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Note from the author: This breakthrough research document was written by the primary author of the XMLFoundation. I have included it with the XMLFoundation source code distro because personally I found the information so enlightening, I am compelled to share it.

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## Soma Thesis

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### **Harmine and the Beta-Carboline nutrient complex: Neurological and Psychological Effects of Peganum Harmala: Neurogenesis, Entheogen, Alzheimer's, Cancer and Antidepressant**

#### [Synopsis]

Peganum Harmala, also known as Syrian Rue, contains beta carbolines having an effect throughout the central nervous system accounting for a multitude of medicinal uses confirmed by modern medicine. The metabolic science, neuropharmacological, and psychological effects in conjunction with endogenous neurotransmitters and with entheogenic plants containing neurotransmitters is explained and observations from use in practice are discussed. This information comes from many years of independent research, personal use, and also in service to others.

#### [The Ancient Modern Miracle Medicine]

The amount of study that has been done on Syrian Rue is overwhelming in relationship to most other plants which have also become the focus of pharmaceutical research during the past 50 years. Over the centuries there have been so many folk medicine claims made of Syrian Rue that it has been studied as a potential medicine and found to be helpful for many ailments. This is the research and duplicative and triplicatave research of many teams from all around the world in universities, pharmaceutical research, and disease research groups. Researching Syrian Rue is literally trendy in professional medicine publications. Throughout this document highly reputable reference citations are used, some from costly research publications not publicly available, others are the most recent and thorough of many studies that prove the same point.

Each of these following qualities are confirmed by numerous research teams with fact and evidence based analysis:

Antibacterial, antiprotozoal(kills free living and parasitic protozoal organisms), antimutagenic/ antigenotoxic/genoprotective quality preventative of DNA damage[2], antimicrobial, antifungal, antiviral, antioxidant, antiinflammatory, antidepressant, antipiroplasmic(kills piroplasmic parasite), anthelmintic(kills tapeworms), antiseptic, antipyretic(reduces fever), antitumor[71], anticancer and antidiabetic for Type 2 diabetes.[10]. Many studies confirm [4] [24]

It has also been found helpful in the treatment of:

leukaemia[26], lower urinary tract symptoms[29], dermatoses[30], bronchitis and asthma[31], influenza[32] and leishmaniasis which is a wide array of clinical manifestations caused by parasites of the Trypanosomatida genus. It is also a vasodilator/vasorelaxant[38], aphrodisiac[11], [12] and cognition enhancing[5], [8] and it induces osteogenesis(bone regrowth) and prevents bone loss by suppressing osteoclastogenesis [40], [46], [25] and is a factor in neurogenesis[56], [57] (the birth of a neuron in brain growth or repair)[6], [7] by restoring astrocytic functions[59], [61] also being inhibitors of cyclin dependent kinases(CDK), protein kinase DYRK1A[53] and others which are key regulators of the cell proliferation cycle.[27], [28]. CDK inhibitors are also past and future in cancer treatment.[47]

#### [Cancer]

The primary alkaloids in Syrian Rue have been found to be helpful for cancer treatment in recent research.[48] All cancer types are inhibited by Syrian Rue, including breast cancer[69], pancreatic cancer[68], ovarian cancer[70], gastric cancer[72] and others. In fact, most  $\beta$ -carbolines exhibit anticancer effect. Natural harmine is well proven in this regard being the alkaloid studied in all of the aforementioned reference citations. Synthesizing and testing newly designed analogs of harmine that produce equivalent medicinal action as harmine is currently popular amid researchers. Those molecules can be patented. Harmine can be synthesized however most or many studies source the alkaloid from Syrian Rue.

$\beta$ -carbolines induce neuroendocrine response, restore central nervous system cellular function[8], and protect against oxidative damage of brain mitochondria and synaptosomes[34] protection against neurodegenerative disorders.

#### [Alzheimer's]

Alzheimer's and dementia are characterized by the presence of amyloid- $\beta$  (A $\beta$ ) plaques and the hyperphosphorylated and ordered assembly of the Tau protein into neurofibrillary or gliofibrillary tangles in the brain.

Alzheimer's patients are given AChEi's, to raise acetylcholine levels.[\[15\]](#), [\[16\]](#) Acetylcholine is the substance of focus in memory supplements.[\[17\]](#) Syrian Rue contains AChEi's that are increasing levels of the neurotransmitter acetylcholine by reducing the metabolism rate of acetylcholine. With the same binding principle performed on MAO, although with different alkaloids, AChE enzymes are inhibited temporarily. Syrian Rue is a proven AChEi. [\[18\]](#) Acetylcholine is used for memory recall and is studied mostly for its cognitive enhancing effects. It also is used the dream state of the mind.

