# Strange Ripples

## The Bizarre Relationship Between Psychedelics and Dreams

**Disclaimer**: this is dense material. If you must leave, make sure not to skip watching these three [[1](https://youtu.be/2J5OIqRdJ8E),[2](https://youtu.be/RikSCx4-fbM),[3](https://youtu.be/ol4zQ2nYCdE)] short clips, that should at least pique your interest until you are ready to digest this.

It is nighttime. I am looking down one of the many canyons that form the hills of Hollywood, California. The Canyon opens to the expanse of the Los Angeles basin beyond, with its city grid stretching out to the horizon.

In the sky above the city is an object of *prominence,* in the form of a large oblong spherical cloud protruding outward into the center of my view. Just as suddenly as I notice it, I am paralyzed by the emotion of *fear,* I feel that this presence and myself are *connected*. It is aware of me, and it is reaching within my chest, amplifying the *fear* within me. As this happens, the object appears to solidify from a gaseous state into a gigantic solid disk, several miles wide, and motions inward towards the center of my view. I can feel a clenching in my chest that increases, as the *fear* grows in intensity.

It becomes so intense that I wake up.

Just a dream, or so I thought at the time. It is May of 2015 and I am 31 years old. To me, it’s just another day in the beginning of my thirties. Another day in the grid, another day in the sprawl. I am also completely oblivious to the turn that my life and view of reality will take in about a month’s time. Ayahuasca has a tendency to do that.

In his 1990 book ‘The Botany of Desire’, Michael Pollan examines humanity’s relationship with plants throughout the ages, and in a small passage in the introduction of the book, he describes the gardens that humans have maintained throughout history, from indigenous villagers to aristocratic nobility. Gardens that are tended purposefully to include plants that can heal, plants that can kill, and a few “…with the astounding power to alter consciousness—even to *plant dreams in the brains of humans.*”

This is a piece about psychedelics, but mostly it is about dreams.

In this piece, I will focus mainly on Psilocybin mushrooms and Ayahuasca as catalysts for these dream experiences. Here lies the quandary. When I mention the word ‘catalyst’, a time based relationship is automatically assigned. It is the only one we really know about, and has proved to be so reliably accurate that we call it a ‘natural law’. This is the ‘law’ of *cause* *and* *effect.*

These plants and fungi would more appropriately be called ‘the dream team’, and an even more accurate roster of ‘the dream team’ would include many more plants throughout the world, but this is not a Grimoire, and neither you nor I have all day.

Fast forward eight years. At the time of this writing, in the early Summer of 2023, at any given moment, there is someone out there who is about to have their first experience with a psychedelic. And for that person, or even for the reader who researches just out of curiosity, when entering into the ever expanding informational realm of this renaissance, a person can develop many expectations of what kind of experiences they may have when it is their turn. It is only natural to build some sort of picture beforehand. The altered state carries with it a strange lore in our modern day culture that has undoubtedly been shaped by *misinformed* opinions of them in the past. Quite often these misconceptions wind up in our expectations.

So, for a newcomer to the ever expanding realm of the psychedelic, these questions may arise.

*What will I experience? What are the effects?*

Seven years into my journey with Ayahuasca, one of the things that has struck me as the most odd about these experiences is a side effect, or a more appropriately titled *phenomenon*, that I had neither associated with Ayahuasca or Mushrooms, nor even heard of before.

The phenomenon is a particular kind of dream, one that has perhaps been named many names. Hypnagogic, Onierogenic, Prescient. *Prophetic*. There is something more to this type of dreaming than just any old run of the mill dream.The reason I hesitate to call this a psychedelic *effect*, or a side effect, is for a very important reason.

Simply put, the reason is this: A side effect of a drug does not take place before a drug is taken. Or to spin one of the most prevalent of the modern misconception of altered states back on itself, you can kind of grasp just how bizarre this phenomenon really is by trying to compute the following statement:

An LSD flashback does not occur before one has ever taken LSD.

Two years into my journey, I heard Ayahuasca described by one of my teachers as being ‘an intelligence that transcends time and space.’ Eventually, I would learn exactly how. One month before I drank it for the first time on June 19th 2015, I had no idea I would be partaking in it. I was not actively seeking it. I had heard of it and some of its effects, but just like anyone who has never experienced it, I had little idea of what this actually entailed. Yet it was in this period that I had the most bizarre dream of my life up until that point, a dream which mirrored many aspects and characteristics of the Ayahuasca experience.

