

Review of the “Reality Switch Technologies” book by Andrew R. Gallimore.

Introduction

I highly recommend this book to anyone interested in a deeper understanding of subjective experiences, from a chemical/neurobiologist and scientific point of view on how our brain works when interacting with various neurotransmitters, both natural and externally introduced.

The book has a very good reference list for further and in-deep research on specific areas and provides an interesting idea of the World Space, a completely unrelated model of the world, reachable via repeatable DMTx technology, an idea that could be helpful in understanding many spiritual and mystical experiences as well.

Disclaimer

I do not advocate for the use of any drugs, but understand the benefits of specific drug treatments for trauma recovery by softening existing brain models and reconfiguring of subconscious functions affecting physical state. It is also likely to be a part of future ‘mental youth’ treatment, aiming to revitalize the ability to change the Model of the world, which is hardening naturally with age.

I do suggest anyone planning to use medically induced trips to read this book first to gain a bit better understanding of what is going to happen from a materialistic point of view and understand the risks.

My path

One of the most interesting ideas obtained during the deconstruction phase of my subjective experience was derived from various podcasts with Andrew R. Gallimore, leading me to the interest in his book, “Reality Switch Technologies”, where he looks at the chemical/neurobiological approach to altering our perceptions and world models, that our brain

creates or to be precise the model we live most of the time, correcting it on observable errors from sensory inputs.

My main driving factor was to understand consciousness through personal subjective experience of time travel that happened more than 11 years ago.

First part was the most useful for my purpose to understand the author's current view on the way the brain and consciousness work. I briefly skimmed through the second part (chapters 8-13) for the references on different chemical triggers and their effects, which was useful to identify 3C-Bromo-Dragonfly as the most likely agent (and likely in mortal dosage for other goals) used without my knowledge to trigger my subjective experience.

Ideas

I really like the solid way the idea of the world-building machine is presented in the first six chapters, with detailed explanations of what happens on the chemical and neurophysiological level in this process, and the ideas of the phenomenon world (Model) and consensus reality space.

The book is structured in a similar way to TIHKAL/PIHKAL books by Alexander and Ann Shulgin and can be used as a reference manual, fully justifying its name as 'Psychodelic Molecular Technology Technical Manual'

It was very helpful to see the exact explanation of the waves of the resync, helping weak chemical-electric signals to be triggered, and assisting in rebuilding the models measured by EGG. It could be something good to look for the measurable rate of consciousness.

The technical manual style is amazing with all Japanese cultural influence aesthetics, very appealing to someone who, like me, studies the Japanese language.

Suggestions on the book

It would have been very beneficial to have a reference list of terminology used in the book, especially for those unfamiliar with the field, similar to the Reference to further reading, particularly considering the introduction of completely new terminology related to the World Spaces.

I really liked the brief summary at the end of chapters five and six, it would have been nice to have it for all of them. Adding some questionnaires about the past material would make it a real studybook.

I like the idea of the World Space, the models that could be switched on/off completely. It would be really nice to see this idea developed more deeply on the similar level to the other chapters, especially with a correlation of EEG observation information during specific DMT trips with brain areas added.

I really liked the visual diagrams in the book. It would have been nice to see common pictograms used in defining brain functions similar to the schematics of the electroengineering field; there are many similarities between neuron and transistor functions.

Suggestions on DMTx research

It would be nice to extend the chemical/neurobiological views on brain function from the perspective of DMTx with a genetic biology view on forming long-term memory, happening inside the core of neuro cells, as well as quantum-level functions within microtubules.

The study on the psychological or brain structure difference of people who have no effect with DMT would be very interesting, especially if there is a correlation with alcohol tolerance and or psychopathy levels.

DGG research (Anirban Bandyopadhyay, <https://twitter.com/anirbanbandyo>) and optical observation via genetic tagging of specific nerves would have been helpful in isolating specific areas of the brain resulting in World Model processing.

It would be interesting to see the combination effect of neuroleptics with DMT.

Meditation effects of 5-MeO-DMT to stimulate hyper meditation state could be interesting for collaboration with the latest consciousness research by Russian scientists (A Kaplan and others) of Tibet monks in Bylakuppe and Mundgod. <https://twitter.com/DalaiLama> could be interested to help.

It would be interesting to explore the effect of various sensory inputs during DMT trip, e.g. virtual reality glasses with videos, translating different audio/video streams into different parts of the brain at the same time, smell stimulus, Live and Record Combined Stereo using VR systems.

I hope the research from various institutes in subjective experiences would be open and shared in a manner similar to https://psychonautwiki.org/wiki/Main_Page

It would have been nice to see more collaboration with the research from Andrés Gómez-Emilsson and <https://qri.org/>, their ideas in smell links as basic sensory input and geometrically restricted consciousness are interesting.

Links

<https://www.buildingalienworlds.com/books.html>

<https://twitter.com/alieninsect>

PDF version of this review can be found on:

<https://blog.anatolykern.com/static/reality-switch-technologies-review.pdf>