AcetylCholinEsterase(AChE) is closely related to ButyrylCholinEsterase(BChE). Syrian Rue is a proven BChE inhibitor as well. [\[49\]](#). Additionally, recent knowledge collectively recognizes that MAO inhibitors have proven as effective therapeutic agents for the treatment of Alzheimer's disease.[\[50\]](#) Furthermore,  $\beta$ -carbolines such as harmine, harmol, norharmine, harmaline have a high affinity for DYRK1A and modulate multiple sites on the Tau protein[\[51\]](#), [\[52\]](#). Syrian Rue Inhibits DYRK1A mediated Tau phosphorylation preventing neurofibrillary tangles so it is also recognized as potential medicine for Alzheimer's and other neurodegenerative diseases for that reason alone. Finally, Syrian Rue alleviates aluminum trichloride induced Alzheimer's like learning and memory deficits in poisoned rats,[\[58\]](#) whereas all the other studies cited were done on humans.

Following are the most well known, first discovered, and most largely present constituents of Syrian Rue:

**The Beta-carboline alkaloids:** harmine (telepathine, yageine, banisterine), isoharmine, acetyl norharmine, norharmine (tetrahydro-beta-carboline) harmaline(dihydroharmine,DHH,harmidine), harmalol, harman[\[39\]](#) harmalacidine(HMC)[\[37\]](#), harmalidine and tetrahydroharmine(THH, leptaflorine)[\[36\]](#), isopeganine[\[35\]](#), pegamine, dipeginol, dipegene[\[33\]](#)

**The Quinazoline alkaloids:** desoxypeganine, deoxyvasicine (desoxypeganine), vasicine (peganine), vasicinone[\[41\]](#), [\[42\]](#), peganidine, isopeganidine, dipegene

[Classifying the alkaloids]

Of the 160 known alkaloids found throughout the plant,  $\beta$ -carbolines and their derivatives including the tetra-hydro- $\beta$ -carbolines(THBC) total 60 of them. A significant portion of the 100 remaining are pyrrolo-quinazoline alkaloids. The pyrroloquinazolines are one of the larger classes of alkaloids. In addition to their parent pyrroloquinazolines and quinazolines, exists a series of quinazoline glycosides also referred to as the glycoalkaloids.

The complete list of all 160 known alkaloids in Syrian Rue was published in 2023 [\[43\]](#), collectively presenting numerous recent discoveries about the known alkaloid contents. Syrian Rue is being intensely studied by the most cutting edge techniques known to determine further potential in medicine

for many applications. Beyond chromatography, the newly discovered alkaloids structures, including stereochemistry, were elucidated through spectroscopic analyses, quantum chemistry calculations, and single-crystal X-ray diffraction in 2017 growing the list of known minor occurring alkaloids in Syrian Rue in the past recent years.[\[9\]](#)

#### [My path to Syrian Rue]

Researching how LSD is related to plants, I discovered that lysergic acid is natural and it also exists in several forms in nature with various carbon chain amide formations. The amide formation is a relatively small region of atoms within the lysergic acid molecule found in nature. The diethyl amide(LSD) is structurally a small alteration which significantly lowers threshold dose of natural lysergic acid amide and has very similar effects. Other lysergamides also exist naturally such as lysergic acid propyl amide as a minor alkaloid in *Lepomea Tricolor*. The study overlapped with other entheogenic plants, turning me on to Syrian Rue.

#### [Back to the Plants]

The entire industry of pharmacology originated from a study of the plants. The study originated from, and returns to, the plants. Syrian Rue is often called "an amplifier" of entheogens. It has a synergistic effect which is mostly understood by modern medicine. *Banisteriopsis Caapi* is interchangeable with Syrian Rue having the same synergistic effects with other plants in Ayahuasca brews. Harmine, Harmaline, and Tetrahydroharmine are the 3 primary occurring alkaloids in both Syrian Rue and *Caapi* so they are extremely similar and interchangeable in Ayahuasca brews.

