

 The logo for EntheoNation, featuring a stylized golden flower or sun symbol with a central emblem.

EntheoNation

The Complete Guide to

Making Changa



Table of Contents

- 1 |** Introduction
- 2 |** The Basics of Changa
- 3 |** What to Expect from Changa
- 4 |** A Note on Legality
- 5 |** What You'll Need to Make Changa
- 6 |** Making Changa Step by Step
 - 7 |** Extracting DMT
 - 12 |** Mixing DMT into the smoking mix
 - 14 |** Popular changa recipes
- 15 |** How to Smoke Changa
- 16 |** Enhancing the Making of Changa
- 17 |** Where to Get Changa Ingredients



Introduction

The hallucinogenic brew ayahuasca is an intense and often challenging experience, even for psychedelic veterans. It involves hours of profound spiritual exploration, and often includes uncomfortable physical effects like vomiting...

Understandably, it's not for everyone!

But ayahuasca has been shown to have amazing healing potential, and the challenge of the mystical experience it produces seems to be mirrored by the extent of its spiritual and physiological benefits.

People sometimes seek out the pure DMT experience as a way of encountering similar spiritual epiphanies as ayahuasca, but this usually only lasts a few minutes and can be bewildering and strange. The short-acting nature of pure DMT crystal means that it's often hard to extract any meaning from these experiences.

This is where **changa** comes in!

Changa was created by ethnobotanist Julian Palmer in the early 2000s as a way to bridge the gap between the deep and extensive ayahuasca journey, and the short but powerful DMT trip.

Changa blends the two main ingredients of ayahuasca – *Banisteriopsis caapi* vine (or something similar) and DMT – helping to prolong the DMT through a chemical relationship, producing a gentler experience than pure DMT that can impart more of the lessons contained within a full ayahuasca ceremony.

Here, we hope to guide you in making your own changa at home safely and mindfully. If done properly, smoking changa can offer you a connection to the sacred plant medicines of the Amazon without requiring a journey there.



The Basics of Changa

Although psychonauts have long been experimenting with smoking mixtures of DMT extracts with various plants, changa explicitly aims to recreate the popular ayahuasca recipe of *Psychotria viridis* and *Banisteriopsis caapi*.

When the monoamine oxidase inhibitors (MAOIs) in *B. caapi* combine with the DMT in *P. viridis* in ayahuasca brews, it allows the psychedelic DMT to be active for much longer in the body. We think the same thing happens with changa. Even though we don't yet have conclusive evidence of this, there are thousands of anecdotal reports!

People suggest that the combination of DMT with MAOIs in changa helps the psychedelic effects of the DMT come on a lot slower, and last longer, than just smoking pure DMT. We also know that MAOIs have their own psychedelic effects when ingested or smoked, so they'll undoubtedly be contributing to the changa experience!

As there are hundreds of changa recipes out there, and practically endless ways that you could combine DMT with MAOIs, many people include other psychoactive plants in their changa blends. A universe of pharmacological possibilities remains to be discovered!



What to Expect from Changa

Changa can be smoked through a bong, pipe, or even just rolled into a joint.

Smoking changa results in a 10-15 minute long psychedelic experience that people describe as a shortened ayahuasca trip that also has elements of pure DMT. The afterglow can last up to half an hour, depending on the strength of the changa blend.

People report that having larger doses of MAOIs within the mixture helps the experience last longer and feel more like ayahuasca. It's been suggested that the MAOIs in the blend help to extend and soften the sometimes overwhelming visual effects of the DMT.

Unlike ayahuasca, people rarely report nausea or vomiting with changa. If you've made a good blend, it should smell and taste very pleasant, unlike smoking pure crystal DMT!

Trip reports often start with participants describing themselves being shot through the universe at great speeds, before reaching some kind of portal or gate – similar to the smoked DMT experience. Then the trip typically starts to gain more of a narrative, or more of a sense of purpose or message, compared to pure DMT experiences. People report a very gradual come-down that leads into a smooth and usually very pleasant afterglow.