At that point, DMT and Ayahuasca existed as something that I had watched a youtube video about or heard some friends talk about a little bit in the years prior. I won’t kid you, some of those things sounded pretty strange. I had never heard one could enter(pre-enter, really) or re-enter the experience not in the immediacy of ingestion, specifically in dreams.

In the middle of 2015, the ‘psychedelic renaissance’ had not quite kicked off yet. A week or so after this dream, a friend of mine sent me a message proposing a dinner date and this is where I heard of a local facilitator organizing Aya ceremonies.

Not even a month after this dream with a disk in the sky, I traveled to a property a few hours outside the city in a secluded area. For the first of many times to come, I drank the thick and sweet tasting brew. That night I died a death of sorts, and began what at the time of this writing has been a seven and a half year journey into guardianship, apprenticeship, co-facilitation, and recently leading groups myself.

I did not connect the dream with the disk in the sky to my Ayahuasca experiences, not until two years into that particular work. At that point, these dreams came back. And through their content I put together a message that absolutely shook me to my core in so many ways, on so many levels. As if the first time they were actually saying, “Knock knock, this will eventually make some kind of sense.”

Quite often, a dream like these will contain some kind of *specificity* about objects, subjects, and themes. They will sometimes contain messages. At some point after this, upon waking, or waiting, or *examining*, we see that there is some truth or significance to what was shown to us in this dream, and something else that was actually happening separately in our physical reality unbeknownst to us. The contents are always ‘out of scope’. If we are relying on conventional ideas about how information enters into our heads, our ability to *know it* is not there yet.

Not long after realizing that these dreams definitely were not normal, I started taking note of some interesting anecdotes from certain podcasts, suggesting that this phenomenon is one part of the bigger picture of the psychedelic landscape that really has not come quite to the surface yet. It speaks volumes to just how strange and mysterious the mushroom and plants interaction with the subconscious and un-conscious aspects of the mind really are, as well as to the power of these substances to connect us with these other aspects of our own reality normally not accessible to us, including encountering what some people describe as an intelligence that transcends time, and space.

An intelligence that really can appear as whatever it wants.

I started hearing about more of these dreams. I started talking about them with my friends in the ceremony community. Many told me that they were having them too.

I was not alone.

The following is a transcript from a conversation that aired Feb 26 2021, told by Kyle Buller of the ‘Psychedelics Today’ podcast.

[Spotify @ 44m11s](https://open.spotify.com/episode/11XZEAdrCiE8TEd2eQsqOD)

[Youtube Clip](<https://youtu.be/2J5OIqRdJ8E>)

<quote>“…This is one of my big dreams that I still scratch my head and go ‘I don’t know how to really explain this.’

Let me preface this, so I was in Hawaii studying plant medicine and indigenous stuff with Kat Harrison and what not, and I think that day she talked about the Mazatec people eating mushrooms in pairs.

My dream starts off, people have these mushrooms and I go ‘oh we gotta eat them in pairs because Kat told us that the mushrooms sing to each other.’

So, in my dream I eat these mushrooms in pairs and they start coming on, and I walk down to the convenience store in my town, and it just got robbed. And I go ‘man this town is going to shit’ and then I walk a little bit more and there’s this kid with this AK47 an he’s pointing at people and I’m like ‘Dude what are you doing’ and he’s like ‘Oh it’s just for fun’ and I say ‘no it’s not fun you’re scaring people, you can’t do that’ he’s like ‘No no no it’s all a joke its all for fun’ and I say ‘yea you can’t do that’.

So I grab the gun away from him and I stare down the barrel and it’s got like you know the red dot on it [that shows it as a toy], and I go ‘ok I can see why you think this is fun, you’re getting a reaction out of people. But you can’t do this, you’re really scaring people.’ So I grab the gun and I throw it away.

So, I wake up, and I’m in Hawaii, which is 8-7 hours time difference, I wake up at like 7 or 8 in the morning, and I grab my phone, and there’s a text message from my best friend, and he goes ‘Yo our town is going to shit, QuickCheck just got robbed and the whole town’s on lockdown, there is SWAT team everywhere, there’s someone saying they have an AK47 and they’re threatening to shoot the town up.’ And I just wipe my eyes and am like ‘am I dreaming still? What the fuck is going on?’

