or a mixture of them instead of naphtha if you want to.

1: Warm the alkaloid tea, place in an HDPE or glass container and add vinegar or citric acid to raise PH to about 3 or 4 (check it with PH papers).

2: Add a nice layer of warm naphtha; about 1/4 or 1/3 to the amount of water/tea.

3: Shake and let separate.

4: Remove the dirty naphtha with a turkey baster/siphon/fuel pump and discard.

5: Repeat until the naphtha comes off clear.

## Dry de-fat

With MHRB and many other barks or root barks, the alkaloids are already in their salt form in the bark, making a “dry de-fat” possible.

1: Grind your bark very fine and soak it in warm naphtha.

2: Remove bark from the naphtha using a cloth filter.

3: Repeat until the naphtha comes off clear.

Save all of the naphtha you pour out in a container, because the next day you may find some extremely fine particles that have settled to the bottom, these should be recovered and used in your extraction.



## STB DMT EXTRACTION: MIMOSA HOSTILIS ROOT BARK

This method should work with most barks or root barks, MHRB is just an example.

If you can get very fine powder made from the inner bark that is a pink or purple colour, then you have the good stuff. Swim has extracted 1.2 grams of pure DMT from 100 grams of such root bark powder, which means that 1.2 % of the bark by weight was pure DMT.

Fine Mimosa hostilis inner root bark powder



For smoking you want freebase DMT, so there is no need to salt it using any acid. This makes a “straight to base” or STB method possible. This method is highly recommended, producing large yields of very clean DMT with very little effort.

This STB method works so well with MHRB that a de-fat is not needed at all. Naphtha targets the N.N-DMT very well and leaves the other mysterious alkaloids in MHRB behind. If you do want to get all of the alkaloids, read the “jungle spice” extraction later in this chapter.

DMT does not crystallise well if contaminated. So, because you are only going to get around 500 or 600mg of DMT (about 25 doses) from this extraction, even a small contamination could be bad. So, for this reason, good quality naphtha and distilled water are very important.

It is best to use finely powdered root bark. If have pieces and can't powder it, do not worry; the lye will dissolve them anyway - it will just take a little while longer. If you are using pieces and not powder, you can use less lye water. 50 grams of lye and 500 ml water should be just about right for 50 grams of root bark pieces.

A simple run through of how this works would be as follows:

- 1: Dissolve 75 grams of lye in 750ml of distilled water in a glass bottle.
- 2: Add 50 grams of MHRB powder. Mix well and wait an hour.
- 4: Add naphtha, mix and let it separate a few times.
- 5: Remove naphtha and place in small jar in freezer overnight.
- 6: In the morning, pour the naphtha off the crystals stuck to sides and bottom of jar.
- 7: Let them dry then scrape out clean white DMT.
- 8: Re-use the same naphtha to get all of the DMT. Just add more to compensate for evaporation.

For your main extraction container, you can use a 1L glass jar with a tight lid or you can just use a nice big glass mixing bowl, or even a fish bowl works. Just find something to use as a cover to prevent excessive evaporation. If your bowl has a wide enough surface area, you will not need to shake it and so will not need a tight lid. In this situation you can simply stir it with a piece of an HDPE plastic bottle or even a spoon.



With a large bowl you will notice that the naphtha layer will only be a few mm thick and impossible to remove. So, you will need a taller 1L glass jug or jar to pour it into when you want to remove this naphtha later. The jar also does not need a tight lid, but you will find that 1L is the optimum size because you will have around 800 ml of liquid to deal with.

Swim likes the wide bowl/tall lidless jar method because neither the bowl nor the jar needs to have chemical resistant lids. Many companies make the same-looking jar lids and seals, and Swim has told horror stories involving rubber seals melting and falling into the mix.

The wide bowl method is also great, because having a very thin and wide solvent layer makes for more surface area making contact with the water layer. This means you can mix very gently and even leave it standing for a long time, and still get a very good extraction. You will need a loose-fitting lid to prevent all of the naphtha from evaporating. It is good if about half of it does, though, because

then you will have more concentrated DMT in your naphtha which is good for the later crystallisation stage.

It is possible for glass to crack when it has had lye in it for a long time. So, to prevent losing all of your hard work, it is wise to always put your glass container in another container that is large enough to catch everything should it crack and break.

Starting your extraction:

## Basification

1: Add 75 grams of lye (slowly!) to 750ml water. Add only 10 grams at a time and keep the water moving by stirring or shaking it. If you let a clump of lye sit in one spot for too long while it is under water, it will heat that area a lot and could damage or weaken the container.

2: When the lye water has stopped reacting and cooled a bit, add 50 grams of fine MHRB powder and wait an hour or two for it to start reacting nicely. It should turn black and the MHRB should basically dissolve into mush, so don't panic when this happens! If you used whole pieces of MHRB, you may need to mash them with a potato masher or something hard after an hour or two.

## Extraction

3: Add 60 to 80ml of naphtha and mix well. It works well if you use more naphtha on the first pulls and less as you go along, as most of the DMT will be released sooner rather than later.

If you are using a jar with a lid, roll it carefully end-over-end and do not shake too violently. You don't want bubbles or foam to form.

If you are using a mixing bowl just stir it with a spoon. Swim likes to cut a long strip of the curved side of a 2L HDPE milk bottle to use as a spoon. He says this is quite strong and is resistant to lye and naphtha, showing no degradation after a few days of stirring.

To get most of your DMT on the first pull, keep doing this every hour or half hour for a full day. Otherwise, if you can't wait, you can remove it as soon as one hour later, only you will get less DMT in your first pull.

Do not let it get too cold because DMT is not soluble in ice-cold naphtha. You don't, however, want to let it get too warm either, because then you may get sticky or yellow DMT full of fats and oils. Swim finds that the temperature on any normal day is fine, and only uses a heater or warm water bath when it is very cold. This heat must not make the container warm, it just must not be cold. The temperature is important as Swim says that people who heat MHRB too much almost always get yellow or sticky DMT.

## Separation

4: Remove DMT filled naphtha layer.

Unlike with San Pedro powder, there is no danger of fine MHRB dust. It seems to all turn to goo. So, you can remove the naphtha layer an hour or so after your last mix.

If you used a wide bowl, you will need to pour it into a taller 1L glass container and wait an hour for it to separate again. The taller it is, the taller the solvent layer will be, making it easier to remove.

To remove the naphtha layer use a glass turkey baster, a rubber tube for a siphon, a model airplane fuel pump or a syringe etc. Another good plan is to get some tubing from an aquarium shop, take a plastic bottle or plastic toy (ball etc.) and make a small hole in it big enough for a 'tight fit' for the tube. Now, just

squeeze and release the bottle to suck solvent up the tube which you must hope is naphtha resistant.

To make a great naphtha resistant “sucker”, use a zippo lighter fluid tin. Just make a hole in the side for a short piece (4cm) of aquarium tubing, insert tubing and seal with putty. Make a small hole in a toy ball or small plastic bottle, stick the other end of the short tube in the hole and seal with putty. Be careful to not let any pieces of the tin fall inside when you cut it; holding the tin upside down helps. If you want to rinse the tin with distilled water, you will need to make two holes - otherwise you will not be able to get the water in.

Now, just squeeze the air out of the ball or small bottle and release it while holding the nozzle of the zippo bottle in your solvent layer. This is very accurate because the nozzle is very small, and obviously all parts of the zippo tin are resistant to naphtha and will not melt. Be careful to not suck any of the bottom plant matter and lye up. If you do, just keep the solvent, wait for it to settle and remove more carefully.





Now, squeeze the bottle to pump the solvent into a jar. If you rinsed your zippo tin with water before, there is a good chance that some dirty water will end up at the bottom of your jar. But this is fine. Just pour the naphtha carefully into another jar, letting the water stay stuck to the bottom of the first jar. If there is so much water that it runs along the bottom, then just pour more carefully and you will be able to leave it behind, especially if the jar has a nice rim. Now, hold the new jar over a lamp and make sure there are no water bubbles or odd things on the bottom. Your naphtha should be perfectly clear, making you wonder if there is anything in it at all! But, do not fear, if it is clear then you did everything very well and are heading for some very clean DMT.

Now you can put your main extraction container aside and focus on this small jar of DMT-filled naphtha. The lye in your main container will continue to do its work, eating away at the root bark and releasing more DMT, so there is no rush to add more solvent right now. If you want to, you can add some more naphtha to your main extraction container now, but it is better to wait and add the naphtha that you will remove from your DMT jar in the freezer in the morning.

