

# **Dark Room Enlightenment**

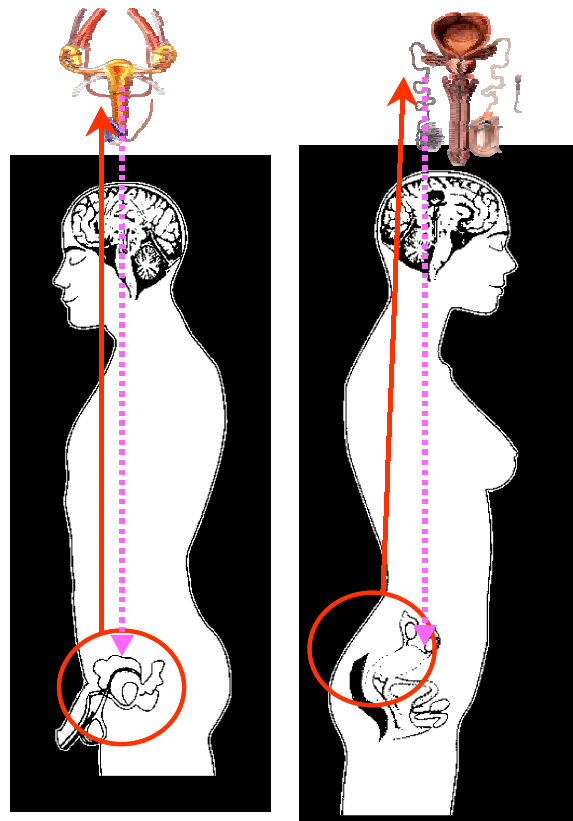
**Lesser, Greater, and Greatest Kan & Li**

**Universal Tao Center, Thailand**

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*Fig. 6. Pineal gland connects with the sexual center in the meditation of self-intercourse.*

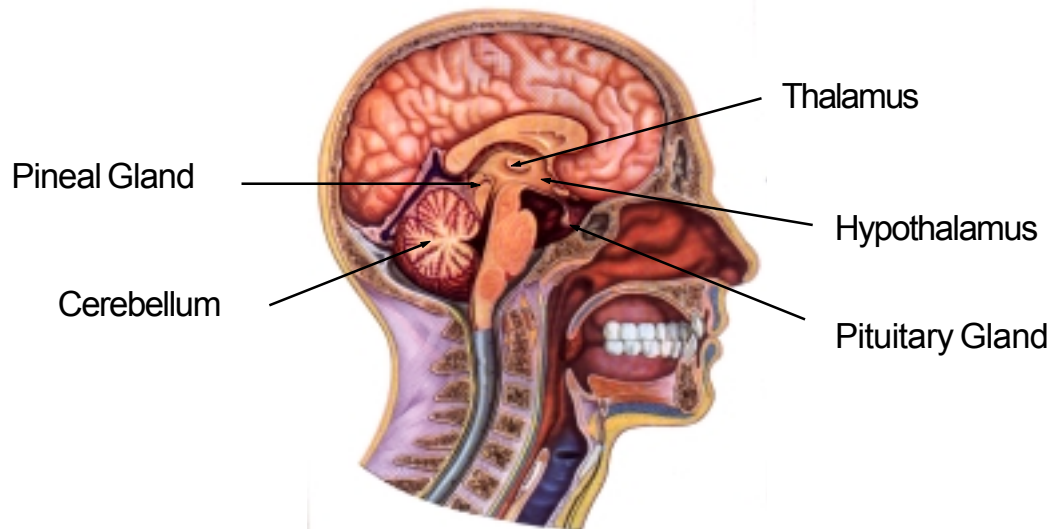
## Consciousness and the Neuro-endocrine System

The dark room environment dramatically alters the chemistry of the brain, manifesting especially in neuro-endocrine systems, which govern consciousness and regulate body functions. An important neurotransmitter involved in waking consciousness (serotonin) converts into a regulatory hormone (melatonin) that shuts down the organ systems, quieting the body in preparation for the finer and subtler realities of higher consciousness. The pineal gland initiates a cascade of inhibitory reactions, permitting visions and dream-states to emerge in our conscious awareness. Eventually, the brain synthesizes the “spirit molecules” 5-methoxy-dimethyltryptamine (5-MeO-DMT) and dimethyltryptamine (DMT), facilitating the transcendental experiences of universal love and compassion.

### Autonomic Functions

The body responds automatically and unconsciously to maintain the integrity and vital functions of the organism. The hypothalamus, located deep within the brain, is the major regulatory gland controlling homeostasis, or body maintenance. Factors such as blood pressure, body temperature, fluid and electrolyte balance, and body weight are maintained in dynamic equilibrium, shifting with the needs of the body. To achieve this task, the hypothalamus receives inputs about the state of the body, and initiates compensatory changes if anything drifts out of whack.

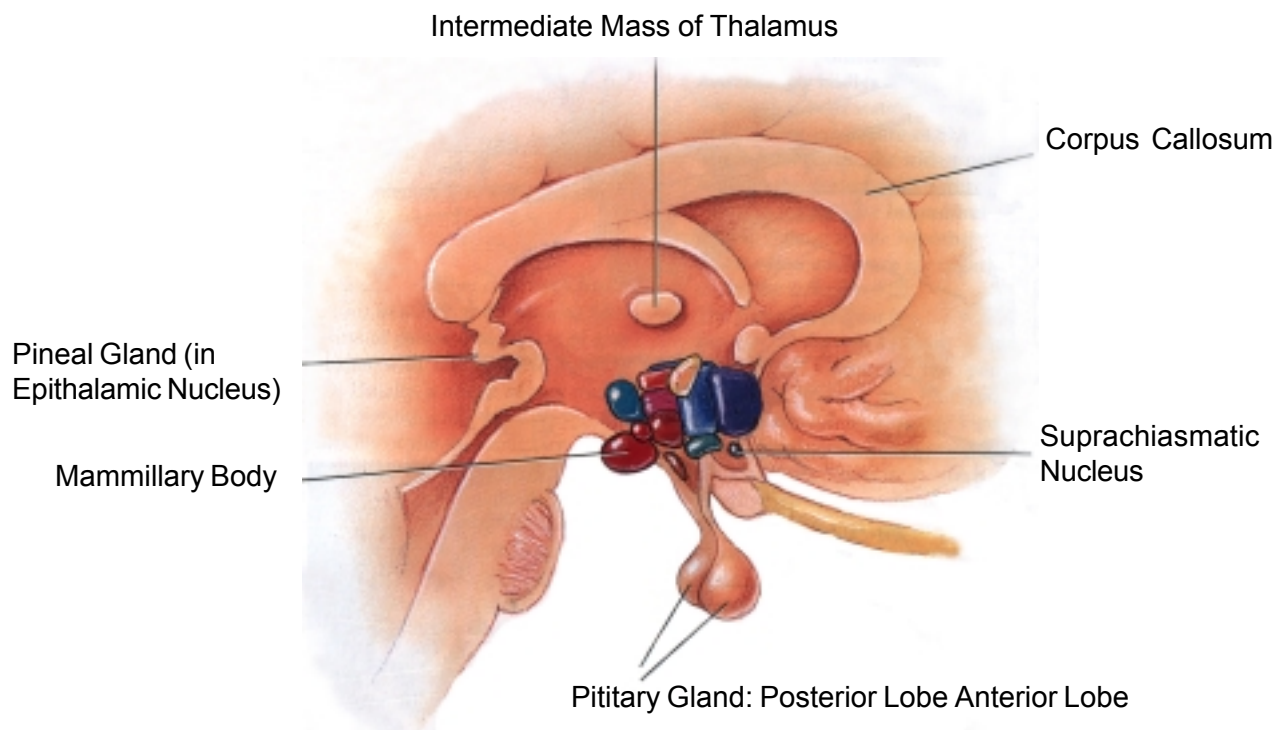
The hypothalamus directs body functions through two main pathways. First, the hypothalamus connects to the brainstem, located at the top of the spinal cord, providing a link to the Autonomic Nervous System, the ANS. The ANS has two parts; the sympathetic nervous system activates the “fight or flight” response; the parasympathetic nervous system activates “rest and digest” activities of the body. The brainstem, through the ANS, controls the essential functions of pulse, respiration, body temperature, water balance, swallowing, coughing, as well as our stereotyped reactions and movements.



**Fig. 7. Brain Organs**

A second pathway is from the hypothalamus to the pituitary gland, the master endocrine gland in the brain. The pituitary gland secretes hormones, which activate major organ systems in the body, for example the adrenal and sexual centers.

