

DMT Tutorial

Natural DMT Release & DMT Breathing

Disclaimer

The breathing exercises can have strong physiological effects, and must be practiced as instructed. Always perform them in a safe environment, sitting or lying down. Never practice the exercises before or during diving, driving, swimming, taking a bath, or in any other circumstance where loss of consciousness could result in bodily harm. Wim Hof breathing may cause tingling sensations, a ringing in the ears, and/or lightheadedness. These are normal responses and are no cause for alarm. If you faint, however, you have gone too far, and should take it more slowly next time.

Simply said, make sure you are safe. There is a chance of passing out.

You CANNOT do these techniques if you are epileptic, pregnant 6 months or longer. And never near or in the water, nor driving a car. I am counting on your self responsibility.

What is DMT and can I produce it naturally?

(Wikipedia)

Several speculative and yet untested hypotheses suggest that endogenous **DMT** is **produced** in the human brain and is involved in certain psychological and neurological states. **DMT** is **naturally** occurring in small amounts in rat brain, human cerebrospinal fluid, and other tissues of humans and other mammals.

DMT — or N, N-dimethyltryptamine in medical talk — is a hallucinogenic tryptamine drug. Sometimes referred to as Dimitri, this drug produces effects similar to those of psychedelics, like [LSD](#) and magic mushrooms. DMT is a Schedule I controlled substance in the United States, which means it's illegal to make, buy, possess, or distribute it. Some cities have recently decriminalized it, but it's still illegal under state and federal law.

There is not a lot of science to find about the natural production of DMT. On the other hand, many people claim that DMT can be naturally produced. This is done by the various DMT breathing techniques!!

Reading material:

<https://www.healthline.com/health/pineal-gland-dmt#takeaway>

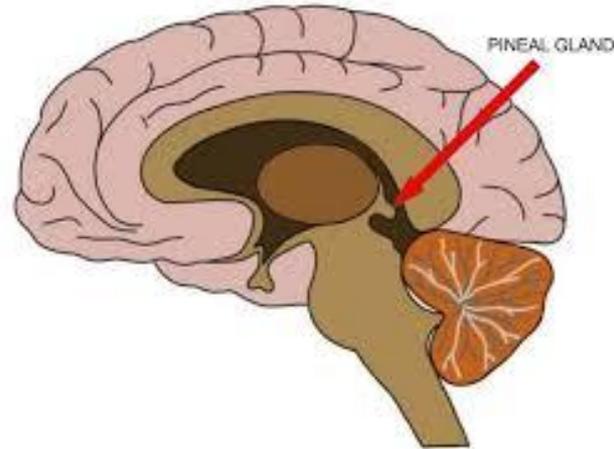
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6088236/>

<https://www.psypost.org/2019/07/study-provides-evidence-that-dmt-is-produced-naturally-from-neurons-in-the-mammalian-brain-54051>

Where is DMT produced

Although there is not a lot of scientific backup. According to the internet (this is not science but maybe there is some truth in it), DMT can be naturally produced by and in the:

- 1) Pineal gland
- 2) Lungs
- 3) Gut

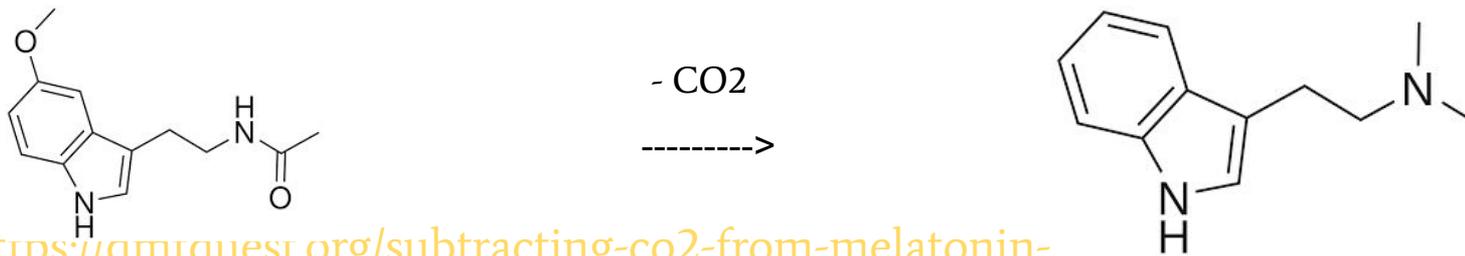


DMT More Science

Subtracting CO₂ from Melatonin = DMT

Due to our deep breathing patterns which induces respiratory alkalosis, a temporal state of acidity. The Carbon and Oxygen atoms are removed from the Melatonin molecules. Therefore PH increase and we become more alkaline - less acidic. This causes a cascade effect of enzyme activation which then leave us with DMT which equates to our dream states. The deeper we breathe and the more Melatonin we secrete, the more vivid our dreams become as more DMT is the end product.