A Note on Legality

Because changa requires you to extract DMT from a plant, preparing it will be illegal in many countries. DMT is a schedule I substance in most countries that have signed the UN Convention of 1971. While in some countries it is allowed to purchase DMT-containing plants, and even ingest them, it is likely illegal to extract the DMT from those plants for other purposes.

Banisteriopsis caapi is also prohibited in some countries including France, Canada, and Australia; several Southeast Asian countries; and the US state of Louisiana.

You should always check your local laws before beginning this guide. EntheoNation does not endorse illegal activities and presents this guide as a means of harm reduction. Only extract DMT for changa if it is legal to do so in your area.





What You'll Need to Make Changa

Here's a very brief overview of the changa making process before we dive into the details.

The basic changa recipe is to extract DMT from a DMT-containing plant, then dissolve that extract into a mixture of plants that includes MAOIs.

DMT extraction will be the most time-consuming part of the process, but don't worry! We've laid out the steps with illustrations in the next part of this guide.

Once you've got your pure DMT crystal, it's a case of dissolving it in alcohol and then mixing it with your changa smoking plants, and letting the mixture dry so that all the DMT moves into the dried plants while the alcohol evaporates. The most simple changa recipe is to dissolve 250mg of pure DMT crystal in a small volume of isopropyl alcohol (as little as you can), then add that DMT-alcohol solution to 1g of dried *B. caapi* vine (or other plant that contains MAOIs) and let it dry.

Beyond this basic recipe, you can change anything you want! You can alter the concentration of DMT if you'd prefer it stronger or weaker, and use all sorts of other plants in place of, or in addition to, *B. caapi*.

Other plants that contain MAOIs include *Peganum harmala* (Syrian rue), passionflower, and some Acacia trees. You can extract DMT from a large number of plants, including *Psychotria viridis*, *Mimosa hostilis*, some Acacia trees, and *Anadenanthera* seeds.

In addition to the DMT and MAOIs, you can add all sorts of herbs to the changa mix to make it taste nicer, or to explore other sedative or psychoactive properties. We'll share a couple of the most popular mixes below!



Making Changa Step by Step

Here we'll guide you through the changa-making process from beginning to end. Before you start, make sure you have all the ingredients and equipment you need, and read through the process several times so you are familiar with it.

Ingredients

- DMT-containing plant such as *Mimosa hostilis* root bark ([Can be purchased here](#))
- MAOI-containing plant such as *B. caapi* ([Can be purchased here](#))
- Optional – other plants to include in your smoking mix (See recipes section)
- Isopropyl alcohol or pure acetone
- Water
- Lye (granulated sodium hydroxide)
- Vinegar (for safely cleaning up Lye spills)
- Naphtha VM&P (if unavailable, 40-60 Petroleum Ether can be used)

Equipment

- Personal safety: fume mask, safety goggles and rubber gloves
- Grinder or blender that is capable of crushing ice
- Glass mixing jar – with a wide mouth and tight fitting lid, around a liter volume or more depending on how much plant material you are starting with.
- Collection jars with lids x4 (glass jelly/jam jars will do)
- A shallow dish (glass is best)
- Coffee filters
- Rubber spatula
- Freezer
- Pipette