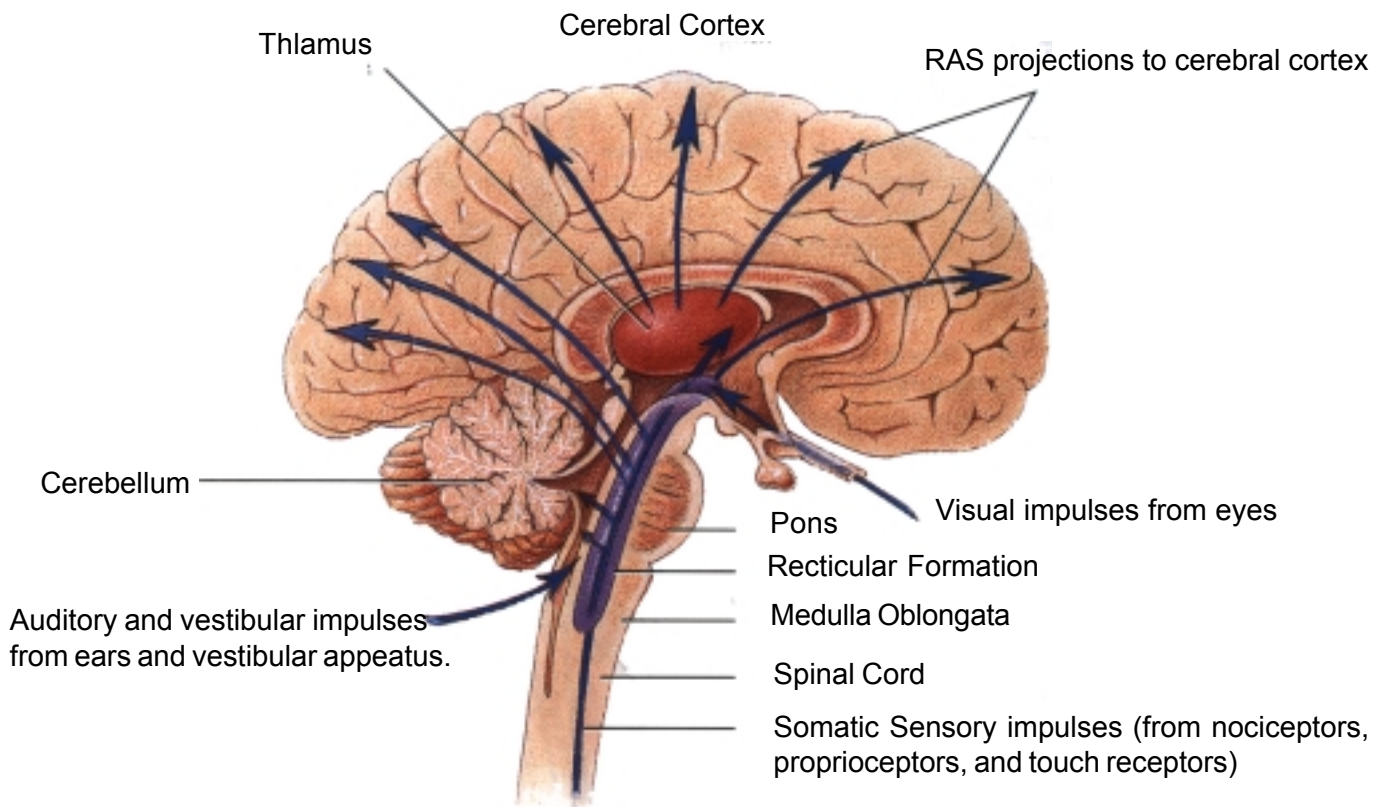
The hypothalamus is of particular importance in the Dark Room because of its affect on circadian (day-night) rhythms in the body. The suprachiasmatic nucleus of the hypothalamus is one of the body's major biological clocks (**Fig. 8**). It not only regulates hormones related to the day/night cycle, but it orchestrates the activities of many other internal clocks. In numerous experiments, it has been shown that when the SCN is not innervated, the human body clocks run free; they set their own time<sup>1</sup>.



**Fig. 8. Detail of the hypothalamic nuclei. Suprachiasmatic nucleus (SCN) regulates circadian (diurnal) rhythms and activates the pineal gland through sympathetic neurons originating in the brainstem (see Fig. 12)<sup>2</sup>**

## Waking Consciousness

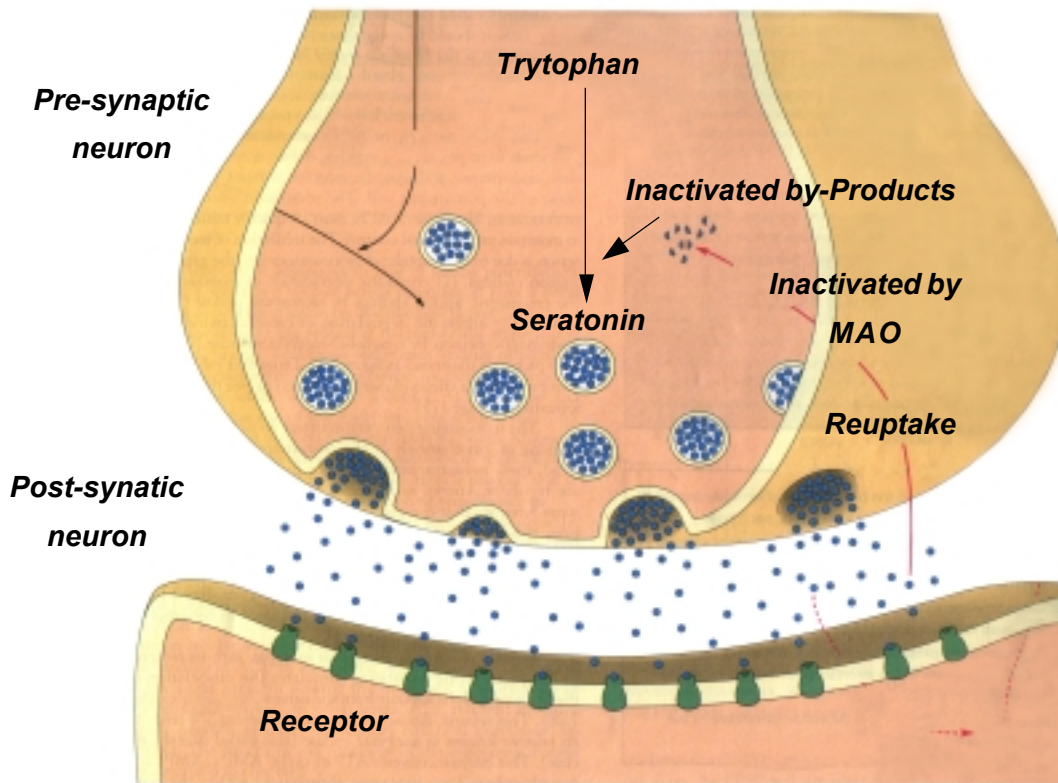
An “alarm system” is built into the brainstem, to wake us up and bring us to waking consciousness, called the reticular activating system (RAS) (**Fig. 9**). Sight and hearing are two major pathways of incoming sensory information, providing cues which maintain our state of alertful wakefulness. The optic and auditory nerves stimulate brainstem centers, which, in turn, activate higher cortical centers in the brain through the RAS.



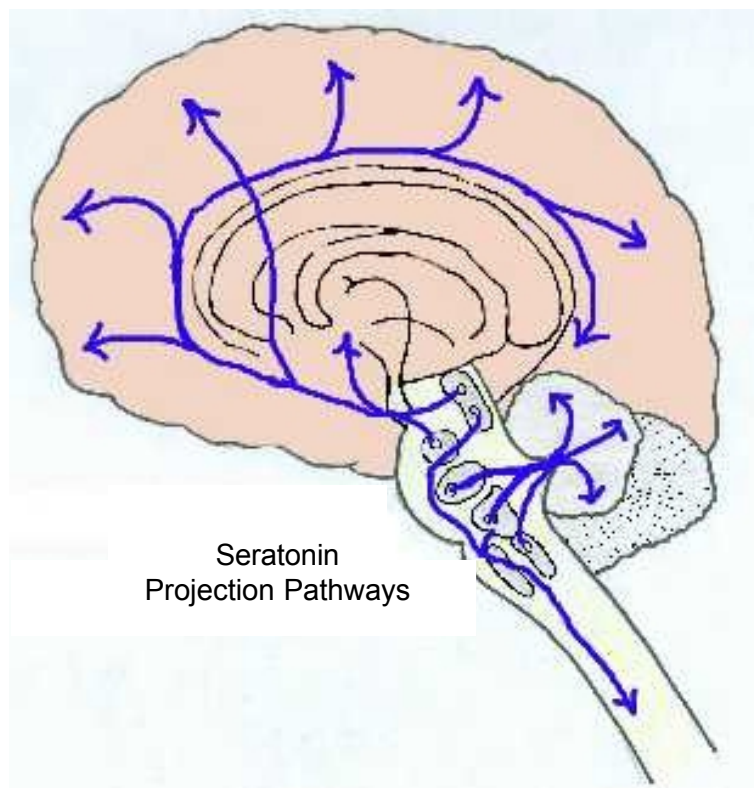
**Fig. 9.** Reticular Activating System (RAS): Fibers that project from the reticular formation through the thalamus to the cerebral cortex are responsible for maintaining consciousness, muscle tone, and awakening from sleep, with stimuli from the ears, eyes, and skin, but not the olfactory system, which explains why people die in house fires<sup>3</sup>.

Many of the functions of waking consciousness are maintained by the neurotransmitter serotonin. Serotonin is a chemical messenger, traversing the synapse, or the gap, between two nerve cells (**Fig. 10**). Some of the important nerve pathways assisted by serotonin begin in a region of the brainstem called the raphe nuclei and extend upwards into the cerebrum (**Fig. 11**). Serotonin plays an important role in maintaining cortical arousal, concentration, and suppressing distracting stimuli, as well as a role in sleep.

Serotonin is implicated in a wide variety of psychological phenomena, including depression, anxiety, obesity, and LSD hallucinations. The anti-depressant Prozac, for example, elevates serotonin levels in the synaptic cleft by blocking re-uptake of serotonin into pre-synaptic neurons. (Serotonin levels cannot be raised by ingestion, because the molecule is too polar to pass through the “blood-brain barrier.”) As another example, LSD mimics the shape of the serotonin molecule and redirects nerve impulses down unfamiliar and unstructured neural pathways, giving rise to hallucinatory perceptions and experiences. In short, serotonin is the most important neurotransmitter governing states of waking consciousness.



