

TRANSCRIPT OF “DMT - best and healthiest way to use it - with Subtitles” (EX 1055)

OPEN MIND 3000F, DMT - best and healthiest way to use it, YouTube (Mar. 4, 2019),
<https://www.youtube.com/watch?v=hbjSAu-xfgg>

0:03

I have discovered the best method to consume DMT,

0:07

and I'd like to introduce it to you guys today. Before we get to that part, I want to preface this video with a couple introductory remarks.

0:13

This video is made for people that are planning to consume DMT,

0:17

or those that are interested in switching to this method and regularly consume it anyways.

0:21

In my opinion, this is the least harmful and most enjoyable form of consuming this drug

0:27

however, I am not interested in talking people into consuming it,

0:29

so don't start taking it just because you've seen this video.

0:33

Higher dosages of this drug can lead to very intense experiences.

0:37

Meeting aliens might sound hilarious to some of you,

0:40

but I have read several reports written by people that have been messed up for weeks.

0:46

As it is the case with most psychedelic drugs,

0:49

DMT can really screw with people's brains and cause them to become complete lunatics.

0:52

Personally, I really enjoy the high you get from DMT,

0:54

but I've never been fully happy with the popular and conventional ways of consumption.

1:00

DMT is a little tricky,

1:02

as it tastes uniquely disgusting while also being very unpleasant while swallowing.

1:09

Consumption often leads to crazy coughing fits, and it can feel like the stuff is stuck in your throat forever

1:15

I'll quickly cover all the methods of consumption I've tested so far,

1:19

and I'll tell you about the less optimal parts of all of them.

1:21

The first time I tried DMT, I used a regular vaporizer,

1:25

the kind that you'd also use for weed. Specifically, I used this one, the DaVinci Ascent.

1:30

Just dropping pure DMT into a vaporizer causes it to melt very quickly,

1:35

which makes it hard to clean out the vaporizer, causing the thing to reek of DMT for ages.

1:41

Additionally, consuming DMT in this way caused me and my girlfriend to cough uncontrollably,

1:48

and we both really did not enjoy the taste of pure DMT.

1:53

My next approach was to try and consume DMT in e-cigarettes,

1:57

I even put out a video on that a couple years back.

1:59

It's pretty easy to just mix the DMT in a regular e-liquid and to evaporate it all together from there, leading to a solid DMT high.

2:05

The biggest advantage of this method is that it lasts for a very long time:

2:09

you could put that e-liquid in to your e-cig, and you'd be ready for the next couple of bigger parties without running out.

2:21

Additionally, the flavor of the liquids masks the disgusting taste of DMT to some extent.

2:26

Specific flavors like vanilla, thyme, or peppermint make it almost bearable to consume.

2:36

The biggest issue with e-cigs, however,

2:39

was that they made the feeling in my throat even worse than using a normal vaporizer.

2:42

I always had the feeling that this method made my throat feel bizarrely gooey,

2:47

especially on evenings with a lot of consumption.

2:50

It is possible, of course

2:51

that the DMT made this effect significantly worse,

2:53

but it wasn't very enjoyable either way.

2:55

It felt like Lucy Cat must feel after a bukkake scene.

2:58

Now naturally, the experts among you are aware that there are no bukkake scenes with Lucy Cat.

3:02

Hey Lucy, if you wanna change that, call me!

3:04

While we're on the topic of bukkake,

3:06

another complaint I have with e-cigs is that they constantly spurted.

3:10

While I had it in my mouth, they would spurt right in my face.

3:14

I think that usually happened when I pressed the button to start evaporating

3:17

And it is just fucking disgusting to get that liquid shot into your mouth or throat.

3:22

I've tried many e-cigarettes,

3:24

but effectively all of them did that.

3:26

I'm sure that some e-cigarette fanatics now feel compelled to write a whole essay,

3:30

telling me that "You have to do this and that and move it just right and then this won't happen".

3:34

But my problem is that I don't wanna spend a DMT session thinking about how many watts are necessary

3:39

and how hard I need to inhale so that my e-cigarette doesn't attack me.

3:43

Also, I sorta have the feeling that this DMT-mixture was more prone to splashing around than just regular liquid,

3:49

which means that your tips to prevent splashing might simply not apply when the cigarette is being used with a DMT-liquid.