#### [Soma or Ayahuasca]

Syrian Rue is known as *Esphand* in the Muslim community. Its most common in India, Algeria, Turkey, Iran, and Morocco where it is sometimes referred to as *Harmel*. Syrian Rue was found in hair samples of mummies from Egypt. There has been much debate about what the Soma Plant or Soma brew is that is mentioned in ancient Sanskrit texts and there is some evidence that the plant could be Syrian Rue.[\[1\]](#) Zoroaster called it *Haoma* in the *Avista Veda* where it's considered the plant of life and specified to him by a god and it was called Soma by *Brahma-manu* in the *Rig Veda*. Syrian Rue was found in Neolithic sites of the Caucasus from 5000 B.C. and in a pre-Dynastic Egyptian site dating back to 3700–3500 BC.[\[3\]](#)

Syrian Rue grows in arid desert conditions. The primary alkaloid content is very similar to *Banisteriopsis Caapi* which grows in the jungle as a vine. They contain the same primary alkaloids and are therefore interchangeable for the purpose of creating Ayahuasca. "Ayahuasca" brews were only known to some cultures and its recipe differs widely however traditionally contains *Banisteriopsis Caapi* and *Chacruna*. It is possible that "soma" was a term like "aya" where Syrian Rue provided what *Caapi* provides to "aya".

There are many who believe so. The word “Soma” means “Whole Body” in Greek and this plant does have a whole body effect.

Muslims are more familiar with Syrian Rue and more commonly burn it for spiritual purpose because it is mentioned the Qur'an in 2 different texts , one saying God told Muhammad to have the people consume it in a drink and in another place burning the seeds is pleasing to the Jinn or angels and protects a person from evil. Muhammad wrote that "God has appointed Angels over the plant" in the Quran and outside the Qur'an in Hadith, Muhammad wrote:

“Whoever for 40 days, eats 1 mesghal(4.64 grams) harmala mixed in water in every morning, the light of wisdom will turn on in his\her heart and he\she will be immune from 72 diseases that the least of them is leprosy.” [\[20\]](#)

In my opinion, 4.6 grams is a large dose that is generally best consumed in 2 doses that are 4 to 8 hours apart.

#### [Metabolism Basics]

Plants contain alkaloids. Some alkaloids are neurotransmitters - only if they plug into built in receptacles in the human body's electrical system of neurons at receptor sites. Some other alkaloids which are not neurotransmitters are enzyme inhibitors - only if they bind to enzymes in the human body. The primary alkaloids in Syrian Rue are beta-carbolines that bind with enzymes which are naturally existing being synthesized within the human body according to codes in DNA. While those naturally occurring endogenous enzymes are bound, neurotransmitters provided from other sources are more effective accounting for the synergy between Syrian Rue and other plants.

When the body's MAO and AChE enzymes are temporarily bound to an alkaloid from Syrian Rue then those enzymes are inhibited from metabolizing neurotransmitters. MAO otherwise unplugs serotonin, DMT, and other neurotransmitters provided by plants away from 5HT receptor sites by binding to them and beginning elimination from the body. AChE otherwise metabolizes acetylcholine away from AChR receptor sites. This allows the neurotransmitters to transmit and receive longer. Neurotransmitters such as serotonin, DMT, and acetylcholine are synthesized and created within the human body.

#### [Nural Health and Cognitive Clarity ]

The cognitive enhancement effect of Syrian Rue reduces plaque in the brain and neurofibrillary tangles as it promotes neurogenesis. As a dietary supplement Syrian Rue promotes good brain health. It is likely preventative for dementia and Alzheimer's. Raising acetylcholine does enhance remembering. The evidence suggests that Syrian Rue is preventative for neurodegenerative disease. How does one go about announcing the discovery of an Alzheimer's preventative supplement to the medical and pharmaceutical industry while mainstream retailers, the FDA, and the USDA demote what ought to be

promoted?

[https://www.researchgate.net/publication/322568538\\_Neurodegenerative\\_diseases\\_in\\_2018](https://www.researchgate.net/publication/322568538_Neurodegenerative_diseases_in_2018)

#### [Remembering Happiness]

Serotonin is the neurotransmitter required for happiness. Increasing serotonin levels is the object of pharmaceutical antidepressants. Natural solutions for raising serotonin levels have also been established.<sup>[44]</sup> Syrian rue helps you retain happiness and remember by delaying the elimination of the required neurotransmitters. Syrian rue, used solely for the purpose of an antidepressant has been the study focus of many research teams, and found to be effective.<sup>[38]</sup>, <sup>[45]</sup>

The synthetic antidepressant Prozac, when mixed with Ayahuasca or Syrian Rue is deadly. Prozac is the result of politics in medicine because the FDA banned the natural amino acid, L-Tryptophan, which was the rival to Prozac initially. It was banned from 1989 - 2005 by intentionally misrepresenting the truth, <https://lightparty.com/Health/FDABan.html>

#### [Metabolizing toxins]

The MAO enzyme at first sight seems to be a nuisance by unseating precious neurotransmitters from receptor sites however that's not all that MAO does. It also metabolizes certain toxins that must be eliminated. The toxin tyramine is also metabolized by the MAO enzyme. Doctors prescribe tyramine free diets for people with common headaches. Tyramine is in many foods which is most of the underlying cause for the dietary rules which accompany ayahuasca or syrian rue.