It is not surprising as to why people who take Melatonin pills prior to sleeping, frequently experience significantly more vivid dreams in comparison to when they do not take it.



<https://amiquest.org/subtracting-co2-from-melatonin-.....>

DMT Breathing Techniques - Neurology

The essence of DMT Breathing Techniques can be found in “squeezing the blood to the head. There are two things happening here.

- 1) More blood to the brain = more O₂ to the brain.
- 2) Squeezing the spinal fluids up to the head where the pineal gland is situated.

According to Brad (neuroscientist) my colleague WHM instructor from the USA, any mental and physical illness comes from a sub-optimal metabolism somewhere in the brain. Our brain cells need 1) a stimulans, 2) glucose and 3) Oxygen. See our conversation here: <https://youtu.be/h2Fs2Z1iWIY>

Mostly the sub-optimal metabolism comes from a lack of oxygen. So squeezing the blood to the brain may make sense from a neurological point of view!

DMT Breathing Techniques - Practice

How do you squeeze to the head?

- 1) Breathe in deep (more oxygen in the bloodstream after breathing in)
- 2) Squeeze any (or all of the following muscles)
 - a) Mula bandha. The muscle in between your but and genitals.
 - b) Butt muscle
 - c) Lower belly muscles
 - d) Arms and hands
- 3) Hold for 30 seconds or longer while keeping on squeezing.

Basically you just put pressure on your head. Watch out please! This may make you more dizzy and there is a higher chance of passing out.

DMT Breathing Techniques 1 - Breath Of Fire

Focus on your solar plexus.

Breathe shallow in and out and speed it up. As much in as out please.

Do this for one minute.

Breathe in, hold.

AND SQUEEZE.

For 30 seconds or longer. Release.

This is one round of Breath Of Fire DMT Breathing.

DMT Breathing Techniques 2 - Tim's TT Intermediate Breath

Breathe deep in to the belly and then fill up the chest.

Do this 50 times, speeding the breath up without losing the depth of your breath. Just get as much air in as possible.

Breathe in, hold. AND SQUEEZE!

For 30 seconds or longer. Release.

Hold again as long as you can.

Breathe deep in, hold, squeeze for 30 seconds.

This is one round of TT Intermediate DMT Breath.

DMT Breathing Techniques 3

Breathe deep in to the belly and then fill up the chest.

Do this 50 times, speeding the breath up without losing the depth of your breath. Just get as much air in as possible.

Breathe in, hold. **AND SQUEEZE!**

For 30 seconds or longer. Release.

This is one round.

My take away after 5 years of knowing these techniques

It is a total reset of the brain. No thoughts.

At times, I see light and mozaic forms. This is why I believe strongly that DMT is actually released although there is not a lot of science on the matter.

It feels amazing, yet sometimes intense. You really do not want to push it too much. Every day a little, light squeezing, may be wisdom here?

Squeezing to the brain may prevent a lot of physical and mental illnesses. I squeeze lightly, very often.

I don't feel like using any other substances like Ayahuasca anymore. It feels like I don't need it anymore. Produced naturally in micro doses feels perfect for me. I did pass out once. So please be careful.

Connect with me

If you like, connect with me via social media. Let me know if you have a question.

IG: http://instagram.com/tim_vandervliet

FB: <https://www.facebook.com/timvandervliet8>

LinkedIn: <https://www.linkedin.com/in/timvandervliet>

Twitter: <https://twitter.com/Tim2Day>

TikTok: <https://vm.tiktok.com/ZSqXb6G2/t>

And if you are not already, please subscribe to my Youtube channel!

<https://www.youtube.com/timvandervliet>

Regs! <3, O2 and :) - Tim