



News and Views

Detailing a Pilot Study: The “Code of Reality” Protocol, A Phenomenon of N,N-DMT Induced States of Consciousness

Danny Goler^{1,*}

¹ Code of Reality (www.codeofreality.com), Pasadena, California 91101, USA

*Corresponding author: lasersimulationx@gmail.com

Abstract - This article reports on the discovery of a recurring visual phenomenon observed by individuals under the influence of exogenous N,N-Dimethyltryptamine (N,N- DMT) when observing a diffracted light pattern generated by a collimated 650 nm laser. Using a structured protocol, a pilot study revealed consistent descriptions of coherent geometric structures and symbols resembling “code.” This report shares the protocol employed to make this discovery, outlines the experimental setup, and discusses potential implications for understanding altered states of consciousness. The findings offer valuable insights into the neural, psychological, and cognitive mechanisms underlying altered states of consciousness.

Keywords - N,N-Dimethyltryptamine (DMT); Altered States of Consciousness; Visual Phenomena; Laser Diffraction; 650 nm Laser; Psychedelic-Induced Perception; Neural Mechanisms; Cognitive Neuroscience; Pilot Study; Consciousness Research; Optical Projection Studies.

1 Introduction

N, N-Dimethyltryptamine (DMT) is a naturally occurring psychedelic compound found in humans, as well as throughout the plant and animal kingdom [1]. Beyond its historical use in traditional practices, recent research suggests that DMT may act as a serotonergic modulator with a direct role in mediating human consciousness [2]. Its ability to induce profound altered states of consciousness, often characterized by experiences of hyperdimensional spaces, intricate geometric patterns, and interactions with perceived entities has been well documented within anecdotal reports (see Fig. 1). Despite these reports, systematic studies aimed at identifying specific, consistently observed phenomena are limited [3]. Reproducible subjective experience under DMT’s influence could offer a unique avenue for investigation of neural and cognitive mechanisms underlying perception and consciousness. This article presents the protocol used to reliably elicit a recurring visual phenomenon informally referred to as “The Code of Reality” as observed in a pilot study.

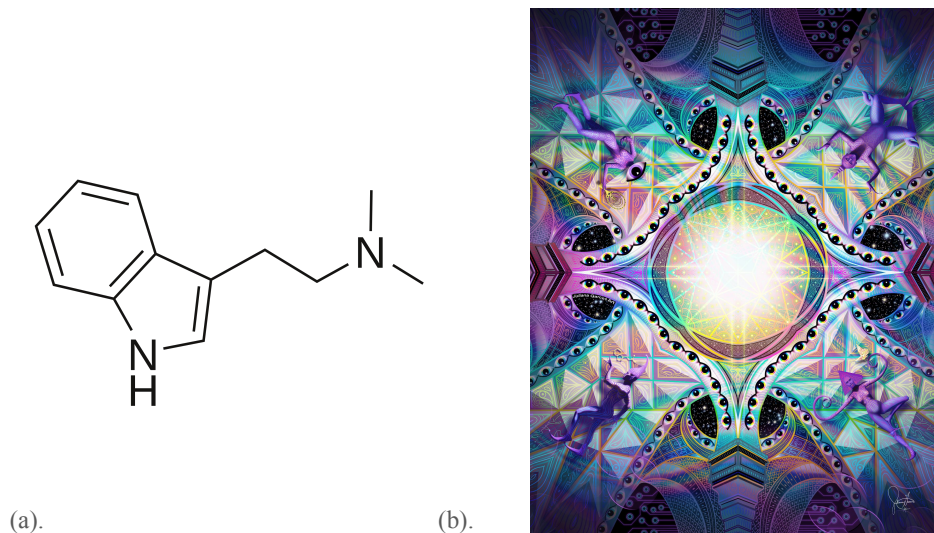


Figure 1: (a) N,N-Dimethyltryptamine (CAS: 61-50-7); (b) Artist rendition of DMT Hyperspace: "Celestial Ceilings", courtesy of Juliana Garces [4]

2 Materials

The following materials were used in the experimental setup (see Fig. 2):

- 650 nm Refracted Laser (Class 2) with operation power of 1 mW (12 x 35 mm)
- Tripod for mounting laser.
- Diffraction Grating Lens.
- Non-Reflective Surfaces optimized for light projection (e.g., flat closet doors or concrete poles).
- Vape pen loaded with 1.0 g of N-N-DMT, powered by a 3.8 V or 4.8 V battery.

3 Health & Safety Disclaimers

- **Laser Safety:** Only Class 2 lasers with an operating power of 1 mW or less were used. Exposure to high-intensity laser radiation can cause permanent eye damage. Light was always projected onto non-reflective surfaces. Participants never looked directly into the laser itself, solely laser projections.
- **Psychedelic Safety:** Use of N,N-DMT occurred under controlled conditions with appropriate oversight available. The protocol described herein is for the purposes of reporting results of a pilot study and by no means intended for personal replication. Of note, use of exogenous N-N-DMT is contraindicated with certain mental and physical states / predispositions. However, studies with healthy individuals indicate potential safety. One study, a Phase-1 clinical trial, found that, "there were not changes in safety blood biomarkers and no serious adverse events. DMT dose-dependently enhanced subjective experiences and positive valence. Inhaled DMT might be an efficient, non-invasive, safe route of administration, which might simplify the clinical use of this substance." [5].
- **Legal Compliance:** Compliance with applicable laws regarding the possession and use of controlled substances was observed.

