

5-MeO-DMT User's Guide

Be Informed! 5-MeO-DMT is a profoundly powerful entheogenic compound. Its use can be radically life-altering and should not be undertaken lightly or recreationally. Even highly experienced entheogen users are amazed and astounded by the 5-MeO-DMT experience and no amount of prior work with any other entheogen can prepare one for the magnitude of 5-MeO-DMT. For this reason, anyone considering personally experiencing 5-MeO-DMT should be informed to the fullest extent possible before embarking on such a radical experience. It is to this aim that this guide is written.

Legal Concerns: As of this writing, (March, 2010), no laws exist prohibiting the possession or use of 5-MeO-DMT in the U.S. However, the U.S. government is currently considering placing 5-MeO-DMT under Schedule I listing, making possession and use illegal. It may be possible for individuals to be prosecuted for 5-MeO-DMT under the Analogue Act, given the molecular similarities between 5-MeO-DMT and the illegal N,N-DMT.

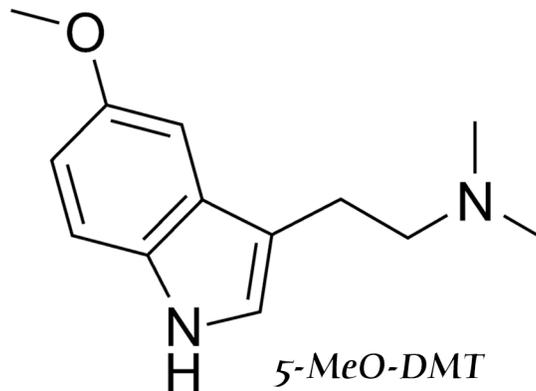
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Further information: Readers of this document are highly encouraged to read the book, *Being Human: An Entheological Guide to God, Evolution, and the Fractal Energetic Nature of Reality*, by Martin W. Ball, Ph.D., for a deeper understanding of the 5-MeO-DMT experience. Additional information is also available at the website, www.entheological-paradigm.net

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What is 5-MeO-DMT?

5-MeO-DMT, 5-methoxy N,N-dimethyltryptamine, is a natural neurotransmitter that is found in all humans, mammals, and numerous plant species. In its pure form, it is a colorless crystal.



What does 5-MeO-DMT do?

When taken in external form, 5-MeO-DMT produces an extremely rapid alteration in consciousness and perception. Perhaps the best description is to say that an individual goes from baseline consciousness to infinity within a few seconds after ingesting 5-MeO-DMT. This is experienced as a rapid energetic expansion wherein all boundaries, either external or internal, dissolve into a unified, energetic state of being and awareness. Within this state, all of reality is experienced as one integrated whole that extends infinitely beyond normal perceptions of space and time.

Because of the radical nature of 5-MeO-DMT, many entheogen users feel that it is the ultimate crown jewel of nature's psychedelic compounds. "Entheogen" means "generating the experience of God within," and 5-MeO-DMT is appreciated as the most powerful of all such medicines. However, given the radically unified nature of the 5-MeO-DMT experience, "God within" is too limiting a description of this compound.

"The God Molecule" is probably the best description.

How long does the experience last?

Most 5-MeO-DMT experiences range from 20-40 minutes in length. Onset is virtually immediate with the experience reaching a peak within 5-10 minutes and then a decline of another 10-20 minutes, with some lingering sensation beyond that.

How much 5-MeO-DMT is used?

For most, the goal of using 5-MeO-DMT is to achieve a full “release dose,” or what could also be described as a “full energetic opening.” The amount of medicine needed to achieve this will vary with each individual, but the general guidelines are as follows:

- 5-10 mg: Moderate dose
- 10-15 mg: Strong dose
- 15-20 mg: Very Strong dose
- 20-30 mg: Infinite

For most, starting in the 10-15 mg range is enough to produce a full experience. Levels that are too low and that do not produce a release and full energetic opening can, somewhat counter-intuitively, be more challenging to experience than a full experience. This is due to the fact that it is easier for the ego and rational mind to resist at lower doses and therefore much easier for the individual to give in to fear, the desire to resist and hold on, and failure to trust. This can be both physically and mentally extremely uncomfortable and disorienting.

How is 5-MeO-DMT consumed?

5-MeO-DMT is usually smoked or vaporized. Traditionally, indigenous cultures in Central and South America use snuffs containing 5-MeO-DMT, which is blown up the nose with a blowgun. While snorting 5-MeO-DMT is effective, it is far less comfortable than smoking or vaporizing.