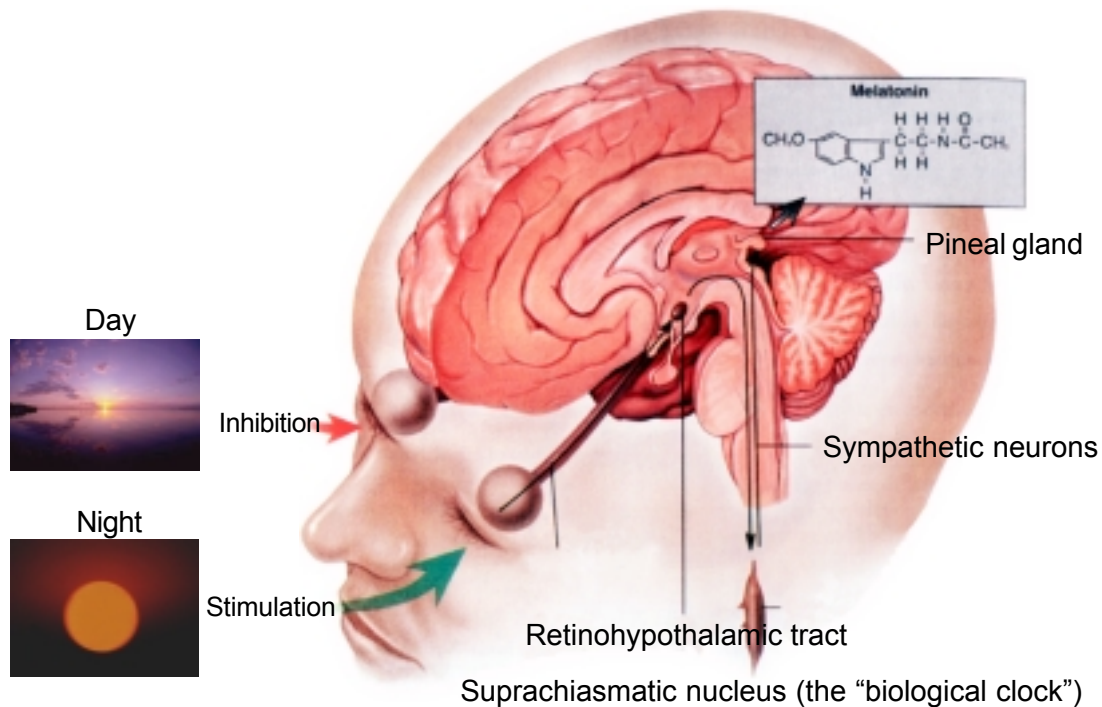
**Fig. 10.** Synapse: Neurotransmitter serotonin bridges the gap between nerve cells. After completing its “mission”, the serotonin is reabsorbed into the nerve cell and decomposed by MAO into inactive by-products<sup>4</sup>.



**Fig. 11.** Serotonin Pathways. Many of the important nerve pathways assisted by the neurotransmitter serotonin begin in the brainstem and extend upwards into the cerebrum<sup>5</sup>.

## Sleep and Dream

Each night, our waking consciousness is subdued by chemical messengers that inhibit the activities of the brain. Melatonin, the “sleep molecule”, is one of these messengers. Melatonin is produced in the pineal gland, in response to the darkness of night, and to the circadian rhythms of light and dark that are programmed into the hypothalamus, an endocrine gland located deep within the brain (**Fig. 12**). Melatonin affects major organ systems, quieting the sympathetic nervous system and allowing daily rejuvenation of mind and body. (also see Appendix: Inner Alchemy, A physical Explanation).



**Fig. 12. Pineal activation:** Secretion of melatonin by the pineal gland is stimulated by sympathetic nerve axons originating in the superior cervical ganglion of the brainstem. Activity of these neurons is regulated by the activity of the suprachiasmatic nucleus of the hypothalamus (SCN), which sets a circadian rhythm. This rhythm is entrained to light/dark cycles by neurons in the retina<sup>6</sup>.

The primary function of sleep is to rest and restore not the body, but the mind. Depriving a person of deep, dreamless sleep (delta stage) results in the seepage of hallucinatory phenomena into the waking state. Sleep deprivation causes severe mental disturbance, attention deficits, visual complaints, hallucinations, and time distortion, and, after a number of days a person may go insane.

In the Dark Room, melatonin gradually accumulates in the brain, and we begin to experience the revelations of sleep in our waking consciousness. Sleep and dream states manifest in our awareness, and aspects of our true nature begin to reveal themselves. Sleep consciousness is a profound state of rejuvenation and reconnection to our divine source. It has been said that

“...the soul temporarily disengages during sleep to ‘visit’ other dimensions and have experiences, which are remembered during the waking consciousness as dreams. Each and every soul leaves the body as it rests in sleep. The idea that some aspect of the self dissociates during sleep and transits between dimensions (e.g., astral travel) is a common theme in the traditions of many cultures. Sleep is viewed as an opportunity for the mental being to review previous experiences and plan future actions accordingly, hence the retrospective and precognitive function of dreams.”

“During sleep, connection of the physical, mental and spiritual bodies is maintained by a ‘silver cord’ ... similar to the ‘thread’ or ‘cord’ of the pineal system. Death involves the severance of this cord whereas sleep may be viewed as merely a temporary ‘stretching’ of it. The ‘projection’ of consciousness out of the body during sleep may be related to the ... “kundalini” experience and psychic awakening.”<sup>7</sup>

Extended dark room retreats alter sleep cycles somewhat. Initially, people usually sleep more since most people are busy and often sleep-deprived. After two to three days, however, the need for sleep is diminished and a more restful state of being becomes a pervasive aspect of every day. We have observed that when people are quiet and less active during the beginning of a retreat, the elements settle into their own nature more quickly, and a state of alert relaxation arises. After a couple of weeks, one may need only a few hours of sleep each night, and that sleep is often in continuous consciousness.

## Descent into Darkness

In the Dark Room, our mind and soul begin to wander freely in the vast realms of psychic and spiritual experience. First, sensory receptors that are controlled by the thalamus gland, with the exception of the olfactory, consciously withdraw (**Fig. 7**). Thus, breathing activity substitutes for the restfulness of visual and auditory function. By keeping the adrenal hormones at their lowest levels the inner peace remains undisturbed. In complete darkness, the visual and auditory abilities become ever more sensitive. The olfactory (smell) and tactile (feeling and touch) organs become the chief senses to supply the little needed energy to the body/mind. Thus the thalamus glands are slowly shut down. The pituitary gland, the master gland for bodily hormones, becomes distilled by the exchange of energy in the body/mind needed for spiritual awakening power.

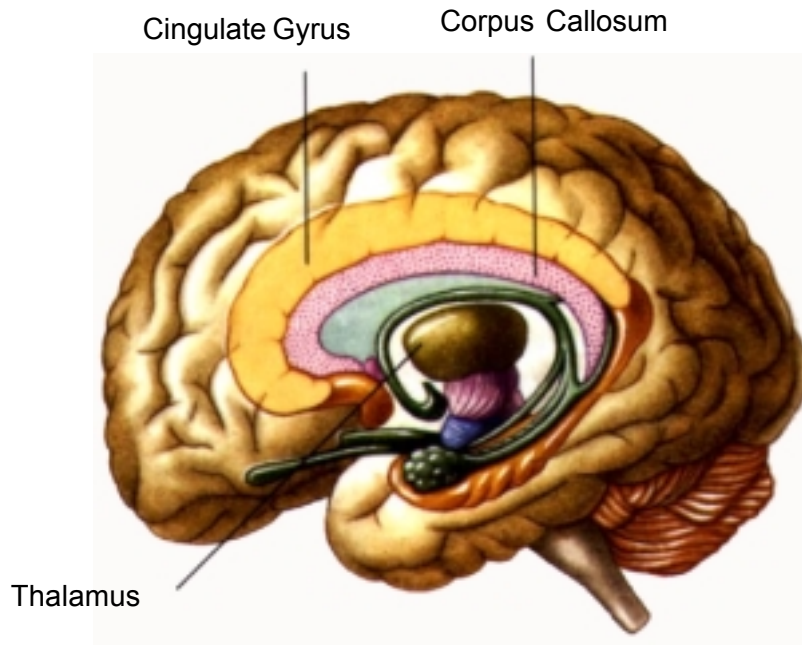
The hypothalamus gland is in perfect balance and alternates peacefully between wakefulness and sleep. The pineal gland, secreting melatonin to control the subtle bodily rhythms, is sensitized to the vibrations of earth and the scanning light, no longer being driven by the instinctive drive from adrenal power and the waking consciousness of the thalamus glands and the reticular activating system. In this state, wakefulness is a dreaming state and dreaming consciousness is awakening consciousness. They become the functions of spiritual stars and planet earth, rather than the rotating power of the Earth, the Sun and the Moon. This state is the final stage of the returning process on earth.

