Reality Hacking - Molecules as Reality Tools?

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Abstract:

Our present concept of reality is based on the elementary cognitive program of Homo sapiens, which is superimposed with modern civilization issues that do not fit it. The article explores the limitations of humanity's current understanding of reality and proposes a new "reality-upgrade" using biochemical tools. It discusses the need to incorporate mystical components into scientific research to address fundamental questions about life and the universe. The study examines various methods (meditation, science, spiritual & philosophic teachings, high adrenalin trainings) to reduce the brain's construction of reality, with preliminary findings suggesting that psychedelics are the most effective. However, further research is needed to draw statistically significant conclusions. The article emphasizes the biochemical basis of brain development and suggests that biochemical compounds are essential for overwriting outdated perceptions of reality and achieving a new understanding.



Theoretical Background and Rationale

At the time, there are two main unsolved questions in the sciences:

1. What is life?

2. What is matter?

In summary, the first problem arises from the lack of a component that “converts” inanimate, lifeless biochemical matter into living matter. We scientists are missing this component or cannot find it due to the complexity level of our research. Since the missing component always eludes us and is intangible to us, we call it the secret or mystery of life. If we want to explore life and its secrets, we should include all levels of life's complexity in our research, including the intangible mystical component as well, and not just the biological and biochemical ones that we usually consider.

The second, physical problem is that we lack adequate physical understanding and experimental evidence for the observed processes in nature. We cannot adequately transcribe these observed processes in the language of mathematics, or we cannot find the experimental evidence for the mathematical descriptions.

If we want to solve these two problems mentioned above, we need to change our point of view and incorporate new research results into our world explanation mode. In this way we expand our world explanation mode and achieve a new perspective on our lives and the world around us, respectively a new perception of reality = reality upgrade.

Cognitive scientists and physiologists are still working on the following, most important, unsolved question:

How the brain works, from signals to simple actions? [1]

How do we store information and how do we perceive and construct the world around us? [2]

To solve these problems, cognitive scientists and physiologists are looking at the brain not any more as an intelligence and thinking machine but as actuality/reality creation engine[3,4]. To explain this brain function, late 20th and early 21st century thinkers and scientists apply additional personality and cognition concepts and models. These concepts include the personality levels of self-authority, wisdom, enlightenment and even transcendence[5,6].

Summarizing the four outstanding scientific questions mentioned above, it appears that we need a new perspective, the ability to observe the researched tissues from higher levels of complexity, and even new concepts of reality to answer them.

Our current conception of reality is based on the main cognitive survival program of Homo sapiens, which is superimposed with the issues of our modern civilization. These two components do not fit together any more.

Therefore, we are in urgent need for a new concept of reality and the cognitive program that is able to run our current issues of everyday life and cognitive perception of it.

Research Question and Hypothesis

How to obtain the new program that can run the new concept of reality?

Cognitive Scientists of late 20th and early 21st century are realizing that all creatures constantly construct their environment[2,3,4].

The construct of our environment and, therefore, our reality is taking place by virtue of what sensory input our brain selects from the environment. It admits some as information and ignores some as noise[2]. To alternate these issues, we have to change the rate and kind of input as well as our brain selection mode.

In other words, the best method of experiencing reality as it is, is to stop constructing it! Since the construction of reality is the function of the brain itself, we cannot do this. We cannot stop the main function of the brain and survive this. However, we can reduce the level of reality construction and try simulations other than the everyday reality simulation mode. This allows us to approach reality as it is more closely.

Summarized:

<u>Reducing the level of reality construction = approaching the reality as it is!</u>

To test this hypothesis, we have detected and tested six possible ways for reducing the level of reality construction:

1. Meditation,
2. Extending the knowledge through science,

3. Following religious and spiritual teachings,
4. Following philosophic teachings,
5. Performing high level adrenalin trainings and experiences,
6. Intake of psychedelic compounds.

Methods and Analysis

This study could reveal the best way to reduce the degree of reality construction, enter, and realize the new reality upgrade mode. Each person who performed any of the first five methods of reducing the level of reality construction:

1. Meditation,
2. Extending the knowledge through science,
3. Following religious and spiritual teachings,
4. Following philosophic teachings,
5. Performing high level adrenalin trainings and experiences,

has had experiences with the sixth method:

6. Intake of psychedelic compounds.

A Total of 11 Persons were asked multiple questions about reality and their ideas and attitude towards reality construction. One of the results is shown in the diagram below. For that, each person was asked three questions:

1. On a scale of 1 to 10, how would you describe the reduction in the construction of reality (everyday actuality) and the approximation to reality using your method (method 1-5)?
2. On a scale of 1 to 10, how would you describe the reduction in the construction of reality (everyday actuality) and the approximation to reality using psychedelic compounds?
3. If you compare the two methods, on a scale of 1 to 10, what would be your comparison outcome?