This is because there will still be DMT in this naphtha, and because crystallisation always works better when there is more DMT in your solvent. So, re-use the same solvent again and again to get all of your DMT much faster.

## Evaporation or precipitation

7: Remove freebase DMT from Naphtha.

There are two ways to do this. Simply evaporate the naphtha to leave DMT in a dish or, for cleaner DMT, put the naphtha in the smallest jar you can find and put it in the freezer overnight. You should really put it in for 24 to 48 hours, but Swim usually can't wait that long and rather re-uses the solvent to get the rest of the DMT later.

If you did not let any naphtha evaporate during your extraction, you may want to warm the naphtha up and evaporate half of it. This is a good idea if you want to

get more crystals.

This will not work if your freezer is not cold enough. A simple way to test it is to buy a small tub of real ice-cream (not frozen desert, it must be ice-cream). Now, just let some of it melt in a bowl and try to freeze it again. If it goes hard again, then your freezer is fine. Don't forget that there is a knob that you can adjust to make it colder. If you have a fridge with a freezer on top (double door) this knob may be in the fridge part. Set this to the highest setting and you are good to go.

Swim is not sure about pressure changes and breaking glass, so he puts the lid on very loosely and ties a plastic sandwich bag over the top of the jar. The plastic bag is to prevent naphtha from evaporating into the freezer, so tie it on tight, preferably with a rubber band. Swim also puts this jar in a soup bowl, just in case it breaks and spills naphtha everywhere. If it does then Swim will still have DMT and naphtha in the soup bowl, only it will have a broken jar in it and the freezer will be contaminated with some evaporated naphtha. The ceramic soup bowl has another purpose too, which will be explained later.



At this stage it should be late afternoon or night time, a good time to relax or go to sleep. The lye will continue to break down the MHRB and release DMT into your main extraction container, and the naphtha in your freezer will need at least 8 to 12 hours to release most of the DMT.

In the morning you will find the bottom and sides of the jar in the freezer to be full of white DMT crystals or "snow globes". They will start to dissolve as soon as the naphtha warms up, so don't remove the jar from the freezer or even open the freezer until you are ready.

To be ready you will need a clean glass container to pour the naphtha into. It is not easy to pour naphtha from one jar to another without spilling, so try to find something like a very wide-rimmed cocktail glass that can fit the whole jar inside it for this.



The trick is to pour the naphtha off the crystals carefully before it warms up and re-dissolves them. There may be some floating crystals, so pour carefully and let them get stuck to the side of the jar. When it is all off, you need to keep the jar upside down to prevent any naphtha from running back onto the crystals.

A very good trick is to place a small flat stone or object inside the soup bowl that you had the jar on inside the freezer, and to place the jar with the crystals upside down with its rim on that, to allow some air flow. This soup bowl will still be ice-cold from being in the freezer, and so it will keep the jar cold and slow down the warming of any naphtha still touching the crystals. Now all of the naphtha will run off without melting your crystals while it is still cold. Leave the jar like this near to a fan in a well-ventilated area until it no longer smells like naphtha.

Do not throw the naphtha in the tall glass away; rather pour it into a glass jar. Now, you should take this naphtha and add some fresh naphtha to it so that it is 60 to 80ml again. Then add this to your main extraction container and do everything from step 3 (mix for a full day/separate etc). You do not need to add

more lye, what you have added is enough and will release all of the DMT. Some people add pure (iodine free) rock salt after the third pull to get more DMT, but swim has never done this as he is happy with his yields already.

## Drying

When you are done setting up your main extraction container, your glass jar with the DMT crystals should be ready to turn over...

When you lift the jar there may be some naphtha or condensed water under the rim, so use some tissue to wipe it when you lift it. Do not turn the jar over until you are sure that there is no naphtha or water anywhere on it that will drip back onto your DMT crystals.

When you have turned your jar over you will need to let it dry some more. Swim uses a fan if it is cold; otherwise he just leaves it standing outside in the shade to dry in the breeze.

DMT crystals (Image from Wikipedia)



I am sure you will be eager to play with them, so find a suitable scraper to scrape them up in the meantime. Swim finds that cutting the flat side of an HDPE milk bottle into a strip 1 cm wide and 10 cm long makes a nice scraper and spoon.

You can already poke them to see how they feel. They should be soft and mushy now, but will soon start to get harder and drier. If some of them can be scraped into a pile without just sticking to the scraper in a blob, then you can start scraping them all into a pile. It is best to wait until you can scrape a small bit and see it fall around and behaves like salt when you turn the jar and shake it a bit. But there is also a point just before it is dry when it comes off the jar much more easily...

Try to scrape all of the crystals into one corner on the jar, and then lift them out and onto a glass or ceramic dinner plate carefully, using your scraper as a spoon.

Let them dry on the plate for a few more hours and then put them into a small glass bottle or test tube with a tight lid. It is a good idea to leave the lid off for a few days just to make sure all the naphtha is gone and that the crystals are stable and happy. They should flow or fall around in the bottom of your storage bottle and not stick together or to the sides of the jar when you shake or move it around. If you can't get it all out and there is a layer of DMT left behind, just rinse it with a tiny amount of naphtha and add it to your next freeze precipitation.

So, now you can just carry on. Each time you get more naphtha from the freezer, add some more fresh naphtha (if some evaporated) and add it back to the main container. Eventually you will find that you are getting less DMT from each pull, and then you will know that it is time to stop. Some people add some pure salt (with no iodine added) in the last pulls to release more DMT, but Swim has never felt the need to do this considering the high yields he gets with this STB extraction.

These crystals can be dried in a dish and smoked as is, or they can be purified further using one of the DMT purification methods later in this chapter. Swim does not see the point in purifying the pure white crystals that this method gives you in the first pull, although it may be a good idea. Sometimes the later pulls are a slight off white colour, this is because naphtha tends to pull DMT first and then other alkaloids and oils later. Swim says that these pulls may be better if they are purified a bit.

Store your DMT in a dark, cool and dry place.



## A/B DMT EXTRACTION: ACACIA CONFUSA ROOT BARK

This extraction good for Acacia barks or root barks, as the acid cook is known to destroy unwanted alkaloids while leaving the DMT unharmed.

### Acid cook

1: Put 3.5L of water in a stainless steel pot, preferably distilled.

2: Add white distilled vinegar until the PH is around 3 or 4 (use PH papers).

If you have no PH papers, Swim says that 1 part vinegar to 3 parts water is just about right.

3: Add 1 Kg of Acacia Confusa root bark and boil gently for 2 hours with a lid on the pot.

4: Pour water and bark through a cloth strainer and store water in another pot or container.

5: Add the same amount of water and vinegar as before and cook again. Strain the water again and store it again.

6: Do this 3 or 4 times and store all the water.

7: Boil all of the water until it all amounts to 2.5 Litres of liquid.

### De-fat

At this stage you could do quick a de-fat (optional).

Acacia Confusa root bark does not usually need a de-fat, but this is a standard DMT extraction that could be used for other plants that you may discover. So, if you are not sure about the oils or fats in these plants then the following de-fat may be a good idea at this point.

1: Warm up the liquid a bit and put it in an HDPE or glass container.

2: Check that the PH is still around 3 or 4. If not, add more vinegar.

3: Add fresh warm naphtha and mix well.

4: Let it separate and remove/discard dirty naphtha.

5: Repeat until naphtha comes off clear.

## Basification

(From step 7, or after above defat)

8: Put the liquid in the fridge and move to the next step when it is cold.

9: Put your liquid into an HDPE or glass container and add 1 gram of lye for every 1 ml of liquid (slowly!). That will be 250 grams of lye if you have 2.5L of liquid.

10: Your liquid will heat up. Wait for it to turn black.

11: Add 300ml of naphtha.

12: Mix carefully and let it separate every half an hour or hour, for a full day. If the jar gets too cold, put it in some warm water for a while or put it next to a heater. Remember that too much heat can make your DMT less clean, so do not heat it up too much.

## Separation

13: After your last mix, let the water and naphtha separate fully. It should happen in a few minutes, but waiting longer is always good with this kind of thing.

14: Remove naphtha layer with a model airplane fuel pump, siphon, turkey baster, zippo tin device etc. and store in a glass jar. Leave some naphtha behind for later rather than sucking up any of the bottom layer.

15: Repeat from step 11 until no more DMT shows up in the next step.

## Precipitation

16: Just put the jar in a nice cool (room temp) dark place overnight and the DMT will settle in the bottom of the jar.