### *Limbic System*

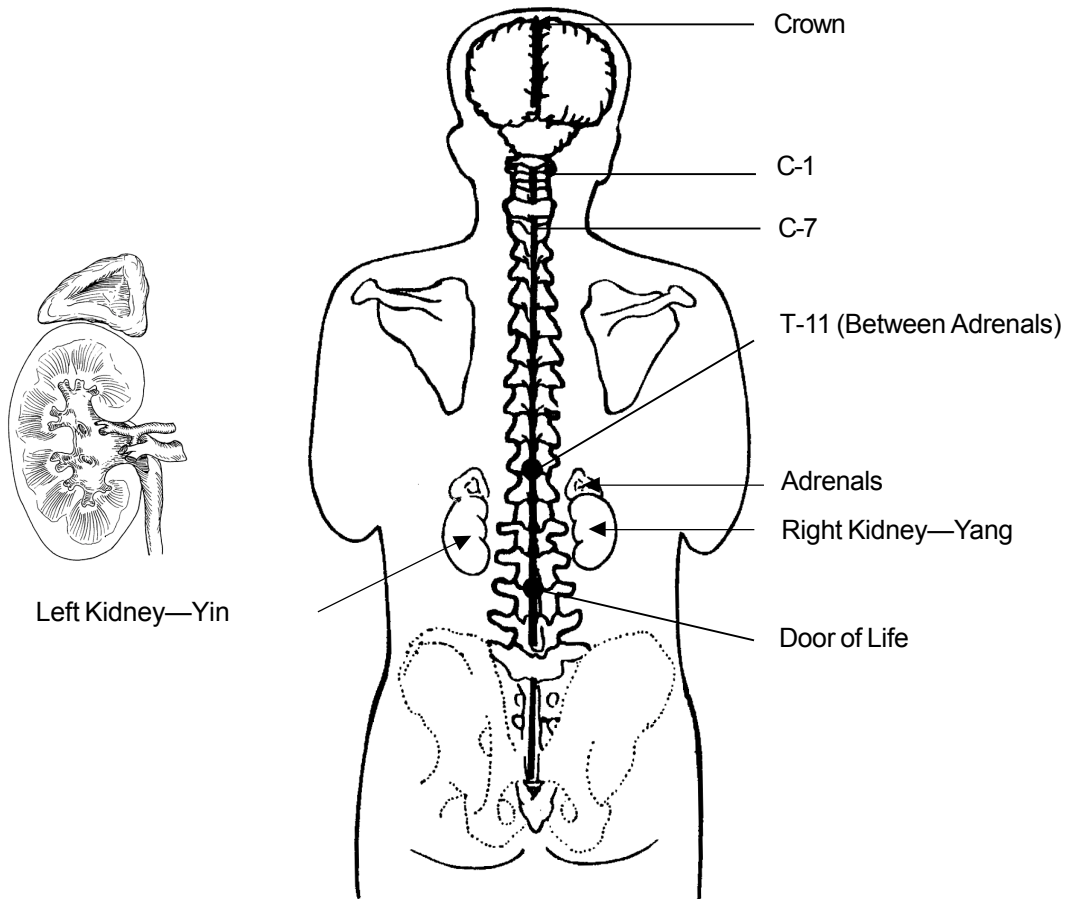
The primary organ for the emotional activities is coordinated through the function of the amygdala, taken from the Greek word for “almond” because of its fanciful resemblance to almonds. In Taoist tradition, this is the crowning center where both the light and visual frames register, such as the image of sun or of a snake (**Fig. 13**). As the sexual power engages with the light above the brain to form sweet dew, the light in the pituitary becomes gray-white. When it radiates, the two amygdala glands are activated, allowing the Chi to circulate within the temporal lobes on either side of the head, above the ears and around the temples. As the light moves forward, the Third Eye, the essential tool for healing diagnosis, is opened.

The temporal lobes govern all auditory, somatic, and motor sensitivities. The breath coming through the nostrils, as well as the light shining upon the amygdala, charges these sensory activities. The adrenal glands, responsible for releasing norepinephrine and epinephrine, become the seat for true inner stillness (**Fig. 14**). In this state, everything is transformed into the harmless and loving present. By drawing the unconscious light from the adrenal glands, themselves charged by the primordial sexual energy, the mind sees the light and the inner ear hears the cosmic vibration within both the body/mind and the Mother Earth. Mysteriously, the cave of the earth, the cave of the brain (Crystal Palace), and the hollowness within the bones echo with each other, making the cosmic vibration visibly meaningful through the conscious eye.

The meditations of the Inner Smile, Six Healing Sounds, and Fusion Practice are important for quieting and transforming the negative emotions.



**Fig. 13. Limbic System:** The limbic system encircles the top of the brain stem and forms a border (the meaning of “limbic”) linking cortical and midbrain areas with lower centers that control automatic, internal body functions.<sup>8</sup>

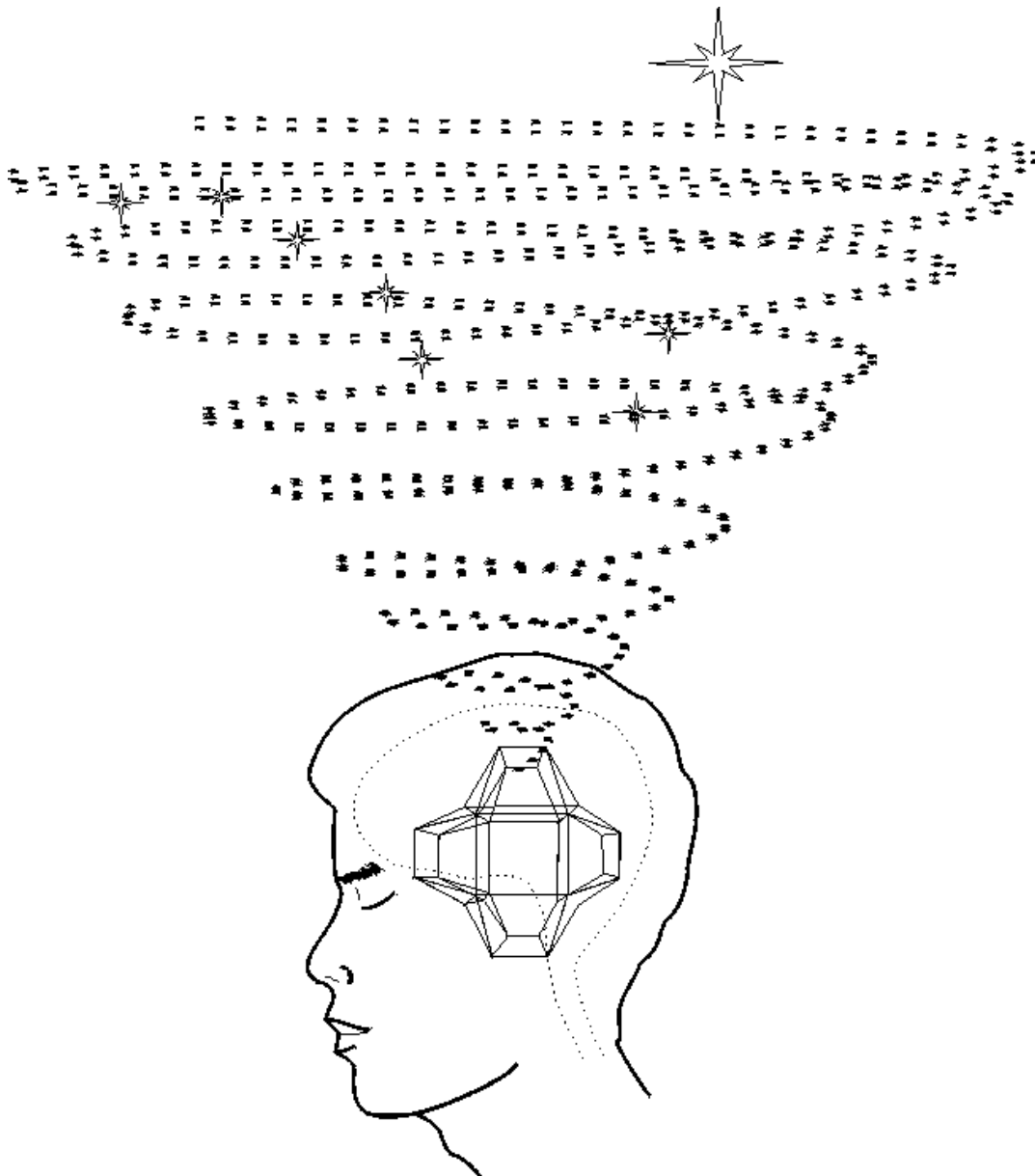


**Fig. 14. Adrenal Glands**

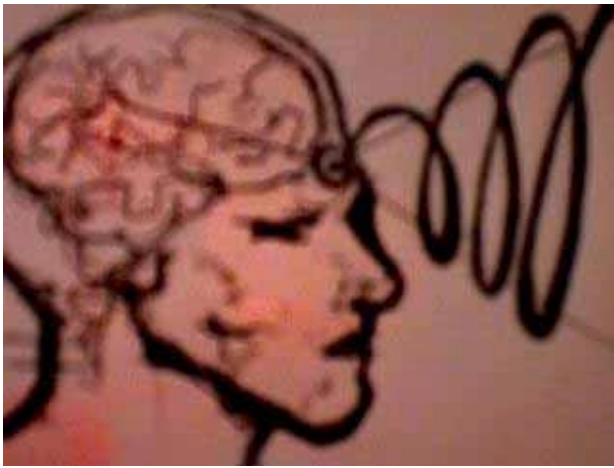
## ***Pineal Gland***

The pineal gland is the connection point for the Spirit or Soul. It is the physical center for, and transmitter of, psychic phenomena such as telepathy, clairvoyance in time and space, and the actual influence of thoughts on the physical surroundings<sup>9</sup>. (**Fig. 16**)

“When activated, the pineal gland becomes the line of communication with the higher planes. The crown chakra reaches down until its vortex touches the pineal gland (**Fig. 15**). Prana, or pure energy, is received through this energy center in the head. With practice the vibration level of the astral body is raised, allowing it to separate from the physical. ...To activate the ‘third eye’ and perceive higher dimensions, the pineal gland and the pituitary body must vibrate in unison, which is achieved through meditation and/or relaxation. When a correct relationship is established between personality, operating through the pituitary body, and the soul, operating through the pineal gland, a magnetic field is created. The negative and positive forces interact and become strong enough to create the ‘light in the head.’ With this ‘light in the head’ activated, astral projectors can withdraw themselves from the body, carrying the light with them.<sup>10</sup>