Main Findings

Preliminary results from the interviews with a total of 11 people provide us with a clear result, which can be summarized in a table below:

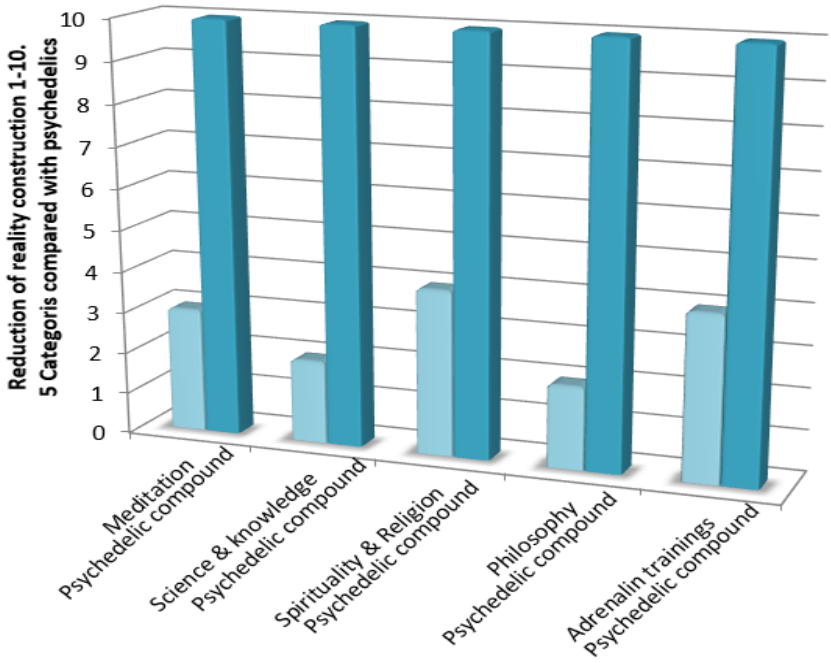


Chart 1 – Levels of reduction in reality construction. What reduces the degree of reality construction the most, respectively - approaches the reality as it is? Strong reduction: 10, low/weak reduction: 1. Each subject were asked 3 Questions (s. chapter Methods and Analysis). The comparison result is presented in the chart above as clustered column. Number of subjects/people per clustered column 1-3. Total number of test subjects/people: 11.

The chart titled "Levels of Reduction in Reality Construction" illustrates the extent to which different approaches influence the reduction in the construction of reality. The levels of reduction are quantified on a scale from 1 to 10, with 10 representing strong reduction and 1 indicating low or weak reduction. Each participant was posed three questions as detailed in the Methods and Analysis chapter.

To enhance the clarity of the comparison, the results are visually represented in clustered columns. Each cluster consists of two adjacent columns, with the left column corresponding to one of the five distinct methods employed, and the right column representing the impact of a psychedelic compound. This organizational structure allows for a direct side-by-side assessment of the effects of traditional methods versus psychedelic compounds on the reduction in reality construction.

The individual columns within each cluster are designed to accommodate 1 to 3 subjects, providing a detailed breakdown of participant responses within each method or psychedelic compound category.

In total, there were 11 test subjects included in the study. The chart, through its use of clustered columns, facilitates a nuanced exploration of how different subjects within each method or psychedelic compound group experience and express the degree of reality reduction. This approach enables researchers and readers to discern patterns, trends, or distinctions between the effects of traditional methods and psychedelic compounds on the reduction of reality construction among the study participants.

Conclusion

As demonstrated above, the ingestion of psychedelic substances represents the most effective means of transcending the construction of the obsolete contemporary concept of reality, as described in the chapter “Theoretical Background.”

At present, however, we lack a statistically significant number of subjects to obtain reliable results. Nevertheless, as the comparison indicates, there is a clear tendency in favor of psychedelic substances as biochemical tools for reducing the construction of reality and approaching reality as it truly is.

Regardless of the chosen method—be it knowledge and science, meditation, high-adrenaline training, or philosophical, spiritual, and religious practice—a substantial portion of the fundamental neural program that generates our perception of reality remains intact. This program is biochemically determined and develops already during the embryonic phase and early childhood. [8,9,10]

At birth, the human brain predominantly consists of freely floating, not yet fully interconnected neurons. [7] Only during early development do these neurons begin to form connections (synapses). The number and stability of these synapses largely determine the complexity of our brain—and, consequently, the way we perceive and construct reality. [8]

This process is primarily governed biochemically—through neurotransmitters, hormones, and other molecular signaling substances—and can therefore, in principle, only be altered or modulated through biochemical influences. [9]

Biochemical substances form the interface between consciousness and matter—the most powerful tools for overwriting obsolete reality patterns and enabling an expanded, updated understanding of reality, thereby bringing us closer to reality itself. They are the molecular machines that make a reality upgrade possible in the first place.

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