#### [Antidepressants]

The global antidepressants market size was USD 11.67 billion in 2019. The market is growing at a staggering 30% now. Recent data reveals that there is a dramatic social increase in long-term prescriptions of antidepressants <sup>[64]</sup>, <sup>[65]</sup> with 2023 data reporting

31% increase in fills for Zoloft

20% increase in fills for Prozac

70% increase in fills for Lexapro

21% increase in fills for Trazodone

MAOIs are medicine that inhibit MAO. Irreversible MAOIs are synthetic and not plant alkaloids. They are unnatural and far more powerful in strength than the reversible and natural MAOI. They covalently bond to MAO which permanently destroy it. Although once popular in medicine, today synthetic MAOIs are only used as a last resort for prescription antidepressants. When they were first discovered in the 1950's clinicians noted that they caused "inappropriate laughter". Over the years there were many

deaths and near deaths as the full purpose and understanding of the MAO enzyme was only being first discovered. Variations of reuptake inhibitors became preferred antidepressant prescriptions for safety reasons and the MAOI earned a reputation as dangerous.

Now in 2023 the vastness of dietary and medicinal interactions documented in medical journals is mostly in reference to synthetic irreversible MAOIs and either does not apply to Syrian Rue or it does apply in far less degree. Syrian rue is a reversible MAOI which means that the beta carboline alkaloids have temporarily bonded, not covalently bonded to the MAO enzyme to disable it so the enzyme is always released after some time. Reversible MAOIs are safe. Neurogenesis is now a possible approach to antidepressant medication[62], [63] as more ideal solution than the currently popular reuptake inhibitors.

[Syrian Rue makes diet matter]

Syrian Rue by itself is rarely credited for any great personal breakthroughs. In one exception, daily use of only Syrian rue after some months of reprise from other unhealthy habits had one person claiming something of a personal transformation giving credit to Syrian Rue alone. Regarding your diet, rue will right you. Foods with yeast extract preservatives or MSG cause nausea or digest poorly when mixed with Syrian Rue, so does beer and wine. <http://SyrianRue.org/Diet> explains more dietary interaction details. At popular information sources I see published that Syrian causes hallucinations which is very misleading. At 2 to 5g, with no other special entheogenic plants combined, Syrian Rue will not cause any visions. More than that amount is intolerable to most people nauseating even those with the best diets. 2g is sufficient to activate Ayahuasca, more than that often introduces unnecessary nausea. 5g is often best enjoyed in 2 servings with 6 hours in between.

Somewhere dose crosses the line to overdose. People who want the health benefits don't want to "hallucinate". Syrian Rue does not cause hallucinations and popular information sources should be corrected by new FDA management dedicated to the truth.

Diet and exercise are key to health and happiness - the ancient axiom remains. Rue encourages healthy diet. It helps you retain your serotonin or happiness which is the ultimate molecule that we all pursue in one way or another.

[Combining neurotransmitters]

Syrian rue is exceptional amid entheogenic plants because it interacts with nearly all of the other plants causing them to produce a greater effect than using either plant individually. Since the MAO enzyme became bound to alkaloids in the rue, the neurotransmitters remain in effect longer from most other entheogenic plants. Great epiphanies, self realizations, and transformations are commonly reported

from the use of DMT, mushrooms, or peyote individually. Even more so when those plants/neurotransmitters are used in conjunction with Syrian Rue.

#### [Mushrooms]

Psilocin, which is 4-HO-DMT, from cubensis mushrooms is also metabolized by MAO. The combination of mushrooms and Syrian Rue is commonly called psilohausca. Mushrooms are being used to treat depression and anxiety with abundant accumulating evidence of therapeutic efficacy.[\[66\]](#), [\[67\]](#) Syrian rue not only prolongs the mushrooms effect, acting as an MAOI antidepressant preserving serotonin can cause increased and even uncontrollable laughter all the way to an unimaginable degree, Holy Laughter for need of a term.

#### [Yopo]

Consider the alkaloids which are neurotransmitters in Yopo snuff. The primary alkaloid in Anadenanthera Peregrina is bufotenine (5-OH-DMT), and also contains trace amounts (DMT) and (5-MeO-DMT)[\[54\]](#). These neurotransmitter alkaloids are all metabolized by MAO. The Piaroa natives of southern Venezuela use both A. peregrina and Banisteriopsis Caapi in their snuff preparations and also chewed the Caapi vine beforehand [\[55\]](#) They use the white ash from trees to activate their snuff at a ratio of 1:1.

