



A Multidisciplinary MXE Analysis

Compilation and original research by Vortech
with contributions from methoxetamine researchers worldwide.

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(6/26 I have decided to wrap up this book's content to focus on my next book, which in many ways is a conceptual extension and companion to this work. Any further edits will be corrections of typos and other details.)

Wherever you have found this you can always check [this link](#) to see if there is a more recent version available.

[Preface](#)

[How to Use This Book](#)

[Overview](#)

[The Goals of This Book](#)

[Chemistry](#)

[Pharmacology](#)

[Metabolism and Detection](#)

[Batch Variance](#)

[Purification](#)

[History of Dissociatives and Arylcyclohexylamines](#)

[The Second Psychedelic Revolution](#)

[Chemical relatives/Analogues](#)

[Legal Status](#)

[Implications of Grey-Market Production/Distribution](#)

[Effects](#)

[Psychedelic Drunk](#)

[The Spectrum of Effects](#)

[List of Effects](#)

[Adverse Effects/Side Effects](#)

[Afterglow Vs. Comedown](#)

[Dosing](#)

[Microdosing](#)

[Induction \(First-Time Use\)](#)

[Redosing](#)

[Tolerance](#)

[The Yin-Yang Model of Dosing](#)

[Use Vs. Abuse](#)

[Addiction](#)

[Routes of Administration](#)

[Vaporizing](#)

[Intranasal](#)

[Oral/Sublingual](#)

[Intrarectal](#)

- [Intramuscular/Intravenous](#)
- [Combinations and Contraindications](#)
- [Serotonergic Psychedelics \(5HT Agonists\)](#)
 - [DMT and DPT](#)
- [Cannabis and Synthetic Cannabinoids](#)
- [Benzodiazepines](#)
- [Stimulants](#)
- [Empathogens/Enactogens](#)
- [CNS Depressants - Alcohol and Opioids](#)
- [Diet/Supplements](#)
- [Summary](#)
- [Phenomenology](#)
 - [Cognitive Phenomenology of Psychedelics](#)
 - [Flow](#)
 - [Love](#)
 - [Ego Perspective](#)
 - [Left-Right Brain Hemispheres](#)
 - [Cognitive Vs. Emotional Intelligence](#)
 - [Phenomenology of Dissociated Consciousness](#)
 - [Increased Synchronicity](#)
 - [Imagining](#)
 - [Synthesizing Happiness](#)
 - [Phosphenes](#)
 - [Auditory Phenomena](#)
 - [Olfactory Phenomena](#)
 - [Dark Vs. Light Experiences](#)
 - [Helping You Remember](#)
 - [Extroversion/Introversion \(Flipping the Switch\)](#)
 - [The M-Hole](#)
 - [Lucid Holes](#)
 - [Dreaming and Lucid Holing: A Convergence](#)
 - [Lucid Technologies](#)
 - [The Simulation Hypothesis](#)
 - [Hyperdimensional Travel](#)
 - [On Awakening](#)
- [Consciousness Theories](#)
 - [Orch-OR and a Unitary Quantum Hypothesis](#)
 - [Quantum Computation](#)
 - [Spin-Mediated Consciousness](#)
 - [The Physics of Collective Consciousness](#)
 - [The Many Worlds Theory](#)
 - [Timothy Leary's Eight-Circuit Model of Consciousness](#)
 - [Biocentrism](#)

[Panpsychism](#)

[Spirituality](#)

[The Holy Trinity and Divine Balance](#)

[MXE as a Molecular Sacrament](#)

[Entity Contact](#)

[Toward a Global Spirituality](#)

[The Default Mode Network](#)

[Tuning](#)

[Broadband Energy in the Brain](#)

[Biorhythm Calculations](#)

[Remaining Practical](#)

[To Use MXE is to Practice Shamanism](#)

[Tuning Foundations- Set and Setting](#)

[Defining Parameters to Let the Magic Happen](#)

[Music, Art, Sound and Light](#)

[Dancing](#)

[The New American Dream, Virtual Reality and the Future](#)

[Music and Drugs in Modern Culture](#)

[Boundary Dissolution in Sex, Drugs and Music](#)

[Biofeedback](#)

[The Subtle Energy Body](#)

[Entrainment](#)

[Sympathetic Resonance](#)

[Quantum Entanglement](#)

[Unlocking Tuning Through Energy Work Modalities](#)

[Energy in Hindu Philosophy](#)

[Chakras](#)

[Yoga](#)

[Energy in Chinese Philosophy](#)

[Breathing Techniques](#)

[Meditation](#)

[Meditation on MXE](#)

[Buddhist Meditation](#)

[Contemporary Meditation](#)

[Energy Psychology](#)

[Reiki, Attunement and Therapeutic Touch](#)

[Self-Enquiry](#)

[Cognitive Behavioral Therapy](#)

[Sensory Deprivation](#)

[Esoteric Arts and the Invisible Vortex](#)

[Potential Therapeutic Applications of MXE](#)

[Mental Health](#)

[Borderline Personality Disorder](#)
[Treatment-Resistant Depression](#)
[Addiction Recovery](#)
[Opiate/Opioid Addiction](#)
[Alcoholism](#)
[Other Pharmaceuticals and Amphetamines](#)
[Pain Relief](#)
[Drug-Assisted Psychotherapy](#)
[Recreational Use](#)
[My Personal Path](#)
[Poetry](#)
[Concluding Thoughts](#)
[References and Resources](#)
[Online Culture](#)
[Books](#)
[Research Articles](#)

Preface

I have been experimenting with methoxetamine and related arylcyclohexylamines since 2011. I quickly became fascinated enough to start researching scientific literature and user reports. When I first started writing this book in early 2014, the future seemed very bright for myself and this chemical. Numerous sources on the ‘clearnet’ and ‘darknet’ sold high quality material, and interest in the US (where I live) continued to grow through the Internet and grassroots social circles. My enthusiasm and interest had been consistently strong for years, and I foresaw an institution forming around these drugs where methoxetamine (henceforth referred to as ‘MXE’) could be researched legitimately to treat many varied disorders. If MXE isn’t the best candidate, similar drugs could be. There has been optimistic progress in this class overall, with ketamine at the forefront of treating depression and Memantine approved to treat Alzheimer’s.

The MXE scene as of late 2015 was a very different story. By mid-2015 legitimate MXE proved difficult or impossible to source due to overseas bans. Vendors increasingly sold poor quality product or completely different drugs as MXE. Prices increased. By late 2015, the MXE market basically disappeared. An organization called [KNB Spirit](#) (which has also now gone offline in 2016) was one of the last viable sources, a spiritually-centered site in which one must pass a test in order to become ‘parishioner’. The site referred to MXE as a molecular sacrament; I also bring up this notion in the ‘[Spirituality](#)’ section of the book. There is a strong political element that I feel is acting prematurely for lack of data and understanding of this tool. Basically, governments tend to preemptively ban anything based on fear or unknowns. This is a reason for my gathering of *data* and *vision* for safe and legitimate therapeutic applications of MXE. The irony is not lost on me that I finished the book after it became virtually unavailable anywhere.

This book is not just about MXE. To be able to integrate its lessons (or any psychedelic drug) beneficially into the fabric of one's life requires the support of a healthy lifestyle that balances the **physico-psycho-spiritual** (**body-mind-spirit**) elements. The scope is much broader than can be put in a book under 160 pages. This is why I focus on including hyperlinks wherever applicable so the reader may continue research where they find interest. Additional peripheral subjects are explored by indirect relation to MXE, such as the entire chapter on consciousness theories. I believe all of this information helps to build an understanding of the full potential and implications of MXE's applications. I can't simply say MXE might enable users to reach mystical or clairvoyant states without exploring how that might be possible.

Multidisciplinary Approach

When I set out to write this, I knew it was imperative to draw from every source available to effectively analyze MXE's potential as a safe and effective recreational and therapeutic tool. I traversed a *lot of* rabbit holes in my research and experiments, and in order to not get lost in any of them I had to ride a fine line. On one side of this line is a mass of data that is objective, literal, logical, academic, scientific, technical, clinical, official, precise, and conclusive. The other side is subjective, metaphorical, chaotic, experimental, abstract, theoretical, philosophical, anecdotal, broad, and tentative. By distilling the essence of both of these disparate sides and attempting to resolve their wildly different data types, the result is what I hope to be a balanced picture and valuable resource for both serious researchers and casual psychonauts alike. It is not an easy task to bridge the gap between patient and doctor, spirit and science, theoretical and practical, but in this '[Brave New World](#)' of novel and experimental-yet-promising drug therapies, everything must be considered, and anything less is a narrow approach. To encapsulate a large scope of this self-directed therapy I synthesized a somewhat-novel hybrid energy work modality I call 'tuning' that builds upon the foundations of thousands of years of study by different cultures around the world.

To categorize this drug accurately is to see both sides along this blurry line. MXE is a unique drug in a class of unique drugs, which is to say it is *very* unique. It shares more qualities with classical psychedelics than some of the other drug's in its class. Looking at the spectrum of its phenomenology, it is potentially greater than the sum of its sometimes-paradoxical effects.

One part of the data shows a medicine with the power to catalyze profoundly therapeutic processes through a relatively low-risk psychedelic experience. Pairing its use with a framework of energy work, or as an adjunct to classical psychedelics, further extends its potential to treat imbalances that lie at the foundation of many common disorders such as treatment-resistant depression and addiction. The chemist who developed MXE used it to treat his own phantom limb syndrome, a type of neuropathic pain. Drug-assisted psychotherapy is another environment in which MXE may shine.

The other side of the data shows a strange new recreational drug with dangerous psychologically-addictive properties and a complex phenomenology. It seems safe toxicologically in medicinal quantities, but it can be heavily inebriating and abused chronically with potentially detrimental consequences to the user. Because of these potential negative side effects, MXE should be considered unwieldy to a user without a strong understanding.

As we look at both sides of this line objectively, we begin to see something greater than a traditional medicine or recreational drug; we see a new tool with a spiritual element that would likely benefit from a proper 'facilitation manual' for harm reduction and additional guidance.

Limitations

Formal research of MXE is still in its infancy. It was only first developed by a single chemist in 2010 without the aid of any corporate or government funding. A few years after LSD and MDMA were first developed, only a handful of researchers knew of them and even fewer had actually tried them. Thanks to the Information Age, new and promising drugs spread faster than ever. However, since MXE is not patentable, there is little incentive for any pharmaceutical corporation to commission clinical trials for potential therapeutic applications. That leaves us in a unique spot in history. It is mostly up to independent researchers, namely the users themselves, to advance the collective understanding of this novel drug.

We could also find out in 5 years that MXE causes some sort of serious delayed-onset disease in chronic users, at which point we would have to adjust the literature. It is an unlikely scenario given the relative safety of similar drugs, but we just don't have the long-term data to back up any claim. [Ketamine cystitis](#) is probably the most serious type of danger to watch for if MXE has a similar bladder toxicity (but it has been claimed to be 'bladder-friendly' for what it is worth). Outside of that, psychosis symptoms and psychological addiction are the primary concerns, but the research is a stepping stone towards better solutions for therapy. Ketamine is the most similar drug to MXE in many ways and benefits from long history of safe use, is still used clinically, and is actively being researched for its therapeutic effects. In [this 2015 publication](#), the specific antidepressant actions of ketamine are targeted and tested with positive results. This research is just one example for the promise of arylcyclohexylamines. This class may not prove to be ideal depression antidotes, especially when unregulated, but considering the alternatives, it is at least a viable option.

This information is not new; it is merely being unearthed for a new time, from a ground of ancient mysticism and philosophy intertwined with contemporary sciences. Examining the phenomenology of MXE with the neuropsychopharmacology reveals a unique lens to study the science of consciousness.

Despite all the research already done and myriad books written, quantifying the psychedelic experience remains enigmatic and fragmented, and the inherent subjectivity of the phenomenology transcends material examination. This can be particularly true with MXE- reactions can be unpredictable due to the chaotic nature of variables, but this depth also exemplifies why psychedelics continue to fascinate. The experience depends on all the elements, particularly the interface of [set and setting](#). It is not an isolated reaction like that of more predictable drugs; It is a sensitive and intricate reaction that must be approached with care and **love** because *what you get out of it depends on what you put in*. The states that dissociatives imbue is a mirror for the inner universe of consciousness, offering a reflection for what is normally inaccessible.

This is the first book I have ever written. My citation style is not completely formal. Any information I directly quote is only a sliver of the available research and experience reports on the Internet. Apologies in advance if it does not meet your scientific rigor.

Acknowledgements

I want to thank all the researchers and MXE users who have shared experience reports, retrospectives, scientific research and harm reduction information, especially those I have quoted- model citizens you are. Shout-out specifically to the community at Bluelight.org where I have experienced so much untold wisdom and comradre (and [made many of my MXE-related posts](#)) the last few years.

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How to Use This Book

I have attempted to order the sections of the book in a way that makes the most sense when read in a linear fashion. However, as a whole the information is much more lateral. I may reference information contained in later sections, while other sections build from previous material. If you are already somewhat familiar with MXE and are looking for specific information, jump around and first read sections most relevant to your interest. If you only have a few minutes to read, look at the index and click on whatever section piques your interest.

The section that has the most build-up from previous material is the '[Tuning](#)' chapter. This is where the big picture comes together. I do reference the concept of 'tuning' many times early on, but it makes the most sense after reading everything before it. The '[Therapeutic Applications](#)' chapter explores the future of this class of drugs in the field of medicine. Taking the drug alone without any preparation or understanding may not likely trigger a long-lasting healing experience. However, in the proper setting and with the help of facilitators present as needed, it may be just the message you need to hear. In the end, we may find the greatest use for MXE as an adjunct with classic psychedelics. This is where the conversation really begins.

Many sections throughout the book document my anecdotal information, personal accounts, and theories I dreamed up 'in the cloud'. These sections can get quite expansive with varying degrees of relevance, so if you are more interested in harder science, skip around and be sure to explore the abundance of hyperlinks.

Finally, If you are on your own personal journey of discovery, the '[References and Resources](#)' section should keep you busy. All published scholarly articles regarding MXE (often

with full PDFs) are included, in addition to [books](#) and websites focused on the broader subject of psychedelics.

If you decide to experiment with MXE, please employ the harm-reduction practices outlined here and throughout the Internet, and I encourage engagement with the community as needed. Remember that MXE is a **tool** that can be used for 'light' or 'dark'. You can use a hammer to build a house or to smash your head in. **Follow the Light!**

Overview

The summary from [Drug-Forums MXE Wiki](#): *“Methoxetamine is a dissociative drug which has effects similar to but different than that of ketamine. Methoxetamine also differs greatly in terms of dosage when compared to ketamine, often time requiring a much smaller dose to reach one’s desirable effects. As a dissociative drug, methoxetamine has an interesting mechanism of action, acting both as an NMDA receptor antagonist (like many dissociative [drugs](#)) and a [serotonin](#) reuptake inhibitor, both of which contribute to the overall effects of the compound. Methoxetamine is a research chemical, designed as an alternative, cleaner version of ketamine, though this has yet to be formally proven through legitimate clinical trials. The duration for which methoxetamine acts when compared to ketamine is significantly longer (3-4 times the duration).”*

[‘MXE is like a Greatest Hits Tour of all drugs’](#). It has the insight of LSD, the dissociation of ketamine, the warmth of opiates, the intimacy of MDMA, the energy of a stimulant, the alpha waves of cannabis, and the swagger of alcohol (minus the hangover). The search for the perfect drug? This is a good place to start. It stimulates vitality. It metabolises kindly. The afterglow fades like the ring of a clear bell. The duration and potency are practically ideal. It can be consumed effectively in half a dozen ways, each route with slightly different effects and applications.

It is hard to gauge exactly how well-known MXE has become in its 5-year history. I know it is referenced daily in [discussions](#) on Reddit, and the [amount of posts on Bluelight](#) overshadow every other psychedelic drug. My conclusion after 4 years of use and *a lot of time dedicated to researching* is that MXE and many arylcyclohexylamines ought to be available for continued research for the benefit of mankind. Simply shutting the door with worldwide bans will likely create a situation that mirrors what happened with LSD in the 1960’s, blocking formal research while doing little to stop the spread of the drug through mainstream channels.

With that said, this drug is not for everyone, and it might not be for most people. This is the realm of [psychonautics](#); not exactly the common man’s pursuit. These properties need to be studied further, preferably in a formal environment. If you are already awake, you do not need it. As a tonic for tough times, it may be of suitable use.

I had trouble writing this section of the book. How do I summarize something that never reveals itself all at once? MXE is a bag of tricks. It is a magician if you will, whose sleight of hand must be slowed down and analyzed frame-by-frame to understand the hidden mechanisms. In other words (without the poetry) it is a complex drug that requires insight and experience to fully grasp. Its use can be seen as practicing a discipline or wielding a tool. I attempt to establish such a vision of a discipline in the [‘Tuning’](#) chapter.

I envision a potential future in which certain arylcyclohexylamines are accepted and approved for medicinal, recreational and spiritual use. To achieve this, both the general population and users must be well-informed of their dynamics. MXE and other dissociatives could displace the cultural ubiquity of alcohol just as legal cannabis is already doing. The fact that [alcohol is the most damaging drug in the world](#), yet also the most socially acceptable and widely used is as absurd as the rest of the current drug laws. MXE may be comparable to 'alcohol without a hangover' for new users, but in-depth experiments clearly differentiate the two into different ballparks of utility and safety profiles. I'm not here to bash alcohol. I recognize there are people who consume it responsibly without detriment to their bodies or relationships. However, I believe that MXE could be used *at least* as safely and effectively if treated as a tool and medicine.

The Science of Magic

If I had only one word to describe MXE, it would be '*magic*'. The focus of analysis is not the drug itself but how the drug interfaces with our brain receptors to affect qualia and create a sense of something magical occurring. This book [will inquire very deeply into the nature of consciousness](#). The more we understand consciousness, the more we can use that understanding to take control of the minds and tune life towards greater awareness, health and happiness. The term '[metaprogramming](#)' in this book, coined by [John C. Lily](#), refers to the process of intentionally rewiring the mind.

Naturally, there is some friction between science and the word 'magic', for a scientist will say magic is science not yet fully quantified. Indeed, real magic is what I only see possible in the [quantum](#) realm of physics. The principle of superposition is an example- when a particle can exist in [two places at the same time](#).

Understanding consciousness is understanding the [collapse of the wave function](#). In the [standard interpretation of quantum mechanics](#), [the wave function](#) is the most complete description that can be given of a physical system [[The Schrödinger equation](#)]. I see an elegant symmetry between the [wave-particle duality](#) of quantum physics and the [left-right hemispheres of the brain](#). The left brain works with particles (hard logic) and the right brain works with waves (music, imagination). The metaphor can be extended to the masculine (particle) and feminine (wave), as well as digital and analog elements of energy.

The wave function can go in two directions. It can evolve in a non-dual state, or it can collapse into a defined state providing concrete information. Consciousness is generally thought to be the realm of collapsing the wave function. However, dissociative tools allow consciousness to evolve the wave function in ways that are otherwise inaccessible. Because everything is always changing by nature, maintaining unity-consciousness for an extended time is the realm of shamans, meditation, psychonautics, divination, and *love*.

When we are dreaming or using our capacity to imagine, the wave function is allowed to evolve- I call it 'being in the cloud', naturally, because the mind is free to explore the cloud of all possibilities before a conscious thought measures and quantifies it- and that's where magic can exist. MXE's effect of enhancing the imagination could be described as overclocking the brain's quantum processor.

Integrative Medicine

Many trials with MXE helped me crystalize the idea of 'Tuning', a modality of therapeutic energy work that can be considered a form of [Integrative Medicine](#), which draws ideas and practices from many different therapies and disciplines, some ancient and proven, some new and experimental. This 'big-picture' approach is important for the patient. The 'Western' approach to health care in the United States has left a void in multi-disciplinary wellness therapies which lags behind 'Eastern' medicine in [holistic](#) treatment. The approach of mental health institutions have not changed much in recent decades. The 'Big Pharma' corporations' drugs, which haven't changed much in 30 years, are combined with a traditional counseling paradigm that attacks symptoms, both of which have varying levels of effectiveness. Integrative Medicine has revolutionary potential because it supports the sources of health and wellness, but so far, for various reasons, many institutions have been slow to adopt it in favor of FDA-approved 'status quo' therapies. One of the issues is the bureaucracy involved in integrating novel drugs and therapy applications. A large part of the problem lies in Capitalism, a system in which the primary motive is to profit from the patient, not to heal them. It is hard to profit from someone who feels healthy and whole.

The Goals of This Book

This book exists to present MXE through every lens I could comprehend. I want to help users wield and respect this tool (to minimize harm and maximize benefits). If successful, after reading this book you will be a more qualified MXE 'practitioner' and/or 'facilitator'. I hope to inspire exploration of the many forms of energy work to increase wellness balance in yourself and environment around you. I also hope to get people thinking about the nature of consciousness. The field still has a lot of unanswered questions.

If you choose to proceed with active experimentation, I hope this lays a foundation to safely use dissociatives, whether it be for empowerment, healing, spirituality, or simply as a safe and fun alternative to more established recreational drugs such as alcohol. MXE practitioners ideally play the role of both patient and doctor/therapist/shaman. If you do not feel confident in this ability, leave the administration and facilitation of the experience up to someone you can trust to fill the role.

A New Institution

This is a call to the collective of scientists, academics, teachers, chemists, government officials, artists, mystics, healers and psychonauts who see a vision for the future of MXE and/or its relatives. Central to this vision is a Nexus, a web site focusing on open-sourcing all research and advocating for the harm reduction approach to this class of drugs. The hope is to deter people from using, but if they do, the goal is informed responsible use. Also primary to the vision is to connect the collective knowledge base of the 'informal' research community with scientific and academic institutions to accelerate formal research. Initiating drug trials is costly. Institutions require novel ideas and adequate compelling data to convince them of the value of such

research. The MXE users of the world are an awesome well of data if we come together. A few examples of such research proposals:

- Psilocybin has been researched recently with very successful results as a therapeutic medication. Consequently, research indicates MXE synergizes strongly with psilocybin or its analogues. It would make logical sense to follow-up psilocybin trials using a dissociative as an adjunct to research the difference in results compared to psilocybin alone. The hypothesis is that therapeutic potential with this combination will be extended compared to psilocybin alone.
- Comparing the difference in brain activity between MXE, Ketamine and other dissociatives to differ their nuances and potential applications, and to determine if existing ketamine research (such as for depression) can legitimately transfer to MXE. A [brain scan, such as the one from a subject under the influence of LSD](#), would be great data to have.
- Mapping brain activity in many different stimulus conditions under the influence of MXE in a state of meditation, compared to experienced sober meditators. There have been countless instances in personal MXE experiments when I wished my brain was hooked up to an fMRI machine to study what was happening in my brain because it felt truly transcendent or just inexplicably strange. Was it just a flood of dopamine and dissociation or was it similar to natural meditation? What is the brain activity of a spiritual experience?

In turn, the research results can be catalogued in the Nexus to establish the next logical step for research. I understand it will take many years until MXE could be approved for medical use, but this is the ground floor to that end, and it is best to act while MXE is still unscheduled in the US.

Perhaps the best route is to open dedicated clinics. There are already ketamine clinics in operation around the country. The question is what needs to happen to establish arylcyclohexylamine 'clinics'. I say that with quotation marks because the vision is very different than the cold sterility associated with the word 'clinic'. MXE has different applications than what existing ketamine clinics accommodate. MXE use is more complex than simply taking the drug and hoping it works. We need to establish a protocol that engages a holistic view of the conditions that determine wellness. A setting that could be considered sacred, such as a church, would likely amplify the positive effects.

During my MXE honeymoon in 2012 I was calling for the establishment of a new institution around this chemical. Here is one of those posts:

'we really need to institutionalize this stuff. Integrate it into society with technology that we are using and recognize its potentials as a broad tool with proper use. A new institution. It's kinda hard to explain, but this compound fosters a strong connection to deep roots that should be acknowledged and encouraged to flourish for the benefit of global society.'

A user asked me to elaborate what I meant.

'Indeed it does need elaboration and it's a can of worms [involving] other cans of worms so to say, and I don't have the answer. Should it be founded as a church, citing spiritual aspects, or should it be founded as an independent committee of health and medical professionals citing

therapeutic potential? No existing institutional model accommodates this particular can of worms with its unprecedented cross-disciplinary value and breadth of reach. It would be nice if the world could get over all the political boundaries and come together over nascent subjects such as these special compounds and make a level-headed action to collectively facilitate a controlled exploration of the potential benefits...for the common goal of making the world a better place.'

A central community-driven peer-generated online presence is the logical place to start, including any and all information relating to MXE and other applicable dissociatives in a moderated forum and wiki-based system.

Wielding A Double-Edged Sword

It is important to address the reality of this drug (like most) as a double-edged sword. I don't want to sugar-coat the dangers of playing with fire. Still, my approach is one of cautionary optimism. If life actually had a proper instruction manual, I think we would all end up making better decisions as an informed population.

As a general harm reduction statement, if you are going to be using *any* drugs to augment your life, and if you want to do it sustainably, you need to get used to listening to your intuition. If your self awareness is tuned out, you are risking undue harm to any part of your body, mind or spirit. The dangerous aspect of dissociatives by definition are that they have the ability to detach the user from 'reality' which can lead to unexpected results when they decide under the influence to take a really large dose. The perception of the self is not exactly an accurate image of how you may appear to other people, especially on perception-skewing drugs like MXE. I would be lying if I said MXE never caused any strain to the relationships in my life. It can be frustrating because sometimes the reason is a lack of understanding from people who fear the unknown, but other times it is a very legitimate reason! It's important to never put a drug before any friends, family or responsibilities! The goal is to reach new heights while remaining grounded. Getting burned is inevitable if you treat any tool only as a means to escape. Always maintain respect for not only yourself but everything you are connected to; those things are extensions of yourself, and everything you do has some sort of effect on those connections. The safest use is strictly-guided intentional use as one component of a balanced lifestyle. You can't be on MXE all the time, as much as you may want to be. Trust me I tried! The spaces can be filled in with many other tools as explored herein- breathwork, yoga, exercise and meditation all build a holistic framework of mind-body-spirit tuning. Having a 'significant other', a life partner, helps many people, but many relationships are unhealthy leading to a downward spiral of desire to escape reality. Many people I know who fell into drug abuse weren't in a relationship and/or had been in a string of unhealthy relationships.

MXE might make you want to be a better person. It might make you see the real you inside of you, one that is not defined by the ego or perceptions projected onto you by others, and this perspective may help you make better life-defining decisions. I believe humanity is inherently good and full of latent potential and ability to do great things, but sometimes things happen and we forget this simple truth. tripping has helped me integrate simple-but-deep

foundational concepts, tapped me into my higher purpose and find what I am most passionate about.

MXE *could* also make you believe you are Jesus and that you can walk on water...which may lead you to drowning (seriously, don't go swimming on MXE without supervision, more than one person has died [this way](#)). With that said, MXE is kind of a cheat because it can make you feel like you are being the best person you can be when in reality you are not. It can distort reality in a way that is unproductive, ungrounded, egomaniacal or megalomaniacal (cognitive distortions are many and varied). If your desire is only to escape reality, you will likely fall into disconnection, narcissism and hedonism which are defined as unhealthy excesses, so please stay away from these drugs. First work on the *source* of your desire to escape.

On the optimistic side of the addiction potential, the MXE cheat code can't be played every day. The brain won't allow it. The person that first introduced me to MXE gave me a piece of advice right away- '*watch out for the bouncer in your brain*'. Like a bouncer at a nightclub that kicks out unwanted partygoers, the brain will kick MXE out once it figures out it shouldn't belong there. I take it as '*a feature, not a bug*'. The progressive tolerance build-up protects against excitotoxicity and overuse. I see tolerance to these drugs as a type of evolution, as the mind-body-spirit circuitry progressively becomes more self-aware.

The MXE experience will be different for everybody. I compare it to 'The Oracle' from *The Matrix* movies. What she tells you is exactly what you need to know, and it is your Truth. For me, examples of the message are to live as a clear reflection of spirit guided by inner light, to follow the righteous middle path before me to achieve [self-actualization](#), and to maintain the values that I believe in. Those are all great hippy-dippy words, but to apply and integrate those messages into life is another matter. One can't be on drugs all the time to accomplish that. We require a great deal of sober living to actualize the consciousness evolution that we may glimpse upon while on MXE or any psychedelic trip.

Application is the difference between using MXE as a recreational drug or as a tool. Occasional MXE use can be a way to gain insight into the path, to tune the direction of our trajectory. This usage pattern is not as a crutch to life but as a reminder, or a ritual that is only performed on auspicious nights such as the full Moon (a personal favorite, but maybe because I was born on a full moon). In the right hands MXE is a shaman's tool. In other hands it is a way to get decently twisted or totally fucked up!

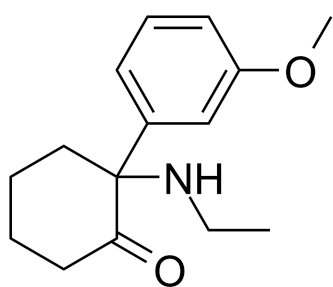
I hope this book may allow non-users to glimpse into this strange new world and the lessons it provides to ignorant souls. In my experience meeting dissociative users around the world, we are experienced psychonauts, artists, musicians, programmers, dreamers, philosophers, scientists, entrepreneurs, and blue-collar people of our time. This is a truly special class of drugs in its capacities to unlock consciousness and ultimately heal many fractures in consciousness that are commonly present in modern society.

MXE can do such a good job of lighting up the reward centers of the brain, some people consider it to be *too good*. The addictive properties aren't such that the body becomes physically dependant on it. That is very good, but addicts must use careful discretion when considering use. If abused chronically, there *is* potential for psychological *and* physiological harm. With that said, it has a 'playful' range of dosing, meaning a higher [therapeutic index](#) (and no established [LD50](#)) than many drugs that are widely accepted, if contraindications are not present. Contraindications are many and varied and include drugs as well as preexisting physical/mental disorders. For instance, MXE tends to raise blood pressure and create other cardiac stresses that may be riskier for hypertensive or other heart conditions. Psychologically, It could trigger psychosis in predisposed users (as many psychedelics are capable of doing, though the incidence is low). On the other hand, there is documentation of schizophrenics reporting benefits from dissociatives.

You may see by now a conundrum with MXE. Is it safe, or is it dangerous? Is it neuroprotective, or is it neurotoxic? At this point it can only be considered both. Infrequent use appears to be more neuroprotective/neuroregenerative, while chronic use may be neurotoxic. [[A PSA Regarding frequent MXE use](#)] The risks of abuse are still unclear. Moderate use has been demonstrated to be safe and therapeutic in many cases. Intentional use is safer use. In small amounts it is a 'soft' drug by most standards- therapeutic and recreational with a low body load, yet when pushed to high doses it can produce negative side effects characteristic of 'hard' drug abuse. **As always, moderation is key.**

This book focuses on methoxetamine in particular, but **the aim is to encourage further research with the whole class of arylcyclohexylamines and psychedelics in general.** Recently, especially since the MXE ban, a new arylcyclohexylamine becomes available on the grey market every couple months on average. MXE may not be not the best candidate for all of the applications mentioned. In some cases ketamine may be a more ideal alternative. In other cases a more ideal candidates haven't been discovered or researched yet. The point is MXE has helped ignite a 'dissociative renaissance', showing this class to be more than interesting enough to warrant serious investigation.

Pharmacology and Chemistry



I'm not a chemist, so this section primarily relies on links to articles in scientific journals for technical information.

Methoxetamine (2-(3-methoxyphenyl)-2-(ethylamino)cyclohexanone) [abbreviated 3-MEO-2-EXO-PCE] is one of a group of compounds known as the [arylcylohexylamines](#). Other compounds of this type have applications as anaesthetics and some have been used as recreational drugs. Perhaps the best known arylcyclohexylamines are [phencyclidine](#) (1-(1-phenylcyclohexyl)piperidine, "PCP", "Angel

dust”) and [ketamine](#) (2-(2-chlorophenyl)-2-(methylamino) cyclohexanone, “Special K”). [[ACMD Methoxetamine report](#)]. Methoxetamine is a product of rational [drug design](#): its N-ethyl group was chosen to increase potency. [[Interview with a Ketamine Chemist](#)].

Synthesis

The World Health Organization released a [thorough review](#) of Methoxetamine in 2014 including detailed chemistry data. *‘The synthesis of methoxetamine was achieved by 4 steps through simple reactions involving an aromatic nitrile, a Grignard reagent, bromination, imine formation through reaction with a suitable amine, followed by the application of heat to the product to allow ring expansion of 1-[(ethylimino)(3-methoxyphenyl)methyl]-1-cyclopentanol [2]. This process is presumably readily applicable to analogues of methoxetamine by substitution of starting aromatic nitrile and selected amine to afford the desired N-substituted derivative analogues of methoxetamine [3].’*

[http://www.who.int/medicines/areas/quality_safety/4_22_review.pdf]. Additional synthesis information can be found in the US Drug Enforcement Agency’s [Microgram](#) journal article [The Characterization of 2-\(3-Methoxyphenyl\)-2-\(ethylamino\)cyclohexanone \(Methoxetamine\)](#).

Stereochemistry

Similar to ketamine, there exists 2 MXE [isomers](#), ‘S’ and ‘R’. The vast majority of available MXE has been racemic, which means there is an equal ratio of S to R. These isomers also apply to ketamine. S ketamine is more highly sought after than R for it produces a notably stronger and more psychedelic experience, so it is not surprising that S-MXE produces a stronger and often preferred experience to racemic.

Pharmacology

MXE exhibits complex pharmacological activity which is still not entirely understood. One of the mysteries is in the variance of effects between different batches of MXE. What we know precisely is that it is an [NMDA receptor](#) antagonist and a [Serotonin reuptake inhibitor](#). Receptor binding data was first published in the [ACMD report](#) from 2012 comparing the binding data to other well-known arylcyclohexylamines. This data was in contrast to previous speculation that MXE also acted as a [dopamine reuptake inhibitor](#) and possibly a [mu-opioid receptor agonist](#). However, BlueLight’s MXE wiki still lists it as *‘putative dopamine reuptake inhibitor. Purportedly a ligand for the mu opiate receptor, though this is disputed.’*

However, just because MXE is not a direct dopamine reuptake inhibitor does not mean it won’t increase dopamine levels in the brain- [Evaluation of the neurochemical effects of methoxetamine using brain microdialysis in mice](#): *‘We investigated the influence of methoxetamine on dopamine and serotonin concentrations using microdialysis and high performance liquid chromatography with electrochemical detection. To reveal the effects of methoxetamine, we monitored dopamine and serotonin concentrations in several brain areas [striatum, nucleus accumbens, and prefrontal cortex (mPFC)] after an administration of 20 mg/kg of methoxetamine. We compared the effects of methoxetamine with those of ketamine*

using two ketamine doses. Methoxetamine increased dopamine and serotonin concentrations most robustly in the mPFC. In addition, its effects were stronger than those of ketamine at the same molar dose’.

MXE and other analogues are [high affinity and selective ligands for the glutamate NMDA receptor](#). This function affects [glutamate](#) levels, whereby revealing one such mechanism to explain the increase of dopamine. *‘Thus, a reduced glutamate function, for example as induced by ketamine, may cause some elevation of dopamine release’* [[Glutamate and Psychiatric Disorders](#)]

This [Bluelight thread on the subject of the binding data](#) report continues the discussion. More recently published research from May 2016 adds tests in mice that had not been previously conducted. [Detailed pharmacological evaluation of methoxetamine \(MXE\), a novel psychoactive ketamine analogue—Behavioural, pharmacokinetic and metabolic studies in the Wistar rat \[2016\] \[Full text PDF\]](#))

Pharmacology of NMDA Receptors

NMDA receptors and glutamate are among the most important components of the brain’s mediation of consciousness. There are many different types of NMDA binding sites. A lot of research has been done to understand it, but there are still questions to be answered. The details are a bit beyond the scope of this book, but the highly technical book [‘Biology of the NMDA Receptor’](#) explores the pharmacology thoroughly and is recommended reading for anyone with an understanding of neuroscience.

There is significant progress being made. LTP and LDP (long -term potentiation/depression) are critical mediators of the NMDA system which can be targeted for next-generation dissociatives.

[LTP and LTD: An Embarrassment of Riches](#)

[\[http://www.sciencedirect.com/science/article/pii/S0896627304006087\]](http://www.sciencedirect.com/science/article/pii/S0896627304006087)

LTP is one of the most important and well-understood roles of the NMDA receptor. is a useful review for conceptualizing LTP and LTD as a general class of cellular/synaptic phenomena.

We do not know exactly how MXE reacts with all the different types of NMDA binding sites, but the research in the book linked above indicates promise for the potential to develop drugs specifically targeting NMDA receptor sites in a way that maximizes intended effects while minimizing side effects. For example it indicates the potential to treat alcoholism, a [notable potential application for MXE](#).

Basically, you have two types of excitatory glutamate receptors: AMPA and NMDA. AMPA receptors are simple ionic channels. Glutamate binds to them, and a channel opens allowing Na⁺ into the cell, depolarizing it a certain amount (analog signal) such that sufficient depolarization leads to an all-or-nothing action potential down the axon (digital signal, such that all neurons are analog-to-digital converters). Then you have NMDA receptors, which also bind glutamate. This also has an ion channel, but it is, by default, blocked by an Mg⁺⁺ ion. So LTP happens primarily in the hippocampus. So if the post-synaptic input of a neuron is sufficiently depolarized, either by one or more presynaptic inputs to that synapse, via AMPA receptors, it will free up the Mg⁺⁺ ion in the NMDA receptors, permanently. This allows the binding of

glutamate to open an ion channel allowing both Na⁺ and Ca⁺⁺ into the cell. This Ca⁺⁺ influx leads to a cascade of downstream effects and changes within the cell. The first thing that happens is AMPA receptors inside the cell will be added to that specific part of the membrane, strengthening that synapse, i.e. amplifying any analog signal, effectively lowering the input threshold needed to fire a digital action potential. Then, the synapse itself will grow in size, and perhaps new synapses will be added. This is an example of neuroplasticity. Eventually, changes in the cortical (higher thinking) network will occur, leading to a permanent, accessible, long term memory. If you've ever seen the movie [Memento](#), that's exactly what would happen to you if LTP were to suddenly stop working for you. You would be unable to form new associative, episodic, spatial, and declarative memories.

[BDNF](#)

Receptor Affinities

Table 2 from the [2012 ACMD Methoxetamine report](#) : Results of Binding assays – pK_i , (K_i) nM
Open boxes with – indicate that compounds failed the Primary Screen criterion of >50% inhibition at 10μM.
All the compounds failed the Primary Screen criterion in the other screening targets listed in Table 1.

Compound	NMDA	SERT	NET	Sigma ₁	Sigma ₂
Ketamine	6.18 (659)	-	-	-	-
Phencyclidine	7.23 (59)	5.65 (2234)	-	-	6.82 (136)
MXE	6.59 (259)	6.32 (481)	-	-	-
4-MeO-PCP	6.39 (404)	6.07 (844)	6.1 (713)	6.5 (296)	7.93 (143)
3-MeO-PCP	7.69 (20)	6.7 (216)	-	7.4 (42)	-

Conclusions from binding data:

'The results obtained in receptor screening confirm that the novel analogues share the profile of ketamine and PCP as ligands for the glutamate NMDA receptor. The binding data revealed methoxetamine to have an affinity for the NMDA receptor comparable to or higher than the parent compound ketamine. The methoxy analogues of PCP also had appreciable affinities for the NMDA receptor, and 3-MeO-PCP in particular proved particularly active, with a K_i of 20 nM placing it among the most potent known NMDA antagonists (cf dizocilpine (MK-801) K_i = 4.8nM).

Methoxetamine and the phencyclidine analogues also had appreciable affinity for the serotonin transporter (SERT) (Table 2). The affinity of methoxetamine for SERT was similar to its affinity for the NMDA receptor, suggesting that inhibition of SERT and a resulting increase in the release of serotonin in the brain may contribute to its psychopharmacological profile and the additional features seen in acute methoxetamine toxicity.' [\[2012 ACMD Methoxetamine report\]](#)

The more interesting results of this data is that PCP is active only on the Sigma₂ receptor, while 3-meo-PCP is active only on Sigma₁. Preliminary evidence shows a somewhat paradoxical effect between these two receptors. This may be a key to understanding what

creates the differences between PCP and 3-Meo-PCP, and in the process may also help us understand the functions of Sigma receptors themselves.

So why and how does MXE have the effects it does? Researchers have been finding that brain receptor binding data does not tell the whole story. This is where the field of neuroscience connects with [psychopharmacology](#) and [neuropsychopharmacology](#). These and related sciences are still developing an understanding of the brain, how consciousness is formed, and how psychoactive drugs modulate consciousness. Throughout this book I will explore many developing theories on the subject and offer my own perspective. I find it encouraging that research on the cutting edge is looking at frequencies and synchronizations of neural oscillations and documenting how drugs such as psilocybin mushrooms shift these frequencies. This kind of subject matter feels 'resonant' with my own theories of 'tuning' consciousness which I write about more later. [[Psilocybin-induced spiritual experiences and insightfulness are associated with synchronization of neuronal oscillations](#)]

Metabolism and Testing of MXE

If you are interested in testing compounds for yourself at home, the most effective and inexpensive method is by using reagent tests. The most common reagent tests for detecting MXE are Marquis (light tan), Mecke (slow brown that may eventually turn green), Mandelin (green or blue depending on the batch, sometimes eventually turning brown or black). [These images](#) show results for two well-known batches of MXE. Other colors are possible in real MXE, for instance red may be seen in [Mandelin](#) or [Mecke](#). [Here](#) [[Dacesafe.org](#)] you can buy these reagents for home testing.

The articles linked below include both metabolism data and detection of MXE metabolites. Also included are image results of GC/MS (gas chromatography/mass spectrometry), techniques for identifying specific compounds.

'Detailed pharmacological evaluation of methoxetamine (MXE), a novel psychoactive ketamine analogue—Behavioural, pharmacokinetic and metabolic studies in the Wistar rat [2016]' [[Full text PDF](#)])

'From the street to the laboratory: analytical profiles of methoxetamine, 3-methoxyeticyclidine and 3-methoxyphencyclidine and their determination in three biological matrices'.

<http://www.ncbi.nlm.nih.gov/pubmed/23527166>

'Characterizing Metabolites and Potential Metabolic Pathways for the Novel Psychoactive Substance Methoxetamine'.

<http://www.ncbi.nlm.nih.gov/pubmed/23774830>

'Ketamine-derived designer drug methoxetamine: metabolism including isoenzyme kinetics and toxicological detectability using GC-MS and LC-(HR-)MSn'.

<http://www.ncbi.nlm.nih.gov/pubmed/23552616>

'The Characterization of 2-(3-Methoxyphenyl)-2-(ethylamino)cyclohexanone (Methoxetamine) (Microgram Journal 2012;9(1):3-17)'

<http://www.ncbi.nlm.nih.gov/pubmed/24574323>

Batch Variance

If it is all MXE, how is every batch different?

I have personally tested, i.e. consumed well over a dozen distinctly different batches ('synths') of MXE. Sometimes the differences are readily apparent just by looking at it, and other times they look the same or similar but produce noticeably different effects. Simple visual descriptions aren't the best way to categorize batches, but I can draw some correlations. For instance, MXE that has a slightly salty taste often has a yellow or tan tint ('yellow sand') and produces effects that are antidepressant and stimulating but less dissociating/psychedelic. The whiter and clearer crystal forms as well as the white fluffy powder are often (not always) more dissociative and psychedelic. That's the stuff that can produce the most intense holes at high doses.

As for the white crystals (very common form), different batches may look similar or nearly identical but produce very different qualitative results. To give one example of differences, batches that I felt were not 'well-tuned' would give me double vision or make it harder to focus. These batches also interfered with balance and cognition more strongly. Well-tuned batches didn't produce these issues so much, in fact they seemed to make my vision brighter and more in-phase, and my body was more strongly centered. One of the most legendary batches sold domestically in the US for a number of years was labeled as 'S-isomer European crystal sand 99% purity', very 'well-tuned' and highly pure. It did produce many of my most spiritual and memorable experiences. I remember off-the-charts euphoria that persisted for more than a week at a time before requiring an abstinence break.

There are areas of speculation in this guide, but perhaps none more speculative than the following section. Variations in batches, the nature of the variations, and whether or not any objective differences actually exist has been a hotly-debated topic on forums. One thing everyone can agree on is that there are variations from batch-to-batch. Whether or not any of these impurities are psychoactive in themselves, which may account for variations in effects, is not backed by any hard data. Here I account possible explanations for batch variations.

Isomer Ratio

MXE consists of two different isomers, 'R' and 'S'. These two isomers have been compared to the 'sativa' (S isomer) and 'indica' (R isomer) strains of cannabis. In theory, all MXE should be an equal ratio of 'R' to 'S'. 50/50. However, some speculate that certain synthesis techniques can yield asymmetrical ratios which may account for different effects between batches. Ketamine also has 'R' and 'S' isomer variants, and it is widely accepted that the 'S' ketamine yields better psychedelic and recreational effects compared to ketamine that has a higher ratio of the 'R' isomer. It is possible to buy ketamine predominantly made of the 'S' isomer, just as S-MXE has also been created from at least one lab and marketed through more

than one channel. It is possible that my descriptors of 'dark' and 'light' elements correlate to the respective 'R' and 'S' isomers.

Polymorphisms

[Educational Primer On Polymorphism \[KnB Spirit\]](#)

[Methoxetamine Polymorphism \[Drugs-forum\]](#)

Polymorphism can be visualized like snowflakes. It refers to the geometric structure of groups of molecules. Many people believe that polymorphism shouldn't make a difference in the effects, because once it is in the brain it is all broken down into single molecules. However, I wouldn't be surprised if the single molecules retain some sort of vibrational memory of their polymorph structure that could alter the way the molecule interfaces with brain receptors. The science of [cymatics](#) can provide visual representation of this phenomenon.

Impurities

[The article](#) published by the DEA's *Microgram* journal identified one major by-product of synthesis with the chemical name: [1-(ethylamino)cyclopentyl](3-methoxyphenyl)methanone. This impurity can be easily separated from the methoxetamine using an acetone wash detailed below, a simple procedure you can do at home if you suspect you have received a batch with impurities present. Analogues of MXE that have not even been identified or researched may be passed off as MXE because the sellers know anything labeled 'MXE' will sell quickly.

Other possibilities

Without complete answers I consider the possibility that a subtle 'spiritual energy' for lack of a better word can influence the synthesis process. Looking beyond the chemical itself, the **trinity of factors** that determine the end-user experience is **set** (the mind state of this user), **setting** (the physical environment and surrounding energy) and the characteristics of **the molecule itself**. The first two factors are addressed later in the book, but I do wonder if the nature of the molecule is more nuanced and complex than the black-and-white factors that make up a molecule. As mentioned with polymorphism, 'vibrational memory' could be a variable influencing the quality of certain effects when the memory is accessed by another living energy system. I don't expect this to be a measurable factor for most drugs, but the arylcyclohexylamines appear to be an exception. Something about these molecules make me think of them like organic transistors, or radio-frequency receivers/transmitters. This concept was first introduced to me in '[The Living Energy Universe](#)'. A more in-depth book bridging contemporary western sciences with ancient eastern mysticism is '[The Self Aware Universe: How Consciousness Creates the Material World](#)'. Perhaps the most well-known example of consciousness affecting the chemicals at the molecular level is Dr. [Masaru Emoto's water experiment](#) featured in the documentary '[What the Bleep Do We Know?](#)' If taken as truth, it is then possible to 'bless' chemicals with directed intention throughout different stages of the synthesis process to alter the end result of the chemical to be more 'spiritually tuned'.

Outside of subjective phenomena variance, I have noticed differences in the taste of many batches. If these batches were all pure/unadulterated, I wonder why there is such a

variance in taste if it's all the same molecule. I would love for a chemist to be able to clear up the subject; I have no idea if there is scientific validity to this argument.

Further in-depth discussion of impurities can be found in this archived thread on bluelight:: <http://www.bluelight.org/vb/archive/index.php/t-643419.html>

So what if you find yourself with impure MXE, either through byproducts of the synthesis process or because of 'cuts' added afterwards that decrease potency? Good news, there are ways to improve the product!

Purifying MXE

Copied from Source <http://pastebin.com/LR1vj9R4>

There are three primary ways you can purify your MXE:

- 1) Washing (easiest, least time consuming, may lead to losses, least effective)
- 2) Recrystallizing (moderately difficult, moderately time consuming, may lead to losses, generally effective)
- 3) Acid/Base extraction (few losses, moderate difficulty and time, effective towards non-polar impurities)

1) Let's start with washing:

You'll need a solvent that doesn't dissolve your product at all. Acetone at room temperature or slightly chilled in the freezer will work fine. Other usable solvents: Diethylether, chilled Methanol. Since MXE dissolves very well in water you need to dry your solvent of choice with a drying agent. Possible drying agents include: Sodium sulphate, magnesium sulphate (epsom salt) and calcium chloride. They need to be water-free, if you can't get your hands on water-free drying agent dry the powder for at least 4 hours at 200°C in the oven. Add a big spoon or 2 to each liter of solvent you want to dry. Stir for a few minutes and let sit for at least 10 minutes. Let all the drying agent settle and pour off your dried solvent into a clean, dry flask/glass/bottle. Now for the washing, disperse your powder and grind it up a bit if there are some bigger rocks in there to increase the surface area of the solvent. Pour about 30ml of solvent per gram of product and stir for 10-20 minutes. Let all the crystals settle and decant off your solvent or filter it (coffee filters work fairly well.). Let the powder dry (best on a flat dish for maximum surface area) and if you're curious on the impurities let the solvent evaporate in a well ventilated place for a few hours/days. You could even try to recuperate some of your losses by treating that residue with a much smaller amount of solvent to see if it all dissolves or if it leaves chunks of undissolved material (possibly product). Scrape up your goodies and you're good to go.

2) Recrystallization:

One of the most asked for maneuvers on the internet, I'll try my best for a comprehensive summary. The whole idea is basically the same as with washing only that you even get to the impurities trapped inside the crystals. This is done by dissolving the product in the minimal amount of solvent (boiling solvent) and letting it precipitate again when cooled and/or treated

with another solvent. I also strongly recommend using the dried solvents as prepared in Step 1) for this procedure. Recrystallization for MXE hasn't been mentioned much in literature and I'm not so sure which solvent suits this best. Acetone is a feasible candidate as well as methanol, ethanol (everclear as high as you can get, and dry it), ether-methanol, or a small amount of pure IPA. You need some kind of beaker and a heat bath (water bath, oil bath). Add your MXE.HCl to the beaker and top it off with 5ml of Acetone, start stirring and heating until the Acetone starts boiling. If a lot of the MXE still hasn't dissolved add another 2ml Acetone and wait for it to bubble once more. Continue this until all the powder has dissolved and you have a clear solution. Now there are 2 ways to continue, the first is the classic and slow way and the second is faster but easier. The first would be turning of the heat bath letting the beaker slowly reach room temperature without applying cooling from outside. After that a few crystals should've already sprung into life; now close it and put in the freezer overnight. You can filter off the crystals the next day and wash them with small amounts of -10°C dry acetone. The second way would be precipitation by addition of a non-polar solvent. You would have to take the clear acetone-MXE solution and add at least the fivefold amount of Ether or Naphtha to the solution. Now cool it in an ice-bath or in a bucket of cold water and once it's cooled to about 5°C you can filter off the crystals and wash them again with -10°C dry acetone for final purification. The remaining solvent from recrystallization can be evaporated and the residue recrystallized again or just evaporate half of the solution and put it in the freezer again to see if more MXE.HCl precipitates.