**Fig. 15.** *Crown Vortex*



**Fig. 16. Third Eye<sup>11</sup>**

“The pineal works primarily by converting the higher dimensional Light, that is constantly streaming into your reality, into usable information for your pituitary. As it gradually activates, the pineal permits the body to move its vibrational patterns into higher and higher levels. This process also allows your Light Body to attach itself even deeper into your physical instrument (**Fig. 17**). Our process is to reset the focus in the pineal. This chemical ‘lens’ largely disappears as you grow older. The decrease in its efficacy is one of the major reasons for your body aging as quickly as it does. When the pituitary begins to receive the consciousness energy packets from the Well of Dreams through its interaction with the pineal, it secretes enzymes that permit the chemical ‘lens’ in the pineal to reappear. As this ‘lens’ strengthens, it allows the RNA/DNA protein strings in your cells to activate your ‘third strand’.”<sup>12</sup>



**Fig. 17. Heavenly Mirror**

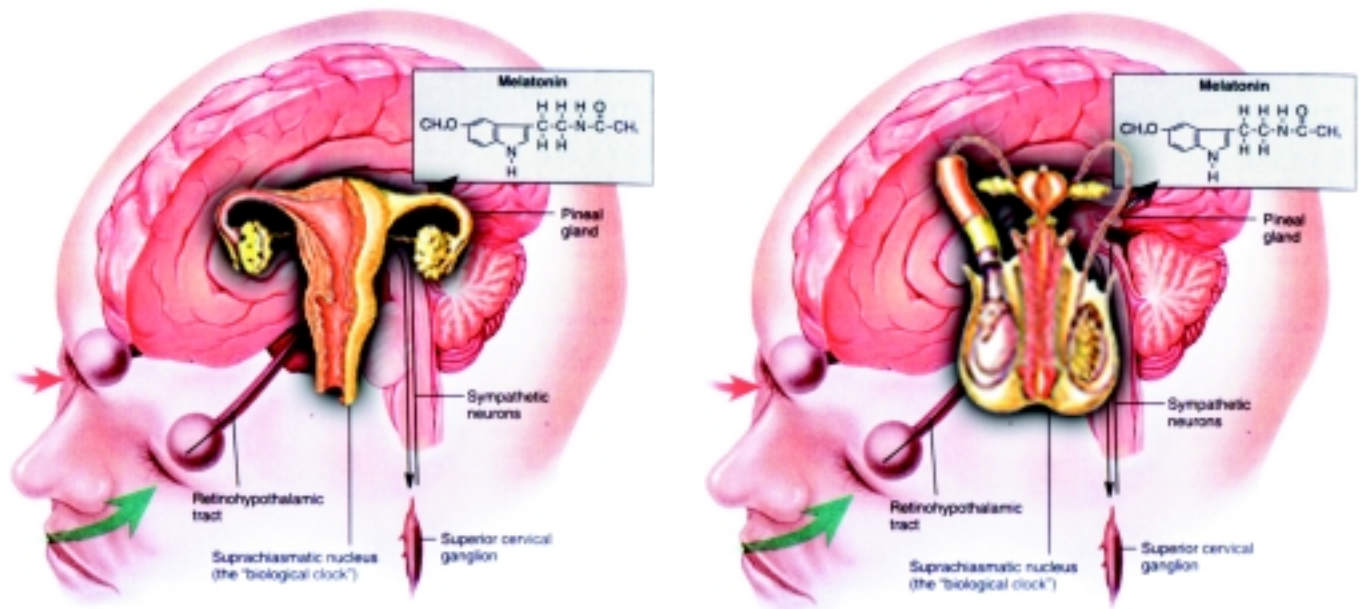
The pineal gland is located in one of the oldest anatomical regions of the brain. If you draw an imaginary line from the center of your forehead, crossed by a line through the head at the ears, you have its general location. The pineal is cone-shaped, about 8 mm (1/3 inch) in diameter, weighing from 50 to 150 mg. The gland is most active during childhood, and begins to regress at about age 7, becoming a calcified tissue strand in the adult (**Fig. 18**).



**Fig. 18. Pineal Gland<sup>13</sup>.**

There are numerous anatomical and physiological idiosyncrasies associated with the pineal. It is one of the few solitary organs (most organs in the brain are paired, left and right). While small, the blood flow to the gland is quite large. The pineal has been considered as a homologue of the reptilian ‘third eye’. Its photosensitivity derives from neural connections with the retina (**Figs. 12**).

The Taoist practice of Orgasmic Upward Draw is very important to help stimulate the pineal gland. Taoists regard the pineal as the second sexual gland(**Fig. 19**). In the Kan and Li practice, the steaming process helps to clean out all of the organs and reactivate the thymus and pineal glands.



**Fig. 19. Pineal as Second Sexual Center.**

## Fall from Grace

Nothing could be more natural than the state of Wu Chi, nothingness, or divine grace. And yet, the realization of Wu Chi is clouded by obscurations and confusions. Consciousness streams into every body, but only a few can see the light. Why is this so?

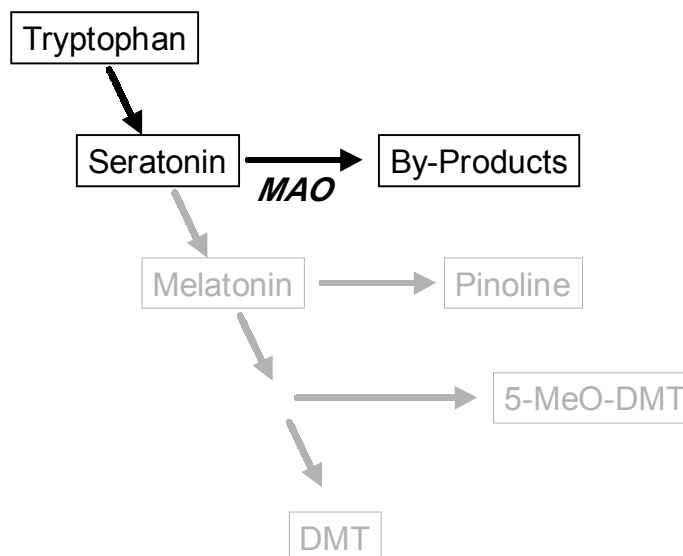
An essential function of the “upper brain”, the Upper Tan Tien, is to manifest the esoteric and divine realizations of consciousness into our humanly bodies. Chi spirals through the Crown and the Third Eye into the pineal and pituitary glands, sustaining existence and nourishing the spirit. Infants and children bask in the glow and the power of the Chi Field streaming into, and interacting with, their bodies. The psyche is vibrant and alive and the energy bodies communicate in non-physical dimensions.

As we grow older, however, the internal realities begin to fade and the external world begins to pre-dominate our existence. By puberty, the pineal gland has ossified into a calcified strand of tissue. Our minds project outwardly, and the demands of existence (work, family, daily living, etc.) preoccupy our awareness. Our emotions (fears, angers, resentments and all kinds of distractions to make ends meet) reflect this outward movement of the psyche.

Fear is the oldest negative emotion. It is felt by all animals, and is even stronger among humans since they have so little power to protect themselves, especially the newborn. The longer history required for organic development makes fear the basis of the entire civilization process: to protect ourselves and achieve our highest potential. Fear is closely connected to the kidney Chi (via the adrenal glands), and when the kidney Chi is diminished, the brain slowly begins to pull back and disengage from the fantastic worlds of the Divine. The upper brain becomes the observing brain, dedicated to the worldly tasks of sending, receiving and processing sensory signals related to daily living.

### *Inhibiting the Divine*

The transition from an internally focused awareness of the Divine, the natural state of infancy, to an externally focused awareness of the adult World, requires significant shifts in the chemistry of the brain. The tissues and molecules which normally manifest the consciousness of Wu Chi must be “turned off” or **inhibited**. Chemically, the inhibitors are enzymes such as MAO (monoamine oxidase) which rapidly convert serotonin into inactive by-products, thus disabling the synthesis of the spirit molecules. The enzyme MAO breaks down serotonin before it can be converted into melatonin, 5-MeO-DMT and DMT (Fig. 20).



**Fig. 20.** Serotonin Deactivation.

Our usual perception of the world in waking consciousness is, in fact, a state of waking ignorance. The brain must inhibit our true nature and divine connections to survive in the physical world. In everyday life, we see everything back to front, as it were. We perceive the primary actions of the brain as providing us with sensibility and cognitive awareness. In fact, the brain's mechanism is to filter and shut off the flow of divine consciousness, making possible survival on Earth, but obscuring all transcendental realities. Dark Room meditations remove the obscurations. The inhibitory functions of the brain are lifted, and we revel in the experience of Oneness, Wu Chi, the Original Source.

## Reawakening – Spirit Molecules

Waking consciousness satisfies the demands of physical existence, but severs the connection from the Divine. Thus, each night we must disconnect from the outer world and reconnect with our divine source, thereby sustaining life and nourishing the soul. In adult life, the experience of Wu Chi is relegated to the unconscious domains of deep sleep and the supernatural worlds of dream. In Taoist Inner Alchemy, we reawaken the soul to the Immortal Tao, the Wu Chi, the Original Source, and bring back the Divine into our conscious awareness.

Chemically, the reconnection to the Divine occurs by **inhibiting** the enzymatic actions of MAO and INMT, so that serotonin can convert into melatonin and melatonin into the spirit molecules 5-MeO-DMT (5-methoxy-dimethyltryptamine) and DMT (dimethyltryptamine) (**Fig. 21**). The enzymes are inhibited by substances secreted in the pineal gland, such as harmaline and pinoline. The “spirit molecules” allow us to reconnect to divine consciousness. They cause “color imagery, out of body experiences, lucid dreams, visions of beings and/or animals, mystical states, subjective “other realities” and experiences of “being somewhere else.” These states are the language of dream.

