

# DMT

**Jack Tanner**

## **DMT: The Spirit Molecule** Rick Strassman, 2000-12-01

A clinical psychiatrist explores the effects of DMT, one of the most powerful psychedelics known. • A behind-the-scenes look at the cutting edge of psychedelic research. • Provides a unique scientific explanation for the phenomenon of alien abduction experiences. From 1990 to 1995 Dr. Rick Strassman conducted U.S. Government-approved and funded clinical research at the University of New Mexico in which he injected sixty volunteers with DMT, one of the most powerful psychedelics known. His detailed account of those sessions is an extraordinarily riveting inquiry into the nature of the human mind and the therapeutic potential of psychedelics. DMT, a plant-derived chemical found in the psychedelic Amazon brew, ayahuasca, is also manufactured by the human brain. In Strassman's volunteers, it consistently produced near-death and mystical experiences. Many reported convincing encounters with intelligent nonhuman presences, aliens, angels, and spirits. Nearly all felt that the sessions were among the most profound experiences of their lives. Strassman's research connects DMT with the pineal gland, considered by Hindus to be the site of the seventh chakra and by Rene Descartes to be the seat of the soul. DMT: The Spirit Molecule makes the bold case that DMT, naturally released by the pineal gland, facilitates the soul's movement in and out of the body and is an integral part of the birth and death experiences, as well as the highest states of meditation and even sexual transcendence. Strassman also believes that alien abduction experiences are brought on by accidental releases of DMT. If used wisely, DMT could trigger a period of remarkable progress in the scientific exploration of the most mystical regions of the human mind and soul.

*MAKING DMT GUIDE* Chris Bernard, 2023-03-07 DMT is known as 'The Spirit Molecule' – and for good reason. DMT is one of the most powerful psychedelics on the planet, naturally occurring in many species of plants, and is thought to be released in tiny amounts in mammal brains. Although the issue is controversial, it's also possible that the release of natural DMT is a factor in out-of-body experiences or spiritual states. DMT is a molecule that mimics the neurotransmitter serotonin, much like the other classic psychedelics LSD and psilocybin. DMT's psychological effects are mostly due to its binding to the 5-HT2A receptor, which is found mostly in areas of the brain associated with high-level cognition: self-awareness, emotions and introspection. When smoked or injected intravenously, DMT causes a very rapid, very intense psychedelic experience which lasts a few minutes. Users report the feeling of being ripped from their bodies, and thrown through space at incredible speeds. DMT produces intense visual and auditory hallucinations of otherworldly landscapes, hidden dimensions and god-like beings. It often produces deep introspection in its users, allowing the revisitation of past memories and providing a fresh perspective on life. In this book "MAKING DMT GUIDE" I will be teaching you everything in details on what you need to know about DMT. You will also learn fast and easy methods for extracting DMT and the various functions, benefits and side effects of DMT. I will also be answering all your unanswered questions as far as DMT is concerned. Order your copy Now

DMT Psychedelic Academy, 2021-09-11 Do you enjoy the effects of hallucinogens? Are your friends taking DMT and having a great time? Do you want to know more about DMT and its hallucinogenic properties? Dimethyltyptamine (DMT) is a naturally occurring hallucinogen that can be found in a

wide range of plants and animals. As such it has been known in many cultures for generations and has been widely used as a recreational psychedelic drug and by various cultures for rituals purposes as an entheogen. Modern users are now enjoying the mind-altering effects and you can too. Inside this book, DMT you will discover everything you want to know about this widely used drug with chapters that cover: How hallucinogens work Different types of hallucinogens that are widely available How to extract DMT How to awaken your mind and discover your hidden potential Good and bad trips Safe Use tips Effects on your body Ego Death and Psychedelic Therapy Understanding the experience of an acid trip Magic mushrooms in depression treatment The Power of the spirit molecule And much more... Psychedelic drugs can provide you with an amazing experience when you use them sensibly. DMT is no different and in DMT you will find plenty of useful information that will show you how they can be a fun part of your social life. Scroll up and click Add to Cart now to get better informed!

