

Brewing Ayahuasca

Ayahuasca consists of 2 parts: the MAO Inhibitor and the DMT.

(The MAOI is drunk first and then the DMT about 30minutes later.)

The MAO inhibitor

Here are 3 options for your MAOI:

(in this example Benesteriopsis Caapi paste 30:1 is used. If you want to brew the Benesteriopsis Caapi (using the whole brewing process) replace 30gr of raw plant material for every 1gr of paste in this example.

	Option 1	Option 2	Option 3
Ingredients:	Benesteriopsis Caapi paste	Syrian Rue	Benesteriopsis Caapi paste + Syrian rue
Advantages:	Deeper colouring (more therapeutic)	Strong stabile inhibitor	Deep colouring + strong stabile inhibitor
Disadvantages:	Unstable inhibitor	No colouring + a bit more narcotic	More work to prepare
Dose per journey:	15gr to 20gr	3gr to 4,5gr	Caapi paste: 10gr + Syrian Rue: 3gr
Brewing method:	Dissolve in warm water	Brewing process: step 1 to 5	Brewing process: step 1 to 5 and dissolve the Caapi paste in the warm finished Brew

The DMT

Here are also 3 options for your DMT:

	Option 1	Option 2	Option 3
Ingredients:	Acacia Confusa Root bark	Mimosa Hostilis Root bark	Psychotria Viridis Leaves (Chacruna)
Effect:	Warmer overall feel	Direct and powerfull	More open feel
DMT per 100gr:	± 1gr DMT	± 2gr DMT	± 0,5gr - ± 1gr DMT
Dose per journey:	15gr (± 0,15gr DMT)	8gr (± 0,15gr DMT)	15gr – 30gr (± 0,15gr DMT)
Brewing method:	Whole brewing process	Whole brewing process	Whole brewing process

The amount to brew:

It's best to brew a generous amount because:

- It's better to have too much than too little
- Sometimes it turns out you need more.
- You could immediately purge everything and want to drink it again.
- You are on the brink of a revelation and want to make a second journey right away.
- You want to make another journey in the coming days or weeks.

The brewing process

1. Crush or grind the plant material (in a blender or a screw).
2. Add 1,5 liters of water at $\pm 95^{\circ}\text{C}$ ($\pm 205^{\circ}\text{F}$) to every 100gr of plant material.
3. Add malic acid or vinegar to a total value of $\pm 3.8\text{PH}$ (Stir well)
4. Let it steep for 3 to 4 hours at $85^{\circ}\text{C} - 98^{\circ}\text{C}$ ($185^{\circ}\text{F} - 208^{\circ}\text{F}$).
**** never let it get to a boil !! ****
5. Drain the liquid through a cloth in a large glass or stainless steel container.
6. Add water ($\pm 80\%$ of what was used in step 1) at $\pm 95^{\circ}\text{C}$ ($\pm 205^{\circ}\text{F}$) to the drained plant material.
7. Repeat step 3 and 4.
8. Drain the liquid through a cloth and add it to the previous drained liquid.
9. Add water ($\pm 65\%$ of what was used in step 1) at $\pm 95^{\circ}\text{C}$ ($\pm 205^{\circ}\text{F}$) to the drained plant material.
10. Repeat step 3 and 4.
11. Drain the liquid through a cloth and add it to the previous drained liquid.
12. Almost all of the DMT is now subtracted out of the plant material and you can throw it away with the organic waste.
13. Heat up the liquid to $\pm 80^{\circ}\text{C}$ ($\pm 175^{\circ}\text{F}$) and point a fan at it.
**** never let it get to a boil !! ****
14. When the liquid has decreased enough* you can fit it into a glass jar and keep it sealed and unstirred in the refrigerator for at least 5 days.
15. When ready, pour the liquid through a coffee filter into a pan. (the residue will stick to the bottom of the jar)
16. Evaporate the liquid for the last time until enough liquid remains* for $\pm 35\text{ml}$ per dose.

* By weighing and subtracting the weight of the pan you can calculate the amount of liquid in the pan. (100ml. Is $\pm 100\text{gr.}$)

In the fridge, the DMT can be kept for 1 to 2 months, the MAOI for only a week.