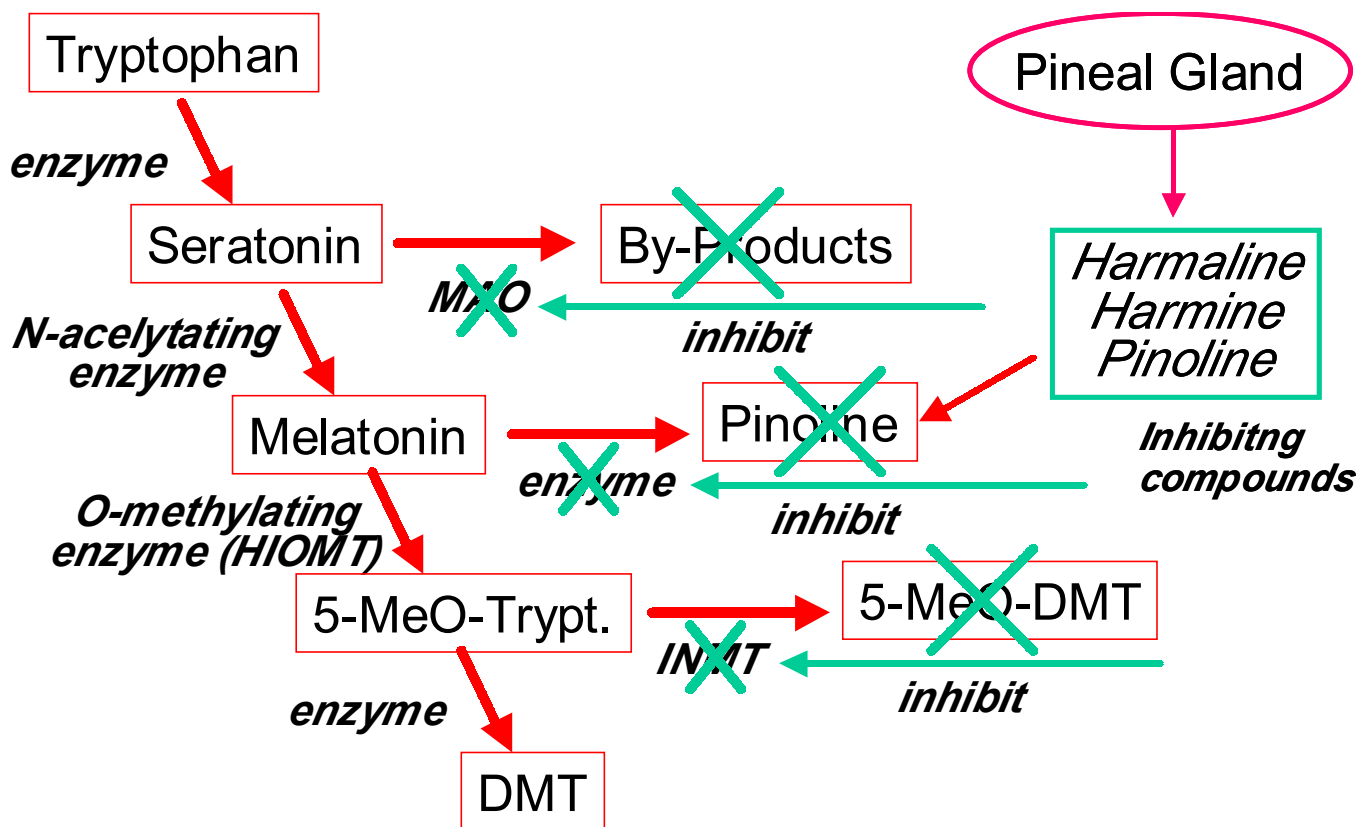


Fig. 21. Tryptamine Synthesis<sup>14</sup>.

In the Dark Room experience, the “spirit molecules” pinoline, 5-MeO-DMT and DMT alter the receiving qualities of the brain. The brain “tunes in” to invisible worlds and parallel universes, like a television tuning in to different channels. Mystical and near-death, out-of-body experiences reflect dynamic equilibria between “channels” in which we experience the essential energy that courses through the receiver<sup>15</sup>.

When you reach the ‘DMT state’ you begin to function consciously from the various psychic centers or chakras. The bodily processes of ‘Healing Love’ combine the human states of true compassion and sexual arousal to create a new chemistry and a new vibration within the body. This ‘special’ vibration occurs at a frequency of 8Hz. ‘As in the macrocosm, so it is in the microcosm’; hence if we make love, then all the cells and DNA actually make love as well. The DNA crosses over, like two serpents intertwined in an erotic embrace. You need the orgasmic vibration to arouse this crossover process which leads to the ‘two giving birth to three’; the conception of new cells. The two vital states are compassion and arousal leading to orgasm. Both are inextricably linked to love.

### ***Immortal Body***

Rick Strassman, based on several years of intensive medical research, proposes that the release of DMT from the pineal gland at 49 days after conception marks the entrance of the spirit into the fetus. This 49-day prenatal period corresponds to the first signs of fetal pineal tissue, the differentiation of the gonads into male and female, and the time between the death of an individual and its soul’s next rebirth according to the Tibetan Buddhist tradition. He suggests that the individual’s life-force enters the body through the pineal gland and leaves it through the pineal gland at death (see “DMT, The Spirit Molecule”, by Strassman, and<sup>16</sup>. The infant’s brain is flooded with 5-MeO-DMT, secreted from the pineal gland and the brain is 40% more active and open<sup>17</sup>.

## **Chemistry of Consciousness**

The chemistry of consciousness is, at first glance, complex. The infant basks in the divine glow of consciousness, manifested in the body/brain by the spirit molecules, 5-MeO-DMT and DMT. However, during development, the brain inhibits the flow of consciousness, utilizing enzymes to deactivate the synthesis of the spirit molecules. Then, to re-realize the divine source, the brain must inhibit the inhibiting enzymes! The chemistry is explained in more detail below.

Serotonin (5-hydroxytryptamine), the neurotransmitter implicated in many of the functions of consciousness, is synthesized in the brain from the amino acid tryptophan, a basic building block of proteins (**Fig. 22**). After fulfilling its role in the synaptic cleft (the space between nerve cells), the serotonin molecule is decomposed into inactive by-products (5-hydroxyindole acetaldehyde) by the enzyme MAO (monoamine oxidase). The serotonin molecule differs from the tryptophan molecule only by the addition of a hydroxyl group (OH) and removal of a carboxyl group (COO).

Melatonin (N-acetylserotonin), the neurohormone implicated in sleep, is synthesized directly from serotonin, by deactivating MAO and inhibiting the destruction of the serotonin molecule (**Fig. 23**). MAO (monoamine oxidase) is deactivated (inhibited) by the beta-carbolene enzymes secreted in the pineal gland: harmine, harmaline, and pinoline. As melatonin levels rise in the brain, the melatonin converts to pinoline (**Fig. 23**). There is some confusion in the literature regarding pinoline synthesis, perhaps because it has multiple synthesis pathways, as well as close affinities to a variety of related compounds (**Fig. 24**).

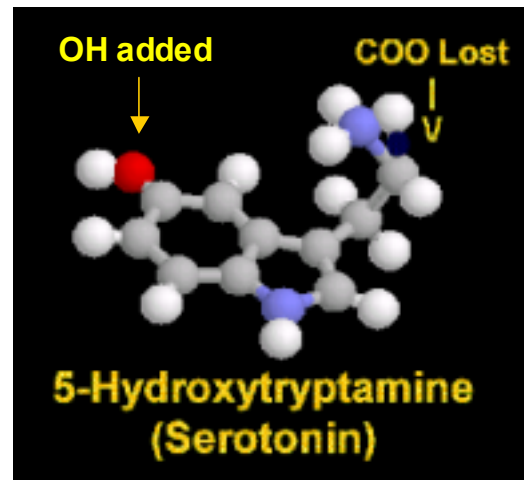
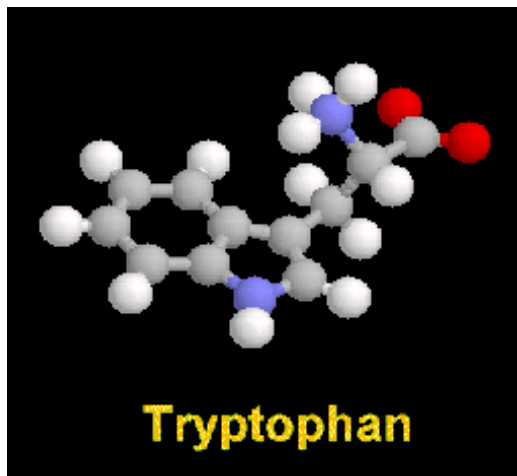
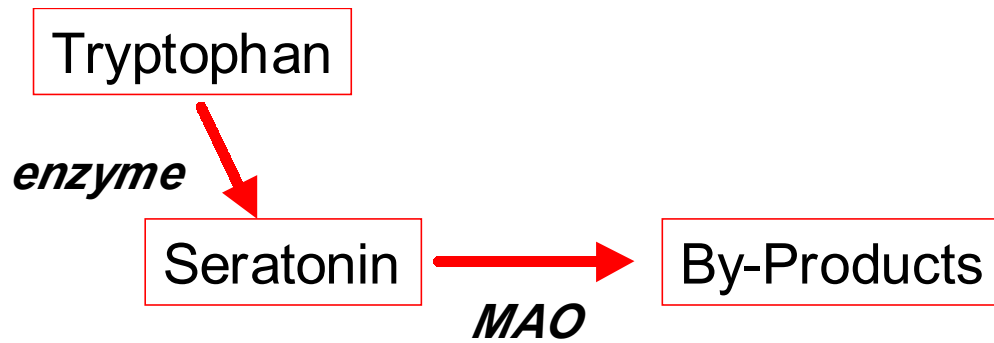
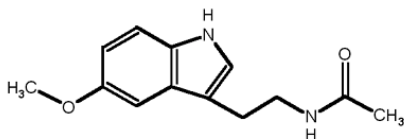
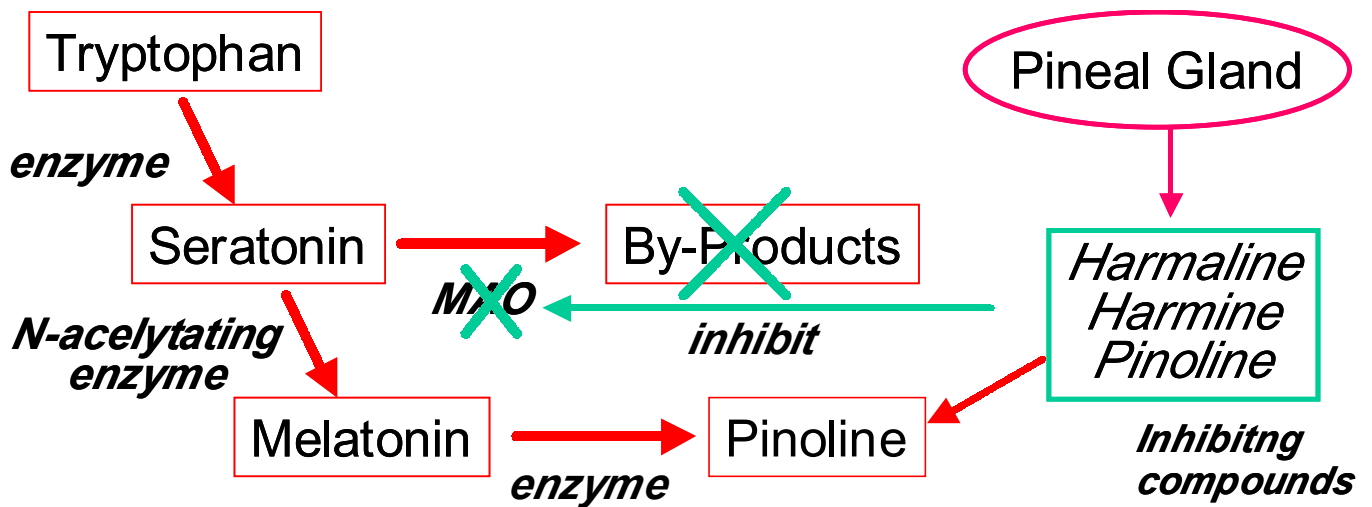