**DMT Dialogues** David Luke, Rory Spowers, 2018-08-14  
Cutting-edge explorations and discussions of DMT experiences and plant sentience from leading luminaries in the field of psychedelic research • Includes contributions from Rupert Sheldrake, Rick Strassman, Dennis McKenna, Graham Hancock, Jeremy Narby, Erik Davis, Peter Meyer, David Luke, and many others • Explores DMT beings, plant sentience, interspecies communication, discarnate consciousness, dialoguing with the divine, the pineal gland, the Amazonian shamanic perspective on Invisible Entities, and the science behind hallucinations Encounters with apparently sentient beings are reported by half of all first time users of the naturally occurring psychedelic DMT, yet the question of DMT beings and plant sentience,

interspecies communication, discarnate consciousness, and perhaps even dialoguing with the divine has never been systematically explored. In September 2015, ten of the world's leading luminaries noted for exploring the mysterious compound DMT (dimethyltryptamine) gathered with other researchers at Tyringham Hall in England to discuss the subject. Over three days, they pooled their expertise from a wide range of subjects--archaeology, anthropology, religious studies, psychology, neuroscience, chemistry, and psychopharmacology, to name a few--to explore the notion of "entheogenic plant sentience" and the role of DMT as a conduit between Spirit and Matter. Offering cutting-edge insights into this visionary domain, this book distills the potent exchange of ideas that occurred at Tyringham Hall, including presentations and discussions on DMT entities, the pineal gland, the possibility of DMT as a chemical messenger from an extraterrestrial civilization, the Amazonian shamanic perspective on Invisible Entities, morphic resonance, and the science behind hallucinations. Contributors to the talks and discussions include many leading thinkers in this field, including Rupert Sheldrake, Rick Strassman, Dennis McKenna, Graham Hancock, Jeremy Narby, Erik Davis, Ede Frecska, Luis Eduardo Luna, Bernard Carr, Robin Carhart-Harris, Graham St. John, David Luke, Andrew Gallimore, Peter Meyer, Jill Purce, William Rowlandson, Anton Bilton, Vimal Darpan, Santha Faiia, and Cosmo Feilding Mellen.

**Mystery School in Hyperspace** Graham St John, 2015-11-24 Since the mid-1950s, the psychoactive compound DMT has attracted the attention of experimentalists and prohibitionists, scientists and artists, alchemists and hyperspace emissaries. While most known as a crucial component of the "jungle alchemy" that is ayahuasca, DMT is a unique story unto itself. Until now, this

story has remained untold. *Mystery School in Hyperspace* is the first book to delve into the history of this substance, the discovery of its properties, and the impact it has had on poets, artists, and musicians. DMT has appeared at crucial junctures in countercultural history. William Burroughs was jacking the spice in Tangier at the turn of the 1960s. It was present at the meeting between Ken Kesey's Merry Pranksters and Tim Leary's associates. It guided the inception of the Grateful Dead in 1965. It showed up in Berkeley in the same year, falling into the hands of Terence McKenna, who would eventually become its champion in the post-rave neo-psychedelic movement of the 1990s. Its indole vapor drifted through Portugal's Boom Festival and has been evident at Nevada's Burning Man, where DMT has been adopted as spiritual technology supplying shape, color, and depth to a visionary art movement. The growing prevalence of use is evident in a vast networked independent research culture, and in its impact on fiction, film, music and metaphysics. As this book traces the effect of DMT's release into the cultural bloodstream, the results should be of great interest to contemporary readers. The book permits a broad reading audience to join ongoing debates in studies in consciousness and theology where the brain is held to be either a generator or a receiver of consciousness. The implications of the spirit molecule or the brain's own psychedelic among other theories illustrate that DMT may lift the lid on the Pandora's Box of consciousness. Features a foreword by Dennis McKenna, cover art by Beau Deeley, and thirty color illustrations by various artists, including Alex Grey, Android Jones, Martina Hoffmann, Luke Brown, Carey Thompson, Adam Scott Miller, Randal Roberts, along with Jay Bryan, Cyb, Orryelle Defenestrade-Bascule, Art Van D'lay, Stuart Griggs, Jay Lincoln, Gwyllm Llwydd, Shiptu Shaboo, Marianna Stelmach, and Mister Strange.