When smoking 5-MeO-DMT, the crystals are generally sprinkled on top of a leafy smoking mixture of the user’s choice. It is not necessary to use any kind of special lighter. Initially, the 5-MeO-DMT might flame up, so the lighter should be used sparingly on the first hit to let it melt into the smoking mixture. After, it is less likely to flame up and the lighter can be applied more directly.

Generally, two big hits is enough to have a satisfying experience. Hits should be held as long as possible for maximum effect.

What is meant by “full release” or “full energetic opening”?

Though the experience is ultimately beyond what words can describe, there are two different ways that it can be descriptively characterized to help users understand what is occurring within the experience. The first is the relationship of the ego to the experience and the second is the nature of energy. These are two different ways of saying the same thing.

The ego: Your ego is your normal, everyday sense of self. The truth about the ego is that it is merely an energetic construct or organizing pattern within the fundamental energy of

consciousness. As a construct, it functions as a primary illusion on which beliefs of the self are built. It basically serves as a limiting energetic function in consciousness.

In other words, despite your ego's best attempts to convince you otherwise, *you* are actually *not* your ego. What you *think you are*, when *filtered through your ego sense of self*, is *an illusion*.

“Full release” implies an escape or liberation from the limiting confines of ego and an experience of the genuine nature of your self. This can be profoundly blissful and powerful beyond words. But it is also something that egos might choose to resist. It requires the ego to let itself dissolve, given its ultimate nature as an illusion and energetic construct.

Ego Choices: The best choice for the ego is simply relax, trust, surrender, and let go. However, there are ways that egos manipulate individuals in order to “hold on” to its sense of self and reality. Fear is a strong manipulation tool. Egos fear their dissolution, so they react with thoughts of dying, fears of oblivion, fears of going insane, etc. Fear, however, can be transcended instantaneously if the individual chooses to relax and trust.

Egos also react by over thinking. Attempting to understand the 5-MeO-DMT experience *as it is taking place* is a method that egos use to try and distance themselves from the experience and making it something that is *happening to them* rather than *something they are experiencing*. Again, individuals can choose to simply relax and trust and stop thinking.

Once egos let go, individuals experience a “full release” into themselves in their infinite form. This is generally described with phrases such as “God consciousness,” “absolute unity,” “The Oneness of all things,” and other such language. It is beyond description and must be experienced directly to be fully appreciated.

After the peak, the ego begins to reassert itself as it is no longer necessary for it to surrender to the power of the medicine. This can be a confusing transition for some individuals, for the ego may suddenly reappear and ask, “What is going on here?,” or “Where am I and what on earth am I doing?”

As ego continues to reassert its control, the experience will gradually diminish in intensity.

The goal is to maintain the transcendence of ego all long as possible. The ultimate goal is to transcend the limitations of ego permanently. This would be defined as full human liberation.

Energy: Another way of describing the 5-MeO-DMT experience is as an energetic opening. All entheogens alter ones ability to perceive and experience energy. 5-MeO-DMT is the ultimate perceptual and experiential tool, in this regard.

By the time a user exhales a second hit, energy begins to expand from an everyday, normal sense of perception to infinity. Within a few short seconds, one begins to feel ultra-fine vibrations of energy throughout their being. When one relaxes into this feeling and simply trusts as it rapidly expands, one quickly moves into a fully energetically open state where there are no limits or boundaries between what might have formerly (a few seconds ago) been considered “self” and “not-self.” From the fully open energetic perspective, all things are encompassed in the non-egoic declaration of “I Am!”

After the peak, the energy of the experience gradually lessens and returns to baseline. The transition to the decline does involve an energetic shift that can be challenging to assimilate, but individuals can choose to continue to relax and trust and let their energy remain open.

What is a good set and setting?

First and foremost, the environment should be safe, secure, and private. There should be no possibility of interruption or disruption of the experience for its duration. *It is also very important that first-time users and inexperienced users, in general, have at least one other person present for the session to insure safety and privacy!*

5-MeO-DMT is a fully immersive experience and one should be prepared to go fully into the experience without any concern for anything that might be taking place “out here” in “normal” reality. It is very important that it be an environment where the user feels safe. Anything that might contribute to doubt or fear could be used as a tool to “hang on” by the ego. The environment should therefore not only be safe, but also comfortable and inviting, allowing the user to relax fully.

Given the overwhelming power of 5-MeO-DMT, a bed, mat, or cushion should be available for the user. Ideally, the user should sit in the center of the bed so that the medicine can be consumed and then the user can immediately fall back into a lying position as the medicine will start to take effect within a few seconds. An assistant should be on hand to take the pipe from the user. This will help insure safety and relaxation.