Fig. 22. Serotonin Synthesis<sup>18</sup>.



Melatonin (C<sub>13</sub>H<sub>16</sub>N<sub>2</sub>O<sub>2</sub>)  
Image by Erowid, © 2001 Erowid.org

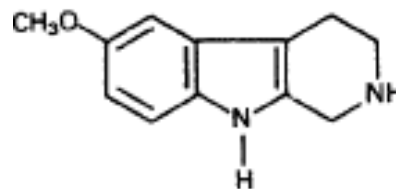
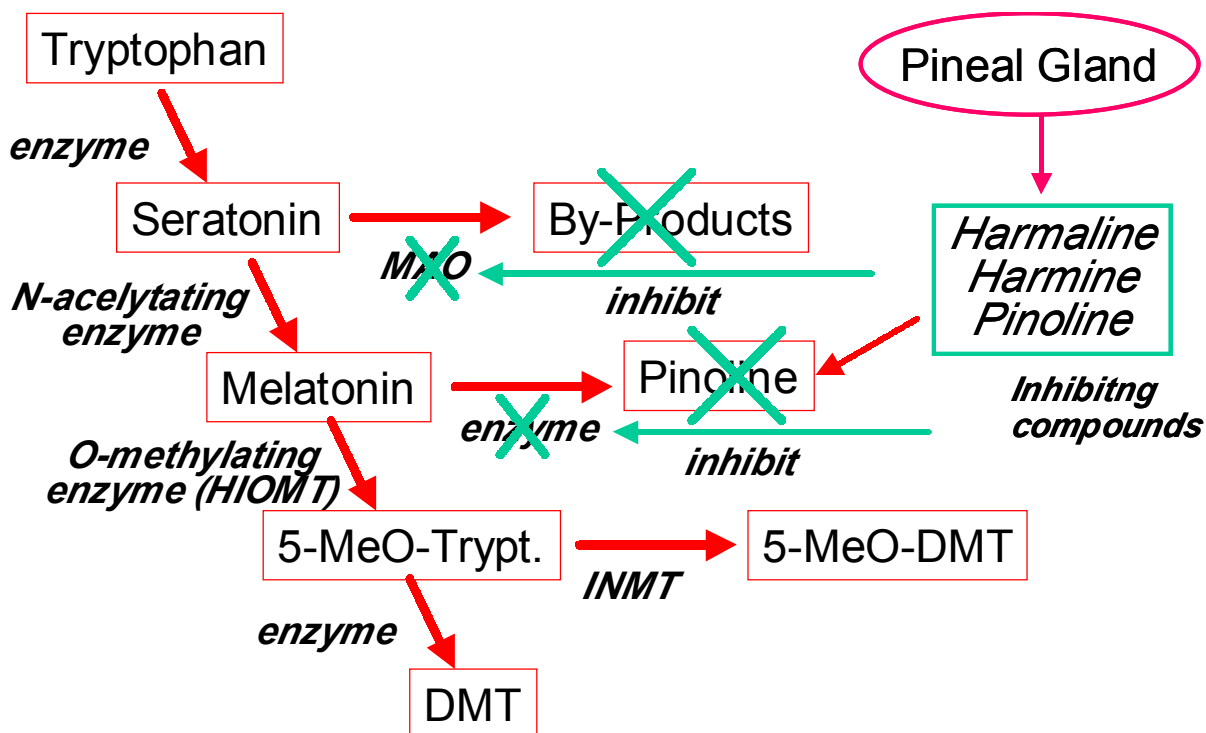


Fig. 23. Melatonin and Pinoline Synthesis<sup>19</sup>.

indole sub.	aromatic (H <sub>0</sub> )	dihydro (H <sub>2</sub> )	tetrahydro (H <sub>4</sub> )
	with a 1-methyl substituent		
Ar-H	<b>harman</b>	harmalan	<b>tetrahydroharman (THH)</b>
Ar-6-OH	6-harmol	6-harmalol	<b>6-tetrahydroharmol</b>
Ar-6-OMe	6-MeO-harman	<b>6-MeO-harmalan</b>	<b>6-MeO-tetrahydroharman</b>
Ar-7-OH	harmol	harminol	<b>tetrahydroharmol</b>
Ar-7-OMe	<b>harmine</b>	<b>harmaline</b>	tetrahydroharmine (a)
	with a 1-hydrogen substituent		
Ar-H	βC	DHβC	<b>THβC (tryptoline)</b>
Ar-6-OH	6-HO-βC	6-HO-DHβC	<b>6-HO-THβC</b>
Ar-6-OMe	6-MeO-βC	6-MeO-DHβC	<b>6-MeO-THβC (pinoline)</b>
Ar-7-OH	7-HO-βC	7-HO-DHβC	7-HO-THβC
Ar-7-OH	7-MeO-βC	7-MeO-DHβC	7-MeO-THβC

**Fig. 24.** "Harm" Compounds. Pinoline also goes by the names 6-Methoxytetrahydro beta carboline, and 6MeOTHBC<sup>20</sup>.

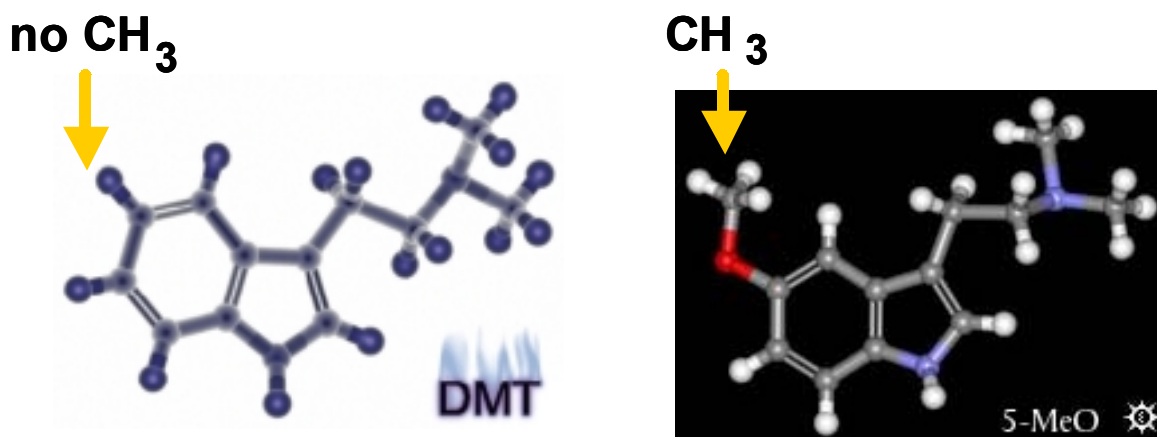
The inhibition of MAO (monoamine oxidase) also allows for the synthesis of the "spirit molecules", 5-MeO-DMT (5-methoxy-dimethyltryptamine) and DMT (dimethyltryptamine) (**Fig. 25**). In a two-step process, 5-MeO-DMT is synthesized from melatonin with the assistance of the O-methylating enzyme HIOMT (hydroxyindole-O-methyltransferase) and the enzyme INMT. Inhibition of INMT results in the formation of DMT.



**Fig. 25.** 5-MeO-DMT Synthesis<sup>21</sup>.

The structures of 5-MeO-DMT and DMT are very similar, differing only by the presence/absence of a  $\text{CH}_3$  group (**Fig. 26**).