Regarded as the “nightmare hallucinogen” or celebrated as the “spirit molecule,” labelled “psychotogenic” or “entheogenic,” considered a dangerous drug or the suspected X-factor in the evolution of consciousness, DMT is a powerful enigma. Documenting the scientists and artists drawn into its sphere of influence, navigating the liminal aesthetics of the “breakthrough” experience, tracing the novum of “hyperspace” in esoteric and science fiction currents, *Mystery School in Hyperspace* excavates the significance of this enigmatic phenomenon in the modern world. Exposing a great many myths, this cultural history reveals how DMT has had a beneficial influence on the lives of those belonging to a vast underground network whose reports and initiatives expose drug war propaganda and shine a light in the shadows. This conversation is highly relevant at a time when significant advances are being made to lift the moratorium on human research with psychedelics.

Dmt: Navigating the Dmt Realm With the Comprehensive (A Step by Step Guide on How to Extract From It Sources With Detailed Instruction) Kenneth Mainor, 101-01-01 You're about to discover the crucial information regarding Dimethyltryptamine. It can be overwhelming if you are trying to find honest, factual information because of all the random opinions out there on the internet. You also have to be careful about the misinformation that is coming from online sources, especially those with financial incentives. Its effects are often described as otherworldly, taking individuals on a journey to alternate dimensions or realms of existence. Ayahuasca, a traditional brew containing DMT, has been used in Amazonian indigenous cultures for spiritual and healing purposes, and it can lead to deep introspection, emotional purging, and encounters with entities or spirits. In

the DMT handbook, you will learn the truth about this mysterious substance. In addition, you get the opportunity to make your own personal DMT experience and much more. Get ready for a mind-expanding journey that will radically change your view of the world.

*DMT and the Soul of Prophecy* Rick

Strassman, 2014-09-18 Naturally occurring DMT may produce prophecy-like states of consciousness and thus represent a bridge between biology and religious experience • Reveals the striking similarities between the visions of the Hebrew prophets and the DMT state described by Strassman's research volunteers • Explains how prophetic and psychedelic states may share biological mechanisms • Presents a new top-down "theoneurological" model of spiritual experience After completing his groundbreaking research chronicled in *DMT: The Spirit Molecule*, Rick Strassman was left with one fundamental question: What does it mean that DMT, a simple chemical naturally found in all of our bodies, instantaneously opens us to an interactive spirit world that feels more real than our own world? When his decades of clinical psychiatric research and Buddhist practice were unable to provide answers to this question, Strassman began searching for a more resonant spiritual model. He found that the visions of the Hebrew prophets--such as Ezekiel, Moses, Adam, and Daniel--were strikingly similar to those of the volunteers in his DMT studies. Carefully examining the concept of prophecy in the Hebrew Bible, he characterizes a "prophetic state of consciousness" and explains how it may share biological and metaphysical mechanisms with the DMT effect. Examining medieval commentaries on the Hebrew Bible, Strassman reveals how Jewish metaphysics provides a top-down model for both the prophetic and DMT states, a model he calls "theoneurology." Theoneurology bridges



biology and spirituality by proposing that the Divine communicates with us using the brain, and DMT--whether naturally produced or ingested--is a critical factor in such visionary experience. This model provides a counterpoint to "neurotheology," which proposes that altered brain function simply generates the impression of a Divine-human encounter. Theoneurology addresses issues critical to the full flowering of the psychedelic drug experience. Perhaps even more important, it points the way to a renewal of classical prophetic consciousness, the soul of Hebrew Bible prophecy, as well as unexpected directions for the evolution of contemporary spiritual practice.

*Making Dmt Simplified* Gideon Jackson, 2023-02-01  
MAKING DMT SIMPLIFIED The Complete step by step Guide to making DMT spirit Molecule even as a beginner DMT is known as 'The Spirit Molecule' – and for good reason. DMT is one of the most powerful psychedelics on the planet, naturally occurring in many species of plants, and is thought to be released in tiny amounts in mammal brains. Although the issue is controversial, it's also possible that the release of natural DMT is a factor in out-of-body experiences or spiritual states. DMT is a molecule that mimics the neurotransmitter serotonin, much like the other classic psychedelics LSD and psilocybin. DMT's psychological effects are mostly due to its binding to the 5-HT2A receptor, which is found mostly in areas of the brain associated with high-level cognition: self-awareness, emotions and introspection. When smoked or injected intravenously, DMT causes a very rapid, very intense psychedelic experience which lasts a few minutes. Users report the feeling of being ripped from their bodies, and thrown through space at incredible speeds. DMT produces intense visual and auditory hallucinations of otherworldly landscapes, hidden dimensions and god-like beings. It often

produces deep introspection in its users, allowing the revisitation of past memories and providing a fresh perspective on life. In this book I will be teaching you the best methods and techniques for extracting DMT and the various functions of DMT. All questions concerning DMT will be answered in this guide. ORDER YOUR COPY NOW!!!