So I immediately grab my phone to google what’s going on in town. They present this whole story that someone called on an untraceable number threatening to shoot up the town with and AK and they couldn’t find them or anything like that. [The authorities] finally wrapped up the investigation into this…It was a prank phone call coming from South Korea, and it’s just like, that dream was happening as the event was unfolding… and I go ‘What’s going on there?’ And I think to myself, did I check my phone? but I didn’t because the message would have been read if I read through it, so the message was left unread, I didn’t see it. What’s going on there?

How did I get that through the dreamworld with so much accuracy?”

</quote>

Kyle Buller had a dream in which the contents of the dream were *sort of* happening in real life, a convenience store robbery and someone threatening the town with threats related to an AK47, which turned out to be fake. A silly prank which got a reaction. In the dream, he consumed psilocybin mushrooms.

It is important to note that besides the dreamlike state that the psychedelic produces in the immediate, these experiences mostly take place detached from any ingestion of any substance at all, and in my experience they quite frequently occur in the run up to a session with the two main psychedelics that I am involved with, Psilocybin mushrooms and the Ayahuasca brew, but as you’ll see in the next example, the dreams can happen separated from any ingestion of a psychedelic, sometimes by *years.*

When I heard the podcast where Kyle Buller described dreaming something that was in a sense *actually happening,* I was reminded of something that happened to my wife and I not that long before. As we were visiting the big island of Hawaii in February 2021, we spent a day exploring the eastern side of the island. We had a day planned visiting some of the lava tubes and caves that dot the landscape, checking out some of the beaches north of Hilo. Our plan that day was to venture up to the observatory on Mona Kea to see the sunset and stargaze at 11,000 feet. We had planned to take some mushroom capsules before the sunset. People knew we were in Hawaii, but we had not mentioned our plans for that day to anyone.

Early on in our adventures, we got a text message from one of our friends, someone who had attended one of our mushroom ceremonies over a year prior, but had not ingested any mushrooms since.

*<quote>“…I just woke up from an afternoon nap and you both were in a dream with me. We were in a cave near the ocean that you need to crawl into, and then it opened up inside. We had a fire going, it was beautiful, we dug through the roof of the cave so we could see the stars.”</quote>*

In this dream she pulled in at least three details from what we were doing that day: the beach, the cave, and the stars. To us, this is many years into my wife and I both experiencing this phenomenon. At that point to us it was another reminder, another glimpse into a tremendous mystery that, as we have come to believe, has accompanied us even before we realized we were setting out upon this path.

The connection between Kyle Buller’s dream and the dream of our friend seems to be psilocybin mushrooms. As Kyle had eaten mushrooms in his dream, and our friend who dreamt about us in Hawaii, we had served our mushroom tea approximately a year prior, almost to the week.

These occurrences leave us somewhat baffled at the accuracy and specificity between the content of the dream, and what was either happening, what happened or what *was to happen* in real life. We are left to wonder ‘what are the odds that this is a coincidence? What are the chances that this is random?’ It lends itself to the theory that these plants and fungi have *supernatural* qualities. Of course, there is actually no such thing as ‘the supernatural’, there is only the natural, and the rest is just what we don’t understand. The dream and the real life occurrence are always *out of time* or *out of our scope* in a particular way, the occurrence is actively happening while you are sleeping. Or, even more strangely, the occurrence has not happened yet.

In perhaps the most bizarre twist of this disruption of the law of cause and effect with magic mushrooms somehow involved, we come to the case of the mycologist and author Paul Stamets, in a story from the Joe Rogan Podcast #1035 which aired on November 7, 2017

[Youtube clip](<https://youtu.be/RikSCx4-fbM>)

In this clip Paul describes a day earlier in his life when he and some friends came across some mushrooms in their neighborhood, after they positively identified as one of the many genus of psilocybin they, ended up consuming them.

<quote>“So I go to bed and I’m laying in bed, and full blown experience, I can barely sleep because all the colors are keeping me awake and my mind is racing....and then I have a lucid dream. And I’m dreaming and I wake up and I go downstairs and I go ‘I had this crazy dream…I saw thousands of cattle, dead, baking in the sun…’

I said, ‘I think there’s going to be a nuclear war. What could kill all these cattle?’

At the time it was the Cold War and the tension was really high between the Soviet Union and the US. And they were joking with me saying, ‘ok when is it going to happen?“ I say ‘I know I was in Olympia and I needed to rush to Derrington to my cabin because my books were up there and my manuscripts were up there and I needed to save my research.