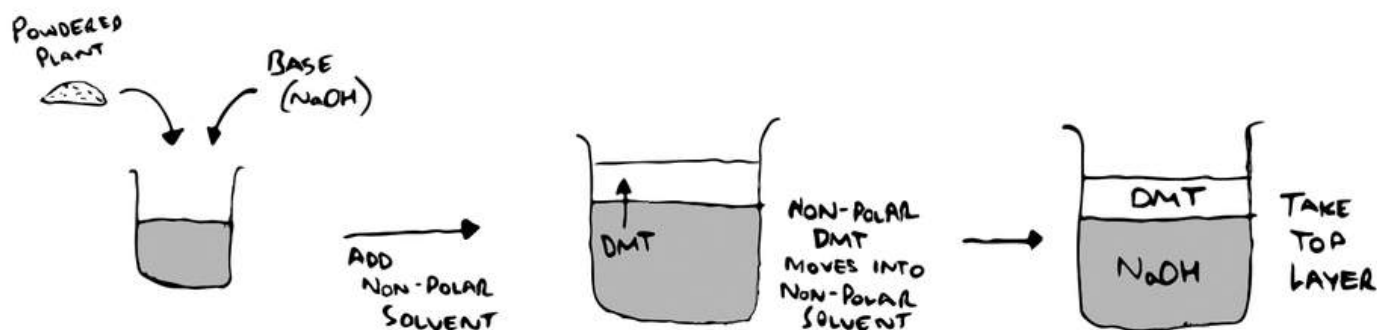
Extracting DMT

The simplest way of extracting DMT is called the “**Straight to Base**” method. It won’t get you the purest DMT possible, or super high yields, but is the best place to start for beginners because it takes less time, uses fewer ingredients, and involves less equipment, than the more complicated “Acid/Base” methods.

The theory behind the Straight to Base method is shown in the illustration below.

Basically we take advantage of the fact that DMT is a nonpolar molecule – meaning that it has an evenly-distributed electric charge. If we dissolve the DMT-containing plant in a polar, basic solution (in this case, sodium hydroxide), we can extract the nonpolar DMT molecules out of the polar solution by adding a nonpolar solution to it (in this case, naphtha). We then just need to condense the DMT crystals out of its new nonpolar home.

STRAIGHT TO BASE



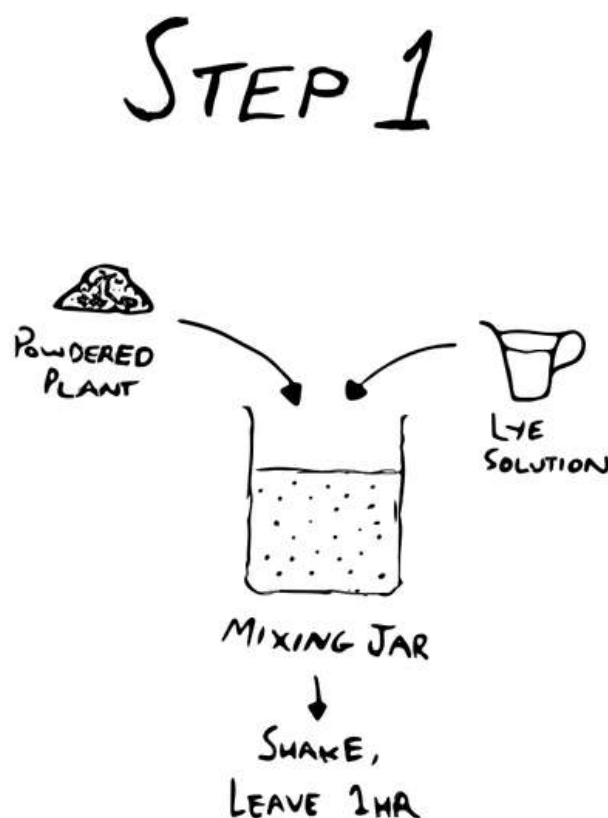


Extracting DMT – Step 1

Dissolving the plant material into a polar solution

This is where we mash up our DMT-containing plant and dissolve it into a polar solution so we free all of our DMT molecules!

- Cut and blend your plant material in your grinder until it's as fine as you can get it – wear a mask to avoid breathing in the powder.
- Slowly add your lye to your water a tablespoon at a time, mixing until dissolved, in your mixing jar. For 50g Mimosa hostilis bark, use 750ml water and 50g of lye. *NOTE: lye can cause chemical burns and should be treated with care. Neutralise any spills with vinegar. Wear gloves and safety glasses.*
- Add your powdered plant to the jar, tightly close the lid, shake thoroughly and then leave for about an hour.



