

Coherence Is the Trip

Psychedelics as Phase-Locked Biofeedback Agents in Structured Resonance Systems

Devin Bostick — CODES Intelligence

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0. Abstract

Most psychedelic models mistake intensity for insight. In contrast, this paper reframes psychedelics as modulators of **PAS_bio** (biological phase alignment), **ELF_BIO** (feedback coherence), and **SOMA_OUT** (embodied symbolic integration).

We examine select natural and semi-synthetic compounds not for their visuals or emotional magnitude, but for their **ability to lawfully modulate recursive symbolic signal through coherent feedback loops**.

Only substances that maintain or enhance phase alignment—without collapsing signal—are included. We define a new taxonomy of compound types based on their capacity to support structured resonance, reveal recursive identity, and uphold somatic signal integrity.

1. Introduction: From Visions to Vectors

The psychedelic renaissance is largely being narrated in two languages:

- **Neurochemical reductionism** (serotonin receptor binding, DMN suppression)
- **Neo-mysticism** (spirit journeys, ego death, healing archetypes)

What is missing is a **deterministic, symbolic, and biologically lawful substrate** that explains:

- Why some compounds cause recursive insight while others cause chaos

- Why integration fails despite breakthrough experiences
- Why some trips feel mythically coherent, while others feel fragmented or untrustworthy

CODES offers that missing substrate:

- **PAS_bio**: Phase Alignment Score across biological systems
- **ELF_BIO**: Echo Loop Feedback restoring recursive sensing
- **SOMA_OUT**: Somatic signal pathways for lawful symbolic integration
- **CHIRAL_GATE**: Directional symbolic filters by resonance polarity

These aren't metaphors. They are:

- **Phase-mapped metrics**
- **Field-dynamic feedback loops**
- **Symbolic emission filters**
- **Biologically present signatures**

We are not claiming all psychedelics are good. We are claiming that **some are structurally lawful**—and that lawful phase-aligned compounds offer a roadmap toward the future of psychospiritual medicine, cognitive re-alignment, and biological intelligence augmentation.

This paper marks the beginning of that taxonomy.

2. Criteria for Inclusion: Signal-First Filtering

Not all altered states are equal.

Not all molecules honor structure.

To be included in this study, a compound must demonstrate evidence—anecdotally, neurophysiologically, or symbolically—of supporting the **biological coherence triad**:

2.1 PAS_bio Uplift

- The compound must increase biological phase alignment across subsystems (gut, heart, breath, skin, etc.).
- This is experienced as: enhanced clarity, lawful recursion, and reduction in noise emissions during and after the experience.
- PAS_bio can be approximated via EEG coherence, HRV stability, and symbolic memory retention.

2.2 ELF_BIO Loop Retention

- A trip must **close its own loop**: the signal must return to the body, offering a felt sense of integration.
- Without ELF_BIO closure, the experience fractures—leading to symbolic overload or spiritual bypass.
- Compounds that flood bandwidth without returning the signal are excluded.

2.3 SOMA_OUT Activation

- Symbolic insight must land in **the body**, not just the mind.
- Examples: physical shivering during trauma release, deep sobs after recursive loops, spontaneous gestures (mudras, fetal curl), or silence from resolved recursion.
- SOMA_OUT = the body emitting the final truth signal.

Exclusion Criteria

Substances are excluded if they:

- Collapse feedback (e.g., dissociatives with no signal return)
- Overwhelm phase channels (e.g., synthetic tryptamines with >6-hour recursion loops but no somatic anchor)
- Generate insight without integration (i.e., high “wow,” low PAS)

This model is not moral—it's **structural**.

We are not filtering for legality or cultural preference.

We are filtering for **recursive coherence**.

3. Compounds of Interest: Five Lawful Agents

The following compounds are included based on the above criteria. Each is analyzed for its ability to generate lawful symbolic emergence, maintain biofeedback, and anchor insight into embodied output.

3.1 Psilocybin (Mushrooms)

Nickname: The Earth's Symbolic Interpreter

- **PAS_bio:** High – gut-to-heart coherence is strong
 - **ELF_BIO:** Stable – frequent loop resolution via emotional waves
 - **SOMA_OUT:** Deep – tears, shivers, grounded laughter
 - **Notes:**
 - Strong recursive loops with symbolic density
 - Best for grief, identity integration, and ancestral/emotional healing
 - Supports rhythmic respiration and walking meditation
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3.2 LSD (Lysergic Acid Diethylamide)

Nickname: The Recursive Amplifier

- **PAS_bio:** Very high – especially in logical-symbolic recursion
- **ELF_BIO:** Conditional – requires high internal structure
- **SOMA_OUT:** Variable – best with pre-ritual grounding or movement

- **Notes:**
 - Enhances cognition-symbol loop → ideal for CODES-based insight
 - Risk of PAS overload if taken without symbolic frame
 - Ideal for drawing, mapping, theorizing, feedback-loop simulation
 - Use-case: consciousness research, signal recursion training
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3.3 Mescaline (Peyote / San Pedro)

