

**Lsd and mda
(and little lambs eat ivy)**

zarkov and gracie

zarkov and gracie are two notorious acidheads with almost 20 years' experience in the areas of mythology, philosophy, psychoactive drugs, cosmology and irreverence. they currently fund their private researches by holding down jobs as investment bankers with large corporations. the results of these researches occasionally appear in self-published pamphlets under the general title "notes from underground." recently, high frontiers sponsored a gathering so that gracie and zarkov could indulge themselves in their favorite pastime . . . talking about these topics. some of the more interesting and outlandish anecdotes appear below.

zarkov: the most unexpected and one of the weirdest experiences we've had was on mushrooms potentiated by harmala alkaloids. based on the plant we used, we estimate that we had about 150-250 milligrams of mixed harmala alkaloids which we each took with 7.5 grams of dried stropharia cubensis mushrooms. it was an experience where the mushroom visions got brighter and brighter. then, when i got to the point where they were unignorable, i was able to move around within the vision space. finally, i entered into the vision itself, so that i was part of the vision. the interesting thing was that the characteristics of the vision were unchanged. the visions were still psilocybin visions. it was almost as if the harmala had provided a beautiful stage and lighting, built the auditorium, and then the mushroom provided the stage direction, plot and some of the characters.

the experience includes visions of about 50 or 60 different alien worlds. sometimes there was a soundtrack, sometimes there was a voice-over discussion and sometimes there was an argument that went along with the visions. i was free to move around in any particular world or i was free to, in effect, rip the curtain of the vision and walk through to another world. the trip was a series of vision after vision where i was trying to make direct contact with whatever was in charge of the visions.

on that particular trip i did not succeed in having a direct vision of the mushroom entities or a direct conversation with the voices that terence [mckenna] talks about. however, on a succeeding trip, i did. i mean an experience of the literal, walk-right-into-your-livingroom, stand-there-and-talk-to-you variety. only when you look around, you aren't in your livingroom anymore.

harmala alkaloids occur in several plants. for example, syrian rue, which, used in combination with psilocybin mushrooms, could have been the soma of the ancients. we've been doing some reading in greek literature just this week and there seems to be references among some of the healing cults to the use of peganum harmala (syrian rue). the best known use of harmala is in yagé or ayahuasca in south america. often it is used alone, but it seems that to get the most interesting visions, it is used with other tryptamines, primarily dmt-containing plants.

we are quite interested in this area of research and have additional harmala experiments planned for the fall.

gracie: i had a similar experience on that combination in terms of choosing among a selection of visions. but what was interesting to me was that starting with that particular combination and with subsequent mushroom trips, we had our first fully-coupled trips. that is, we were getting exactly the same material at the same time. however, often we get it in different forms. for instance, i'll be seeing something and zarkov will get the dialogue . . .

zarkov: . . . or gracie will hear a voice and i'll see something. the circumstances are usually a high-dose trip in a quiet, darkened room with eyes closed. we will have the experience in a trance state and then we'll ask the other, "well, what happened?" then we'll find out it's the same material. furthermore, it's like a serial. there is internal structure, a story. this is unlike lsd alone, which is kaleidoscopic. there is a sequential chain, start to finish, that is describable.

gracie: now in the case we're talking about, the mushrooms were eaten first. the harmala was a simple plant extract and it was smoked. i assume, because yagé is usually ingested as a boiled-water infusion (often with dmt admixtures), that the effects are different. it's probably more intense.

zarkov: almost all of our far-out trips have been on combinations of psychedelics. one thing we have found is that the timing—that is, the order you take the drugs in—makes a dramatic difference. for example, the combination of which we have had the most experience is lsd combined with methoxylated amphetamines. there the timing is crucial. usually we start with mda or mmda. when the lsd is added, the trip is not so much different in form as it is in content. mda alone gives you tremendous age regression capabilities. you start talking about your third birthday and things like that . . .

gracie: . . . but add lsd and you get what you could call past lives and false memory imagery. that is, imagery, feeling or visions of being in another time, another place or another personality.