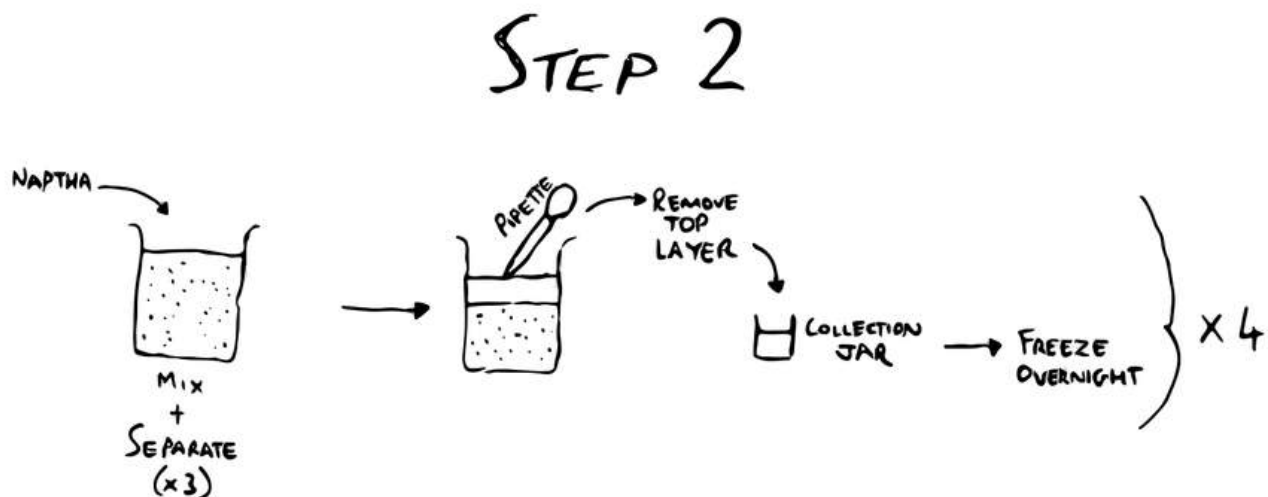


Extracting DMT – Step 2

Moving DMT from the polar solution

Now we have DMT molecules floating around in polar solution, we just need to add our nonpolar solvent (naphtha) and encourage the DMT to move out of the polar solution by copious mixing!

- Add your naphtha to the mixing jar: for 50g *Mimosa hostilis* bark, use 50ml naphtha.
- Put the lid back on your mixing jar and gently mix it for about a minute, turning it upside down a few times. **Don't shake it**, as this will make it hard to separate out the two layers later.
- Set down your mixing jar and allow the two layers to separate.
- Repeat this gentle agitation a few more times.
- Once the layers have separated after your final agitation, use your pipette to move the top (clear) layer into one of your collection jars. This contains your DMT. Try to avoid taking any of the darker, bottom layer, as this contains nasty stuff you don't want carried over.
- Add more naphtha to the mixing jar and repeat the above steps three more times to get every last remaining bit of DMT out of the base solution.
- Put all four of your collection jars (containing DMT in a naphtha solution) in the freezer and leave overnight.