17: In the morning, collect the crystals.

18: Then, put the solvent in the Freezer for 12 to 24 hours and collect more crystals. The DMT from the freezer will not be quite as pure as the first batch, so keep them separate.

19: Re-use the same solvent and repeat from step 11 above, until you get no more DMT.

20: Some people add some pure salt (with no iodine added) in the last pulls to release more DMT.

21: Purify (purifications later in this chapter).

## A/B DMT EXTRACTION: PSYCHOTRIA VIRIDIS LEAVES

This extraction should be good for most unknown DMT containing leaves that you may discover.

### Acid cook

- 1: Dissolve 1 gram of citric acid in 1L of water in a pot.
- 2: Put 100 grams of Psychotria viridis leaves in the pot.
- 3: Boil an hour or more, adding more water to keep the level the same.
- 4: Filter out leaves and boil the water down to 300 ml.

### De-fat

- 5: Put the water in a glass or HDPE container and add 100 ml of naphtha.
- 6: Shake and let it separate, removing and discarding the dirty naphtha.
- 7: Repeat de-fat until the naphtha comes off clear.

Leaves contain a lot of chlorophyll and you don't want green DMT, so do the de-fat properly and then you will have an easier time when it comes to purification.

### Basification

Now you need to change the PH so that it is basic; about 9.5 should be good.

8: To do this, mix in small amounts of the sodium carbonate solution and check PH (or just add few pinches of sodium carbonate).

9: When it is around 9.5, put it in separatory funnel or DIY funnel.

## Separation

10: Add 100 ml of fresh naphtha shake, let it separate and few times.

11: Remove / store naphtha in a jar

12: Repeat above separation steps 3 times and store all of the naphtha.

## Evaporation / precipitation

13: Evaporate the naphtha to get DMT, or use the freezer method used in the previous extractions for cleaner DMT.

Remember that freezer precipitation works best when the solvent has concentrated DMT in it. Evaporating half or more of the DMT containing solvent before precipitation is a good way to unsure this.

## SELECTIVE EXTRACTION: JUNGLE SPICE

Jungle spice is one of the names given to the other psychoactive, non-N.N-DMT alkaloids found in MHRB. Normally naphtha is used to extract N.N-DMT because it selectively targets it, while avoiding the other alkaloids. If however you use xylene or toluene, you will get all of the alkaloids. If you only want jungle spice with no N.N-DMT, just use naphtha for your first extractions. When no more N.N-DMT shows up, simply do more pulls with xylene or toluene to get only the jungle spice.

Remember that you cannot use xylene or toluene in a freezer precipitation, you could however just evaporate the xylene or toluene. If the result is not so nice, re-dissolve the alkaloids in naphtha for a nice clean freezer precipitation. You can also use the A/B sodium carbonate purification later in this chapter, to clean and move the alkaloids into some water, and then into naphtha.



## SELECTIVE EXTRACTION: 5-HO-DMT

To extract only 5-HO-DMT, you need to know these rules:

1: Freebase N.N-DMT and 5-MeO-DMT are soluble in naphtha, heptane, xylene or d-limonene.

2: Freebase 5-HO-DMT is insoluble in naphtha, heptane, xylene or d-limonene.

3: Freebase 5-HO-DMT is soluble in DCM (dichloromethane), ether or chloroform.

So, when you are doing a normal DMT extraction, simply do the first extractions with naphtha, heptane, xylene or d-limonene. This will extract the DMT and 5-MeO-DMT leaving the 5-HO-DMT behind. Then, when no more alkaloids show up, do more extractions with DCM (dichloromethane), ether, or chloroform to extract only 5-HO-DMT.

## SEPARATING 5-MEO-DMT AND 5-HO-DMT FROM N.N-DMT

To separate 5-MeO-DMT and 5-HO-DMT from N.N-DMT, use these two chemical rules:

1: 5-MeO-DMT and 5-HO-DMT citrate are nearly insoluble in acetone.

2: DMT citrate is very soluble in acetone (use anhydrous/dry acetone).

So, dissolving and 5-HO-DMT and/or 5-MeO-DMT and DMT in a small amount of acetone, and then adding some saturated citric acid solution (citric acid pre-dissolved in acetone), will cause the 5-MeO-DMT / 5-HO-DMT to fall to the bottom of the container in its citrate form, while the DMT citrate will stay in the acetone (Keep adding small amounts of citric acid solution until no more alkaloids fall out of the solution).

When all of the alkaloids have settled carefully pour the acetone through a coffee filter to get your 5-HO-DMT and 5-MeO-DMT. You can evaporate the acetone to get the N.N-DMT,

## SEPARATING 5-MEO-DMT FROM 5-HO-DMT

To separate 5-HO-DMT and 5-MeO-DMT simply mix your alkaloids with some naphtha, heptane, xylene or d-limonene. The 5-MeO-DMT will dissolve in the Naphtha and the 5-HO-DMT will settle on the bottom of the container.

After an hour or so when it has settled well, pour the liquid carefully through coffee filter. Use some fresh solvent to rinse the alkaloids from the bottom of the jar and pour that through the filter too. Now you can recover the 5-HO-DMT from the filter and evaporate the solvent to get the 5-MeO-DMT.

These will still be in their citrate form, so you will need to convert them into their freebase form with some sodium carbonate before you can smoke them.

To do this, simply follow steps 6 to 10 in the following A/B sodium carbonate purification.

## SODIUM CARBONATE PURIFICATION

You can use the other solvents in the selective extractions above, or even mixtures of solvents for alkaloid selective versions of these clean ups.

### STB Purification

This is done with a small amount, but you can scale it up if you want to.

1: Dissolve some sodium carbonate in 50 ml of distilled water to get the PH to about 9.5 (or just add a pinch of sodium carbonate to 50ml of water).

2: Dissolve your freebase DMT in 50ml of naphtha or hexane and shake well.

3: Mix the sodium carbonate water and naphtha/hexane together and shake well.

3: Remove the water layer with separatory funnel.

4: Throw away water layer and keep naphtha/hexane.

5: Add another 50ml of distilled water (no more sodium carbonate) and repeat from step 3 as many times as you want (3 times is good).

6: Evaporate naphtha/hexane or use the freezer method.

### A/B Purification

Good for removing chlorophyll and moving freebase DMT from one solvent to another.

1: Dissolve your freebase DMT in a small amount of solvent, or use solvent with them already in.

2: Put the same amount of distilled water in a container and add citric acid bringing the PH to around 3 or 4.

3: Mix the water and the solvent (shake well).

4: Separate in separatory funnel or DIY funnel and keep the water (DMT is in it).

5: Add more water and repeat as needed to get all of the DMT out of the solvent.

6: Add sodium carbonate to the water/ DMT mix, bringing the PH to about 9.5.

7: Add fresh solvent and mix well.

8: Remove the solvent layer and keep it (DMT is in it).

9: Add fresh solvent, mix and remove as needed to get all of the DMT.

10: Evaporate solvent, or for naphtha/hexane use the freezer method.

## RE-CRYSTALLISATION

A very simple way to make DMT slightly cleaner is to dissolve it in fresh naphtha or hexane, and then to freeze precipitate it again.

It is best to use the smallest possible amount of solvent, and to warm it up a little first to increase the amount of DMT it can hold.

## GROWING LARGE ALKALOID CRYSTALS

Growing large alkaloid crystals is great fun. Apart from looking good, some alkaloids can break down over time when they make contact with air. Larger, more dense crystals have fewer surfaces touching the air, and so they don't break down as fast.

Before you worry, Swim says he has stored fine mescaline sulphate and mescaline hydrochloride and freebase DMT for many years without any noticeable loss in potency, although he too says that growing large crystals is very rewarding and that, for some reason, large freebase DMT crystals seem to be more potent than fine powdery ones. However, he thinks this is because of the way they burn, because the actual alkaloid should not really get more potent just by being in that form.

The link below is to a page with many pictures of all forms of DMT crystals.

<http://www.shroomery.org/forums/showflat.php/Number/14837230/fpart/all/vc/1>

The thing with growing very large crystals is that your alkaloid needs to be very pure. It must not have oils or other alkaloids present. So, do many purifications and clean-ups before trying to grow them.

To grow very large crystals, you just need to make a very saturated solution, with as much of your alkaloid dissolved in it as it can hold.

For freebase alkaloids like DMT you must dissolve them in naphtha or hexane (or other solvents).

For mescaline or other alkaloids in their salt form, you must use distilled water.