Yopo is extended in duration by Syrian Rue. Syrian Rue adds a calm and grounding effect that enhances and stabilizes as well as lengthens the effect of these neurotransmitters. Syrian rue makes for a longer and smoother experience able to retain waves of serotonin as happy thoughts on the journey that can be otherwise forgotten and lost along the way. Yopo without an MAOI pales in comparison to the experience with the MAOI.

A shaman who learned from his grandfather in Puerto Rico prepared Yopo for me from a local tree using the white ash remains of a burnt conch sea shell used to activate the snuff(as opposed to using painful calcium hydroxide to activate it with 2 or 3 parts seed to 1 part calcium hydroxide rigorously mixed together) and served it after service of Ayahuasca. The traditional combination of Yopo within an ayahuasca ceremony causes the snuff to become more effective because the MAOI is in action. The combo is ancient practice using Caapi in some regions.

Syrian rue is a little simpler to work with than Caapi because you can eat 2-3g of seeds compared to boiling down 50g of vine. Caapi can be smoked by drying the water concentrate onto smoking material however smoking Syrian rue is easier. Smoke is immediately effective in 2 large breaths of Syrian rue seed skins. It is calming and relaxing. For the very best effect, eat the Syrian rue then wait 40 minutes then smoke the Syrian rue before applying the neurotransmitters.

#### [Complex Aya Brews]



Many "shamans" will debate if Peyote belongs in the brew, with mushrooms, chaliponga and chacruna at the same time however they are all equals from a certain metabolic perspective. Mixing all natural MAOIs is also good practice. Generally either Caapi or Syrian Rue but not both unless they are both portioned to ½ because Caapi and Rue are very similar. Proportions of each element in the brew will prove to be key. The science can steer us towards logical combinations and illogical combinations. Kambo for example is seemingly illogical to mix with Rue. Rue has a curious interaction with noribogaine which is the metabolite of ibogaine which is the alkaloid of the iboga root bark. Noribogaine stays bound to neural receptors for days or weeks after using iboga causing the Syrian rue to be comfortably more effective. The effect of the Syrian rue is amplified as if a larger amount of rue had been used allowing the experience of a large dose of rue to be nausea free using a small amount. Mixing Syrian rue directly with iboga or ibogaine, before the noribogaine metabolite is in action is seemingly illogical and likely dangerous, especially with a large dose of Iboga and rue. Using Syrian Rue or an ayahuasca mixture a few days following the use of iboga is logical. In this case, timing is key. Another consideration about iboga, although some noribogaine makes Syrian Rue better, too much could be a problem. Frequent iboga use causes a buildup of noribogaine which is known to have caused checkins at mental hospitals, unlike frequent use of Syrian Rue or Ayahuasca.

#### [Peyote and San Pedro and Peruvian Torch]

Alexander Shulgin documented that the MAO enzyme inhibition using Syrian Rue lowers the threshold dose of mescaline to be half that of normal. The MAO inhibition operates on phenethylamines equally as with the tryptamines like DMT and serotonin. All being neurotransmitters that Syrian Rue preserves in the body and protects from an otherwise more rapid metabolism and elimination from the body.

#### [DMT or Toad venom]

Eating Syrian rue 40 minutes before smoking Syrian Rue then experiencing vaporized DMT makes the experience "better" and "more navigable" according to many with "an afterglow". My analogy is that using syrian rue in that way is "putting on a parachute before getting into the cannon". The effect of Syrian Rue can be described many ways. The term "amplifier" is misleading. Many people are not wanting to "amplify" their experience and the term causes some to shy away from combining Syrian Rue when it would have given them more navigation ability and a better experience assimilation, integration and recall.

#### [Combining MAOIs]

Syrian Rue mixes with other MAOIs like passion flower. Also turmeric which only becomes effective with crushed black pepper to improve the absorbance of the curcumin in the turmeric. The combination of

turmeric and pepper is called Golden Milk and originates in Ayurveda. These MAOIs have a different bonding affinity to the MAO enzyme and mix well. They have a noticeable effect when combined to mushrooms and can operate independent or enhance the stronger Syrian Rue. This can be a series of teas which can be wise because of the needed hydration, or they can be reduced to concentrates. Only the addition of Caapi requires reducing the amount of Syrian Rue - being that they are mostly the same alkaloids.

#### [Dose]

Those who try Syrian Rue specifically to mix it with mushrooms or DMT are in unanimous agreement as to the significant enhancement that they discover in the effect of the "-ahauasca" combinations. Few people embrace Syrian Rue as a part of daily diet when given the opportunity. Those who do, only do it for periods of time from what I have seen with typical usage patterns of Syrian Rue from 2 to 5 grams of seed per day. Science may one day determine the ideal dose and frequency of harmala alkaloids as it has with many other nutrients. If such a researched and authoritative answer as to the ideal dose exists, I am unaware of it. 2 grams of rue seed will make a noticeable difference to mushrooms without nausea for most people.