3) For impurities without Amine/Acid functionality: Dissolve your MXE.HCl in water. Add 100 ml Naphtha or Ether, and stir for a while. Separate the layers and discard the organic phase. Basify the aqueous phase by slowly adding 2N NaOH (can be excess) at room-temperature. An oil should settle to the bottom or rise to the top. Add a small amount of non-polar solvent (Dichloromethane, Chloroform, Ether, Ethylacetate, Toluene) and stir or shake in a separation funnel and separate the layers. When using Ether, Ethylacetate and Toluene the top layer will be the organic layer (contains your MXE) and the bottom layer will be the aqueous. When using Chloroform and Dichloromethane it's the exact opposite. Do this at least 3 times with at least 30ml solvent. Combine all organic layers and wash them twice with water and brine (Sodium chloride solution). Now dry the solvent like mentioned in Step 1) and either gas HCl through the solution (more equipment needed, PM me for info) or add concentrated aqueous HCl dropwise until no more salt precipitates. The latter option is not optimal because quite a bit of the product will dissolve in the small amount of water added, you could gather those few milliliters of water and let it evaporate on a flat dish to harvest all your earnings.

I would advice using 1) first as it has been known for a while that a common impurity of MXE: [1-(ethylamino)cyclopentyl](3-methoxyphenyl)methanone, can be separated this way.

History of Dissociatives and Arylcyclohexylamines

Methoxetamine was first introduced to the research chemical community in 2010. Word spread so fast in certain areas that in April 2012, the UK enacted its first-ever use of a new emergency power to quickly ban novel psychoactive substances. For one reason or another, it struck a nerve. Looking at how governments have banned similar drugs in the past, I think political actions only help cement MXE in history along with the greats: LSD, psilocybin, ecstasy and DMT.

As new as MXE was in 2010, it was not completely without precedent - other arylcyclohexylamines have been around and used clinically for over a half century, and other dissociatives such as [nitrous oxide](#) (colloquially known as “whippets” or ‘laughing gas’, it’s commonly used in dental procedure as an anaesthetic) have been around much longer than that.

[Haimilton Morris](#) has done extensive work documenting this class of drugs from a technical overview: [From PCP to MXE: a comprehensive review of the non-medical use of dissociative drugs](#): *‘PCP or phencyclidine was discovered in 1956 and soon became a popular street drug. Dissociatives including PCP, ketamine, and dextromethorphan have been used medically for their mind-altering effects for over 60 years. Many of these compounds have also been used clinically and in legitimate research. At least 14 derivatives of PCP were sold for non-medical and illicit use from the late 1960s until the 1990s. With the advent of the Internet, the drug market underwent a dramatic evolution. While initially gray-market chemical vendors offering dextromethorphan and ketamine thrived, most recently the market has shifted to legal high and online-based research chemical vendors. Starting with the first dissociative research chemical, 4-MeO-PCP in 2008, the dissociative research chemical market has rapidly evolved and currently comprises at least 12 dissociatives, almost half of which were unknown in the scientific literature prior to their introduction. Several of these, including methoxetamine, have reached widespread use internationally.’*

The Second Psychedelic Revolution

<http://realitysandwich.com/216613/the-second-psychedelic-revolution-part-one-the-end-of-acid/>

To understand where we are now in arylcyclohexylamine history, we need to see it in the context of the broader psychedelic landscape. The 5-part series linked above provides an overview of the cultural impact of the first psychedelic revolution in the 1960s and how we arrived at the present. The series examines the most important factors and public figures responsible for initiating the resurgence of interest, in the context of the second revolution currently underway. This second wave has an even greater saturation, a broader temporal arc with an exponential curve, and an overall greater impact driven by the Information Age. The new generation of users were spawned by the progenitors of the first revolution. Electronic music culture is to the second wave as Rock n Roll was to the first wave. Festival culture continues to be a driving force connecting the population with the wave of visionary artists and dreamers. These festival cultures also are a primary nexus for the distribution of psychedelics.

The music and art isn't the only thing that has changed. The landscape of available drugs has changed radically. Many users feel MXE has been this generation's LSD. Meanwhile actual LSD has been displaced by unscheduled analogues such as 1P-LSD and AL-LAD. Where the first revolution had '[magic mushrooms](#)'; the second is driven unscheduled [psilocin](#) analogs such as 4-ACO-DMT and 4-HO-MET.

Possibly the most important difference has been the explosion of awareness of [Ayahuasca](#) and [DMT](#), often referred to as the pinnacle of the psychedelic experience. [Ibogaine](#) has become more popular as a potential solution to the ballooning heroin and pharmaceutical opioid addiction epidemics of recent decades. Centers in Mexico cater to these clients because it is illegal and rare in the US. Likewise, many Ayahuasca centers in countries such as Peru cater to the foreign populations seeking to connect with the long history of psychedelic medicine tradition passed down by countless generations of shamans.

Chemical and Pharmacological Relatives to MXE

Thanks in part to MXE's popularity, there has been increased interest in other arylcyclohexylamines as well as other classes of chemicals that share similar pharmacology/phenomenology. In short, the future looks very bright. Here are some of the more well-known compounds with researchers circa 2016:

[Ketamine](#)

The most promising and widely researched of the analogs. An in-depth book on ketamine would be much longer than this one, though it is mentioned here when most relevant. In fact many books about ketamine have been published, such as [Ketamine: Dreams and Realities](#) [[link to PDF of book](#)],

[Phencyclidine \(PCP\)](#)

Easily the most notorious of this class, much of it for good reason, though some based on half-truths spun from The War on Drugs. In the 1950s it was used clinically as an anesthetic but in 1965 was replaced by ketamine because of the high incidence of dissociative hallucinogenic side-effects. It was introduced as a street drug in the late 1960s, peaking in use in the 1970s. A number of similar analogs were also circulated during this period. 'The best known of these are [rolicyclidine](#) (PCPy or 1-(1-phenylcyclohexyl)pyrrolidine); [eticyclidine](#) (PCE or N-ethyl-1-phenylcyclohexylamine); and [tenocyclidine](#) (TCP or 1-(1-(2-thienyl)cyclohexyl)piperidine).^[43] Only of a few of these compounds were widely used.^[4] ...In surveys, the number of [high school](#) students admitting to trying PCP at least once fell from 13% in 1979 to less than 3% in 1990.^{[8]:46–49} [[Wikipedia](#)]

[3-Meo-PCP](#)

'At 15 mg I felt 3-MeO-PCP was possibly the most amazing drug I had ever consumed'-
The chemist who first synthesized and tested the molecule [[Interview with a Ketamine Chemist](#)]. My personal and relatively extensive experience with it resonates strongly with the statement.

In one word, it is POWERFUL, but also very promising- another case of cautionary optimism, with extra emphasis on cautionary because of its potential to easily turn into a wild beast that will take you on a ride. The biggest pitfall to this drug being used more widely is the potency and sharp dose-response curve. An intolerant user may have a great time at 7mg, while 14mg may cause an unpleasantly strong experience or psychotic episode.

Some of the most incredibly beautiful experiences with 3-MEO-PCP are juxtaposed with a couple of the worst trips and weirdest feelings I've ever had. I can make comparisons between 3-Meo-PCP and MXE all day. In a way they have complementary characteristics. At the right dose, it can feel like a very clear dissociative. 'Water' comes to mind to express the fluidity and transparency of the dissociation. Dancing in particular feels like a purer fluid experience than MXE, which can feel somewhat robotic at times, as if it allows a more direct pathway to translate the music into intuitive body movement. Sex is often noted as a very erotic and psychedelic experience. I sometimes feel like I can sense all of my chakras clearly with the aid of this drug, and with that sense I can more easily align and control the energy current, which naturally leads to euphoria of tapping into a divine stream of energy flowing from my crown down to my root.

While occasional use is recommended- I have a friend who has used it only on weekends going on for years and is still basking in the magic- I have also used 3-MEO-PCP in doses not exceeding 10 mg daily for over a week at a time, but that was an exceptional situation. It did get me and my friend through a period of significant upheaval with flying colors. I have observed batch variation not unlike MXE's degree of variance. I have had batches that have a fiery 'red' spirit, and also a batch recently with a mellow 'blue' spirit that was much easier to work with and overall more spiritually tuned. It also produced a unique and intoxicatingly sensuous smell as my body processed it.

As for the cautionary/dangerous aspect of 3-Meo-PCP, you don't have to read far on [forums](#) and [trip reports](#) to find out that many people, even experienced trippers with hard heads, have totally lost the plot on it, which has led to many regrettable and dangerous situations. The potency (roughly 3x potency of MXE) and duration of action (6-8 hours), compounded by a slow onset (up to 2 hours) and a steep dose-response curve (anything above 10 mg is playing with fire if intolerant) makes it tricky to achieve the sweet spot between not enough effect and far too much effect. Don't laugh, but at my peak of use I was convinced I was both Jesus and the Antichrist reincarnated as a single person...OK you can laugh because it is funny in hindsight. It was a very memorable few weeks of my life. I'm glad I didn't do anything *too* stupid! I think this may have something to do with the Sigma receptors. PCP has a Sigma2 affinity but none for Sigma1, whereas 3-Meo-PCP has a nearly equal affinity to Sigma1 but none for Sigma2. Too much depth here is out of my league, but preliminary data about these mysterious receptors has shown they do possess sometimes paradoxical, and Sigma1 is correlated to the most positive effects.

All in all, this one is for experienced and cautious users only, but it is quite a magical gem that deserves a book of its own.

[3-Meo-PCE](#) is comparable to 3-Meo-PCP, yet even more promising by most accounts. The chemist who first synthesized it (he also first synthesized MXE and 3-Meo-PCP) said '*3-MeO-PCE seemed to have the full capacity to be the next LSD. It's a barrel of laughs, with*

none of the shambolic lurching of ketamine. I felt as if I was Peter Sellers as Inspector Clouseau in a world of desperately struggling Charlie Chaplins. I laughed until I had tears rolling down to my thighs! The arylcyclohexylamines have a tremendous therapeutic potential, but they have a great abuse potential as well....3-MeO-PCP and 3-MeO-PCE are simply incredible drugs. They have a true capacity for healing, as the 3-methoxy group infers μ -opioid receptor affinity and removes the manic pressure of thought that can make PCP quite a disturbing and unpleasant drug. With the 3-methoxys there is such incredible laughter and boundless sexual energy...At 15 mg I felt 3-MeO-PCP was possibly the most amazing drug I had ever consumed [\[Interview with a Ketamine Chemist\]](#)

I finally had the chance to personally research 3-MEO-PCE in May 2016, over three days of dosing in increasingly large amounts; every dosage level met or exceeded my admittedly high expectations. It was very serotonergic, producing a very clear and brightly uplifted energy. In higher doses I experienced a full mixing of delusions/dreams/visions with reality, and it was rapturously entertaining. There is an element of wholeness, like a perfect circle, an element that is ever-so-slightly lacking in the other analogs. While you may not achieve a 'hole' on this compound, you may very well find your 'whole'. It is hard to describe without abstraction, but imagine the impossible feeling of a perfect circle, experienced for the first time in the history of the Universe.

[4-Meo-PCP](#)

This one is hard to describe. It is an effective dissociative in its own right but generally perceived as inferior compared to 3-Meo-PCP. I enjoyed my experiments with it, but it didn't strike me as having any application that one of the other analogs can't do as well or better.

[Deschloroketamine](#) [2-OXO-PCM)

Often abbreviated either 'DXE' or 'DCK', this unique chemical has become much more popular recently. It was first introduced years ago but faded into obscurity until recently to fill in the ketamine/MXE drought. My conclusion is that it is potentially dangerous but likely safe when used irregularly. One thing to be aware of is reported to be [a potent antibiotic at low mg doses](#) [\[Bluelight.org\]](#) Also, as with the other analogs, the quality and purity of the material of each batch can vary. Some lower quality material circulated in 2015 that had a rough comedown and gastrointestinal side effects. It was likely an impure batch with unknown contaminants. More recent batches of high purity show a much greater potential for it, as it showed a very low body load and pleasant, relaxing effects similar to ketamine but with a potency and duration similar to MXE. There is a ['DXE' subreddit](#) for discussion. If it is true that it is an antibiotic, you may want to take a [probiotic supplement](#) after using it to maintain intestinal flora, and don't dose it regularly.

[O-PCE](#) [2-OXO-PCE]

I see O-PCE as complementary to DXE, the wired-up relative of DXE's more relaxed demeanor. O-PCE is very potent. 3-5mg oral is a starter dose without tolerance- but also not dangerously toxic in the acute sense; Consuming 100s of milligrams in a night have already been reported by numerous users, but with varying degrees of bad trips. The buzz is

characterized as stimulating, not unlike a raw electrical charge, heightening the senses to all sorts of electrical energy. This quality is more apparent when insufflated, and a bit more muted when taken orally. O-PCE doesn't seem to have a pleasant effect through IM and especially IV. It is more similar to 3-Meo-PCP in this regard. O-PCE is also speculated to have antibiotic properties but much less so than DXE.

[Dextromethorphan \(DXM\)](#)

Possibly the most popular dissociative drug leading up to the release of MXE, if only because of its wide availability as an ingredient in over-the-counter cough syrup (in the US). I didn't take a preference to it, but maybe it was more a reaction to rest of the junk in the cough syrup. Generally at least a whole bottle of Robitussin or (generic brand) is required, so while it is available over-the-counter, it is not the most desirable. Additionally, one must **make sure there are no other active ingredients in the syrup**. Coricidin Cold and Cough, called 'Triple Cs' by users, has caused many cases of poisoning because of the active ingredient Chlorpheniramine Maleate which is dangerous in high doses.

[\[http://www.bluelight.org/vb/threads/403582-Coricidin-s-Long-Term-Negative-Effects\]](http://www.bluelight.org/vb/threads/403582-Coricidin-s-Long-Term-Negative-Effects)

John Hopkins published a study on DXM in 2013 analyzing the psychedelic effects at various doses. They concluded that high-dose effects are very similar to classic psychedelics:

[High doses of dextromethorphan, an NMDA antagonist, produce effects similar to classic hallucinogens](#)

[Memantine](#)

Memantine is FDA approved medication to treat Alzheimer's, and there are potential 'off-label' applications as well. It is unique as a partial NMDA antagonist which produces a more subtle effect. As of 2016 it is unscheduled in the US, so I have seen it for sale on nootropic websites. Some users are experimenting with it as an antidepressant or 'functional enhancer'.

[Methoxmetamine \(MXM\)](#)

This is an interesting one and still relatively new, only available since 2014. It has been described 'as if ketamine and MXE had a baby'. I agree with this statement. I feel ketamine possesses an element I perceive as 'cold', while MXE has an element that is 'hot'. MXM by comparison is 'warm'. A nice temperature! There is a stillness in MXM compared to MXE's 'push', making it very relaxing, and also more synergistic with cannabis which adds an extra energy to it.

[Diphenidine](#)

This one is probably best left alone. It appeared on markets especially in the EU within the last couple years, and reports are mostly negative, very little recreational or therapeutic value unless you want to totally dull your consciousness.

[Methoxphenidine \(MXP\)](#)

This drug was initially advertised as a drug closer to MXE compared to its sister chemical Diphenidine. However reactions have been mixed. Some say it is trash, others have productive experiences. In 2015 a number of Chinese vendors were caught selling MXP as MXE (samples were sent to Energy Control for testing). There was speculation that some 'MXE' sold in this time period that received mixed reviews (more disorienting and harder on the body) was actually MXP or another analog. This thread on Reddit is an example:

http://www.reddit.com/r/RCSources/comments/3anuf5/usa_dll_mxe_batch_very_odd_feedback_from_all_my/ (I have personal experience with this batch and felt the same effects)

Ephenidine

'Ephenidine is a dissociative anesthetic of the diarylethylamine class, which emerged after the arylcyclohexylamine ban in the UK. Structure wise compared to Diphenidine it's what PCE is to PCP: replacement of the piperidine ring with an ethyl group.' [BlueLight.org]

Ephenidine seems to be the most promising of the novel drugs in the diarylethylamine class, but also the newest. It has only been available for about a year as of 2015. However, according to early [experience reports](#) it the most promising and most similar to MXE of the diarylethylamines, easily besting Diphenidine and MXP. My first and only trial with it lead to a very righteous experience. I titrated up, in 3 doses, from 40mg, to 80 mg a few hours later, to 150 mg a few hours after that. It lead to a very transcendent peak and many phases of energy alignments.

Many other dissociative chemicals have been theorized, produced and tested within the inner circles of research chemists. [This thread on Reddit](#) discusses some of the candidates for the 'next MXE'. As for which one will be the next big hit is anybody's guess.

More on the history of dissociatives/arylcylohexylamines:

<http://onlinelibrary.wiley.com/doi/10.1002/dta.1620/abstract>

From PCP to MXE: a comprehensive review of the non-medical use of dissociative drugs

<http://www.bluelight.org/vb/threads/714538-A-Brief-History-of-Dissociative-Drugs>

'A Brief History of Dissociative Drugs' by Asante

<http://www.vice.com/read/interview-with-ketamine-chemist-704-v18n2>

Interview with a Ketamine Chemist

Legal Status

Erowid has a page [here](#) to keep track of the legal status of MXE around the world.

Because MXE was first synthesized relatively recently (2010) and not through the typical channels of drug development, i.e. pharmaceutical corporations or academic research, it is still

‘unscheduled’ in many parts of the world. However, because of sweeping bans in both the [EU](#) (Sept. 2014) and [China](#) (Oct. 2015), the two places where MXE had been synthesized in large quantities, MXE has mostly disappeared as of October 2015.

Interesting, the US has not banned MXE on the federal level (but I wouldn’t be surprised if the government had a hand in the overseas bans). There haven’t been any mainstream media stories about it yet and no publicized deaths, so no public pressure to ban it. This has not stopped states from preemptively banning MXE, possibly as a result of local news stories. As of 2015, 10 states consider it a controlled substance. If you are in any of the other 39 states, it is still legal to possess and distribute if labelled ‘not for human consumption’ as dictated by the FDA.

The most important components to establish are standards of safe-administration protocols for patients who benefit from it. Standards based on studies could convince the FDA to start approving it for medical use. Only time will tell what MXE’s future is, but in the meantime it is still among the most unique and effective options for conditions such as treatment-resistant depression. The safest effective use seems to be a dose or two no more than a couple times a week. Tolerance will not increase too much at that level.

While many new drugs are considered illegal from day one under [the Analog Act](#), MXE is an analog of ketamine, a Schedule III drug. The Analog Act applies only to analogs of Schedule I and II drugs. This conclusion is [backed up by Erowid](#). However, according to the [WHO ECDD 2014 report](#), it might be possible to prosecute MXE possession as an analogue of [eticyclidine \(PCE\)](#), a schedule I substance under the [Controlled Substance Act \(CSA\)](#) if intended for human consumption.

The UK banned MXE in April 2012 under a [new emergency power](#) granted to the government after the ACMD first advised the ban in March, citing 2 deaths reported in the media from alleged MXE overdoses. However, on 07/20/2012, the coroner’s inquest report became available which revealed that neither of the 2 subjects had any MXE in their systems. Both deaths were actually the result of an overdose combination of phenazepam and methadone. [\[UK Media misreported Methoxetamine Deaths.\]](#) While there have been more than 20 reported confirmed cases of deaths that involve MXE, the cases of toxicity involved coadministration with other drugs. The few other deaths were the result of other reasons such as asphyxiation or drowning [\[WHO ECDD 2014 report\]](#)

MXE was the first drug given a Temporary Class Drug Order (TCDO) in the UK, which bans its sale, but not possession, for up to 12 months while further classification is considered. In October 2012, The ACMD [published their safety assessment report](#) in the context of the Misuse of Drugs Act 1971. Within 2 weeks the government announced MXE would become a class B illegal drug and was officially classed in 2013.

Other countries have also banned MXE sale and possession:

- [Russia](#)- controlled substance since October 2011^[23]
- [Switzerland](#)- controlled since December 2011.^[24]
- [Japan](#)- controlled from July 1, 2012, by amendment to the [Pharmaceutical Affairs Law](#).^[25] it may be okay to consume/possess (unconfirmed) but production and distribution are illegal.

- Brazil- controlled as of Feb 18, 201,
- Canada- as of Jan 2011, Health Canada declared Methoxetamine an analogue of ketamine, in Schedule I of the CDSA. We have not found a clear law nor a final signed rule, but see <http://isomerdesign.com/Cdsa/HC/StatusDecisions/A-2013-00235%20-%20PDFs/C-Met-hoxetamine-2011-01-31.pdf>.
- France listed MXE as a stupefiant in August 2013.
- Germany (Deutschland)- controlled as of July 2013. See [this PDF](#)
- Netherlands- banned in July 2015, added to List 1 of the Opium Law ([source](#))

Source- [Erowid](#)

Implications of 'Grey-Market' Production and Distribution

Since introduction, MXE has primarily been distributed through the Internet, at first through the 'clearnet' which means it was sold legally under the label of 'not for human consumption'. As countries banned it, distribution increasingly moved towards the 'darknet', also known as the deep web, using the Tor browser that enables anonymous usage of '.onion' sites accessible only through Tor.

Interestingly, the rise of MXE coincided with the rise of [Bitcoin](#), a revolutionary anonymous digital currency that turned the current currency paradigm on its head. The story of Bitcoin is beyond the scope here but is fascinating to say the least. It ignited a revolution that effectively re-empowered the population and freed man from the shackles of traditional government-controlled currencies and banks. If you know what you are doing you can transfer a million dollars worth of bitcoin to anyone else in the world for a fee of nearly zero percent. Try doing with any other method. These reasons and much more are why bitcoin is the currency of choice for buying and selling drugs on the Internet.

By far the biggest risk with buying MXE is the lack of standards and regulations. Due to the lack of regulations in the production of 'grey-market' drugs, not all MXE is created equal. Different synthesis routes and quality standards have produced radically different variations in the quality and purity levels of the final product. This is unfortunate because some unscrupulous labs and vendors in search of quick money have produced and distributed sub-par quality MXE. People experimenting with MXE for the first time usually don't know the difference and wonder why it produced an unpleasant experience. Ultimately impure product hurts the reputation of the drug in general as well as creates unnecessary potential for harm. There is also confusion as different forms are labeled in ways that don't actually describe what the difference is (such as the 'European' vs. 'Chinese' forms, or 'A' grade vs. 'B' grade). Increasingly, likely due to the drought of real MXE, some vendors have been selling analogs such as MXP as MXE [1][2]

Despite the imperfections in the 'grey-market' model, the black-market has its own set of problems, the least of which is their legality. Many MXE users in the UK claim that since the ban in 2012, prices have increased, quality has decreased, and product sold as MXE is more likely

to be another drug or mixed with other drugs (compared to pre-ban sales). **Clearly, as with many other currently-illegal drugs, the best model is harm reduction through legalization, regulation and education.** I can only hope that 'The Powers That Be' eventually realize this. MXE is not something that can not be tamed. In an ideal world, MXE and other tools will be regulated in such a way to make their healing powers accessible *legally* for *educated* and *responsible* practitioners of psychedelic medicines.

If there is pressure by the US government to schedule MXE, Schedule III would be the most level-headed based on current information. I have entertained the idea of MXE being regulated under the control of an NGO composed of researchers/doctors/scientists that decide the safest and most effective regulation. I would rather have an organization like that decide how people can use a medicine than giving control to a bunch of politicians unable to accurately represent the issue or profit-driven pharmaceutical corporations. We know what kinds of situations that leads to. Creating a coalition of advocates and independent/unbiased experts could be a way to keep MXE somewhat legal and available in the US. This organization would determine approved standards for treatment therapies and clinics around the country. This is a different way to approach drug regulation than what is currently reality, but it all starts with a dream.

Effects and Dosage

Learning to grasp and control the power of MXE requires a broad understanding of the spectrum of possible effects and how to achieve those results. I cover the subject of wielding MXE as a tool for empowerment in-depth in the ['Tuning'](#) section, but first the basics.

Even after years of experimentation I continued to explore dosage patterns to maximize peak effects and minimize side effects. What I know for sure is that dosing is best approached carefully and slowly, [titrating](#) up from the microdose range (5-15mg) to let the body and mind adjust. Going straight for a hole with no tolerance will certainly send you on a trip, but it is risky and may not produce the most therapeutic result. New users will have a difficult time controlling (tuning) anything above a moderate dose, leading to 'wonkiness' at best and memory blackouts at worst.

Reports from long-time users consistently show that MXE will rarely show its full potential on the first use. The most note-worthy experiences often occur with a moderate tolerance, such as on the second or third day after induction from baseline tolerance. MXE veteran 'Mr. Meowfish' echoes this phenomenon: *"I completely understand what Vortech is talking about "Being tuned into the compound" a day or 2 after you 1st start using it again after abstaining for a while. I always notice that my 1st dose after a 1-2 week break is always less euphoric and more on the heavy dissociative side. It seems like after about anywhere from 12-36 hours - you get back into the MXE "Zone" so to speak where you have enough in your system that you never really come down completely to baseline until you take a break for a few days to a week again..."*

The Spectrum of Effects

To effectively analyze MXE's spectrum of effects, we must identify the limits and variables, visualized as a waveform with different frequency octaves representing the different levels of effects modulated by the variables of set and setting. The amplitude of these frequencies are dependent on the dose level and individual tolerance. The amplitude and spectral content of the wave can be visualized over time representing the envelope of the effects' duration (onset-peak-comedown/attack-hold-decay). There are just a few primary conditions that determine the spectrum of effects.

- Dosage level: the amplitude of the wave can be broken down into different plateaus in which the quality of the effects can radically change between different thresholds.
- Setting: The range of environmental variables that mediate the sensory input which have a strong influence on the dynamics of subjective effects.
- Set: The user's state of mind at the time, often referred to as the 'set'. This variable is also dependent on tolerance and individual brain chemistry to determine the degree of influence of this variable
- Material variance: Distinct and even drastic variances have been observed between different batches/forms of MXE. Some batches feel 'clear' and strong while other batches color the experience to varying degrees and qualities. Some batches, even when analytically shown to be MXE, feel like a completely different subjective reaction. Reasons for variance are not completely understood.

John Lilly charted out an insightful dose-response curve during his research on ketamine, in which he plotted out distinct levels, or plateaus as mentioned.

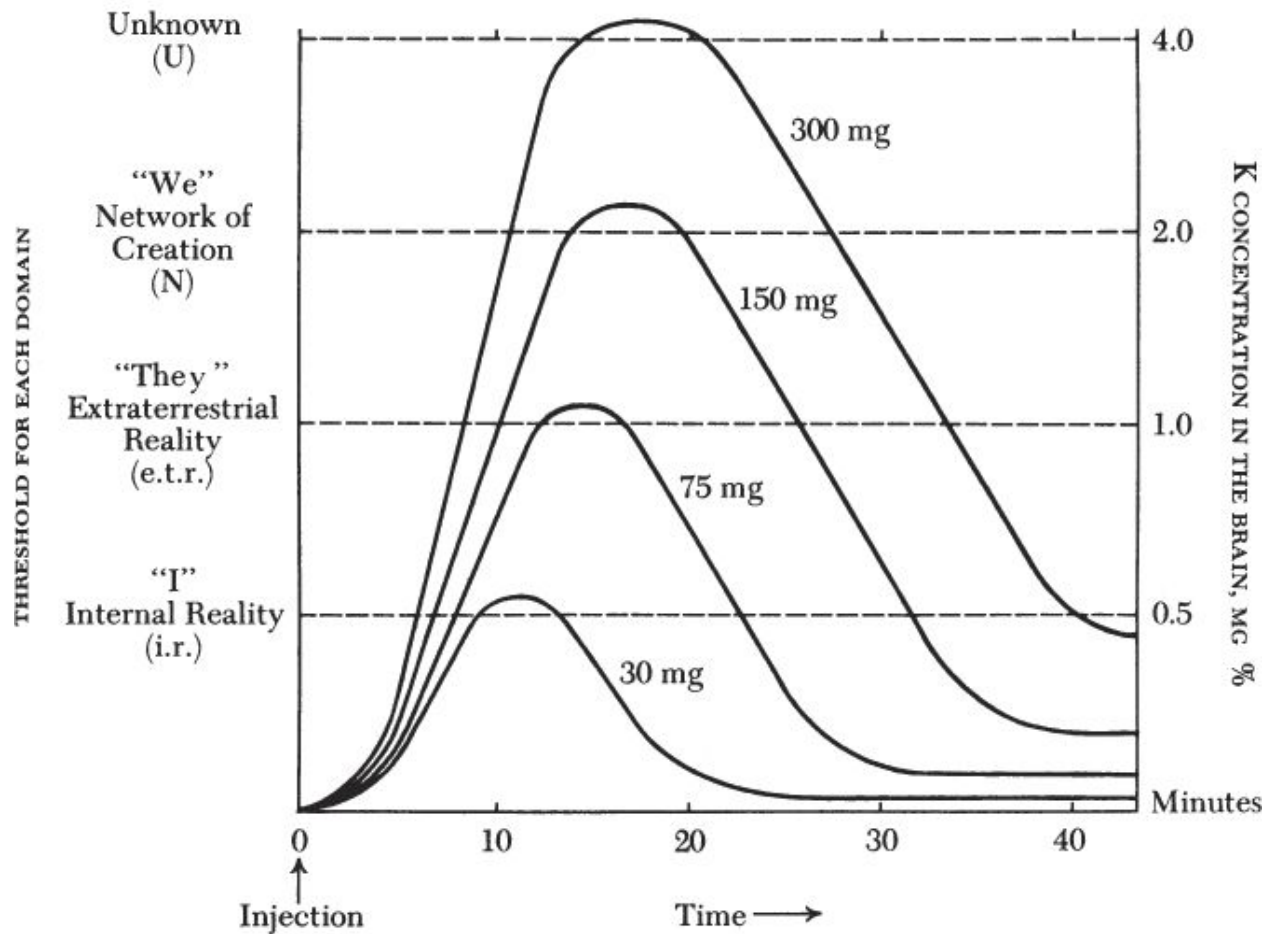


Image Copyright 1988, 1997 by John Lilly. From *The Scientist: A Metaphysical Autobiography*, John Lilly, MD. Extracted from the Vice article [‘Interview with a Ketamine Chemist’](#)

Most interesting in this chart is that even after coming down from the peak, there is a noted residual effect that lasts for longer than anticipated, indicating that a small amount of the chemical is still in the system after the expected metabolism, or the presence of psychoactive metabolites, or an indication that the mind has been affected in a way that is independent of the amount of drug present. In other words, the brain may experience a period of readjustment after being tuned from the drug's effects.

This ketamine research translates to MXE fairly closely. If charted for MXE, it would look very similar if adjusted for the increased potency and duration (roughly 3x) of MXE's effects compared to ketamine. MXE users have noted the same phenomena as Lilly documented with ketamine, that there is a long tail to the experience that can leave effects for up to days after the last dose, indicating an unknown mechanism of action. The long tail could also explain why many MXE users say that they often have better experiences on the second or third day of consecutive dosing. The longer-lasting metabolites could possibly synergize with MXE when it is redosed, augmenting the experience.

Perhaps the most striking and valuable aspect of MXE is its versatility, especially when considering all of the different routes of administration. The effects vary so greatly they may appear paradoxical. 'Tranquil' is often mentioned in users' descriptions, yet also is the word 'stimulating'. By using intentions to engineer the set and setting, users are empowered with an element of control over the outcome. If you want a profoundly stimulating experience, just tune your intentions to the channel that excites you. If you want to experience tranquility, a state of supreme stillness, there's a channel for that too.

The dynamic range of effects is where we see such a broad array of applications, from light functional-antidepressant effects at the lowest doses to full-on anesthetized unconsciousness at the highest doses. In addition to the different peak levels, the quality of the experience has an envelope over time in which the different types of effects appear in stages.

Reddit user Pelyphin describes many of these factors in a lengthy retrospective ['Why do People Like MXE?'](#):

'I used to enjoy it, prior to the 2012 UK ban. After that point, a lot of MXE was synthesized in China, and batch quality became an issue (it still can be). I haven't kept up with it, and I don't know where most of the supply is coming from these days. Some vendors do claim European manufacture, although afaik MXE is now banned in the EU (definitely doesn't mean said vendors are lying, though).

'Following the 2012 ban, even sources that others found to be spot-on shipped product that induced dissociation, but lacked the euphoria - at best, dull, at worst, an impure batch that landed me in the hospital (the first and only time I have been for something drug-related). Embarrassing to say the least - since of course I couldn't drive myself to the ER - but better than the alternative.

'Nothing I've tried is equal to the original AIRCR distribution (and I enjoyed that enough that I still keep tabs and try ordering once in a blue moon). I don't think it's possible that every batch I've tried since then (dozens at least) is tainted or badly synthesized or whatever, but it also seems odd that my own chemistry would start reacting badly to it at that exact point.'

'That original MXE felt almost nootropic at threshold doses (~20mg). Social lubricant, confidence booster, etc (like a low dose of amphetamine or oxy can be for some). Mid doses (~30-60mg) brought the dissociation. A sense of distance from surroundings, euphoria; irrelevant stimuli faded into the background and individual things/thoughts became highly significant. I watched the movies Chronos and Baraka (art film, would get bored sitting through it sober) and actually cried at the beauty that kept pouring in.'

'I lived near a very nice college campus at that point and would often walk around at that dose, somehow knowing that unspeakable spiritual/religious existential truth so many people are looking for. Not something I could have put into words, but it felt like a nondualist thing, like I was Buddha, walking the earth, understanding the deep meaning/singular nature of everything I looked at.'

'Creativity was enhanced as lateral thinking increased and I could immerse myself in the work without boredom or distraction. At higher doses (80mg+), the real world starts to recede entirely, and the missing parts get supplanted by your own thoughts (true hallucinations start here). Grandiose mania can happen (seems like a natural extension of increased confidence at lower doses). Relating to the outside world becomes hard.

'That MXE came as a fluffy off-white powder (although texture/consistency can't really tell you much about this substance), smelling like computer/electronics parts. Like ozone. There was always a very "cleansing" feeling associated with use, and the mind remained fairly rational/functional up to the higher/sub-hole doses (plenty of room for delusions and craziness there, though). When I worked creatively, I would try to straddle that line of rationality, dipping across to experience, returning to work with what I'd seen, redosing.'

'The emotional outlet and the aesthetic beauty MXE provided - that's what I loved about it, if I have to boil it down. Through every substance I've tried, I've been chasing a feeling of clarity that I only fully realized on MXE. Even at threshold doses, it felt like I'd been wearing a veil over my eyes my entire life, and had just removed it. Nothing was different; it was like MXE removed my subconscious filters, so I could see everything as it was instead of passing over it thinking (trees, buildings, people walking, okay - moving on). It was a fully functional (i.e. you could do it at work and no one would ever know) drug that made every aspect of life aesthetically beautiful, without side effects or a hangover.'

Looking at effects as a laundry list of measurable changes in the mind and body is only looking at the surface. It paints an incomplete picture of the [phenomenology](#)- how the experience actually unfolds and produces 'magical' novel experience - I go into this subject later in the '[Phenomenology](#)' section.

Positive Effects (compiled from [Drugs-forum MXE Wiki](#) and [Erowid MXE Effects](#))

Positive Effects

- Mild to moderate [euphoria](#)
- Antidepressant effects that may persist for up to several days
- Sense of calm, serenity and centeredness ('zen'), comparable to meditation
- Anxiolysis (reduction in anxiety)
- Pain relief, especially neuropathic pain
- Increase in ability to socialize (lower doses)
- Increased [metacognition](#)- an awareness of one's own thoughts, increases clarity/detail/complexity of thoughts and imagination, therapeutic self-reflection, insight into personal issues or behavior
- Vivid recall of past memories/dreams (possibly including suppressed memories)
- Enhanced appreciation of music and art and creativity
- Dissociation (separation between mind and body)
- [Neurogenesis](#) [1] and [repair of synapses damaged from stress, depression or addiction](#)
- Closed or open eyed visual hallucinations
- Mild stimulation, excitement (kinetic energy such as a vibration throughout the body)
- Increased introversion or extraversion
- Sensation of floating or gently moving
- Hallucinations (affecting all five senses)
- Non-dual state of awareness and sense of interconnectedness ('Oneness'; 'Ego-death')

- Unification of qualia (blending of mind, senses and environment, perceiving unrelated senses as connected)- increased '[Magical thinking](#)'
- Enhanced immersion in Virtual Reality applications (preliminary data)

Neutral

- Dissociation (separation between mind and body)
- Time distortion (dilation or constriction), sense of non-linearity (memories more 'present')
- Change in perception of sensory inputs (increased or decreased clarity)
- Short attention-span
- Loss of coordination (increases with dose, decreases with tolerance)
- Slurring of words
- Mild 'body load'
- Insomnia
- Increased extroversion (generally lower doses) or introversion (generally higher doses)
- Lowered Inhibitions
- Sensation of floating
- Hallucinations (affecting all five senses)
- Sweating
- Increased heart rate
- Urge to redose

Adverse Effects/Side Effects

I have compiled adverse effects from the Bluelight [Methoxetamine Adverse Effects/Side-Effects Subthread](#) and [Collection of Experienced Methoxetamine Users Accounts and Side-Effects](#)

Likelihood of negative side effects increases with higher doses.

- Minor irritability
- Short term memory loss
- Lethargy/Amotivational Syndrome
- Exacerbation of Tinnitus
- Loss of balance, Vertigo/Spinning sensation
- Slow bladder response when urinating (increasingly reported side effect in heavy users, indicating a potential early-stage Major side effect)
- Unstable emotions/mood swings/irritability
- Depression
- Difficulty concentrating
- Psychological addiction
- Body numbness
- Dehydration
- Social anxiety

- Tachycardia and high blood pressure
- Weight Loss

Additional effects listed on the [Drugs-forum MXE Wiki](#)

- Paradoxical impairment of language processing including difficulty in finding the correct words to describe thoughts (may last for up to several days)
- Possible increase in anxiety
- Distressing or unwanted thoughts or insights
- Grandiose thinking, or feeling more competent to control or achieve things than one actually is
- Reduction in quality of sleep immediately following use
- Risk of psychological dependency; risk may be greater for introverted people
- Disorganized thoughts
- Catatonia (high doses)
- Blackouts (high doses)
- Respiratory depression (high doses & when combined with other CNS [depressants](#))
- Death (overdose)
- Time before onset and intensity of effects from a given dose may vary significantly between separate sessions (poorly understood)

Depersonalization/Derealization

There are two often-quoted and similarly-related *potentially* deleterious effects common to dissociatives. These effects may also appear with use of classical psychedelics.

[Depersonalization](#) is defined as an alteration in the experience of self-awareness, producing feeling of being unreal or detached from their body. [Derealization](#) is defined as a state of mind in which the world feels unreal or otherworldly. Some people compare it to the feeling like they are in '[The Matrix](#)' (a reference to the movie by the same name). Others refer to it like going through different dream levels as depicted in the movie '[Inception](#)'. These two effects may be beneficial to the user if it leads to a healthier, broader perception of themselves and the world around them (or their place within the world) and a deeper understanding of the relationship between the self and their world, even if that understanding can't always be put into words. On the other hand, these effects can lead to detrimental effects for the user, at least for especially susceptible cases wherein psychiatric disorders are already present or latent ([case report example](#)).

Short-Term Side Effects

Mental: Memory loss, ridiculous behaviour, panic/anxiety attacks, confusion, depersonalization.

Physical: tachycardia (rapid heartbeat), hypertension (high blood-pressure), fatigue, loss of balance, nausea, vomiting, tinnitus, headaches.

In another example of paradoxical effects, evidence that MXE exhibits both vasoconstrictive and vasodilatory effects.^[1] Many of these effects differ widely between users, amount used, and the form of MXE used. Some forms present greater amounts of negative cognitive effects and also a harder physical body load (I explore in depth in the section '[Light Vs. Dark](#)')

Side Effects of Long-Term Use

Long-Term Cognitive Effects

Dissociative toxidrome. Depersonalization. Derealisation. Loss of social interaction. Possible loss of frontal lobe mass or bladder integrity. Organ damage. Stimulant psychosis.

As a warning to users who decide to play in the extreme end of dosing, it does take the mental fortitude of a seasoned shaman to effectively 'tune your force' with sustained beneficial effects in chronic use (more on '[tuning](#)' in later sections).

[My MXE induced psychosis 7 day psych ward trip](#): This psychosis case report highlights some of the most dangerous potential results. The user wasn't even using very high doses, but he was already in a very bad place in his life, not to mention still an adolescent. He also seemed to be particularly susceptible to mental illness given his noted family history. However, even with all that against him, I think what made him fall into psychosis was his focus on fear-based information while under the influence, such as dark paranoid conspiracy theories found on the Internet. Due to the increase in susceptibility while on MXE, he took all of this as true reality without considering otherwise. Ultimately his delusions sent him to the hospital and ended with a week stay in a psych ward.

The moral of this story is that even with lots of understanding, everyone has different genetics, and no brain is identical to another. Add in additional drugs and supplements and results become even less predictable. Additionally, as I will detail later, the type of setting (environment) you expose yourself to under the influence can greatly affect the results.

Long-Term Physiological Effects

'Long-term' is a misnomer here because MXE has only existed for 5 years, and not many people have used it that whole time. In this research, [Three months of methoxetamine administration is associated with significant bladder and renal toxicity in mice.](#), mice were administered relatively large doses of methoxetamine (depending on weight- 30mg/kg), intravenously, daily for three months consecutively- a considerable portion of their life.

"This study has shown that 3 months of daily 30 mg/kg intra-peritoneal methoxetamine results in significant bladder and renal toxicity in mice. Changes in the bladder included inflammatory changes with subsequent fibrosis and changes in the kidney were seen at both a tubular and glomerular level. These changes are similar to those seen in comparable animal models of chronic ketamine administration. Further work is required to determine the time course of the onset of these effects and whether the effects are reversible with methoxetamine cessation."

There is so far little-to-no evidence of this damage in humans even in chronic use, but **that doesn't mean it is safe!** Ketamine has [become known for damaging the bladder in chronic use](#) [BBC], a serious irreversible syndrome known as [ketamine cystitis](#). This disorder was not identified until 2007, decades after ketamine was first used clinically. We may in fact see similar disorders arise in the future in cases of long-term chronic MXE use. Some good news however is research findings on the [protective effects of green tea against ketamine-induced cystitis](#). This may also indicate that green tea provides similar protection from damage induced by MXE.

Cognitive Effects Long-Term

While there is evidence MXE can ketamine can exhibit neuroprotective and neuroregenerative effects when used carefully, chronic use may produce the opposite effect. No formal research has studied the brains of MXE users. 'There is evidence that NMDA receptor antagonists can cause a certain type of [neurotoxicity](#) or [brain damage](#) referred to as [Olney's Lesions](#) in [rodents](#), although such damage has never been conclusively observed in [primates](#) like [humans](#). Recent research conducted on primates suggests that, while very consistent and long-term ketamine use may be neurotoxic, acute use is not.^{[1][2][W]}[\[Wikipedia\]](#)

While Olney's lesions has not been proven in humans, modest cognitive deficits have been identified in current frequent ketamine users [[Consequences of chronic ketamine self-administration upon neurocognitive function and psychological wellbeing: a 1-year longitudinal study](#)]. and another study has implicated ketamine in measurable brain damage- "This paper described for the first time via employing magnetic resonance imaging (MRI) the changes in ketamine addicts of 0.5–12 years and illustrated the possible brain regions susceptible to ketamine abuse. Twenty-one ketamine addicts were recruited and the results showed that the lesions in the brains of ketamine addicts were located in many regions which appeared 2–4 years after ketamine addiction. Cortical atrophy was usually evident in the frontal, parietal or occipital cortices of addicts. Such study confirmed that many brain regions in the human were susceptible to chronic ketamine injury and presented a diffuse effect of ketamine on the brain which might differ from other central nervous system (CNS) drugs, such as cocaine, heroin, and methamphetamine." [[Brain damages in ketamine addicts as revealed by magnetic resonance imaging](#)]

The good news is *'Many drugs have been found that lessen the risk of neurotoxicity from NMDA receptor antagonists. Centrally acting [alpha 2 agonists](#) such as [clonidine](#) and [guanfacine](#) are thought to most directly target the [etiology](#) of NMDA neurotoxicity. Other drugs acting on various neurotransmitter systems known to inhibit NMDA antagonist neurotoxicity include: [anticholinergics](#), [diazepam](#), [barbiturates](#),^[24] [ethanol](#),^[25] 5-HT_{2A} [serotonin receptor agonists](#),^[26] and [muscimol](#).^[27]* [[Wikipedia- NMDA receptor antagonist](#)]

Mental Imbalance

I believe that for everything you tune into, there is something you tune out of. Consciousness only has so much bandwidth in and out. This can be used to create greater balance in the mind, but it can also greater imbalance. As already mentioned, one example of

MXE's cognitive effects is increasing capacities associated with the right-brain, at the expense of 'tuning out' some left-brain bandwidth. This adjustment may be what many people, especially in modern westernized civilization, require to balance the duality. Modern civilization is often characterized by a dominant valuing of the patriarchal perspective. However, we are seeing a shifting tide globally that increasingly values the matriarchal perspective as we acknowledge the damage and destruction caused by a lopsided patriarch-dominant system of government. Creative 'outside-the-box' thinking has become more encouraged and valued. Increasing equality for women is also an example of this. Long-term use of MXE however can dulling consciousness, by putting too much emphasis on one type of thinking, to the detriment of the user's mental balance leading to cognitive and mental health issues. 'Tuned on' becomes 'tuned out' - another reason to encourage moderate use. Also, the more intensive the use, the stronger the potential for a serious reality-disconnect.

Acute Toxicity and Overdosing

"The clinical features of methoxetamine-induced toxicity could be divided into the following main groups: (1) psychiatric – anxiety, hallucinations, panic, profound agitation, aggression, violence; (2) cognitive – black-outs, confusion, disorientation, amnesia, and lowered consciousness; (3) neurological – catatonic state, cerebral ataxia, mydriasis, slurred speech, drowsiness, tremor, vertigo, insomnia, and motor incoordination; (4) cardiovascular – tachycardia, hypertension, cardiac and respiratory depression, and chest pain" [[Methoxetamine – a novel recreational drug with potent hallucinogenic properties](#)]

Following are some links to case reports of overdoses in which the user was admitted into a hospital or resulted in death. In the large majority (possibly all?) of reported toxicity deaths, other drugs such as synthetic cannabinoids were detected in blood or suspected to be co-implicated. This does not mean MXE by itself is not deadly. We just don't know the LD50 yet, so the amount required to be lethal is only speculative.

<http://gen.lib.rus.ec/scimag/get.php?doi=10.1093%2Fjat%2Fbku052> [Abstract]

Analytical Findings of an Acute Intoxication after Inhalation of Methoxetamine

<http://gen.lib.rus.ec/scimag/get.php?doi=10.1111%2F1556-4029.12594> [Abstract]

Fatal Intoxication with Methoxetamine

<http://gen.lib.rus.ec/scimag/get.php?doi=10.2478%2Fs13382-014-0290-8> [Abstract]

Acute methoxetamine and amphetamine poisoning with fatal outcome: A case report

<http://jml2012.indexcopernicus.com/fulltxt.php?ICID=1022801>

ACUTE METHOXETAMINE POISONING – CASE REPORT [Abstract]

<http://onlinelibrary.wiley.com/doi/10.1111/1556-4029.12594/pdf>

Fatal Intoxication with Methoxetamine

<http://www.ncbi.nlm.nih.gov/pubmed/22578175>

Methoxetamine associated reversible cerebellar toxicity: three cases with analytical confirmation

<http://www.ncbi.nlm.nih.gov/pubmed/23111916>

An accidental fatal intoxication with methoxetamine.

<http://www.ncbi.nlm.nih.gov/pubmed/22205276>

Acute toxicity associated with the recreational use of the ketamine derivative methoxetamine.

I have personally experienced more than a couple instances of accidental overdose. In every instance except for one (in which I accidentally ingested a capsule filled with 200mg thinking it was something else) the overdose was the result of intravenous administration...In the extreme end of non-lethal overdosing, the user is fully anesthetized, rendered temporarily unconsciousness. Generally the user will simply appear to be asleep or catatonic. If you find someone who is in this state, put them in the ['recovery position'](#) to minimize risk (there is at least one reported case of asphyxiation during unconsciousness).

In other overdoses the user may end up walking around in a dream-like fugue state that they won't recall later. I am reluctant to quote actual dose numbers because everyone reacts differently. For instance a 50mg IV dose is very strong but not *too* intense with a moderate or large tolerance. The same amount taken by an MXE-naive person will likely result in unconsciousness for awhile. Remember the expression 'you can always take more, but you can't take less'. Certainly don't IV or IM without a tolerance, and make sure to wait a sufficient amount of time between doses (AT LEAST 2 hours) to avoid potentiating (stacking) the previous dose. Also, do not hole out around a water source. Many people have died while using ketamine or MXE in a bathtub or while swimming. A well-known author in the field of psychedelics, [D. M. Turner](#), died this way after a ketamine injection.

The 'Afterglow' Vs 'The Comedown'

Heavy users who take many consecutive doses (binge), sometimes in large amounts (>50mg each time) may encounter unpleasant aftereffects. On the other hand, infrequent users who may only take one or two low-to-moderate doses are more likely to experience a persistent antidepressant effect that lasts between one day and one week. This glorious feeling is called the 'afterglow', which is hard to quantify because everyone experiences it differently, but it feels like a fresh perspective, a positive outlook and sense of fulfillment. The state is often described as optimism and empowerment to create the future. In basic terms it is a buzz!

However, there is a point at which overindulgence may leave an uncomfortable over-amplified residual stimulation. There is the possibility that an impurity in the MXE synthesis can amplify this effect. I say this because I have experienced batches of MXE that have less of a comedown than other batches, and some people have reported using constantly for years without a comedown upon cessation [\[1\]](#).

There's a 'sweet spot' of dosing that maximizes the primary effects and also gives the afterglow a chance to ride out. When I dosed less than 100mg in a day I found the afterglow to be pleasant the following day. If I dose 200mg+ in a day (not hard to accomplish with moderate tolerance and dosing every 4 hours), the residual stimulation on the following day feels less like an afterglow. I'd call it a barely perceptible annoyance if I'm not distracting myself away from it. This can cause an urge to redose to get rid of that feeling, and I suspect this is one of the snares that make a lot of users get into the habit of using every day until their stash is gone. The worst cases of post-binge can feel like outright withdrawal. Symptoms include moodiness,

anxiety, sensitivity, boredom, and a cognitive head fog. I wouldn't compare it to the severity of opiate withdrawal, but nonetheless it is a situation that should be avoided!

