

SET AND SETTING

'Set' is the mindset a person brings with them and includes the physical, emotional and spiritual condition of the person, their expectations about the drug's effects and how they will react to it.

'Setting' is the environment that a person is in, including the social environment, who you are with and the physical surroundings, e.g. at home, at a festival or an unfamiliar location. In other words, it includes the whole of the person at that present moment.

For psychedelic drugs, more so than other psychoactive substances, set and setting are very important in determining the nature of the experience.

SAFER USING TIPS

- Use around friends/people you trust, in a safe environment- somewhere you feel comfortable
- It's a great idea to have a trusted friend- preferably with experience of DMT use, present as a 'trip sitter', especially if it is your first time. If you feel unsettled during the experience, hold their hand to ground yourself.
- Your motor skills will deteriorate rapidly during the onset, so ensure you have a friend who can take the bong, pipe or joint from you when you've had enough; dealing with a broken glass pipe or spilled bong water while tripping is never a fun time.
- Stretching or meditating before a trip may help to prepare your mind and body for the experience.
- Always dose yourself, so that you have control of how much you are taking.
- 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 and can only see the visions or hallucinations.
- Take your time and be mindful of how you are feeling as the drug is coming on, before you consider increasing your dose; more is not necessarily better.
- Psychedelics affect all the senses, especially auditory and visual senses, leading to hallucinations. 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.

DRUG COMBINATIONS

Possible outcomes. What works for one person may not work for another. We recommend you proceed with caution.

UNSAFE

+Tramadol- is well known to lower seizure threshold and psychedelics also cause occasional seizures.

CAUTION

+Cannabis- has an unexpectedly strong and somewhat unpredictable synergy with psychedelics.

+Amphetamines & Cocaine- Stimulants increase anxiety levels and the risk of thought loops which can lead to negative experiences

+SSRIs- may decrease the effects of DMT

LOW RISK & INCREASED EFFECTS

+Psychedelics- may intensify psychedelic experience, longer peak and slower come down

+GHB/GBL- may decrease the effects of DMT

+Alcohol- may decrease the effects of DMT

Information on combinations with smoked DMT is limited though it is best to avoid using it in combination with any other substances. The DMT experience is a mind bending and often spiritual catapult into another dimension and as such DMT is not a great party drug.

It is not recommended to use DMT if you suffer from or if you have a family history of any of the following as it can trigger latent conditions:

- Asthma • Chest infections • Anxiety • Psychotic disorders
- Schizophrenia • Respiratory problems • Heart problems

MORE INFO

This resource is designed to give a brief overview and it is recommended that you do further research. The following websites may provide you with useful information.

www.hrvic.org.au/dancewize

www.erowid.org

www.bluebelly.org.au

www.nuaa.org.au

www.bluelight.ru

www.dancesafe.org

www.tripproject.ca

drugs.tripsit.me

This DMT resource is produced by DanceWize®, a program of Harm Reduction Victoria (HRVic)

www.hrvic.org.au



SAY KNOW TO DRUGS.

**KNOW your mind, KNOW your body,
KNOW your substance and
KNOW your limits.**

This resource has been developed for party goers and people who are **already** using drugs. The role of DanceWize is to provide factual, relevant and practical information to assist you to make informed choices about different drugs and to promote harm reduction, safer partying and safer drug use .

DESCRIPTION

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.

DMT exists naturally in every human being and also throughout the plant and animal kingdoms. There are many indigenous cultures in South America whose traditional religious practices include the use of DMT in snuffs and ayahuasca - a DMT infused brew.

In Australia DMT is typically found as a white, yellow, pink or 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.

DOSAGE TIPS

Taking drugs is never without risk.

Mentioned doses are based on the information available to DanceWize© at the time of print and we can not give any guarantee of safety as the effects can vary greatly from one person to another.

- 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.** Start small – if you take a hit and it's not enough, you can take a little more to get the effects that you want.
- You do not need a lot of this drug to achieve the desired effects; even with low doses, users report intense visuals.
- Wait at least 2 hours before re dosing
- Try to buy from a trusted source and from someone who will tell you about changes in quality etc.

ADMINISTRATION

The powder or crystal is most commonly vaporised and inhaled using a glass pipe. Changa is usually smoked through a bong, a pipe or joint. *It is easy to burn DMT, especially when a flame hits the DMT directly. The desired vaporise temperature is between 60-80°C.* Ayahuasca is swallowed as a brew.

DURATION

Shown duration is when smoked/vaporised. If taken orally with MAOI duration can be much longer.

Total Duration: 3-20 minutes

Onset: 0-2 minute

Peak: 3-15 minutes

Coming Down: 3-5 minutes

After Effects: 15-60minutes

HALF LIFE:

15 minutes.

ROADSIDE DRUG TEST:

DMT cannot be detected and is not tested for in roadside drug tests. Note: If combined with other substances, such as cannabis, the cannabis will be detectable.

DETECTION:

Detection times are based on the time you last took the drug. Taking multiple doses over a period of several hours can lengthen the detection window.

Saliva: 1-5 days after consuming

Urine: 24 hours after

Hair: Up to 90 days

Blood: no current data

STREET NAMES

dimitri, dimi, changa, deems, spirit molecule, spice, the sacrament, BML-business mans lunch

CHEMICAL COMPOUND

N, N-Dimethyltryptamine

REAGENT TEST:

Marquis : Orange

EFFECTS

The following is a list of possible effects, which may vary from person to person.

Physical

- Intense open eye visuals and seeing kaleidoscopic patterns
- Powerful 'rushing' sensations
- Auditory hallucinations/sound distortions (buzzing)
- Colour shifting eg. a red/green and gold colouring to the whole world
- Slight stomach discomfort
- Temporary verbal dyspraxia- (knowing what you want to say but being unable to form the words)
- A fast onset and intensity can lead to problems if you aren't prepared ie. dropping a pipe, knocking things over or falling
- Unusual body sensations (chills, goosebumps, tingling)

- Increased blood pressure
- Increased heart rate
- Reduced connection to ego (ego death)
- Increased heart rate
- Confusion
- Anxiety

Emotional

- Profound/Life changing spiritual experiences

Psychological

- Radical shift in perspective
- Immersive experiences
- Distorted perception of time
- Overly intense experiences
- Difficulty integrating experiences
- Overwhelming fear
- Intense open and closed eye visuals and seeing kaleidoscopic patterns
- Auditory hallucinations/sound distortions (buzzing)
- Colour shifting eg. a red/green and gold colouring to the whole world

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.

- Psychedelic drugs may accelerate the onset of mental health issues if you are genetically predisposed. DMT is not strongly associated with exacerbation of mental illness, but it is important to be aware of this possibility.