It should be noted that the tryptamine derivatives are often unstable, volatile substances, and molecules with nearly identical structures may have significantly different functions and effects (**Fig. 27**). DMT, for example, is metabolized by the brain in a matter of 10's of seconds. The tryptamine molecules may rapidly destabilize and transform into sister compounds, and multiple pathways may exist for the formation of a given tryptamine structure. This probably accounts for some of the considerable confusion in the literature regarding the origin of the various "spirit molecules". Pinoline synthesis, as a prime example, has been variously attributed to both melatonin and 5-MeO-DMT parent compounds. The suggestion that pinoline is a pineal secretion ignores the actual molecular pathways that lead to its synthesis.

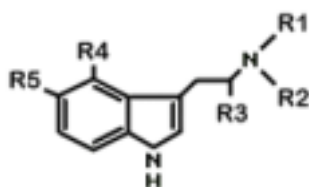


**Fig. 26.** Comparison of the DMT and 5-MeO-DMT molecules. They differ by the presence/absence of a  $\text{CH}_3$  group<sup>22</sup>.

#### Orally and Parenterally Active Psychotropic Tryptamine

Derivatives <http://deoxy.org/tryptam.htm>

Based on [McKienna & Towers 1984](#)



Name of Compound	R1	R2	R3	R4	R5	Dosage (mg)	Route Oral/Par.
<a href="#">tryptamine</a>	H	H	H	H	H	100 *1	par/oral?
<a href="#">DMT (dimethyltryptamine)</a>	CH3	CH3	H	H	H	60	par
5-MeO-DMT	CH3	CH3	H	H	OCH3	6	par
<a href="#">serotonin</a>	H	H	H	H	OH	100 *3	oral

Data compiled from [Kantor, et al. 1980](#); [Shulgin 1978, 1982](#); [Shulgin&Carter 1980](#)

**Fig. 27.** Tryptamine Derivatives<sup>23</sup>.

# Stages of Dark Room Enlightenment

## ***Benefits of Dark Room Experience***

The Dark Room meditations will influence each person uniquely, depending on their maturity and stage of spiritual development. However, most people, even beginners, will receive great benefits, which may include:

1. Relaxation. This is one of the foundations for all other work. During the first days of the retreat, catching up on sleep, allowing the eyes to recuperate from the over-stimulation of our visual world, releasing the grip of mental concerns, plans, and a agendas and simply letting the energies settle creates the best vacation you may ever have.
2. Once relaxed and feeling at home in the dark, the Inner Lights may appear as well as possible images of space teachers, deities, colors, and shapes. Imbalances in one's energies can manifest as dull colors.
3. Over time, as one becomes more open, balanced and awake, images clear as day may appear, not inside the mind's eye but outside in the space of the retreat.
4. Advanced practitioners may experience some of the following: Dreams and sleep become more lucid. A state of continuous consciousness arises in which there is no break in conscious awareness; meditation can continue during sleeping and non-sleeping hours.
5. The Taoist Secret of Love and the Healing Love become very active, so that working with sexual energies and engaging in creative work become easier and more powerful.
6. Dreams will often take the form of teachings or participation in great mythological stories.

The Dark Room enables the body and mind to undergo a series of profound transformations. The 'states of consciousness' appear correlated with the organic synthesis and accumulation of psychedelic chemicals in the brain, especially melatonin (Days 1 to 3), pinoline (Days 3 to 5), 5-MeO-DMT (Days 6 to 8), and DMT (Days 9 to 12). The pharmacology of these states is as follows.

### ***'Melatonin Stage' (Day 1 to 3)***

Complete isolation from external light causes the pineal gland to flood the brain with the neurotransmitter melatonin (average 2 to 5 mg/day), manifesting initially as the need for sleep and rest. The eyes recuperate from the over-stimulation of the visual world, releasing the grip of mental concerns, plans agendas, and letting the energies settle. Melatonin is essential for maintaining the hibernation state, which facilitates the emergence of spiritual consciousness. The person retains a child-like biological condition where melatonin is conserved and recycled, not wasted in biological continuation. When this substance works together with the yellow marrow in the bone, the reddish firing reaction will activate a gentle interaction between the sacred water and the light. The sacred waters are the inner fluids that are responsible for producing bone marrow and other bodily fluids. The waters run not only in the in the center of the bones, but also in the spinal connections between the Crown and Perineum Points.

### ***'Pinoline Stage' (Day 3 to 5)***

After about three days, when melatonin concentrations reaches sufficient levels (15 to 20 mg) the body then begins to produce the superconductor pinoline, whereby a greater fluidity of thought and healing of the body starts to occur. Pinoline induces cell replication (mitosis) and intercalates with DNA molecules. The 'pinoline stage' is normally activated only in the womb, in lucid dreaming, or in near death experiences. Within this state we can metaprogram the brain to the Unity of Self, heightening awareness of the pathways with which we filter reality. At this stage, the nervous system becomes aware of itself. We become aware of the hologram of the external world that we create constantly in our head<sup>24</sup>.

When the pinoline is triggered you activate your clairsentient and clairaudient powers. You may see light and visions, hear music, and gain phenomenal insight. A decoding of the DNA then begins to take place. Cosmic particles are attracted to us and decoded in the form of sound, light, knowledge and realization. The particles, which have the same cell structures as humans (and from which the Tao believes you evolved), are attracted to you magnetically. The body has approximately six trillion cells, which correspond to the universe 'without'. Each of these cells can be seen as a computer with unlimited power and potential. Each cell can become a super conductor, able to receive information from space. You are able to decode this universal information carried from outer space, which may be as old as nothingness itself. When you enter this primordial state or force you are reunited with the true self and divinity within. You literally 'conduct' the universal energy. You may see into the past and future, understand the true meaning of existence, and begin to understand the order of things. You return to the womb, the cocoon of our material structure and Nature's original Dark Room.

### ***'5-MeO-DMT Stage' (Day 6 to 8)***

At this stage the pineal gland starts to produce the neuro-hormone 5-MeO-DMT (aka 'akashon'). This psychoactive tryptamine is highly luminescent and also extremely phosphorescent due to the amount of phosphene that it transmits onto the visual cortex. 5-MeO-DMT switches on 40% more of the cerebral cortex and awakens the nervous system to become aware of itself; 'beingness' results. Hence, the possibility of metaprogramming the nervous system's bio-computer - activating healing and conflict message assortment of the nervous system. 5-MeO-DMT is the empathogenic neurotransmitter that expands the emotional body between 'infinity and zero'. It gives rise to telepathy in the emotional and intuitive bodies. It engages the awakening of the 'Flower of Life', the spine, which begins to glow in a state of beingness and peace.

5-MeO-DMT discharges the darkness from the darkroom. A bright light is activated and one experiences a born-again mentality. This Great White Light, the manifestation of the astral body, enables the self to project externally. At this point, some degree of 'N-Methyl-D-Aspartate Inhibition' (NMDA-I) usually occurs. This is a 'soft form' of the slowing of the glutamate input signals into the cells. This makes it easier for the nervous system to cause electrons to stop flowing within the cells, allowing for profound meditative trance states. 5-MeO-DMT intercalates with messenger RNA. One can see in 3 dimensional Holon pictures, as the thoughts behind language.

"Techniques taught in the Dark Room enable one to read and go beyond the matrix, by unifying all directions, and externalize the soul computer so that one can start to interact with ones own genetic code of the Tree of Life. In this intensive process 5-MeO-DMT activates the entire spine, the Tree of Life. The spine is activated and reprogrammed and you can start to process the illusion of the dream from its binary code into the unified translated Self: the Unity Self. Through 14 days of total light isolation your consciousness can be expanded to the wider range of wave emanations and transduce the core hologram of reality that is coherently programming ones nervous system to the Unity Self<sup>25</sup>."

Many exercises will be practiced during this period: compacting Chi, consciousness and awareness into the nervous system, working with the Silent Self and anchoring the Immortal Body.

The 5-MeO-DMT prepares the nervous system, through its empathetic state of being and self awareness of the nervous system, for the DMT or dimethyltryptamine production of the pineal gland, in psychoactive milligram doses.

### ***'DMT Stage' (Day 9 to 12)***

When DMT levels reach more than 25 mg, one's experience can become very visual. DMT is the visual third eye neurotransmitter. It enables the energy body and spirit to journey into hyperspace, beyond third dimensional realms of time and space. It is intensely energizing. "After some 10-12 days one starts to see in infra red, and ultra violet, one can actually run across the room and touch a person, by seeing their heat patterns. The Holon Images exteriorize and one is walking in a Virtual Reality, which appears to be the DNA language macro uploaded, and interactive."

When you reach the 'DMT state' you begin to function consciously from the various psychic centers or chakras. The bodily processes of 'Healing Love' are then combined with those of the Dark Room. The human states of true compassion and sexual arousal create a new chemistry and a new vibration within the body. This 'special' vibration occurs at a frequency of 8Hz. 'As in the macrocosm, so it is in the microcosm'; hence if we make love, then all the cells and DNA actually make love as well. The DNA crosses over, like two serpents intertwining in an erotic embrace. You need the orgasmic vibration to arouse this crossover process which leads to the 'two giving birth to three'; the conception of new cells. The two vital states are compassion and arousal leading to orgasm. Both are inextricably linked to love. When this 'love-vibration' reaches the pineal gland a new hormone is produced, which in turn creates whole body conductivity. Only when you feel the waves of orgasmic vibration and unconditional love for the self and others can the process be activated and the essence of the darkroom is magnified.

At this stage of the Dark Room Retreat, the required amount of sleep tends to diminish dramatically. Although the day may last 24 hours, 3 hours of sleep can seem like 12. During this period we will engage in further practices; psychic games and interactivity, Taoist Dream Yoga (advanced levels) and Imagination Expansion.