Soft, gentle music is recommended as background ambiance. Avoid strong beats or music with understandable lyrics. Music that reflects the clear, open and beautiful energy of the experience is usually best.

Lighting should be kept to a minimum. Complete darkness is not necessary. Soft lighting and candles work well (be very conscientious of fire risks!).

If more than one individual wants to experience the medicine, it is best to let each person have as much time as necessary to move through the experience before moving on to the next person.

What can I expect to see? Is 5-MeO-DMT a “psychedelic”?

Ultimately, the 5-MeO-DMT experience is beyond the visual and “psychedelic visuals” are not a primary focus or feature of the experience. At higher doses, one's entire visual field can be filled with ultra-fine, prismatic fractal rainbow light of infinite complexity, especially behind closed eyes. At higher doses, with eyes open, infinite fractal permutations of objects in the visual field may become apparent, also of high detail and sophistication, generally spanning out to infinity.

However, it is the pure, crystal clear clarity that truly defines the 5-MeO-DMT experience. Unlike N,N-DMT, 5-MeO-DMT is hardly visual at all, in comparison. Yet the *nature of the experience* of 5-MeO-DMT is infinitely beyond the experience of N,N-DMT. *Appearance of visuals and strength of experience are therefore not necessarily correlated in any specific way.*

Are there any special concerns for posture or movement?

Yes. How you carry and hold your body during your experience can have a direct and immediate impact on the nature and quality of your experience. Understanding that the 5-MeO-DMT experience is primarily one of *energy*, users will want to maximize the experience of energy in their body and being. This is best accomplished through conscientious use of the body.

Body posture communicates a great deal about one's energy. A fetal position, for example, embodies fear and protection. With 5-MeO-DMT, the ideal posture is to lie down on one's back with arms open, hands relaxed, open, and facing up, and legs spread slightly apart. This posture basically communicates, “I surrender and am open to whatever comes to me during this experience.” This posture facilitates the opening of energy and allows for proper flow.

One of the roles of the “sitter,” or the one supervising the session with the medicine, is to help the one experiencing the medicine maintain this open posture. If someone rolls over to the side or curls up into a fetal position, they should be gently encouraged to return to the more balanced and centered position described above. This may require physical assistance.

Symmetry: An important factor to keep in mind is body symmetry. In the fully open energetic state of the 5-MeO-DMT experience, energy flows in symmetrical patterns through one's body. This often inspires or “moves” people to let their arms and legs move in flowing, symmetrical patterns. These movements always exhibit mirrored, bilateral symmetry. The center line of the body is a natural barrier and limbs do not cross over to the opposite side of the body when individuals are centered and balanced.

If one chooses to sit, rather than lie down, during the 5-MeO-DMT experience, it is important to not sit with legs crossed, but rather with the soles of the feet touching each other. This posture allows for maximum energy flow without crossing currents.

Crossing currents (crossing arms or legs) can occasionally lead to muscle cramping.

Will 5-MeO-DMT make me purge?

Purging is always possible with any medicine, including 5-MeO-DMT. For this reason, a bucket or receptacle should be kept on hand, just in case. Purging tends to occur with individuals who have personal issues with fear, resistance, or a tendency to shy away from difficult situations or are protective in their personality. These behaviors indicate energetic holding and resistance in the individual's personal energy, and these form blocks that are removed through use of the medicine.

It is important that feelings of needing to purge not be resisted. Users should trust their energy and let the wave pass through them. Generally, purging will bring about a release that will greatly deepen the experience. Resisting the urge to purge only intensifies the discomfort and struggle. Trust, relax, and let the energy flow however it needs.

Are there any special diets or restrictions on foods?

No. However, eating healthy will improve your body's capacity to manage energy, so not eating junk can only be beneficial. It is generally best to go into a session with 5-MeO-DMT with some food in your stomach, in case you need to purge. Dry heaves and purging bile can be far more uncomfortable and far less satisfying than having genuine substance to purge.

Alcohol: It is highly recommended that no alcohol be consumed at least 24 hours prior to working with 5-MeO-DMT. Alcohol is primarily an ego intoxicant and energetic deadener. The effects of alcohol are in many respects the opposite of 5-MeO-DMT. Drinking alcohol and working with medicines of any kind is counter-productive and ill advised. Alcohol consumption should always be kept to a minimum, if consumed at all.