Assisting Comedown Recovery

Cognitive effects

As MXE is an NMDA receptor antagonist, it makes sense that NMDA *agonists* can be used to aid the 'head fog' recovery or to modulate active effects (it basically aborts the dissociative action) when used concurrently with MXE. [Nootropics](#) such as [piracetam](#) or [noopept](#) (there are many [racetams](#)) fit this description.

Nootropics are an important element in MXE's study as an antidepressant. '[Nootropics for Drug Abuse and Addiction](#)' describes mechanisms such as glutamatergic dysfunction seen in addicts as a cause of depression; nootropics (and NMDA receptor antagonists) can normalize these functions. These patients had too much glutamate as a result of a downregulation. MXE decreases the activation of glutamate receptors explaining the benefits that addicts especially experience with MXE. However, overuse of MXE can cause its own imbalance when stopped. This is how Nootropics can be used as a counterbalance to get glutamatergic system back to a more normal function.

Another post-binge example is [L-theanine](#) (with coffee at a 4:1 ratio of L-theanine to caffeine) which promotes a calm-yet-sharp mindset, offsetting the noticeable decrease in certain left-brain functions that can remain for a day or so after MXE use.

Additional supplements are mentioned in the '[Combinations](#)' section of the book.

Physical effects

The way I explain the after effects physically is like my nervous system feels a bit sensitive ('fried') which can create discomfort and feelings of anxiety. Short-term use of benzodiazepines and derivatives (etizolam is a popular thienodiazepine available without prescription in many places), are especially useful to get restful sleep after dosing MXE too close to bedtime. These as well as GABAergic drugs such as GABA, phenibut, gabapentin and pregabalin (lyrica) are all well documented to promote a smoother comedown from the residual stimulation of MXE's tail-end effects. I have also noticed tachycardia to be most prevalent during the comedown period.

Methoxetamine Dosing

While there are some users who have reported using MXE regularly for months or even years (there are many reasons this is ill-advised), the general user population treats it no differently than a psychedelic- to be used sparingly no more than once a week or two. Somewhere in the middle of these extremes are the enthusiasts who push dosing to the limit

while attempting to avoid complications and tolerance. I find this best accomplished by cycling periods of abstinence between use. I refer to this as a yin-yang model.

Microdosing (5-15mg)

Microdosing is advisable in many cases. For dissociative-intolerant users this is the safest way to start. It is always better to take the least amount necessary. Microdosing may especially be optimal for users seeking a subtle rapid-acting antidepressant with no/low inebriation. This is comparable to current recommended ketamine dose for depression treatment, which is an order of magnitude lower than a recreational dose (1/10th). [[Is ketamine the best hope for curing major depression? \(Bloomberg\)](#)]. Users who are returning after more than a 2 week break should start with microdoses.

Induction (First-Time Dosing)

A user's first experience with a drug like MXE in sufficient amounts will almost certainly be unexpected and somewhat unpredictable. It is important to start low. With no tolerance, there isn't much value in jumping right into a large dose because the user will probably have trouble navigating the space and remembering the experience. The good news is that MXE is one of the more forgiving research chemicals around as far as toxicity. It's the mind you have to be careful with more than anything. After an initial 2mg allergy test, I have found 20-25mg to be a safe spot for users with no previous history- high enough to experience effects and a low degree of difficulty.

Educating oneself before first use is always recommended for harm reduction, but to be frank, no amount of words can truly prepare consciousness for the effects. However, prior experience with other psychedelics such as psilocybin (mushrooms) will help significantly because of the overlapping effects profile. Experience with other arylcyclohexylamines such as DXM or ketamine will make the first MXE use even more familiar and controllable.

In an ideal situation, the first time user of MXE is in the presence of an experienced facilitator/sitter/guide. The facilitator has many responsibilities when accompanying a first-timer. [The Zendo Psychedelic Harm Reduction](#) initiative, a project of [MAPS](#), has produced a Psychedelic Harm Reduction Training Manual you can [download here](#). It contains basic HR principles and best-practices for many different possible scenarios that every facilitator should be aware of. The 4 basic principles detailed in the guide are:

- Create a Safe Space
- Sitting, Not Guiding
- Talk Through, Not Down
- Difficult is Not the Same as Bad

First and foremost is safety. Because the first time can be overwhelming and disorienting to the senses, it is best to not move around too much on higher doses, and definitely don't be in

public! The user may also want to do highly inadvisable activities such as drive a car, and the responsibility of the facilitator is to talk them through that. Many users will gravitate towards a comfy bed or chair to minimize confusion. The second priority is engineering an optimal environment (setting) based on the user's intentions for the trip. As always, some good music will go a long way towards a positive and memorable experience. Others prefer light movies. Listen to the feedback of the user to see if they are in tune with the setting. The facilitator should also make sure the user is well-hydrated and nourished; it is OK to eat in the middle of the experience, but a good meal beforehand is ideal. The user may end up going inside their mind for most of the trip which will make the facilitator's job pretty easy, but the user may also want to connect and share some deep stuff. Be a compassionate listener, receptive and open-minded. When encountering uncertainty/concerns ('am I dying!?'), the facilitator can provide reassuring feedback ('no you are not dying, and it is normal to experience these feelings.') to gently steer the mindset towards a good 'roll' free of fear and filled with love ('that feeling is not dying, it is *rebirth!*'). If the user does have a difficult experience, employ training outlined in the Zendo manual.

Redosing

MANY users report the urge to redose within a few hours after their first dose in a day even after intending to dose only once. This isn't really a bad thing compared to many other drugs, since redosing does tend to work well to extend the length and add an additional dimension to the experience. Traditional psychedelics have a 6-8 hour envelope, so if the user is seeking something akin to that, a redose after a couple of hours would place it in that time range. Redosing correctly can make for a smoother experience envelope (a more graduated and extended come-up, peak and come-down). The half-life of MXE is 3-6 hours. Effects are cumulative when redosed faster than the elimination rate, also known as 'stacking' doses. Dosing every two hours (oral ROA) will create a slightly stronger peak effect as the second dose combines with the first. However, redosing also leads to a faster rise in tolerance. Redosing too quickly (<1.5 hours) could result in an increase of unwanted side effects such as anxiety and discomfort, especially when set and setting are not ideally tuned. I have noticed that redosing too many times in a day can lead to an unpleasantly wonky or dysphoric experience by the end.

Manty users who want to reach [M-hole](#) suggest to divide the total dose into two or three doses. I refrain from quoting exact numbers, know your own levels, but the idea is to take a smaller dose first, such as $\frac{1}{4}$ of the total, and when that peaks (60-90 minutes) take the rest of it. Or take $\frac{1}{4}$, 30 minutes later take another $\frac{1}{4}$, and 30 minutes later take the last $\frac{1}{2}$ to ease into the hole.

[Bluelight Methoxetamine Subthread- Dosage & Methods of Administration](#)

Tolerance

Tolerance is not necessarily a bad thing with this drug. Many users have found that mild-to-moderate tolerance is comparable the concept of '[sea legs](#)'. It helps with balance and

clarity while still being able to achieve desired effects. The tolerant user can more easily navigate/steer the experience, especially in higher doses, without the extreme inebriation that it would otherwise present. It is easier to hold energy, work/play with it, remember it is like a discipline. The more you use it the better you get at it. Tolerance helps the visionary states of higher doses to be remembered and thus integrated in a productive manner. An M-hole dose with zero tolerance will basically 'glitch out' the brain to the point of utter confusion.

Tolerance grows quickly- it can be noticed after just a few doses- but with abstinence it decreases almost as quickly. My educated guess is that it drops at about half the speed that it rises. After repeated uses, the qualities of the drug change for the user as the brain adjusts and tolerance grows. After just a few days of consistent dosing, MXE starts to feel almost like a different drug. After a week or two of binging, many of the initial effects disappear unless the user consumes a very large quantity to compensate. Even then, users often report a 'loss of magic' until they abstain completely for a period of at least 1-4 weeks. In the most chronic users, up to 6 months may be required. The 'magic' generally refers to the dissociative effect caused by NMDA-receptor antagonism. The theory is that tolerance to the NMDA activity increases faster/decreases slower than tolerance to the serotonin-reuptake inhibition (SRI) creating an asymmetrical tolerance envelope between the respective pharmacological actions. As a result, the antidepressant effect may still be effective even after the dissociative effect dissipates.

The relatively-rapid tolerance effect may be perceived as a negative aspect of MXE, but I argue that it is better for harm reduction. While there are plenty of warnings about MXE being highly psychologically addictive for many users, this tolerance effect deters and limits the abuse and addiction potential. After the most attractive effects wear off, it doesn't take long for the psychological addiction to lose a grip for most users, forcing abstinence or reduction of use to regain those desirable effects.

[Bluelight MXE Subthread: Tolerance](#)

The Yin-Yang Model of Dosing

The yin-yang approach is for users who seek to use MXE more than a few times a month but also want to avoid tolerance and health risks. This method is one of extreme moderation (if that makes sense). I settled into this dosage protocol intuitively through my years of experimentation as I tried to find the high-end of sustainable use.

The principle of this method involves an on/off cycle. For instance, one possible schedule is a 1:2 ratio which could translate into 5 days of daily use followed by a 10 day rest. A more complex cycle is one day on and one day off repeated 3 times followed by a longer period of 1 or 2 weeks of abstinence. A ratio of 1:1 is the highest level that I ever experimented with, and it is safe to say this use is too frequent! It resulted in residual tolerance that steadily built up over each cycle.

I settled on an average ratio of about 1:2 or 1:3. the average was 5-10 days off for every 5 days on. In retrospect, a 1:4 ratio is probably the upper limit of safe long-term use. So long as pure material is being used, I believe this is the most aggressive form of recreational/therapeutic

dosing that can be used without *high* risk of neurotoxicity or significant damage to the body's organs over time. This is largely anecdotal. *Insert grain of salt.*

In the interest of harm reduction, MXE should ideally be used as little as possible regardless of recreational, medicinal, or spiritual intentions. A more sensible approach is a ratio 1:7. At a ratio of 1:2 or 1:3 there may still be residual tolerance build-up over time depending on the amount used during on days. Ratios higher than this will likely lead to diminishing returns, ever-increasing tolerance and a corresponding increase in deleterious side effects. I say this from anecdotal evidence, but reports from other users echo this sentiment. Combining this protocol with polydrug use will also modulate the safe level of use. For instance, if your ratio of use is 1:4 but you also drink alcohol during 'off' days, this will certainly tax the body.

The amount of material consumed during 'on' days should also be carefully monitored and restricted. A sensible limit is somewhere in the area of 100mg/day. Myself and other users have used up to 500mg/day short-term without apparent detriment (some people have high tolerance!), but negative side effects are experienced at those levels. That should be the absolute limit for anyone. If you want to go higher than that, consider it a sign to take a long break. In the mice study, the mice were given intravenously an amount that would be equivalent to 200-300 milligrams/day in a human depending on body weight. After 3 months of this daily dosing (which was a considerable chunk of the mices' lifetime), significant liver and kidney damage was observed. Restricting to 200mg and taking at least a one-day 'breather' break as per the 'yin-yang' method should be sufficient to minimize long-term harm to the body. Additionally, the route of administration will have an effect. The mice were given intravenous MXE, which is not only more potent, it also appears to be much more damaging to the body. Oral/sublingual consumption should provide an extra buffer of safety. Once again, this is not the most scientific conclusion, but the mice study is nearly the only data we have to work with because of the non-existence of formal human trials completed to determine toxicity.

When using MXE as a functional enhancer throughout the day, that is to say for antidepressive, motivational or inspirational effects, dosing is about creating a modulation envelope integrated into the up/down waves of our daily life. In this use-case, dose as low as possible for noticeable effects during the day when aiming for full functionality. Remember, this is for subtle lift, not to get blasted in the grocery store. **NOTE: driving under the influence is bad mmkay?** *Even low doses will have an effect on awareness, but we may not be aware of it, for obvious reason.* Consequently, judgement will also be affected.

I followed this type of use at periods. At night when I was home I liked to take a double (stacked) dose to go into more introspective psychedelic territory. It worked great but it pushed tolerance up faster. After a week, it was time to take a tolerance break.

Depending on how much material I had and dosing intentions, I most often dosed for 3-7 days in a row during the 'on' cycle. I could still achieve a 'hole' on the third day but required higher dosage, and the effect spectrum different from the first day (more euphoric and less disorienting, simply speaking). By day 5 a bright clarity continued to focus with a stronger grounding than at first, creating antidepressant and stimulating effects with less inebriation. Motivation to do the right things came easy and with great intrinsic reward. This is an important metaprogramming opportunity. At 200mg/day I was still pretty functional under the influence.

High doses than this resulted in a comedown at the end of the cycle (depression or boredom, sometimes some anxiety).

I hope that future MXE users heed the warnings to not dose as frequently or intensely as I did so that tolerance does not get out-of-hand. Be careful because tolerance can creep up over the course of years. In retrospect, shorter bursts of use are most certainly safer and more effective in the long-run.

Use Vs. Abuse

From the the formal definition, abuse is endangerment to oneself or anyone else in any way. For instance, driving a car under the influence is abuse, even if you only use it once a month. The way I differentiate between use and abuse of MXE (and many other drugs) is how it affects day-to-day life. If the frequency of use is having a negative impact somewhere, you are abusing it. If you use it constantly to escape some aspect of life, it's definitely abuse. If the effects are positive for your life, I would guess you are fine...Just be careful that you aren't kidding yourself. It is possible to lose touch with reality and feel like you are making huge strides while in reality you are rationalizing a withdrawal from life's responsibilities. It can be a good medication to alleviate anxieties temporarily, but it is only real medicine if the experience helps resolve the source of the anxiety.

There are fair comparisons to be made between the abuse potential of MXE and common 'hard' drugs of abuse such as methamphetamine or opiates, but there are also limits to the comparison, and in some ways they couldn't be more different. MXE can not be abused consistently for more than a week or two before tolerance renders it nearly ineffective outside of slight peripheral effects. You can't just keep 'pushing the button' every day and expect to always achieve blissed-out holes. After a week or so of constant use, the effects become more comparable to pharmaceutical antidepressants that work by increasing serotonin levels. This can still produce a degree of psychological dependence, but recognizing that it is all in your head is the first step to controlling use.

Addiction

A formal study on mice determined the addiction potential of MXE. Ketamine is generally considered to have a moderate potential for abuse. Given a choice between MXE and ketamine, the mice preferred MXE. This data suggests MXE has a greater addiction potential in humans. The conclusion of this study advises prompt regulation of MXE based on these results. [[Methoxetamine, a ketamine derivative, produced conditioned place preference and was self-administered by rats: Evidence of its abuse potential](#).]

Ketamine dependence has been researched thoroughly. One of the most in-depth publications is [The Official Patient's Sourcebook on Ketamine Dependence: A Revised and Updated Directory for the Internet Age by Icon Health Publications](#) (Free PDF download, 145 pages). One of the best reads on ketamine in general and quite applicable to the broader subject of dissociative addiction and dependence. Considering this research, I conclude that the

addiction potential is the biggest factor keeping these medicines from being a mainstream clinical option. One solution is to create strict prescription regulations through a third party, similar to how methadone or suboxone clinics work. I appreciate the approach of the [Church of Neueuroscience](http://www.knbspirit.org/) [<http://www.knbspirit.org/>], with whom I share a strong resonance of vision.

Addiction is an interesting but complex subject with to this drug. Most importantly, it is not physiologically addictive unlike hard drugs of abuse. As just mentioned, tolerance build-up encourages infrequent use. Yet, despite sharing similarities to classical psychedelics (which most people consider to have very low potential for addiction), many MXE users are quick to admit the strong psychological pull to dose more often than intended. This is compounded by the fact that a degree of tolerance makes it a very functional drug, so users may rationalize dosing at work or even first thing in the morning in place of coffee. For those people it is like having a big red shiny button directly connected to the reward circuitry of the brain, and lighting up that circuitry is simply a matter of pressing the button that tunes your radio to the best song you've ever heard and turns up the volume so loud it vibrates your whole body. The mental effects can imbue a child-like awareness where every moment is fascinating and special. A sense of awe is valuable for therapy and recreation but is addictive in itself. Who doesn't like to feel like a kid again?

Experience reports on the 'net are mixed about users' ability to control their use. For every person who wishes they could moderate their intake, there seems to be at least one responsible user who respects the power of the substance. People with a predisposition or history of addiction in their family are more likely to end up using more than they intended, possibly to the point of chronic use that interferes with their everyday life in some way. "Addiction is 50 percent genetic predisposition and 50 percent poor coping skills" [[The Genetics of Addiction](#)]. If your coping mechanisms often involve trying to escape the reality of a difficult situation, responsible therapeutic use may be difficult for you.

While small amounts of MXE appear to improve depression, some users who have gone to the limits of abuse have reported worsening depression. Others have reported the emergence of bipolar mood swings as a result of unmoderated use. In the worst cases, chronic use (every day for extended periods) can trigger a downward spiral at which point a negative impact on their life triggers further use as a way to escape reality. Mania is another common symptom of overuse (whereas hypomania is more a symptom of doing a moderate amount). This is another cautionary warning to dose **LESS IS MORE**, especially with the increased prices and decreased availability of MXE currently on the markets. It is always best to use the least amount necessary for therapeutic effects, and there should be limits set before jumping into a dosing regimen based on the goals and focus of use/treatment.

Chronic users generally report symptoms of worsened depression improve with cessation of the drug, and after a time they return to normal life. In many cases they vow to not use MXE again because they believe they can't use it without abusing it. In other cases, they end up balancing their use with life responsibilities without negative repercussions.

How it is used, whether mindlessly or mindfully, dictates whether MXE is being used as a therapeutic medication or a drug of abuse. Mindless use is compulsive redosing with only the intention of escaping or 'getting fucked up'. An example of mindful use is using it once a week

with intentions of gaining personal insight. However- and this is one of the conundrums of MXE as a therapeutic drug- mindful use is easier said than done.

So how does one increase their chances of mindful use? This took me a long time to realize, but I now feel like I have greater respect and appreciate of the power. Many users will undoubtedly have extremely glowing and deeply touching experiences that meet or exceed some of the most powerful moments of their life (*raises hand*). If not, it will probably be a pleasurable experience regardless. Naturally, as a result there may be a strong gravitation to reuse the drug as soon as possible. Acting upon that may not be hard to rationalize. One way to *not* act upon that desire is to understand it as a sacred experience. Special experiences are to be respected. Revered. Let yourself be humbled by it, grateful for the blessing of such an moment of divine synchronicity Seek to understand and integrate the lessons embedded in it. This is only accomplished with time and a clear head. Continually experiencing sacred energy every day is not in accordance with natural balance and over time causes energetic burnout, a loss of reference and disempowerment. It is self-deriving; hedonistic, the blundered pursuit of ultimate power with nothing. If you go that route it *will* have a negative effect in some way, for everything has a price [Note: I don't want to mention to many Star Wars references, but the 'dark side' is corrupted by greed and lust for never-ending power and control through fear and destruction]. Even with all this in mind, If you don't trust yourself to be responsible with a bag of MXE, give it to someone you do trust and let them administer doses in a predetermined schedule. Another safeguard is to only order a small quantity at any one time and space out orders to allow the mind and body to return to baseline. If regulated in the future, I could see something like being able to get a 1 gram prescription every 2-4 weeks.

'The Spice Expands Consciousness'

A friend once said of MXE, *'it's a **spice**, not a **condiment**'*. To understand what he meant, let's compare it to ginger. You won't put ginger on every meal you eat, but with the right recipes it work as a valuable element. Ginger, like MXE, can be used for medicinal effects when needed. Ginger tea aids digestion and stomach issues. MXE meanwhile is a molecular relative to an over-the-counter cough medicine ingredient ([DXM](#)) and a clinical anesthetic (ketamine).

The novice user will undoubtedly have many questions, such as *"How much should I take?"*, *"When should I take it?"* *"What form of administration best suits my intentions?"* *"When should I redose?"*. All of these questions will be addressed, but remember these are only guidelines. It is important to listen to yourself and your intuition as you experiment. As spice, It is responsibility to know when the time is right to add it into your recipes or your daily life to enhance your experience For you, the goal is to integrate MXE into the fabric of your life as a beneficial supplement. If you find your use having a negative impact in any aspect of your life, it is time to re-evaluate your approach.

Thankfully, I feel like this book has helped me immensely to integrate the blessings I've received these past years. These days I am usually sober. Instead of being high 10-14 days a month, it's more like 3-5 days a month. However, I had to really take abuse to its logical conclusion. If this book helps even a single person from having to go through the entire addiction process I went through first-hand, I have succeeded. Regardless, I have no regrets, so have no fear in your experimentations.

Routes of Administration and Dosage Levels

Potency, effects, and duration all vary between the different routes of administration (ROAs). The ideal ROA depends on the user's intentions for the experience. Special harm-reduction care must be considered when using the direct ROAs (IM/IV). The dosing bullet points listed here consider both the [Erowid](#) and [Drugs-forum](#) charts. The listed numbers are only a starting point of reference. Purity/strength of the material and dissociative tolerance will determine what is small and large for each case.

The 'light' dosing level, which can be considered 'first plateau', is especially notable. Microdose, defined as half of a threshold dose, produces effects in the background of consciousness. There has been increasing interest and research lately in the effects of microdosing psychoactive drugs such as [LSD](#), [psilocybin](#) and [ketamine](#) to enhance creativity, cognition, energy and mood. Results are promising, so if you are considering using MXE for subtle enhancements I encourage starting in the range of 5-15mg, and redose at regular intervals throughout the day (every ~4 hours). At these levels it may act more like an antidepressive nootropic.

The listed routes go from the least-bioavailable to most-bioavailable. I found a different spectrum of effects for each route with correspondingly suitable applications.

Vaporizing

Vaporizing MXE HCL will yield effects, but it is mostly a novelty and certainly not the best way to get MXE into the brain. It can be basically administered with tinfoil, a lighter and a straw. Oil burners are another option. [Freebase MXE](#), which can be made using a simple reaction with *clear* ammonia, appears to be the optimal way of consuming MXE via this ROA. The novelty of this ROA is the immediate onset and unique spectrum of effects that are comparable to the headspace of nitrous oxide, or 'whippet' as it is called colloquially, but it is much less intense and overwhelming than nitrous, though it lasts considerably longer. It is relatively crude compared to other ROAs. While it is a novelty, this is the least effective ROA in the therapeutic spectrum of effects.

Intranasal

Snorting is reported to be easy, with minimal discomfort. Users report less dissociation with this method, but it does come with considerable euphoric and stimulating properties.

- Light 10-20mg
- Common 20-50mg
- Strong 50-90mg
- First effects: ~10 min
- Peak begins: 20-25 mins
- Peak lasts 1.5-2 hours
- After effects 1-2 hours

Intranasal is a common ROA for MXE. High quality MXE is generally mild on the mucosal membrane. As mentioned, it is more stimulating while less dissociating than the other ROAs. Users who want to 'hole' should use other ROAs such as intrarectal and intramuscular. Some users report an increase of acne (possibly through increased [cytokines](#)) around their face following this ROA, and these side effects resolve when switching to other ROAs. It is also possible that some forms of MXE may be more bioavailable intranasally than other forms (fluffy powder > crystals).

Oral/Sublingual

Oral consumption of methoxetamine can be achieved by either allowing it to dissolve under the tongue (sublingual) or by swallowing with some water. Orally, the onset is slower and smoother making it ideal for inexperienced users, and the nausea is minimal (I have never felt nausea from it). This is the best method to receive the drug when forgoing the hassle of plungers or needles. There is speculation that some forms of MXE may be more bioavailable orally than others. This is also a sublingual trick to increase the rate of absorption. Swishing alcohol mouthwash before sublingual dosing should increase both the rate and amount of sublingual absorption. Spicy foods eaten beforehand tend to have the same effect as the mouthwash.

- Light 10-30mg
- Common 40-60mg
- Strong 50-100mg
- First effects: ~5 min
- Peak begins: 20-40 mins
- Peak lasts 2-4 hours
- After effects 4-8 hours

Intrarectal

Intrarectal, colloquially called 'plugging' or '[boofing](#)', is the administration of the drug through the rectum. It is generally dissolved in water and administered with an oral syringe. Without considering the slightly 'messy' process of intrarectal administration, this ROA may have the highest therapeutic index. It presents less stimulation than other ROAs, creating a 'smoother' experience with the greatest potential for euphoria and 'out of body experience'. The duration of onset is also faster and stronger than other ROAs (IM/IV notwithstanding). The bioavailability is high. These characteristics make it the ideal ROA for achieving the 'M-hole' state of complete dissociation without the risks of IM/IV administration. Mid to high doses may be overwhelming to inexperienced users due to the more rapid onset and increased dissociative effect. Some forms of MXE dissolve readily in water, but some batches have been reported to be poorly water soluble.

- Light 5-10mg

- Common 25-40mg
- Strong 40-70mg
- First effects: ~2 min
- Peak begins: 5-10 mins
- Peak lasts 1.0-2 hours
- After effects several hours

Intramuscular/Intravenous

Intramuscular administration is similar to intravenous, but with a slightly slower and less potent onset. For those without tolerance, doses of over about 25 mg may result in a disorientated state, which is not necessarily desirable. In fact, inexperienced users should not consider this ROA at all; it is too strong, and the onset is too fast.

If administered all at once in an immediate injection (rather than a drip over a period of time), this ROA can be considered radically different in the qualitative experience compared to the other ROAs. With a sufficient dosage, a psychedelic 'hole' can be achieved within 30 seconds of administration. It can be compared to the wave envelope of a [gong](#) being played. The initial mind-blowing imprint of the set and setting influences the tone of the rest of the 'buzz' as it resonates, reflects and diffuses in the space over time. The strongest part of the experience is only 10-20 minutes. However, a notable stimulating buzz, a sense of well-being and daydreaming headspace can last for hours afterwards. A sufficient dose of MXE through these rapid-onset ROAs is quite literally a 'bell ringer'. Some users of IM and IV report a ringing sound in the first minute of onset. Sounds in the air become like whirling machines and music can be interpreted as just about anything. It can feel like a layer of your perception is erased, letting you hear and experience the world without the default associations or judgements.

- Light 5-10mg
- Common 10-20mg
- Strong 20-40mg
- First effects: ~5 min
- Peak begins: 5-10 mins
- Peak lasts 1.0-2 hours
- After effects 1-2 hour

Combinations and Contraindications

- [Tripsit.me's Drug Combination Chart](#) provides a quick glance at the general safety of combinations.
- In-depth discussion of combinations can be found at the [Bluelight Methoxetamine Combinations Subthread \(#2\)](#). Excellent harm reduction info here!
- Trip reports of MXE combinations can be found in the Erowid [MXE combination experience vault](#).

- The difference between a synergistic combination and contraindication with MXE is not always clear. Sometimes the difference is just a few milligrams of each drug. Individual tolerance/chemistry/body weight as well as set/setting are other factors that can make the difference between a safe and dangerous combination.
- Information in this section is backed up by both [the Bluelight MXE Wiki](#) and [Drug Forums Methoxetamine Wiki](#):

MAOIs are Contraindicated! Potentially Dangerous!

Serotonergic Psychedelics (5HT2a Agonists)

MXE is a beautiful, complex and potent synergistic adjunct to serotonin 5HT agonists, most notably the classical psychedelic [tryptamines](#) and [phenethylamines](#). Examples include [psilocybin](#), [LSD](#) and [mescaline](#). More recently-developed phenethylamines include the '2C' class of such as [2C-B](#) and [2C-I](#), discovered by [Alexander Shulgin](#). Combining 2Cs with MXE is somewhat unpredictable, with some saying it brings out the worst aspects of each drug [1], while others feel a glowing synergy [1]. Personally, I have had a pleasantly strong experience combining [bk-2C-B](#) with MXE.

The newer generation of 2C-Xs, [25x-NBOMe](#) are inadvisable combinations due to extreme potency and unpredictability that have lead to many deaths in just 5 years since being distributed widely. We don't want that attention brought to MXE. The unfortunate reality is that unscrupulous dealers may sell NBOMe as LSD or 'acid'. If a blotter has a strongly bitter taste, it may be an NBOMe. Reagent tests are the best way to know for sure.

Psilocybin may prove to be the most promising combination with MXE, recreationally *and* therapeutically. This may be extended to the newer psilocybin analogs, the '4-subbed' tryptamines such as 4-HO-MET and 4-ACO-DMT. Their chemical structures and effects are very similar to psilocin/psilocybin. They all have a good track record producing potent and remarkable trips combined with MXE [1][2][3][4] when dosages are moderate for each. An example is [4-ACO-MET](#) mixed with an equal ratio of MXE (25mg for first time). Each subject to test it so far that I know of reacted [extremely positively](#). The MXE can be easily overpowered, so more tolerant users may need to increase or double the dose of the MXE to produce substantive potentiation. The safest way to research is with a number of trials spread out with doses increasing slowly each time.

Other tryptamines, such as LSD and its newer analogs [AL-LAD](#) and [1P-LSD](#), have mixed experience reports, with the primary difficulty being unexpectedly strong potentiation. My experiments with this combination ranged from pleasantly weird to completely mind-shattering (but in a really good way!).

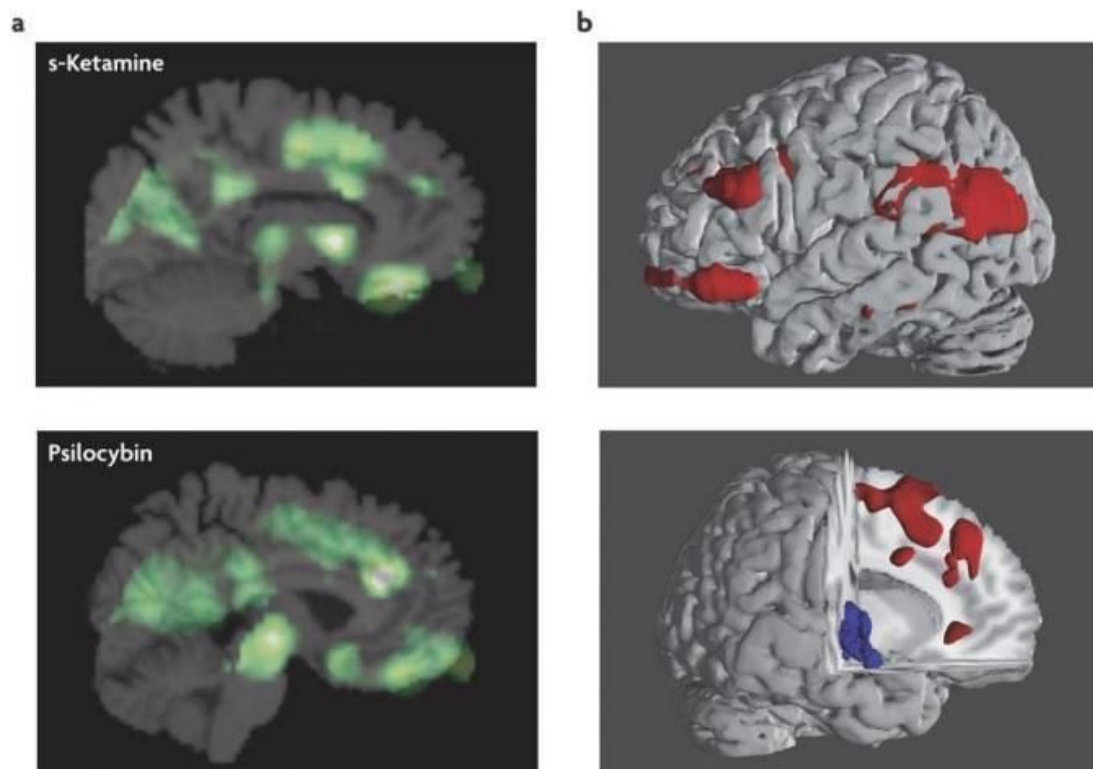
Extra care should be considered when combining MXE/dissociatives with any tryptamine/phenethylamine because of the strong potentiation of psychedelic effects. Doses of each should be reduced, and **researchers should be familiar with the effects of each component by themselves before dosing them concurrently.**

As an added bonus, these psychedelics [may also provide a neuroprotective element](#) for MXE.

Clint Canal, Ph.D., Research Assistant Professor at Northeastern University has extensively researched the function of serotonin systems, drug discovery targeting serotonin systems to treat psychiatric disorders, and the neurobiology of psychiatric disorders and pharmacology. At [Psymposium 2014](#), he discussed the similar and overlapping mechanisms of the classical psychedelic serotonin 5HT_{2A} antagonists compared to dissociative hallucinogens, shedding light on how these two classes of drugs produce such synergistic effects when combined. From the abstract of his presentation:

“Psychedelic substances, such as the classical hallucinogens (psilocybin, DOM, LSD) and dissociative hallucinogens (ketamine, methoxetamine) differ in their primary pharmacological modes of action, but have similar modulatory effects on the key neurotransmitter systems that inhibit (GABA) and excite (glutamate) neural activity, which may explain their shared ability to alter consciousness.”

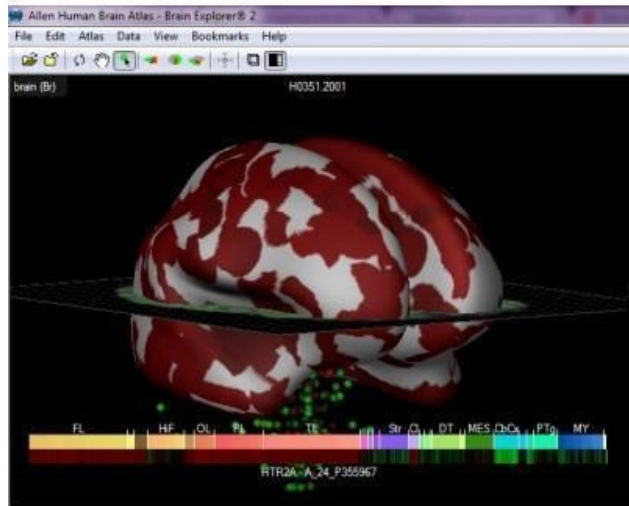
Brain metabolic changes after ketamine or psilocybin administration



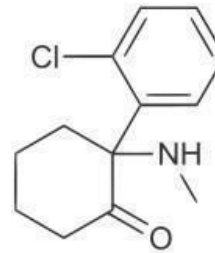
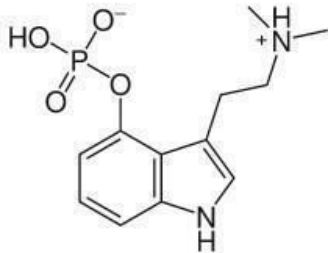
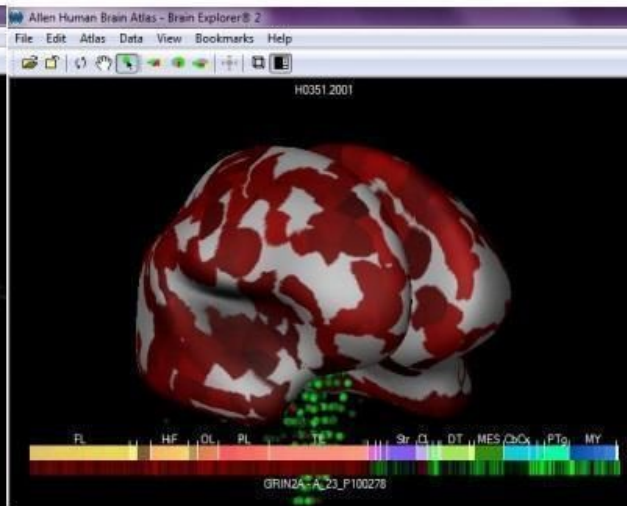
Vollenweider & Komater; *Nature Reviews Neuroscience*, 2010

Nature Reviews | Neuroscience

5-HT2A



NMDA



This research provides concrete evidence for the nature of the synergy when combining dissociatives with classical psychedelics.

As I mention later, psilocybin has been [studied successfully](#) as a therapy for addiction. Given MXE's potential to also treat addiction, and the evident synergy between the psilocybin/MXE, a clinical trial with MXE as an adjunct to psilocybin would be a logical next step to potentially extend therapeutic applications and success rates.

DMT and DPT

These two trippiest-of-tryptamines deserve a section of their own. Personal experiences combining MXE with [DMT](#) (Dimethyltryptamine) or [DPT](#) (Dipropyltryptamine) have been very positive and amongst the most intensely spiritual of my life. However, these combinations should be reserved only for the most journeyed explorers. The main reason I put DMT and DPT in the same category is not because of their similarity (they actually produce very different effects), but because they are the two most hardcore tryptamines in existence. Seriously, if you are not prepared for your reality to completely fall away into a world where impossible things manifest before your eyes, don't experiment here. This is the deep end of the pool; get your feet wet first!

The only trip I know that can compare to the visionary hyperdimensional effects of either DMT or DPT is...high-dose MXE! Despite the fact that DMT and MXE are very different drugs, they are comparable in a way. Low doses of DMT, for instance 75mg, creates a 'sub-breakthrough' experience in which the user may see and feel all kinds of psychedelic vibrating energy all around them (this is called '[the veil](#)'), but they basically remain 'here', tethered to reality and their body. A 'Sub-hole' dose of MXE is similar to a 'sub-breakthrough' it that it brings out a sense of connectivity and sensitivity to energies but while remaining separate from the energies to a degree. 'Breakthrough' doses of DMT, around 125mg, cause people to feel completely transported to an entirely different world. I have noticed a crossover of effects between DMT breakthroughs and MXE 'holes' in which both have the capacity to take consciousness for a ride to the fringes of what can be experienced. While the two drugs produce qualitatively different experiences, they share the capacity to completely transport consciousness.

DPT is equally as spiritual as DMT in my experience. The highest I've gone is 40mg (intense enough for me!). Some users report DPT by itself to be kind of a rough ride in certain ways. The MXE combination helps to considerably smooth out the waves and 'open up the portals' if that makes any sense, requiring less DPT to reach a similar depth. [Research this one thoroughly](#) beforehand if you choose to experiment.

Cannabis and Synthetic Cannabinoids

As a general harm reduction statement, if you use MXE with any regularity and don't regularly use cannabis, cannabis should be used with *extreme* moderation until you know how the combination affects you. In my research of adverse reactions things tend to go south when people combine the two too casually. My anecdotal evidence supports this information. Generally uncomfortable feelings are commonly reported. Users who normally tolerate MXE well by itself have reported cardiac effects such as rapid heart rate, raised blood pressure and heart palpitations, as well as anxiety, panic attacks and even extreme delusions when combined with cannabis or (especially) synthetic cannabinoids. The reverse statement is also evident, that if you use cannabis or synthetic cannabinoids with any regularity and are intolerant of MXE, extreme moderation is advised. Life-threatening situations with hospitalizations have been reported in some [reports](#). In the worst cases, THC and synthetic cannabinoids have been co-implicated in a number of fatal overdoses. [[WHO ECDD 2014 Report](#)]

Cannabis is a good example of how unpredictable effects can arise from combining substances, even when each substance is well tolerated by itself. Cannabis can be good medicine though, just know yourself. Synthetic cannabinoids on the other hand are much too dangerous [according to research](#) to be considered as a safe MXE combination.

Benzodiazepines

MXE and benzos are like bread and butter. Benzos provide a neuroprotective effect for the brain which is certainly good news. Etizolam is a common choice for its low price and wide availability as an unscheduled research chemical in the US. While not technically a benzo- it belongs to a class of drugs called [thenodiazepines](#)- effects are similar. In my experience the

right amount of etizolam (between .25-1mg) can really smooth out MXE's energy for a more 'creamy consistency' to MXE's sharper edges. This can produce all kinds of wonderful results downstream to help the user achieve a state of flow. When MXE's effects are too robotic or 'wired', benzos are a great way balance it. It grounds the trip, making it more productive, streamlined and free of anxiety. It helps reduce 'brain noise' to the background. I know it sounds paradoxical, but sometimes you have to ground yourself to be able to fly. As a testament of effectiveness, I was able to write this paragraph after taking 1mg of etizolam 1 hour after dosing MXE. Before taking the etizolam I was battling anxiety and a sense of being overwhelmed by the book. Alcohol can have a similar beneficial effect, but it is far messier with increased wobbliness, whereas small benzo doses make the 'machine' easier to handle in my experience. Benzos are also great as a way to get to sleep after the last MXE dose. Normally it can take 4 hours or more after the last MXE dose to allow sleep.

Benzodiazepines are commonly coadministered with ketamine in clinical environments and are often the first drugs used to treat patients who overdose on a dissociative or experience a 'bad trip' on other psychedelics. *'When unpleasant ketamine-associated recovery reactions do rarely occur, they can be rapidly and reliably diminished with titrated benzodiazepines'* [<http://emupdates.com/wp-content/uploads/2011/01/ACEP-Ketamine-Guideline-2011.pdf>]

Stimulants

Stimulants are generally inadvisable in conjunction with MXE; it already has stimulating properties on its own, and both increase dopamine levels in the brain. Too much dopamine can create a very 'tweaked-out' consciousness manifesting as paranoia, mania, delusions, and symptoms of schizophrenia. It can also lead to a hard crash on the body.

Empathogens-Entactogens

'The terms empathogen and entactogen are used to designate a class of [psychoactive drugs](#) that produce experiences of emotional communion, oneness, relatedness, emotional openness—that is, empathy or sympathy—as particularly observed and reported for experiences with [MDMA](#) (ecstasy)'. [[Wiki](#)]

These drugs work primarily by increasing levels of serotonin in the brain. MDMA is widely considered the most popular and desirable in this category. However, discretion is advised when seeking MDMA because potentially-dangerous analogs such as [methyldone](#) are frequently sold as MDMA or 'Molly' by amoral or ignorant drug dealers.

Ketamine is a well-known, well-loved and generally safe combination with MDMA. However, MXE is different because it is a [serotonin reuptake inhibitor \(SRI\)](#). Serotonin releasers such as MDMA should be avoided with MXE for the risk of [Serotonin Syndrome](#), a potentially life-threatening condition that can occur when too much serotonin is present in the brain. Drugs that inhibit serotonin reuptake, such as tramadol any number or pharmaceutical SSRI antidepressants such as Prozac should also be avoided for the same reason. There has been one documented death from a user who intravenously combined MXE with a high dose of MDAI, a serotonin releaser.

[<http://www.bluelight.org/vb/threads/589747-Potential-neurotoxicity-of-an-MDAI-MXE-combo>]

Despite warnings, some users have experimented with lower doses of MDMA+MXE and found it to be generally safe...and also very fun...Do not dose based on what you read from other users' reports because everyone has different tolerances and individual chemistry. If you do decide to play with this fire, start low (for instance 75mg of MDMA and 25mg of MXE).

[4-FA](#) is a relatively popular research chemical with hybrid serotonergic/stimulant effects. It is known to react badly with MXE! There are many reports of this combination being hard on the body, causing unpleasant trips, bad headaches, vomiting, and extreme lethargy the next day. [[1](#), [2](#), [3](#)] With that said there are successful reports using lower doses and staggered timing, but it is risky.

CNS Depressants - Alcohol and Opioids

Alcohol is an especially 'touchy' combination. One drink can nicely potentiate a low dose of MXE. More than that (in absence of strong alcohol tolerance) can produce very negative side-effects such as extreme loss of coordination and memory black-outs. The most common effective combination of using MXE and alcohol together is to use the alcohol during the recovery period of MXE, the tail-end after the primary effects have peaked. A residual stimulation may be felt that can be tamed with a depressants such as alcohol. Other drugs such as benzodiazepines as mentioned also work as effective antidotes to counterpoint MXE's stimulation.

According to [Drug Forums Methoxetamine Wiki](#) 'Central nervous system depressants should be avoided when administering methoxetamine, as dangerous synergistic effects may result due to the combination between the two substances.' CNS depressants also include opiates/opioids. When MXE was first created, this was thought to be a dangerous combination, but data has proven that to be at least slightly inaccurate; we used to think MXE had an affinity for opiate receptors but has not since been observed. Low-to-moderate doses of opioids appear to be safe, but because of potentiation/synergy, do not dose your normal level of opiate until you know how they react together. The big exception here is **Tramadol** which is **contraindicated** because it is a serotonin reuptake inhibitor

Dissociatives, in particular DXM and ketamine, have been found to actually reverse opioid tolerance [[1](#), [2](#)]! Together with the potentiation of pain relief, dissociatives+opioids are proving to be a very valuable combination for chronic pain patients managing pain with opioids. MXE has not been studied for this effect. While we do know it is a great pain reliever, we do not know if it can reverse opioid tolerance.

Diet and Additional Supplements (WATER!!!)

It should go without saying that a proper lifestyle regimen includes a balanced diet and plenty of water, but people still need to hear it. **MXE is dehydrating! Water is especially important**; many MXE users report needing to drink extra water during and after sessions to maintain hydrated. It is probably the single easiest and most powerful thing you can do to turn around a sub-optimal experience.

"If you feel a bit scatty during or after the trip, drink some water - It took me months to figure this out. During some trips I'd feel off, I couldn't explain it and then drinking a glass

of water would just wash over me within several minutes and return me to mxe's creamy sensation."

"Water is life. So many times ill be completely lost on dissociatives, something will feel really "off" and uncomfortable, then I realize that's my body's way of telling me it needs water. One glass of ice water later and I'm back to happy floaty spacey land." [[The Big & Dandy Methoxetamine \(MXE\) Thread - Chapter 14](#)]

Extra hydration helps the elimination of MXE metabolites. I feel that physical stress or unpleasant reactions can occur from the buildup of metabolites. Extra vitamins and mineral supplements are also a good idea. **Magnesium, vitamin D and B complex (B12 and B6 in particular), and inositol** have been mentioned many times in forum threads as possibly being depleted faster with MXE use; supplementing these vitamins may help maximize the experience and mitigate side-effects. Because MXE can present tachycardia and hypertension which makes the heart work harder, an **Omega-3 (DHA)** supplement may be a good idea for its association with improved cardiovascular health. Other supplements that can prevent neurotoxicity include **GABAergics as well as Serotonergics and benzodiazepines** as mentioned. Supplements that improve function of the NMDA receptors include **harmaloids-harmaline and harmine- and choline**, *but these are only to be administered after MXE use (not during due to contradictory effects).*

While there is no concrete data to confirm that MXE is safer on the bladder than ketamine, there is also no evidence to indicate it is any more dangerous in humans. With that said, renal toxicity *has* been observed in the [3-month study on mice](#), and urinary issues in users are well-documented in this published article, [Methoxetamine: prevalence of use in the USA and UK and associated urinary problems](#). On the other hand, a number of chronic users (consuming as much as 100 grams) report *no apparent adverse effects that persist after a period of abstinence*. [Methoxetamine might NOT cause the same bladder toxicity as Ketamine does in heavy use](#).

[The Ultimate Guide to Dissociatives: Preventing Toxicity and Minimizing Risks](#) seems very thoroughly researched on the subject of neuroprotective adjuncts for NMDA receptor antagonists: Pasted directly from his guide's pharmacological recommendations:
For those who wish to chronically use NMDA antagonists:

- 1. Regular clonidine consumption, 100µg, once or twice a day on the days of use, depending on how heavy the ACHA (arylcyclohexylamine) is. The half-life is 12-33 hours. Note that it is also an effective treatment for ADHD, [alcohol](#), [opiate](#) and [benzodiazepine](#) withdrawal, and [hypertension](#). Due to the effects on blood pressure, adjust dose accordingly.*
- 2. Have an antipsychotic on hand, such as paliperidone or risperidone. Should psychosis creep up, it could save your life and keep you out of prison!*
- 3. Have an aryldiazepine on hand. (e.g., thienodiazepine, benzodiazepine) in the case of hypertensive crisis, anxiety, or finding one's self moving around too much given their mental impairment. This is particularly important for the more stimulating ACHAs, such as [methoxetamine](#) and the PCP analogs. The aryldiazepine also could be used as a primary protection against neurotoxicity, although tolerance is a much bigger concern than with*

clonidine. Their use together could be highly beneficial, but hypotension and respiratory depression are a potential concern which would need to be addressed.

4. Huperzine A 100µg-200µg, 2-3x/day. HupA is a great AChEI which is natural, as well as a weak NMDA antagonist. It would serve to stimulate alpha-4 and alpha-7 nicotinic receptors. I would recommend taking it for protective purposes and for increasing mental faculties. Its half-life is 4.8 hours, hence the multiple doses a day. Should you choose 2 doses, I recommend morning and midday doses, as an evening dose might interfere with sleep.

Contraindication Summary

The biggest contraindications for the use of any psychedelic drug is ignorance and lack of preparedness, sometimes related to sheer immaturity. In other words, if you aren't ready when you take the trip, the trip will take you. I would recommend avoiding MXE until the brain is fully developed (which is somewhere between the age of 20-25), or until we have data for long-term effects on the developing brain. I tried ketamine a couple times in my early 20s and I didn't like it!

While unpreparedness won't always lead to a bad situation, it certainly increases the potential. A single negative experience with psychedelics may be enough to turn a user off from trying it again in the future and even haunt them for a long time afterwards. In the worst-cases, a bad experience can irreversibly activate a latent mental illness. A serious non-drug contraindication is a *family history of or genetic predisposition* to a mental disorder. Schizophrenia is one of the most common of these disorders. If psychedelics are used despite this, please take extra caution. For instance, [titrate](#) up on the first experiments and have a trip-sitter or safety network close at hand. Have a 'bug-out' plan, such as someone to talk you through a difficult experience. While schizophrenia is one of the more extreme contraindications, those with more commonly diagnosed disorders such as Bipolar or Borderline Personality Disorder should also use more caution when experimenting since [Hypomania](#) and full mania are potential effects of MXE.

MXE is already a sensitive and unpredictable drug on its own. **As a general rule for combinations, the more variables you add, the higher chance of unexpected results.** The chances of overdose and even death are compounded with combinations. Nearly every death ever reported involving MXE implicated other drugs [[WHO ECDD Report](#)]. To increase safety, cut your doses in half: if you normally take 50mg of MXE, take only 25mg with other drugs, at least until you are familiar with how you react to the combination.

Phenomenology

[‘Methoxetamine \(MXE\) – A Phenomenological Study of Experiences Induced by a “Legal High” from the Internet’](#) is the most thorough research of MXE phenomenology published, conducted using data from user experience reports gathered online. It provides a great overview that supports my own observations detailed in this section.

Cognitive Phenomenology of Psychedelics

[Joseph Bicknell - "Seeing and Believing: The Cognitive Phenomenology of Mind Manifestation"](#) (video)- Filmed at [Breaking Convention](#), an excellent open resource for current psychedelics research.

According to Bicknell and Hoffman, one main effect of the psychedelic state is a new level of self-awareness in the mind, by which the subject gains insight into his or her own representational machinery. In the baseline mind, we are offered streamlined representations which we take as 'reality', but when tripping we can see what goes on behind the facade: the process and mechanisms that create these representations. The Platonic-Kantian realization that what we see is not the elusive, underlying source object brings a sense of artificiality to the whole cognitive enterprise. Our consciousness shows us that what we thought was actual was in fact manipulated, but it does not, at least not immediately, show us what is truly original and actual.