## Growing crystals

- 1: Dissolve alkaloids in your solvent/water at room temperature until it gets cloudy, or they start to precipitate on the bottom of the container.
- 2: Add small amount of solvent/water until there are no more clouds or particles at the bottom.
- 3: Evaporate a tiny amount of alkaloid-containing solvent/water to get one or more seed crystals.
- 4: Drop one or more seed crystals into your alkaloid saturated solvent/water. If they dissolve then you need to add more alkaloids or evaporate some liquid. You can also tie a seed crystal to a very thin string and hang it in the solution to get a crystal on a string.
- 5: When your seed or seeds are happy in the solution, put a lid on and put it in a cool place for days, weeks or months. The crystals will grow very slowly with no evaporation.

Another way is to cover it with some foil. Make some small holes in it and put it in a cool place where it can evaporate slowly. The slower it is, the better the crystal growth will be.

- 6: The crystal or crystals will grow before all of the solvent/water evaporates, so you can get cleaner ones by pouring it off when you think they are large enough. I am sure that you know how to get any remaining alkaloids left in the water or solvent by now.

With alkaloids in solvents Swim likes to make a saturated solution, then move them from a cool place to the fridge, and then the freezer (over about a month).

## Smoking DMT

Freebase DMT acts very fast, so you need to smoke it all in a few seconds. If you don't have a vaporizer, you can place it on some herbs in a pipe or, even better, burn the herbs first and place the DMT on its ash. Ash is already burned, so you will just be smoking pure DMT with no added smoke.

### Recommended dosages for freebase DMT

5 to 10 mg = Slight effect

10 to 20 mg = Mild

20 to 40 mg = Standard

40 to 60 mg = Strong

60 to 80 mg = Extreme

## CHANGA RECIPES

If you have made freebase DMT and want to have some more fun, you can make some Changa. This is basically ayahuaska, a mixture of DMT and harmala alkaloids, but in a form that you can smoke. Obviously doing this makes the DMT much stronger and longer lasting, and also makes it possible to dose slowly if rolled in a joint, going in and out of the trip with more control. So many people do this as a way of making a small DMT stash go further and last longer.

### CHANGA RECIPE FOR DMT AND MAOI INHIBITING LEAVES

One way to make Changa is to soak some leaves that naturally contain harmala alkaloids in a DMT laced isopropyl alcohol solution, evaporate the alcohol and smoke the dried DMT impregnated leaves. Swim uses vodka instead of isopropyl alcohol, he says it works just as well and gives the changa a more natural flavour.

Other psychoactive plants like cannabis, Brugmansia, Salvia divinorum or more normal herbs like lavender, can also be added for extra effect. The list of possible herbs is endless.

To make simple changa using a leaf mix containing harmala alkaloid containing plants, you can use Banisteriopsis caapi or Passion Flower leaves, although passion flower is known to be quite weak.

Passion flower



Here are some examples of harmala alkaloid-containing mixes that work well.

B Caapi leaf 50%,Mullein 30%,Lavender20%

B Caapi leaf 33.3%,Mullein 33.3%,Lavender33.3%

B Caapi leaf 50%,Mullein 30%,Blue lotus flowers 20%.

Passion flower 60%,Blue lotus flowers 40%

Passion flower 70%,Brugmansia 30%

Passion flower 60%/Lavender 40%

To make changa with these, simply:

1: Dissolve one gram of freebase DMT in some isopropyl alcohol or vodka.

2: Add one gram of leaves.

3: Mix and evaporate in a bowl, leaving nice changa behind.

Another way to make changa is to get some pure harmala alkaloids, dissolve them in alcohol along with your DMT, then add any non maoi inhibiting leaf mix of your choice and evaporate to get your changa.

Since harmala alkaloids are legal in most parts of the world, you can just order some very pure harmine, harmaline or tetrahydroharmine online (all three would be good). If you are going to use pure harmala alkaloids, these are the amounts that are found in *Banisteriopsis caapi* and so should be good for imitating real Ayahuaska:

50% harmine

40% tetrahydroharmine

10% harmaline

If, however, you can't get pure harmala alkaloids, you can extract them yourself. A good source for them is Syrian rue seeds, which are available online.



Syrian rue seeds





## A/B SYRIAN RUE EXTRACTION (HARMINE AND HARMALINE)

This is the best way to extract Syrian rue seeds, as it removes the other alkaloids leaving you with pure harmine and harmaline.

Harmala alkaloids glow under a black light (UV light), so if you want to verify their presence in a solution, it is quite easy.



### Acid cook

1: You can make the rue seeds into a fine powder, but swim does not do this. Rue seeds make a lot of gunk when boiled, and powdering them seems to make it worse. So Swim just boils them whole and crushes them with a spoon or other object when they are soft.

2: Put your seeds in a stainless steel pot and cover with water (Swim uses distilled water for all stages of this extraction).

3: Add some white distilled vinegar to make it acidic (PH 3 or 4).

Normal 5% vinegar from the food store has a PH of about 2.4. Swim says that 1 part of this vinegar to about 7 parts water will bring the PH to about 4, so he uses 1 part vinegar and 6 parts water.

4: Boil for an hour or two. After the first hour or so the seeds will get softer, and you will be able to crush them easily.

5: Let the mashed seeds settle and carefully pour the liquid through a coffee filter leaving the seeds in the pot. This liquid might pass through the filter easily, but it may also block the filter. If this happens pull the edges of the filter away from the sides of the funnel or lift the paper above the funnel.



You will get to a point where the paper will be clogged and the flow will stop. Then you need to pour the remaining liquid into a new coffee filter. Swim just lifts the paper with the liquid in it, puts a new filter in the funnel, and pours the liquid from the old paper into the new one. You can also just use a second funnel.

Remember to squeeze the old filter paper over the new one to get the last juice absorbed in the paper.

Now you must still squeeze the remaining liquid out of the seeds in the pot. Just put them in a piece of cloth and squeeze the juice into a bowl (return the seed mush to the pot for more boiling).



This liquid will be much harder to filter, and will require many filter paper changes. Keep this liquid separate from the liquid you poured off the seeds, keep filtering both of them and only mix them when they both pass through a coffee

filter quickly with no blockages.

6: Repeat steps 2 to 5 at least 2 more times.

7: Add liquids together and boil to a smaller amount. If you started with 100 grams of seeds, then 1L is a good amount. Swim did this with 15 grams of seeds and so boiled it down to 150ml.

Some more solid matter will show up when boiling it down, so filter it some more. You want to get rid of all the sludge and solid matter, so do filter it as many times as you can. Remember, it is only ready when it passes quickly through a coffee filter.

At this point your liquid should be a very deep reddish brown colour.

## Basification / Precipitation

1: Make some lye solution, 10 grams of lye per 100ml of water / 100 grams of lye per litre of water works perfectly. Remember to add the lye to the water in small amounts and to keep it moving until it is all dissolved.

You will not need too much of this, Swim usually makes about half the amount of lye water as the amount of rue tea that he has just to be sure.

2: Add a tiny amount of lye water to your rue tea, you will see that it changes milky white where the two mix. Now keep adding small amounts of lye water while stirring your mixture.

Eventually it will all start to become a creamy colour, like tea with a lot of milk in it. The trick here is to watch the colour, and to keep adding lye water in tiny amounts until you no longer see a colour change when adding more. It is fine if

you add a bit too much lye water, as you will be neutralising it with vinegar in the next step. In the end it should look like this:



3: Now you need to wait for the alkaloids to settle to the bottom of the liquid. Placing the alkaloids in a jar on a speaker playing low bass frequencies speeds this up greatly. In the previous and following image, the cone of the speaker has been removed for maximum vibration with minimal sound.



4: When the alkaloids have settled and your jar looks like the above image, remove most of the water with a turkey baster or similar gadget.

### Acidification

1: Make a mixture of 1 part vinegar (5% vinegar) and 3 parts water. You don't need much of this, only enough to dissolve your alkaloids, 200ml should be enough.

2: Heat the water and vinegar in a stainless steel pot so that it is nice and hot.

3: Add the water / vinegar mix to the container that your alkaloids are in, and mix until they have dissolved.

4: Filter the acidic alkaloid water through a fresh coffee filter a few times.

You now have liquid with alkaloids in their acetate / salt form.

## Mankse / salting

1: Warm up your solution in a stainless steel pot and dissolve some rock salt in it (salt with no added iodine or aluminium).

10 grams of pure rock salt per 100 ml of liquid is the best ratio. It is important to get it right, as too much salt will cause salt contamination of your final product.