So they laughed and laughed and said ‘When’s the world going to end Paul?’

And I go ‘Well, it’s not this weekend, it’s next weekend.’ So they wrote on the calendar, December 1st. I put it in my book I think it was 1975, the end of the world. They wrote ‘Paul predicts the end of the world’. So we forgot about it.

Massive rains the next week. Huge amounts of snowfall. And then on Wednesday and Thursday temperature inversion, and it flipped to 75 to 85 degrees, all the snow started to melt, all the rivers were flooding, and my little cabin was right next to this river, that would swell from morning to night it would go up 6 feet just from the snowmelt, because we are close to this Volcano and big glaciers. I said ‘oh my gosh I’m going to lose my manuscript, all my research I need to get up there, I need to get up there’.

And then I’m watching the news and the roads are being closed so I have to go through Rockport, Washington on the back way in order to get back to my cabin. I get to my cabin and the bank had eroded about ten feet, I was only about ten or twelve feet away from the river now and my cabin was on the verge of falling into it and so I got my manuscript and I got all my books and I rescued all the material I had, but I couldn’t get out of there because the roads had been closed. And so I had to wait two days and the roads then opened up and I drove out into the Snohomish valley and I went around the bend and there the sun was a brilliant sunny day, a warm day, and there floating in the fields were hundreds and hundreds of dead cattle.”</quote>

Joe lets out an audible gasp.

<quote>“..How do you explain that? I entered I think into the multiverse.”</quote>

After a moment of disbelief, supernatural claims in the air, Joe chimes back in.

<quote>“Now as a scientist I think you realize that when you say these things that you open yourself to a lot of ridicule, do you feel hesitant to communicate these ideas?”</quote>

Paul responds:

<quote>“To a degree yes and you know, at one point I realize I just don’t care…This is true, this happened to me. And you know, I can push the envelope on these ideas because the credibility of my research is well established..So I’m telling you things and I’m not making these things up. I don’t have to.”</quote>

He then states probably one of the most important observations that one may reach eventually in a journey into the realm of psychedelics, and an important point of this article.

<quote>“Just because you can’t explain it doesn’t mean it’s not true. And I think that we need to accept the fact that reality is not limited to the perception that we have traditionally used.”</quote>

It is not every night that you dream of fields of hundreds of dead cattle, and not every day that you see one less than a week afterwards. So, what are the chances?

Again we find a mushroom as a strange companion. Paul Stamets ate a mushroom and then fell asleep and had this dream. His dream is a bit different from the dream Kyle Buller had, and our friend’s dream, as the events contained within the dream had not happened yet, but they all share the same characteristic. How would he have known? If not them, then *what* did? If I suggested “an intelligence that transcends time and space”, would you believe me yet?

Paul Stamets actually did eat the mushrooms in real life, and did fall asleep and had that dream within the effect of the mushroom journey itself, but the *context* of that dream had not happened yet. In Paul’s dream he had to rush to his cabin to save his research (presumably about mushrooms), and then is shown a field full of dead cows. All of which is what he experienced the following week.

Again, we find Psilocybin as the common thread between these three examples. Paul had consumed them and then fallen into the dream state that they can produce.

But this dream phenomenon is not limited to mushrooms.

Dreams are not talked about as a wider part of the narrative in the psychedelic renaissance because it is not what we have expect or look at when we think of the wider *effects* of a drug. We may not even think to associate the two because of this. Some may scoff at the idea and write it off as hallucination persisted perceptual disorder aka “flashbacks”, or even psychosis, or relegating it to the often too easily lauded excuse of simply being ‘projections of the subconscious’. This is a thought terminating cliche.

Conceptualize this phenomenon as I do with this statement:

The ripples from a stone thrown into a pond don’t arrive on the shore before the stone penetrates the water. And the ripples from a stone definitely do not ever arrive before we know that there is a stone, or a pond, or ripples.

As you read this, if you had gone through one of these experiences, what would you think?

The third example comes from another episode of the Joe Rogan podcast, this time with Aubrey Marcus. This was really the first podcast interview that I had seen that gave me a bit of re-assurance that I was not alone in experiencing these sorts of prophetic dreams. Aubrey is describing the lead up to filming the documentary appropriately named, *Ayahuasca.*

[Video clip](<https://youtu.be/ol4zQ2nYCdE>)

<quote>“So anyways, we’re going to Peru to drink Ayahuasca, we’re going to meet Don Howard who we’ve done two documentaries with now..Awesome guy, he’s like Gandalf the White Wizard.