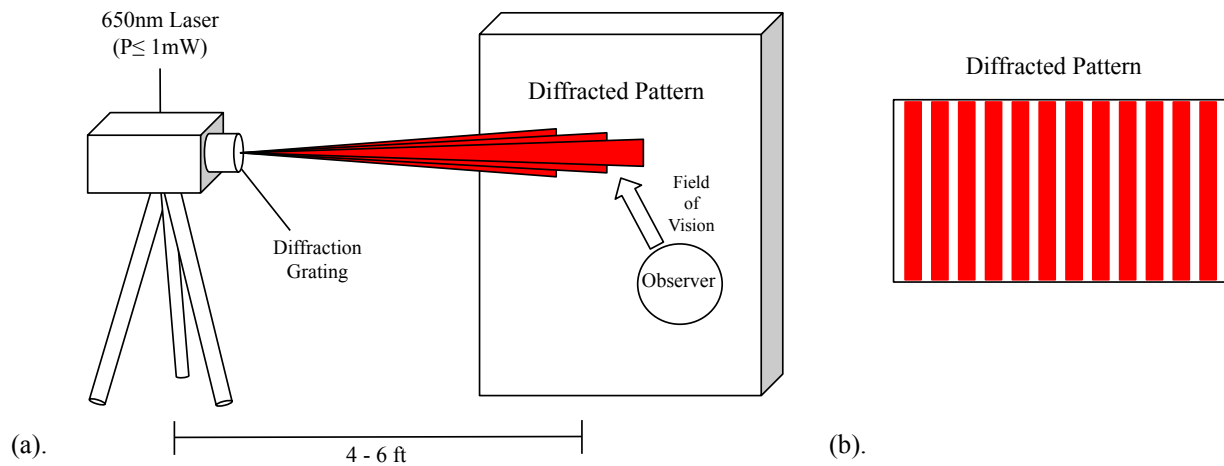


Figure 2: (a) Experimental setup for laser projection onto a non-reflective surface. (b) Diffracted pattern of light on surface.

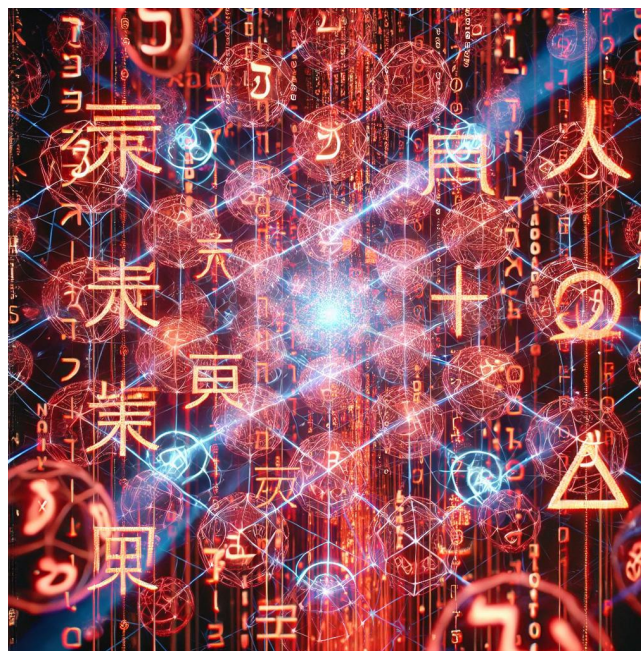


Figure 3: Artist rendition of their experience witnessing the "Code of Reality" phenomenon.

4 Protocol Used

1. Preparation: Participants were seated in front of the laser projection on an optimized surface (see Fig 2.).
2. Use of DMT
 - Option 1: Two medium inhales after a full "launch" session.
 - Option 2: Three medium inhales spaced by 2-3 minutes each for a stable but non-immersive state.
3. Observation: Participants directed to observe the light projection and report their experiences.
4. Data Collection: Written and verbal accounts recorded post-session.

5 Results from Pilot Study

Participants ($n > 1000$) consistently reported the following features:

- Japanese Katakana-Like characters: symbols running within the laser diffraction lines.
- Stable Geometric Structures: Independent of the observer's frame of reference.
- Persistent Visibility: Once observed, the phenomenon could be repeatedly perceived with minimal DMT doses.

6 Discussion

The recurring phenomena suggest a shared perceptual framework activated under DMT's influence. These findings align with prior studies documenting geometric and hyper-dimensional imagery but extend the literature by demonstrating a replicable visual structure across participants [6]. Based on preliminary findings from this pilot study, the observed phenomena differ from the stochastic patterns typically attributed to DMT experiences in the literature, with the 'Code of Reality' phenomenon demonstrating a higher degree of coherence and inter-subjective consistency [6].

7 Conclusion

This article reports on a replicable subjective phenomenon observed under N,N- DMT, characterized by coherent visual patterns and cross-participant consistency. These findings provide a foundation for further research into altered states of consciousness and their implications for neuroscience and metaphysics.

8 Future Work

- Design and execute formal controlled experiments to measure statistical recurrence.
- Incorporate diverse refractive lenses and different wavelengths of collimated light.
- Investigate potential neural correlates using reliable brain imaging techniques.

9 Potential variables to consider in Future Work

- Preliminary observations suggest correlations between dose and time- to- onset of the phenomenon.
- Variability in observation onset potentially linked to individual differences in perception and state of mind.
- Use of a 650 nm laser was critical for digit-like characters; other wavelengths (530 nm, 450 nm) yielded geometric structures but no characters.
- Speckle effects were distinct from observed phenomena, emphasizing the specificity of the DMT-induced patterns.

Acknowledgments

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