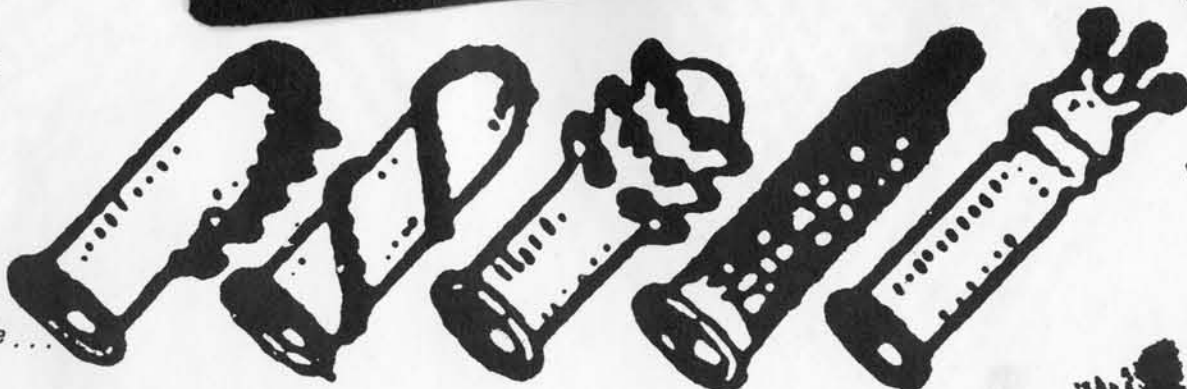
zarkov: using mmda pretty much roots you firmly in the "now." it's also a little bit more other-directed, similar to "adam." in fact, many times people have equated adam with mmda, somewhat incorrectly, since adam usually refers to mdm.

the mda-lsd combinations, in terms of synthetic combinations, have been the most consistent and controllable. both gracie and i have consistent series of personal visions, often times including the direct perception of and discussion with an entity we call the goddess.

the model we use is that the mda, with its age-regression, including past lives, gives you all possibilities of all the people you were or could have been throughout history. or it gives you the capability of being you in certain places back through history. the lsd, we always say, gives you the inside of your own head. it gives you all the possible historical potentialities of who you are or can be. when you take mda and lsd simultaneously, you get a sort of matrix multiplication effect where you can observe yourself in all possible incarnations. in our case these have always seemed to be lineal ancestors. the goddess entity sometimes explains the personal meaning of these visions to you directly. cont pg 24

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the first time i witnessed the mass consumption of mda at a sex party, a usually relatively shy woman stood up and said, "there are six horny, hopped-up women in the hot tub and we hope there are some men who want to fuck us!" to lead the party off.



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gracie: for example, in my case I have used a trance technique with mda and lsd to confront maternal programs. i got visions of how my mother treated me, how i reacted to my mother, and had a full giving-birth-to-myself experience. the visions and ideational content were such that i could apply that information to fixing behavior that was obviously neurotic. behaviors based on misunderstandings that developed at this particular point in my personal history.

zarkov: a technical note: we usually start with 100-300 micrograms of lsd. upon feeling first effects, we take 75-125 milligrams of mda. since mda is often cut, this refers to pure mda. the mda-bsd combination structures the personal information that you often get fleeting glimpses of on lsd alone. the mda makes it directly personal and puts it into a context that you can relate to.

the testability of all this strange stuff is "can you use it?" we've never gotten voices raving, saying "you were the high priest of atlantis." it's fairly mundane and believable. yet, when it's information about yourself or your friends, it's psychological and behavioral insights that you had been unable to obtain otherwise. by putting these insights or directions, so to speak, into action, they work! i mean they work in the everyday world. you apply these insights by behaving that way to your friends and the specific problems that you were having disappear and you are a happier human being.

gracie: it's [mda-bsd] an oracular sort of approach. you develop your mind set and setting—you ask the question, about the problem you are trying to solve. then you can go in seeking whatever deity or entity will show up to give you information or show you useful answers.

zarkov: our familiarity with mda came about via a picaresque route. we used to be associated with a variety of sex clubs. one of the most popular drug combinations at parties was mda and speed or mda and cocaine.

gracie: mda and cocaine, a terrible combination! blah! what you get is the friendliest dinosaur you ever saw in your life. you take this vicious tyrannosaurus rex and make him cuddly and erotic and you've got the idea. i remember a scene involving someone in a monacle, a white

silk scarf, a nazi helmet and a cockring . . . truly bizarre.

zarkov: mda can make you feel erotic. the neurophysical side effects of mda are similar to the neurophysical effects of sexual arousal. it also causes, particularly in women, water retention, especially in the breasts and buttocks. it's also a drug that confuses you enough so that when your body says . . . "well, physically i feel like i feel when i'm turned on . . ." your mind replies, "i must be turned on." at the same time, it makes everything, especially other people, appear much more beautiful, so if you're in a sexual setting, like a sex party, the results can be amazing. the first time i witnessed the mass consumption of mda at a sex party, a usually relatively shy woman stood up and said . . . "there are six horny, hopped-up women in the hot tub and we hope there are some men who want to fuck us!" to lead the party off. that sort of behavior in the right setting is not atypical of mda and uppers.

one warning, however. all methoxylated amphetamines—mda, mdm, mmda, etc.—are fairly poisonous. depending on who you believe and which drug, the lethal dose is between 500-1600 milligrams. there is also considerable individual variation, so be careful!

one of the things that we have found is that the more psychedelic each substance is by itself, the more interesting the effects when you combine them. when you get to some of the later shulgin drugs that are more specific in terms of action, these drugs become less interesting, at least to us. we would like the widest range of effects that we have a chance of controlling.

gracie: i talked before about developing your set and setting. we used a variety of self-developed rituals to modify the setting. we use music; i use dancing a lot. it's a question of personal preference. since we both have strong musical backgrounds, we've used music to structure trips or to provide a framework within which the more profound effects can take place. it can be used as a control if things get particularly freaky or wild. my dancing grows out of the drugs and the music. in my case dancing is a way of conjuring up entities, of using it as a way of putting myself in an altered state of consciousness on top of the drug or in addition to the drug to produce a predictable possession or entity-contact-type effects.