The phenomenology of psychedelics as a whole remains enigmatic because of the vast spectrum of variables. Phenomenology goes one step further than describing effects; it studies specific alterations to qualia and the implications those effects have for changing the conscious experience. [Psychonautics](#), while studied informally by shamans for millennia, is still a new science from the Western standpoint. Clinical psychiatrist Jan Dirk Blom describes psychonautics as denoting *"the exploration of the psyche by means of techniques such as [lucid dreaming](#), [brainwave entrainment](#), [sensory deprivation](#), and the use of [hallucinogenics](#) or [entheogens](#)"*, and a psychonaut as one who *"seeks to investigate their mind using intentionally induced altered states of consciousness" for spiritual, scientific, or research purposes.*^[1] [[Wikipedia](#)] Considering all the different forms of MXE and the different routes of administration, different forms of MXE and different routes of administration all influence the quality and content of the experience.

The ideal outcome of MXE is a state of consciousness I would sum up in one special word: [Eudaimonia](#). *'Eudaimonia is a Greek word commonly translated as [happiness](#) or [welfare](#); however, "human flourishing" has been proposed as a more accurate translation.*^[1] *Etymologically, it consists of the words "eu" ("good") and "[daimōn](#)" ("spirit").'* MXE, unlike many other drugs, can have an uplifting spiritual effect on many users. Once again, hard to put on paper, but I do address [Spirituality](#) later in the book.

Many users recognize distinct phases of the experience. The come-up: uplifting, euphoric and compared to the 'warm blanket of energy' associated with opiates. Increased sociability is common, at least until the first phase gives way a stronger modulation of sensory perception. In low doses it may be only mildly curious, but higher doses can be highly inebriating and 'alien' feeling. The outside world may lose its usual interpretation, appearing as through the eyes of a child. Everything may sound like music! Approaching the M-hole level, there is a sense of unification of the [Qualia](#), where the signals of the senses operate in

synchrony, orchestrated like harmoniously flowing music. Unrelated signals may cross-modulate producing a sort of synesthesia. Despite the inebriating side effects, the reward circuitry of the brain can become highly activated. The state of consciousness may feel profound, like uncovering long-lost wisdom.

Physical mobility in the primary phase is significantly affected in higher doses, characterized 'robotic' movements ('robo-walking') and 'wonkiness' of varying levels such as loss of balance/coordination, trouble speaking/finding the right words, and difficulty paying attention to outside stimuli or following/remembering information. 'Weird' may be the most commonly used word to describe stronger experiences, especially when the user is not accustomed to it. The imagination can become the greater part of the mind while limiting capacities associated with left-brain cognition (try doing math problems on a high dose). '*In the cloud*' as the expression goes...With practice, the imagination can be brought to life inside the user's mind as a fully coherent sensory hallucination, like a waking lucid dream. The last phase is often a clearer energetic state of consciousness. This phase depends on what happened earlier in the experience. Weirder experiences may lead to a more reflective phase. Glowing experiences lead to feeling fulfilled and content, possibly with a desire to integrate the experience or otherwise channel the experience creatively. These feelings trail off over the course of hours, but a hint of the vibe can last for days afterward.

There is a remarkable consistency in phenomenology between users, despite all of the different variables that influence the outcome. The comments from this thread on Reddit, [How Would You Describe MXE?](#), supports this evidence..

"I felt omniscient. I felt like I could see and feel every human in the world interconnected. I could zoom in to each individual or zoom out and see all 7bn at once. This is the hallmark trait of real MXE in my opinion. That "internet" type of feeling you get about humanity. We're all logged in and are doing our own thing on the mini map. Meanwhile. We can get stats up and some of the people w interact w are basically NPCs."

"Mxe distorts time and makes me think deeply about my actions as well as the loved ones in my life and loved ones I may have lost touch with."

"Time is one long moment. So like. Everything is always happening"

"its a pretty strange and wonderful drug. Wonky indeed is a term I use a lot for dissociatives. A high dose plugged, you never know what you'll get. I've meditated in the woods on 120mg and reality ceased to exist apart from the choir of frogs. I'll practice drums and bass for hours on 30-50mg doses, coming up with real different fills and patterns. 80ish plugged a few times has lead me to disintegrate and reconstruct who I am, cutting a lot of toxic 'friends' from my life and coming up with plans for who I really wanna be. I also recommend plugging like 80mg to get a hole dose and watching either the Caves or Deep Ocean episode of Planet Earth. Itll blow your concept of life apart. In that state it's like the universe is the true and singular being, with its constituent particles and their physical laws creating this illusion of reality and life."

“To me it feels like a strange mix of warmth and physical numbness, mixed with a zen sort of nothingness, with a side of confusion and the occasional delusion. It's like your senses diminish as you go higher in dose.”

“At extremely high doses, time slows to a halt; seconds become hours, and existence feels like it's in a loop. Gravity increases exponentially. You can't even remember what existence even is. You struggle to connect faces with names. Your memories of your life feel distant--you can't even remember who you are. Even if you feel like you're dying, you forget how to panic. Words lose all meaning, and syntax goes out the window. You may feel like you met God, or that you even are God. Whatever happens, you're completely gone.”

Flow:

Flow seems like such a foundational function of the psychedelic experience that it deserves a special mention. The [flow arts](#) are a staple of modern electronic music and festival culture. Flow is an [alpha state](#) in the brain, a state of consciousness that is relaxed yet also focused and responsive. It is less of an acute focus and more of a broad-spectrum focus. Flow is greatly enhanced and altered with drugs like MXE as measured in this research, [Ketamine, an NMDA-antagonist, increases the oscillatory frequencies of alpha-peaks on the electroencephalographic power spectrum.](#)

I can't count how many times I've let my body intuitively move with a dance beat, or when I could feel the resonance of the music within me. A great buzz can also be activated in a meditative state on MXE. The buzz is a coherent, symmetrical stream of energy. The great thing about waves is that we can measure them. If we are to look at brain activity, it seems logical to analyze wave correlates between different states of consciousness, such as the differences in the frequencies, phase relationships and power dynamics of [neural ensembles](#) in the brain. When the neural ensembles are coherent they are measurable on MRI and EEGs as pulses and waves. This may have a relation to the source activity that creates this sense of 'flow' in our consciousness. There may be all kinds of feedback circuits of electrochemical energy channeled through the synapses and neurons activated by psychedelics that could explain the phenomena. When this activity is in the [visual cortex](#) it may manifest as evolving fractals and geometric lights. Audio hallucination tones may be the manifestation of this activity in our [auditory system](#).

Music is so important to the dissociative experience because as we break down consciousness we see the underlying nature of it: channels of interweaving energy fields. What is music technically speaking but channels of energy interweaving in fields? In the case of music, it channels through a medium of air, generated by channels of energy moving through wires and into an electromagnetic transducer. In that sense there is a deep fundamental connection between consciousness and music, and the phenomenology of the psychedelic experience is often a feeling of entanglement and synchronicity, a synergy of energy between music and consciousness, or between consciousness and other consciousnesses. Music helps

us remember that we too are music! In a state of awareness of this connection, the music can appear to manifest and direct the motion of consciousness. It can be very euphoric to let go and float downstream, to be one with the wave and ride it! This creates all sorts of therapeutic possibilities to condition consciousness positively when music is intentionally paired. Hearing a strong reference wave that is music can strengthen and inspire the interconnections of the mind- body-spirit systems.

I believe that MXE and other psychedelics, with the right set and setting, can greatly facilitate the expansion and enhancement of the awareness of the life-support system. More so, it seems to actually amplify the physical life force in many ways. This is the brightness of the glow, which I believe in some way to be connected to the increase in heart rate and blood pressure often seen with MXE. An increase in energy focus brings an increase in working harmony and phase coherence within these systems, akin to musical orchestra tuning itself to a common fundamental frequency so that every instrument is fundamentally connected in a phase-coherence. these properties (along with many other more conventional effects) make MXE an excellent candidate as a therapeutic agent in drug-assisted psychotherapy and rehabilitation as [I detail later](#).

Love

No multidisciplinary analysis of this type would be complete without a section devoted to love. Love is both energy and the force that drives it, the source of flow and the spark of creation and evolution, and it is the glue that bonds everything in the Universe together. Many people, religious, spiritual or otherwise, best answer the question of '*What is God?*' With the answer '*Love*'.

This subject is relevant to this book because I have noticed degree in which one embodies 'the love frequency' as some people call it, is directly and strongly correlated to the quality and value of the psychedelic experience. Love is a key to opening the most transcendental states of healing consciousness.

Fear is often quoted as being the opposite of Love. This is important because I have observed a strong correlation here as well especially noticeable in high-dose MXE sessions. MXE has a way of amplifying the user's reception/perception of subtle energies within and around them. If their set and/or setting contains fear-based energy, the user will likely have a negative or difficult experience. However, it could also be an opportunity to transmute the energy into love.

Like love, MXE's healing power lies in an ability to fill the void. It may not even fill the void, but rather help the user come to accept the void. Buddhists for example believe the void is ever-present and is actually the source from which all creation manifests. It is not something to fill, but rather to embrace and utilize...on a related note, I once channeled a [mantra](#) on MXE that I still use for meditation.

'Empty your heart; in this stillness, you will find clarity'

In day-to-day life we are constantly bombarded by our own mind and energy field with junk information, noisy chatter and a layer of 'fuzz' that accumulates. Dissociatives tend to improve the signal to noise ratio, allowing one to see the void more clearly and that which comes from it.

MXE is an excellent tool for realizing self-love. Someone once posted a question on Reddit asking what was the best drug for feeling love. One person replied MDMA was best for feeling love with another person, and LSD was the best for feeling love of the Universe. I agreed but added that MXE was the best drug to feel love with and within ourselves. I must have hit a good point there because it received lots of upvotes, and weeks later I was even quoted in a different thread, so there was definitely a resonance in the notion. Indeed, MXE lets the user explore their inner world in a whole new way. The dissociative aspect lets them see themselves from a new perspective, feel a practically infinite potential to change whatever it is they don't like about themselves and make their reality into one that they love. The SRI properties (Serotonin reuptake inhibition) encourages a positive reflection of their new perspective. It can be a transformative experience for people who struggle with their self-image, self-worth, and *self-love*; transformation that can stick long after the primary effects of the drug dissipate. Philosophers/neuroscientists etc. can argue all day about whether or not the love felt through MXE is genuine, but the point is, whether or not it is an illusion, it is convincing. This aspect is one reason why dissociatives have such great therapeutic potential such as in drug-assisted psychotherapy.

Ego Perspective

On the topic of self-love, it important not to let it get to the point of narcissism. On one hand, MXE is a strong psychedelic dissociative capable of creating a transformative experience of [ego death](#) through a non-dualistic state of consciousness. Lower doses can make the spirit feel humbled, imbuing a sense of respect and gratitude for life. On the other hand, MXE can also make you a self-absorbed God of your own Universe, potentially leading to delusions of grandeur and an inflamed ego if left unchecked and untethered from reality. Self-love is all well and good, but awareness must be kept to balance love of self with love of others. Projecting love inward is only productive if we continue to project love outwards.

[Martin Ball](#) provides great ego perspective in the presentation '[5 MEO-DMT, Energy, The Ego and Non-Duality](#)' (ego discussion begins at 5:30). He defines ego as "a collection of dualistic energetic patterns". The ego creates a sense of separation and self-identity. The ego asks 'Who am I?' MXE, when tuned inward can amplify awareness of one's own energy, helpful for answering this question of the ego. Tuned outward, MXE can amplify a sense of empathy, helping us to understand our energy as reflection of 'other', which then helps us to see a breakdown of the illusion separating 'self' and 'other', an important awareness to keep the ego grounded.

Left-Right Brain

Many MXE users agree its effects enhance brain activity associated with the right-brain, perhaps at the expense of impairing left-brain activity. This would explain why MXE users often feel increased empathy and connectedness but struggle to perform math problems under the influence. However, this view is probably a gross oversimplification of what is really going on. Science used to think that the cognition and emotion parts of the brain operated independently, but recent research shows cognition-emotion to be in near constant communication.

[Effects of ketamine on cognition–emotion interaction in the brain](#)

This is really interesting research that takes a very scientific look at the relationship between cognition and emotion. It also proves that ketamine has measurable effects on the cognition-emotion relationship. In the study, ketamine's antidepressant effects are used to produce insights into the mechanisms of the brain that can cause depression in the first place. The language is technical however, so it is difficult to understand for anyone who isn't a neuroscientist.

'[Indigenous and Western Worldviews](#)' explores the difference between societies with differing values of the left and right brain, and this RSA Animation, '[The Divided Brain](#)' with [Ian McGilchrist](#), author of '[The Master and the Servant: the Divided Brain and the Making of the Modern Western World](#)' explores the shifting tides of left-right brain duality through modern history.

Cognitive Vs. Emotional Intelligence

'[Free the Mind](#)' is a recent documentary that explores the powerful potential of meditation and intentional thought for healing the brain of people suffering from PTSD and learning deficiencies such as attention deficit disorder. The movie provided me with insight into the types of significant changes that can occur in the brain as a result of repeated intentional MXE use, given the similarities between traditional deep meditation and the 'MXE Zen' state ([Eudaimonia](#)) that MXE users love so much.

Research cited in the movie showed that 3 months of compassion meditation can lead to long-lasting changes in the brain that increase the practitioner's sensitivity to subtle energetic changes in their environment. It also increased their ability to produce the proper emotional reactions to situations. Intelligence can be broken down into 2 types, cognitive intelligence and emotional intelligence (roughly corresponding to the left and right hemispheres of the brain). Just as reading a book and practicing math can increase cognitive intelligence, compassion meditation can increase emotional intelligence. This is essentially one of the long-lasting changes that I have experienced in my brain through my extended use of MXE. Without a flicker of a doubt, my sensitivity and receptivity to changes in my environment have been strongly tuned, at least at the perceptual level. Some people call it the '6th sense'. For instance, when someone is lying to me or is manipulating a situation with impure intentions, I sense it immediately. Many people have reported coincidences such as knowing when they are about to receive a phone call from a loved one, or when a loved one feels sad are more likely to also feel sad as an empathic response. This is also what I have experienced; Love creates a strong energetic entanglement, possibly explainable at the quantum level of entanglement. These days

I sometimes feel a 'download' of emotional data even with people I am not directly entangled with such as strangers I interact with in public. Likewise, I sometimes feel like they get some signals from me too, or maybe just a sense that I am tuned differently. When first becoming aware of this reality, it is hard to put a finger on it, but with time and enough practicing of 'being awake', the subtle signals become more apparent and decodable. I consider the possibility that all my 'practice' of dissociating has strengthened a natural ability to dissociate on command and to use this ability for seeing a broader perspective of myself and environment.

The Phenomenology of Dissociated Consciousness

The definition of 'dissociate' is to disconnect or separate from. When characterizing a drug as a 'dissociative', it is a reference to the drug's ability to separate or disconnect consciousness from its local reference source, i.e., the body. Opening up to and becoming one with the Universe'. This capacity is one of the more remarkable aspects of MXE phenomenology, which can produce phenomena such as telepathy (tuning into the thoughts of another person), astral travel (Out of body experience), and events of synchronicity that are too improbable to be explained as mere coincidence. In ['An interesting experience on MXE'](#), Reddit user morganthomps describes one such experience shared with his girlfriend while they were both on MXE.

"We were laying on the bed with our heads together, and it was as though our consciousnesses began to melt together. Not long after this began to happen, it literally felt as though our physical bodies became one. We both had our eyes closed. While this was happening I asked her if she felt the same things as I was feeling, and she did".

[Rupert Sheldrake](#) explains this phenomenon through [Morphic Resonance](#):

Morphic resonance is a process whereby self-organising systems inherit a memory from previous similar systems. In its most general formulation, morphic resonance means that the so-called laws of nature are more like habits. The hypothesis of morphic resonance also leads to a radically new interpretation of memory storage in the brain and of biological inheritance. Memory need not be stored in material traces inside brains, which are more like TV receivers than video recorders, tuning into influences from the past. And biological inheritance need not all be coded in the genes, or in epigenetic modifications of the genes; much of it depends on morphic resonance from previous members of the species. Thus each individual inherits a collective memory from past members of the species, and also contributes to the collective memory, affecting other members of the species in the future.

Increased [Synchronicity](#)

I intuit that intuition is our greatest inner tool. Are you into it? To clarify, intuitive reception is to gain great power, akin to awakening 'the force' of the Jedi as described in the [Star Wars](#) mythos. Increased instances of synchronicity are very common with psychedelics and

dissociatives. There are many different viewpoints to explain this phenomenon, and there is a [recent thread on bluelight](#) discussing the different perspectives.

From the wiki definition, “**Synchronicity** is the [experience](#) of two or more [events](#) as [meaningfully](#) related, where they are unlikely to be [causally related](#). The subject sees it as a meaningful coincidence. The concept of synchronicity was first described by [Carl Jung](#), a [Swiss](#) psychologist, in the 1920s.”^[1]

I’m sure most people have heard the expressions ‘*being on the same page*’ and ‘*being on the same wavelength*’. In the phenomenology of dissociated consciousness, these expressions become more than just a metaphor. It is quite literally an experience of sharing common information, being tuned to the same channel through a mechanism comparable to morphic resonance. The manifestation of this phenomenon can be observed when a group of people listen and dance to the same music together, creating a synchronization of consciousness. This occurs even without the addition of drugs, and it can still be very trippy. Festival-types of environments facilitate a heightened sense of closeness and empathy between people, strengthening interpersonal bonds and satisfying the innate human desire for intimacy. It’s the foundation of healthy relationships. At the apex of these experiences is not only the feeling of connection and intimacy with other people, but the all-around glowing state of ‘Universal Love’ that extends inwards to oneself and outwards towards all living things.

It may be that the dissociated state of consciousness more easily enables the conscious observer to listen and entrain to outside signals such as music and the energy fields- brainwaves and the ‘subtle energy’ of other people. That would explain the phenomenology of certain transcendent experiences reported, like ‘becoming one with the music’ and shared consciousness where people feel like they are literally entrained to the same wavelengths, providing a conduit for psychic phenomena.

The increased observance of synchronicity may be explained by this increase in connections to other energy that are not present in normal states of consciousness.

Channels of interconnected energy are the seed of consciousness, and when this energy is coherent, acting together, it can be seen and felt as a unified energy wave. Creation arises from within this moment, like a tentacle unfolding, whose energy resolves at the tip of an uncoiling point in time, sweeping through the spectrum of possibilities as it travels. A metaphor is a frequency of sound tunneling through the cochlea of the ear which decodes the shifts in ambient air pressure by vibrating the hairs of the cilia that resonate with the frequencies of the ambient fluctuation, triggering neurochemical signals in the brain.

Imagining

If you already have a good vision/dream, there’s a good chance MXE can help you evolve it into an even better vision/dream. One of the best things to do on dissociatives is to sit back and let the mind’s imaginarium do the rest. We have a certain degree of direct control over our potential to imagine, but there is a certain degree that we have to run processes and see what happens. If I ask you to imagine an image of a bear, you are probably going to see a mental image based on images you have previously seen of bears, or possibly you’ll recall the memory you have of seeing a bear in real life. When we imagine, we are using channels in our brain that have already been created and are to an extent hardwired. In my mind I have a place

that feels like a sort of mixing ground, where we can take all kinds of different channels and mix them up, and the output is a unique signal that mixes all of the channels in some way. So when I say to 'Unify your channels', what I mean is to access that part of your capacity to bring things together. This capacity, a channel mixing space in the mind (comparable to an audio engineer is mixing components of a song), is revealed when we listen to music while watching a music visualizer or some other video being played. When I was in my teens one of my favorite pastimes was smoking some weed (which is another tool for increasing this creative capacity) and then listening to electronic music while watching music visualizers or muted nature documentaries. What I found was that it exercised an ability in my mind to create really interesting brainwave patterns from the music and light as they flowed through my mind. Even if the video and audio weren't related, my mind would want to combine the signals in a way that made connections between the signals, like a melody in a song representing a frolicking animal on the screen. MXE also has a tendency to let the mind combine signals but to an even greater extent than cannabis, creating new connections in ways they would not have been connected otherwise. This can be dangerous if the user does not have a firm grasp on what is real and what it is they are imagining. The imagining of connections may appear so real that they may trick and delude the user, so be careful! Do not immediately act upon your perceptions. Know that your mind is talking, and it represents only what is true in your mind at that moment. It does not necessarily represent what is connected in reality. When the mind is sober it can reflect upon the ideas to determine if they have any validity or applicable value.

Synthesizing Happiness

[Video: The Surprising Science of Happiness. \[TED talk\]](#)

This is a righteous TED talk about how to use the power of your mind to synthesize happiness, and how dreaming the reality you desire can create happiness in yourself. The dream, with time and intentional work as I mention time and time again in this book, can ripple out into reality to create true happiness.

An Evolution and a Revolution

Dissociated consciousness research really took off with the spread of ketamine, but that was more than a generation ago. A strong case can be made for MXE as a truly next-generation dissociative.

MXE allows deeper exploration than ketamine because of increased duration *and* potency (3-5x). A most notable difference between the two is that ketamine possesses more sedative properties while MXE possesses more energetic properties. This is beneficial for many applications.

The mindset of ketamine is more of a foggy dream compared to MXE's sharper, intentionally-driven lucid quality. Ketamine will always be great for wandering the halls of the mind, spontaneously imagining and making abstract connections, but it is not focused enough for the purpose of bringing information from the 'cloud' into reality. I'm not saying no one has written a book about ketamine experiences (in fact many people have!), but generally speaking ketamine tends to keep the dreams relegated to the dream world. I'm not saying it is easy or

advisable to try creating anything outside one's thoughts while in an M-hole, but afterwards, in that period of lucid stimulation, there is a window of opportunity to crystallize visions while still fresh in memory. I think of it as a world-bridging tool. I'm also not saying entire works of art can or should be created entirely under the influence, but viable seeds can be planted to be cultivated later with care.

Someone once called MXE '*philosopher's heroin*'. I see what the person meant, but I liken the term closer to ketamine which does share a common trait with heroin in the sense that it can marginalize the ability of an entire group of dreamers and thinkers to participate in the righteous manifestation of a new and better world so often spoken of by them. MXE reignites the fire of creation, especially in those dreamers and thinkers that had been previously ensnared by heroin or ketamine dependencies.

Phosphenes

By this point you can see how intention is a foundational aspect of each section of this guide. Directed consciousness is power. I have had experiences on MXE where I imagine with such intention that it triggers closed-eye visuals, as if I have taken control of a visual terminal in my brain. It may be activation of [phosphenes](#) in the visual cortex.

Closed-eye visuals on MXE generally have this phosphinous quality as I would describe it- a spectrum of color reminiscent of the negative image of a film strip: greens and browns, dark purples and highlights of orange and reds. This phenomenon is reported to be produced in any state of sufficient visual sensory-deprivation. Some forms of MXE produce flutterings while others produce a faster digital flickering in the visual field (most noticeable when going from a light to a dark space),

"The occurrence of phosphenes can be spontaneous, and they can be provoked in a number of ways. They appear spontaneously only when visual stimuli are lacking and especially when the viewer is subjected to prolonged visual deprivation. According to Oster (1970:83), phosphenes may account for the 'illuminations', the visions or the experience of 'seeing the light' reported by religious mystics meditating in the dark; they are the 'prisoner's cinema' experienced by people in dark dungeons; they may well occasion reports of phantoms and ghosts. Darkness is not a requirement; only the absence of external visual stimuli is needed." [A Brief History or Phosphene Research](#).

Phosphenes are likely the best explanations for experiences of 'inner light'- closed eye visuals- on MXE. Over the years of staying up through the night on MXE, my 'transmissions' have become more and more unbelievable in nature. It is a very sacred stillness, and when that is achieved, it seems to act as the signal for 'them' to start the transmission. These journeys are usually synchronized with feelings as if I am being transported through space....Who knows what it is, or if it is one's own subconscious playing.

If you don't know what I'm talking about maybe you haven't experienced the right set/setting for the subtle energy to be tuned in. When the conditions are right (and with especially with the most potent forms of MXE) it doesn't even need to be a large dose! As of this writing I am coming off a night in which I had one particularly lucid experience which felt incredibly like it was me tuning in to something outside of me. There were hints of 'Illuminati' symbolism, but even more archaic and esoteric than what is generally associated with the

concept. I was left with a soft 'touch-down' and one final glow of inner light before the outer world returned to focus. Was it a communication with my higher power, was it some occult ritualists playing with me, was it people beyond the dead who had retained an aspect of eternal life in the realms of pure energy, or was it some other intelligence residing in the hyperdimensional realms?

Other visual phenomena are commonly reported as the result of changes to perception called the '*Alice in Wonderland*' effect. Objects may appear smaller or larger than normal, and familiar objects may transform to become unrecognizable. Oddly enough I have noticed specific characteristic of distortions have been batch-dependant. I had a couple batches from China that produced slow breathing undulations similar to mushrooms or LSD.

I mention a sensitivity to electrical fields many times. On more than one occasion I have seen fields of energy clear-as-day with my eyes open. Fields surrounding plugged in electrical devices. Standing wave interference patterns. Those were in addition other signals all over the place which I assumed to be the EM radiation 'smog' of Wi-Fi, AM/FM, Satellite etc. I didn't tune into that stuff for long, but it sure was interesting to experience it.

Auditory Phenomena

Audio perception is generally altered in some way on MXE. The amount of distortion depends on the dose. Some people say music is enhanced, and others report music sounding distant, 'digital', or muffled. Some users experience a sort of tinnitus effect where sounds are 'thin' and produce a high frequency resonant ringing. [This replication](#) is an accurate representation of this particular phenomenon. I only experienced the tinnitus effect from one specific batch years ago. One particularly vocal user on [Drugs-forum.com](#) claimed to have suffered permanent tinnitus as a result of an extended MXE binge. This is an isolated case which may not be directly related to MXE, but it can't be ruled out either. I suspect an impurity is to blame because I haven't experienced any tinnitus effect with 99% pure material.

I have already mentioned numerously how adding music to the MXE experience can provide a strong force to enhance the phenomenology, but there are also very interesting auditory phenomena that originate from the mind. I have experienced many different sounds, my favorite being a perfectly-clear looping low-midrange pitch-wobbling sine wave, like an electronic oscillator in my head (again, I connected certain effects to specific batches). Ambient noise is especially fascinating. Listening to the wind rush through the air and rustling the leaves of the trees can create all kinds of interesting whirring perceptual phenomena or even complex hallucinations such as 'voices')

Now for the *really strange* audio phenomenon...Tuning into radio signals. I don't even own any radios in the traditional sense, and I wasn't even going to mention this but another fellow user did, so now I feel a little less crazy.

I have *actually* experienced *hearing* music and *talk radio directly in my head*, faintly, but oddly clear like you would imagine it sounding if it was beamed directly into the head. The most logical explanation is that it is only a product of my mind. I don't rule this out completely because I have had extremely vivid hallucinations of intricate electronic music *and* visuals on high doses of MXE. However, those instances felt like my imagination. These other occasions had a

completely different quality like it was undoubtedly originating outside of my head. When I was tuned in to these signals, I noticed that if I moved my head or walked around the the volume of the signal would increase or disappear. On one occasion I could only tune into the signal standing in a specific place in my room looking down at the floor. It was some strange electronic music...so strange that I considered the possibility it wasn't a radio station, but rather some other sort of energy signal that my brain was interpreting as music. It was very noisy but it had a distinct repeating pattern with variations, like some breakcore or dirty drum 'n bass. Other occasions were most definitely music because it had the very distinct sound of mainstream EDM music with all the expected buildups and drops. One other time I heard speaking. I couldn't hear most words but the intonation sounded like it was an interview with Russell Brand. Every time, I was strongly 'tuned' on a significant dose of MXE.

Is this a real phenomenon? It appear so. [Here is a thread](#) with people claiming the same thing. Some profess to be otherwise normal, others have issues like migraines and insomnia but not schizophrenia or anything that would cause the classic 'voices in the head'.

At the time, trying to make sense of the anomaly, I wondered if some scientific researchers were experimenting with new ways of communication with very high amplitude electromagnetic frequency modulation. I wondered if it was possible to bounce the signals off the ionosphere to make them go further distances than the curvature of Earth would normally allow. Sure enough, this technology exists and is called [Skywave](#).

Sometimes I wonder if knowledge or other people's thoughts and memories could be picked up in a similar way. I have had instances where I think about a subject, which tunes me to its collective frequency if you will, and suddenly I have an intuition about it, something that could not have been concluded with the knowledge in my head. I later find out the intuition was indeed accurate when researching or when a friend tells me about it. I think many of us have received intuitions when entangled with close friends or family members. On [page 103](#) I explain how this could be possible.

Olfactory Phenomena

Smells are often altered and particularly heightened on dissociatives. Follow your nose. A righteous smell is a sign you are on the right path and that you are synthesizing divine proceedings. Smell-memory is a deep connection to consciousness, and I feel we do not use our noses enough for guidance! A commonly reported experience is to smell the sacrament in-vivo as it circulates the body and metabolises. Each drug in the arylcyclohexylamine class of drugs. 3-meo-pcp, ketamine, and of course MXE produce their own unique signals. Interestingly, like other qualia effects I have mentioned, I connect variations in the smells to specific batches. Each batch has a slight difference in smell, while still smelling like MXE. Some batches are sweeter, some are more...acidic and unpleasant (the worst batches!), and some smell fruity and others more floral, fragrant. I can only speculate the reasons. Polymorphism? Precursors/synthesis technique? Impurities? I do know that an acetone wash shifts the smell towards the more floral fragrance I associate with the purest batches.

Dark Vs. Light MXE Experiences

The experiences I focus on in the book are generally light experiences. There is however, as with everything, a dark side. Radically different experiences compounded by differences in effects between different batches appear polar opposite in many ways. I attempt to resolve this paradox by categorizing MXE's range of effects on a spectrum from 'light' to 'dark'. The terms are metaphorical but contain literal crossovers. For instance, wherein a light experience heightens sensory perception, a dark experience dims it. The following table gives more examples:

Qualities of a light MXE experience	Qualities of a dark MXE experience
Pupil dilation- colors brighten, increased acuity, glowing.	Pupil constriction- visual static, loss of information, distortion, double vision
Symmetrical balance, resonances in the energy field, especially in a state of meditation	Asymmetrical, wobbly, phase cancellations in the energy field. Unfocused. 'Wonky'
Clarity of thought, a sense of connectivity and profundity, good for metaprogramming	Confusion, mental 'brown-outs', disconnects, may cause mental imbalance
Increased energy and activation of bodily function, higher metabolism, uses more water and increases urination (drink lots of water you will need it, or the experience may become more dark)	Decreased activation and conversion of energy, slows down bodily function, in higher doses this becomes dangerous, i.e. renal failure in extreme cases?
Feeling like the Universe has become larger, greater, 'infinite possibilities'	Feeling like the Universe has become smaller or that it is not accessible except for the core.
Energy channels are aligned 'Tuned in' 'Tuned on'	Energy channels are not aligned 'Tuned out' 'Tuned off'
Clean metabolism. Light MXE experience seems to flow fluidly through the body and lightweight on the body.	Doesn't burn clean. Much more sweating for up to a day or two after using to process it. Feels harder on the body, more 'sludgy' than fluid. More anxiety and discomfort afterwards.

Different forms ('batches') of MXE can also fall along a similar sort of spectrum, but the metaphor breaks down slightly because there are a few different basic forms and subjective view of whether a batch is 'light' or 'dark' varies from person to person. This is complete speculation, but to me it feels like certain batches are more 'tuned' towards a vibration that is harmonious with the body, or the body can easily tune itself to be in harmony with it. As an example of how sensitive this component is, in music, just a slight difference in frequency can

be the difference between something that is harmonious and something that is completely dissonant. That could be an explanation for why slightly different batches can have such a radically different subjective effect. Darm MXE can be tuned to create a 'light' experience, but light MXE already has a good vibrational 'memory' and will tend towards those qualities at onset. Light MXE is more accessible as a conduit for spiritual channeling, easily fusing with the consciousness of the user and the environment.

This doesn't mean that dark material is useless to research. It just needs to be infused with more energy and become grounded through intentional energy work. It still has applications and lessons to be learned though it. MXE that may be considered dark won't always produce dark effects, and vice versa. Set/setting can shift it in either direction.

Light MXE is generally much easier to have a good time with. It can produce dark effects if the set and setting presents dissonance, for instance if the environment is literally filled with noise, or if the body doesn't have enough water/energy to be properly activated. The mind set is another big factor that can turn it in either direction. Fear-based thought patterns will almost surely ripple out into other aspects of the experience leading to dark effects.

Dark MXE can produce light effects with proper 'harmonious' set and setting, such as beautiful lights, loving thoughts, and music. One of my most amazing experiences was actually with a batch I considered dark. I took about 40 mg then ate some good food. As I started to feel the MXE take effect I went outside in the bright warm sunlight and laid on the ground with my shirt off next to my cat. The Sun, over the course of about 20 minutes, activated my energy as I absorbed the rays, as did the MXE seem to resonate with an energetic imprint of the Sun. The love felt between my cat and I further bound the MXE interface to a love frequency. All thoughts faded from my mind and I 'melted' with my cat, as my consciousness became nothing but the vibrant reflections of Source energy radiation. It was a state of supreme [samadhi](#). When I finally got up and re-embodied my self, the ecstatic state, which was paradoxically high energy and supremely peaceful, persisted for as long as the charged MXE circulated in my system, tailing off over a period of many hours. I was thoroughly tuned.

Dosage also plays a role in the quality of the experience. For instance, low doses are less likely to produce dark effects, and large doses are more likely to. However, despite the crossover potential, 'dark' material can not in my experience fully produce the brilliance of what is possible with the 'lightest' material.

Helping You Remember

The mind likes to associate. Association is why symbols are powerful, especially considering symbols that represent the same thing to a whole group of people. But we can have personal symbols as well as a tool to help us remember, like a map showing us how to get to that deep corner in our brain. A symbol is not a message, it is only a vessel for the message. It's like a compression algorithm in the sense that you can represent lots of information with a single image.

My point is when you are deep in an m-hole things can get pretty free-associated. Next time you find yourself in a particularly abstract mindspace that you want to remember, associate it with a concrete symbol- an image, idea or a related memory- something that is powerful to you. Think

of it as a souvenir from your trip. It should help you compartmentalize the memory and recall it with more clarity.

Flipping the Switch

Light doses of MXE tend to emphasize an extroverted state of mind, increasing sociability and releasing inhibitions. I have so many memories of fluid and witty conversations where I was so in tune with others' thoughts that I started speaking on the same beat that they finish their last sentence with a response I couldn't have possibly dreamt up if I had been sober, at least not without a lot of thinking. Very fun! However, as the dose increases, the powerful feelings it produces make focusing on environmental qualia increasingly difficult. The subtle empathy received from lower doses becomes a cacophony of signals that need to be *actively filtered*. This is why higher doses are more conducive to introversion, to work on the self from the inside-out, as the normally-imperceptible signals of the mind-body-spirit complex become amplified. Some may say this is an awakening of the 'third-eye'. This is when the ability for internal tuning becomes unlocked (also called *metaprogramming the human biocomputer*).

Conscious intention resolves the paradox. There is a choice. Herein the effects are malleable. If you want to feel relaxed, *feel relaxed*. Dissociation is a very suggestible state, so if you suggest to your body that it should relax, it likely will. Using a computer programming metaphor, MXE is the password to gain root access to runtime processes. We decide what processes to stop and which processes to run. It isn't always so easy when the Default Mode Network of the brain is in control.

With all this talk of intentional tripping, i.e. conditioning the mind and engineering the setting, it's important to also remember to *let go* once you arrive in the flow of the moment. The sense of catharsis and lightness achieved through the process of letting go is one of the keys to achieving therapeutic effects.

The M-Hole

One metaphor I use to describe the M-hole is being on the playa at Burning Man, Saturday night, lost somewhere in the middle surrounded by thousands of blinking thingymajigs, in a sea of hundreds of inter-modulating sound waves, surfing on a tide of dreams. 'You' are just the lifeless statue of The Man standing in the center, and your mind is the entirety of everything and everyone around it.

The extreme mind-blowing potential of the hole paired with sensory deprivation highlights the vast qualitative differences in effects between low and high dosages. These levels are referred to as 'plateaus' in DXM use http://psychedelia.wikia.com/wiki/Dissociative_Plateau. The M-hole, defined as the highest plateau of MXE experience, is not a clearly defined state. It's not like if you take 70mg you won't reach the hole, and at 71mg you will. It is a state of mind; the set and setting will have as much influence as the dose in determining the quality of effects. Due to the complexity of variables I do not recommend any specific dose. For instance, 40mg IV will send one person to the moon and another person to complete unconsciousness. Orally, 80mg

will be perfect for some (and too overwhelming for others), while a highly tolerant user may need 160mg.

The 'hole' terminology originated with the use of high-dose ketamine, referred to as the 'K-hole' colloquially. Many users (myself included) who have experienced the awesome potential of the dissociative psychedelic 'hole' state of consciousness claim it to be the most profound altered experience of their life, exceeding LSD and DMT in the magnitude of impact. Comparing it to DMT isn't exactly fair ('apples and oranges'), but I do feel like I have met and been touched by my creator while holing at least as viscerally as I have while on DMT, and that is saying a lot! In the right mindset going into it, it can be as comforting as the embrace of Mother [Ayahuasca](#) as she fills me with the energy of Divine Love and Light. Even writing this now I am brought back to a state of peace and gratitude for having the pleasure of these trips in my lifetime. I mean it when I say I can die happy, and it is due in part to the many number of holes I have traversed. I have been shown a supreme oneness in a new clarity that I believe could otherwise only be realized through a lifetime of love with another human, or years of devotion to meditation practices. Having felt that, I feel like now I can more easily return to it at any time, whenever I feel off center, anxious or overwhelmed. The experiences have filled me with a wholeness despite the hole itself being so inherently void. But the void is the whole point.

The longer binges and holes are when the comparison to Ayahuasca or Ibogaine become clearer, such as 12-16 hours of increasingly ramped-up redoses. It can become so intense that it has a spiritually cleansing 'reset' effect. It may feel like an indescribable weight has been lifted at the end of the extended trip (), as if one's energy field has been '[degaussed](#)', a release of accumulated static charges that resets the base energy. Some people call it spirits that create a layer of unwanted spiritual fuzz.

One of the interesting effects I often experience in a hole is a sense of physical motion of the body, even when the body is actually still. It feels like the body is a fluid medium being gently rocked in different directions.

Reddit user 'the420mememaster' captures the bliss of his first hole (and the connection to lucid dreaming) in the thread '[You Should M-hole](#)'.

'Hey, after a long, long binge on MXE I finally decided to break through and hole, the experience was so amazing that the 30+ edging/low doses that I did feel like a massive waste. Damn. My trip went like this....

I was SOO anxious I really had to focus to calm down my breathing, I was getting 3D flat CEV's that when hitting my face, (flying at me) I could feel the shirt that I was using as a blindfold tighten onto my face and ripple in sync with the visuals. At this point I was lying COMPLETELY still with a blanket over me and a blindfold on I could feel myself going numb, sinking endlessly into my bed.

The shirt/blindfold was completely over my head at this point (not literally but it felt like that) as if it turned into a mask. I felt like I was in a really warm space suit floating through time endlessly. I felt like I was laying in a corner watching these CEV's fly at my face and feeling them pound against me...I began thinking about everyone that I've ever cared about and with

each one I saw there entire life, a great future, fold out in front of my eyes. I saw everybody that I care for's dreams being fulfilled. Every. Single. One.

I was so excited I had finally holed, I started thinking about my life. I remotely visited what seemed to be every single memory i've ever had. Things I hadn't thought about in YEARS. 9th birthday party, starting middle school, [etc.] specific memories played out in front of me as if I was in spectator mode in [Call of Duty] or some other video game. Keep in mind this isn't like i'm literally seeing it, it's just my imagination was [boosted up so much] I could vividly picture anything I thought about. It was like lucid dreaming, but so much more real and lucid. It was completely astonishing, and meant more to me than all of my cumulative acid trips to the date. I said goodbye to my grandfather who passed and he vividly spoke to me. [I remembered] all the great times I have had with my deceased animals. Pictured myself going back and apologizing to every kid I had ever made fun of/bullied. I was making amends with all the bad things I had done and all the great times I had.

I didn't realize it then, but this was death. This was the cartoon episodes where the main character goes back and looks at his life with death, except you ARE death. You control the ride. I cried many times during this trip behind my warm, fuzzy space suit. I imagined everyone I cared about conjugating in one place as I professed to them different and endless things. I was flying through space and time. I was literally god for about two hours.'

So yeah, if you have been working with MXE and are afraid of M-holing, release the fear and just do it. You probably won't regret it, but do be careful with the dosing. Remember at any time you can take off the blindfold and look up to end it. [Reddit]

Reddit user [nm1117](#) describes the M-hole experience succinctly in only his second experience in '[The M-Hole](#).'

[MXE Hole First Time - Drug End Game \[Reddit\]](#)

This thread describes the enlightenment state achievable through high-dose experiments and also highlights the addiction potential. The comments are equally insightful. It is fair to say when a comment receives many upvotes, it represents a 'temperature gauge' of the collective consciousness of MXE users, providing relatively solid phenomenology data.

It is easy to see the potential therapeutic application of holes. It can be likened to a squeegee for the third eye and a shower for the spirit; '*It'll put hair on your chakras!*' is one of my favorite expressions (especially when synergistically dosed with a classical psychedelic!). I have cried like a baby numerous times after coming out of the M-hole.

Dark Holes and Light Holes

Glowing reports do not mean to discount the potential for holes to be frighteningly alien experiences. I've known people who have sworn off high doses after their first hole because it was so shocking or confusing. If not prepared, you might feel like the world really has ended and that you have died, or that you have lost your mind and will never feel normal again. This user's report is just one example: [Bad MXE Trip Be Careful Guys \[Reddit\]](#) I would call this a dark experience. He responded with fear to the derealization which triggered a flip in perception.

One difference between a dark and light hole is whether or not consciousness can accommodate internal and external signals. "I can't think, everything is energy" is something the mind says in a dark hole. It is called a hole because one can not access things outside the hole. In a light hole, the thoughts *are* the energy. The hole is a matrix of energy. A dark hole can become light when the set and setting are tuned in synchrony. If you feel like you can ride the wave, you will become light as the signal infuses your consciousness. In other words, when the mind surrenders to the energy, the experience becomes tuned. Advisable use is to engineer the set and setting with intention before the experience, so as to avoid dark holes.

While it is impossible to guarantee a glowing hole, it is important to remember that whatever happens, this too shall pass. Holes rarely peak for more than a half an hour. As always, an ideal first-time hole is in the presence of an experienced guide to ensure your safety and calm any fear-based reactions. With that said, if you begin from a place of love and are in a safe environment, there really is nothing to fear.

Lucid Holes

The most interesting thing about my high dose experiments is that they seem to be increasing in lucidity, depth and coherence over time. It is as if I am the architect of my own technology that exists in my brain that allows me to travel interdimensionally, to conjure up entire conceptual spaces, visions, other sensory modulations at my will. This technology is activated every time I go 'into the deep end' with a decent tolerance (otherwise won't remember it). One strange thing though is that these experiences don't exactly feel like I am the driver or primary creator of the experience. Like, when I 'tune in' or 'phase in' to these alternate dimensions, and it does very much feel like tuning a radio and going from noise to finding a clear signal, I am often greeted by entities, and they tell me how good it is that I have returned so I can get back to my interdimensional signal surfing. It doesn't feel like it is all in my head, if only because the signals are so much more complex and rich than anything I normally experience in my mind. It is probably my conscious playing with my unconscious, but it feels like I'm tapping into some experimental network that links my mind into a massive cloud-computing platform with incredible computational power to generate landscapes of impossibly rich data streams.

Now for some tin-foil hat stuff. I had a hole where I got the idea that I was a subject in a secret NSA program to engineer new computer-human interfaces and create the next evolution of mankind. *Just take this drug*, and if you have the necessary neural software installed it links up your brain activity to a massive skynet-like computer network. Yeah, holes can get weird.

During that hole I also got that familiar feeling that I get in holes where I see myself akin to a Jesus archetype, but in this case it was that the NSA had engineered part of my DNA and I was a key to the evolution of their program. It's so weird how whenever I get to that dream-like level there is always something that tells me at some point that I am 'special' for being able to experience this. From what I have read of other people's hole experiences, it is a common feeling to have, so at least I'm not alone in feeling special. Just remember there is *at least* as

much of a chance that we are just *fucking off our rockers* as there is a chance we are travelling to other dimensions or tapping into an advanced computing platform.

Lucid Dreaming and Lucid Holing: A Convergence

A significant breakthrough in my experiments occurred one night when I realized the connection between state of consciousness of REM sleep- lucid dreaming in particular- and what I call 'lucid holes' under the influence of MXE. I achieved a lucid dream state two nights after an especially lucid hole. What I mean by a 'lucid hole' is a few things. First, the experience was a vivid dream-like simulation of an alternate reality. Secondly, I had a degree of control over it as occurs in a lucid dream. Third, I was able to remember the experience to a higher degree than many M-holes (deep MXE trips) which are often too abstract to condense into a solid memory. These two experiences realized a new standard for my brain's 'reality simulation' capacity. This is when also realized that lucid dream worlds and M-holes reach a convergence point. They both share common qualities. In my experience there was a sort of flicker in the image that was present in both the lucid hole and lucid dream. This was mind-blowing, to realize I didn't need MXE to achieve this special kind of brain activity or state of consciousness. A feedback loop exists where M-holes influence dream creation and dream creation further influences the M-hole quality. Lucid dreamers say the more you practice, the better you at lucid dreaming. I think MXE holes can work the same way.

I later found some very interesting scientific evidence to support a common brain activity between holes and REM sleep which I explain a little bit later ([here](#), in the intro of the '[Consciousness Theories](#)' section).

This TED Talk, [Lucid Dreaming, by Tim Post](#), also supports the theory by explaining how lucid dreaming can be used as a tool for the same types of improvement to psychological well-being that I believe intentional MXE use can accomplish. Quoting his talk: *'Emerging science of lucid dreaming has now generated evidence to suggest just that- that lucid dreaming can be used as an incredibly valuable tool to enhance psychological development and is now invested into various research areas such as nightmare treatment, mental rehearsal and creative problem solving.'* [[TED.com](#)]

The brain possess a sort of 'reality simulation software' that is used during dreaming. It is the same capacity that is used to construct our inner representation of our environment, and it is the same capacity we use when we imagine in the unrestricted capacity of dissociated consciousness.

For anyone interested, I will recount some of the lucid dream that sparked this subject. Recently, I woke up in reality in the middle of the night, and a couple seconds later my computer suddenly woke itself up. "That's weird" I thought. I quickly passed it off as some sort of automatic Windows update or something, not thinking about the coincidence. So I fell back asleep and this is when the dream started, with me waking up in my room looking exactly the same way it looked when I had just dozed off. I heard some sounds and saw the door crack open. I gathered my wits startlingly because I knew that there should have been no one else in the house, but then I calmed down when I realized I was probably just in a dream- *Instantly Lucid*. I get up and watch a black and white spotted cat come into my room, meowing, and a note falling onto the floor that read *'In the morning you will have a cat and his name shall be*

Snowflake. Ha, my real-life cat was named Snowflake. He died 6 months ago, but he looked different than the one in this dream. At this point I was like “cool, this seems like a nice dream, let’s go downstairs”. I go downstairs and see a younger more energetic version of my father. He is in the process of drilling holes to install a new light in the bathroom. He tells me ‘Hey I know I had some time left so I vacuumed your room’. I thanked him, thinking how it was funny he said that because my mom actually vacuumed my room in reality the previous day. I go back upstairs and my dad sits down at my bed. I look up at my walls and see the most awesome psychedelic artwork I have ever created for myself in a dream and my dad says “hey, yeah that’s cool how you did that”. After that I go over to my light-switch and before I even touch it my dad says “Yeah, it won’t work, it’s to remind you are in a dream”. I then used my computer and noted the different interface, being reminded again that this is a simulation, while noting the high fidelity and persistence of it (computer screens are generally hard to read or use in dreams). I played some music and it sounded good, like a hard dubstep.

I will spare the rest of the dream for sake of brevity, but my point is that I have noticed a strong correlation between MXE use and experiencing very vivid, colorful and persistent dreamscapes that appear to be computer-generated. It seems like nearly every time I start using MXE after a significant break of a couple weeks, the following nights bring lucid dreams that are vivid, colorful, idealistic and otherworldly. There are always other characters, and the dreamspace has a more tangible quality compared to my usual dreamspace, with an emphasis on spatial relationships. It is not always completely lucid in that I know exactly that it is a dream, but it has a lucid quality. Even ‘dark’ MXE tends to produce very visually stunning dreams with incredible details and accuracy, as if they are high-end rendered computer graphics. These dreams are also relatively to remember. I can only speculate the mechanisms involved, but it could simply be that the extremely strange nature of MXE’s effects inspire the unconscious mind to *dream bigger*.

I have noticed variances in my dream qualities when using different batches of MXE. The S-isomer material always gave me bright and playful dreams filled with magical occurrences, while the lowest quality batches have produced darker, less lucid dreams. These are tendencies not absolutes, so take it with a grain of salt.

I feel like MXE has the power to help unlock the brain’s latent capacities as a highly capable computing device, more exotic than any computer hardware and software that exists today, and not one that cannot be tamed. Looking inwards lets us glimpse at the underlying circuitry so that we may more intentionally modify it. The [tuning disciplines](#) are important so that we may be adept at filtering/amplifying our energy channels. We certainly have a lot to learn about our machines...

Lucid Technologies

There are many parallels between the phenomenon of human consciousness and the current technological landscape. [The Law of Accelerating Returns](#) marches on, and if you have not read the work of [Ray Kurzweil](#), I recommend it for perspective on technology’s trajectory. We are fast approaching a time when Virtual Reality and Augmented Reality (‘mixed reality’) become mainstream. The digital and natural are two worlds being increasingly bridged in ways we couldn’t even dream of until recently. Between that and self-driving cars and trucks, time and

space are being redefined by technology. I feel like having this technology amongst humanity may help us heal the *rift* within us that separates 'reality' from dreams and imagination. VR may help us to see how our imaginations and dream worlds are our own personal virtual realities with immense capacity when utilized extensively. I see a feedback loop occurring that will lead to a new '[creative renaissance](#)' as VR experiences inspire our imaginations and dreams which will in turn spark the creation of succeeding VR experiences.

Preliminary data shows that the arylcyclohexylamines' ability to dissociate the mind from body may reduce instances 'sim sickness' (motion sickness) and help the mind cross the *rift* between real and virtual. Additionally, dissociatives are great immersion and presence amplifiers (as if VR wasn't already enchanting enough!). MXE's ability to stimulate neurogenesis may help us to generally adapt to and integrate new technologies with the wildly new environments and situations that will come with them. A subreddit, [Rift Into The Mind](#), is dedicated to the convergence of drugs and virtual reality. I started a Bluelight thread about it in 2014: '[Psychedelics' place in Virtual Reality](#)'.

[The Simulation Hypothesis](#)

The Simulation Hypothesis, the idea that we are living in a simulation, was popularized this generation in part by [The Matrix](#) movies, and has since made its way into other stories. I made a thread on Bluelight about this subject: '[Movies and Literature about VR, Simulation Theory and Techno-Spiritual Transcendence](#)'. As mentioned in the thread, the subject is relevant in the 21st century as we begin our own descent into simulated realities indistinguishable or even more fantastic than 'the real thing'. Consumer Virtual Reality products hit mainstream markets in 2016.