#### [Important]

Friends encourage friends to drink extra water when consuming Syrian Rue when combined with plant sourced neurotransmitters. You should be on a diet without yeast from anything fermented, or yeast extracts found in processed foods as preservatives. Eat tyramine free food to enjoy Syrian Rue properly. Tyramine is created when the beneficial amino acid tyrosine begins to decay, bruised or overripe or improperly preserved fruit will not digest. Only some aged meats and cheese are a problematic combination with Syrian Rue. Most broth bouillon cubes and meat flavorings cause nauaea or vomiting, however fresh chicken and beef are safe to eat. Syrian rue also has a deadly reaction with the antidepressant Prozac. Very large doses of Syrian rue will abort a human fetus and a normal doses produces a normal healthy baby. While the level of neurotransmitters can continue to increase, the levels of Syrian Rue have limits. For example, you can triple the amount mushrooms without tripling the amount of Syrian Rue.

#### [Microdose]

Before using Syrian Rue all medications that you are using must be researched. If you discover a known negative interaction between your medicine and an MAOI use extreme caution with Syrian Rue or quit taking your prescription medicine. A micro dose of Syrian Rue can provide a safe test. One or two breaths of smoke will safely reveal if eating Syrian Rue is guaranteed to be a bad idea. It reveals high levels of yeast extract or fermentation in your diet. Smoke rarely can cause nausea and only for a short time. Eating it would be worse in that case. Syrian Rue is a Reversible MAOI so it has fewer and less extreme reactions with medicine or food containing tyramine than a synthetic irreversible MAOI. My

worst ever experience was from a multivitamin that contained fermented soy as an ingredient, several hours of extreme nausea and vomiting interrupted neurotransmission that night to bring you the news of how bad the mix was. Some aged and smoked meats will be nauseating depending on the food processing methods. Fresh is always the safest bet.

#### [Smoke]

Smoking Syrian Rue has a mild and comfortable effect that differs from the effect of eating it. All the alkaloids of interest exist on the brown skin on the seed. They melt and vaporize in heat. The seeds are prone to absorbing moisture as humidity, they should be fully dry with very low oven heat if necessary before smoking. Seed can be smoked in a pipe. After one large breath, the charred and half burnt top layer of seeds should be scraped off and discarded rather than burning them further and reducing them to white ash. The quality of the smoke is greatly enhanced by discarding partly burned seed.

#### [Exploring Spiritual Realms]

Modern science has a detailed explanation of the body, less so of the mind, and no explanation of the spirit. The spirit is as undeniable as the body. Using these natural plants, encounters and conversation with (beings, spirits, entities, gods, or dieties) is commonly reported. Connections to sources of inspiration or understanding can be found in the spirit communicated as visions and concepts by spiritual influences, more profoundly so while the medicine is in effect at deeper levels.

#### [Exploring The Self]

I have witnessed deep personal transformations in many people from the effects of Syrian Rue combined with other plants. New awareness can be momentary or lasting. A new perspective of the self can sometimes be seen and the forces within that control self can be confronted. Your own patterns of habit in actions, speech, reactions or thought can sometimes be observed from new perspective as well as recognizing your connection to living trees and plants and living things. DMT exists in all living things. DMT is a special molecule in that regard, like H<sub>2</sub>O, water is a molecule in all living things. A recalibration of self by remembrance of relation to life is common.

#### [Service Procedures]

Syrian Rue has been included in many ceremonies throughout history involving various other special plants considered to be sacraments by people who hold them with exceptional regard. Some people will use Syrian Rue without any other plants then go about their day as normal seeking the subtle effects or as medicine to their ailment however when Syrian Rue is combined with neurotransmitters preparation should be done.

An entheogenic experience combining Syrian Rue with plant based neurotransmitters of various sources can be had alone or with a small group of people that have agreed to be together. Ideally a quiet place in nature or to music in an environment clean, orderly, and prepared.

#### [Sound and Smell]

With some plant medicine mixes sounds become more connected to waves of thoughts, visions, and patterns as if the very sound waves can be seen revealing a beautiful voice or an ugly tone. One person enjoyed quietly humming to himself in an adjoining space. The sound and vibrations made from within differs from the hearing of vibrations.