But I knew this one was going to get interesting because about a month before, sometime in August (we were going in September) about a month before, I woke up sometime in the middle of the night (he pauses) from a dream. And in this dream I look over and to my left hand side I see this demon head, this gnarly looking demon head-nosferatu looking thing, and he’s just looking away, and in my dream he looks at me, stares at me dead in the eye and goes *‘I’m going to kill you on September 23rd…’*

So I wake up and I’m a little freaked out and thought ‘damn that was specific’ right and I know that our Peru trip was right over that time period, so I go to the calendar of events, the itinerary, and that night [September 23rd] is the night we’re drinking Ayahuasca, for the first time…I played out all the scenarios[thinking]what was that? Maybe it was a metaphor? Hopefully it wasn’t for real, you know maybe I might have known that date in my head so I’m not saying that this is supernatural, it’s all kinda metaphor, but it was very specific. So by the time we get out there I had this feeling like ‘man somethings going to come up here’, because something’s in my psyche that’s incredibly specific about this..” </quote>

He would drink a month later on that date, and experience just one of the many reasons why the Quechua translation of Ayahuasca is ‘the vine of the dead’ or ‘vine of death’.

Aubrey Marcus’ dreams’ included the context of a date. In his experience in Peru the next month, and in his experience with Ayahuasca on that particular date, the same entity that visited I’m in his dream comes back, as the same demon. He comes to Aubrey and rips his heart out of his chest, holding it in front of him, giving him lessons about the power of his heart. And after imparting this wisdom upon him, the demon seals his heart back inside his chest. At the time of his dream, he was aware that he would be drinking Ayahuasca sometime around that date.

The dream I had with the disk in the sky also occurred about a month prior to my first time drinking Ayahuasca. The big difference between Aubrey and myself in this regard is that a month prior to my first time sipping, I had no idea that I would be partaking in a ceremony. Conversely, it did not reference a date as Aubrey’s did. It’s sensory nature was oddly similar to the animate and hyper sensory nature of the Ayahuasca experience itself, and I have even experienced little hallmarks of that very first experience in my sleep, later on in Ayahuasca and Mushroom journeys, as if the same artist was using the same brushes to create it. It was like getting a preview of what was to come a month later. There was another presence in the dream with me, it seemed to have some sort of control over what *I* was experiencing. This is an attribute of the Ayahuasca experience.

[Carl Jung Quote]

[Jacques Vallee Quote]

Ayahuasca is an artist and a curator. Your mind is the gallery and the canvas. Ayahuasca is the playwright, the characters and the stage. You may notice one character that stands out a bit more than the others.

Of many things, one of the things that Ayahuasca does is make us confront our fears.

As humans, we have a pretty specific set of fears built into us. One of those things is the fear of death.

A month after I dreamt of a disk in the sky, I faced a death of sorts, and I came to the intense realization that there were many other ways of experiencing and much more to this existence than I could ever conceive of prior, including a somewhat reliable way of encountering an intelligence that transcends time and space. In the years since, I have experienced the myriad ways that this ‘other’ intelligence can present itself.

[should I share this?]

At the age of 33, two years into being a guardian. I had a series of dreams that came straight from the mind of ayahuasca. Little multi-sensory clues, little dots that at some point I realized I had to connect. In these experiences and the conversations that they led to, I pieced together something about my own life that shook me to my core.

What pieced together is, as a child I had most likely been drugged and sexually assaulted several times.

I have no actual recollection of the actual acts or the assault, but I do remember waking up in an altered state in the middle of the night at least twice in my elementary school years. I wasn’t sure what to really make of it at the time. And to tell you the truth it kinda felt interesting, standing there in my bedroom in the middle of the night, intoxicated.

When I told some family members, they already had their own suspicions, as they had also been victims.

Talking about these experiences and seeking answers, and the *messages* that inspired me to dig deeper, came in the form of approximately 6 of these dreams. Again, the first one taking place one month before I drank the pungently sweet thick brew. Two years into ‘the work’, these dreams came back. It seems to me like I had to recognize their importance, their relevance, their reality. I had to realize that this was not a flashback, not dream psychosis, not a projection of my subconscious. This was a very ‘real’ phenomenon. And once I formed that realization, I was fed little bite sized chunks of information.