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we also use sex. the sex is partly because of the accident, or synchronicity of our being in the sex business for awhile. also we found that many of the explicitly tantric techniques are effective in the same way as the music or the dance, not only for controlling a trip but for sending it in a specific direction or getting higher so that you get more profound effects from the drugs.

another option that we would recommend is to make up your own religion. we use a modification of a goddess-type religion . . .

[to be continued next issue]

a hit of dmt 10/9/84—zarkov

i loaded about 40-50 milligrams of dmt into a glass pipe on top of a small amount of damiana. even though i had been warned, i was still shocked at how harsh the first toke was. it tasted and smelled like burning plastic. i involuntarily exhaled. i immediately took a second toke. the heavy white smoke rushed up the pipe as harsh as before, but i was somewhat better prepared for the terrible taste and i was able to hold the smoke for a few seconds. i exhaled, took a third toke, and was able to hold this last lungful. suddenly i began to hear a loud, moderately high-pitched carrier wave. immediately, the room started vibrating in sympathy. the pattern on the wall hangings oscillated madly in time to the buzzing that overlaid the carrier wave's fundamental tone. simultaneously, a heavy, trembling feeling swept over my entire body as if i were being propelled at multiple g acceleration by some giant rocket engine. my visual field dissolved in the most amazing colors. i could not see the room over the intensity of the visual effects. the events of the preceding paragraph occurred in the space of a few short seconds.

closing my eyes, i got a glimpse of several entities moving in front of a giant complex control panel. the visions were not crystal clear and seemed as if i were viewing it through a scrim. the creatures were bipedal and of about human size. it was impossible to say more other than they did not move like the giant insect creatures i have seen clearly under the influence of stropharia mushrooms. there was a direct awareness of an overwhelmingly powerful and knowledgeable presence! it was neither frightening, nor encouraging. it was just mentally there. a thought came, unbidden, into my head. i realized that i was viewing "god central." the central panel i saw was the control panel for the entire universe.

the vision was fleeting and dissolved into a vision of much greater clarity. a gaggle of elf-like creatures in standard irish elf costumes, complete with hats, looking like they had stepped out of a hallmark cards "happy saint patrick's day" display, were doing strange things with strange objects that seemed to be a weird hybrid between crystals and machines.

this vision was also fleeting, and it dissolved into a visual pattern unlike that experienced by me on any other psychedelic

or combination of psychedelics. the visuals were interlocking sinusoidal patterns arranged in a japanese chrysanthemum pattern that filled my entire visual field. the pattern was ever-changing and the colors of the individual patterns changed independently of the underlying pattern. the colors were intense and came in a magnificent variety of colors: metallics, monochromes, pastels, each flickering in and out of existence as if obeying some undetected ordering principle.

an idea came into my head that i was seeing the "true universe" or universe as it really exists. that is to say, i was seeing directly the vibrations of every particle in the universe that "i" was somehow in contact with. "i" was directly "seeing" the universe without ordering it into an arbitrary reality tunnel—i.e., perceived "solid, objective reality." the visual pattern seemed to be a sort of m-dimensional lissajous curve formed by the intersection of "i" with the shock wave of space-time causality.

the carrier wave remained strong throughout the experience. while definitely the same type of phenomena as the carrier wave heard under the influence of psilocybin mushrooms, the dmt carrier wave was much louder than even the loud carrier wave heard under the influence of ten grams of very potent, dried stropharia mushrooms. also, by comparison to the mushroom experience, the carrier wave sounded as a "purer" tone—i.e., the sinusoidal component dominated the buzzing component. my throat was too sore from the harsh smoke and the control of my breathing was hindered by the intensity of the experience, so i was unable to sing or even generate a solid tone, to attempt audio driving of the visuals.

the overwhelming sense of a presence did not disappear when the vision changed to visual patterns, but remained an almost palpable entity as long as the visuals remained intense. i never felt the foreboding—let alone the direct challenges—I have felt under the influence of stropharia mushrooms whenever the feeling of contact with the presence has been strong. the presence was just there and very powerful. i felt that i had glimpsed whitehead's god.

the period of intense visuals lasted about eight minutes. the side effects remained unpleasant, but easily ignorable. the dmt left me euphoric and very bemused for about an hour.

definitely far out and very impressive!