The Simulation Hypothesis is a recurring theme in dissociative trips, exemplified by this experience report: [Sun Drugs "Is This a Simulation?: An Experience with Methoxetamine \(ID 101066\)". Erowid.org. Dec 25, 2013. erowid.org/exp/101066](#), and this reply by [nedrins on Bluelight](#): *'Funny you should mention simulation theory, many a time on a high dose I'll feel that somehow I've figured out that reality IS in fact a simulation, and my realisation of this has caused the simulation to end. It's as if my life has been an observed experiment and I'm being woken up from the matrix, yet I'm helpless to really do anything about it - or do anything at all, lol. Fortunately this is often enjoyable because I find the whole premise quite thrilling.'*

Hyperdimensional Travel

Use any words you feel fit, but when enough MXE is done (but also not too much leading to blackout), you basically forgo life on this plane of existence for a period of time. The obliteration of 'reality' is a staple of a strong psychedelic experience. So what is actually happening when we experience a radical break from reality courtesy of MXE (often referred to as the dissociative 'hole')? This is what I call the experience of hyperdimensional travel.

One time on MXE I had a deeply profound feeling while exploring the concept of hyperdimensional travel. Hyperdimensional travel is what happens when we take psychedelics

and feel like we transport to or gain access to other dimensions; new feelings are felt, colors play, images wave, energy becomes our time-traversing spaceship and our consciousness rides the wave. Dimensions that would normally be may hidden create perceptible interference patterns in the lower space and time dimensions. Possibly we are pulling in and interacting with energy from additional dimensions by way of a time-space distortion field. Possibly we are only becoming more aware of the underlying structure of the Universe, like a removal of unconscious-controlled sensory filters that exceed the standard spectrum of basic sensory information. While the science is a bit beyond my grasp, there is evidence that indeed electromagnetic fields can affect space-time curvature as documented in [this research](#), and the human body produces its own electromagnetic fields.

Eric J Pepin of Higherbalance.com describes this phenomenon (also calling it hyperdimensional travel) in his own words:

'As long as you're alive, you can't completely leave your physical body... BUT you CAN move your consciousness into other dimensions.

When people talk about real spiritual realities, that's what they mean. Other dimensional frequencies that hold entire universes and realities in themselves.

Using your mind, you can shift your consciousness into a hyper-dimensional state and begin to see and experience these other dimensions.

The hyper-dimension is like a freeway that branches off into other dimensions. This physical dimension, that we live in, would be like a city located just off the first freeway exit.'

The hyperdimensional effect is particularly noticeable when combined with serotonergic psychedelics. It feels like 'becoming music' is the best way I can describe it. In this state, consciousness removes filters and perceptual translation layers that result in experiencing energy signals more directly. It's a state in which our consciousness becomes aware of the reality that everything it is made of is pure energy, the same stuff as us, and through that awareness consciousness breaks down the barriers between itself and the energy coming in through all the senses, *essentially becoming one with it*. It is so direct that the signals coming in- music and light being primary sources- resonate within the body's energy field and distort the local time-space.

If fear is not present, hyperdimensional travel is a transcendental experience for consciousness to experience something so unique as the vast extension and expansion of the basic senses. However, caution must be advised in these endeavors. My intuition is that the body goes along for the ride if not anchored/grounded, and this could possibly accelerate or stress the cellular aging process. Who knows though? Pulling energy from higher dimensions could also slow down the effect of time on the physical body. I don't know enough to say either way what the potential spans, but what I do know is that when we are messing with higher-ordered dimensions of energy and brainwave phase synchronizations as we do on powerful psychedelics, linear time as we experience it in sobriety certainly goes out the window, and that is likely having an effect on the body that could manifest as unpredictable effects down the line as dictated by [Chaos Theory](#), popularly known as the '[butterfly effect](#)'.

[Cosmic Singularity](#) By Xorkoth is a great trip report that details the phenomenological experience of becoming music, and the practice of tuning in the dissociated state.

“...as the music moves closer to breaking into a more kinetic beat, I think I begin to sense movement around the edges. I feel my bed tilt slightly down, then right. It becomes apparent that behind the scenes, something is happening. Then at once, the music emerges into an expansive and urgent beat. The square of velvet darkness tilts, becomes a diamond, and begins to slide down the way my bed is tilting, its presence and a mass I am suddenly aware is tremendous making its tilt grow until I become vertical and slide down into something beneath the receding cover plate within my mind.

As I fall, I begin to realize that the shapes I am seeing are in actuality the music itself, and before I fall far the music reaches me and I merge into the side of its shape. The shape of the music is massive, and I continue to fall but now I am falling along the outline of the dimensional presence of the music. The more I fall, the more twists and turns and ridges and bumps the music reveals to me, and the greater structure of it comes into view, each part I have touched remaining visible and the whole picture zooming out to always contain the entire arc I had traversed. I begin to realize the titanic and awesome presence of the music, and I repeatedly marvel at what a genius the person behind Shpongles is, and how it seems to me to be made specifically for this experience right now.

As I get to a certain hugeness with the current musical shape, it begins to overwhelm me with its scale. I suddenly become aware that I can't detect my own presence anymore, as I am too insignificantly small next to the galactic structure of the music I have been experiencing beyond sensory input. As I experience this, the album suddenly begins a stationary, cosmic resting place in the ferociously progressive beat, and in its glorious, pure white rays I realize that in fact I AM the musical shape, in its entirety, who had just been stuck focused to a particular point. As I contemplate this, the beat begins to flow again, moving downward to a darker place. I begin to descend toward the surface of my ethereal music-body, and descend into its structure. What appeared to be a smooth surface was in fact an infinite expanse of ever-smaller geometries. I enter one and it too is the same music, in a separate form that was also connected to every other structure and the super-structure.

As I descend through a multitude of designs, the music begins to crackle and pop, notes begin to repeat, sections begin to replay, mix, sift, and form new structures. My velocity accelerates as the music begins to sound completely different, more repetitive, more ferocious, all-encompassing. I begin to sink to such a minute level that there begins to be space between the different writhing musical shapes, and as I descend further a few of them are all that remain, appearing as a mountainous horizon around a ground that descends, spiraling, down into obscurity. And even smaller still, down a slippery spiral that has no bottom, down into the earth on the tide of a rhythm of equivalently spaced bursts of sound, the initial burst of the last note I can recall hearing clearly from the music. The precise frequency of these notes seems to trigger a reaction in my mind, a burgeoning awareness of something nearly forgotten. The tempo of this droning rhythm, now clearly different from what it sounds like normally, increases along with the rate of my spinning descent. It's almost as if the same exact moment of the music is repeating endless, rapidly, so rapidly my mind cannot fathom it. And then the spiral begins to decompose into its individual pieces, which are straight lines of such tiny length and width that each appears part of a smooth spiral structure, but which if seen magnified enough, are revealed to be straight

paths of moderate length. My essence becomes attached to the top of one, and I follow its path as I slide ever downward, the entire line curling into a convex arc as the weight of my presence bends it. As I get to the end of it, I am in two places at once as I also begin sliding down the top of the next line down on the chain. That line emerges as a tangent line from the arc formed by the previous line, and I follow this downward, slower and slower. As this is happening, I am becoming more and more aware that I have been here before, this is the eternal moment, the core of existence, the processing loop of the multiverse experiencing itself as a processing loop. I remember that I am the universe, and it is a rare moment where I shed the experience of any one of the miasma of life forms in the universe that is experiencing itself through the limited window of itself, and I experience only the core essence of awareness, the place in which only I exist as the presence bringing life and consciousness into every living thing, existing in a timeless, dimensionless, isolated moment of inhalation.... As this is happening, I am becoming more and more aware that I have been here before, this is the eternal moment, the core of existence, the processing loop of the multiverse experiencing itself as a processing loop. I remember that I am the universe, and it is a rare moment where I shed the experience of any one of the miasma of life forms in the universe that is experiencing itself through the limited window of itself, and I experience only the core essence of awareness, the place in which only I exist as the presence bringing life and consciousness into every living thing, existing in a timeless, dimensionless, isolated moment of inhalation.

As the last vestiges of my Xorkoth mind reel with the impact of the reality of the experience I was having, the beat and motion suddenly stop entirely and I become utterly still. A searingly beautiful tone of crystalline purity and heavenly intonation suffuses my existence and bursts through my astral form, and a wave of sublime warmth and peace fills it, fills the human-shaped astral form I am attached to somewhere under the position of my awareness, but which I can feel fully. My limbs become utterly limp and an intense wave of pleasure rolls across the whole form, and the place I normally feel my heart in relative to the perceived position of my awareness, through my eyes, begins to radiate a stable waveform of love, so wide as to appear as a straight line but so massive as a result that its power overwhelms me and I exist only as bliss, for eternity. The scope of my awareness is so gargantuan that I dimly realize in the last parts of my humanity that are unshed that I have never been so far away from the life-dream before, that I could decide not to go back if I wanted, that here is where I am for eternity, because this IS eternity, I have more than touched it, I have returned to it. Perhaps my body has died. This is the real thing, everything else is just a massively complex dance of geometries aware only of itself in the grand structure of our being.

At this point, this point lasts forever. A singularity occurs and it becomes everything.'

On Awakening

If dissociation is a world of Dreams, what then of Awakening?

On the morning of 10/24/15, the same day I had planned to start sharing this book publicly with the research community, in a confluence of events my car was directly t-boned by a truck going full speed. Luckily, I was struck on the passenger side and there was no passenger

to be killed. While the car was thoroughly totalled, I suffered only a broken rib and bone in my right pinky finger (another lucky 'break' because I'm left handed). **It was also the moment I woke up.** In other words, I was struck in more ways than one, and one of those strikes felt like the Light of God. Since that moment forward, synchronicity was *off the motherfucking charts* for about 6 weeks before finally cooling down. There were so many signs! Just in case I didn't get the message the first time, I was reminded at nearly every turn along my path, affirming that I was or wasn't on the 'light' track. Everything flowed naturally. Flow was primary, not secondary, and [science is getting keen to the power of flow as the secret to happiness](#) [Ted Talk]. I felt like everything was aware of everything around it, so long as 'they' weren't sleeping. My intuition was acutely aware of watchful eyes. I can tell you uncanny stories till I'm blue in the face, but there's already a synchronicity section in this book, so I will leave details secret, but it's like that 6th sense when you get a feeling someone is watching you, only to look over to see a stranger taking an extended glance at you.

Broadly speaking, the awakening event catalyzed a process of physical, mental and spiritual (emotional) healing in myself that resulting in a miraculous metamorphosis. It restored my faith in a God, engineer, architect, and higher power, which is pretty incredible because I've never been a religious man, and my faith in any number of things had previously been hovering near all-time lows.

Following the many teachings I laid out in this book has partly attributed to my metamorphosis, as has been the teachings of many great figures from the past such as Buddha, Christ and the I Ching, all of which I utilize as divination tools for lighting the way of [The Middle Path](#), *possibly the most important and overarching teaching of the great spiritual philosophers of our history. [A note to skeptics and non-believers- I was also skeptic for decades to be honest, and any free-thinking human should be, until they experience a true awakening. I never thought I would have faith like this and be designated a messenger of 'The Word'. I know I'm riding the line of crazy talk, but I hope understanding my words as crazy makes me sound a little less crazy].*

What do I mean by divination tools? Intuition as I mentioned is a critical guiding light. It should be your personal 'temperature gauge' of the moment. If that fails you, or if you need additional affirmations and signs, this is where divination tools come in. Exploring the use of information in this manner is beyond the scope of this text, but it is a great subject for another.

From a scientist's perspective, I wanted to explain how and why I experienced such an astronomically-improbable surge in synchronicity, clarity and awakening of awareness after using dissociative tools. The intuitive answer came simply enough. It is well known that dissociatives attenuate the awareness component of consciousness while the drug is active. My intuition is that what may be happening is- especially with bursts of extreme use- that the brain may be effectively overcompensating by pushing back with mechanisms to increase awareness, possibly to a greater level than before the drug had been used, which may explain the particular 'afterglow' period that is documented in users of ketamine, MXE et al. For instance, when an anxiety medication is used for an extended period of time, upon cessation there is the phenomenon of 'rebound' symptoms, where the anxiety appears worse than ever. I am proposing a similar mechanism with dissociatives, but in this case it is a rebound of *awareness*.

I have not encountered any scientific literature that has mentioned or looked into this, but it feels certainly possible based on my experience.

Consciousness Theories

Throughout all of my experiments using MXE, I've felt a strong desire to explain the phenomenology. What happens in the brain to cause such a radically altered experience? Answering these questions requires a foundational model of consciousness, a subject that is the study of [cognitive neuroscience](#), [cognitive psychology](#), [neurobiology](#), [neuropsychopharmacology](#), [psychopharmacology](#) et al. Additionally, the nature of consciousness has long been a central inquiry of [philosophy](#). To study the phenomenology of consciousness is to study [qualia](#). There are various models of consciousness already theorized to offer an answer to '[the hard problem of consciousness](#)'. I have found that [the Quantum Mind](#) theory of consciousness offers a strong framework to answer these questions. I also include the consideration of many related theories that offer additional perspectives on the nature of consciousness and the psychedelic experience.

MXE and other arylcyclohexylamines are powerful tools in the study of consciousness because of their unique spectrum of properties. I think we are on the right track to observe the actions of anesthetics/psychedelics at the neurological level, and then relate this data to the phenomenology of altered states to get a clearer picture of the mechanisms of consciousness emergence. Anesthetics are used clinically to temporarily erase consciousness. Recreational doses of MXE do not erase consciousness completely but will modulate consciousness in very interesting ways that may provide insight into the nature of mind.

[‘Towards An Integrative Theory Of Consciousness: Part 1 \(Neurobiological And Cognitive Models\)’](#) is an excellent exploration of the subject and reveals the link between consciousness and the NMDA receptors of the brain (one of the primary actions of MXE and other similar dissociatives): *‘Autoradiographic techniques (Flohr, Glade and Motzko, 1998[73]) have been used to visualise the activation state of the cortical NMDA synapses directly and the difference between the anaesthetised and the conscious brain is the presence or absence of NMDA-dependent computational processes (Yashiro et al., 2008[238]; Zhao et al., 2008[245])...It has been hypothesised that some of the rapid transient cell assemblies that are the building blocks for mental representations are conscious. The ascending reticular activating system determines how likely it is that a cell assembly forms as well as aids in binding together several simple assemblies into more complex representational states (Flohr, 1995[74]). The occurrence of states of consciousness critically depends on a specific class of computational processes that are mediated by the NMDA synapse. Arguments in favour of the hypothesis are based on the idea that NMDA receptor activity is capable of forming representational states in the brain and all general anaesthetics ultimately inhibit NMDA receptor activity. Hence, NMDA receptor activity is essential for consciousness (Gambrill et al., 2011[77]).’*

‘Consciousness has two major components: Awareness (i.e., the content of consciousness) and arousal (i.e. the level of consciousness) (Laureys, 2005[128]). Arousal and

awareness are usually positively correlated: When one's arousal decreases, so does one's awareness (rapid eye movement (REM) sleep being a notable exception). Awareness can also be divided into two components: Self-awareness and external awareness. Self- and external awareness usually behave in an anti-correlated manner. When you are engaged in self-related processes, you are less receptive to environmental demands, and vice versa (Boly et al., 2007[25]).' [<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3653219/>]

It is noteworthy that ketamine has been found to increase the oscillatory frequencies of alpha-peaks on the electroencephalographic power spectrum [<http://www.ncbi.nlm.nih.gov/pubmed/17378787>]. In other words, while in most states of consciousness, awareness and arousal are positively correlated, ketamine (and presumably MXE to an even greater extent than ketamine due to its stimulating properties) may reduce awareness while increasing arousal, leading to states of consciousness that are closer to REM dream activity than the brainwave activity of normal waking consciousness. This explains the striking similarity I have noticed in my experiences between the quality of lucid dreams and 'lucid hole' states encountered under the influence of MXE. It is no secret that MXE has a strong tendency to increase alpha wave activity- '*Alpha is the brain wave associated with relaxed, daydreaming states of mind; it's a state of relaxed, detached awareness...Alpha is considered the gateway to meditation. Some people consider alpha waves to be the link between the conscious mind and the subconscious.*' [[Brain Wave Basics – What You Need to Know about States of Consciousness](#)]

Orchestrated Objective Reduction, Microtubules & Orch-OR

'**Orchestrated objective reduction (Orch-OR)** is a hypothesis that *consciousness* in the *brain* originates from processes inside *neurons*, rather than from connections between neurons as in the conventional view. The mechanism is held to be a *quantum physics* process called *objective reduction* which is orchestrated by molecular structures called *microtubules*. The hypothesis, which was put forward in the early 1990s by *theoretical physicist Roger Penrose* and *anaesthesiologist and psychologist Stuart Hameroff*, has so far been rejected by the majority of *cognitive scientists*.' [[Wikipedia](#)]

Consciousness in the universe: A review of the 'Orch OR' theory

Quantum Biology and Microtubules

'The controversial theory of [Orchestrated objective reduction](#) suggests that coherent quantum processes within [microtubules](#) are the origin of [consciousness](#). There is experimental evidence of "quantum vibrations" in microtubules in brain [neurons](#).^[15]'

Anesthesia, Consciousness and Hydrophobic Pockets - A Unitary Quantum Hypothesis of Anesthetic Action, published by Hameroff, thoroughly summarizes the current theories of consciousness and proposes specific mechanisms that appear to be involved in the formation of consciousness.

Excerpt:

II. Consciousness

What is it that disappears during anesthesia? In particular, what is the nature of conscious experience--our "inner life"--comprised of raw feelings and sensations known to philosophers as 'qualia'? The most direct and frequent answer is that conscious experience is an emergent property of complex neural network activity, for example within thalamocortical loops firing coherently in the range of 40 Hz (e.g. Jasper and Koyama, 1968; Baars, 1988; Singer et al, 1990; Crick and Koch, 1990). Clinical electrophysiological brain monitoring during general anesthesia shows reduction and desynchronization of the brain's neural-level dynamics. Electrical firing patterns are determined by synaptic connections, in turn governed by states of membrane proteins. Such firing patterns are proposed as the "neural correlates" from which consciousness emerges. This view is favored by reductionist and functionalist philosophers like Patricia Churchland (1986) and Daniel Dennett (1991), as well as proponents of "strong" artificial intelligence (AI) who foresee consciousness emerging from complexity in silicon computers. However non-reductionists question whether neural network firing patterns can provide complete explanations for conscious experience and other enigmatic features (unitary binding, non-computability, pre-conscious to conscious transition, non-deterministic free will). Philosopher David Chalmers (1996) has observed that even if the activity of every protein, membrane, ion and synapse in an entire human brain were precisely correlated with a particular mental state, the state's subjective qualia, or experience (the smell of a rose, the sound of an oboe, the pain of an incision. . .) would be no better understood. Why aren't we "zombies," robot-like automata with complex behavior but lacking conscious experience? Perhaps something is missing from the reductionist/emergent account. An alternative or supplemental panpsychist, or "pan-experiential" view holds that conscious experience (or its raw, undifferentiated proto-conscious precursors) is a fundamental feature of the universe somehow accessed by brain activities (e.g. Democritus, Leibniz, Whitehead, Wheeler, Chalmers. . .). Modern pan-experientialism views 'qualia' as basic features of reality, emanating from the quantum world (Stapp, 1992; Hameroff, 1998).

III. Quantum theory

Quantum theory describes the seemingly bizarre wave/particle duality of atoms electrons or other sub-atomic particles which, when isolated, behave as a "wave of possibilities" existing in "superposition" of possible states simultaneously. In a transition known as wave function collapse, or reduction, quantum superpositions reduce to specific states and locations to yield stable, definite structures in our macro-world. Superposition and reduction may soon have enormous technological impact. Beginning in the early 1980's Benioff, Feynman and others proposed that states in a system - bits in a computer - could interact while in quantum superposition of all possible states, effecting near-infinite parallel computation. Rather than classical Boolean bit states 1 or 0, "quantum computers" would utilize interactive "qubits" of superpositioned 1 and 0. If quantum computers can ever be constructed (prototypes currently exist) they will have huge advantages in important applications (e.g. cryptography, bank codes etc). As the brain/mind has always been cast as current information technology, consciousness may inevitably be seen as some form of quantum computation. The actual process of collapse, or reduction of an isolated quantum system remains mysterious. It seems collapse occurs as system effects are magnified from the small, quantum scale to the large, classical scale - but

what is the boundary between quantum and classical? Physics has no clear explanation for the cause and occurrence of wave function collapse (except for environmental decoherence). Experimental evidence through the 1930's led Bohr, Heisenberg, von Neumann and others to suppose that isolated quantum superpositions persist in time, and would be maintained from the micro- through the macrolevels until conscious observation caused collapse. Accordingly even macroscopic objects, if unobserved, could remain superposed. To illustrate the apparent absurdity of this notion, Erwin Schrodinger in 1935 described his now-famous "cat in a box" being simultaneously both dead and alive until the box was opened and the cat observed. Various new physical schemes have recently been proposed in which isolated, superposed states reach a critical "objective" threshold, at which collapse, or "objective reduction" instantly occurs. Some such schemes (e.g. Penrose, 1989; 1994; 1996) base the objective criteria on the basic makeup of reality - spacetime geometry. As mass is equivalent to spacetime curvature, in the Penrose view superposition involves separation of a region of underlying spacetime geometry (a "bubble" - simultaneous curvature in opposite directions). A small mass in two locations is actually separation of a small region of spacetime into two realities. As the spacetime separations are unstable, separation eventually results in reduction to a single geometry. Each objective reduction is an event which rearranges spacetime geometry at its fundamental level. What does this have to do with consciousness? Wave function collapse, or reduction yields particular classical states. The choice of states has a nondeterministic element which in most accounts of quantum theory is believed to be random, or probabilistic. However in Penrose's objective reduction the choice of outcome state is neither deterministic nor random, but has an element of "non-computability," an essential feature of consciousness, understanding and free will (Penrose, 1997). This suggests that organized quantum superposition and sequences of objective reductions may occur in the brain as essential aspects of consciousness. Another potentially relevant quantum feature is that collections of particle/waves can merge into unitary quantum coherent states of macroscopic size (superconductors, Bose-Einstein condensates and lasers are technological examples). For example in a Bose-Einstein condensate, components give up individual identity to share a common quantum mechanical wave function---they become one entity (Figure 2). Certain types of quanta (e.g. photons, phonons, electron pairs) are able to engage in such collective states. Marshall (1989) suggested that dynamic membrane proteins in brain neurons form Bose-Einstein condensates whose unitary coherence accounts for "binding" (e.g. in vision, and of "self") essential to consciousness.

Other links between quantum theory and consciousness have been put forth. Beck and Eccles (1992) proposed that probabilistic release of neurotransmitter vesicles from presynaptic axon terminals reflects quantum uncertainty. Stapp (1992) has linked pre-synaptic calcium influx with superpositions and wave function collapse. A number of models suggest that ordered quantum states of water on protein surfaces play a role in consciousness (Ricciardi, Umezawa, del Giudice, Vitiello, Jibu and Yasue; e.g. Jibu and Yasue, 1995). In the Penrose-Hameroff model (Penrose and Hameroff, 1995; Hameroff and Penrose, 1996a; 1996b; Hameroff, 1998), "pre-conscious" quantum coherent superposition/quantum computing originates in neuronal microtubules and is sustained on the order of 25 msec (i.e. coherent 40 Hz) until objective reductions ("conscious events") occur. (A "pan-experiential" argument is made that conscious

experience is embedded in fundamental spacetime geometry - accessed and selected by the objective reduction process). '[[Quantumconsciousness.org](http://www.quantumconsciousness.org)]

Quantum computation:

<http://www.quantumconsciousness.org/content/quantum-computation>

Principles of quantum physics are important in understanding the mechanisms of consciousness and how these mechanisms are affected in altered states of consciousness. What we understand as consciousness is an amalgam of myriad mechanisms operating in synchrony. At least some of these mechanisms of creating consciousness operate on a scale that is governed by quantum mechanics. Consciousness happens in the neurons, mediated by a quantum spin, each acting as a mind-pixel, and they oscillate together in an interconnected network to form a quantum processing unit. Or possibly something like that?

In the Orch OR theory, protein assemblies called microtubules within the brain's neurons function as self-organizing quantum computers that generate consciousness. Dissociative anesthetics interface with these microtubules by changing their frequencies and phase coherence. As I understand it, a sufficient dose will shut down consciousness by decohering the frequencies of the microtubules. The NMDA receptor, which MXE antagonizes, has been shown to play a central role in the activity of these quantum computers.

This next excerpt reaches into very far-out speculative theory. Take it with a huge grain of salt.

My hunch is that MXE's effects and phenomenology include quantum components that are not yet understood by mainstream science. There is a connection between psychedelic states and quantum physics in that both explore an unseen world that exists all around us within the fabric of Universe. MXE molecules interface similarly to the mind-pixels. Each molecule is like a radio antennae, and all of them together create a network of energy. Consciousness streams throughout that network of energy, receiving its signals in particular from the [NMDA channels](#). The serotonin receptors also play a significant role, as noted by the difference between MXE and pure NMDA antagonists. The result is, for all intents and purposes, a quantum computing device that plugs into a hyperdimensional network of spirit energy; non-local space-time with infinite potential. Quantum bits can be projected onto other Universes to be sent for processing, and the computed answer can be retrieved back into this Universe. This phenomenon has been referred to as zero-point processing, to help read subtle energy, to project into the future or past or gather insights- lights for our path. There may be [Quantum Zeno Effects](#) and [Anti-Zeno](#) effects occurring. Opening these channels of quantum information enables greater capacity for reception of energy in real-time by acting in a shifted quantum decoherence, both collapsing and evolving the quantum wave state simultaneously, which can be seen as having one foot in each world, creating a conduit to channel information from one world into the other.

[Spin-Mediated Consciousness: Theory, Experimental Studies, Further Development & Related Topics](#)

This is fascinating theory. From the abstract: 'We postulate that consciousness is intrinsically connected to quantum spin since the latter is the origin of quantum effects in both Bohm and Hestenes quantum formulism and a fundamental quantum process associated with the structure of space-time. That is, spin is the "mind-pixel." The unity of mind is presumably achieved by entanglement of the mind-pixels. Applying these ideas to the particular structures and dynamics of the brain, we have developed a detailed model of quantum consciousness. Experimentally, we have contemplated from the perspective of our theory on the possibility of entangling the quantum entities inside the brain with those in an external anaesthetic sample and carried out experiments toward that end. We found that applying magnetic pulses to the brain when a general anaesthetic sample was placed in between caused the brain to feel the effect of said anaesthetic for several hours after the treatment as if the test subject had actually inhaled the same. The said effect is consistently reproducible on all subjects tested. We further found that drinking water exposed to magnetic pulses, laser light, microwave or even flashlight when an anaesthetic sample was placed in between also causes consistently reproducible brain effects in various degrees. Further, through additional experiments we have verified that the said brain effect is the consequence of quantum entanglement between quantum entities inside the brain and those of the chemical substance under study induced by the photons of the magnetic pulses or applied lights. With the aids of high-precision instruments, we have more recently studied non-local effects in simple physics system such as a liquid. We have found that the pH value, temperature and gravity of a liquid such as water in the detecting reservoirs can be non-locally affected through manipulating a liquid in a remote reservoir quantum-entangled with the former. In particular, the pH value changes in the same direction as that being manipulated; the temperature can change against that of local environment; and the gravity can change against local gravity. Again, these non-local effects are all reproducible and have practical applications in many areas. We suggest that they are mediated by quantum entanglement between nuclear and/or electron spins in treated water and discuss the profound implications of these results.'

[1]

[The Physics of Collective Consciousness](#)

Some very interesting theory here complementary to the other theories mentioned. Reading this helped me to understand how energy fields inform consciousness. From the abstract: *'It is pointed out that the organisation of an organism necessarily involves fields which are the only means to make an approximately simultaneous tuning of the different subsystems of the organism-as-a-whole. Nature uses the olfactory fields, the acoustic fields, the electromagnetic fields and quantum-vacuum fields. Fields with their ability to comprehend the whole organism are the natural basis of a global interaction between organisms and of collective consciousness. Evidences are presented that electromagnetic potential fields mediate the collective field of consciousness. This result offers for the first time experimental access to the study of collective consciousness by measuring the field-related information-carrying potentials and their derivatives, the electric and magnetic fields between different individuals. The*

electrodynamic interaction of different brains/minds generates induction and in this way excitement, enhancement in the baseline of the interacting brains' activity.'

Continued: *'Endre K. Grandpierre (1996) in his essay "Cosmic Systems of Consciousness, Their Development, Two Principal Branches and Evolution from the Golden Age until the Present" has shown that consciousness is the manifestation of interactions. Ervin Laszlo (1995) has shown that a holographic information field is responsible for the physical, biological and paranormal phenomena. This holographic field is actually a non-linear vacuum field. The information field in biology is termed as biological or morphogenetic field and it appears in society as a collective field...If the nature of consciousness is based on elementary interactions, as suggested by Endre K. Grandpierre (1996), then we have to explore whether the interactions of known physical fields may serve as mediators of consciousness and may produce the fundamental phenomena of consciousness, the 'group effect'.* That consciousness is a manifestation of interactions is readily apparent when looking at the evolution of humanity since the dawn of the Internet Age. Increasingly people are all tuning in to common information. The amount of interconnections that exist is positively correlated to the complexity of consciousness. The Internet can be seen as the birth and continued evolution of a collective organism. The more that people tune in to the interconnections, the greater the levels of synchronicity and resonance between the people who share the connections.

Some of the the phenomena experienced under the influence of MXE (as well as other psychedelics) can only be described as paranormal. One example is a group of people that feel as if they are sharing information through a sort of telepathy as described in this [experience report by Reddit user morganthumps](#). Electromagnetic morphogenetic fields may be the medium that allows this communication to occur. In non-local situations, the connection may be of a quantum nature. Recently, Bluelight user 'ecstasylover' commented 'Seems like we're all reaching the same conclusions at the same time. What's the significance of this?' in response to synchronicities noted between many MXE users on the forum. This is evidence of the possibility of an element of shared consciousness. Entanglement in the quantum-vacuum field as described in the above research may explain the phenomenon of people all over the world who have never met all having the same thoughts as a result of ingesting the same drug. I like to think of MXE as being a sort of radio antennae, and each molecule is a sympathetic resonator of a spectrum of energies mediated by the direction of consciousness, which also explains why music feels so much closer when 'tuned in'.

The Many Worlds Theory

'The many-worlds interpretation is an [interpretation of quantum mechanics](#) that asserts the [objective reality](#) of the [universal wavefunction](#) and denies the actuality of [wavefunction collapse](#). Many-worlds implies that all [possible](#) alternate histories and futures are real, each representing an actual "world" (or "universe"). In lay terms, the hypothesis states there is a very large—perhaps infinite^[2]—number of universes, and everything that could possibly have happened in our past, but did not, has occurred in the past of some other universe or universes. The theory is also referred to as MWI, the relative state formulation, the Everett interpretation, the theory of the universal wavefunction, many-universes interpretation, or just many-worlds.'

[\[Wikipedia\]](#)

A number of MXE users have reported encountering this effect, especially in higher doses, referred to as the 'multiverse effect' in this experience report titled '[M-Hole Multiverse - Getting Back to Singular](https://www.erowid.org/experiences/exp.php?ID=93534)' [<https://www.erowid.org/experiences/exp.php?ID=93534>]

Author David Deutsch writes extensively about this and related subjects in the book [*The Fabric of Reality*](#). [Here](#) is a review/overview of the book. [http://web.mit.edu/asf/www/PopularScience/Friedman_TheFabricOfRealityReview_2001.pdf]. A follow-up book was released in 2011 titled [*The Beginning of infinity*](#). 'Deutsch sees [quantum superpositions](#) as evidence for his many worlds quantum [multiverse](#), where everything physically possible occurs in an infinite branching of [alternate histories](#). Deutsch argues that a great deal of fiction is close to a fact somewhere in the multiverse.'^[4] Deutsch extols the usefulness of the concept of [fungibility](#) in quantum transactions, his universes and the particles they contain are fungible in their interactions across the multiverse structure. Deutsch explains that [interference](#) offers evidence for this multiverse phenomenon where alternate histories affect one another without allowing the passage of information, as they fungibly intertwine again shortly after experiencing alternate events. According to Deutsch, our perspective on any object we detect with our senses is just a single universe slice of a much larger quantum multiverse object. [[Wikipedia](#)]

Timothy Leary's '[Eight-Circuit Model of Consciousness](#)'

Say what you want about Leary, a delusional quack or psychedelic visionary, but I am especially interested in how he describes the eighth circuit in this model. It reflects my own personal extrapolations from the psychedelic experience. He himself said that ketamine (as well as DMT and high dose LSD) was a key to unlocking the particular capacity described in the eighth circuit. MXE is at least as powerful as a tool to open and interface this circuit.

[Biocentrism: How Life And Consciousness Are The Keys To Understanding The True Nature Of The Universe](#)

'[Lanza](#) believes that it's possible that intelligence actually existed before matter did, suggesting intelligence as a sort of pervasive, unending thing. He also makes the claim that space and time are not objects but tools of our understanding. Space and time are carried within us, meaning we exist outside of it.' [[Higher Perspective](#)]

Lanza's book is notable because it resonates with the theory of increasing numbers philosophers and theoretical physicists that the Universe exists primarily in the mind. In other words, consciousness and the physical Universe are not mutually exclusive entities. Some of my experiments with MXE, trying to resolve some of the more strange phenomenology, are explainable only through this particular theoretical lens.

The '[Delayed Choice Quantum Eraser](#)' may be the most convincing experiment so far to bear evidence that 'reality' may only really exist through the point of observation. It elaborates on [Wheeler's delayed-choice thought experiments](#). The experiment investigates the peculiar consequences of quantum mechanics first discovered by the [double-slit experiment](#). The delayed-choice produces potentially astonishing results '*that, unlike in the classic double-slit experiment, the choice of whether to preserve or erase the which-path information of the idler was*

not made until 8 ns after the position of the signal photon had already been measured by D_0 . Some have interpreted this result to mean that the delayed choice to observe or not observe the path of the idler photon changes the outcome of an event in the past' [\[Wikipedia\]](#), bringing into question our currently-accepted understanding of time.

Bluelight user Veodo asked on the [Big and Dandy MXE thread](#) 'I can't explain MXE...is the universe in one molecule?' What a question! My response is MXE is not the Universe, but it is a key- a key to unlock the mechanisms of the mind responsible for imagining and materializing our experience of the Universe. Considering that the Universe may only really exist inside the mind of a conscious observer, MXE is not only a key to unlock our mind, but a key to unlock the Universe itself. Understanding consciousness and its mechanisms I believe will help us unlock our understanding of the Universe and its mechanisms. The mind is a prism, where all the energy of the Universe flows as a hot mess of white light into our channels where it is parsed and decoded into its component colors in every moment of awareness, giving definition to the chaotic flows of energy all around us..

Unified Psychedelic Theory

Patrick Lundborg's book [Psychedlia](#) lays out the Unified Psychedelic Theory. The inspiration behind his work is primarily based off of the phenomenology of tryptamine experiences- 5-MEO-DMT and Ayahuasca in particular- but the theory is similarly applicable to the dissociative experience. 'Lundborg defines the four stages of the general trip model as: *Sensory Realm, Recollective-Analytic Stage, Symbolic Level, and Transcendental Level—the last of which often coincides at the peak experience of the journey and pertains to the relatively common experience of ego loss.*' [\[Reality Sandwich\]](#)

[Psychedelic Information Theory](#) and [Signal Theory](#)

Read the book 'Psychedelic Information Theory': [HMTL](#) | [PDF](#)

Panpsychism: The Merger of Science and Spirituality

[A Neuroscientist's Radical Theory of How Networks Become Conscious](#)

Regarding the '[hard problem](#)', Koch, Tononi and their physicist colleague Max Tegmark have embraced a form of panpsychism in which consciousness is a property of matter. Simple particles are conscious in a simple way, whereas such particles, when integrated in complex computation, become fully conscious (the 'combination problem' in panpsychism philosophy)... Their view of neurons as fundamental units whose complex synaptic interactions account for consciousness, also supports widely-publicized, and well-funded 'connectome' and 'brain mapping' projects hoping to capture brain function in neuronal network architecture. [\[http://www.huffingtonpost.com/deepak-chopra/collision-course-in-the-s_b_4982567.html\]](http://www.huffingtonpost.com/deepak-chopra/collision-course-in-the-s_b_4982567.html)

One technical difference between Panpsychism and Orch OR's model is that Panpsychism theorizes consciousness arises through the synaptic firing *between* neurons. Orch OR theorizes microtubules *inside* the neurons are responsible for the emergence of consciousness.

Spirituality

Spirit is the interface of elements with consciousness. Elements come in many forms such as vibrations in the air, electromagnetic energy and quantum vacuum fluctuations. Spirit in this context is sum totality of the energy complex within and surrounding the body- entire spectrums of multiple forms of interconnected energy. It is measureable energy. The electromagnetic component is the most well-understood. We are still working on detecting the quantum component, and who knows if there are other components we have not detected at all!

Many user reports can be found that claim contact by God under the influence of a high-dose dissociative. 'Robo-Jesus' and 'Robo-God' are commonly used references with DXM; [This story](#) is just one well-written example. I myself have exclaimed in ecstasy dozens of times, as soon as exiting the M-hole, that I just saw God or had a Spiritual experience. Tears of joy often follow; immense gratitude and humility always follows. I still keep the feeling in my heart, and it helps me endure in trying times.

Reddit user 'Neuromatter' writes in [Methoxetamine: My Observations](#), *'Spiritually speaking, it is pure energy. Meditation in powder form. Like reaching the point of enlightenment and pure bliss and evolving to the next stage of consciousness. Disassociating your mind from your body, you lose your ego and view the world from an outside perspective. Everything seems to be in your favor, luck follows you, and karma is your bitch. You attract all the good energy surrounding you as if everything is going perfect. It's almost unreal, complete synergy often being a motif of the trip.'*

'When you trip, it can go many different ways, different stages if you will. What you do, your surrounding environment, and the people you are with can all dramatically [affect] how you feel. This is the same when you take any sort of trip with some friends, but I feel the connectivity is intense with this drug...how everyone you are tripping with is having the exact trip as you. On countless occasions, somebody will speak my exact thoughts or express a similar feeling.'

This description of this experience is echoed in many user reports. By analyzing many reports it becomes clear we are touching on a unifying force. Reaching the peak is a process of aligning the channels of energy that compose consciousness. It is as much an intentional process as it is a process of letting go and simply allowing the energy to align to its natural-born state. It is *divination* essentially, to *tune in* to one's inherent *intuitive capacity*, and then to *follow it*. The wisdom gained can be applied in innumerable ways throughout life, long after the trip has ended.

Methoxetamine as a 'Molecular Sacrament'

MAPS published a very thorough list of [‘Entheogen Sects and Psychedelic Religions’](#). I think there would be nothing more righteous in the world than the establishment of an MXE/dissociative/molecular sacrament church. Indeed there is already one, [The Church of Neuroscience AKA KNB Spirit](#), established for many years already, that includes MXE in the list of molecular sacraments. They have an in-depth system in place to ensure that users, AKA parishioners, are informed and respectful of these drugs’ potential and responsible in their use.

It has been demonstrated that the brain activity of people who are on psychedelics show great similarities to nuns and meditating monks:

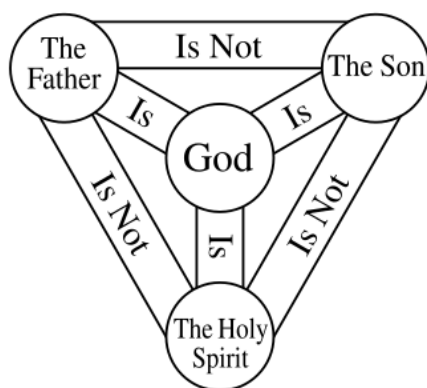
[Neuroscientist Explains The Similarities Between The Brains Of Praying Nuns And Psychedelic Drug Users \[Huffington Post\]](#). [Monks have even reported that psychedelics](#) were a doorway in their path to enlightenment [\[Video\]](#) | [Rick Strassman - Buddhist Monks and Psychedelics](#)

[Erowid’s Methoxetamine ‘Mystical Experiences’ Vault](#)

I strongly connect MXE to Spirituality. Humans embody a complex system of energy. In my perspective, that energy is our Spirit, the core of which is our soul. Waves are the language; Vibrations. All life systems are tuners of spirit energy, whether they are aware of it or not. I feel like MXE/dissociatives allow me to experience the world of energy more viscerally, and open my eyes to aspects of spirit that I may not have been able to appreciate otherwise.

I think ‘Spirit’ is the source of what creates our energy fields, so the fields are not Spirit itself, but Spirit’s *form* in a way that it can interact with this plane of existence. MXE has most definitely turned on some things in me I didn’t know I had. Countless times I have experienced something on MXE that I didn’t think was possible. Perception of various energetic phenomena may be heightened by MXE’s effects. All the flowing currents, phasing and oscillations of everything just seems to come to presence when tuned in to the divine symphony. We, our Spirits, are the embodiment of all this energy. In altered states we realize the extent that Spirits mingle with each other, and that’s the really psychedelic aspect of this drug’s effects. The word psychedelic by definition is ‘*Mind-manifesting*’, which is bearing witness to a dream becoming reality. To quote [John Lennon](#): “*A dream you dream alone is only a dream. A dream you dream together is reality.*”

The Holy Trinity and Divine Balance



The Trinity has been appearing all around me recently through many revelations. The trinity of mind-body-spirit is just the beginning. On 11/13/15 (yes, the day of the Paris shootings), I received the message of [Newton’s 3rd law](#), ‘*For every action there is an equal and opposite reaction*’. But that that is only half of the story, because for every Newton’s third law, there is an equal and opposite law which results in a **Resonance**, a **Unity**. Three sides. **Two sides are divided**, and **one side is united**. [Newton’s first two laws](#) explain the resonance and unity side of this balance.

For every gravity there is an anti-gravity. The question remaining is 'which side are you tuned into? Are you floating or falling?'

A Holy War is underway, and extremism hides in every corner. 'Radical Religious Extremism' seems to be a common enemy, at least according to the media and governments. I certainly don't want to be on that side of the war, but knowing that we are all vulnerable to being corrupted, it is important to keep the journey in check to ride the lines but never cross for too long.

Now is the time to decide for yourself if you are tuned in to the spirit of division, or if you are occupying the unity frequency. If you fill your heart with unity and step within the flow of its arms' embrace, you are on the side of light and will be protected through these proceedings. It is synchronistic that France's flag embodies this metaphor in color. You can see the metaphor in **Democrat** and **Republican**, or **low frequency** and **high frequency**, **Patriarch** and **Matriarch** or whatever kind of duality you can think of. But in the **Center** of the flag is the **Unity**, **white**, a synthesis of all visible wavelengths simultaneously together.

Trinities of Truth

While we often divide the whole into two sides, a greater truth may be in a third element as a ground between the oppositions. Other situations may require many or infinite possibilities between the binary values.

I apply this concept of Trinity to the process of receiving messages in trips or dreams (is there a difference?), sifting gems from debris in 3 steps: First, there is the direct Source message we experience in a state of 'clear channel', but it is basically pure light so we can't really grasp it, for it is too much to comprehend all at once. Afterwards, it can be reflected in thought, dream, and intuition. Finally the two sides are taken, the **Father** and the **Son** if you will, or the *Source* and the *Reflection*, and offer it to the **Holy Ghost**, the *Universe*, or paradoxically, the *Ground*, and we use the feedback to ground the message into consensus reality. '*Keep your ear to the ground*' as the saying goes. To synthesize all three into the final message is to get The Word of **God**, or as close as we may mortally be able to comprehend. It's not 'inner truth' nor delusions or illusions; those are but fragments of light. The flow, the ebb, and then the divine resonance, the affirmative feedback from the Universe, siphons the real gems from debris.

Radical Balance and Dualities of Presence

In radical balance, the middle path is not a straight and narrow path. It curves to the left and right, sometimes even sharply, and there is bound to be a couple U-turns eventually. But in the end, the amount of left negates the amount of right equally.

In a duality of presence, it is possible to have one foot on the left side and one foot the right side simultaneously, so that the center can be synthesized as an equation of the disparate sides. Consciousness is the mediator of the two ends unites them in a trinity. Down with the duality, up with the Trinity!

The dissociative experience activates a trinity, in which one part of consciousness is in the *here-and-now* while the other is in the *somewhere-anytime*; the mind meets the two poles together in a collision of form.

Another example of antiquated dualities is in the old 'devil sitting on one shoulder and an angel on the other', whispering in your ears to influence the mind. I think it is more complete to recognize 3 components, the [monkey, robot, and angel](#) [original concept and painting by [Bruce Gulick](#)]. The angel in both models is the same, but the devil is akin to the monkey, and the robot is 'us', in the center of the devil and the angel trying to process the two voices.

Gender identity is a 3rd example of duality consciousness breaking down in the mainstream. Gender-fluid LGBT communities blur the line in every way conceivable. Instead of Male-female, there now is the addition of the 'other' to complete the trinity of possibilities. Within that other there exists 'two-spirit' in which both genders balance within one person even if not hermaphroditically. the accurate pronouns are 'they, them, their'.

I think we are going to see some good things happen in politics and the government as the result of employing some basic measurements of balance. I seek and support the radical-in-moderation path. We only want to raise the bar for *everyone*, but we need at least half of everyone's participation and patience for it to happen. I believe it will.

Great disparity exists between the wealthy and the poor, and the best outcome for everyone is the the whole picture. I know what the wealthy people are going to say- *'But I worked hard to earn my billions of dollars, why should I give it to lazy welfare-sucking parasites?'* And whew, the full answer may be beyond this tangent, but I like to think that the vast majority are not that. We are focusing on the people also working their ass off but making minimum wage, or they may as well be making minimum because they they're strapped with \$60,000 in student loan debt. The billionaire will still be a billionaire, they will just have a little less billions that I doubt they would be able to spend to any rational degree in their lifetime unless they give it all away, so look at it as the government simply trying to help them give some of it away to good causes. Yes, Universal Healthcare and free college education are good causes. It will allow greater opportunity for hardworking people, or those with health issues, to thrive in life.

As for my Conservative friends, I apologize if I have attacked your perspective/sensibility. I do respect and see virtue in some conservative policy. Like I said, I try to consider both sides in dual presence to find where the center lays, and to be radical all the time is not exactly balanced.

Paying Forward to Protect the Future:

Ecclesiastes 11:1 *'Cast your bread upon the waters, for you will find it after many days. Give a portion to seven, or even to eight, for you know not what evil may happen on earth.'*
Everything is better as a gift. Blessings resonate.

<https://www.youtube.com/watch?v=HewbxiBxO38>

Entity Contact

[Graham Hancock - "Transpersonal Experiences, Psychedelics and an Enquiry Into the Nature of Reality" \[vimeo.com\]](#)

In the psychonaut community I see a running joke (or a serious possibility depending on who you ask) that in certain states of consciousness we open up channels of communication with aliens. As I mentioned, I have experienced communication with entities, or 'spirits'. As with many entheogens such as DMT, many users of high-dose MXE have reported similar encounters. More recently with 3-Meo-PCP experiments I have received on multiple occasions visions that are of a quality unlike any dream I have ever had. The subject matter, the richness and detail of the vision, and the messages communicated are nothing that I can imagine my mind could or would conjure up on its own, leading me to believe that I may have in fact opened up a conduit of some sort.

There are multiple ways to interpret these experiences. The most practical explanation is as a metaphor; the 'entity' is just one's higher self waking up. The entity may feel like an external force because of the dissociating effects of the drug.

The other interpretation is that we are actually 'tuning' into higher dimensions as theorized by [String Theory](#) et. al. Here there may exist intelligent beings inhabiting as pure energy. Similarly, we could be sharing information with the dissociated consciousnesses of other people, as if the M-hole enables a non-local conduit through which users connect to a common quantum resonance. You decide what the truth is, because for now we do not have proof.

On the subject, I want to bring attention to one of the most incredible crop circles ever laid on our earth. [<http://www.cropcircleconnector.com/anasazi/fringe2014m.html>]



["Beware the bearers of FALSE gifts & their BROKEN PROMISES. Much PAIN but still time. \(Damaged Word\). There is GOOD out there. We OPpose DECEPTION. Conduit CLOSING \(BELL SOUND\)". \(self.UFOs\)](#)

The specifics of many of my visions are beyond the scope of this text, but one morning after waking from a long night of this, the word '**Apoctelevisions**' came to me as a descriptor. However the name may be misleading, for it is only the end as much as it is a new beginning. To quote my friend and multi-talented artist [Michael Garfield](#):

'The world isn't ending. It's beginning. The pain in your heart is the sound of the symphony tuning before it plays.' <https://instagram.com/p/94diQenhik/>

Empty your heart. In this stillness you will find clarity, amplifying the guiding light of intuition to draw in new energy.

Toward a Global Spirituality

Dr. Rick Doblin (MAPS) presents "[Psychedelics and the Future United Religions: Building a Global Spirituality](#)" (video)

When I was communicated by 'spirits' on MXE and told this drug has the potential to heal great fractures in this world, one of those fractures was religious violence and extremism, hatred and ignorance persisting across the world through the illusion of separateness, which I believe is all the opposite of what God represents from a spiritual perspective. No doubt it is the prophets and figureheads of the world's religions that preached the pure and unadulterated messages of common love towards all fellow Man. However, religious dogma and fear-based divisive control mechanisms employed throughout millenia have corrupted the clarity of these institutions. Radical fundamentalism and misinterpreted teachings of all major religions keep people trapped in the dualism of self and other- the belief they are separate/different/superior to those who don't exclusively subscribe to their personal God. As Dr. Doblin suggests in his presentation, we need a unifying force that is outside of religion, a force to help the people understand and have faith that different religions are part of common underlying Spirituality. It is all the same- the all-pervasive energy that is *all around* us and *is* us. We are all a part of God as pantheism and panpsychism eloquently state. Christians and Jews burn the same energy and breathe the same air as Muslims and Buddhists . We are still at the initial stages of breaking down the perceived barriers that cause so much futile unending *major* conflict in the world. I believe MXE and other dissociatives (such as 3-Meo-PCP) may ultimately be recognized as tools for the therapy of reprogramming of the mind and evolving the collective consciousness through their potential to synthesize new connections in the brain or reconnect what had been severed, even where previous methods of treatment fail to 'click'. I was not religious before my dissociative research, spiritual sure, but at this point I can not turn a blind eye to what has transpired in my life. I still don't identify with any one religion or philosophy, but rather honor the truths I see in all of them.

The subject of Spirituality has become an increasingly mainstream topic of interest. Even Oprah, with her massive scope of influence, is using Spirituality as a platform to unite Christians, Muslims, Jews, and everyone else who simply considers themselves 'Spiritual'. [She has a new series, *Belief*](#), that aims to *'build this universe of interfaith connectedness, where people could see that other people in different parts of the world are very much like them. Although they might have a different word for the yearning of the heart and the yearning of the spirit that is looking for what I call "God," it still is the same thing'*. In my opinion this is one of Oprah's most righteous intentions to date.