This series of dreams were book-ended by dream experiences in the presence of *disk shaped objects.* The first one being a gigantic disk in the sky above the Los Angeles basin, the second one being a dream in which I seemed to be *holding on to* a liquid metallic oblong spherical shaped object.

When I looked over to my side with the person implicated within these visions. We had our arms extended outwards, seemingly extending from the object. We were standing seemingly still, yet traveling *through* the surface of an uphill slope of a mountain, with the ground and trees in front of us splitting into pieces around us, and reforming in our wake. I was then shown an image that I could never ever invent, or ever forget, as it lead me to re-evaluating many things in my life. That story will come when it is ready to be shared, it is still a sensitive subject.

Disk shaped objects. In today’s culture that insinuation comes with a good amount of baggage.

I think it is not to be a coincidence that of the four times I have seen something anomalous in the sky, be it a ball of light(twice), a pulsating light, or a dark and completely silent disk like object with no visible means of propulsion, that three of the four of these occurrences has happened either in the hours *before* or in the hours after ayahuasca ceremonies. If I include the experiences of my friends, that number grows.

The flying objects share a few characteristics with the dreams, namely

In his essay “UFOs: A Modern Mystery of things seen in the skies”, first published on New Years Day 1958, the psychologist Carl Jung discusses the *psychic* aspects of the UFO phenomenon*..*

*<quote>*

*“..Not only are Ufos seen, they are of course dreamt about. This is particularly interesting to the psychologist, because the dreams tell us in what sense they are understood by the unconscious…*

*Certain objects are seen in the earth’s atmosphere, both by day and by night, which are unlike any known meteorological phenomena. They are not meteors, not misidentified fixed stars, not ‘temperature inversions,’ not cloud formations, not migrating birds, not aerial balloons, not balls of fire. And certainly not the* ***delirious products of intoxication*** *or fever, not the plain lies of eyewitnesses.* ***What is as a rule is seen is the body of round shape****,* ***disk-like or spherical****, glowing or shining fierily in different colors, or more seldom, a cigar shaped or cylindrical figure of various sizes. It is reported that occasionally they are invisible to the naked eye but leave a ‘blip’ on the radar screen.* ***The round bodies in particular are figures such as the unconscious produces in dreams, visions, etc****..this is not by any means a new invention, for it can be found in all epochs and in all places, and it reappears time and time again, independent of tradition..” [p20]. </quote>*

While that may be dense, the thing that I get from it is that at some level unbeknownst to us in our conscious mind, the imagery of the disk, the sphere, the golden wheel, the mandala, is something that transcends time periods and cultural backgrounds, it is an image that something deep down inside of us understands in a strange way. And this also indicates that I am far from the first person to experience a UFO/UAP or disk like object in a dream.

Jacques Vallee is a famous scientist and author, who has a character based off of him in Steven Spieldbergs film “Close Encounters of the Third Kind”. He is well known for researching the commonalities in UFO reports in modern times with those from before the ‘modern era’ of this strange phenomenon, comparing modern accounts with tales of apparitions from the middle ages, faerie lore from Europe.

In his book “Passport to Magonia”, he mentions a case where a farmer dreams every night for a week that a UFO will land in his field, and then one does. That particular detail placing that particular case ‘in the best tradition of the fairy faith’. Vallee was well known for proposing the interdimensional theory of UFOs, which stated that the craft and beings were possibly from different dimensions, rather than being advanced biological beings from planets in our own universe. Later on in the book he states:   
  
<quote>

“There exists a natural phenomenon whose manifestations border on both the physical and mental. There is a medium in which human dreams can be implemented, and this is the mechanism by which UFO events are generated, needing no superior intelligence to trigger them...We could also imagine that for centuries some superior intelligence has been projecting into our environment(chosen for reasons best known to that intelligence) various artificial objects whose creation is a pure form of art. Perhaps it enjoys the puzzlement, or perhaps it is trying to teach us some new concept. Perhaps it enjoys our puzzlement, or perhaps it is trying to teach us some new concept. Perhaps it is acting in a purely gratuitous effort, and its creations are as impossible for us to understand as is the Picasso sculpture in Chicago to the birds that perch on it. Like Picasso and his art, the UFO master shapes our culture, but most of us remain unaware of it.”  
</quote>

Jacques Valee was a student of J. Allen Hynek who ran the Project Blue Book program for the US Government,. In his book "The UFO Experience: A Scientific Inquiry," published in 1972, Hynek briefly touches upon the topic of dreams. He discusses the idea that some UFO sightings and encounters might be related to psychological and dreamlike experiences rather than physical phenomena. Hynek suggests that the interpretation of such experiences should consider the psychological and emotional factors involved, and he explores the possibility that some UFO encounters may be rooted in dream states or altered states of consciousness.

