

**AKA: AYA (AYAHUASCA),
CHANGA, DEEMS, DIMITRI, SPICE,
THE SACRAMENT, THE SPIRIT
MOLECULE**

DMT

Disclaimer: This resource is produced by Hi-Ground & DanceWize. In an unregulated market it's impossible to know the purity or dose of any substance, educate yourself and practice harm reduction to reduce this risk. For more information visit www.hi-ground.org

Supported by: QuiVAA & QuiHN

Hi-Ground

DMT is a psychoactive chemical in the tryptamine family. It causes intense visuals and strong psychedelic mental effects when smoked, or when taken orally with a MAOI (monoamine oxidase inhibitor) such as harmine or harmaline. In Australia DMT is typically found as a white, yellow, pink and orange powder or crystal. This powder or crystal is also often infused in dried plant matter (typically caapi - a South American vine containing a MAOI) to create changa.

Compound: N, N-DIMETHYLTRYPTAMINE

ADMINISTRATION

Most commonly vaporised and inhaled using a glass pipe. Changa is usually smoked through a bong, a pipe or joint. Ayahuasca is swallowed as a brew.

DURATION OF EFFECTS

SMOKED AND VAPORISED DMT

TOTAL	3-20MINS
ONSET	0-2MINS
PEAK	3-15MINS
COME DOWN	3-5MINS
AFTER EFFECTS	15-60MINS



If taken orally with MAOI duration can be much longer (4-8hrs)

HALF LIFE

Even though the apparent effects of the drug wear off after 3-20 minutes, the drug is still active in your system for up to 20 minutes after you have taken it. Remember this if using other substances or redosing.

MOST COMMON EFFECTS

Extremely strong visual hallucinations, Kaleidoscopic colours, Powerful rushing of sensations, Auditory hallucinations or buzzing sounds, Radical shift in perspective, Meaningful, sometimes profound & life-changing, spiritual experiences, Unusual body sensations (chills, goosebumps, tingling), Increased blood pressure, Increased heart rate, Reduced connection to ego (ego death), Confusion, Anxiety, Distorted perception of time.

LESS COMMON EFFECTS

Slight stomachic discomfort, Temporary inability to communicate, Difficulty integrating experiences, Overwhelming fear, Lethargy (feeling heavy), Feeling of oneness with the universe and all beings within it, Increased awareness and appreciation of music, Exacerbation of existing mental illness.

RARE EFFECTS

Psychosis or psychotic episode, Paranoia, fear and panic.

POSSIBLE LONG-TERM EFFECTS

Some people may re-experience the subjective effects of DMT days, weeks, months, or even years later. These experiences are rare and most likely to be mild, e.g. slight changes in perception, though powerful recollections of images and emotions could occur.

DRUG TESTS

Roadside Police: Roadside saliva tests do not look for DMT but it is illegal to drive under the influence of any illicit drugs, including DMT and any driver may be subject to a roadside behavioural impairment test. Wait at least 24 hours before driving.

Drug Checking: DIY reagent testing is an option. Marquis, Mecke and Mandelin give a reaction.

SAFER USING

- Use around people you trust in a comfortable and safe environment
- It is best to have a sober friend or experienced user present (trip sitter), especially when it is your first time.
- Be mindful of those around you, people can have overwhelming reactions to the smell of DMT even if they are not smoking.
- Sit or lie down for the experience, as it can be overwhelming and disorientating. At times the hallucinations can be so strong that you cannot see the world in front of you only the hallucinations.
- DMT can come on with a heavy 'body load' at first. Breathe calmly in through your nose and hold a friend's hand to ground yourself. This feeling does not last forever.
- Try take it in a place with low stimuli, as loud noises, lights, crowds and people can impact your experience and can sometimes cause stress.
- Psychedelics alter the way we think, our sense of time, and our emotions. Reactions and experiences can vary dramatically from person to person.
- Even if you've taken DMT many times before, every experience is unique and unpredictable.
- Strength can vary greatly so it's best to start with a small dose to test strength
- A recreational dose (vaporised) is somewhere between 5-10mg (light) and 35+mg (heavy) or one puff (small dose) or 3 puffs (large dose)
- When smoking changa through a bong, it is easy to overdo the dose, as you take the full hit all at once. Be careful - less is more.
- It is easy to burn DMT, especially when a flame hits the DMT directly. The desired vaporise temperature is between 60-80degC.