You can also take an equal amount of water to the amount of alkaloid liquid that you have, and make a saturated salt solution by warming it, dissolving as much salt in it as you can, cooling it, and then filtering it.

This can then be added to your alkaloid mix instead of dissolving the salt directly in it.

2: Pour this salt / alkaloid mix into a glass jar and let cool to room temperature for a few hours. Then place it in a very cold fridge overnight. Don't place it in the freezer because the water will expand and break your jar.

In the morning you should have some brown harmala hcl crystals at the bottom of your jar. You need to pour the liquid off the before it warms up and re-dissolves the crystals. Most of the crystals will stay in the jar, but do pour it through a coffee filter because some of them will float out in the liquid.





## Cleaning

To make the crystals very pure repeat everything above from “basification / precipitation, then you will have even cleaner hcl crystals.

These hcl crystals are good to eat, to smoke them however they will need to be in their freebase form, to achieve this you should end your extraction cycle on the “basification / precipitation” step.

## Final basification / precipitation

To make your alkaloids safer you can use sodium carbonate instead of lye for your final “basification / precipitation” step.

See the “sodium carbonate clean up” section of the DMT extraction chapter to learn how to make sodium carbonate.

You need a saturated sodium carbonate solution for this. You can make some by dissolving sodium carbonate in hot distilled water until no more will dissolve, and then cooling and filtering it. Swim just added a few teaspoons to 100ml of hot water and it worked fine. As long as the solution is clear and not cloudy, then there is not too much sodium carbonate in it.

1: Follow the previous basification / precipitation steps until you have freebase crystals, but use a sodium carbonate instead of lye water.

Be careful this time, and use a spoon or eye dropper to add the sodium carbonate solution in tiny amounts. As before, stop adding it when the freebase alkaloids stop precipitating as white clouds.

If is all clouds over, you may want to wait for some alkaloids to settle, and for the liquid to clear a bit before adding more base.

## SEPARATING HARMINE FROM HARMALINE

Harmine has a cleaner effect and is said to be less toxic than harmaline, which has a more sedating effect. According to Wikipedia, Syrian rue seeds outer coating contains mostly harmine. This is very interesting because a friend told me that the Sufi's soak them in water over night without crushing them, and then strain off the juice. This should give them a higher harmine and lower harmaline content than if they crushed and boiled them.

The ratio of harmine and harmaline in the whole rue seed extract varies widely depending on the seeds, so it is hard to tell how much of each alkaloid you will have.

Fortunately, separating harmine and harmaline is very easy.

1: When you do your final basification, simply add sodium carbonate solution until the PH is exactly 8.75. At this PH only harmine will precipitate, while the harmaline will stay dissolved in the solution.

If you have no PH papers, use a saturated solution of sodium bicarbonate (baking soda) for this basification. Add this slowly until no more alkaloids precipitate.

2: Remove water / filter etc to get harmine

3: To get the harmaline simply add saturated sodium carbonate solution until it stops precipitating.

Your harmine will still contain 8% harmaline, and your harmaline may also contain some harmine. This does not bother Swim, but if you want very pure

alkaloids, you can acidify them again and do the selective basification again.

## Final cleaning

1: Add about 200ml of water to the freebase alkaloids, stir well and let it settle for up to 12 hours (less if you use vibration).

3: Remove liquid.

4: Add another 200ml or so of water, stir well and let it settle again. But, this time, check the PH of the water when it has settled. You want it to be between 7 and 8. If it is still too high, repeat the above steps until it is correct.

If you have no PH papers, just do it at least 4 or 5 times.

## Drying

1: Pour as much water off the alkaloids as you can (through a coffee filter).

2: Pour the remaining alkaloid sludge through another coffee filter (rinse the last alkaloids out of the jar with fresh water).

3: Dry the filters and scrape alkaloids from them.

4: Store in a cool dry place.

## A/B B. CAAPI EXTRACTION (HARMALA ALKALOIDS)

Banisteriopsis caapi can also be ordered online as a source of harmala alkaloids, the following extraction works well with pieces of the vine.

### Acid cook

- 1: Put 500ml of distilled water in a stainless steel pot.
- 2: Add about 25ml of vinegar.
- 3: Add 70 grams of shredded B caapi vine.
- 4: Boil gently for half an hour to an hour and strain liquid into another container.
- 5: Repeat step 4 three more times and save all liquid.
- 6: Boil all of this liquid down to about 400ml.
- 7: Let it cool down and pour through a coffee filter into a glass container.

### Basification / precipitation

- 1: Dissolve 5 grams of lye in 50ml of distilled water (keep stirring until it is all dissolved).
- 2: Add this to the container with your b caapi soup in it and stir every now and again for a few minutes. When you see alkaloids falling and collecting on the bottom of the container, stop stirring and let them settle for 12 hours.

## Clean up part 1

- 1: Remove the water from the crystals and throw it away.
- 2: Add 200ml of fresh distilled water to the crystals, stir well and wait 12 hours for them to settle again.
- 3: Remove the water again and thrown it away.
- 4: Repeat steps 2 and 3 another 2 times keeping the alkaloid crystals.

## Clean up part 2

- 1: Add about 50ml of vinegar to the alkaloid crystals to make them soluble in water.
- 2: Add 150ml of distilled water and mix well.
- 3: Wait up to 12 hours for all particles to settle to the bottom of the container.
- 4: When the liquid is no longer cloudy, remove it and throw away the goo at the bottom of the container.

## Basification

- 1: Add 5 grams of lye to 50ml of water.
- 2: Slowly add a small amount of this to your alkaloid solution while stirring gently.

3: Add more slowly, as soon as you see alkaloids falling out of the solution, stop adding it. You will only need to add half, or less than half, of the lye water.

### Clean up part 3 (removing lye)

1: When the alkaloids have settled, remove the liquid layer and store it in a jar (Some alkaloids may settle at the bottom overnight).

2: Add 200ml of water to the alkaloids, stir well and let it settle for up to 12 hours again.

3: Remove and store liquid (Some more alkaloids may settle at the bottom overnight).

4: Add another 200ml of water, stir well and let it settle again. But, this time, check the PH of the water when it has settled. You want it to be between 7 and 8. If it is still too high, repeat the above steps until it is correct. If you have no PH papers, do it at least 4 or 5 times.

### Evaporation

1: Pour out most of the water from your alkaloids.

2: Put them in a wide Pyrex dish to dry. If you have a fan, it will speed things up and will not hurt the alkaloids.

3: Scrape up and store your dry freebase alkaloids!

### Dosages:

See changa and pharmahuasca recipes.



Remember that harmine is weaker than harmaline and requires a higher dose.

## CHANGA RECIPE FOR FREEBASE ALKALOIDS AND INERT LEAVES

To make changa with freebase DMT and freebase harmala alkaloids, you need a non-maoi inhibiting leaf mix. Cannabis, lavender, maybe some brugmansia... it is up to you what you use, just don't use B-caapi or passion flowers and have a maoi inhibitor overdose!

1: dissolve one gram of DMT in some Isopropyl Alcohol or vodka.

2: dissolve 333.33 mg of harmala alkaloids in the same alcohol.

2: add one gram of leaves.

3: mix and evaporate in a bowl leaving changa behind.

You can adjust this ratio to your taste. 200 to 500 mg of harmala alkaloids to one gram of DMT is a good range to stick with.

## PHARMAHUASCA

If you want to play with DMT even more, you can also try making some pharmahuasca, which is basically pure DMT mixed with pure harmala alkaloids. The idea behind this is to simulate an ayahuaska experience by taking only the alkaloids in their pure form. This is very convenient as it can be put into capsules.

DMT will take very long for your body to absorb if it is in freebase form. Unfortunately you can't just salt some DMT hydrochloride, because the molecule is too unstable. What you need to do is convert some of your freebase DMT into DMT fumarate, which is a stable salt form of DMT that is soluble in water and can be ingested orally, or snorted if you want a very sore nose.

### CONVERTING FREEBASE DMT TO DMT FUMARATE

For this you will need dry (anhydrous) acetone and fumaric acid. Fumaric acid is used to make food like salt and (fake) vinegar chips, and can be ordered online. Keep a tight top on your containers to stop water from the air being absorbed in all stages of this!

#### Acidification / precipitation

1: Dissolve about 300 mg of fumaric acid in 50 ml of dry (anhydrous) acetone in a small container.

2: Dissolve 1 gram DMT in another 50 ml of dry acetone in another small container.