3:58

The only e-cigs that never caused this problem are these thin e-pens right here,

4:04

but those have very little power,

4:06

which makes it a whole lot harder to reach a proper high.

4:10

Sometimes it's necessary to take three strong drags from those things only to get some light optics.

4:19

For me, those problems were reason enough to no longer want to bother with e-cigarettes for consuming DMT.

4:24

Next up, we get to the method of consumption that is probably the most common:

4:28

most people consume DMT with some type of pipe or some homemade machineries.

4:33

Adam has made a video about building his own DMT pipe.

4:37

Firstly, a thing that bothers me with this method of consumption is that you have to use a lighter to heat the DMT and

4:43

I'd be scared to burn it instead of evaporating it properly.

4:46

This is also significantly less comfortable and worse for your health.

4:49

Secondly, this method of consumption requires constant reloading:

4:53

you take a couple of drags and you've already run out,

4:55

which means you need to get more DMT and move it onto the pipe.

4:59

That is just too bothersome for me, especially because i never just leave it be at a couple of drags.

5:03

I like to have a real session where i constantly take more puffs to keep the high fresh.

5:10

And finally, we've reached the method that I love the most so far.

5:14

First, you take the DMT and mix it with some other herb.

5:19

Since I, of course, don't own any DMT,

5:20

I'll show you with flour, so don't expect yours to look just like the recordings I'm showing you here.

5:27

If this is done with DMT or damiana it will look pretty different.

5:33

Every time I have seen this method of mixing, the DMT was mixed in very well and it effectively just looked like damiana without DMT.

5:43

Since the DMT is mixed in with some other herb, the taste is much more bearable.

5:48

My herb of choice is almost always damiana, but if you've tried this with some other herb tell me about it in the comments!

5:55

After mixing, we go back to the roots and drop the mixture in a vaporizer.

6:00

And i don't mean just any random vaporizer, I'm talking about the Vaporizer Arizer Solo 2.

6:05

Why the Arizer of all things?

6:06

Simply because I don't know any vaporizers that are as easy to clean as the ones made by Arizer.

6:11

Just drop the mouthpiece in some alcohol, and it's completely clean.

6:15

If that doesn't do the trick,

6:17

you can help out with a Q-tip by dunking it into alcohol and simply brushing off the mouthpiece and the chamber.

6:25

This means that you can reuse the device for weed the next time it comes up without it reeking of DMT.

6:30

I can't promise that you won't taste any DMT, but it will certainly be much less than other vaporizers.

6:36

Personally, I use this device exclusively for DMT,

6:38

but it might be a little too expensive for some people to buy a device for nothing but DMT.

6:44

I have also temporarily tried to use the Arizer Air 2 or the Arizer Ago for evaporating purposes.

6:50

Those attempts went pretty well, but for some reason it just works best with the Arizer Solo 2.

6:57

It is possible that I'm just imagining things,

6:58

but it seems to me that the Solo 2 requires the least effort on my part to get to the desired high.

7:04

If I set the device to 160, 170 degrees Celsius (Fahrenheit: roughly 330 degrees) I'm already able to evaporate the stuff while barely having to cough.

7:11

To further reduce the chance of coughing fits, you can buy a water mouth piece,

7:17

and the really tough ones can use a bong attachment to use a bong as a water filter,

7:22

preferably with the most noble of bong brands, Black Leaf, who are also supporting this video.

7:29

In a vaporizer, the DMT doesn't last quite as long as in an e-cigarette, but it works very well for a little session.

7:36

I'd guess that this will last you 20-40 minutes before you have to refill, if you completely fill the chamber.

7:43

Of course, this also depends on the ratio of DMT to damiana in your mixture.

7:47

By the way, don't worry if you can barely see the vapor.

7:49

That's not evidence of something not working properly,

7:51

it's just that keeping the vapor in your lungs for a long period of time makes your body absorb most of it,

7:55

so barely anything will come out when exhaling.

7:57

During a session I occasionally just puff away, and at those points it is very easy to see the vapor.

8:01

If I don't see any vapor while puffing, that's a sign to refill.

8:05

Yes, you can reach breakthroughs with this approach as well.

8:09

I haven't done that yet, as I don't feel ready for it, but several of my friends have.

8:15

In case you don't feel ready for a breakthrough yet, you don't have to be scared of reaching it by accident:

8:22

just start slow and steadily move your way up throughout the night to determine which dosage is good for you.