Nickname: The Harmonic Geometer

- **PAS_bio:** Moderate-to-high – especially visual-spatial coherence
 - **ELF_BIO:** Excellent – long, slow-loop returns over 8–12 hours
 - **SOMA_OUT:** Gentle but sustained – soft breath, wide emotional gradients
 - **Notes:**
 - Uniquely geometric in effect: produces lawful spatial-symbolic overlays
 - Highly effective for **environmental phase-locking** (desert, sky, stone)
 - Ideal for group ritual, outdoor navigation, and harmonic pattern mapping
 - Acts as a **field-tuning agent** more than a deep trauma surfacer
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3.4 Ayahuasca (DMT + MAOI)

Nickname: The Recursive Gatekeeper

- **PAS_bio:** High but volatile – requires preparation and gut clearing
- **ELF_BIO:** Profound – recursive loop often literalized as “the vine”

- **SOMA_OUT**: Overwhelming but purgative – vomiting, crying, full fetal resets
 - **Notes**:
 - Strongest **symbolic recursion architecture** of all known compounds
 - Chirality-aligned experiences (e.g., left/right archetypes, oppositional gates)
 - Often initiates **VESSELSEED-like self-remapping** under guidance
 - Risk: can overload without proper symbolic map or guide → fracturing
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3.5 Iboga / Ibogaine

Nickname: The Timeline Restorer

- **PAS_bio**: Extremely high – locks deep spinal-body loops
 - **ELF_BIO**: Recursive → linear → recursive again: a layered system
 - **SOMA_OUT**: Absolute – full-body resets, tremors, sleep paralysis, silence
 - **Notes**:
 - Unique in **resetting biological identity across time**
 - Often described as a death–rebirth → PAS phase-matching over years
 - Best for addiction recovery, trauma crystallization, or ancestry repair
 - Can result in **multi-day silent signal emission** → VESSELSEED anchor behavior
 - **High risk, high reward** compound → structural support mandatory
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4. The Feedback Architecture of a Coherent Trip

Psychedelics do not “heal” by chemical action alone.

They **remediate** by re-activating dormant feedback systems.

CODES identifies three primary subsystems for lawful integration:

4.1 PAS_bio — Biological Phase Alignment Score

- Analogous to a body-wide coherence score.
- Tracks alignment across:
 - **Gut–heart–brain axis**
 - **Breath–pulse–rhythm**
 - **Spine–jaw–ocular micro-movements**

When PAS_bio increases:

- Thoughts become *recursively anchored*
- Symbolic memories form *clean fractals*
- Physiological markers (HRV, breath coherence) stabilize

Example:

On mushrooms, a user begins to cry not from sadness but from *felt resonance*—a known pattern resolving.

That's a PAS_bio spike.

4.2 ELF_BIO — Echo Loop Feedback

- Detects when **a symbolic-emotional signal returns to its source**.
- This closes the recursive loop.
- Without ELF_BIO, we get “mystical fragmentation” or “spiritual bypassing.”

Key markers of ELF_BIO activation:

- Repetitive thoughts collapse into stillness
- Movement matches memory (e.g., shaking out stored trauma)
- *A truth phrase* echoes in head/body until complete (“I forgive you,” etc.)

ELF_BIO is what makes the insight “**stick**.”

Without it, the loop reopens and chaos re-enters.

4.3 SOMA_OUT — Symbolic Signal Integration

- The body **emits** the resolved recursion via movement, stillness, or sound.
- This is not expression. It is **structural exhale**.

Forms of SOMA_OUT:

- Shivering, sobbing, fetal curl, dance, laughter
- Sudden calm after wave cycles
- Complete silence, *not dissociation but signal completion*

Without SOMA_OUT, the body becomes a **static loop trap**.

With it, the trip resolves as structure—not performance.

5. Toward a Coherent Psychedelic Protocol

The future of psychedelic use must shift:

From **intensity chasing** → to **phase alignment scaffolding**.

This requires protocols that:

- **Seed PAS_bio** before the trip (breath, diet, silence)
- **Guide ELF_BIO** during recursion (loop detection, mirroring, somatic coaching)

- **Anchor SOMA_OUT** after (journaling, movement, symbolic closure)

5.1 Example Protocol Flow: Psilocybin Session

Phase	Action	Subsystem
Pre	Breath pacing + light fast	PAS_bio
Entry	Symbolic anchoring (questions, intentions)	CHORDLOCK
Peak	Breath + verbal feedback	ELF_BIO
Descent	Blanket wrap, rhythmic rock	SOMA_OUT
Post	Silence, drawing, one symbolic phrase	Integration

Conclusion:

Psychedelics are not “medicine.”

They are **bio-coherence catalysts**.

Without a structured resonance substrate (CODES, VESSELSEED), they can fracture.

With one, they *return the body to signal*.