3: Slowly add a few drops of your fumaric acid and acetone mix. This will cause DMT fumarate to form and make clouds in the mixture.

4: Put the lid on, wait for clouds to settle and then add some more acid/acetone mix.

5: Keep adding more acid and waiting for the clouds to settle until no more clouds form.

## Filtration

6: Pour acetone through a coffee filter and dry it in a dish, discarding the acetone.

7: Remove alkaloids from container and filter.

## Drying

8: Dry in a Pyrex dish near to a fan.

## Clean up

9: Do an acetone clean up (see mescaline acetone clean up).

10: DMT is ready!

## Recommended dosages for pharmahuasca

The usual dose for pharmahuasca is 100mg DMT fumarate and 50 mg of harmaline or 100 mg of harmine. For DMT with mixed harmala alkaloids, 100mg of DMT and 100Mg of harmala alkaloids should be good. To get the best effect it is recommended that you take the harmala alkaloids 15 to 30 minutes before the DMT.

Prescription maoi inhibitors can be used instead of Harmala alkaloids, but Swim does not know which brands are good for this.



## TRIP REPORTS

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These were told to me by Swim over a campfire one night in Antarctica, good thing I had my notepad with me.

### Freebase DMT

A friend from the UK had some DMT, which we decided to go and smoke in a forest by a stream. I figured that the sound of the water would be good, and it was... We took a full Dr Hoffman LSD blotter each, too, to be sure that we were in a good mood. I have no idea of the dose; it was just a resin ball (not very pure DMT) about the size of a match head. I smoked first and the effects were incredible:

I put the ball on a small pile of burnt herb ash in a small pipe, and took it in one big hit.

It started off just like mescaline or LSD, but only for the first few seconds. Then it quickly became many times stronger. First the whole world sped up like a record; all of the sounds became faster and higher in pitch while the colours got brighter and brighter, until I could see only white and hear a sound like a synthesizer oscillator, with its pitch set to “random”.

Then I found myself in a beautiful garden with a path leading to a circular sculpture. It looked like white stone, but it moved as if the people and shapes in it were alive, like a living moving knot - knotting and un-knotting itself.

This eventually changed into a gate leading to a tunnel with a bright light at the end. I knew that this must be the door to the “other side” or “heaven”, but was not sure if I actually wanted to, or needed to, go inside right now.

At this point I was suddenly aware of the fact that I was lying in the forest again, but that I could not move, speak or see properly. I could see people standing over me, but they were blurred and were more like hazy eggs than clear people.

At this point I made an effort to wake up, because I thought that people had found me lying on my back, in this catatonic state in the forest. After a while I could see a bit better, and realised that the people standing over me were not in the forest, but were actually in some other dimension. I wanted to go back... having rushed back to Earth but it was too late.

As I started to come back a bit more, I remembered my friend who was sitting next to me. I wanted to talk, but could only say one word, "hectic", a few times. After it wore off some more, I was just about normal, there were still snakes and vines moving on the branches of the trees and bushes around me, but they left after a few minutes.

Time was greatly distorted while I was deep in it. So, while my story is short and surly missing large portions that I forgot over the years, I could not believe my friend when he said I was only lying down for 5 minutes.

It felt so long that, while coming back, there was a point where I saw and recognised Earth but could not remember much about it, because I was last there so long ago. After that I had to go to work. Fortunately I was a DJ in a club/restaurant so it was great. The blotter I took before had faded in the brilliance of the DMT and I found myself more focussed and sober than ever before. I could not stop talking, and telling everybody what had happened. The word "hectic" was still the best way to describe it.

Many people who smoke DMT report very similar experiences; the slowing down of time, the speeding up of sound, the brightening of colour to pure white, the moving "gate", the tunnel with the light at the end and the wise beings. All of these things are pretty much standard happenings on DMT.

If you don't think this is possible, then you surly have not smoked DMT yet. On DMT, journeys to strange worlds inhabited by bizarre beings is quite normal, as is returning to the same worlds repeatedly and even being recognised by beings

you had met there on previous DMT trips. This makes me wonder if these places are not perhaps real.

### Yopo seeds

I got some Yopo seeds and decided to smoke them. I did not follow the correct diet and already had a huge headache before smoking them. To prepare them I just put them in a pan on a hot plate and waited for them to pop like popcorn. Then I crushed them into powder and filled a small bong.

I took a few huge hits and closed my eyes. I felt like I was going up in an elevator but never quite got to the top floor. On the way back down, my headache became intensely painful and stayed that way for the rest of the day. I never smoked it again because it made me feel quite ill for the rest of the day. Maybe I needed more, or should have waited until I did not have a headache before smoking it...

### 300 Mg pure mescaline crystals

Taken in the morning after having no sleep all night (at outdoor psytrance party); it came on slowly in waves - 100% sober in troughs between waves. The effects were just like very good LSD; surfaces melting and all of that. But it was possible to turn the visual effects on and off at will, making conversations with people possible. After each conversation I could not believe that I just did that, and still seemed totally normal, even though I was nowhere near to normal.

All in all; the best cleanest trip ever, very strong and yet no fear or panic. At one point I even went to my tent because I was at the point where, on LSD, I would soon get uncomfortable. After lying there for a while, I realised that although I was at the same strength/trip level that normally meant it was time to hide, I was also totally fine and could return to the crowd with no worries at all.

There were no crazy spirits and weirdness, just good clean psychedelia. Later, trips lying in bed listening to ambient music proved that this is a great healer,



and will fix you right up if you have deep-seated issues.

### 400 Mg mixed Peruvian torch alkaloid crystals

Took it with a friend who took the same amount; he stayed on a farm so we took a drive there after taking it. When we arrived he convinced me to play “counter strike”. We were already tripping so it was weird. I did not know the game or the map but he did, so he just kept killing me until I refused to play anymore.

After smoking some weed etc. it got very strong. I decided that I wanted to go home and had a scary drive there. I could not see because everything was moving, and when a car approached my windscreen just became giant snowflake. At least it was in the country, so there were only a few cars. I did have to pull over or just stop in the road until they passed, but I did make it home in the end.

The rest of the evening was just a blur of melted everything. I remember feeling sweaty and floppy as if I had eaten MDMA, but also tripping as if on loads of LSD. I also had very strange but not unpleasant tremors bordering on cramps in legs. I have felt this before on Peruvian torch tea, and so it must be one of the other alkaloids.

When I went to my friend’s house again he said I must be mad to take so much. His girlfriend had to keep him sane all night, as he had never actually had more than a bit of mushrooms before...

All in all it was a very strong trip, not for the fainthearted at all.

### 14 grams of Peruvian torch tar

Taken at home after spending the whole day cutting long-thorned Peruvian torch, boiling it and making large amounts of tar - after it kicked in I put on ambient music and lay down. Maybe it was because I was working with cactus

all day, but I saw visions of cactus and spoke to cactus spirits all night.

I remember moving through all of the thorns while avoiding getting spiked, and then I was inside the cactus and at one with its cells. By “at one” I mean I was a cell. I could feel it. I was cool and moist and had smooth soft cell wall.

Then the cactus spirit came. Right away this spirit saw everything. It did not need to ask questions and then wait for lies or untruths. This spirit knew all of the things that I had promised while picking cacti earlier that day, and had come to look into my mind to see if I was telling the truth. Lucky for me, all was good and I was doing exactly as I said I would.

You cannot hide from these spirits. Maybe it is because they are in the cactus that you eat, and therefore inside your head afterwards. If they are in your head then you can obviously forget about lying, as they will see the questions and the answers long before you can even think of what to say.

### 100 ml thick black San Pedro tea

Taken on the road to Namaqualand - I was going to visit a South African Koi-san Shaman friend and buy some *Sceletium tortuosum*, and thought I should offer him some san pedro tea while I was there...

My friend who was driving us in his land-rover also had some, and was amazed at how one small sip could be as good as the best LSD he had ever taken. The car trip itself was uneventful; we were hot, coming on while driving about 700 Km and getting a bit stressed. We stopped to pee on a tree and then carried on driving. I will never forget it because later I closed my eyes and was transported right back to the same tree all the way from Namaqualand. I remember clearly that I could even feel the sun on my “skin” making me wonder if this was a vision or actual teleportation of my spirit.

After arriving, we sat under a tree and talked about all kinds of interesting things

like how stupid and greedy some people are and what plants to use to keep them away. We also drank tea and ate wild black desert honey. Eventually I gave the Shaman a big dose of this strong black tea. After some time we were all tripping quite hard. I was smoking weed and the Shaman was drinking brandy.