How to Make Dmt Made Simple Chin Dexter,2020-05-25  
DMT is known as 'The Spirit Molecule' - and in light of current circumstances. DMT is one of the most remarkable hallucinogenics on earth, normally happening in numerous types of plants, and is believed to be discharged in minuscule sums in well evolved creature cerebrums. Despite the fact that the issue is questionable, it's additionally conceivable that the arrival of regular DMT is a factor in out-of-body encounters or otherworldly states. This guide will show you in step by step guide on how you to create DMT, The Spirit Molecule in the safety of your own home with easily available materials. This is a guide on the fastest and simplest DMT Extraction method from Mimosa Hostilis Root Bark which is one of the most popular and readily available DMT containing plants. With this you can get spiritual awakenings with things that they have seen in trance like states induced by psychedelics such as ayahuasca, magic mushrooms, LSD, and DMT so as to relieve anxiety and cure depression GET YOUR COPY TODAY

**Dmt the Complete Beginners Guide** Braddwick Emerson,2021-02-10  
DMT THE COMPLETE BEGINNERS GUIDE THE COMPLETE GUIDE ABOUT EVERYTHING YOU NEED TO KNOW ON HOW DMT IS MADE  
DMT is known as 'The soul Molecule' and in light of current situation. DMT is one of the most amazing hallucinogenics on earth, usually happening in numerous types of plants, and is believed to be discharged in tiny sums in well evolved creature brain. Despite the fact that the issue is questionable, it's

additionally conceivable that the arrival of regular DMT is a factor in out-of-body encounters or ghostly states. This instructional exercise will guide you in step by step on what dmt is all about, With this you can get spiritual awakenings with things that they have seen in trance like states induced by psychedelics such as ayahuasca, magic mushrooms, LSD, and DMT so as to relieve anxiety and cure depression

**The Beginners Introductory Guide To DMT - Psychedelics And The Dimethyltryptamine Molecule**  
Alex Gibbons,2019-07-03 Thinking about taking this magical drug? Ever wondered what exactly happens when you take DMT? Want to make sure you don't have a bad trip? In this unbiased book you'll explore the effects of DMT including the risks and benefits of taking it in the modern world. Educate yourself and learn the history of this psychedelic compound before you decide to go further with whatever you're thinking. There are plenty of fascinating facts, stories and intriguing questions you're going to come across that may shock you. 22 Some of the topics covered in this book include22- Experiencing Death- Proper DMT Consumption- Proper Preparation- Instruments & Techniques- Bad Trips- DMT vs Other Psychedelics- Entering The Hallway Of All Possible Realities

*DMT & My Occult Mind 3* Dick Khan,2023-03-23 The DMT experience is a forced mystical experience with profound paradigm-shifting potential. Determined psychonautic explorer Dick Khan pursues an occult analysis of DMT breakthrough events and mind-manifesting experiences. Applying knowledge drawn from specific themes within esoteric and occult literature, Khan proposes and applies three basic principles to the mysterious metaphysical mechanics that play out to produce the legendary DMT breakthrough experience. Completing his

DMT & My Occult Mind series, he provides compelling authoritative evidence to support his arguments. Unlike anything ever written upon this profound psychedelic phenomena, Khan breaks new ground to an understanding based on established occult doctrine.