Grounding foods: It is recommended to have some grounding foods such as fruit available for individuals at the conclusion of their session with 5-MeO-DMT. A small, sweet snack can help individuals reintegrate and ground their energy after the profound opening they've just been through. It is comforting and nurturing, not to mention a sensational delight.

Will I be able to interact with others during my experience?

At lower doses, and with experience, yes, though one wouldn't necessarily want to do so. The 5-MeO-DMT experience is the ultimate intimate experience of ones self, and attempting to interact with others is usually an ego manipulation technique to maintain "normalcy." It is highly recommended for individuals to take the opportunity to go as deeply into themselves as possible and wait until the experience is over to reconnect with others.

For many, the 5-MeO-DMT experience is so powerful that interacting with others is not really an option. For novices, especially with big experiences, it is common for people to not be fully aware of where they are or what is occurring to them. Especially during the first 10 minutes or so, individuals may not even be able to get a clear visual image of the room they are in or who is with them, even if their eyes are wide open. They also might not be able to respond coherently to questions asked of them or even register that they were spoken to.

During this initial, very strong, phase of the experience, it is also not unusual for people to “speak in tongues,” or babble incoherently. This can indicate an ego that is attempting desperately to regain some kind of control, or it can also be a natural expression of energy, especially for those who tend to restrain themselves verbally in their personal expression.

Is there a role for verbal coaching by a sitter or facilitator?

Yes, though this should be kept to a minimum, whenever possible. If someone is having a difficult time, calm verbal coaching reminding them to relax, breathe, let go, and trust can all be highly effective in bringing about a more productive state in the experience. With trust, the experience can move from overwhelming to profoundly blissful nearly instantaneously.

The experience is so tremendous that many people find themselves struggling with their breathing. This often happens when ego is attempting to control the experience. If this occurs, they should be gently verbally reminded to breathe into themselves naturally. Placing hands on someone’s chest or stomach and asking them to breathe into where they feel the hands on them can help if breathing difficulties continue.

Are there any health concerns with 5-MeO-DMT?

A general rule for working with tryptamines is that anyone who is taking MAOI prescription drugs should avoid any tryptamines, including 5-MeO-DMT due to possible drug interactions.

5-MeO-DMT does raise heart rate and blood pressure. Individuals with heart or blood pressure issues are advised to not work with such a powerful medicine. Very high doses of 5-MeO-DMT have been known to stop hearts from beating.

Individuals with severe psychological problems are also advised against using 5-MeO-DMT. Individuals with psychotic or pathological tendencies might be pushed over the edge with this medicine.

There are no known lasting ill health effects from the use of 5-MeO-DMT in healthy, balanced individuals. Keep in mind that 5-MeO-DMT is naturally produced by all humans and other mammals. It is a normal part of your bio-chemistry.

Are there any after effects?

An interesting effect that occasionally occurs with 5-MeO-DMT, commonly among women, is to awaken in the middle of the night and find oneself in the midst of a full 5-MeO-DMT experience. This can be quite startling. However, all the individual needs to do is relax, breathe, and maintain symmetry, much as they would during a session of working with the medicine, and the energy will eventually relax.

Another effect is the heightened perception of psychedelic visuals while attempting to fall asleep. If such occurs, simply relax and enjoy.

Sexuality is also routinely affected by consumption of 5-MeO-DMT. Keep in mind that the 5-MeO-DMT experience is the most radical experience of energetic embodiment possible. Opening up one's perception to energy can tune one in to the fundamental sexual energy that underlies one's being. As with waking up in the middle of the night in a fully expanded energetic state, this is especially common among women who find that their sexual appetite is increased after working with 5-MeO-DMT – sometimes ravenously so.

Also note that once one is familiar with the fully expanded energetic state of 5-MeO-DMT, other medicines can seem to either pale in comparison, or alternatively, can help to get one to the same deep level of experience. In a sense, once one has been introduced to this state of being, it is easier to achieve in other contexts.

Can you develop a tolerance to 5-MeO-DMT?

No.

Is 5-MeO-DMT addictive?

No.

Any other advice?

Relax, trust, breathe, and let go.

Remind yourself that no matter how big the experience gets, it's all you. This experience is an extraordinarily heightened perception of yourself and your energy. There is nothing in the experience that is going to hurt you, and there is nothing that you can't manage, as long as you let yourself surrender and let go.

Attempting to hold on, maintain control, figure it out, or stop the experience are all ways that ego fights against the experience. Remind yourself that this experience is for you and your awakening. There is nothing to hold on to. There is nothing to control. There is nothing to figure out. And there is definitely no way of stopping the experience once it begins.

So relax, trust, breathe, and let go.

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