It was hot and sunny but we decided to have a party anyway. We all sat in a traditional grass dome. The Shaman got out his guitar and his friend got his homemade violin (made by his grand dad and not for sale). It was not a box shape, but was a perfect replica of a real violin with all the curves and holes, only it was made entirely of pieces tin gathered from old cans.

The music they played was repetitive happy major-chord type music. It is based on what the Dutch colonists brought over, but is much more trance-inducing because of its short loop based structure.

During this “desert rave” I had interesting visions. At one point I was transported to another world where I could also feel the sun on my skin. But when I looked at my skin it was green. When I looked at the rest of my body, I realised that I was a giant mantis made of something green and transparent like cactus plant cells.

This trip was full of teleportation, back to roadside stops and forwards to faraway lands.

The next time I went to Namaqualand, the Shaman told me that he wanted more cactus. When I asked him why, he said he wants to use it to find items that have been buried and lost in the area for more than 100 years. This is interesting, because that is exactly what South American Shaman often used it for. I had given him some live cacti on the last trip, and he says he can talk to plants to find out what they are for and how to prepare them, so it was either that or the actual trip that got him to know what this plant is good for.

## 7 Brugmansia flowers

Brugmansia and datura, which are both common additives to san pedro tea or “cimora” are closely related, and contain the same type of alkaloids called tropane alkaloids. The main active ones are atropine, hyoscyamine and scopolamine. These are quite dangerous and can kill you. If not, you will be in for the scariest trip of your life. All I can say is that if you want to add this to your Cimora drink, add only a very small amount or you may go crazy and may stay that way for the rest of your life. It is so strong that I would not even believe this story was true, if it were not for the sober witnesses who confirmed it afterwards.

When I was very young, about 15-years-old, my father told me about brugmansia or “moonflowers” as he called them. I had seen them drying on the washing line of some old ladies in town, known to be witches, and liked the stories of how my uncle had taken them and ended up naked in the pantry, laughing at a mirror or drowning in the water dam outside. And so I decided to try it myself.

I put 7 flowers in a pot of water and boiled it. The tea tasted good with some sugar, so I drank about half of it. The resulting trip lasted for about 3 days, and was beyond anything I have taken since.

My mouth and throat became very dry, and I spent days trying to fix it by drinking water. Unfortunately the water just went down like water off a duck’s back, and my throat and mouth just stayed bone-dry. My vision was also blurred for about a week, and I could not read any words at all.

My muscles became so weak that my legs buckled, and I fell down the same one-story-high flight of steps 4 times. I don’t know why I did not get hurt, but can imagine it was because I was made of jelly at that point.

A guy with a beard came over, looking for some people who worked where I lived. He said his name was “Dave” but since I already knew a guy called Dave

with no beard, I told him that he cannot be Dave. After a while he convinced me to tell him where the people lived. So, I pointed in the right direction and said “over there”. I pointed the right way, but the house was 5Km away on the other side of town...

That night I learned that this plant has dangerous energy, too. It is not at all nice like San Pedro. This one is dark and a bit “evil”. There were “demons” all around me and I had to keep my light shining strong all night. It was a type of battle; I knew that any bad thoughts like anger or hate on my part would give these guys a legit excuse to attack. So, I had to keep safe and tell them that dark and nasty are not my games and, therefore, they have no right to touch me.

It was very hard to stay in my body; this plant actually seemed to have the effect of forcing your spirit out of your body. I kept on visiting friends etc. only to find that I had never really gone anywhere. It makes sense that witches would use this for out of body travel as they are said to do.

There was one economical thing about it, and that was that I never smoked any of my weed. I did roll joints all night long, but they kept vanishing when I had only smoked them to half way. Many of them did this while I was in bed, so in the morning I looked for them but found that they never really existed. Then I found my weed stash, untouched and “hidden” in a clear glass jar in the middle of the kitchen table.

Throughout the trip I would think it was day when it was night, or night when it was day. So much so that I started calling brugmansia the “backwards” or “reverse plant”. This mostly happened when I walked while looking at the ground. The ground would go dark and I would be shocked when I looked up to see that it was day. And at night it was the other way around. It was cool because I could see clearly even though it was pitch dark and night time outside. I have to wonder if I was even using my normal eyes and not maybe using my spirits eyes instead, as they should be able to see in the dark like this.

Some friends came to visit in the night. I was one story up and my window was open, so they threw stones through it to try to get my attention. I saw bats flying through my window and hitting the wall. When they hit they turned to stone and fell on the floor... When they got my attention, I told them that I would jump out of the window onto a van parked below's roof, and then jump down to them. Lucky they stopped me because when I walked to the stairs; I just fell down them again as my legs were still made of jelly. We smoked some weed and talked, but I could not really speak much sense.

The next morning I found myself walking in town talking to a friend who lived nearby. He told me some stuff that he had done that morning, what he had for breakfast, how he threw his dirty washing in the toilet by mistake, and something that his mother had told him. Then he vanished into thin air! I was upset and asked some passers-by if they had seen him. They said "no", so I started to look for him under cars thinking he was hiding for a joke. After a while I thought that he must have run home, so I went there to ask him why he ran away.

Now this may sound insane, but my friend was sober and can confirm this, although he does not like to talk about it and does not really like me anymore either...

When I got to his house I asked him why he ran away from me. He said that he had not left home that day, and that I must be wasted from the moonflowers. I said that is impossible, and told him all the things that he had told me about his day while we were walking that morning. Everything was 100 % accurate and he got very scared. He proceeded to tell me to leave, which was odd because he was always very mellow and never got angry.

I never really understood what happened that day, but I definitely did speak to some part of my friend, and I did get 100% accurate info about him that he did not actually want to give me in this world. I can see why witches would want to take this stuff, but think that some lessons in broomstick flying from a real witch would be in order, for safe controlled flying.

I have heard that witches make an ointment from this plant and don't drink it. Maybe this helps with some of the bad effects by isolating certain alkaloids.

I would not recommend taking too much of this because there really is a certain dark element to it. Fake Shamans are known to use it to make people into zombie slaves, and in modern times pure scopolamine, known as "devils breath", is extracted from it and used to make people into willing zombie victims of robbery.

Maybe it is safer if used in tiny amounts with San Pedro, just to facilitate astral travel a bit more; I mean in doses that would not even have any effect if taken alone - very tiny amounts.

## SAFE TRIPPING IN THE MODERN WORLD

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After many trips, Swim has found the best recipe for a good experience:

1: Setting: It is often best to be safe at home with a mattress nearby, although being outside, in a forest or near to water can also be really good.

2: Lighting: Avoid looking at electronic lights, computers and phones. Use candles or fire instead.

3: Music: music is very important. If you are not playing your own, make a long playlist on your computer or device beforehand. That way you don't need to go searching for music on that bright screen after you have taken your medicine.

4: Lack of sleep: for some reason being very tired sometimes makes a trip much deeper. The native peyote eaters use this as part of their ceremony.

5: Fasting: fasting has a similar effect to lack of sleep and can really help deepen your trip. Fasting also minimises side effects and reactions with foods that you would otherwise have eaten.

6: Respect: having a bad attitude will not help at all. Have respect for the plants and the world you will visit, and all should be okay.



## DIY SHAMANISM

If you want to try some basic Shamanic protection to make your trip safer, here is a starter's guide:

### THE MESA

This is your sacred space. If you have any favourite crystals, feathers, swords or knives, staffs, artwork or any other “power” objects, put them on a rug or table so that you can pick them up during your experience. You don't need to try to be tribal here; modern day items like favourite CD's and photos are also fine.

### SHAMANIC CIGAR

If you watch videos of shaman, you all often see them blowing smoke from a huge tobacco cigar on everything; on the cups of tea, on the participants and on themselves. This is to chase away bad spirits, purify things, and also to carry messages to the spirit world. You can do this, too, if you feel that things are going dark. I personally prefer a 50/50 tobacco and cannabis mix but that is just my personal taste. If you have also found yourself smoking a lot during your trips and thought that this was bad, think again. That smoke could have saved you from some unwanted influences, and so your instinct to smoke a lot may actually have been correct.

### SMUDGING

The basic idea of smudging is to burn some herbs and to direct the smoke onto the person, object or into space to be cleansed or blessed. This is said to clear negative energy and also to chase away bad spirits. There is actually some science to this because burning herbs release negative ions which are known to create good moods in people. Recent studies have also shown that smoke from many traditional smudging herbs also cleans pathogens from the air, and that a cleansed room can stay free from certain pathogens for quite some time.