The Absolute Guide to DMT Extraction Simon Ashford, 2024-03-08 The Absolute Guide to DMT Extraction Sources, Methods of Extraction, and Potential Therapeutic Benefits Dimethyltryptamine (DMT) stands as a fascinating molecule, renowned for its profound effects on consciousness and perception. This brief delves into the multifaceted landscape of DMT, exploring its sources, extraction methods, and therapeutic potential. DMT occurs naturally in various plants, such as *Psychotria viridis*, *Mimosa hostilis*, and *Acacia confusa*, as well as in certain animals like the *Bufo alvarius* toad and various mammals. Extraction methods from these sources encompass techniques like acid-base extraction, steam distillation, and solvent extraction, tailored to isolate DMT effectively. The therapeutic promise of DMT extends across mental health disorders, including depression, anxiety, addiction, and PTSD. Psychedelic-assisted therapy, incorporating DMT in therapeutic contexts, offers promising avenues for healing and personal growth. However, it necessitates careful consideration of safety, legality, and ethical guidelines. Consumption of DMT mandates adherence to safety protocols, including dosage awareness, setting, and mental preparedness. Furthermore, comprehension of legal and ethical considerations surrounding DMT use is crucial to ensure responsible engagement with this potent psychedelic substance. While DMT presents opportunities for exploration and therapeutic benefits, its use demands caution, respect, and a deep understanding of its effects, risks, and broader implications

**"DMT - The Molecules of Consciousness"** Simone Napoletani, 2023-12-17 Welcome to this fascinating book on Dimethyltryptamine, better known as DMT. DMT is one of the most mysterious and potentially transformative substances that the world of psychedelics has to offer. In this book, we will delve deep into the world of DMT, exploring its history, chemistry, biological role, cultural use, and exciting developments in research and therapy. DMT is a substance that expands the boundaries of our consciousness and takes us into a realm of experience that is difficult to put into words. Its role in human biology and psyche is not yet fully understood, and its potentials are not fully realized. This book will help you understand DMT in a comprehensive and informative way. As you flip through the pages of this book, you will be taken on a journey from the depths of the human brain to the heights of spiritual experience. You will be inspired by the fascinating discoveries and experiences of others who have explored DMT. However, it is important to emphasize that handling DMT requires responsibility. This substance has the potential to bring about profound changes in individual consciousness, and its effects should not be underestimated. Therefore, comprehensive education and preparation are crucial to make the experience safe and meaningful. This book is not only intended to impart knowledge but also to encourage responsible and ethical handling of DMT. It is our hope that it enables you to understand the possibilities and challenges of DMT in their full depth. We thank you for embarking on this journey into the world of DMT, and we hope that you will be as fascinated by this book as we are. Ready for the journey? Then let's dive into the world of Dimethyltryptamine.

The Dimitri Revolution: How a Drug Changed Humanity  
Jack Tanner, Dimitri is coming. Who is Dimitri? He's DMT.

Dimitri is going to change everything. Do you want to meet Dimitri? You already have. He's in your brain right now. What is he doing to you? Don't you want to know? There's no revolutionary like Dimitri. He will shift your reality. He will take you to other worlds. He will introduce you to aliens. Yes, real aliens. Let's see them aliens. If you want to see them up close and personal, you need even more of Dimitri. Dimitri never short changes you. Dimitri is more real than real. He's better than any prophet. Dimitri delivers highs you can't even imagine. Dimitri doesn't deliver perceptual hallucinations, but conceptual hallucinations. That's a whole different ball game. Forget Lucy in the Sky with Diamonds. Dimitri is a much more interesting guest. Have you set the table? Here he comes now. Everything's about to change.

**Butler's DMT Field Guide** Adam Butler, 2023-03-10

Butler's DMT Field Guide: A Brief History, Step-by-Step Recipes, and Personal Experiences From a DMT Saturated Consciousness summarizes the author's life-saving and transformational journey after using DMT hundreds of times for medicinal, meditative, and spiritual purposes. His research into the history, recipes, and usage of DMT helps bridge the gap between what has been uncovered from the structured scientific studies, with the knowledge that has been gleaned from real world DMT sessions. This comprehensive field guide discusses practical topics like methods of consumption, dosing guidelines, and easy to follow recipes, as well as explores more profound ideas like the ability of DMT to stimulate transcendental sex, encourage neuroplasticity, and help cure mental health issues. Informative and illuminating to both the psychedelic newcomer and the seasoned psychonaut, Butler's DMT Field Guide was created to help make one's DMT journey as smooth and enlightening as possible.