I believe a Global Spirituality is possible, and psychedelic medicines- MXE included- have the potential to assist people who have trouble seeing a perspective bound by ['Peace, Love, Unity, and Respect'](#), as the 'ravers' proclaim. We don't need everyone to take psychedelics. All we need is sufficient momentum driven by the people who have been touched

by it to trigger the [100th monkey effect](#). I have witnessed this effect in American culture in the last 15 years. Radical sweeping shifts in consciousness, accelerated by the Internet and sometimes seeded by psychedelics users are bringing to light so much information I consider sacred that had previously been hidden from us or required a lifetime to glean if at all. Only a relative few have actually taken these drugs AND achieved these states AND have integrated the wisdom into their life AND have been able to communicate it to others, but the ones who do walk the path are touching the consciousness of hundreds, thousands or millions of people. I'm not saying Oprah has taken psychedelics, maybe she has, but the point is moot. She has an ear to the same message, from one source or another.

I'm not specifically advocating a Global Spirituality, and I certainly hope no religion or spiritual belief is forced upon anyone, but I am [noting the trends](#). Religious institutions are having trouble keeping people under their spell. The only group growing in America is the one with *no* religious affiliation, which grew nearly [7% between 2007 and 2014](#). A full third of Millennials are non religious, but this group is not Godless by a majority. *"Two-thirds of them say they believe in God (68%). More than half say they often feel a deep connection with nature and the earth (58%), while more than a third classify themselves as "spiritual" but not "religious" (37%)"* [\[pewforum.org\]](#). I feel these are positive signs!

The Default Mode Network

The [Default Mode Network](#) is an important mediator of consciousness, and MXE is believed to modulate it. The interesting thing based on phenomenological data is that it can either be modulated to be amplified or suppressed, depending on the conditions of the set and setting.

Normal working memory is thrown out of the window on MXE. The current of information in which we sit at the center in the present, is of great interest, while most previous moments are quickly forgotten to make room for the next wave of information. Higher doses tend to have the opposite effect by overwhelming the brain with multiple streams of thoughts and feelings that may or may not be related to the current that is attempting to be focused. Low doses may actually help memory by throwing away the unimportant stuff while latching on to the information perceived to be important and running with it. An increase in activity of internal reward mechanisms when maintaining engagement. Higher doses- consciousness is blown away into a bunch of fuzzy bits in an abstraction of lateral clusters of information. Without training in quieting the mind, the internal dialogue can be much louder than the outside environment, further making it hard to stay in focus with a single outside stream. However, with intentional tuning as described in the next section, consciousness can become a '[clear receptor](#)', allowing energy to flow unimpeded and without the noise of subjective judgement (driven by [the default mode network](#)) that normally accompanies conscious experience. This phenomenon of becoming a 'clear receptor' may be explained in part to the activity of the default mode network, which has significantly reduced activity in psychedelic states and meditation. I theorize this reduction of the DMN is what brings us closer to spirit, hence why many users of these drugs report having a spiritual experience through them.

Supporting data for the role of the DMN:

[Mapping the Psychedelic Mind.](#)

[Psychedelics and the 'Default Mode Network](#)

"What particularly seems to be exciting the researchers in this field is the effect of psychedelics on what is called the 'default mode network' (DMN) in the brain.

Raichle first used this term in 2001 to describe the nature of brain activity when it is not engaged in any specific, externally focused task. It appears to be a densely connected network linking together different parts of the brain, which is activated during autobiographical memory, future planning, mind-wandering, thinking about thinking, day-dreaming, or in general, any self-referential mental activity.

[Robin Carhart-Harris](#), a researcher working at Imperial College London, referred to the DMN as an important integration center and common convergence zone that gives coherence to cognition. He likened it metaphorically to the "capital city of a country".

What is especially significant is that a number of separate studies of different psychedelics – MDMA, ayahuasca and psilocybin – conducted by researchers in different countries, all show that a common effect of these different psychedelics on the brain is to reduce DMN activity. This is also found with experienced meditators.

Furthermore, these studies have shown that, through the use of psychedelics, sensory and emotional impulses, which are normally repressed, are able to reach consciousness. Difficult memories are more easily and less painfully accessed. This has important implications for the treatment of post-traumatic stress disorder, which is now being explored in clinical studies with control groups, in which MDMA is given to patients simultaneously with psychotherapeutic treatment.

In contrast, people who are depressed show an increase in DMN activity. This is likely to be precisely because what characterizes depression is a sense of constant rumination and negative self-referential mental activity – in neurological terms being stuck in the DMN. This is now suggesting the possibility of the use of psychedelics in the treatment of depression.'

In other words, the DMN activity reduction may be one component of MXE's antidepressant action.

Tuning

Looking at one's self in the mirror is a form of tuning. Reflection is the birth of consciousness. To look at one's self clearly is a discipline. Reflection is resonance. It's pretty simple stuff, but deception has been the thorn of humanity's strife for eternity. It will make your ears ring thinking about it, once you really see that humanity has been perpetually deflecting its sins unto it's proceeding generations. I hope the time is changing, and that we can tune clearly from here on out, but we need an Army Awake!

'Tuning' is what this entire book has been leading up to. Tuning is the essence of all the work I have done in my life. I tune by listening to and creating music. I use video art and live [VJing](#) to tune an entire crowd with light in synchrony with the music. Sound and light can be used as readily as food and drugs in the process of tuning. As you can imagine, it can get really

interesting when we start tuning everything together. Taking on the task of Lighting the Middle Path, in my opinion, is the righteous work of God.

It's intuitive. We've been doing it all along, not recognizing the work of our systems that play and create Radical Balance.

Tuning is a model I have developed to maximize the potential of therapeutic MXE use. Tuning is a discipline. I looked at everything else and said 'OK, I know the effects and a bit about the brain, and I understand the phenomenology and how models of consciousness may begin to explain it, **But what can we really DO with that??**' As mentioned, an effect of MXE is it connects us to the world of energy all around and within us, effectively opening a doorway through which we can access the **Source** (energy on a more fundamental and intimate level).

Yeah, it can be fun to experiment in the deep end, but health is about sustainability, and that is the goal. The journey is full of highs and lows, but in the end what we really seek is elements of stability, symmetry, wholeness. The one-word answer is *Love*. [Karma](#) is the [propensity](#) for universal balance. MXE can be as much a tool to go wild and mental, to go to the fringes of consciousness exploration, to embody the [wacky waving inflatable tube man](#) (of course, [laughter is the path to enlightenment](#)), but after all of that, it is a tool to [achieve balance](#). From a point of centeredness we can break out of our shell and become a real embodiment of Jesus or Buddha and assist others in achieving the same.

Some may roll their eyes merely at the sight of the word 'discipline'. I am here to tell you it is not a dirty word. [Discipline is Freedom](#), and a [recent briefing](#) [businessinsider.com] from a retired Navy Seal officer affirms this notion in practice. We can not walk our path alone. We are all [disciples](#) at some point in our life if we are ever to find our way. Guiding lights surround us, and they take many forms; often it is our own intuition, but other humans also carry what we need to hear. Thanks in part to the Internet, the voice of teachers now resonate throughout Humanity. The strongest messages for us are often the older generation, but our peers are also equal reflections. I meant many things when I mentioned 'bridging the divide between student and teacher', but this is part of it. I also speak of '*riding the line*' in many ways, for it is after all '[the middle path](#)', a place where both sides can be received. It is a *meta-metaphor*- a metaphor that can be equally applied in any number of ways.

Recently the word 'radical' has been sown through the lines, with the intent of breeding discontent for the extremities.

Wave Mechanics

Wave mechanics are a great way to speak of psychedelic phenomenology. After all, waves are the native tongue of the Universe through all the energetic mediums. In the beginning was the word. The word was a sound, and a sound is a wave. This is why I refer to the act of being a conscious living system as being a tuner. All living systems are tuners. Energy mingles with energy. It is a dance of cosmic proportions. All of the stars rotating is a symphony of oscillations, just like the pulsing of life force in the human heart and the neural oscillations of the brain's electrical impulses. The same functions occur at all energy levels, rippling through the scales like the harmonics of a violin, from the microcosm to the macrocosm. Everything in the observable Universe is riding the wave, and consciousness is an awareness of being on the ride.

This perspective of vibrating waves as the underlying mechanics of all matter and consciousness has been increasingly accepted in mainstream science, not the least of which through String Theory, and it is a common theme in psychedelics research.

From [Psychedelic Scientists \[Reality Sandwich\]](#):

'Mathematician Ralph Abraham has been heavily influenced by use of psychedelics. Abraham was turned onto LSD by one of his students while at Princeton, and in 1969 experienced DMT for the first time. Abraham's first experience with LSD ignited a lifelong fascination with the exploration of consciousness, and five years of inner and outer world travels. These explorations would have a profound aspect on all aspects of his life. His 1969 encounter with DMT played a pivotal role in his mathematical understanding of chaos theory and consciousness, based on geometry, topology, nonlinear dynamics and the theory of vibrating waves. Abraham states that psychedelics forever shifted his academic focus from that of pure mathematics to a more experimental and applied study of vibrations and forms. Psychedelics likely had a profound influence on the development of both chaos theory and fractal geometry (Abraham 2008).'

Conducting the Orchestra

The word 'tuning' is commonly used as a metaphor for augmenting the health of the mind, body or spirit. When someone says they are 'in tune', it generally means they feel a positive sense of awareness, good health, and integration in the flow of their environment. Life's internal systems can be compared to players and instruments of an orchestra, each player reading different parts of the same symphony and synchronized with all the other players by a master conductor. The conductor is the brain, the instruments are the different parts of the mind, body and spirit, the sheet music is the operation instructions encoded in the brain/DNA/muscle memory etc, and the music notes themselves are the energy impulses that drive movement and create the world we live in. The sound of the orchestra as a whole is the sum total radiation of our energy field through the medium of consciousness. However, most people don't think of their mind-body-spirit as literal musical instruments or machines made of technology. When we zoom out of the microcosm, we see life as something vastly different and more complex than a violin, car or computer. At this level 'tuning' still appears largely metaphorical. On the contrary, I am positing that 'tuning', specifically in reference to consciousness and the mind-body-spirit complex may be more accurately understood as a completely literal mechanism. The essence is that every 'thing' in the observable universe is energy, therefore all concepts known in music and wave mechanics to describe these signals, such as oscillation frequencies, phase coherence, interference patterns, envelopes, feedback, resonance, and harmony can all be applied to describe, understand and ultimately tune the systems of the mind-body-spirit.

Electromagnetic waves, as mentioned earlier, are a primary communication medium between consciousness and its environment. The brain emits EEG waves between 1-40 hertz. As mentioned in [Stewart Hameroff's research](#), consciousness 'is an emergent property of complex neural network activity, for example within thalamocortical loops firing coherently in the range of 40 Hz'. Interestingly, this lies in the same range of frequencies of the electromagnetic waves of the Earth known as the [Schumann waves](#). Even more interestingly, the resonant frequency of the Earth's field is between 7 and 8 hertz, which is also the alpha range of brain

waves which produce states of consciousness that [offer many benefits](#). Alpha is when we feel relaxed and alert- a state of flow. The alpha waves also the range of frequencies that are amplified by dissociatives such as ketamine (marijuana is also linked to increased alpha activity). I don't think this is a coincidence!

New research into the formation of brain waves is summarized in the article '[Tuning in on brain waves](#)'. This research supports my theory that the orchestra in our brain is really more literal than metaphorical. *'Like musical sounds, different states of mind are defined by distinct, characteristic waveforms, recognizable frequencies and rhythms in the brain's electrical field. When the brain is alert and performing complex computations, the cerebral cortex — the wrinkled outer surface of the brain — thrums with cortical band oscillations in the gamma wavelength. In some neurological disorders like schizophrenia, however, these waves are out of tune and the rhythm is out of sync.'* The researchers have found a class of neurons called 'basal forebrain GABA parvalbumin neurons, or PV neurons — that trigger these waves, acting as neurological conductors that trigger the cortex to hum rhythmically and in tune. (GABA is gamma-aminobutyric acid, a major neurotransmitter in the brain.)

Intentional living is active tuning. Tuning is active listening and applied feedback. To be in tune is to be in harmony. [Sympathetic resonance](#)- synchronously sharing a common fundamental frequency- is the heart of communication and the definition of connection. In order for two people to communicate, they must be in some way on the same 'channel', a common language which is in this case the same frequency of energy. A drug by definition is a substance that augments (tunes) the mind, body or spirit when consumed. A drug that is psychoactive augments (tunes) consciousness. MXE is just one tool to facilitate the intentional tuning of consciousness. Compared to many other drugs, early data indicates it is a particularly safe and effective tool with many practical and novel applications yet to be researched, and this evidence is my motivation for focusing on it for this analysis.

It is important to remain aware that drugs are in essence no different as tools than anything else that augments us, such as food, thoughts and any sensory information (sound/light/smell/touch). When using these 'conventional' tools, in tandem with a solid foundation to intentionally apply novel tools like MXE, the results can be a fantastically tuned life-support system.

Morphic Resonance and The Internet

The information age has spawned an acceleration of connections through the Internet. Sharing information is the foundation of social media. When people who are connected in any way share the same information, the interconnection creates a resonance in the collective consciousness. We are increasingly tuning in to this shared information; the process of tuning has become a collective process. This phenomena has generated new interest and radical perspectives on the nature of consciousness. The morphogenetic fields as mentioned in [Attila Grandpierre's theory](#) and Rupert Sheldrake's theory of [morphic resonance](#), in which life is connected to a EM and non-local quantum-vacuum fields of information, regardless of the theory's actual validity, describes the same kind of collective information resonance we witness every time a new meme is shared with millions of people on the Internet. A novel piece of information that previously was unknown to anyone in the species can ripple through the

collective consciousness overnight to become a new interconnect. The increasing level of information, which is basically a flood at this point, can really only be managed by intentional tuning, in which desired signals are amplified and everything else is discarded. What we are really doing is collectively tuning; we can no longer only think for ourselves once we realize that we are deeply connected in so many ways. Our actions ripple out in ways that influence our surroundings. We need to think at scale, and by that I mean *global* scale in order to reach a global harmony.

Broadband Energy of the Brain

Like music, consciousness can be visualized as a broadband spectrum of radiating energy. We can measure the degree of awareness by the contents of our primary brainwaves. Delta is the lowest, then theta, alpha, beta, and gamma (and even higher, but we are still learning about that). Delta is deep sleep. Beta is after a few cups of coffee!

Higher frequency doesn't exactly represent higher consciousness activation. Beta and gamma may be a more awake, faster responsiveness and better for doing math problems, but I intuit those states are less receptive to subtle energy. For that we need the center of the spectrum, the alpha waves. Alpha is where intuition flows like water. I also find it interesting that the alpha does not represent the lowest frequencies. Whoever named these waves had a deeper understanding that the center range was most important for higher consciousness. This is just my theory.

For more scientific data, [Broadband Cortical Desynchronization Underlies the Human Psychedelic State](#), offers a technical explanation of the way psychedelics influence this energy field:

"Psychedelic drugs produce profound changes in consciousness, but the underlying neurobiological mechanisms for this remain unclear. Spontaneous and induced oscillatory activity was recorded in healthy human participants with magnetoencephalography after intravenous infusion of psilocybin—prodrug of the nonselective serotonin 2A receptor agonist and classic psychedelic psilocin. Psilocybin reduced spontaneous cortical oscillatory power from 1 to 50 Hz in posterior association cortices, and from 8 to 100 Hz in frontal association cortices. Large decreases in oscillatory power were seen in areas of the default-mode network. Independent component analysis was used to identify a number of resting-state networks, and activity in these was similarly decreased after psilocybin. Psilocybin had no effect on low-level visually induced and motor-induced gamma-band oscillations, suggesting that some basic elements of oscillatory brain activity are relatively preserved during the psychedelic experience. Dynamic causal modeling revealed that posterior cingulate cortex desynchronization can be explained by increased excitability of deep-layer pyramidal neurons, which are known to be rich in 5-HT_{2A} receptors. These findings suggest that the subjective effects of psychedelics result from a desynchronization of ongoing oscillatory rhythms in the cortex, likely triggered by 5-HT_{2A} receptor-mediated excitation of deep pyramidal cells."

This research shows evidence that psychedelics are a key to literally tuning the spectrum of energy that informs consciousness. It focuses on psilocybin, a tryptamine with a

primary effect as a serotonin 5ht2a receptor agonist, but it also applies to psychedelic dissociatives such as ketamine and MXE, given their [overlapping cortical effects](#) downstream.

[Neural Oscillation](#) is another mechanism of the brain that is important in understanding the phenomenology of consciousness and altered states. [Neural ensembles](#) are clusters of neurons that work together in phase coherence to encode conscious experience. The different frequencies of these oscillations correspond to different states of consciousness. We can not actually measure the activity of single neurons. The brain waves that we can measure are the resonances of millions (or even billions) of neurons activated at the same frequency and in the same direction that creates a coherent wave detectable with an [EEG](#) device.

For further reading I recommend [What is Mind? Brain Oscillations, Synchronous Brain Waves and Consciousness.](#)

Biorhythm Calculations

The biorhythm model in concept fits perfectly within the modality of Tuning. In practice, I have had very synchronous results, but the data is tentative and I am trying to keep my enthusiasm attenuated. I believe there is progress to be made in finding the most accurate calculations. I have found different biorhythm calculators around the Internet can give different readings, so which model is to be most trusted? I have had the best results with an Android app, '[Personal Biorhythms Calculator](#)' using the 'more precise algorithm' option. It also features compatibility testing between people. For another option, [This calculator](#) works directly within an Internet browser.

At any rate, regardless of the astrological accuracy or the degree that we are influenced in this way, it is a good model to at least consider, to see how indeed the body, mind and spirit strengths ebb and flow in cycles. Hopefully, you will find great synchronicity in your personal readings. Overview:

'The three primary biorhythm cycles are:

Emotional: This cycle tracks the stability and positive energy of your psyche and outlook on life, as well as your capacity to empathize with and build rapport with other people.

Intellectual: This cycle tracks your verbal, mathematical, symbolic, and creative abilities, as well as your capacity to apply reason and analysis to the world around you.

Physical: This cycle tracks your strength, health, and raw physical vitality.

The three secondary cycles that derive from the primaries are:

Mastery: This is the composite of the Intellectual and Physical cycles. Mastery encompasses your ability to succeed at tasks and to obtain what you desire. This cycle also tracks athletic ability and the focus required to learn physical skills.

Passion: This is the composite of the Physical and Emotional cycles. Passion encompasses your motivation to act, and the drive that allows you to continue a difficult pursuit. This cycle also tracks sexuality in its purest form.

Wisdom: This is the composite of the Emotional and Intellectual cycles. Wisdom encompasses your understanding of the world, your role in it, and the things that are truly important to your

life. This cycle also tracks the presence of mind that you need to make crucial decisions.'
[\[http://www.facade.com/biorhythm/\]](http://www.facade.com/biorhythm/)

Emotional levels correspond to the spirit. Intellectual levels correspond to the mind, and the physical level correspond to the body, thus giving **a complete picture of the mind-body-spirit cycles**. MXE and other tuning tools may be used when biorhythms are at their extremes to assist in reigning in the levels to a more stable baseline. For instance, when the emotional and physical levels align at the extreme low end, which combine to form passion, MXE could help bring the levels up to a functional baseline when one's intuition calls for it.

Many people prefer to use the more well-known traditional models of Astrology as a device for growing a conscious awareness of the cycles inherent to the Universe. Essentially, things like

On Astrology as a Whole

Astrological birth charts (also known as [natal charts](#)) and [horoscopes](#) can be seen as additional forms of tuning devices to supplement all the rest of it. I'm a little bit more of a skeptic with some Astrological sciences, but I have also entertained the idea and at times found striking alignments or an effective reflection for situations in my life.

The divisiveness of Astrology's legitimacy is a perfect segue into the next important point, *remaining practical*.

Remaining Practical

<http://psychedelicfrontier.com/entities-plant-spirits-real-guide-skeptical-tripping/>

"It's crucial to think critically about which lessons to take back into consensus reality, and which to leave behind."

"If the psychedelic experience is a voyage through the internal landscape of Self, it stands to reason that any wisdom gained will pertain to that realm, not the universe at large."

"The drug is a chemical tool, not a direct line to Objective Truth."

"This is why I want to encourage skepticism in the psychedelic community. Some psychedelic realizations are truly insightful. But if we're honest with ourselves, we will admit that others are just flights of fancy — the subconscious mind taking liberties just as it does in dreams. There's no need to discard these experiences altogether, but we can regard them as good memories rather than life lessons."

Paradoxically, if we give the psychedelic experience too much credit, we will undermine its potential for providing real insight. Tripping will then make us gullible and irrational, suckers taken in by our own imagination. And that's exactly how psychedelic enthusiasts are often perceived."

"Apply reason like a sieve, sifting gems of wisdom from the debris."

These are all important anecdotes to consider when 'digesting' the psychedelic experience and integrating it back into [Consensus Reality](#). A psychedelic trip is probably not

going to solve all of your problems and cure cancer, although in the divine moment of the trip, it may very well feel like you are accomplishing these things. Delusionment is an easy trap to fall into when tripping, especially with dissociatives, and the more often you use it the higher the risk becomes.

To use MXE is to practice Shamanism.

Just so we're clear about a few things about modern-day shamanism, from '[Sex, Drugs, and the Sacred](#)':

"To call someone a shaman isn't just a nod to the cool factor, it's a claim to significant spiritual power—and in too many cases, claiming the title "shaman" has more to do with the sex appeal and social clout that comes with power than with the training and responsibility which underscore being a shaman. This is something to be mindful of; even wary of."

Shamans specialize in navigating altered states of consciousness, so it is not a stretch to call them consciousness researchers. Every shaman has their techniques for achieving these states, and there is no one path to reach the destination. While some techniques have evolved since the early shamans, the essence has not changed. 35,000 years ago shamans were meditating, beating on medicine drums to induce trance and consuming psychoactive plants for divination. Modern shamans may instead use electronic music in addition to drumming to entrain the brain waves similar to early shamans. Ayahuasca, one of the oldest tools in the Shaman's kit, is still one of the best, but today there are also many more tools available, and one of them is MXE if the shaman so chooses to take that path.

To use MXE effectively (and to practice shamanism effectively) is to practice the art of guiding energy, remaining present, and being intuitively aware of subtle energy effects. There are many established modalities of energy work that I will touch upon in the proceeding sections. One of the oldest models is the [Taoist](#) (or Daoist) model, which pre-dates even the oldest Chinese texts. Reiki, Qigong, Yoga and Transcendental Meditation are some models commonly used today. Spiritual energy is known by many names through different cultures. [Chi](#) (qi), [kundalini](#), [prana](#) and [orgone](#) are examples. They can't all quite be equated as they all have cultural and epistemological associations which may not translate. But all of these systems, like religion, arise from the same fertile earth of spirit, so they're all trying to express things with language that are otherwise ineffable.

Tuning foundations

[Set and Setting](#)

Set and setting are the keys to engineering your experience. To use MXE effectively, you need to have a good sense of control of your [set and setting](#) beforehand- a comfortable degree of domain over the signals in your sensory environment. This applies to the signals of your body, the 'set', and also the signals of your outer environment, the 'setting'. This includes music, light, scents, physical objects and other entities. Virtual Reality will be a wellspring of new

visionary settings as it begins to proliferate in 2016. The mythological '[Pandora's Box](#)' is being opened through advancing technology. Combining this tech with the magic of spirit-tuning tools will result in nothing short of a completely new paradigm of global consciousness, so buckle your seatbelt; Kansas is going bye-bye!

Set:

From Wikipedia: *"Set" is the mental state a person brings to the experience, like thoughts, mood and expectations.* In other words, set is your headspace going into your trip. It is the frequency spectrum of consciousness if you will.

A few simple tips for optimization:

- Set intentions. What are your goals for metaprogramming the mind? It doesn't have to be complicated; intention can also be 'I am open to whatever the Universe has in store for me'. Meditate, stretch, or do anything that centers the self.
- Go for a walk, start the music- whatever helps you achieve a flow state of mind. This will get the gears moving at a good reference speed when the experience begins.
- Take care of 'loose ends', responsibilities. Clear the time needed for the experience. A nagging thought or interruption while M-holing is counterproductive.
- Make sure the body is nourished and that extra water is available.
- If not in a presently in good mood, think of anything that makes you happy, or talk to a good friend. Laughing always helps! MXE can help relieve negative mind sets, but it is better to start closer to the goal.

Simply, if you are happy all around, chances of a happy trip are very high. If you are unhappy and want to use it as an antidepressant only, use small doses such as 25mg or less. In larger doses, any mental 'baggage' being harbored such as anger, fears, insecurities, and complexes may surface unexpectedly. In a safe setting such as with psychotherapy, unresolved feelings may be brought up and worked through, but if you intend to be doing MXE purely for recreation, unresolved energy hinders the achievement of higher states of consciousness. In the worst case it can consume your entire headspace and lead to irrational/dangerous actions or symptoms of psychosis.

Extra care should be considered for inexperienced users of psychedelics in general because the psychedelic experience can bring out hidden latent mental instabilities in a small number of people. Having a supportive environment (setting) decreases the risks...

Setting:

From Wikipedia: *"Setting" is the physical and social environment. Social support networks have shown to be particularly important in the outcome of the psychedelic experience.^[2] They are able to control or guide the course of the experience, both consciously and subconsciously. Stress, fear, or a disagreeable environment, may result in an unpleasant experience ([bad trip](#)). Conversely, a relaxed, curious person in a warm, comfortable and safe place is more likely to have a pleasant experience.*

Setting may be the most important variable for metaprogramming the mind. Countless times I have lost myself in the most beautiful music I could find, and afterwards I felt like a new person. Those kinds of buzzes have a lasting beneficial effect. A powerful setting for this type of work is a dark room, laying in bed. Simple and effective, especially for high doses. Music can be

replaced with silence for a more 'pure' internal trip. Lower doses encourage interaction with the sensory world. Social settings are good for low doses. Medium doses are good for intensive energy work, providing adequate dissociation while also retaining the necessary functionality to perform the work. As an example, trance dance.

Inexperienced MXE users should have social support at hand, preferably the presence of a sober facilitator or 'trip sitter' who is experienced with the drug. This can be very important to ensure a positive or at least productive direction for the duration of the trip. It is less important when using low doses because effects are relatively mild, but 40mg+ is less predictable for novices. If the user is fully open and trusting, an experienced facilitator can take on the more active role of 'Guide'. The difference is that a guide takes more control over the direction, kind of like a hypnotist. the line between Guide/Facilitator isn't completely rigid. Facilitators can help to tune the setting, such as by DJing music that most people on MXE would love to hear- Bass frequencies for instance can be very stimulating. On the other hand, ambient soundscapes may be very therapeutic to an MXE user who would normally not listen to that genre.

[Drugs, Set, and Setting: The Basis for Controlled Intoxicant Use \[Drugtext.org\]](#)

To tune your setting for an optimal experience, first consider identifying the different parameters and qualities of setting. In other words, take a look at all the variables that can be tuned and how they can be tuned.

source: still/empty/clear-----moving/full/dense

resulting: calm/introvert-----excited/extrovert

For introspective trips, tuning the setting is fairly simple- the best results come from sensory deprivation (see the [Sensory Deprivation](#) section). Some users say that any other setting than sensory deprivation is a waste of a potential visionary experience. I agree somewhat, but to be honest some of my most ecstatic states and awe-inspired journeys were thanks largely to some *good* music, visuals and inspired spirits! Nature settings are also great for introspection- think walking in the forest, birds and flowing water sources to achieve a heightened connection to natural cycles.

Defining Parameters to Let the Magic Happen

It seems paradoxical that one must set the right conditions for the set and setting, yet in order to fully 'cross over' must *let go* of the control. There's an important dynamic to address between holding and releasing.

As an example, instead of making a concrete playlist of music with a precise beginning and end, I find it better to collect ALL of the good music that represents the desired space for the experience, and then queue it all up in a playlist on 'shuffle'. That way, you will not know what to expect, but whatever the Universe chooses, it will be a good choice. There is 'hard'

programming, and then there is 'soft' programming. Hard programming is linear, and it produces the same thing every time. It's cold, there's no room for play. I call it hard because when a state of matter is frozen, the molecules are rigid and basically stay in the same spot. On the other hand, if you set up a bunch of conditions with acceptable ranges and let it go, there will be different results every time, but every result will still be what is desired. It creates more of a liquid state, and let's be honest what we are trying to achieve is a state of flow, right?

Consciousness is formed through a series of channels in parallel, many pipes carrying a spectrum of signals. Signals compete for dominant coherence. Generally, the loudest perceived channel is what we end up being most aware of, and where the point of focus lies. It is not as simple as vision being a channel, and audio as another channel. What we hear may actually be many channels embedded within one stream along a spectrum, and our point of focus can zoom in and out, on the big picture or on the smallest component. When music contains a vocal element, most people will focus on the voice channel, interpreted through the language center of the brain, while the other channels of the music serve merely as an accompaniment to the main signal. This is a dualistic perception, but with training, more channels can be integrated simultaneously. For instance, a trinity of signals can become a unity, and so forth. As the force awakens and is exercised, reception capacity grows.

Music, Art, Sound and Light

[Bluelight's Big and Dandy Music on Dissociatives Thread](#)

Tuning employs [telemetry](#).

Music is a foundational tuning medium. Music alters consciousness *even without drugs!* Music is an important part of the ebb and flow of energy in daily life, a primary tool to help control (tune) set and setting. As I've mentioned, acoustical energy is one of the few primary mediums that nature uses to transfer energy.

Intentional music selection is a big step in getting the most out of your time with MXE (or any psychedelic drug for that matter), so your selections should be considered carefully based on your intentions for the experience. If you are tired and need to wake up, faster rhythmic music is the key. If you've had a busy day at work, slower and softer music will help you tune down. Music can literally set the tone of the trip. Sound, whether music, noise or lack thereof may be the most powerful component of a trip's setting.

MXE opens awareness to energy experienced through the language of energy waves in new ways, particularly with the electromagnetic spectrum. Music is speaking that same language, so it touches a part of us that is bound by electromagnetic and electrochemical energy. It wakes us up to the intentional tuning of awareness to all energy fields, all connected through the language of vibrations. Even the oscillating neural ensembles of the brain are singing. *Energy is the information of consciousness!*

My personal recommendations for the best tripping music is, naturally, psychedelic genres of electronic music, although classics from the 60s and 70s can also be great. The naming and categorizing of electronic subgenres has gotten ridiculous, and the best music often fuses elements of different genres in new ways, so it's sometimes just Electronica/electronic

music. EDM is another 'catch all' term for music with a dance beat. Examples of subgenres are IDM, chillout, psy-dub, psy-breaks, psy-step, psy-bass, sacred bass, funk step, temple step, electro-folk, psytrance, neuro-hop, glitch/glitch-hop, uplifting trance, deep house, playa tech, and atmospheric dubstep, all of which have produced great tuning experiences for me.

Music Therapy

Music Therapy involves a process in "which a music therapist uses music and all of its facets—physical, emotional, mental, social, aesthetic, and spiritual—to help clients improve their health. Music therapists primarily help clients improve their health in several domains, such as cognitive functioning, [motor skills](#), emotional development, [social skills](#), and [quality of life](#), by using music experiences such as free improvisation, singing, and listening to, discussing, and moving to music to achieve treatment goals. It has a wide qualitative and quantitative research literature base and incorporates clinical [therapy](#), [psychotherapy](#), [biomusicology](#), [musical acoustics](#), [music theory](#), [psychoacoustics](#), [embodied music cognition](#), [aesthetics of music](#), [sensory integration](#), and [comparative musicology](#).

I propose that conventional music therapy is more effective in combination with a dissociative such as MXE.

Dancing

More than a few words should be said about this subject. MXE is a particularly energetic dissociative, so movement is sometimes necessary to channel and activate flow. Dancing uses kinesis entrain the cycles of the body and mind together with music. Trance dance is an ancient technique for entrainment found in tribal celebration to unify people, a tool for shamanic ritual. Sound waves entrain brainwaves, and to add the element of physical movement can correspondingly entrain rhythms of the body, creating a synchronization bridge between the mind and body. Users have reported feeling compulsively compelled to dance to music on MXE, initiating a strong sense of surrendering to and being one with a higher power.

The New American Dream, Virtual Reality and the Future

Healing energies, such as those found in music, exist all around us all the time, waiting for a conscious receiver to embody it. MXE amplifies the power to receive the energies without filter, allowing consciousness to let go of itself and be one with the affirmation, the music, the word, in such a way that may trigger feeling of being touched by a divine power. An even greater healing power is revealed when multitudes of conscious receivers converge upon a single signal source. When everyone tunes into the same thing at the same time, when we all step outside of ourselves for a timeless moment and take a chance at being a part of something greater- dance with it and participate in it- that is all healing activity. This power of this phenomenon is seen in the growing movement of music and art festival culture around the world. Human spirit thrives on the taste of Unity.

I feel like I am at the center of the new American Dream, as are many thousands or millions of my fellow brothers and sisters around the world. MXE is just one tool used to tune into this dream, and from it we bring forth new ideas and new ways of living. Essentially it is an

evolution of the dreams laid out upon previous generations. Dissociatives allow us the capacity to imagine this new world, and they give us the information necessary to build it amongst the ashes of the old world that is increasingly made irrelevant by new information flowing from the imaginations of heads around the world all coming together with common dreams, all wanting to create the landscape of the new world. Music is a unifying force, and so will be other mediums, especially- social media, motion graphics, VR, AR, and other technological interfaces designed to empower the human desire to build a new world.

Tuning is not only a process of engineering and evolving consciousness, it is a process of engineering and evolving our environment as well, actually creating the new world we create in our minds. We can create it in reality, as exemplified by all the industries benefiting from creative imagination, or the artistic overpowering of Burning Man and other festivals around the world. We can create virtually, with less carbon footprint, and with less time coordinating our physical presence converging upon a single point. VR/AR is most definitely the future of the creative movement. This is where our visions will most easily be seen and heard by the masses once the infrastructure is in place. We can convert our love into digital information and send it through the wires without the hassle and logistics of physically locating thousands of people into one point at the same time. The idea is an evolution of what millions of people are already doing every day with social media. Converting thoughts, feelings and ideas into a transmittable form and sharing it with our friends, family and everyone else who tunes in. Doesn't it make sense now why Facebook bought Oculus?

We already have data networks that are capable of handling this kind of information flow already in place; they are just waiting for the alignment of software and hardware to come into place. What I imagine is great convergences of minds, coming together in new virtual spaces to witness something great that has been imagined by teams of visionaries. Virtual Reality is the medium that will allow new visions to happen, and the good news is that it is a totally open field. Anyone with the hardware and software is invited to co-create it.

Music and Drugs in Modern Culture

[Music and the Psychedelic Mind Documentary Video \(Youtube\)](#)

This 20-minute documentary profiles the connection between music and drugs throughout history and its current deep entanglement in modern music culture.

Audio-visual information is a primary tool for tuning consciousness. If you take control of the signal and open yourself to it, you wield a powerful tuning ability. This is why I picked up the craft of music in the 90s and VJing/motion graphics design in the 2000s. To this day, I recognize video (with music) to be one of the most powerful tuning devices available when the mind is receptive to the stimuli. Even as I write this I'm coming off a music video project, and I'm still seeing echoes of kaleidoscopic rainbows ripple through my visual cortex as strongly as a drug-induced hallucination. Marrying sound with the light is *key!* It creates a synchronicity experience, a state of awe and wonder awash in extra-ordinary connections of energy. It simulates the cross-sensory relationships we create through our perception in altered states.

Back in the 90's my friends and I had a favorite pastime of smoking some cannabis and then playing electronic music while we watched nature documentaries on mute. It created a sublimely relaxing yet engaging state full of serendipitous synchronicities between the music and video. All of the factors together promoted a strong alpha brainwave state. The brain makes connections even if they aren't perfect- it *wants* to fill in the holes in order to give it meaning. So even if the audio didn't perfectly line up with the video, our brains made it seemed like a certain instrument in the song was synchronized to the movements of the gorilla in the nature documentary. Experiencing these connections may inspire the mind to make up its own missing connections subconsciously.

Boundary Dissolution in Sex, Drugs, and Music

It is pretty easy to notice a common characteristic between sex, drugs, and music, in that each delivers a promise to help dissolve the boundaries (real or perceived) between the self and other. The more boundaries we dissolve, the closer we get to enlightenment, God, and unity. It can even be argued that all 3 are necessary for different kinds of boundaries. Sex and everything that goes along with it dissolves boundaries of physical body, and the [root/basal](#) and [heart chakras](#). Drugs dissolve boundaries in the mind, and music speaks the language of the Spirit, helping us to realize our deep connection to the Universe.

[Biofeedback](#)

Tuning in the context of this book is basically the process of using MXE (or practically any other psychedelic) as a biofeedback device. Any psychedelic can be used to tune into the inner universe of the body, mind and [subtle energy body](#) and apply changes to imbalanced components that were previously inaccessible. Biofeedback as a technique using various medical monitoring devices has gained widespread legitimacy and acceptance in mainstream and alternative medicine:

'Biofeedback is the process of gaining greater awareness of many [physiological](#) functions primarily using instruments that provide information on the activity of those same systems, with a goal of being able to manipulate them at will.'^{[1][2]} Some of the processes that can be controlled include [brainwaves](#), [muscle tone](#), [skin conductance](#), [heart rate](#) and [pain perception](#).^[3]

Biofeedback may be used to improve health, performance, and the physiological changes that often occur in conjunction with changes to thoughts, emotions, and behavior. Eventually, these changes may be maintained without the use of extra equipment, even though no equipment is necessarily required to practice biofeedback.^[2] [\[Wikipedia\]](#)

There are many different devices and technologies that can be used in traditional biofeedback, such as an [Electromyograph](#), [Electrocardiogram](#) and a [Photoplethysmograph](#). However, this guide will not be focusing on these technologies. The primary tuning device explored in this book is of course MXE, but I will explore other 'devices' used to heighten self-awareness that are neither drugs nor modern medical technologies. These devices include

disciplines proven to increase self-awareness such as meditation, and many different forms of [energy medicine](#) which I believe are essential supplements in training to become a fully self-aware 'Tuner' without the need of drugs or medical devices.

One of the most remarkable aspects of biofeedback is that after training with these devices for a sufficient length of time, the user may be able to intentionally tune themselves without the aid of the devices. The devices can be thought of merely as 'training wheels' for self-awareness. It's like tuning a guitar. The different strings are intentionally tuned in harmony with each other. Over time the strings may slip out of tune, requiring a continual process of tuning while playing. The novice will need to use a tuning device to make sure they are tuned correctly, but as with any discipline, the more you tune, the better you get at tuning, and eventually many players no longer need the device to tune or know when a string becomes discordant. MXE is analogous to the guitar tuner, and you are the guitar/strings. After enough playing with the device, tuning will become a more inherent capacity, although focus and discipline are still required, hence the need for regular practices such as meditation.

The Subtle Energy Body and Intuition

[The Subtle Body](#) is essentially the energy field (some say is the spirit) that surrounds us and connects our mind and body as a unity. We aren't normally consciously aware of this energy. We can't see it, and under normal conditions we can't feel it. It is analogous to the ionosphere of the Earth. It is the electromagnetic field of charged particles in our atmosphere. We can't see it and normally aren't aware that it is ever there, but without it our compasses wouldn't work and the Sun's radiation would kill us in short order.

[Intuition](#) is intimately aware of and constantly receiving signals from our subtle body. [Magnetoeception](#) is the ability to sense magnetic fields. Some humans have a strong innate magnetic sense. Low frequency magnetic fields have been shown to evoke responses in humans.

The concept of the [third-eye](#) can be considered a conscious awakening of subtle energy, or spiritual energy. It is non-dualistic thinking, the 'mystical gaze', which informs a sacred state of consciousness the realm of Buddha, Christ et al.

[Tuning In to Your Subtle Energy](#) [Beliefnet.com]

Entrainment

[Entrainment](#) in physics terms *"has been used to refer to the process of mode locking of coupled driven oscillators, which is the process whereby two interacting [oscillating](#) systems, which have different periods when they function independently, assume a common period. The two oscillators may fall into [synchrony](#), but other phase relationships are also possible. The system with the greater frequency slows down, and the other speeds up."* [[Entrainment Wiki](#)]

Since everything we are concerned with in consciousness and physiological tuning is based on waves, the phenomenon of entrainment can be applied as a way to understand and harmonize energy throughout our living energy spectrum. It is important to understand for

phenomena such as the experience of shared consciousness, when you feel like, and literally are, 'in sync' with another person as if you are both thinking and feeling the same thing.

Brainwave Entrainment

[Brainwave Entrainment](#) *"is any practice that aims to cause [brainwave frequencies](#) to fall into step with a periodic stimulus having a frequency corresponding to the intended brain-state (for example, to induce sleep), usually attempted with the use of specialized [software](#). It purportedly depends upon a "frequency following" response on the assumption that the human brain has a tendency to change its dominant [EEG](#) frequency towards the frequency of a dominant external stimulus."*^{[[citation needed](#)]} Such a stimulus is often aural, as in the case of [binaural](#) or [monaural beats](#) and [isochronic tones](#), or else photic (visual), as with a [dreamachine](#), a combination of the two with a [mind machine](#), or even [electromagnetic radiation](#)." [[Brainwave Entrainment Wiki](#)]

Specialized software is not needed to experiment with brainwave entrainment. Any sufficiently potent music in a receptive mind set is enough to influence brain waves into entrainment.

[Sympathetic Resonance](#)

*"**Sympathetic resonance** or **sympathetic vibration** is a [harmonic](#) phenomenon wherein a formerly passive string or vibratory body responds to external vibrations to which it has a harmonic likeness. The classic example is demonstrated with two similar tuning-forks of which one is mounted on a wooden box. If the other one is struck and then placed on the box, then muted, the un-struck mounted fork will be heard."* [[Sympathetic Resonance Wiki](#)]

If this phenomena occurs in other energetic mediums in the way that it occurs with sound, this may explain many experiences that occur especially during psychedelic states that could otherwise only be called 'intuition', 'telepathy' or the ever-more-popular term 'synchronicity'. So that when two consciousnesses are *entrained* (sharing common wavelengths) in any way, there is the potential for sympathetic resonance to occur.

[Quantum Entanglement](#)

When sufficient amount of resonance is achieved, neurons can become quantumly entangled, linked in a way that transcends time and space. In this relationship, the [quantum vacuum](#) is a conduit in such a way that the neurons remain synchronized (sharing the same information) for as long as they exist and regardless of how far away they are from each other. Some theorize that quantumly-entangled particles are actually the *same* particle at different points in spacetime, explaining how their states remain synchronized.

This phenomenon, which is thoroughly tested and utilized for research such as faster-than-light communication, may be the key to understanding the mechanism behind reports of telepathic abilities between people who are both under the influence of MXE.

This phenomenon suggests the possibility of a non-local component of consciousness. If true, then the effect of dissociative drugs to 'untether' consciousness from our local body is an effect on quantum information and may be a key to more easily access this information. This

collective consciousness has different names across belief systems- the [akashic records](#) and [the noosphere](#) are two examples.

The strange behavior of [Mirror neurons](#), can be explained through a mechanism akin to sympathetic resonance. Researchers found that if a person watches another person perform an action, the observer's mirror neurons are activated as if they themselves were performing the observed action.

At this point, scientists reading this far may claim Quantum Mysticism as mere 'quackery' or pseudo-science, and the specifics of the discussion, I would be inclined to agree with you. Public figures such as [Deepak Chopra](#) have not exactly helped legitimize the field. The science of Spirituality has always been a controversial subject, as evidenced by the banning of a pair of TEDx talks in 2013. [The response of the banning was very vocal](#), revealing the extent by which respected scientists respect the study of radical theories such as non-local quantum consciousness.

Unlocking Tuning Capacities Through the Traditional Energy Work Modalities

Every practice and discipline is tuning. Learning is tuning. Exercise, even walking, is tuning. Sleeping is tuning. Eating is tuning. Breathing patterns are tuning. These are all obvious, and this book won't focus on these practices. There are already too many books about healthy living. What will be focused on are examples of different tuning modalities that are all part of the broader term [Energy Medicine](#), to give the MXE user references for where to start playing with the more interesting effects of MXE in the context of holistic therapy to facilitate new awareness and reception of life energy. It is important to intentionally tune with MXE because tuning to the wrong information in an overly-sensitive state can cause more than a 'bad trip', it can leave an appreciable imprint afterwards that causes more imbalance.

So how can we know how to tune to the right information for us? Conscious experience is basically informed by the conjunction of two signals representing the inner and outer environments: The inner is the most important of the two because the state of the inner determines how the outer signal is interpreted. The inner universe of consciousness is the reference point. This reference point, when in a state of stillness (no chatter from the ego for example) is pure intuition, a calibrated compass.

Many of these traditional disciplines can be safely practiced concurrent with psychedelic medicines such as MXE. However, some of these practices are designed only for trained practitioners, or are too powerful to be used concurrently with psychedelic medicines. Only very experienced users of both should attempt combining them. Rather than jumping into these practices with MXE, they should be seen as supplements in a holistic energy framework that would ultimately displace or replace the therapeutic functions of psychedelic medicines.

[Energy in Hindu Philosophy](#)

‘There is one energy that keeps taking on new shapes and forms. In *Tantra* the name of that energy is *Shakti*, which is the manifesting, or feminine force that is actually one and the same with its only apparent companion *Shiva*, the latent, or masculine. Each time the energy takes on a new form, we give it a new name. *Shakti* becomes *Kundalini Shakti*, or simply *Kundalini*. *Kundalini* becomes the energy of *Prana*, which flows in patterns or channels called *Nadis*, and concentrates itself by forming intersections known as *Chakras*. The subtle energies condense and become known as earth, water, fire, air, and space, forming our experience of the gross world. With [Kundalini awakening](#), the primal energy of *Shakti* awakens in its true form.’
[swamij.com]

[Shakti](#)

Shakti, ‘meaning "Power" or "empowerment," is the primordial [cosmic energy](#) and represents the dynamic forces that are thought to move through the entire universe in [Hinduism](#).^[1] Shakti is the concept, or personification, of divine [feminine](#) creative power, sometimes referred to as *The Great Divine Mother* in [Hinduism](#)’...‘Not only is Shakti responsible for creation, it is also the agent of all change. Shakti is cosmic existence as well as liberation, its most significant form being the [Kundalini](#) Shakti,^[3] a mysterious psychospiritual force.’
[[Wikipedia](#)]

[Kundalini](#)

‘Kundalini is described as a sleeping, dormant potential force in the human organism.^[17] Kundalini “stems from [yogic](#) philosophy as a form of [shakti](#) or "corporeal energy".^[1] Kundalini is described within Eastern religious, or spiritual, tradition as an indwelling spiritual energy that can be awakened in order to purify the subtle system and ultimately to bestow the state of Yoga, or Divine Union, upon the 'seeker' of truth ".^{[2][3]} The [Yoga Upanishads](#) describe Kundalini as lying "coiled" at the base of the spine, represented as either a goddess or sleeping serpent waiting to be awakened. In modern commentaries, Kundalini has been called an unconscious, instinctive or [libidinal](#) force.^{[1][4][5]}’[[Wikipedia](#)]

‘Kunda’ literally means ‘bowl in which a fire is burned’. The bowl, representing the form of a living energy system, holds the fire, representing the shakti transmuted into *Kundalini* energy.

[Prana](#) is the energy that radiates out of the bowl, like boiling water changing into steam as it evaporates.

[Nadis](#) are the channels by which life force flows, analogous to the veins that carry blood throughout the body or the neural pathways in the brain that direct electrochemical signals. I have had many awakenings to these channels in my MXE experiences. One must be aware of the channels before one can tune the channels.

There is only one energy: One of the major insights of Tantra and Yoga meditation, possibly the key to the whole science of Tantra, is that there is only one energy in the whole of the universe, and our task is to know that, in direct experience.

Experiencing the one energy: In a [Kundalini awakening](#), the full force of the *Kundalini* comes forth from its dormant state. To awaken the *Kundalini* and allow it to rise through the levels of manifestation, returning to its source, is the ultimate Realization of the Absolute, which is both Mother and Father aspects of reality, *Shakti* and *Shiva*.

'It is reported that Kundalini awakening results in deep meditation, enlightenment and bliss.^[6] This awakening involves the Kundalini physically moving up the central channel to reside within the Sahasrara Chakra [The Crown Chakra] at the top of the head. This movement of Kundalini is felt by the presence of a cool or, in the case of imbalance, a warm breeze across the palms of the hands or the soles of the feet.^{[3][7][8][9]} Many systems of yoga focus on the awakening of Kundalini through [meditation](#), [pranayama](#) breathing, the practice of [asana](#) and chanting of [mantras](#).^[6] In physical terms, one commonly reported Kundalini experience is a feeling like electric current running along the spine.^{[10][11][12]}

[Do Psychedelics Drugs Mimic Awakened Kundalini?](#)

In 1994, Donald Degrassia posted a survey to various newsgroups on the Usenet asking people about their experiences with hallucinogenic drugs. In his results he found an overwhelming similarity between reports by people who have undergone kundalini awakening and what occurs to people who have taken hallucinogenic drugs.

[Bindu](#)

Bindu can be described as a point of singularity. It is "the sacred symbol of the cosmos in its unmanifested state."^{[3][4]} which brings to mind the Universe before the Big Bang (a singularity). Consciousness in essence is a point of singularity. On more than once occasion at the beginning of an M-hole I have experienced my consciousness collapse into a point of singularity, a unity, before exploding into what I can only imagine what the Big Bang was like. To rebuild the inner Universe of the mind from its shattered pieces can be a very cleansing experience!

Meditation is another path to reaching towards singularity consciousness. There is something to be said about remaining still during the MXE experience. Stillness allows the world around us, all the other points, to come to life in a field of waving energy previously invisible through the chaos of constant movement/change of our perspective.

In [Tibetan Buddhism](#) Bindu refers to the [subtle body](#), which is composed of 'drops' (representing the singularity points) and 'winds' (representing the currents of energy on which they flow)^[14]- another manifestation of the particle-wave duality.

[Chakras](#)



Chakras are similar to nadis, but chakras are major channels with centers where a large number of minor channels cross. [The chakra centers](#) run from the base of the pelvis up through the

spine to the crown above the head together generating the patterns of the auric field. The word Chakra literally means 'wheel', so the crossing energy channels can be visualized as the many spokes of a wheel connected to the center. The spinning of these 'wheels' comes from the intersection of two basic currents, one from above and one from the below, creating the vortex force from which energy flows in and out. Each chakra also have their own vortices in which the front spins in the opposite direction of the back.

From there the Chakras, with their different shapes and styles of intersection, cause five flows of energy called *Vayus*, each corresponding to different basic elements of earth, water, fire, air, and space, which are called *Tanmatras* and *Bhutas* at their subtle and gross levels.

Also from the subtle energy emerge the five *Jnanendriyas* (*Indriyas*) or cognitive senses of smelling, tasting, seeing, touching, and hearing, as well as the *Karmendriyas* or instruments of action of eliminating, replicating, moving, holding, and communicating.