The basic idea is to tie the dried herbs into a bundle called a “smudging stick” or just to place them on a sea shell, or even a piece of broken ceramic bowl or plate. Then, just light them and move them around the room to increase air flow to the herbs making them burn better.

Mpepo, Sage, cedar, sweet grass, lavender, frankincense, myrrh, pine resin and Syrian rue seeds are commonly used for this in various parts of the world. There is plenty of information online about which of these herbs are best for which situation, but I would recommend rather using your intuition and sense of smell to decide on the best one for you.

A good way is to ask healers in your area what they use for this. It is a standard healer thing, and you will often find a local plant growing in the area that has been used by healers there for as long as anybody can remember. I am from Africa and so only use Mpepo. This is a standard African cleansing herb and is used by healers from all African tribes where I live. It does the standard cleansing and clearing of negative energy, but also helps communication with your ancestors (your relatives who have died).

So, to put cleansing very simply; to cleanse a room or space, walk around and fill it with smoke. To cleanse a person, blow smoke over every inch of their bodies. To cleanse an object, blow smoke all over it, too. And don't forget to do it to yourself. As I mentioned before, you will also be creating beneficial ions and killing bacteria. So if you don't like shamanic stuff you can do this for purely scientific reasons.

It may sound strange, but there are many modern day healers who work with pure extracted alkaloids, and also "bless" them in this way.

## RATTLES AND DRUMS

Most Shaman around the world use rattles or shakers. These are usually hand held, but extra ones tied to the ankles are also quite common and come highly recommended by me.

On a shamanic level, rattles are used to direct healing energy from the Shaman to the patient, almost like that classic magic wand. They are also used to direct

prayer or intention into the spirit world, or to define the borders of a trip space or healing circle. Defining the borders of the area where you will be tripping with smoke and sound is said to work well, and will keep bad influences out of your trip and trip space.

## MUSIC FOR THE SOUL

“The highest goal of music is to connect one’s soul to their Divine Nature, not entertainment,” is what Pythagoras used to say. If you don’t know who Pythagoras was, he was possibly one of the most important people in the world of ancient western music.

It is said by many that the potion drunk by him and many others at Eleusis in Greece was hallucinogenic.



I think that the combination of psychedelic plants and specific sound frequencies, rhythms or music is very important and needs to be re-explored by modern man. Many people say that powerful psychedelics like DMT or mescaline are frightening or pointless, but that is often just because they are taking it in the wrong environment. I would say that spending a good hour or two relaxing and listening to the right music before, while smoking it, and

afterwards while “landing”, would make a world of difference.

You seldom find music without “drugs” nearby and you also seldom find “drugs” without music nearby. I have also never heard of a church or spiritual gathering, that does not use sound or music as the central part of everything they do. Music affects your mood directly; calming music slows your mind and relaxes your body while fast music has the opposite effect. Some music makes you very happy while other music is more introspective or even sad.

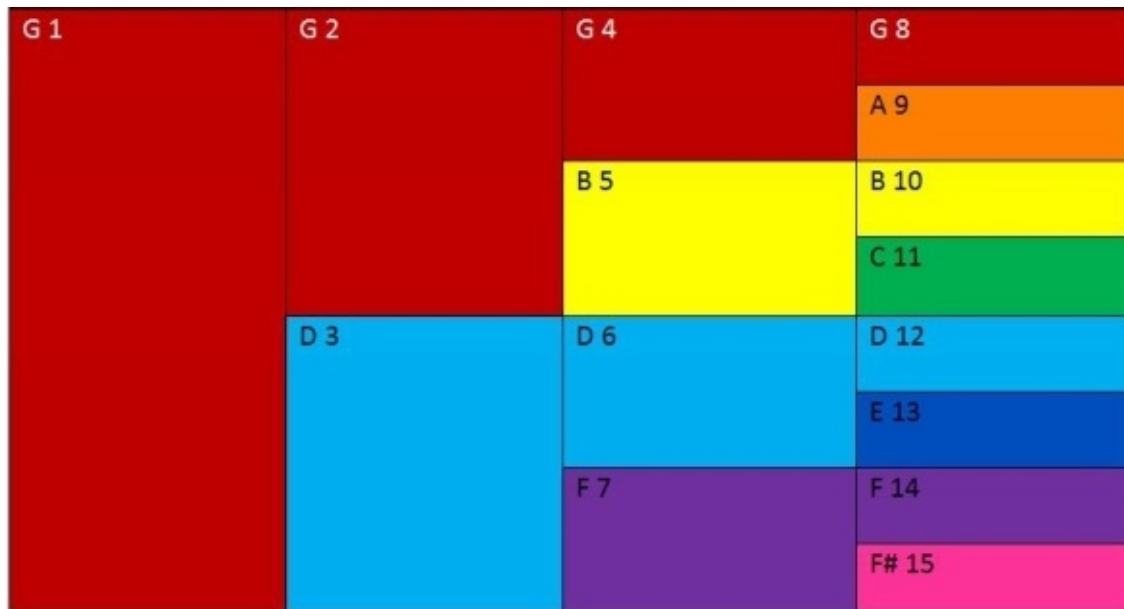
Psychedelics do not make you excited or calm. They do, however, make you more sensitive to external stimuli. So, when on psychedelics, a relaxing inspiring song may cause you to see beautiful worlds while scary loud music could bring out the nasty goblins. On a strong trip, this could be the difference between a spiritual and healing or hellish experience. Music is no small thing and, in my opinion, is as important as the substance being taken.

The scientific reason for this is that your brainwaves always try to mirror whatever sounds are being fed into your ears. This is not only true for rhythms but also for single tones and especially combinations of tones (music). Music works with harmony and harmonics, and so does your brain. Music that sounds nice to you, is music that entrains your brainwaves to a state that makes you feel good at that moment.

All musical tones, and full music, emanates from a single root tone or fundamental pitch unique to that piece of music or tone. This root represents the source of all creation. Droning sounds like diggeridoos, monochords, Tibetan chanting, deep throat chanting and such things are closer to the source, while complex music like classical music goes farther from the source and explores more emotional realms.

With this information, it is possible to create a long playlist of music which takes you on a sound journey through various realms, moving as close to the source or as far out into the universe as you want to go. Everybody is different, so there is

no best music for everybody. To have a powerful experience, some people can start with soothing ambient music while others need something with bit more emotion before heading towards the source.



In South America, sound was and still is very important in psychedelic rituals. Peruvian pan pipe music for example, is still played in Peru, and is very good for a happy trip. This is kind of obvious since mescaline cacti and DMT have been consumed in the same area for thousands of years, and have influenced every part of society there.

Beautifully carved conch shell horns specifically tuned to play between 272 Hz and 340 Hz were found at the ancient trip site of Chavin de Huantar.



The structure of the temple itself is made according to very precise dimensions, that seem to match the frequencies produced by these shells. This creates standing sound waves. Being in the middle of a standing wave is known to have a powerful effect on people, and has been used for that reason in many temples and even more modern churches around the world.

At Chavin de Huantar and many other ancient sites, binaural beats are also often created by reflections between the walls or other anomalies when certain sound frequencies are played there.

Another important sonic feature at Chavin de Huantar is a network of tunnels and pipes, some of which had water diverted from a river running through them, while others were used to broadcast sounds like an imitated roar of a jaguar. These must have created an awesome sound, especially when tripping on psychedelic plants.

All of this does suggest a very advanced race of people who took this sonically-



influenced psychedelic experience very seriously. It is said that this place was attended by people from all over the area, and that its influence did spread far and wide.

Central plaza at Chavin de Huantar



Square plaza at Chavin de Huantar



Lanzón Stela statue, deep in the tunnels under Chavin



The Lanzón Stela statue was the main deity for these people, when seen close-up it resembles a half jaguar, half human.

This is obviously not the only temple in South America where this kind of thing happened; it just has some of the best evidence that it did. If you go to Chavin de Huantar, Machu Picchu or the surrounding areas today, you will actually find that the local shaman still hold San Pedro ceremonies there.

## Links

Deep meditation music: <https://indigoaura.bandcamp.com/>.

Psychedelic trance with binaural beats: <https://soundcloud.com/psychederic>

Cosmic music website: <http://mathemagicalmusic.weebly.com/>

“Mathemagical Music Production” (e-book):

<http://www.amazon.com/Mathemagical-Music-Production-All-one-ebook/dp/B00EGTWGS0>