Essential oils and incense are important. The making of oils was the work of priests in biblical times, a practice carried from ancient Egypt. The Bible and Talmud have a specific blend of incense prescribed which curiously is the temple standard in India. The religions agree on that. Incense was combined with entheogens in ancient traditions.[\[19\]](#)

Incense can be merely enjoyed, or can actually help as sounds and smells can make deep subconscious connections to thought or emotions. Multiple essential oils have been proven to affect the central nervous system, effecting blood pressure and neurotransmitter levels.[\[13\]](#), [\[14\]](#) The depths and magnitudes of the experience depend largely on the selection of neurotransmitters which can be mixed with Syrian Rue, not the incense. Incense does matter for a mysterious reason. For a special journey make special preparation.

#### [Group experience]

The overlapping of energy of a group exists. Every medicine mix and group is different so what is a good idea in one place is not in another. If the music is troubling 1 person then for that person have the group experience the journey in silence. There are times that conversation between others is fine however there must be a quiet place of escape for meditation.

When serving Ayahuasca brews where Syrian Rue provides an equal replacement to Caapi, it is best to give everyone a space they can retreat to, commonly it is a yoga mat positioned in a circle relative to the others. Some facilitators require everyone to remain or mostly remain in their space. Other facilitators allow more interaction, especially on the longer journeys and with smaller circles however everyone should still be able to retreat to solitude and remain present either near to or adjoining the group.

Aya is served many ways: as a single dose, or as multiple doses of teas or edibles. The duration can be as short as 1.5hrs from a single dose or it can be much longer. Both ways are valid. After the journey has passed the peak of the experience and everyone is feeling stable amid the fractal symmetry and

kaleidoscope geometry very much still in effect, the facilitator might consider allowing each participant to hold their own DMT vape pen. That practice has been very well received in the situations I was able to witness it. Likened to serving Yopo on the tail end of Aya to reap the benefit of the MAOI still in action. The effect blends smoothly.

Outside of an aya experience, smoking Syrian Rue prior to smoking DMT makes a very noticeable difference. The best is to eat the rue, wait 40 minutes, then smoke the rue followed by the DMT. The effect is more like Ayahuasca. Vapor DMT served from a coil vape pen designed for wax is stronger than from an oil vape pen where it is diluted. Each type has a place. With a strong dose, require that no spectators break silence to the person having the experience and encourage the experiencer also to refrain from speaking although that is rarely necessary - this is an example of a concept called "holding space" and providing a proper setting. Conversation about the mundane is out of place and distracts from a more important awareness that could become the focus. Mixing DMT with alcohol can cause problems. One person went in front of a beautiful goddess who said, "I'm not talking to you when you've been drinking", then left him in a dark place.

The wisdom in opening a journey circle with stated intentions or prayer is because that separates the journey time as a special time through deeper consciousness as a time apart from the ordinary. This is because 3 people can eat the same thing and only 1 finds a lasting growth from it. Expectations effect outcomes. Go around the circle prior to the ceremony with stated personal intentions then go around again afterwards to attempt to communicate any profound experience which is often beyond words or must be processed more before spoken about so nobody is required to speak afterwards. The experience sharing at closing is insightful to everyone to see how much the same or how much different it was for others. In sharing at the end, we all learn.

#### [Exploring consciousness]

I have seen only a few journeys that become extremely difficult amid countless that experience beautiful hallelujah-sensations after consuming psyche-delicacies. There is a frequent commonality in reporting a sense of connectivity to trees and plants and also in conversing between themselves and other life without audible spoken words. A nature setting is ideal. Almost everyone sees sacred geometry, a beautiful fractal patterning which changes from medicine to medicine and with dose. Entire sessions can be done with eyes closed or open and sources of intelligence or inspiration can communicate either way.

Do not allow a person to be pushed into experiencing these medicines if they have fear. In one difficult case spouse pressured their partner and in another it was friends in the group who finally convinced someone who had been reluctant for some time. Don't push people beyond an open invitation. Expectations effect outcomes. When fear is a prevailing thought it manifests an experience that can disrupt not only the individual but the group.

Extremely difficult experiences are rare. One person broke free from a recurring dream of many years with much difficulty and another relived an unnecessary killing during time of war in exquisite detail meeting family of the deceased. Depths of consciousness unimaginable can be realized and eternity can exist in a moment. One man on a far less difficult journey heard the voices of family he was estranged from and counseling about how to interpret the voices relaxed him. Another facilitator had offered him milk said to counteract the experience in an attempt to give him a placebo which offered him no comfort. It is wise to have both a male and a female facilitator and multiple people committed to help because an issue may arise requiring one or the other. In most groups, nobody has a difficult journey. Difficult experiences have purpose. Experienced facilitators only exist because they were at one time inexperienced facilitators. Anyone with a genuine concern for others has the essential characteristic required to be a facilitator.