Collectively these manifest as the various aspects of our physical brain, body, and breath. Still, throughout all of these transmutations of form, they are none other than the *Shakti*, *Kundalini-Shakti*, *Kundalini*, and *Prana* flowing in *Nadis*, as they were all along.

A visual chart of the 7 chakras with their hindu names and associated elements can be viewed [here](#).

Visualized as light, your one singular white light is refracted into a prism of color representing much more than our human eyes are made to perceive. Each chakra's center is a fraction of the whole with a unique resonant wavelength. I don't think it is a coincidence that most modern music scales have 7 intervals. Nor is it a coincidence that the spectrum of visible light is most commonly perceived as 7-color rainbow known by the acronym 'ROY G BIV' representing Red, Orange, Yellow, Green, Blue, Indigo and Violet. Each of these colors represent one of the 7 chakras. Interestingly, standard computer monitors can not produce true violet; it is made as an interweaved composite of red and blue, with the blue being twice the strength of the red to produce the correct hue. From the [Wikipedia entry on 'Violet'](#) "[In Chinese painting](#), the color violet represents the harmony of the [universe](#) because it is a combination of [red](#) and [blue](#) ([Yin and yang](#) respectively).^[9] In [Hinduism](#) and [Buddhism](#) violet is associated with the [Crown Chakra](#).^[2]" Violet is the color that unites the lower chakras with the higher chakras, as the Crown Chakra and Root Chakra are actually two ends of one vortex, completing the feedback loop of the human energy field. See the later [chapter on esoteric arts](#) for more details on the structure of this energy

Ways to begin working with the Chakras:

Become aware of the different emotional and mental correspondences of each chakra, what they represent, and the emotional states present when they malfunction. Identifying and remedying malfunctions begins with utilizing the corresponding elements to tune imbalances.

[I've included a few charts here (click on images for full size), but a simple ['chakras' tag search on Pinterest yields myriad relevant images\]](#)

The diagram illustrates the human chakra system, showing seven energy centers aligned vertically in a seated figure. Each chakra is represented by a colored lotus flower with a specific symbol in the center. The chakras are labeled on the left and right sides of the diagram, along with their corresponding qualities.

Chakra Name	Color	Qualities
Crown Chakra	Violet	spirituality
Third Eye Chakra	Indigo	Awareness
Throat Chakra	Light Blue	Communication
Heart Chakra	Green	Love, Healing
Solar Plexus Chakra	Yellow	Wisdom, Power
Sacral Chakra	Orange	Sexuality, Creativity
Root Chakra	Red	Basic Trust

[illegible]

When working with your chakras, yes, it is best to begin at the base. This is where everything begins- The Life Force. If any chakra is blocked there will be less energy available for use by the chakras above it. A distorted chakra is different than a blocked chakra. A distorted chakra may have energy available to it, but it outputs its frequency in a distorted fashion. Once you've

identified the chakras you need to work on, you can focus more time and energy on those, but keep in mind it's a whole system. Do not forget to nurture ALL your chakra centers.

Yoga

Yoga is a vast subject unto itself requiring entire books and years of practice to adequately explore, so the most I will be doing in this guide is touching on the most basic foundations as a modality of energy work and its significance in a holistic framework of integrated medicine. *Yoga is the culmination of applied hindu philosophies of energy summarized in the previous section.* Yoga is not merely the stretching and aerobic exercise that trendy Western culture has co-opted. Yoga encompasses many different schools of “[physical](#), [mental](#), and [spiritual](#) practices or disciplines which aim at transforming body and mind. The term denotes a variety of schools, practices and goals^[1] in [Hinduism](#), [Buddhism](#) (including [Vajrayana](#) and [Tibetan Buddhism](#)^{[2][3][4]}) and [Jainism](#),^{[5][6][7][6]} the best-known being [Hatha yoga](#) and [Raja yoga](#). “

Raja Yoga

Eight limbs of ashtanga yoga

- [Yama](#) – code of conduct, self-restraint
- [Niyama](#) – religious observances, commitments to practice, such as study and devotion
- [Āsana](#) – integration of mind and body through physical activity
- [Prāṇāyāma](#) – regulation of breath leading to integration of mind and body
- [Pratyāhāra](#) – abstraction of the senses, withdrawal of the senses of perception from their objects
- [Dhāranā](#) – concentration, one-pointedness of mind
- [Dhyāna](#) – meditation (quiet activity that leads to samadhi)
- [Samādhi](#) – the quiet state of blissful awareness, superconscious(?) state. Attained when yogi constantly sees [Paramatma](#) in his ([jivaatma](#)) heart.

Practicing Yoga and other modalities that incorporate physical movement is a way to increase connection between the body and mind, and body-mind synchrony is an important component of a tuned system. “...because regulation of physical movement is a fundamental priority of the nervous system, focusing on and developing an awareness of physical movement can lead to improved synchrony between mind and body. [[Yoga as Alternative Medicine wiki](#)]

The Yoga Sutras of Patanjali (English interpretive translation) [PDF]

An additional resource for the study of the Yoga Sutras can be found at <http://www.swamij.com/yoga-sutras.htm>, organized to make practical instructions more clear

What are the Yoga Sutras?

The Yoga Sutras of Patanjali succinctly outlines the art and science of Yoga meditation for Self-Realization. It is a process of systematically encountering, examining, and transcending each of the various gross and subtle levels of false identity in the mind field, until the jewel of the true Self comes shining through.

When Patanjali codified, or compiled the Yoga Sutras, it was not that a new system was created, but rather, the ancient practices were summarized in an extremely organized and terse way. While the Yoga Sutras are thought to be as old as 400 BCE, archaeological evidence and other texts suggest that the methods described in the Yoga Sutras were being practiced as early as 3000 BCE. Oral tradition states that the period may be even longer.

Energy in Chinese Philosophy

Qi (or Chi in English) is the equivalent of prana in Hindu Philosophy and of Universal Life Energy in energy medicine. There exists many similarities and overlapping practices between Hindu and Chinese Philosophy. Specifically, Qi Gong and Tai Chi are the ancient Chinese (Taoist) equivalents of energy Tuning that I speak of in these chapters.

[Acupuncture](#) and [Acupressure](#)

These therapies have been Westernized in recent decades to become increasingly common, whereas fifty years ago I think most people would have shuddered at the idea of a human pin-cushion as therapeutic. Both acupressure and Acupuncture utilize maps that show the meridians of the body. Which are the channels in which chi naturally flows. When chi is blocked for any number of reasons it can manifest as any number of disorders. These therapies are designed to stimulate, unblock and normalize the flow of chi throughout the body.

Until recently, scientific investigation found little to no evidence for the existence of meridians or even any sort of 'universal life force'. However, recent research has shown otherwise: [Science Finally Proves Meridians Exist](http://www.healthy.net/health/article/scientific_evidence_in_support_of_acupuncture_and_meridian_theory_i_introduction/1087)
http://www.healthy.net/health/article/scientific_evidence_in_support_of_acupuncture_and_meridian_theory_i_introduction/1087

[Qi Gong](#) and [Tai Chi](#)

Qigong, chi kung, or chi gung ([simplified Chinese](#): 气功; [traditional Chinese](#): 氣功; [pinyin](#): qìgōng; [Wade–Giles](#): chi gong; literally: "Life Energy Cultivation") is a practice of aligning body, breath, and mind for health, meditation, and martial arts training. With roots in Chinese [medicine](#), [philosophy](#), and [martial arts](#), qigong is traditionally viewed as a practice to cultivate and balance [qi](#) (chi) or what has been translated as "life energy".^[1]

According to Taoist, Buddhist, and Confucian philosophy, respectively, qigong allows access to higher realms of awareness, awakens one's "true nature", and helps develop human potential.^[2]

Qigong practice typically involves moving meditation, coordinating slow flowing movement, deep rhythmic breathing, and calm meditative state of mind. Qigong is now

practiced throughout China and worldwide for [recreation](#), [exercise](#) and [relaxation](#), [preventive medicine](#) and [self-healing](#), [complementary and alternative medicine](#), [meditation and self-cultivation](#), and [training for martial arts](#).

In other words, Qigong is a powerful and ancient energy tuning modality that integrates many tuning tools such as breathing exercises and body movement in the form of a slow and fluid 'dance' with Qi (Chi), which can be thought of as the body's energy field. [T'ai Chi](#), a Chinese Martial Arts extension of the foundational practices of Qigong, is of equal importance to the subject of channeling and balancing energy.

[A Comprehensive Review of Health Benefits of Qigong and Tai Chi](#)

"Qigong and Tai Chi sessions incorporate a wide range of physical movements, including slow, meditative, flowing, dance-like motions. In addition, they both can include sitting or standing meditation postures as well as either gentle or vigorous body shaking. Most importantly, both incorporate the purposeful regulation of both breath and mind coordinated with the regulation of the body. Qigong and Tai Chi are both based on theoretical principles that are inherent to TCM [Traditional Chinese Medicine].

In the ancient teachings of health-oriented Qigong and Tai Chi, the instructions for attaining the state of enhanced Qi capacity and function point to the purposeful coordination of body, breath, and mind (paraphrased here): "Mind the body and the breath, and then clear the mind to distill the Heavenly elixir within." This combination of self-awareness with self-correction of the posture and movement of the body, the flow of breath, and mindfulness, are thought to comprise a state that activates the natural self-regulatory (self-healing) capacity, stimulating the balanced release of endogenous neurohormones and a wide array of natural health recovery mechanisms that are evoked by the intentful integration of body and mind."

You can hear an overview of Qigong in [an episode of the Tao-centric podcast 'What is this Tao all about?'](#). The podcast covers many other aspects of Taoism, a philosophy that I have found to be highly resonant with the results of many trials with MXE. It is hard to explain, but as the Tao says, one can not understand the Tao by talking about it.

Many MXE users report spontaneous experiences where they feel intuitively pulled to breathe and move their body in certain ways, sometimes even as if it was an external entity controlling their movement as I mentioned regarding spontaneous dance. These movements may be associated with the intuitive movement of life energy for the intention of balancing, aligning and strengthening the energy system.

With practice and discipline, Qigong techniques can be used to tune one's life energy system to reach a healing level of kinetic energy (flow).

Breathing Techniques

One of the beautiful aspects of Qigong is that the practice inherently combines breathwork with mind and movement synchronization. Yoga integrates breathwork practice in the form of Pranayama. Buddhists have their own traditions of [breathwork for meditation](#), the [Anapanasati](#). Additional traditions of breathwork can be explored at [breathmeditation.org](#).

Of the modern Western modalities, [Holotropic Breathwork](#) is a practice that uses breathing and other elements to allow access to non-ordinary states for the purpose of self-exploration. Originally developed as an adjunct to [psychedelic psychotherapy](#), Holotropic Breathwork is an autonomous psychotherapeutic practice which, nevertheless, retains many of the clinical precautionary measures that were implemented in the medical use of [LSD](#). The method comprises five elements: group process, intensified breathing ([hyperventilation](#)), evocative music, focused bodywork, and expressive drawing. The method's general effect is advocated as a non-specific amplification of a person's psychic process, which facilitates the psyche's natural capacity for healing.

Holotropic Breathwork is usually done in groups, although individual sessions are done. Within the groups, people work in pairs and alternate in the roles of experiencer ("breather") and "sitter". The sitter's primary responsibility is to focus compassionate attention on the breather. Secondly, the sitter is available to assist the breather, but not to interfere or interrupt the process. The same is true for trained facilitators, who are available as helpers if necessary.

[Murray and Harman - Holotropic Breathwork: A non-drug methodology supporting preparation, experience and integration for work in expanded states of consciousness](#) - Video presentation from *Breaking Convention 2015*.

More information can be found at [www.holotropic.com](#).

[Pranayama](#)

Pranayama, a Sanskrit word meaning 'extension of the life-force', is a branch of Kundalini Yoga comprising over 50 different breathing techniques and forms.

Benefits

"Several researchers have reported that pranayama techniques are beneficial in treating a range of [stress-related disorders](#),^[27] improving autonomic functions,^[28] relieving symptoms of asthma^[29] (though a different study did not find any improvement^[30]) and reducing signs of [oxidative stress](#).^{[31][32]} Practitioners report that the practice of pranayama develops a steady mind, strong will-power, and sound judgement,^[22] and also claim that sustained pranayama practice extends life and enhances perception.^[33]"

Cautions

"Many yoga teachers recommend that Prā āyāma techniques be practiced with care, and that advanced prā āyāma techniques should be practiced under the guidance of a teacher. For example, people with low blood pressure must perform it cautiously or may even have to avoid it.^[citation needed] On the other hand pranayama may be helpful for someone with high blood pressure as the practice has been shown to lower resting blood pressure and heart rate (see

the [Medical section](#) this article). These cautions are also made in traditional Hindu literature. [Pregnant women](#) may have to forgo pranayama.^{[38][39][40]}"

In other words, don't be doing psychedelics and carelessly experimenting with pranayama forms. I even found references to the 'Breath of Fire' form being 'dangerous' to do while under the influence of DMT

Forms

<http://www.kundaliniyoga.org/pranayam.html>

Meditation

Breathwork and meditation, being inseparable, are often taught in conjunction with each other. Psychedelics also have a history of being closely linked with meditation. Psychedelics may facilitate meditation, and meditation alone can lead to comparably altered states of consciousness. [Albert Hoffmann](#), the discoverer of LSD, wrote his book [LSD My Problem Child](#), with the title referring to his intention for LSD to be used primarily as a tool for meditation, not the recreational drug 'problem' that it ultimately became by the 1960s. Whatever modality of meditation you choose to explore, do it first without the aid of any drugs.

Studying meditation, the phenomena associated with it and the techniques to achieve it, is very important to understanding the potential applications of MXE and how to access that potential. One of the most commonly reported effects of MXE is the induction of calm, peaceful and meditative states of consciousness. MXE (and other psychedelic aids), with just a small amount of intentional tuning, may open up the ability to experience deep states of meditation comparable to those accessed by dedicated practitioners. Dissociatives (and classical psychedelics to a different degree) could be seen as 'third-eye training wheels'. They aren't a replacement for traditional modalities of energy tuning. Ultimately, the most advanced spiritual growth and holistic mind-body tuning work will come from displacing the use of medicines with traditional techniques of meditation. To paraphrase from Neal Goldsmith's presentation, ["Introduction to the History of Psychedelic Therapy"](#), Therapeutic benefits of psychedelics are realized not only through the occasional, episodic, huge insights that you will frequently will forget after a while as we get back to our day to day life which is less compatible with that state, but through a second practice which would be something daily, like meditation in particular, which will help give root to the insights gleaned through psychedelics.

Brain scans of meditating buddhist monks shows an ability through meditation practices to intentionally change and optimise the brain in a way we didn't know previously was possible. Mental training can sculpt the gray matter in just as aerobics sculpts the muscles.

<http://www.bbc.co.uk/news/world-us-canada-12661646>. Just as monks have known for thousands of years, modern scientific research confirms through these brain scans that states of meditation are an excellent way to tune the mind (and hence the body and spirit) towards a greater state of balance and optimal function. The brain's ability to change itself like this is known as [neuroplasticity](#), a science which many exciting implications beyond meditation.

I'm sure some will argue that 'natural' meditation training is the only way to achieve the beneficial effects of meditation, and I will agree that natural meditation is the goal, but psychedelics can be a catalyst for sparking the interest (or 'opening the third eye') of someone

who would have never previously considered pursuing meditation. Besides, not many people have the time to rigorously practice meditation 10 hours a day for decades to reach the full potential of some of these forms. Psychedelic medicines such as MXE provide a shortcut to a state of supreme inner peace and a sense of Oneness. While the paths may be different, the destination is the same. Just as there are many meditation forms and techniques, they all share common general goals, such as achieving a higher degree of mindfulness, or a state of liberation ([Nirvana](#)).

Meditation with MXE

Medium and high doses may imbue a sensitivity to all forms of electromagnetic energy and sense of consciousness as being a clear receptor, like a tuned antennae, open to receive energy without resistance or perceptual filtering. As the internal voice of the mind calms down, turning focus inwards begins the next phase in the flow of a divine moment riding the wave of energy in a state of complete acceptance. All qualia - the sum of signals from without and within - are experienced without noise, judgement or ego. All desire, fear and anxieties dissolve and the body settles into the synchronized harmonious pulse of complete self awareness. Deep meditation is easily achieved.

This first stage of deep meditation facilitates the repair of incomplete or damaged connections in the energetic body. Remain in this stage, hold the energy still and feel the healing vibrations naturally direct themselves to the deficiencies (path of least resistance), progressively becoming more whole.

After a time in this phase, when circuits are reconnected, a state of unity is achieved - a complete symmetrically-balanced energy field lights up in fully activated interconnectedness. I call this phase 'the buzz', because that's what it feels like. It's the spiritual energy equivalent of a light bulb with an active current flowing through it, transducing the electric into the physical. It is a qualitatively different effect than earlier phases of activation. This is an incredibly healing destination for many who have felt imbalanced through life or have been deficient in meditation practice.

I am endlessly fascinated by the process through which all this occurs; it is miraculous! At first the drug seems to throw equilibrium totally out of whack; you know, the wonkiness of the first dose. Over time, within 3-5 days of daily dosing in my trials, but it doesn't have to be every day concurrently, a gradual progression is all that is needed. The modulations of the first doses stimulates the systems of the body/mind/spirit to establish 'phase coherence', strengthening their connections to counterbalance MXE's modulation. It may be hard to accept, but the point of the buzz is also when MXE use should be drastically cut or stopped. Think of it like reaching the top of a spiritual mountain. Continuing to use the tool after 'the buzz' phase can not only erase the gains and lessons learned, but actually put the mind and body into a worse state than before using. It is best to gracefully descend down the mountain by riding out the buzz towards baseline, like a ringing bell returning to rest.

As one can imagine, there is a lot of potential for healing through this whole cycle of intentional meditation. And while MXE is a new thing, these states of consciousness aren't necessarily, and that is why looking into some of the ancient and popular established forms of

meditation provide insight into reaping the therapeutic benefits of being a 'clear receptor' or an 'activated buzzer'.

Buddhist Meditation

Kasini are a class of 10 visual objects of meditation. They form the most basic part of the Kammatthana which is composed of 40 objects of meditation. Kasini is a concentrated meditation intended to settle the mind of the practitioner and create a foundation for further practices. In the early stages, a physical object is used as the object of meditation, being focused upon by the practitioner until an eidetic image of the object forms in the practitioner's mind. In more advanced levels of kasina meditation, only a mental image of the kasina is used. [Wikipedia]

Samatha

Samatha (Pāli), (Sanskrit: शमथ, **śamatha**^[note 1]) is the Buddhist practice (*bhāvanā*) of the calming of the mind (*citta*) and its 'formations' (*sa khāra*). This is done by practicing single-pointed meditation most commonly through mindfulness of breathing.

The four foundations of mindfulness are:

1. contemplation of the body,
2. contemplation of feelings,
3. contemplation of the mind, and
4. contemplation of mental phenomena—mental states and the arising and cessation of such states, along with the factors that produce such arising and cessation.

[<http://breathmeditation.org/the-buddhist-tradition-of-breath-meditation#sthash.hSQkdDAa.dpuf>]

Samadhi

Samadhi 'has been described as a non-dualistic state of consciousness in which the consciousness of the experiencing subject becomes one with the experienced object,^[1] and in which the mind becomes still, one-pointed or concentrated^[2] while the person remains conscious. In Buddhism, it can also refer to an abiding in which mind becomes very still but does not merge with the object of attention, and is thus able to observe and gain insight into the changing flow of experience.^[3]

Vipassanā

Vipassanā meditation has been reintroduced in the Theravada-tradition by Ledi Sayadaw and Mogok Sayadaw and popularized by Mahasi Sayadaw,^{[3][4][5]} S. N. Goenka, and the Vipassana movement,^[6] in which mindfulness of breathing and of thoughts, feelings and actions are being used to gain insight into the true nature of reality. Due to the popularity of Vipassanā-meditation, the mindfulness of breathing has gained further popularity in the west as mindfulness.^[6]
Vipassanā (Pāli) or vipaśyanā (Sanskrit: ; Chinese: guān; Standard Tibetan: , lhaktong; Wyl. lhag mthong) in the Buddhist tradition means insight into the true nature of reality,^{[1][2]} namely as the Three marks of existence: impermanence, suffering or

unsatisfactoriness, and the realisation of non-self. [Presectarian Buddhism](#) emphasized the practice of [Dhyana](#), but early in the history of Buddhism Vipassanā gained a prominent place in the teachings.

Particularly influential from the twentieth century onward has been the "New Burmese Method" or "Vipassana School" approach to [samatha](#) and [vipassana](#) developed by [Mingun Jetavana Sayādaw](#) and [U Nārada](#) and popularized by [Mahasi Sayadaw](#). Here samatha is considered an optional but not necessary component of the practice—vipassana is possible without it. Another Burmese method, derived from [Ledi Sayadaw](#) via U [Ba Khin](#) and [S. N. Goenka](#), takes a similar approach. Other Burmese traditions popularized in the west, notably that of [Pa Auk Sayadaw](#), uphold the emphasis on samatha explicit in the commentarial tradition of the [Visuddhimagga](#). Also influential is the [Thai Forest Tradition](#) deriving from [Ajahn Mun](#) and popularized by [Ajahn Chah](#), which, in contrast, stresses the inseparability of the two practices, and the essential necessity of both practices. Other noted practitioners in this tradition include [Ajahn Thate](#) and [Ajahn Maha Bua](#), among others.^[11]

Another less common type of meditation is practiced in Cambodia and Laos by followers of [Tantric Theravada](#). This form of meditation includes the use of mantras and visualizations.

[Mastering the Core Teachings of Buddha](#) by [Daniel Ingram](#) is a book covering the stages of Vipassana Meditation, written for the Western perspective.

In short, Vipassana meditation is the act of observing every sensation, good or bad, without reacting to it in an attempt to gain balance and focus of the mind. It's about becoming a clear receptor as just described, and untangling knotted-up information by throwing away distorted perceptual processes and reinforcing the strongly resonant parts. Vipassana is not a form that can be practiced concurrent with MXE use as one of the precepts is to abstain from all intoxicants. However, I include a dedicated section to this practice because I have experienced a notable alignment between my own spiritual path and that of the Vipassana stages of spiritual growth (despite my use of psychedelic adulterants during that period). The insight into the nature of reality (and three marks of existence) came easily to me with larger doses of MXE, putting my spiritual development along a parallel path to this practice. I recently experienced a 6-month period that aligns particularly well with the five stages of 'The Dark Night of the Soul'. I have thankfully moved towards the end of that phase and am currently progressing through '[Re-Observation](#)'. Wherever and however you walk your path, it may benefit you to compare your current perspective in the context of the Vipassana meditation model.

Contemporary Meditation

[Transcendental Meditation](#)

'The meditation practice involves the use of a mantra and is practiced for 15–20 minutes twice per day while sitting with one's eyes closed.'^{[26][27]} It is reported to be one of the most widely practiced,^{[28][29]} and among the most widely researched, meditation techniques,^{[7][8][9][30]} with hundreds of studies published.^{[31][32][33]} The technique is made available worldwide by certified

TM teachers in a seven-step course,^[34] and fees vary from country to country.^{[35][36]} Beginning in 1965, the Transcendental Meditation technique has been incorporated into selected schools, universities, corporations, and prison programs in the U.S.A., Latin America, Europe, and India.'

'The Transcendental Meditation movement refers to the programs and organizations connected with the Transcendental Meditation technique and founded by Maharishi Mahesh Yogi. Transcendental Meditation was first taught in the 1950s in India and has continued since the Maharishi's death in 2008. The organization was estimated to have 900,000 participants worldwide in 1977,^[43] a million by the 1980s,^{[44][45][46]} and 5 million in more recent years,^{[47][48][49][50][51][52][53]} including some [notable practitioners](#).'

Programs include the Transcendental Meditation technique, an advanced meditation practice called the TM-Sidhi program ("Yogic Flying"), an alternative health care program called [Maharishi Ayurveda](#),^[54] and a system of building and architecture called [Maharishi Sthapatya Ved](#).^{[55][56]} [\[Wikipedia\]](#)

The end goal of anyone's practice should be to attain spiritual strength and balance without the use of any external tools such as MXE. Further reading on meditation is a vast expanse of teachings from many sources. By 'contemporary' I refer to living teachers linked to a Western approach, or a synthesis of Western and Eastern practice.

One of the more popular teachers of our time has been Eckhart Tolle, particularly through his book '[The Power of Now: A Guide to Spiritual Enlightenment](#)' [free PDF]. His own website is also quite expansive [www.eckharttolle.com].

On the subject of self-improvement and spiritual tuning, I have found solace and affirmations in [Ralph Smart](#) of the '[Infinite Waters](#)' video blog [[Youtube](#) channel].

There are so many awakened now, '[Star Children](#)' as I call them, that I can not possibly give credit to all the preeminent meditators and spiritual guides, so please google away if you are called. To conclude, I have one excerpt to distill some of what I have learned:

Meditation is not a means to an end; it is the realization you are already at your destination. It is direct recognition there is nothing wrong, you are already free, and what you have sought is right here within you. Simply hold yourself there; allow your core to cultivate inner Source without resistance.

You will find that your mind will present to you very intelligent critiques to convince you that this is not *it*, and that you need to do something in order to liberate yourself. In practice we sift away the doubts through the synthesis of subtle dual intuition (left-right) and feedback from the ground (center). To follow that clear path is to arrive at *now*. With all of its glorious possibilities and tremendous shortcomings, *now* is the only place to be. Let go, completely, into the enormously big-hearted embrace of what we already are, infinitely liberated consciousness that is having the experience of human embodiment struggling to manifest more of itself. Throughout the struggle, let it nourish your faith that you are not alone in walking this path. Our words may be different, but the destination is the same.

Energy Psychology

A more-recently emergent therapy called Energy Psychology includes techniques such as [EFT \(Emotional Freedom Techniques\)](#), [TFT \(Thought Field Therapy\)](#), [PSYCH-K](#) and [Matrix Reimprinting](#). Energy Psychology combines the knowledge from Chinese medicine (Qi [meridians](#) and [acupressure points](#)) as well as modern pioneers such as George Goodheart, John Diamond and Thought Field Therapy founder Roger Callahan. Callahan first developed the therapy in the 1970s, and EFT, which arose from TFT, was developed in the 90s by [Gary Craig](#). Matrix Reimprinting arose out of EFT and was developed by EFT Master Karl Dawson.

This modality of energy work has been producing astounding results in the treatment of many psychological disorders such as phobias, PTSD, public speaking anxiety, and weight loss management as well as psychosomatic conditions such as psoriasis, allergies, tinnitus and fibromyalgia. There is also increasing evidence for Energy Psychology's ability to treat physically-based disorders such as PMS, lupus, headaches, carpal tunnel, MS, and even cancer.

Reiki, Attunement, and Therapeutic Touch

These modalities, while essentially different, I group together because of their similarities: they both primarily involve an exchange of energy between people (specifically through the hands) rather than the cultivation of energy within oneself. However, this energy work can also be applied to oneself.

These forms of energy work in my experience are closely related to the energy 'awakenings' that MXE can facilitate. I am a level one certified Reiki practitioner. What I know is that the energy from the sender to the receiver naturally flows to where it is needed most- where there is the greatest energy deficit or tangle to be worked out. I have noticed that focused MXE use has a similar effect, where in this case energy is your consciousness being guided to wherever needs the most work, with the goal of becoming clear of energetic deficits and tangles, whether those tangles exist in the mind, body, or spirit.

Attunement: *'[Emissaries of Divine Light](#) [Attunement practitioners] teach that the causative factor in spiritual regeneration is the universal power and intelligence within all people, and that through response and opening to that power and intelligence, people experience healing. Attunement practitioners believe that positive shifts in consciousness release a healing energy through a person's body, mind and emotions. Traditionally, the Attunement practitioner is referred to as a server and the recipient is referred to as a servee.'* [\[Wikipedia\]](#)

This philosophy strikes a resonance for me when compared to MXE and psychedelics therapy, but in this case the 'server' or 'sender' is the drug itself acting as the catalyst for activating our inherent spiritual regeneration capacity. The philosophy of attunement shares other characteristic in common with other modalities explored here, such as the seven endocrine glands of the body translating into seven levels of universal life energy which can be compared to the seven chakras of Hindu philosophy.

These modalities, considering the connection to others within the holistic framework I am suggesting, in addition to the similarities to how MXE works therapeutically, may be a great way to continue energy work without the need for a chemical 'sender'.

Self-Enquiry

'[Self-Enquiry](#)' is the constant attention to the inner awareness of 'I' or 'I am' recommended by [Ramana Maharshi](#) as the most efficient and direct way of discovering the unreality of the 'I'-thought. Ramana taught that the 'I'-thought will disappear and only "I-I"^[web 1] or Self-awareness remains. This results in an "effortless awareness of being",^[2] and by staying with it^[web 2] this "I-I" gradually destroys the vasanas "which cause the 'I'-thought to rise,"^[2] and finally the 'I'-thought never rises again, which is [Self-realization](#) or [liberation](#).^[2] [\[Wikipedia\]](#)

Anyone who has experience with MXE or dissociatives knows that they can be tools into seeing the self in a new light as well as a way to dissolve the ego ('I') through higher doses. The practice of Self-Inquiry offers a modality of self-reflection that may be an apt substitution for MXE's effects.

Cognitive Behavioral Therapy

Just as we can influence our energy fields with other forms, we can also specifically program cognition through Cognitive Behavioral Therapy (CBT). This is a popular effective tool in the field of psychology. It is only wise then to approach MXE use or, any drug use for that matter, as an application of CBT. A primary mechanism CBT employs is 'the more you do something, the more you become it'. It is Psychology's method of '[metaprogramming the human biocomputer](#)'.

An important concept to grasp is the difference between the ego and the higher self. The ego does not have freewill. It is bound by its matrices and deterministic. The higher self has free will. It can intervene on the lower levels of programming and redirect their flow; it is a programmer projecting inwards, reshaping processes like the way a laser rewrites a CD. While your higher self is in control, you will ultimately choose a more true path with less friction, for it is only our tendency to choose the path of least resistance. Yet, we can not eliminate the ego completely; it is important to emphasize the uncontrollable nature of cognitive distortions created by the ego. The higher self can whittle away at the distortions over time, with the key word being time. It may take weeks or months and repeated attempts to successfully re-tune the brain.

Psychedelics, dissociatives, and MXE in particular, may be key tools in increasing the speed and success rates of CBT. It has advantage over ketamine in that the user is more awake and less sedated on MXE. I'm not aware of any formal study of this hypothesis, but anecdotally I take it for granted. I could have been more mindful in my use though, and I would not have used as much MXE if I had always seen it for the sort of tool it is.

Sensory Deprivation

Sensory Deprivation is a technique for inner tuning that is most fully achieved through the use of an [isolation tank](#). Also called float tanks, they are used for meditation, relaxation, visualization and consciousness exploration.

“Stop Avoiding the Void”

The float tank was first developed in 1954 by researcher [John C. Lilly](#). His goal was to separate the mind from sensory stimulation. In 1972 in collaboration with computer programmer Glenn Perry a simple, more accessible tank was built for mass production and distribution that John called ‘[The Samadhi Tank](#)’. It was named this because float tanks can be used to achieve aspects of [Samadhi](#), in which the meditator becomes one with the object of meditation- also a description of what happens in a psychedelic ‘hole’ state such as on high doses of MXE or ketamine. Over decades, John C. Lilly extensively researched the effects of sensory deprivation tanks while also under the influence of LSD and ketamine. [Over the years he introduced many concepts and wrote many books](#) relevant to this book such as ‘[Programming and Metaprogramming in the Human Biocomputer: Theory and Experiments](#)’. His research into dissociative/psychedelic drugs and sensory deprivation produced many insights into the process of consciousness ‘awakening’.

[John C. Lilly: From Here to Alternity](#) (Youtube video)

In the late 70’s, [Peter Suedfeld](#) and Roderick Borrie began experimenting on the therapeutic benefits of using flotation tanks. Their technique was named "Restricted Environmental Stimulation Therapy" (REST)

Today, the float tank industry is a growing phenomenon due in part to recent endorsements by well-known public figures. ‘[Tanks for the Memories](#)’ is a mini-documentary on the subject of sensory-deprivation tanks produced by [Hamilton Morris](#) for [Vice](#). The film features [Joe Rogan](#), a radio broadcaster and avid proponent of float tanks and altered states of consciousness.

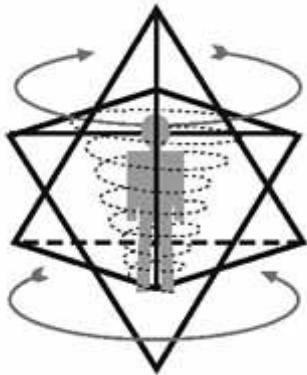
Esoteric Arts and The Invisible Vortex

Some readers here may roll their eyes, and I completely understand that. However, I feel that explaining the less tangible aspects of this study requires a look into Mysticism and Mythology which have long dealt with the working of source energies. I call the harnessing of this energy ‘Vortex Technology’, and this is where I get my online alias, Vortech. It is an amalgam of ancient and contemporary energy work modalities applied in a modern context. The vortex is the generator of ‘Source energy’ at the center of our energetic body that could be called the spirit. The definition of technology is ‘*the application of scientific knowledge for practical purposes, especially in industry*’. This is a very simple technology at the essence. All one needs to do to utilize Vortex Technology is to have knowledge and awareness of the Source Vortex and then apply that awareness for a practical purpose...such as me writing this. It is the source of cultivating energy, and all life does it.

The primary application of this technology is the applied-awareness tuning of one’s body, mind and spiritual energy. The intentions could be sparking creative energy or visionary

states, increasing awareness of subtle energy, and inner peace through refined balance and connection to the Divine Energy that Flows through us from the Vortex.

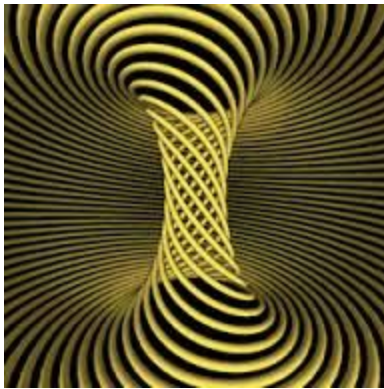
Merkabah: <http://www.crystalinks.com/merkabah.html>



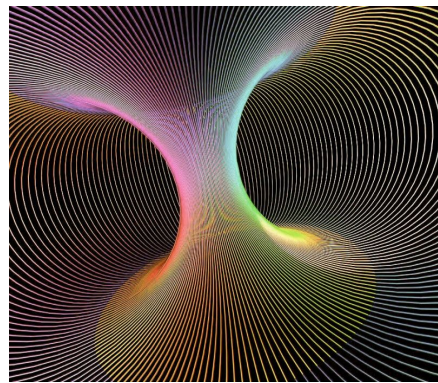
The sacred geometry of the star tetrahedron, also called the Merkabah in Mysticism, is a symbol and fundamental structure of Vortex Technology.

"Merkabah, also spelled Merkaba, is the divine light vehicle allegedly used by ascended masters to connect with and reach those in tune with the higher realms. "Mer" means Light. "Ka" means Spirit. "Ba" means Body. Mer-Ka-Ba means the spirit/body surrounded by counter-rotating fields of light, (wheels within wheels), spirals of energy as in DNA, which transports spirit/body from one dimension to another."

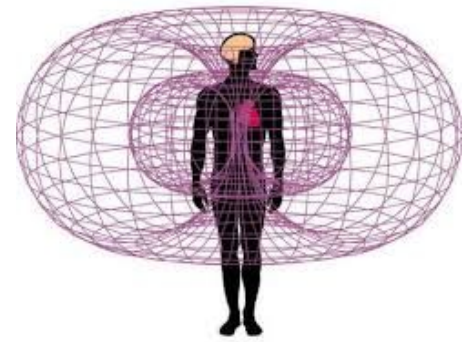
History of [Merkabah in relation to early Jewish Mysticism](#). 'In English the Hebrew term merkabah ([Hebrew](#): מֵרֻכָּב, מֵרֻכָּבָה, and מֵרֻכָּבָת) relates to the throne-chariot of [God](#) in prophetic visions. It is most closely associated with the vision in Ezekiel chapter 1 of the four-wheeled vehicle driven by four [hayyot](#) ("living creatures"), each of which has four wings^[5] and the four faces of a man, lion, ox, and eagle (or vulture)' [\[Wikipedia\]](#). This vision relates closely to the Merkabah as visualized as 2 intersecting dipolar spinning tetrahedrons. Each tetrahedron has 4 points, and in mysticism is the vehicle by which divine information flows between the Heavens and the Earth. The key is in the vortex created by the motion of this dipolar structure. It creates a [torsion field](#) (read more: [Vacuum Spin Fields](#)), related to [toriodal fields](#) that can be seen in [electromagnetic fields](#) such as the [ionosphere](#) and the fascinating [van allen radiation belts](#) that encapsulate the Earth. A toroidal field is a balance of equal forces. A torsion field however is an unequal balance that that twists the energy left or right to modulate the toroid by tuning it up (tightening) or down (loosening).



Torsion Field



Toroidal field
[SacredWai.com]



Human Toroid Field

This vorticular field is the form of spiritual energy. MXE and other psychedelic medicines are like oil for the spinning dipolar tetrahedrons, lubricating the gears of our psycho-spiritual energy system, enhancing conductivity and decreasing friction. The conductivity represents the arousal component of consciousness, and friction represents the awareness component of consciousness.

The merkaba vortex is a contemporary interpretation of the Greek concept of [pneuma](#), the active, generative principle that organizes both the individual and the cosmos. In its highest form, pneuma constitutes the human soul (psychê), which is a fragment of the pneuma that is the soul of God (Zeus). As a force that structures matter, it exists even in inanimate objects. To the [Stoics](#) (a Greek school of thought founded in 3rd century BC), nothing in the world had an independent existence from this pneuma ([logos](#)). This is also similar to the Hindu concept of [Akasha](#), to further illustrate that this idea is rooted in the mysticism of various ancient cultures.

Potential Therapeutic Applications for Methoxetamine

<http://www.drugtext.org/Psychedelics/toward-a-psychedelic-medicine.html>

The history of (Western) psychedelic therapy began with the extraction of mescaline from peyote in the late 19th century: [Neal Goldsmith - "Introduction to the History of Psychedelic Therapy"](#). Most readers are probably aware of what happened since then. In the late 60s psychedelic research was criminalized in a move that halted progress for an entire generation.

Many psychedelic drugs old and new have received renewed interest from the medical community in recent years. From "[Psychedelic medicine: a re-emerging therapeutic paradigm \(2015\)](#)" *Central to this revival is the re-emergence of a paradigm that acknowledges the importance of set (i.e., psychological expectations), setting (i.e., physical environment) and the therapeutic clinician–patient relationship as critical elements for facilitating healing experiences and realizing positive outcomes*". In 1990, Dr. Rick Strassman was the first person to break the moratorium with his [groundbreaking research on DMT](#) that later produced a best-selling [book](#)

and [documentary titled DMT: The Spirit Molecule](#). By the turn of the 21st century formal research was lead by [John Hopkins' psilocybin studies](#) which have become a model for proper scientific psychedelic research. MAPS has also been an integral part of the field, notably with their pioneering [MDMA-assisted psychotherapy](#) for treating PTSD, and in 2015 they were able to initiate the [first new research with LSD](#) in over 40 years. The clearest winner of this generation has been medical marijuana- [Over half of the adult population of the US](#) now supports full federal legalization.

All of this research is fertile ground for the development of successful therapies that include MXE. While not directly related to MXE, the developments reflect the shifting tide of public opinion about the medicinal potential of illegal drugs, now increasingly referred to as psychedelic medicines.

Ketamine, MXE's older, more-researched chemical relative is currently the most important element to expanding research into the arylcyclohexylamines. Many say it is the most promising antidepressant being researched. As a result, the amount of research has exploded in recent decades. Ketamine therapy is also taking off as a business due to demand from the severely depressed segment of the population. The [Ketamine Advocacy Network](#) helps patients connect with doctors in their area offering ketamine infusions to treat depression. The numbers are very promising. At least 50% of patients for which many other medications were not effective, received long-lasting benefits from the infusions.

Drugs as Technologies

The way we really need to look at MXE and perhaps drugs in general is like a technology to tune our physical systems, brainwave patterns, energy levels, and perceptual perspective. Dissociatives shine through their interactivity. It's not like a TV where you sit back as the programming programs you. MXE is more like a computer terminal, where every decision you make has an effect on what you see. It's not just a bunch of static channels, it is a dynamic qualia-modulation interface. Here is a poem to illustrate some components:

Center your Source. Tune your Force.

Embody the empowerment of love and (com)passion- Connect *within* to that which is *without*- witness how the dissolution of the illusion of duality affects the qualia of subjective reality.

Silence your phone. Amplify the tone. Unify your stations, harmonize the oscillations.

Store your information in compartmentalizations. Map your channels. Find your flow...or be still if you need to chill. Accept the natural ebbs and flows, stops and stutters, folds and flips.

Synchronize your phase, and do not fight what can not be changed. Everything else is up for game.

Before breaking it down further I want to present just two of many case report examples in which users found numerous therapeutic results using MXE. Their documentations provide an overview of what a 'typical' user may experience. An excellent thread by Reddit user 'extrarogers', '[My Experience with Long-term MXE Use](#)', recounts the many benefits and dangers involved in use/abuse. Many users share similar views in the comments, mostly resonating with the original post and offering additional perspective.

[Methoxetamine fixes things - Could it fix Everything?](#)

"I'm glad to say I've suffered no harm, and I don't even have any left now. It certainly helped me avoid opiates, and it was certainly an excellent analgesic. It can also alleviate chronic and dangerous previously treatment resistant depression and PTSD with a single small dose that lasted for days at a time. These are not insignificant things."

[\[http://www.sciencechatforum.com/viewtopic.php?f=21&t=20616\]](http://www.sciencechatforum.com/viewtopic.php?f=21&t=20616)

MXE has a unique effect that I can only describe as a life-force amplifier. I feel like it amplifies the core energy field, manifesting physiologically as an increase in heart rate and blood pressure. For anyone who suffers from a deficiency of life force, MXE may be a seriously powerful medicine. The therapeutic potential of this drug has not been formally realized yet, and I can only hope further research should proceed. Potential benefits vastly outweigh risks for best-use cases, and it has been demonstrated as having a higher therapeutic index than some FDA-approved drugs.

The broad category of actions as it ripples through our systems creates many therapeutic scenarios. To sum it up roughly, the activation of inner energy along with dissociation present an opportunity for transformation. It can catalyze a journey in oneself, not unlike traditional plant medicines used by shamans, to make new connections or to reconnect what had been lost or forgotten. Changing deep-rooted habits is notoriously hard, but dissociatives offer a window in which to see a new world. The effect is comparable to the way in which [hypnosis](#) is used to influence the psyche through rhythmic enchantments to help for instance tobacco users quit the habit of smoking.

Despite the fact that MXE is a powerful psychedelic dissociative hallucinogen, it is also a functional anti-depressant, a tool for anaesthesia, a tool for addiction recovery, and a candidate for medication-assisted psychotherapy such as CBT. Microdosing is a very safe way to utilize MXE as a subtle enhancement tool.

However, the dark side must not be underestimated. Use/abuse could also exacerbate mood disorders, cognitive clarity and drug addictions in the end. These risks must be carefully considered when developing usage experiments. The overarching theme in these darker cases is that usage was not moderated. The users did not respect or even understand the power they were working with. Users binged on it and let themselves become dependant on it for its antidepressant effects. It can be an effective band-aid, but the real value comes from its lessons to be applied in a sober state of mind. Drugs are hardly the final answer. The additional takeaway is that MXE is only one of many chemical relatives. I have received strong benefit from 3-MEO-PCP as a more functional daily-use medication for short periods of time.

[Methoxetamine's Therapeutic Value](#) [Bluelight.org] addresses a number of the hurdles and issues using MXE as a safe and effective medicine. Also discussed are tips for maximizing therapeutic effects, minimizing side effects, and addressing the issue of psychological addiction.

Mental Health

Patients with depression, especially those who have been through many different treatments without benefit, may be ideal candidates for MXE/dissociative therapy. To cover this topic thoroughly would alone fill an entire book by itself. There are already *many* positive many case reports posted throughout the Internet [[1](#),[2](#),[3](#),[4](#) for a few examples].

[The neurobiology of psychedelic drugs: implications for the treatment of mood disorders](#) studies a number of psychedelic medicines such as ketamine to treat psychiatric illness. Also described is the crossover in brain effects between psilocybin and ketamine, indicating that dissociatives and psilocybin may have many common therapeutic applications. This is a promising notion because psilocybin is receiving a lot of success in medical research.

Coming back to the perspective of remaining practical, it is important to look at all perspectives. There is a poll and corresponding thread on [Drugs-forum](#) asking '[Have you noticed non-recreational MXE effects on mood & depression after using?](#)' The largest percentage *have* noticed beneficial effects on mental health overall, but some think there is either no appreciative effect or there is actually an overall negative effect. I think a large factor is how the drug is used, and if it catalyzes a larger shift in the user that persists over time. [This response in particular](#) provides in great detail the current understanding of how these drugs work at the neurological level to relieve depression.

As mentioned, ketamine has very similar effects to MXE and has received exceptional mainstream media exposure in recent years for its promising results in treating depression. [[1](#)-Bloomberg, [2](#)-Vice]. My research concludes at least half of users who have used both prefer MXE to ketamine. This may be at least in part due to MXE's serotonin receptor antagonism which some users clearly benefit from. Additionally, preliminary data suggests MXE may be physiologically safer than ketamine, suggesting a true evolution of this drug class.

Revealing the core of mental health issues using psychedelics:

Stanislov Grof, a leading psychedelic researcher, [explained to NPR](#) that psychedelics allow for '*a tremendous deepening and acceleration of the psychotherapeutic process, and compared with therapy in general, which mostly focuses on suppression of symptoms, [psychedelic-assisted therapy] ... actually gets to the core of the problems.*' [What Psychedelic Research Can Teach Us About Mental Health \[Huffington Post\]](#)

Borderline Personality Disorder

[NMDA neurotransmission as a critical mediator of borderline personality disorder](#)

'Studies of the neurobehavioural components of borderline personality disorder (BPD) have shown that symptoms and behaviours of BPD are partly associated with disruptions in basic neurocognitive processes, in particular, in the executive neurocognition and memory systems. A growing body of data indicates that the glutamatergic system, in particular, the N-methyl-D-aspartate (NMDA) subtype receptor, plays a major role in neuronal plasticity, cognition and memory and may underlie the pathophysiology of multiple psychiatric disorders. In this paper, we review the literature regarding BPD and its cognitive deficits and the current data on glutamatergic and NMDA neurotransmission. We propose that multiple cognitive

dysfunctions and symptoms presented by BPD patients, like dissociation, psychosis and impaired nociception, may result from the dysregulation of the NMDA neurotransmission. This impairment may be the result of a combination of biological vulnerability and environmental influences mediated by the NMDA neurotransmission.'

Treatment-resistant Depression and Major Depression

'Treatment-resistant depression (TRD) or treatment-refractory depression is a term used in clinical psychiatry to describe cases of [major depressive disorder](#) that do not respond to adequate courses of at least two [antidepressants](#).^[1] [\[Treatment-resistant Depression Wiki\]](#)

NMDA receptor antagonists, particularly ketamine for its long history research and clinical use, have in recent years received increasing attention for their potential to treat Treatment-Resistant Depression [1] and Major Depressive Disorder[2]. Research continues now, with the following study being one of the most recently published examples [May 2015]- [Ketamine and other N-methyl-D-aspartate receptor antagonists in the treatment of depression: a perspective review](#)

[Single dose of ketamine reduces anhedonia in those with treatment-resistant depression](#)

*'Anhedonia is the inability to desire or find enjoyment in pleasurable activities. It is associated with severe, treatment-resistant forms of major depressive disorder (MDD) and is a reliable predictor for suicide. However, experts have had little success battling it.'...'*Ketamine rapidly reduced levels of anhedonia in this sample, with a substantial effect within 40 minutes that remained 3 days

post-infusion [\[http://www.psypost.org/2015/09/single-dose-of-ketamine-reduces-anhedonia-in-those-with-treatment-resistant-depression-37570\]](http://www.psypost.org/2015/09/single-dose-of-ketamine-reduces-anhedonia-in-those-with-treatment-resistant-depression-37570)

[Ketamine Relieves Depression By Restoring Brain Connections](#)

'Depression is associated with a loss of so-called synaptic connections between nerve cells, Duman says... The stressed mice lost connections in certain parts of the brain. But a dose of ketamine was able to "rapidly increase these connections and also to rapidly reverse the deficits that are caused by stress," Duman says... A healthy neuron looks like a tree in spring, he says, with lots of branches and leaves extending toward synaptic connections with other neurons. "What happens in depression is there's a shriveling of these branches and these leaves and it looks like a tree in winter. And a drug like ketamine does make the tree look like one back in spring.'

[\[http://www.npr.org/sections/health-shots/2012/10/04/162299564/ketamine-relieves-depression-by-restoring-brain-connections\]](http://www.npr.org/sections/health-shots/2012/10/04/162299564/ketamine-relieves-depression-by-restoring-brain-connections)

A nasal spray formulation of S-isomer ketamine, [Esketamine](#), is one of a number of NMDA antagonists being researched for treatment-resistant depression. It was the first drug to

be designated 'potential breakthrough' status by the FDA, effectively fast-tracking it to market. Currently entering phase III trials, the drug's maker, Johnson & Johnson will be seeking approval in 2018. [\[NPR\]](#)

Formal research is currently focused on ketamine and for good reason; it would take much more time/money to attempt getting MXE approved. However, it is relevant to MXE and other drugs that share common pharmacology. Some people respond better to MXE, while other cases respond better to ketamine. The right way to approach treating depression is whatever way works best for each case. There are many common sources of depression, so every case of depression is essentially unique and should be treated as such. Having more options will ultimately be better for the patient.

Resources for self-administering ketamine to treat depression:

[Jarshyd's Ketamine Regimen](#)

[Experience with Ketamine therapy for depression](#)

[Ketamine as a powerful antidepressant: if you have to try it, this is how](#)

Why are dissociatives effective depression treatments?

Depression and disconnection are inextricably linked. Depression is a symptom of isolation, and the symptom exacerbates tendencies towards further isolation. This is why depression is often seen as a downward spiral of disconnection to life. It is a closed-system feedback loop that begins with a negative event in the person's life that triggers a withdrawal from activities that support personal balance and fulfillment. Think of a motor that spins asymmetrically. The very presence of the asymmetry promotes further imbalance in the system as it continues to spin.

Depression is a part of the natural ebb and flow of human emotional cycles, but clinical depression is being stuck in the recession of the cycle with a lack of momentum to make the uphill climb. In some cases the connections are still there but need a light shined on them. In more severe cases connections can wither away. If the person has always been 'off', the connections were probably never made in the first place. The latter two cases are associated more with treatment-resistant depression, for which MXE is a great therapeutic tool because it catalyzes a process of creating new neural connections as well as re-kindling forgotten connections. The goal is to (re)build brain circuitry to (re)enable a whole understanding of inner truth, uniting both brain hemispheres in synchrony, which ultimately leads to the realization that it is all a choice. Knowing there is an option is all most people need to choose to open their eyes and see the light, embody it, radiate it, and celebrate it.