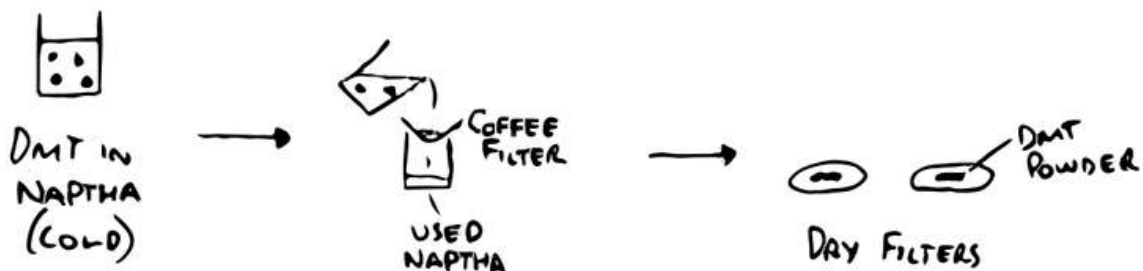


Extracting DMT – Step 3

Removing DMT from the nonpolar solution

- The freezer should have made your DMT crystallise in your collection jars. Pour the solutions through a coffee filter to collect the DMT. The naphtha can be saved and reused in future extractions.
- Use your rubber spatula to get every last bit of naphtha solution out of the collection jars. Many people report seeing crystals attached to the sides of the collection jars – don't leave these behind!
- *NOTE: some people report that they see no crystals after one night. If that's the case, your freezer may not be cold enough. Leave your collection jars for longer until you can see crystals. The crystals may also be so small that they aren't visible, but can be separated out by the filtration step.*
- Carefully lay out your coffee filters to dry. When dried, this DMT powder is ready to move to the next step of the changa process.

STEP 3





How do I know if my DMT is pure?

All you have to worry about when you make your own DMT is how efficient you've been in following the instructions. If you've used poor quality ingredients, or done a messy job (i.e. carried over some of the polar solution by accident), you may end up with more impurities in your DMT powder. This can be unpleasant to smoke.

There's a myth that the color of DMT powder tells you its purity – this isn't true, as there are a number of factors that contribute to the color of DMT powder. Generally, if your powder is white, yellow, red or light brown, it is safe to smoke. If it is green or blue, something has gone wrong in your extraction and you should try again.

Anything that looks similar to what is shown in the image below is probably untainted DMT. However different batches will have different colors – some may be completely white, others almost yellow, and some will be a mixture, like the batch shown below.





Mixing DMT into the smoking mix

Now it's time to add your DMT crystal into your chosen smoking mixture, using a simple alcohol evaporation.

First, **prepare your smoking mixture**. This needs to contain MAOIs, but you can add many varieties of different sedative or psychoactive plants to affect the experience. The most basic smoking mixture is simply dried *B. caapi*, but we have suggested some popular mixtures in the next section. Make sure your mixture is dry and evenly ground for the most pleasant smoking experience.

Now, **decide on how strong you want your changa to be**. A good starting mixture will be about 20% DMT – or 250mg of DMT crystal mixed with 1g of plant material. If you become more confident with changa over time, you can experiment with stronger changa simply by increasing the quantity of DMT that you add to the 1g of plant mixture. Keep in mind though, the higher you go the more like DMT and the less like ayahuasca your experience will be.

Use this chart to determine how much DMT you should add to your plant mixture:

Light/moderate	250mg DMT per gram of plant mixture
Strong	350mg DMT per gram of plant mixture
Intense	500mg DMT per gram of plant mixture



Next, **dissolve your chosen quantity of DMT crystal in alcohol**. The best alcohols to use are isopropyl alcohol or pure acetone. You don't want any additives in your alcohol so that they evaporate cleanly. You'll want to add your DMT crystal to the alcohol in a shallow dish, and use as little alcohol as possible – probably around 10ml of solvent for 250mg of DMT. Mix it gently to dissolve the crystal.

Once the DMT is fully dissolved in the alcohol, you can **add your dried plant mix directly to the DMT-alcohol solution**, mix it thoroughly so the plant is soaked, and then allow the alcohol to fully evaporate. This might take a few days, depending on how much alcohol you've used. When it's totally dry, it's ready to smoke.

To check that everything has worked, weigh your final mixture. If you added 250mg of DMT to 1g of plant material, it should now weigh 1.25g.





Popular changa recipes

So far we've just suggested using *B. caapi* alone as your smoking mixture. However you can add all kinds of plants to the mix, and even begin to experiment with your own preferences. Here are two of the most popular recipes:

The “**original**” **changa recipe**, endorsed by Julian Palmer, includes an interesting mix of plants! To make a gram of this mixture, combine these dried plants, finely ground:

- 300mg *B. caapi* (the main source of MAOIs)
- 200mg passionflower (also contains MAOIs)
- 200mg mullein (thought to reduce the harshness of the smoke)
- 200mg peppermint (for flavor and to reduce the harshness)

Then, add your chosen quantity of dissolved DMT crystal to this plant mixture and allow to dry. Once it has dried, add 50mg of calendula (used in some herbal smoking blends) and 50mg of blue lotus (which has mild sedative properties), to complete the recipe.