[Thinking from new perspective]

Terrance McKenna claimed that there is a link between human technological advancement and entheogens.

Enormous human advancements are being credited to the visionary states associated to altered consciousness. Nobel prize winner Francis Crick attributed the use of psychedelics as a cognitive tool for envisioning the double helix DNA structure. Kary Mullis winning the 1993 Nobel Prize in Chemistry with the polymerase chain reaction technique "used plenty of LSD." Steve Jobs once stated that experimenting with LSD in the 1960s was "one of the two or three most important things he had done in his life." Bill Gates admittedly used LSD in his youth. John Cunningham Lilly called the most important figure in the field of electronic brain stimulation extensively experimented with LSD and ketamine. Michaelangelo and Leonardo da Vinci used Syrian Rue. I propose that many skills of pattern recognition either in mathematics, happenings, or physics are aided by mental precepts adopted or abandoned in the past from a consciousness altering experience.

[Creativity]

Numerous studies have made a positive link between entheogens to creativity in problem solving, art, music, and the sciences.[\[21\]](#), [\[22\]](#), [\[23\]](#). A dose of new ideas can be self improving or a great experience of exploration. The artist Alex Grey paints from out of body experience. Here is some digital art that I put together and poetry I wrote inspired by plant medicine. In the artwork notice neurons interconnecting brains as the shaman exhales a cloud of smoke into a portal of time and space amid scrolls of knowledge in an ancient Egyptian scene of modern science. The handwritten poetry, about the plant medicine brew and justice in general was written by myself while using these medicines.

<http://SyrianRue.org/Poetry>   <http://SyrianRue.org/Art>

Altered consciousness harnessed to intentionally vision or hear a specific solution is practiced by some however we are all largely at the mercy of experiencing whatever it may be. Letting go and surrendering to the great unknown and gripping only to grace and love channels in a teacher whom you will want to receive from - whatever it is that is on the lesson plan. Entheogenic plant brews, can offer you to see or force you to see from different perspectives - or offer you nothing.

#### [Blockage]

These plant medicine combinations are unusual in the fact that the same sized dose on two different occasions can produce two entirely different experiences due to your physical state if being. If your immune system is fighting off a common cold or if the belly or bowel is overly full this can hinder the experience. Additionally, a dietary reaction with the Syrian Rue can significantly hinder the neurotransmitters.

#### [Additional Observations]

Syrian Rue Seed glows extremely bright under the blacklight, however only when mixed with water. Caapi also glows. Yellow caapi glows brighter than Red Caapi, and Red glows more than Black Caapi. Urine also glows, very bright, with a strong dose of Syrian Rue. The pure alkaloids glow, however most brightly when wet.

#### [Interaction with world systems]

This plant crosses the line from medicinal into the realm of spiritual, religious, and ritualistic. The fact that Muhammad made such a curious statement about it causes it to enter an unusual religious category. Syrian Rue is further catapulted into this unusual category because it can be used as Ayahuasca. Ayahuasca has legal committees setup such as the Ayahuasca Defense Fund as part of the ICEERS group that use "Freedom of Religion" arguments as defense with an array of cultural historic facts.

Over the years I obtained Syrian rue from various sources. Syrian Rue is not a controlled substance in the United States. The USDA has it classified as a noxious weed in the few dry US States where it could grow and has no regulations in other states. It cannot be obtained from Amazon online. It freely passed through US Customs from foreign countries when properly declared until a few years ago, now only domestic originating packages are delivered. I had shipments of Syrian Rue seized by the USDA in Customs although it was legal to receive. USDA has policy above and beyond actual law. In 2023, when Syrian Rue is mailed from a source within the US to destinations within the US packages arrive unmolested by US mail authorities who are not associated with the US Customs and the USDA offices possibly acting under pressure from the pharmaceutical industry aware that Syrian Rue exposes deadly business concoctions such as Prozac and possibly other medications. Many years ago the FDA made a

statement that it is their policy to promote the research of synthetic medicines. Some synthetic medicine has served mankind well and some has served business well.

#### [Conclusion]

Syrian Rue is a controlled substance in Australia and Canada. Contrast to all of Europe, the Middle East, and Asia where the plant is sold freely with no regulations whatsoever in those in those functioning free societies. Most major retailers do not sell it in the United States and the FDA does not promote it despite the overwhelming evidence of neural health benefits. Evidence suggests that it is preventative for Alzheimer's and cancer and treats clinical depression. Worldviews are subject to change[60], Thomas Jefferson ate tomatoes in public during an era where they were believed to be poisonous due to their relation to the Nightshade family causing public consternation, anxiety and dismay on the path to a new world view.

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