

## Catch the Insight Wave – Salvia and Rue

*Salvia divinorum* is a luscious plant, with emerald leaves of great beauty and esteemed for its entheo qualities. Native to Mexico, this plant has been much rediscovered in the new millennium by seekers of mystical visions. Easily grown and even more easily obtained off the internet “Lady Sally” now has thousands of enthusiasts’ world-wide who find it useful as a way of discovering insights about oneself and the world.

The indigenous use of salvia generally involves the simple steeping of leaves in a tea, or the placing of a quid of salvia under the tongue. The effect is distinct yet subtle. Less common is the smoking of salvia leaves as the indigenous want a useful experience. Modern juggernaut styled shamans have set themselves to exploring the conscious edge to the salvia experience, and in so doing have been creating various concentrated extracts in order to enhance Salvia’s psychedelic nature. Apparently modern man has a big head and needs intense medicine in order to **see** what the indigenous folks easily view. I will let the reader come to her own conclusions as to why this is.

Without a doubt, the concentrated Salvia extracts are great for blowing the head open. Big explosions are always fun. But these explosive am-I-going-die experiences can be perhaps less useful for navigating insightful salvia. So what might be done to enhance salvia’s visioning qualities? What would allow for a gentler head-blowing experience of greater intent?

The first and most important lesson for an insightful ride would be to have a serious purpose to the trip. If the best intention you have is just some fun and games, do not expect an experience of mystical qualities. For true visioning the preparation begins with serious intent and purpose. Prepare yourself to meet the Green Goddess to learn and grow as a person.

Current psycho-nautical travelers have discovered the magic of adding Syrian Rue to the salvia trip. Syrian Rue or *Peganum harmala* is a legume plant, once native to the Middle East and now found on every continent on this planet. It can also be easily obtained inexpensively off the net and Rue is legal everywhere on this planet. Syrian Rue is a betacarboline MAOI (monoamine oxidase inhibitor) which potentiates the psychedelic nature of the salvia experience. And it takes merely 3 grams of Rue seeds to do the trick.

Method can be one of several different ways. One can make a tea with 3 grams of Rue and a small amount of lemon juice per person. Do not use more than 3 grams of seeds per person as it only makes for an upset stomach. Also be certain to strain out the seeds after the tea has brewed as the seeds do not need to be consumed. After consuming the tea wait about 15 minutes before smoking salvia leaves (not extracts). You will find that the smoking of leaves is quite intense visually and the whole experience seems enhanced.

Additionally the Syrian tea can just have salvia leaves crushed up and added to it and consumed. This allows for a subtle visionary trip. Another more labor-intensive mode calls of utilizing the Syrian rue-salvia tea calls for taking the resultant tea and straining out the mass and then thoroughly drying the tea. The tea will dry into a fine powder which can be smoked for a delightful experience.

Personally the capper on this Syrian Rue and Sally too trip is a wee bit of cannabis about 20minutes after consuming the Rue and Salvia. I find that the pot enhances the whole psychedelic experience and eases out any stomach discomfort.

In closing please note that salvia is legal most places on this planet, but not all places. Currently it is legal in North America everywhere except in the states of Louisiana, Missouri, Tennessee, Oklahoma, and Delaware. The wise shaman will best enjoy these magical materials in one's private and secure world away from prying eyes.