<https://archive.org/details/ufoexperience00jall/page/n9/mode/2up>

While dreams were not a central focus of Hynek's work, he acknowledged their relevance to the study of UFOs and the experiences reported by witnesses. His writings reflect a broader interest in understanding the subjective aspects of the UFO phenomenon and the potential role of human perception, psychology, and altered states of consciousness in shaping these experiences.

So when psychedelic detractors ask this basic question regarding the *entity* that is sometimes encountered upon ’Is what you experience *real*?’

As you can tell, this is not a ‘history of psychedelics’ piece’. There are plenty of those out there. This is a sketch for a memoir. This is a question I want to present to the psychedelic community for its future.   
  
I would re-iterate that one should not partake in a psychedelic to meet aliens. You will bite off more than you can chew.

In the book “The Secret Teachings of Plants: The Intelligence of the Heart of Nature”, author Stephen Harold Buhner talks about how indigenous healers from all over the world know about the plant Yarrow’s healing abilities, even on different continents, independent of each other. When asked how they knew, they all said the plant ‘*came to them in a dream*, and *told them*.’ This archetypal experience is alive in the origin stories of Ayahuasca itself as well, as the instructions on which plants to use to make the brew are frequently said to have been delivered in a dream.

[This will be a clickable link that loads my website with the prompt response]

<link>Watch what happens when I paste the above into Chat GPT and ask it what it thinks</link>

What Ayahuasca and mushrooms have in common is aspects of their chemical makeup. Psilocin, *4-hydroxy-N-dimethyltriptamine,* and Ayahuasca, made of the Caapi vine, which is Beta-carboline alkaloid, which includes the compounds of either harmaline, harmine or d-tetrahydroharmine. The leaves of *P. viridis or D. caberana* contains the powerful psychoactive compound N, N-Dimethyltryptamine. The lowest common denominator here is Dimethyltriptamine, or DMT, has been given many nicknames, not the least dramatic of them being “The God Molecule” and “The Spirit Molecule”.

The common link between the dreams of myself, Paul Stamets, Aubrey Marcus, Kyle Buller, and our friend, is the consumption of tryptamine based mind altering plants and fungi. It is estimated that the common ancestor of plants and fungi existed around 1.1 billion years ago during the Proterozoic Eon. This ancestor was likely a complex single-celled organism with characteristics similar to both plants and fungi. Over time, this common ancestor diverged into distinct lineages, eventually giving rise to the plant kingdom and fungi as we know them today. Whether these experiences can be recreated with their synthetic counterparts is up for debate.

I don’t think we’ll know anytime soon. Studies of medications don’t study the effects of a drug before a drug is taken. Studies aren’t exactly looking for this. It would be a shame if this aspect of the psychedelic experience got lost in the sauce.

This could potentially make this one of the most groundbreaking discoveries in the history of mankind.

The timing of this article is pertinent as the soft disclosure of UFO/UAPs seems to be in motion. In addition, the legalization and mainstreaming of psychedelics is in full effect.

As I come to a close, I browse Reddit on one of the final days of putting this all together, and I come across a post pertinently titled [“Had a dream about taking ayahuasca”](https://www.reddit.com/r/Ayahuasca/comments/14wsk3q/had_a_dream_about_taking_ayahuasca/). And what I read did not surprise me at all.  
  
<quote>  
“Never tried ayahuasca but for the past year had a strong desire to experience it. Last night I had a dream which was really weird and twisted and hard to explain where I tried ayahuasca. The main logic and context behind it was that after trying it, my mind got rebooted and I had to start opening different doors with different classrooms and learn new principles from scratch. I felt as if I was a new but empty person who had to experience life all over again.

I know this is strange but that’s what happened. Also the way I described it is quite vague, but the dream was very unordinary and words can’t describe the full extent of it. Something like a mushroom trip where you can’t clearly explain what happened but gained a bunch of insights all of a sudden.

Anyone else had this? What could this dream have meant?

“

</quote>

These ideas may seem weird, but at a certain point, they only reinforce themselves.

This is where I find my purpose in this renaissance of sorts. But now, to find a term for this..

Aya Dreams