8:31

Just yesterday I was on the phone with a buddy who had just smoked DMT with a pipe.

8:36

After telling him of this method, he switched to the Solo 2.

8:40

He was incredibly excited right away and could not stop talking about how superior this method is.

8:44

The Solo 2 is also a fantastic device for vaporizing weed, by the way, and I'd be delighted if you guys bought your Vaporizer Solo 2 at my Open Mind Shop.

8:53

I can only continue to make videos if people regularly use that shop to buy their smoking needs.

8:58

So you know, don't buy products in my shop just to support me, but if you need a new vaporizer anyways, just use my Open Mind shop.

9:05

In case you've tried consuming DMT with other vaporizers, please tell me how it went!

9:11

I have honestly tried several of them, and they were all undoubtedly worse than the Solo 2.

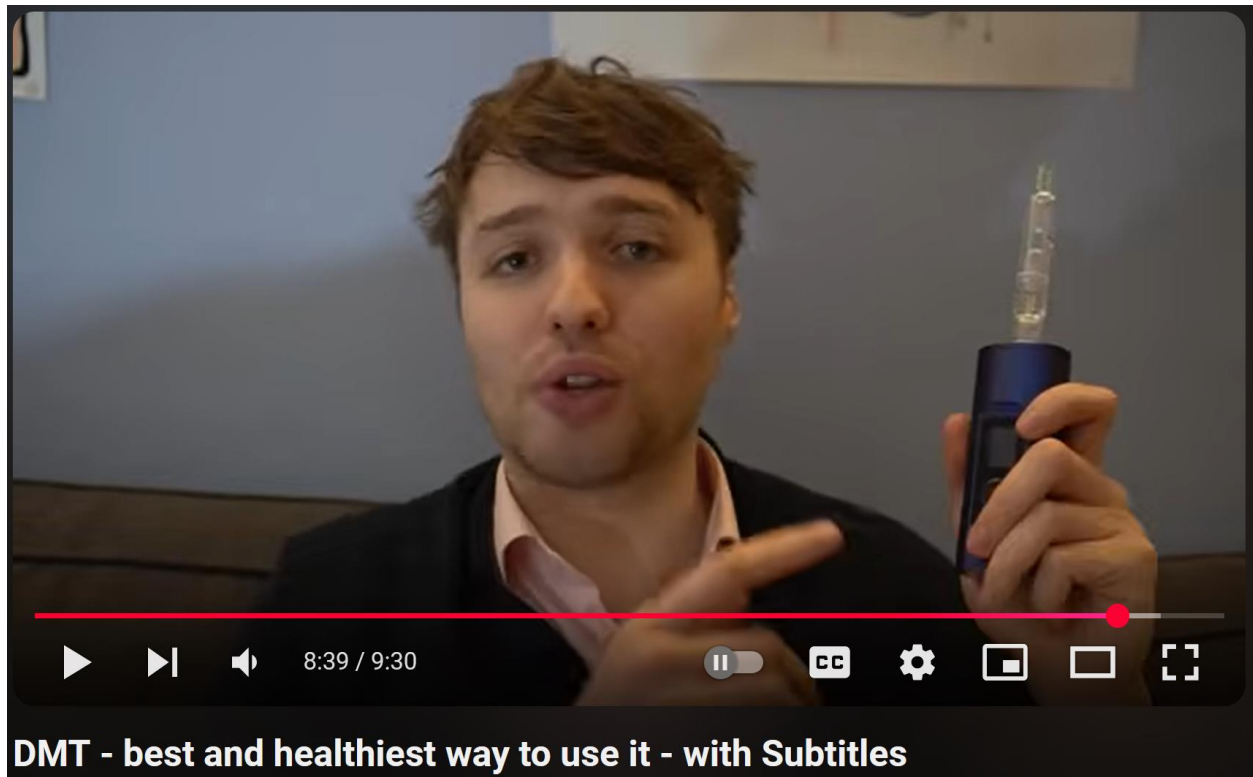
9:16

All the vaporizers that I tried before the Solo 2 have caused me to cough a lot more, even if they were on the exact same settings.

9:26

If you have an Open Mind channel, and not yet an Open Mind 3000 F, then subscribe to this channel

Relevant screen captures



Screen-grab of a user showing a vaporizer used to effectively vape DMT.