

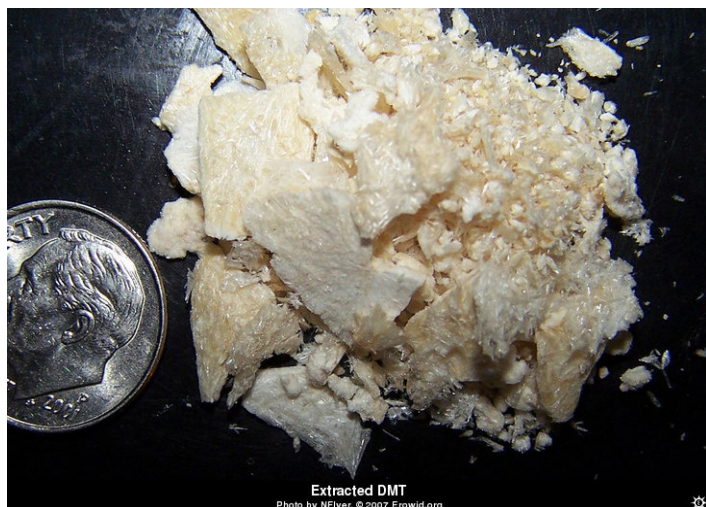
SET AND SETTING

'Set' is the expectations a person brings with them to any drug using experience and includes the physical, emotional and spiritual condition of the person, their expectations of the drug and how they will react to it. 'Setting' is the environment that a person is in, including the social environment (i.e. who you are with), as well as your 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 hallucinogen type drugs, more so than other psychoactive substances, 'set' and 'setting' can be very important in determining the nature of the experience.

SAFER USING TIPS

- Try to use in a safe and comfortable place
- It's best to use around friends
- It is a good idea to remain comfortably seated or lie down during the experience
- Your motor skills will deteriorate rapidly following your dose so have a sober friend present to take the bong or pipe from you and place it somewhere safe
- Ask a trusted friend to keep an eye on you throughout the experience



COMBINATIONS

DMT combined with...

(Possible outcomes - what works for one person may not work for another. We recommend you proceed with caution.)

- LSD = intensified hallucinations, longer peak and slower come down

Information on combos 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.dancewize.org.au
www.hrvic.org.au
www.erowid.org
www.bluebelly.org.au

www.bluelight.ru
www.dancesafe.org
www.trippproject.ca
www.dmt-nexus.me

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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 such as 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

- Strength can vary greatly so it is best to start with a small dose to test strength
- DMT vapour can be quite harsh to smoke so be careful not to inhale too much in one breath

ADMINISTRATION

The powder or crystal is typically vaporised and inhaled through a glass pipe. Changa is usually smoked through a bong, peace pipe or in a joint

DURATION

Total Duration:	6 - 20 minutes
Onset:	0 - 1 minutes
Peak:	3 - 15 minutes
Coming Down:	3 - 5 minutes
After Effects:	15 - 60 minutes

Half-life: 15 minutes

Roadside drug test: DMT cannot be detected in a roadside drug test. However it is sometimes mixed with cannabis which can be detected.

EFFECTS

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

Physical

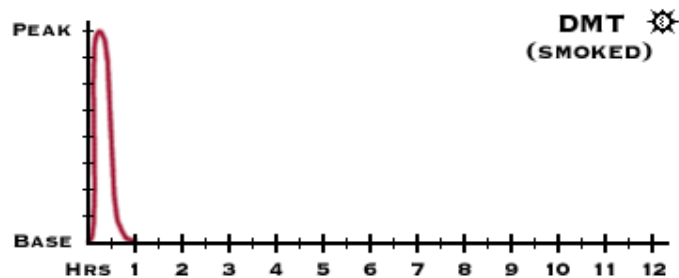
- Intense open eye visuals and kaleidoscopic patterning
- Powerful 'rushing' of sensations
- Auditory hallucinations/sound distortions (buzzing)
- Colour shifting (for example red green and gold colouring to the whole world)
- Slight stomach discomfort
- Temporary verbal dyspraxia – knowing what you want to say but being unable to form the words
- Fast onset and intensity can lead to problems if not prepared (dropped pipe, knocking things over, falling)

Emotional

- Profound/life-changing spiritual experiences

Psychological

- Radical perspective shifting
- Immersive experiences
- Change in perception of time
- Overly-intense experiences
- Difficulty integrating experiences
- Overwhelming fear
- Intense open eye visuals and kaleidoscopic patterning
- Powerful 'rushing' of sensations
- Auditory hallucinations/sound distortions (buzzing)
- Colour shifting (for example red green and gold colouring to the whole world)



STREET NAMES

Dimitri, The Spirit Molecule, Spice, The Sacrament, Business Man's Lunch, Changa

CHEMICAL COMPOUND

Dimethyltryptamine