Here's an **alternative recipe for changa** – this one is colloquially known as “**Electric Sheep**.” First, mix together these dried ground-up plants:

- 330mg *B. caapi* (the main source of MAOIs)
- 330mg Calea zacatechichi (sedative and euphoric properties)

Then add 250mg of your dissolved DMT crystal and wait for it to completely dry. Finally, add 330mg of blue lotus – adding this last preserves its color and texture. Then it's ready to smoke!

You can find more of our changa recipes here!



How to Smoke Changa

As with all psychedelics, set and setting matters for the quality of your experience. People who are well prepared, set clear intentions, and have paid attention to making their environment calm and safe, are more likely to have a good experience. It's also great practice to have a sober sitter with you.

When you first take changa, start with a small amount, to test your sensitivity. Sometimes people require multiple hits to start to feel the effects, so stay calm and take it easy.

You can smoke changa in a pipe, bong, or joint. You don't need any special kind of lighter. If you want to just test the waters, which we recommend doing at first, take a couple of small drags and then wait until the effects have completely subsided before taking more. If you want to immediately break through, you should take a large hit, or two, instead.

Experiment with the effects and find the right kind of smoking method that works for you! Just make sure that you go slow at first, and expect things to ramp up quickly if you take multiple hits in a row.

It is worth repeating: the best changa experiences will take place in a comfortable environment, with a trusted sitter, and a calm headspace.





Enhancing the Making of Changa

Here are some things you can do if you want to put in extra time and effort to make the changa experience as powerful as possible:

- Use the Acid/Base method for higher yields of DMT. You can find these techniques on forums like the DMT Nexus.
- You can speed up the dissolving of your DMT crystal in alcohol by keeping your dissolving dish warm in a steam or water bath. You can then use the same warm dish to add your plant material to, speeding up the subsequent drying process. Be especially careful if you do this, as hot solvent can release flammable vapors. Do not use an open flame to heat your water or steam bath.
- Many people suggest making changa with concentrated extracts of MAOI-containing plants, or using concentrated MAOI solutions, to enhance the ayahuasca-like effects. However this process adds considerable complexity to making changa, and creator of changa Julian Palmer says that it is not necessary. If your changa contains at least 30% *B. caapi*, it will contain enough MAOIs to have a significant effect.
- Experiment with other recipes! Many people describe that including other plants in changa mixes can amplify their effects many times thanks to the amplifying power of ayahuasca. Adding sedative, oneirogenic (dream-enhancing) or stimulating plants to your smoking mix could significantly change the feel of the experience.



Where to Get Changa Ingredients

Here are some of our favorite ingredients to use in changa mixes, all available online. Check your local laws before completing any purchase: we do not condone illegal activity and would not want anyone to suffer undue stress over their purchasing of prohibited plants.

DMT-containing plants



Mimosa hostilis root bark



Chaliponga leaves and vine

Use code "ENTHEO" at checkout for 10% off!



Psychotria viridis leaves



Acacia confusa root bark



Smoking mixture ingredients



Banisteriopsis caapi vine



Blue lotus flower

Use code "ENTHEO" at checkout for 10% off!



Passionflower extract



Calea zacatechichi



Introducing

Spiritual Evolution with Sacred Plant Medicines



Harness the Power of Visionary States & Evolve Into Your Highest Self

Get ready to discover:

- How to identify which visionary medicine might be right for you
- Best practices on finding and vetting qualified plant medicine shamans, facilitators and retreat centers
- Keys to cultivating a sacred relationship with visionary plant medicines after your ceremony is over
- A framework for integrating plant medicine work so that you can become your best self, and fall madly in love with life

REGISTER NOW

Looking for an Ayahuasca retreat?



**250,000 people book a transformative
retreat every year on retreat.guru**

VISIT [RETREAT.GURU](https://retreat.guru)

Retreat.guru is the world's largest marketplace for authentic wellness retreats trusted by thousands of retreat centers, teachers and millions of retreat goers.