**The Psychedelic Handbook** Rick

Strassman,2022-08-09 Learn everything you need to know about psychedelics with this ultimate guide packed with information on popular psychoactive drugs like psilocybin, ketamine, MDMA, DMT and LSD--plus practical tips for microdosing and how to safely trip--from bestselling author Dr. Rick Strassman. Entering the world of psychedelics can be daunting, and many aren't sure where to start. Research continues to expand and legalization looms on the horizon for psychedelics like psilocybin. The Psychedelic Handbook is a complete manual that explains the basics of psychedelics in a way that is accessible for the novice user--or even just the psychedelic-curious. Inside you'll find: Information on the science and history of psychedelics Basic information on popular psychedelics like psilocybin, LSD, and peyote The difference between psychedelics and other psychedelic-like such as MDMA and ketamine The healing potential of psychedelic medicine for depression, PTSD, and anxiety And much more! Clinical research psychiatrist and bestselling author of DMT: The Spirit Molecule, Dr. Rick Strassman offers his expert advice for safely and effectively reaping the benefits of psychedelic medicine.

**Heavenly Highs** Peter Stafford,2001-07-15 HEAVENLY HIGHS introduces the reader to a world of entheobotanicals (plants which release the god within) used by Shaman and psychedelic explorers. Includes DMT, which is found in psychedelic snuff; Amazonian ayahuasca, which is a bitter tasting beverage that triggers visionary experiences with plant gods; Ibogain, which is a yellowish root ingested by indigenous peoples to achieve visionary experiences; and Belladonna, Yohimbe and Kava-Kava. For each group Stafford provides the history, botany, chemistry, mental and physical effects, preparation and use, and legal considerations.

*DMT Entity Encounters* David Luke,Rory

Spowers, 2021-10-26 • Includes contributions from the late Ralph Metzner, Chris Bache, Whitley Strieber, Jeffrey Kripal, Angela Voss, Bill Richards, Chris Timmermann, Michael Winkelman, Luis Eduardo Luna, Anton Bilton, Bernard Carr, Daniel Pinchbeck, Dennis McKenna, Ede Frecska, and David Luke • Explores DMT beings, alien abduction, plant sentience, neuroscientific DMT research, the connections between LSD and DMT entities, and the nature of mind and reality Found throughout the plant and animal kingdom, DMT (dimethyltryptamine) is also naturally occurring in humans, and may be released during near-death and actual death experiences, earning it the title “the spirit molecule.” When taken as a psychedelic, either via ayahuasca or in pure form, DMT is experientially considered to be one of the strongest and strangest of all entheogens. The majority of high-dose users report visions of unknown yet curiously familiar alien worlds and encounters with sentient nonhuman presences. At a four-day symposium at Tyringham Hall in England in 2017, twenty of the world’s psychedelic luminaries gathered to discuss entheogenic entity encounters, consciousness expansion, visionary experiences, and the future of research in this field. Contributors to the talks and discussions include many leading thinkers, including the late Ralph Metzner, Chris Bache, Whitley Strieber, Jeffrey Kripal, Angela Voss, Bill Richards, Chris Timmermann, Michael Winkelman, Luis Eduardo Luna, Anton Bilton, Bernard Carr, Daniel Pinchbeck, Dennis McKenna, Ede Frecska, and David Luke. This book distills the potent exchange of ideas that occurred at Tyringham Hall, including discussions about DMT beings, encounter experiences, alien abduction, plant sentience, the shamanic use of ayahuasca, neuroscientific DMT research, the connections between LSD and DMT entities, and the nature of mind and reality.



**Dmt** Colin Willis, 2015-08-05 You're about to discover the crucial information regarding Dimethyltryptamine. It can be overwhelming if you are trying to find honest, factual information because of all the random opinions out there on the internet. You also have to be careful about the misinformation that is coming from online sources, especially those with financial incentives. This book serves to be an unbiased guide so that you can understand all of the important information before you invest money or time into trying DMT. This book goes into the origins and history of DMT, how Dimethyltryptamine works, the similarities and differences when compared to other similar drugs, the positive and negative effects of consuming DMT, as well as the legality and dangers involved. By investing in this book, you can get a grasp of the topic so that you can make a solid decision about what you put into your body, or even help other people in your life.

## **DMT** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has been evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **DMT**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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and mouth and

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and toes let s try

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shoulders knees

toes and silly

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on apple music

2003 35 songs

duration 1 hour

11 minutes

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shoulders knees

and toes is a

children s song

the song was

documented as



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 and in 1961 2 it is  
 often sung to the  
 tune of there is a  
 tavern in the town  
 although it is  
 sometimes sung  
 to the tune of  
 london bridge is  
 falling down  
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