Instead of increasing neurotransmitters with brute force as with traditional antidepressant medication, dissociative therapy works upstream at the source of the depression-isolation cycle. By rekindling a sense of being connected to their environment and more complete in themselves, the outside world becomes closer and clearer, ending the feedback loop that continuously increased the distance between themselves and life around them. Instead of being rigidly tethered to their mind, which is already in a depressed state, the patient can detach from the feedback loop and regain access to the states of mind that had

been closed off. This mechanism is also effective for treating anxiety which is often comorbid with depression. [New finding suggests a way to block stress' damage \[ketamine\]](#). This study shows evidence that ketamine may block and repair stress damage in the brain, i.e. the disconnections. That ketamine is both an effective antidepressant and a tool for repairing stress damage doesn't surprise me- The two are linked. Once again, ketamine was used for these studies, but If you don't believe these findings cross over to MXE, this research does: [Methoxetamine: From drug of abuse to rapid-acting antidepressant](#)

Opiate and Alcohol Withdrawal and Recovery

Psychedelics have a long history being tested for addiction treatment. This video provides an overview with many technical details of the process and results: [Matthew Johnson - Kicking \(Cigarette\) Butt: Psychedelic Treatment of Tobacco & Other Addictions](#)

A large percentage of MXE users, especially the ones that are most enthusiastic of the bunch, are recovering heroin/opioid addicts, and most of them credit MXE at least in part for bringing them out of active addiction. Due to my personal experience with opiate addiction, I really see MXE shining in the future for people who have already been through the wringer with drugs. It is a key to unlock the metaphorical jail cell entered through the slippery slope of opiate/opioid use. The uplifting effect of MXE, some say it is spiritual, reignites the fire of vitality in the hearts and minds of addicts who have become disenchanted and dulled from abuse of alcohol, opiates and other drugs. We won't have long-term data for MXE for a while, but for now, controlled use as a tool seems the 'lesser of evils' for people unable to stop the cycle of escaping sobriety. It is still a drug however, one that is not meant to be abused in the way that chronic addicts like to abuse things, so it needs to be clear that this is not substituting one drug for another. It is an aid to ease the comedown, repair damage circuitry caused by drug abuse and catalyze the rehabilitation process. In this therapy, MXE is sort of a 'spiritual training wheels' to supplement the energy work modalities and healthy lifestyle choices that make up the whole of self-care for sustained recovery.

Acute Withdrawal

Ketamine has been extensively researched as an aid for acute opiate-withdrawal aid. The results are largely positive, especially when ketamine is used in conjunction with other non-narcotic withdrawal aids such as loperamide (an over-the-counter anti-diarrheal medication most well know as the brand name Immodium). I prefer MXE because of the increased duration and extra energy it provides to continue some level of functioning during this phase.

[Ketamine psychotherapy for heroin addiction: immediate effects and two-year follow-up](#)
<http://www.medicinehouse.com/forums/index.php?topic=13.0>
<http://maps.org/news-letters/v12n2/12220kru.pdf>

Opioid Post-Acute Withdrawal Syndrome (PAWS) and Long-Term Recovery

[Post-acute withdrawal syndrome \(PAWS\) Wiki](#)

'Post-acute-withdrawal syndrome (PAWS), or the terms post-withdrawal syndrome, protracted withdrawal syndrome, prolonged withdrawal syndromes describe a set of persistent impairments that occur after [withdrawal](#) from [alcohol](#), [opiates](#), [benzodiazepines](#), [antidepressants](#) and other substances.^{[1][2][3][4]} ...Post acute withdrawal syndrome affects many aspects of [recovery](#) and everyday life, including the ability to keep a job and interact with family and friends. Symptoms occur in over 90% of people withdrawing from a long-term [opioid](#) (such as [heroin](#) habit)' [Wikipedia]

While it is certain that MXE will help the symptoms of acute and post-acute withdrawal, once you are through it, MXE won't stop you from relapsing. I know because I spent years trying to not do heroin/prescription opioids. I went through withdrawal too many times, usually with the aid of MXE, and each time I ended up relapsing eventually. Sometimes it happened when I ran out of MXE, and other times it was just my lower brain convincing myself it was a good idea.

[Everything you Know About Addiction Is Wrong](#) [TED Talk- Youtube]

This video, particularly the mention of the [Rat Park experiment](#), helped me to understand the nature of addiction and what are often the sources of addictive behaviors, which is a feeling of needing to escape an inadequate environment. To say that living conditions are the only factor to address is an oversimplification. Favorable living conditions constitutes a great number of conditions such as healthy relationships, food and housing security, free time and adequate entertainment options, methods and means of channeling creative energy, and a sense of purpose (self-esteem)- basically the fulfillment of [Maslow's hierarchy of needs](#).

MXE as an Opioid Replacement Therapy Cessation Aid

At one point in my recovery after relapsing so many times, I felt that my last option was opioid-replacement therapy. It should be no surprise that opioid addiction has reached epidemic-proportions in the United States. Considering that the vast majority of heroin in the US comes through Taliban-controlled Afghanistan or Cartel-controlled Mexico, it is easy to see the proliferation of this drug through society as a chemical weapon created by the enemies of our country. US-based pharmaceutical corporations that manufacture prescription opioids have only contributed to the growing problem. The vast majority of opioid [use](#) [[drugabuse.gov](#)] related [deaths](#) [[huffingtonpost.com](#)] are actually from pharmaceutical opioids. These corporations profit on both sides of the drug war- from people who are using it 'legitimately' for pain, and from people trying to recover from addiction with 'maintenance' opioids such as [methadone](#) and the newer [buprenorphine](#) known by brand names [Subutex](#) and [Suboxone](#).

I have experience with both of these 'maintenance' drugs and have researched both extensively. Buprenorphine is the lesser of two evils, but the biggest problem- the elephant in the room- is how notoriously hard it is to stop using either of them. According to [this research](#), opioid relapse rates after three months of suboxone cessation is about 85%- meaning only 15% remained free of heroin or other opioids. The primary reason is because the withdrawal symptoms of methadone/suboxone often last for months. Fatigue, depression, and pain are the three most-prominent symptoms of withdrawal. Now, what do we know about MXE? It's a stimulant, an antidepressant, and an effective analgesic. Its overall uplifting nature could be

exactly what many patients need more than anything else to give them hope and perseverance. I really felt like opiate addiction damaged my 'spiritual circuitry', but MXE somehow repaired it.

Most importantly, moderate MXE use won't produce any physical withdrawal upon discontinuation, making it an ideal supplement for transitioning off methadone or suboxone. I believe if patients are offered this 'stop-gap' treatment during the 1-3 month period after opioid maintenance cessation, relapse rates would be *much* lower. I believe this or a very similar therapy could bring relapse rates under 50%, on par with [lbogaine](#) therapy.

I saw first-hand how maintenance programs are another profit-generating scheme by drug companies. I was not encouraged to taper; it was only through my own initiative that I did. Each time I tapered I used MXE therapeutically for the first few days as a counterbalance. It is the most powerful tool for recovery that I know of.

After achieving stable sobriety, the recovery process is a continuous battle of tuning. MXE will need to be replaced by natural energy, the energy of love and compassion channelled through work, exercise, meditation, creativity and reciprocation in relationships- all the makings of a favorable living environment with no want to escape. A strong support network is critical to maintaining recovery. In absence of (sober) family and friends, fellowships such as [NA](#) and individual counseling are good places to start. Occasional responsible use of psychedelics is an option for patients who knowingly benefit from it.

Alcoholism

My father has battled chronic alcoholism for over 40 years. He had a few trials with MXE, using it sparingly or moderately, just enough to take the edge off and get a taste of being outside of sobriety. According to him it was the most effective drug he had ever used to both eliminate his cravings and recover from withdrawal effects of an alcohol binge. '[Nootropics for Drug Abuse and Addiciton](#)' explains the mechanisms behind these results. Chronic alcohol consumption can upregulate the NMDA receptors; MXE decreases NMDA activation which in turn decreases withdrawal symptoms. The article cites studies with Memantine (an FDA approved NMDA antagonist in the same drug class as MXE) in which the drug significantly decreased alcohol cravings and withdrawal in both alcohol and opioids.

[Lysergic acid diethylamide \(LSD\) for alcoholism: meta-analysis of randomized controlled trials](#)

There has recently been a renewed interest in using psychedelic medicines for the treatment of alcohol dependency. This meta-analysis focuses on LSD, but given the similar reflective insights and downstream effects between LSD and dissociative hallucinogens (for instance increasing glutamate levels). Even the co-founder of Alcoholics Anonymous, Bill Wilson, believed LSD could be used to treat alcoholism. *'Wilson felt that regular usage of LSD in a carefully controlled, structured setting would be beneficial for many recovering alcoholics. However, he felt this method only should be attempted by individuals with well-developed super-egos.'*^[32] [http://en.wikipedia.org/wiki/Bill_W]

[LSD could help alcoholics stop drinking. AA founder believed](#)

'Its unusual for a psychiatric medication to have a positive treatment effect lasting for several months after a single dose. Krebs and Johansen suggest that repeated doses of LSD coupled with modern, evidence-based alcohol relapse prevention treatments might provide more sustained results. They also note that plant-based psychedelics such as mescaline and ayahuasca which are used by Native Americans to promote mental health and sustained sobriety, merit further investigation for alcoholism treatment.' [Revisiting LSD as a treatment for alcoholism](#)

It is possible that a combination of LSD-assisted psychotherapy, once a month as needed, in addition to controlled use of methoxetamine, maybe just once or twice a week, may provide even better recovery rates in treating alcoholism. There is of course the argument that we are just substituting one drug for more drugs, but for addicts this may be the only method that provides positive success rates. Additionally, This combination psychedelic medicines in moderate use is less liver toxic and inebriating than daily alcohol consumption. Alcoholics, or any drug users for that matter, seek treatment when they feel their use is interfering with their functioning in life. The goal in treatment is to return the addict to a state of not only functioning, but thriving in a sustainable lifestyle. Psychedelic medicines may prove to be a unique key component of long-term successful treatment for many people.

Other Pharmaceuticals

MXE can also be used as a withdrawal aid for other drugs besides opioids and alcohol. Over the past few years I have been taking between 150-450mg of [Lyrica](#) a day. There has been more than one occasion where I was unable to get my medication refill on time and had to go into withdrawal, which users describe as a combination of opiate and benzodiazepine withdrawal symptoms. In other words, it feels bad. On most of these occasions I was able to substitute MXE in the days when I was off Lyrica, and it feels like a miracle how well it treats not only the symptoms of the withdrawal but also the pain that the Lyrica treats.

Although there hasn't been any research done yet, and I haven't heard of any case reports, MXE could also be a viable option for transitioning off of traditional antidepressants like Prozac or Effexor (SSRIs) which are notoriously difficult to stop using for many patients.

[D-AMPHETAMINE withdrawal-induced decreases in brain-derived neurotrophic factor in sprague-dawley rats are reversed by treatment with ketamine](#)

While this research used ketamine, MXE may be an even more appealing option due to the stimulating effect. This has not been studied however, and reports online of this treatment are rare.

Amphetamine prescriptions are a [huge phenomenon](#) in the US. Doctors hand out Adderall like candy to children, and usage amongst college students has risen. [[huffingtonpost](#)]

Pain Relief

[The chemist](#) who first synthesized methoxetamine used it to treat [phantom limb](#) pain from his amputated hand. Dissociative anesthetics have also been demonstrated to effectively treat other forms of neuropathic pain [such as Complex Regional Pain Syndrome \(CRPS\)](#). I experience this neuropathic pain and am prescribed Lyrica. I can tell you first-hand that MXE works as well as or better than Lyrica for neuropathy. The dissociative aspect of these drugs allow the patient to selectively tune out of the signals being sent from their nervous system. This characteristic of selective tuning is more attractive than opioid-based treatments which dampen or tune-out a wide spectrum of signals in the body.

Chronic pain patients face a challenging situation in the treatment of pain. The issue of tolerance increase over time with regular use of opioid-based narcotic medications leads to higher doses to achieve the same pain-relief effect. Unfortunately, dissociative anesthetics such as MXE and ketamine also have the same issue of tolerance increase. However, there may be a solution in a therapy protocol that utilizes both opioids and dissociative anesthetics. *“In the past 15 [years], ketamine has been reported to possess several new clinically beneficial properties such as potentiation of opioid analgesia, prevention of opioid-induced acute tolerance and spinal ischaemia, anti-inflammatory actions”* and other novel findings.[[Ketamine: new uses for an old drug?](#)] Co-administration of a dissociative anesthetic with standard opioid treatment may both potentiate and prevent tolerance increase of the opioid. These two classes of drugs could also be cycled to prevent tolerance increases in both.

Bluelight user ‘Suboxone421’ testifies: *“I was taking 12mg of suboxone, 600mg of lyrica, 600mg of neurontin, a ketamine compound, Phenibut and some other over and under the counter drugs before I realized that the mxe reduced my pain better than that entire combination. I dont know if my body is unique but 30-40mg of MXE will kill pain that I have never been able to touch. I continued the suboxone at a very low dose because I am not ready to drop it completley... I will do a very slow taper and have taken 1.5mg today and yesterday as well as the MXE, thats it besides tylenol and nsaid”*

Additional reference: [Adding Ketamine in a Multimodal Patient-Controlled Epidural Regimen Reduces Postoperative Pain and Analgesic Consumption](#)

Drug-Assisted Psychotherapy

Dissociative hallucinogens can be used as a tool to tune into energy imbalances and 'untie the knots' that block energy flow. Mental complexes that burden the mind may be more easily unraveled with guided dissociative therapy. These complexes can be approached from a new perspective to be resolved through restructuring connections, organizing chaotic information, and heal the broken connections in the network. A strong dose of a drug such as MXE like I have mentioned is like hitting a reset button in which the mind has an opportunity to heal fractures that are present in parts of the mind that cause depression and anxiety. With the proper guidance, creating a model that takes tips from both ancient shamanic medicine rituals and modern-day drug-assisted psychotherapy ([such as the MDMA trials](#)), I see a powerful potential for healing.

Stress can be thought of like a kink in a water hose. An energy blockage caused by stress can result in damaging effects. All life is confronted with stress in some way. The goal of psychotherapy is to find the kinks, the knots, the energy blockages that result in disconnection, and to untie the knot, reconnecting the flow of energy. Intentional consciousness can tune in to the points of pressure, but how does one release the kink?

The process of exhuming 'dark' energy

I have observed in many instances of therapeutic MXE sessions a spontaneous process I call spiritual exhuming. I have seen it in different people, and it manifests in different ways depending on the nature of the energy, but the essence of the process is always the same. They dig up dead energy that they have been carrying, hard feelings such as guilt, shame, inadequacy or any past trauma, and they effectively release themselves of it. The altered state of consciousness, in particular the dissociation, allows them to see the energy in a clear light. From the new perspective they realize that the energy does not serve them which compels them to discard it from their mind. This can be accomplished as simply as through an open discussion that they had been previously been unable to do. It may also manifest through varying spontaneous movements of expression such as dancing, crying, and chanting. I've also seen effective release through a ritual in which a physical object symbolizing the energy that is thrown away, burned or otherwise destroyed. An example of this ritual on a large scale is the [Temple burn that occurs on the last evening of the annual Burning Man festival](#).

The Bastiaans Method of Drug-Assisted Therapy

In the Bastiaans Method, patients were treated with either LSD, ketamine, or psilocybin. [MAPS](#) has been at the forefront of the drug-assisted psychotherapy movement. They have extended this therapy to include MDMA with stunningly positive initial results for patients with Post-Traumatic Stress Disorder ([PTSD](#)).

I believe MXE may be a valuable tool in this form of psychotherapy. It presents benefits over ketamine in a number of areas. The slightly stimulating effect can keep the patient more cognizant and aroused while the dissociation attenuates consciousness enough to allow the patient to comfortably approach and emotionally-sensitive subjects during the therapy session. The duration of action allows for a longer therapy session without the need for a redose or

complicated intravenous drip as is required for ketamine's shorter duration of action (MXE lasts roughly 3 times longer than ketamine).

PTSD is just the tip of the iceberg. MXE may be an ideal choice for patients diagnosed with [Generalized Anxiety Disorder](#), not only as a medication to treat the symptoms of GAD, but also in these drug-assisted psychotherapy sessions to help the patient work through the source of the anxiety.

Spiritual Medicine?

I have covered some mental and physical ailments, but it could be possible that many illnesses we see in the world today have a deeper source cause that is not fully understood, for instance deficiencies of spiritual energy. For people who have a hard time making a connection to the healing energies that surround us, this drug may be the ticket they have been searching for. However, *the drug is only the ticket, not the show*. If you already know this message in all of its forms and are already tuned in, you may have nothing to gain from the catalytic effects of MXE. However, there are a lot of people out there feeling chronically tuned out, and they are searching for the dials to adjust their inner radio. With that said, also keep in mind the old expression '*Once you get the message, hang up the phone*'. Continuing to use MXE after the therapeutic effects have been achieved may create new imbalance.

Recreational Use

While the primary focus has been on specific therapeutic potentials of MXE, there is no ignoring the inquisitively recreational value. By most accounts, small and medium doses are just plain *fun*, and having fun is its own form of therapy and central to forming social bonds.

Part of overcoming depression may simply be a need to connect with other people closely, something that is difficult for some people normally. The dissociative aspect of MXE enhances feelings of connectedness and empathy towards others, inspires creativity and novel thought forms, and overall just makes everything a little more interesting. Through these effects it also diminishes social anxiety, so long as the set and setting 'resonate' with the user. In these cases, *recreation is the therapy to heal the patient*.

To me, a light dose of MXE is a near-ideal recreational drug for going out or staying in with friends (larger doses are best confined to staying in). The phrase 'psychedelic drunk' sums it up well, as the inebriating effects are comparable to a 1-3 units of alcohol, but unlike alcohol there is no hangover the following day. On the contrary, many users report an 'afterglow', a residual positive state of mind that extends for a day or up to a week after dosing. The experience imbues an energetic, empowered and care-free feeling with a focus on being 'in the moment'. This stimulation makes MXE a more ideal choice compared to ketamine for late-night party-goers that seek assistance staying 'wired' through the early AM hours. This characteristic classifies MXE as an 'up' dissociative, whereas ketamine is a comparatively 'down' dissociative. Another drug in the same class, 3-MEO-PCP, is a comparatively 'clear' dissociative.

Anthropomorphization of Methoxetamine: Dancing with Maxine

On a lighter note, popular culture has a history of colloquially anthropomorphizing drugs of recreation with ubiquitously feminine characterizations. The reason for this, I believe, is because psychedelic medicines bring balance to a patriarchal, left-brain dominated society. 'Mary Jane' is the embodiment of marijuana. 'Lucy' is a common slang for LSD. In more recent years MDMA has taken on the street name 'Molly'. It is only fitting that MXE be personified as 'Maxine'.

A notable synchronicity is present in the movie '[Being John Malcovich](#)'. Maxine was the surreal object of desire- mysterious and attractive. The protagonist spent the majority of the movie fixated on finding a way to be with her. Upon discovery of the 'John Malcovich portal' which is basically a way to dissociate consciousness, Maxine took control of it and marketed it to the public as a way to step outside of one's self and see life from a new perspective. The theme of dissociation and implanting consciousness into other things was strong throughout the movie, exemplified by the puppeteering protagonist.

My Personal Path

As of writing, I am a 33 year-old male living in the United States, born and raised. I grew up in the mid-atlantic, but I moved to Arizona in 2006 to initiate 'vision quest' of sorts (I think it was a seed planted by Carlos Castaneda books) that ended up lasting seven years until completion. I have a 15 year history of poly-drug use and 25 years of pre-existing health conditions. I have lived over half my life without a colon due to Ulcerative Colitis. At present my health is stable, and I don't feel I have suffered any persistent mental or physiological harm from my MXE use. Due to the overseas bans I haven't even seen MXE since September 2015 (at which point I was given a signal that it was time to wrap up this book). Since then I have been experimenting with many of the newer analogs such as 3-Meo-PCP/PCE and deschloroketamine, but none with the passion or addictive tendencies that I felt with MXE, which may be for the best!

I had always been interested in life and how it works, how it all connects, how and why we're here, you know, basic philosophy. My first psychedelic experiences (LSD, mushrooms) in my late teenage years really opened up the conceptualization of consciousness as a living energy system that extends beyond the human and is linked to other consciousness in some way that only requires the right 'key' or 'passcode' to connect with. A few years later I found a book called "[The Living Energy Universe](#)". It was the first book I read that connected Science with Spirituality in a way that felt both intuitive and logical. I highly recommend it if you want to consider a perspective of energy and consciousness that may challenge mainstream science. [Terence Mckenna](#), [Alan Watts](#) et al. were staples in my younger inquiry. More recently I discovered [Rudolf Steiner](#) and many of the foundations he laid bridging Science with Spirituality.

During these years (1998-2010) I had balanced my drug use to net positive effect, and my overall lifestyle was more balanced than many of the disaffected youth of my generation. [Psilocybin](#) mushrooms, [LSD](#), [mescaline](#), [MDMA](#) and [DMT](#) were all notable experiences in my spiritual journey. Essential accompaniments for these tools were friends that I found to share

the vision, Electronic music parties in the desert (Psytrance, EDM, Burning Man regionals), producing music and video art, drum circles around campfires, bike rides around town, community meals and learning about ecologically sustainable ways of living. Cannabis was frequently in abundance around me. I became interwoven into Burning Man culture in 2007, and many great personal relationships developed through that. I started performance [VJing](#) professionally in 2008 and played over 100 events through 2011. It wasn't until late 2010 that I fell prey to opiates. I was dealing with a health issue following an illness that left me with neuropathy. I had always known painkillers were in a group I ought not to mess with, a group that included methamphetamine, crack cocaine and deliriants. However, at the time I thought to myself "Hey I've tried all these other drugs and they were good, how could this be any different?" I did not realize how much they were different. Physiological addiction is a whole other beast. This is something I wish the '[DARE](#)' program taught me in school. Unfortunately, DARE did a disservice to a generation by lumping all illegal drugs into one forbidden fruit.

I was introduced to MXE in late 2011 and quickly developed a deep fascination with it. At the time I had settled into a pattern of using opiates on the weekends when I had to stay up all night VJing at events- it was the cliché rockstar lifestyle - minus the fame and riches! Eventually though, and the story is always the same, life became unmanageable, and my use of opiates ultimately led me to being financially, spiritually and emotionally bankrupt. I felt like opiates had damaged my physical, mental and spiritual circuitry. Maybe the rave lifestyle of staying up all night, VJing for 6-8 hours straight being overstimulated with dance music and bright lights did some damage too. Post-Acute Withdrawal Syndrome hit me hard, leaving me feeling disconnected and in pain long after cessation of opiates, and the only thing that seemed to make me feel better was more opiates, and so I was caught in the cycle of perpetual relapse without any hope in sight. This story is the same for millions of addicts around the world.

MXE was a beacon in the night; the light filled me in a way I had not been filled ever, comparable in significance only to the feeling of being in love. I immediately saw it as a tool to curb opiate use. It felt like it was repairing my brain circuitry. The psychedelic quality was a *fresh* altered state of consciousness that stimulated my will to live. It was my ticket out of the downward spiral...but it wasn't that simple. Maybe it was my stubbornness, or maybe it was just the strength of the grip heroin had on me, but recovery takes time. Relapse is almost guaranteed statistically. At the peak of this period I was simultaneously injecting MXE + heroin in the same shot. Yeah...it was *incredibly reckless*, but I had a tolerance to both substances which is probably why I am still alive and grateful to be so.

Since 2011, my MXE consumption has exceeded 100 grams, maybe closer to 200. I can tell you first-hand that high-quality material is safe in moderation (and also not lethal in excess) for most people when used in a safe environment. I have also combined it with many drugs safely, but not every combination is safe, as I have mentioned. I have had many of the best times of my life under the influence of MXE. I've had scary times too, but that was because I experimented to the limit of MXE abuse and made some noob-ish mistakes...For instance, do not fill an empty gelcap with 200mg of MXE, because someone could accidentally eat the entire capsule and have their day fucked! A combination to be very careful with is benzodiazepines. Even though they can be helpful in low doses, too high of a dose (even what would normally be

considered an average dose) can cause blackouts and injury. I have learned that tuning work is a delicate process that must consider all signs and signals.

Writing this book has been a very healing experience for me. The process helped me make sense of the role MXE has played in my life. It was a lot of experiences, a lot of lessons that all interweave in every which way. My brain wanted, needed, to compartmentalize all the aspects to make sense of it. The result is a perspective I wish I had when I first used MXE. If you are an inexperienced user, please heed my word about the path that lies before you. If there is one thing to take away from this guide, it is to not underestimate the psychological pull of this drug once you have realized its potential. Take it easy if you want to keep it in your life for a good while. It is a path of evolution that requires time and many revelations.

Getting on the MXE train is easy. Plan your trip and get off at the destination. Remember the train is not the destination. It reminds me of the [Lotus-eaters](#) in [The Odyssey](#) who forget their life and home after tasting the flower. Odysseus had to force them back on to the ship. In this analogy your higher self is Odysseus and the lotus flower is MXE. While parts of consciousness can become temporarily distorted or clouded on MXE, the higher self, which is the source of intuition, remains just as sharp or even clearer relative to the decrease in amplitude of other internal signals. Something I learned in school for audio engineering was a perceptual trick- Decreasing the amplitude of low and mid frequencies will cause the perception of the high frequencies to be clearer. In this metaphor the high frequencies are the higher self.

I can only hope the mistakes of my past will not be yours if you choose to perform your own experiments. **I am not responsible for actions you take after reading this book!** Take additional precaution if you are predisposed to addiction or have previously suffered from drug addiction. When I wrote the section on treating addictions with MXE, my optimism believed it to be an exceptional tool for this purpose. After all, MXE did help me and many other users recover from heroin addiction. Still, it is no addiction cure; recovery is a life-long battle. MXE is one of the most helpful allies I found for acute withdrawal and [PAWS](#), and it might just help reprogram another addict's mind to see the fruitlessness of the addiction cycle. However, if you merely trade one drug for another without confronting the source of the addiction, MXE will not help you in the long-run. In any case, a long-term vision is needed. AA/NA fellowships have helped me, if only for the community of sober support.

I have great faith in the arylcyclohexylamines and many other molecular sacraments. I have noticed many positive lasting effects to be grateful for, or maybe it is just the vast amount of blissed-out ecstatic memories and insightful knowledge that has helped me to understand who/what/where I am in the Universe. The path is a process of waking up.

I have noticed a life-cycle that many people go through with MXE. It often starts out inquisitively and then passionately with a 'honeymoon' period; mine lasted many months. Over time the relationship with the drug evolves, and the effects change. From there, a path without foresight will eventually crash and burn. The path that utilizes responsible cycles may in fact be sustainable. Eventually though, those who take the clear path will become more awake than they were. I hope this book can help guide others to their own clear path before them.

Poetry

I want to round out the book with some poetry I wrote under the influence of MXE over the course of a couple nights. I'm not a poetry person, so this was going outside of my comfort zone!

I'm toasted, flame roasted
over the bright energy by the glow of the light,
You gotta love it! I mean its life and destruction
Swirling connections through a wire induction
that makes you and me, together into we;
increasing entangled interconnectivity

If you have trouble comprehending, imagine the feeling
of consciousness collapsing and dreaming into being

If nothing ever changed there'd be nothing to show
The Universe would be still, a Singularity
I am silent....but the wind still blows, shifting;
energetic currents destroying the solidarity

We can't blame the curious for straying from the fire
dark alluring vastly-infinite unknowns
patterns in the light decode a truth that is higher
and how we healed the damage inflected by dark tones
I feel it inside, I know I'm never alone
I do believe and see this highest higher power
not because religions say so from their high tower
but because I saw it grow into a tree from a tiny seedling
I see it every day, it's a miracle I'm breathing

my crown chakra is peaking, and the reception is clear
I am a conduit for love, a transmutation of fear

I'm here for life
half between God and an isolated byte
of binary type. You can hear it in the rhythms I'm searching for new heights
I'm a sensitive motherfucker and deeply out of sight
wearing the weight of world's asymmetries on my aching right
shoulder, but I shoulder the pain; I grin and bear
the game of life got me down, you can see it in my glare
my eyes are tired, so many glints of light
I've seen more than my grandparents seen in their life
pushing against laws that keep cycles maintaining
in a solid state nevermind the particles raining

such is the nature of information accelerating
time is compressing, and the density inflating
staring at the sun I'm here to the moon
a waning crescent, the light is visibly fading
gone too soon...like a nitrous oxide balloon

I've learned a lot since I embarked on my magical search-for-magic quest
'Did you find what you were looking for?' They will always ask
I tell them with a straight up 'yes', for sake of appearing I still know my way
but the truth has a hint of being paradoxical
If I find getting lost am I being very logical? Well,
I'll tell you I was looking to get lost in the sauce
I'm ok it's irrational,
I know, I know no-*thing* like a *boss*!

Concluding Thoughts

It is amazing to think after writing so much that I am still just scratching the surface of MXE's finer details and all the peripheral subjects surrounding it. This is only Version 1.0. I hope to receive constructive feedback from readers. I am excited for the future and evolution of this information. I hope dearly that if MXE is scheduled in the US, it is not scheduled any higher than 'Schedule III'. I hope I have provided adequate evidence for such reasoning.

Many questions remain. Is lasting change (without drugs) possible with the therapies I have proposed? Will MXE return to the clear, grey or black markets around the world? How might these drugs be regulated to be made available safely for patients that benefit from it (or will governments simply try to ignore and increasingly ban it)? Stay tuned ;)

References and Resources

Online Culture and Community

I've spent a lot of time growing and exploring this list of resources since before writing the book. In the first 5 years of 'The MXE Experiment' a culture formed, bonded through the Internet. There remains a lively online community around the topic of dissociatives as a subset of the larger psychedelic/entheogen/psychonaut/plant-medicine and research-chemist communities that continue to grow and evolve. A central theme is harm reduction (HR), as is the sharing of trip reports and discussion of phenomenology and philosophy. Users also share music, media and [memes](#) relating to the subject.

Online Culture Relevant to MXE and Psychedelics Research

Meta-resources

https://psychonautwiki.org/wiki/Main_Page
<http://tripsit.me/>
<http://realitysandwich.com/t/psychedelics/>
<http://psychonautdocs.com/>
<http://www.drugtext.org> (<http://www.drugtext.org/Table/Psychedelics/> for psychedelics)
<http://deoxy.org/>
<http://www.psychodelic-library.org/>
<http://www.maps.org/>
<http://www.beckleyfoundation.org/>
<http://www.acnp.org/>
<http://reset.me/>

Bluelight.org

- [Bluelight MXE Wiki](#)
- [Bluelight Big & Dandy Methoxetamine Thread \(current iteration- #14\)](#)
 - [Combinations Subthread](#) -
 - [Addiction Subthread](#) -
 - [Adverse Effects / Side-Effects Subthread](#)
 - [Dosage & Methods of Administration Subthread](#)
 - [Tolerance Subthread](#)
 - [Big and Dandy Music on Dissociatives Thread](#)
- [Cumulative List of PCP analogs](#)
- [Bluelight Psychedelic Drugs Forum](#)
 - [Bluelight PD's Psychedelic Index \(HUGE Resource for all psychedelics\)](#)

Reddit Communities

- **Drugs**
 - [/Drugs](#)
 - [r/Drugs AMA series: MXE \(Methoxetamine\)](#)
 - [/researchchemicals](#)
 - [/Realdrugs](#)
 - [/Askdrugs](#)
 - [/Drugnerds](#)
 - [/TripSit](#)
- **Psychedelics and Spirituality**
 - [Psychonaut](#)
 - [/RationalPsychonaut](#)
 - [/Tryptonaut](#)

- [/Meditation](#)
- [/Spirituality](#)
- [/Entheogens](#)
- [/Psychedelics](#)
- [/JoeRogan](#)
- Science
 - [/Pharmacology](#)
 - [/Psychopharmacology](#)
 - [/Psychotherapy](#)
 - [/Neuroscience](#)
 - [/Neurophilosophy](#)
 - [/Psychedelicstudies](#)

[Erowid.org](#)

- [Erowid MXE Vault](#)
- [Erowid MXE Experiences Vault](#)

[Drug-Forums MXE Wiki](#)

- [Dissociative Research Chemicals Forum](#)
- [MXE and Therapy?](#)

[Wikipedia](#)

- [Methoxetamine Wiki](#)
- [Dissociative](#)
- [NMDA Receptor Antagonist](#)
- [Psychedelic Psychotherapy](#)
- [Hallucinogen](#)

[Dextroverse](#) (Forum focusing on Dextromethorphan, 'DXM')

[420chan](#)-a cannabis and drug-focused image board spawned from [4chan](#) includes a specific [Dissociative Discussion](#) board

[Shroomery.org Forums](#) (focused on natural psychedelics but includes many MXE threads and trip reports as well as science and spirituality sub forums)

[Reality Sandwich](#) and [Evolver](#) Great articles that are often related to entheogens, and an associated social network that has many regional groups that work together to enact change within their communities.

[MXE information at the Independent Science Drug Committee](#)

[Psymposia](#) - Offers an annual conference, Psymposium, with speakers on the cutting-edge of psychedelics research.

[Breaking Convention conference videos](#) [Vimeo]

[Entheogenic Evolution](#) (psychedelic discussion podcast hosted by Martin Ball who also hosts the [Exploring Psychedelics](#) conference)

[Science of Consciousness Conference](#)- The leading yearly conference focused on building a unified understanding of consciousness, bi-annually held in Tucson AZ.

[Horizons Psychedelic Conference](#) - One of the largest conferences on the subject, held annually in New York

[Psyched Substance](#) - Youtube channel focusing on harm reduction and education of psychedelic substances.

[Ayahuasca Healings](#) - The recently launched first public, legal Ayahuasca Retreat Center in America.

[Collection of Youtube videos](#)

Books

Meta Book Resources (general psychedelics and consciousness study)

[The Big & Dandy Psychedelic Books Thread on Bluelight](#)

[Free Online Books](#) hosted by [Erowid.org](#)

[Transpersonal Psychology and Psychedelics Ebooks](#) - Large selection of useful and popular books and journals in a digital format. Also available [here](#).

[Free Digital Books](#), MAPS ([Multidisciplinary Association for Psychedelic Studies](#))

[Free Books on Psychedelics](#), The Psychedelic Library

[The very best of Psychedelic therapy](#), Amazon.com list list by Red Tailed Hawk

[Therapeutic use of psychedelics](#), Amazon.com List list by Econoshamanic

[Ronin Publishing](#), publisher of a number of relevant books

[Recommended Resources Directory](#), recommended reading list by [Association of Holotropic Breathwork International](#)

Individual Book Links (general psychedelics and consciousness study)

1. [The Essential Psychedelic Guide](#), D. M. Turner [Free online book]
2. [PIHKAL](#) and [TIHKAL](#) by [Alexander Shulgin](#)
3. Terence McKenna: [Food of The Gods](#) (1992), [The Archaic Revival](#) (1991) [Chaos, Creativity, and Cosmic Consciousness](#), [The Invisible Landscape: Mind, Hallucinogens, and the I Ching](#) (1975), [The Evolutionary Mind: Conversations on Science, Imagination & Spirit](#), [True Hallucinations: Being an Account of the Author's Extraordinary Adventures in the Devil's Paradise](#) (1993)
4. [Psychedelic Healing: The Promise of Entheogens for Psychotherapy and Spiritual Development](#) by Neal M. Goldsmith, Ph.D.
5. [Psychedelic Drugs Reconsidered](#) by Lester Grinspoon, M.D. and James Bakalar, LL.D.
6. [LSD: My Problem Child](#) by Albert Hofmann, Ph.D.
7. [Ecstasy: The Complete Guide](#) by Julie Holland, M.D.
8. [Shroom: A Cultural History of the Magic Mushroom](#) by Andy Lechter, Ph.D.
9. [The Varieties of Psychedelic Experience](#) by R.E.L. Masters, Ph.D. and Jean Houston, Ph.D.
10. [The Ecstatic Imagination: Psychedelic Experiences and the Psychoanalysis of Self-Actualization](#) by Dan Merkur, Ph.D.
11. [Pharmacotheon: Entheogenic Drugs, Their Plant Sources and History](#) by Jonathan Ott
12. [Storming Heaven](#) by Jay Stevens
13. [DMT: The Spirit Molecule](#) by Rick Strassman, M.D.
14. [LSD — The Problem-Solving Psychedelic](#), P.G. Stafford and B.H. Golightly
15. [The Psychedelic Experience](#), Timothy Leary, Ph.D., Ralph Metzner, Ph.D., & Richard Alpert, Ph.D.
16. [Psychedelic Information Theory](#), James Kent
17. [Psychodelia - An Ancient Culture, A Modern Way of Life](#) - Patrick Lundborg
18. [States of Consciousness](#), Charles T. Tart, Ph. D.
19. [The Knowledge of the Womb: Autopsychognosia with Psychedelic Drugs](#), Athanassios Kafkalides
20. [Drug, Set, and Setting: The Basis for Controlled Intoxicant Use](#), Norman E. Zinberg M.D.
21. [The Doors of Perception](#), Aldous Huxley
22. [The Varieties of Psychedelic Experience](#), R.E.L. Masters & Jean Houston, Ph.D.
23. [Journeys Into the Bright World: Pioneering a New Patch to Higher Consciousness](#), Marcia Moore and Howard Alltounian, M.D.
24. [The Joyous Cosmology: Adventures in the Chemistry of Consciousness](#), Alan W. Watts, Foreword by Timothy Leary and Richard Alpert
25. [Psychedelic Medicine: New Evidence for Hallucinogenic Substances as Treatments \(flyer / book overview\)](#), Michael J. Winkelman, Ph.D. and Thomas B. Roberts, Ph.D
26. [Psychedelic Horizons \(The Lancet review\)](#), Thomas B. Roberts, Ph.D

28. [Zig Zag Zen: Buddhism on Psychedelics](#) - Alan Hunt Badiner and [Alex Gray](#)
29. [The Albert Hofmann Collection: LSD & Psilocybin References](#)
30. [LSD: The Highway to Mental Health](#) - [Milan Hausner \(2009\)](#).
31. [The Psychedelic Experience](#) – Timothy Leary, Ralph Metzner, Richard Alpert
32. [Prometheus Rising](#) – Robert Anton Wilson
33. [Angel Tech](#) – Antero Alli
34. [Understanding Consciousness Through Relationship](#) - Christian de Quincey, PhD
35. [The Teachings of Don Juan](#) - Carlos Castaneda
36. [Integral Spirituality](#) – Ken Wilber
37. [Be Here Now](#), [Still Here](#), [Paths To God: Living the Bhagavad Gita](#) - Ram Dass
38. [The Bhagavad Gita](#) (translation by Eknath Eshwaran)
39. [Srimad Bhagavatam](#)
40. [The Undiscovered Self](#) – Carl Jung
41. [The Tell-Tale Brain](#) – V.S. Ramachandran
42. [The Hero With a Thousand Faces](#) – Joseph Campbell
43. [A Brief History of Everything](#) – Ken Wilber
44. [At Home in the Universe](#) – Stuart Kauffman
45. [God Speaks](#) – Meher Baba
46. [Gödel, Escher, Bach, Metamagical Themas](#) – Douglas Hofstadter
47. [The Self-Aware Universe](#) – Amit Goswami
48. [Articulations](#) - Julian Palmer
49. [The Psychedelic Explorer's Guide](#) - James Fadiman
50. [The Secret Doctrine](#) - H.P. Blavatsky
51. [The Harvard Psychedelic Club](#) - Don Lattin
52. [Pharmako/poeia](#) - Dale Pendell
53. [The Tao of Physics](#) - Fritjof Capra
54. The Power of Now: [Eckhart Tolle](#)
55. [The Joyous Cosmology](#) - [Alan Watts](#)
56. [Simulacra and Simulations](#) - [Jean Baudrillard](#)
57. [Self-Aware Universe: How Consciousness Creates the Material World](#): Amit Goswami
58. [Quantum Psychology](#): Robert Anton Wilson
59. [Tao Te Ching \[PDF\]](#): Lao Tzu

[Rudolf Steiner Audio](#) - an extensive archive of books and lectures free in audio mp3 format

Books centered more on Spirituality and Science

1. To Have or to Be: Erich Fromm
2. The Prophet: Kahlil Gibran
3. Island: Aldous Huxley
4. [The Goldilocks Enigma](#): Paul Davies
- 5.
- 6.

7. Sophie's World: Jostein Gaarder
8. Sacred Journey of the Peaceful Warrior: Dan Millman
9. His Dark Materials: Phillip Pullman
10. Abundance: Peter Diamandis
11. What Technology Wants: Kevin Kelly
12. The Tibetan Book of the Dead: The Dalai Lama
13. Pale Blue Dot: a Vision of the Human Future in Space: Carl Sagan
14. The Singularity is Near : When Humans Transcend Biology / The Age of Spiritual Machines: Ray Kurzweil
- 15.
16. Where Good Ideas Come From: The Seven Patterns of Innovation: Steven Johnson
17. Psychedelic Information Theory: Shamanism in the Age of Reason: James L Kent
18. EO Wilson
- 19.
20. The Teachings of Don Juan: Carlos Castaneda
21. Chaos: Making a New Science: James Gleick
- 22.
23. Be Here Now: Ram Dass
24. Srimad Bhavagatam
25. The Doors of Perception: Aldous Huxley
- 26.
27. The Varieties of Religious Experience: William James

Research Published in Scientific and Medical Journals

Many of the full articles published in science and medical journals were found with a [search in the Library Genesis](#). You can find additional publisher information for each article as well as mirrors for each article if any of these links do not work. I have also included links to abstracts for most of these resources.

Research/articles pertaining specifically to MXE

<http://docdro.id/AD7bJIW> [Abstract]

Detailed pharmacological evaluation of methoxetamine (MXE), a novel psychoactive ketamine analogue—Behavioural, pharmacokinetic and metabolic studies in the Wistar rat [2016]

<http://link.springer.com/article/10.1007%2Fs00213-016-4203-3> [Abstract]

The novel ketamine analog methoxetamine produces dissociative-like behavioral effects in rodents.

https://www.researchgate.net/publication/294104428_The_ketamine_analogue_methoxetamine_generalizes_to_ketamine_discriminative_stimulus_in_rats [Abstract]

The ketamine analogue methoxetamine generalizes to ketamine discriminative stimulus in rats

<http://gen.lib.rus.ec/scimag/get.php?doi=10.1007%2Fs11419-015-0267-8> [Abstract]

Evaluation of the neurochemical effects of methoxetamine using brain microdialysis in mice

<http://gen.lib.rus.ec/scimag/get.php?doi=10.1016%2Fj.pbb.2015.03.007> [Abstract]

Methoxetamine, a ketamine derivative, produced conditioned place preference and was self-administered by rats: Evidence of its abuse potential

<http://gen.lib.rus.ec/scimag/get.php?doi=10.1016%2Fj.toxlet.2014.08.011> [Abstract]

Methoxetamine – a novel recreational drug with potent hallucinogenic properties

<http://gen.lib.rus.ec/scimag/get.php?doi=10.1016%2Fs0924-977x%2814%2970273-1>

The effects of the new synthetic drugs methoxetamine and methylenedioxypyrovalerone in rats
European Neuropsychopharmacology

<http://gen.lib.rus.ec/scimag/get.php?doi=10.3109%2F14659891.2014.966345>

Methoxetamine: prevalence of use in the USA and UK and associated urinary problems
Journal of Substance Use

<http://gen.lib.rus.ec/scimag/get.php?doi=10.1111%2Fdar.12259> [Abstract]

Methoxetamine: An early report on the motivations for use, effect profile and prevalence of use in a UK clubbing sample

<http://gen.lib.rus.ec/scimag/get.php?doi=10.7205%2Fmilmed-d-13-00470>

The Ketamine Analog Methoxetamine: A New Designer Drug to Threaten Military Readiness
Military Medicine

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/119087/methoxetamine2012.pdf

UK ACMD Methoxetamine report

http://www.who.int/medicines/areas/quality_safety/4_22_review.pdf

WHO ECDD Methoxetamine Assessment report 2014

<http://onlinelibrary.wiley.com/doi/1....1620/abstract>

From PCP to MXE: a comprehensive review of the non-medical use of dissociative drugs

http://www.justice.gov/dea/pr/microg...mj9-1_3-17.pdf

The Characterization of 2-(3-Methoxyphenyl)-2-(ethylamino)cyclohexanone (Methoxetamine)
(Microgram Journal 2012;9(1):3-17)

<http://www.ncbi.nlm.nih.gov/pubmed/24574323>

Characterizing metabolites and potential metabolic pathways for the novel psychoactive substance methoxetamine.

<http://www.ncbi.nlm.nih.gov/pubmed/23774830>

Ketamine-derived designer drug methoxetamine: metabolism including isoenzyme kinetics and toxicological detectability using GC-MS and LC-(HR-)MSn.

<http://www.ncbi.nlm.nih.gov/pubmed/23552616>

From the street to the laboratory: analytical profiles of methoxetamine, 3-methoxyeticyclidine and 3-methoxyphencyclidine and their determination in three biological matrices.

<http://www.ncbi.nlm.nih.gov/pubmed/23527166>

The ketamine analogue methoxetamine and 3- and 4-methoxy analogues of phencyclidine are high affinity and selective ligands for the glutamate NMDA receptor.

<http://www.ncbi.nlm.nih.gov/pubmed/24580056>

Clin Toxicol (Phila). 2014 Mar;52(3):176-80. doi: 10.3109/15563650.2014.892605.

Three months of methoxetamine administration is associated with significant bladder and renal toxicity in mice.

<http://www.medical-hypotheses.com/ar...312-X/abstract>

Methoxetamine: From drug of abuse to rapid-acting antidepressant

<http://onlinelibrary.wiley.com/doi/1...12063/abstract>

From "Special K" to "Special M": The Evolution of the Recreational Use of Ketamine and Methoxetamine

<http://www.tandfonline.com/doi/abs/1...7#.U1L2v1f4L78>

Methoxetamine (MXE) – A Phenomenological Study of Experiences Induced by a "Legal High" from the Internet

<http://www.ncbi.nlm.nih.gov/pubmed/23349353>

Methoxetamine toxicity reported to the National Poisons Information Service: clinical characteristics and patterns of enquiries (including the period of the introduction of the UK's first Temporary Class Drug Order).

<http://onlinelibrary.wiley.com/doi/1...1242/abstract>

Phenomenon of new drugs on the Internet: the case of ketamine derivative methoxetamine. Hum Psychopharmacol. 2012 Mar 05;27(2):145-9.

Case Reports/Toxicology Reports

<http://gen.lib.rus.ec/scimag/get.php?doi=10.1093%2Fjat%2Fbku052> [Abstract]

Analytical Findings of an Acute Intoxication after Inhalation of Methoxetamine

<http://gen.lib.rus.ec/scimag/get.php?doi=10.1111%2F1556-4029.12594> [Abstract]

Fatal Intoxication with Methoxetamine

<http://gen.lib.rus.ec/scimag/get.php?doi=10.2478%2Fs13382-014-0290-8> [Abstract]

Acute methoxetamine and amphetamine poisoning with fatal outcome: A case report

<http://jml2012.indexcopernicus.com/fulltxt.php?ICID=1022801>

ACUTE METHOXETAMINE POISONING – CASE REPORT [Abstract]

<http://onlinelibrary.wiley.com/doi/10.1111/1556-4029.12594/pdf>

Fatal Intoxication with Methoxetamine

<http://www.ncbi.nlm.nih.gov/pubmed/22578175>

Methoxetamine associated reversible cerebellar toxicity: three cases with analytical confirmation

<http://www.ncbi.nlm.nih.gov/pubmed/22237166>

Ketamine-like effects after recreational use of methoxetamine.

<http://www.ncbi.nlm.nih.gov/pubmed/23111916>

An accidental fatal intoxication with methoxetamine.

<http://www.ncbi.nlm.nih.gov/pubmed/22993747>

Out with the old, in with the new? Case reports of the clinical features and acute management of two novel designer drugs.

<http://www.ncbi.nlm.nih.gov/pubmed/22205276>

Acute toxicity associated with the recreational use of the ketamine derivative methoxetamine.

<http://www.ncbi.nlm.nih.gov/pubmed/24528118>

J Forensic Sci. 2014 May;59(3):854-8. doi: 10.1111/1556-4029.12407. Epub 2014 Feb 15.

A polydrug intoxication involving methoxetamine in a drugs and driving case.

<http://www.ncbi.nlm.nih.gov/pubmed/24466717>

[Acute methoxetamine intoxication--a case report with serum and urine concentrations].

<http://www.ncbi.nlm.nih.gov/pubmed/23243943>

Accidental intoxication with high dose of methoxetamine (MXE)--a case report.

Articles relating to other arylcyclohexylamines and related psychedelics studies

(definitely not a complete list!)

<http://www.vice.com/read/interview-with-ketamine-chemist-704-v18n2>

Interview with a Ketamine Chemist

http://psychonautdocs.com/docs/sewell_2007_ketamine--peril_and_promise.pdf

Ketamine: Peril and Promise

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3952483/> (full article)

Ketamine as the prototype glutamatergic antidepressant: pharmacodynamic actions, and a systematic review and meta-analysis of efficacy

<http://news.yale.edu/2014/04/13/new-...-stress-damage>

New finding suggests a way to block stress' damage [*ketamine*]

<http://bj.oxfordjournals.org/content/77/4/441.long> [Abstract]

Ketamine: its mechanism(s) of action and unusual clinical uses.

<http://bj.oxfordjournals.org/content/107/2/123.full>

Ketamine: new uses for an old drug? [Followup to the previous article in this list]

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2859735/> (full text)

Phencyclidine Intoxication and Adverse Effects: A Clinical and Pharmacological Review of an Illicit Drug [*PCP*]

<http://www.plosone.org/article/info%...l.pone.0089985>

Involvement of Sigma-1 Receptors in the Antidepressant-like Effects of Dextromethorphan

<http://www.jneurosci.org/content/33/38/15171.short>

Broadband Cortical Desynchronization Underlies the Human Psychedelic State

and an article referencing the above article : <http://embor.embopress.org/content/15/3/208.full>

Mind-altering drugs and research: from presumptive prejudice to a Neuroscientific Enlightenment?

<http://www.ncbi.nlm.nih.gov/pubmed/24470121>

New psychoactive substances as adulterants of controlled drugs. A worrying phenomenon?

<http://www.ncbi.nlm.nih.gov/pubmed/24573920>

An investigation of the stability of emerging new psychoactive substances.

<http://www.ncbi.nlm.nih.gov/pubmed/22673201>

Novel psychoactive substances: how to understand the acute toxicity associated with the use of these substances.

<http://www.cell.com/neuron/abstract/...08-7?cc=y?cc=y>

LTP and LTD: An Embarrassment of Riches

<http://www.cell.com/neuron/abstract/...2814%2900260-8>

Extrasynaptic NMDA Receptor Involvement in Central Nervous System Disorders

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1810584/pdf/20070300s00004p103.pdf>

NMDA Neurotransmission as a Critical Mediator of Borderline Personality Disorder