**1/4**

**Something I’ve been building quietly for a while — thought it’s time to share.**

**It’s called Dreamachine — one of those hobby projects that just sort of grew on its own. Not built for profit or attention, just driven by a personal obsession with consciousness,**

**sound-induced altered states, lucid dreaming, and the science of perception.**

**I’ve always been interested in that space between waking and dreaming — when your thoughts slow down and start to shift in unexpected ways.**

**That’s what the Dreamachine tries to touch.**

**It’s not exactly a tool, and not quite art either. It’s more like an invitation into a different state of awareness.**

**What’s wild is — people have already turned this concept into products. Like dreamachine.world turning it into a high-end experience. And sure, that’s cool — but at its core, this whole idea was always meant to be accessible — and I’ve kept that spirit alive in how I made mine too.**

**Anyone can build their own. It’s DIY by design. You don’t need anything fancy. You can build one with a lightbulb, a motor, and some cardboard — or recreate the experience digitally, like I’ve tried to do here.**

**2/4**

**So… how does a Dreamachine actually work?**

**It’s not just a trippy light show — there’s real science and history behind it.**

**The Dreamachine was first created in the 1960s by Brion Gysin and Ian Sommerville — part of the Beat Generation scene, alongside Burroughs and other minds obsessed with perception.**

**Their goal? Build a machine that could trigger altered states of consciousness without drugs.**

**The idea is simple: a light source flickers at a very specific frequency — usually around 8 to 13 flashes per second, which matches the brain’s alpha wave frequency. These are the waves your brain produces when you’re in a calm, meditative, or hypnagogic state — that weird dreamlike moment right before you fall asleep.**

**When you close your eyes in front of the flicker, the light passes through your eyelids and directly stimulates the optic nerve. The brain responds by producing vivid patterns, colors, and sometimes even visions — all internally generated. No screens, no images — just your mind reacting to rhythm and light.**

**It’s a strange experience. Sometimes relaxing. Sometimes overwhelming. Often unpredictable. But that’s the beauty of it — you’re not seeing the machine… you’re seeing your mind.**

**Modern neuroscience even supports this: flicker stimulation has been studied for inducing altered states, enhancing creativity, even helping with focus or anxiety. It’s like a forgotten technology of consciousness — one that’s resurfacing in a new digital age.**

**3/4**

**What might you feel or see with the Dreamachine?**

**Honestly… it’s different for everyone.**

**Some people describe seeing geometric shapes — spirals, mandalas, tunnels of light. Others say it feels like being inside a dream without actually sleeping. Some feel a deep calm, a sort of quiet euphoria. Others feel disoriented, or even slightly emotional — like their mind is processing something just below the surface.**

**The patterns aren’t coming from the Dreamachine. They’re coming from you. Your brain starts interpreting the flickering light in wild, unpredictable ways. It’s like a mirror turned inward — showing you things your conscious mind usually filters out.**

**There’s no right experience. No goal. No expected outcome. Just you and your perception, stripped of images, stories, and input — left to fill in the space with whatever your mind brings forward.**

**It can be beautiful. It can be strange. But it’s always… yours.**

**4/4**

**I’ve translated it into code and light — reimagined it digitally, in my own way — but the spirit remains the same: a space for the mind to wander.**

**The version you’ll see right now is just v1 — something I quickly stitched together and hosted on Cloudflare Pages. So don’t mind the rough edges or lack of polish — it’s a work in progress. I’ll keep exploring what it can be and how far this idea can go and over time shape it into something more immersive, more complete — maybe even a breakthrough experience. For now, it’s just the beginning. A door slightly open.**

**If you try it, remember: this isn’t entertainment. It’s an invitation. Take your time. Be still. Let it wash over you.**

**If you’re into things like sensory experiments, meditative tech, psychedelic ideas, or just unusual ways of exploring the mind — you might enjoy this.**

**Feel free to try it, sit with it, and see what it does (or doesn’t) do for you. And if it sparks anything — a thought, a feeling, even confusion — don’t be shy or hesitate to reach out. Would genuinely love to hear how it lands for you.**

* **Sherry**

**What you just saw is the traditional Dreamachine.  
Physical, analog, beautiful.**