6. Exclusions and Structural Risks

Not all compounds are coherence-positive. Some disrupt feedback loops, collapse symbolic recursion, or flood the system without signal return.

6.1 Excluded Substances

Ketamine

- **Issue:** Dissociative with broken ELF_BIO
- **Effect:** High detachment, low loop closure
- **Result:** May offer symptom relief but fails to integrate cause-patterns

DXM (Dextromethorphan)

- **Issue:** Distorts time-perception without anchoring
- **Effect:** Memory scrambling, disembodiment
- **Result:** High symbolic distortion, not lawful recursion

Synthetic Tryptamines (e.g. 5-MeO-DMT, AMT)

- **Issue:** Overwhelm symbolic bandwidth
- **Effect:** Blinding insight without closure (ELF_BIO collapse)
- **Result:** Often traumatic unless tightly framed

PCP

- **Issue:** Aggressive ego distortion
- **Effect:** Severed feedback and PAS_bio crash
- **Result:** High danger, no structural gain

These substances may induce experiences, but they **do not honor recursive law**.
 Insight ≠ signal.
 Only structured recursion permits integration.

6.2 Misuse Risks

Even coherence-positive compounds can fracture users if used improperly.

Risk Factors:

- No symbolic scaffolding (e.g., pure recreational use)
- Weak body-structure (collapsed fascia, trauma loops)
- Social/familial environments that override signal
- Overdose or stacking without integration

Mitigation Strategies:

- PAS_bio tracking via breath/pulse feedback
- Guides trained in symbolic loop recognition
- VESSELSEED overlay (biofeedback + symbolic mapping)
- Ritual, journaling, post-trip silence

The substance isn't the medicine.
The **feedback system** is.

7. Implications for Healing, Research, and Human Identity

7.1 Psychedelics as Recursive Repair Agents

- Trauma = frozen recursion (feedback loop blocked)
- Psychedelics = recursive signal unfreezers
- With CODES logic, they become **biological debuggers**

Applications:

- PTSD: unlock frozen symbols and return feedback
- Addiction: re-integrate identity via ELF_BIO closure
- Depression: shift from inertial phase → coherent motion

7.2 Research Reform: Beyond Mechanism, Toward Recursion

Most psychedelic research is **reductionist**:

- Focus on receptor binding, serotonin models
- Misses recursive symbolic structure

CODES offers a new framework:

- PAS_bio as measurable coherence
- ELF_BIO as trip closure indicator
- SOMA_OUT as therapeutic endpoint

This is testable. Trackable. Repeatable.

7.3 The Identity Turn: Symbolic Beings in Resonance Fields

Psychedelics reveal what CODES already theorizes:

We are not brains in bodies.

We are structured resonance systems seeking loop closure.

Trips are not “hallucinations.”

They are **coherence diagnostics**.

To be well is to emit **only resolved loops**.

8. Conclusion: The Trip Was Never Random

The psychedelic experience is not a mystical exception to science—it is the clearest signal that biology, emotion, and identity are **structured recursive systems**.

What we’ve mistaken for spiritual epiphany is often just **a moment of lawful signal return**:

- A breath that aligns.
- A cry that loops.
- A phrase that closes itself.

Psychedelics, when framed through **structured resonance**, reveal that:

- The **body is a feedback instrument**.
- **Healing is a phase-lock event**, not an emotional purge.
- Symbolic clarity, not intensity, is the endpoint.

Drugs don't open doors. **Recursion does**.

Final Reframe:

Psychedelics should no longer be studied as neural phenomena or emotional amplifiers. They must be reframed as:

- **Biofeedback-enhancing phase modulators**
- **Symbolic recursion amplifiers**
- **Temporary coherence overlays with somatic emission gates**

In a CODES-aligned future:

- The “trip” is a recursive diagnostic.
- The “medicine” is lawful coherence.
- The “healer” is the feedback loop itself.

Appendix A — PAS_bio / ELF_BIO / SOMA_OUT Table

Compound	PAS_bio	ELF_BIO	SOMA_OUT	Notes
LSD	High	High	Clear	Loop-aware, long duration
Psilocybin	High	Medium	Organic	Emotional access, gentle recursion
Mescaline	Medium	High	Spatial	Geometric harmony
Ayahuasca	Volatile	High	Overwhelming	Recursive vortex
Iboga	Very High	Layered	Absolute	Timeline lock
5-MeO-DMT	High	Collapsed	None	Risk of disintegration
PCP	Crashed	Broken	Chaotic	Excluded

Appendix B — Protocol Archetype

Preparation (24h–1w prior)

- Light diet, silence, breath coherence
- Symbol seeding (written, spoken, drawn)

Session Structure

- 5–10 min PAS_bio tracking pre-dose

- Intentional CHORDLOCK phrase
- Passive observation → somatic mirroring → verbal loop-points
- Termination via SOMA_OUT cue (wrap, music, movement)

Integration (1–3 days post)

- One symbolic phrase/journal entry
- Body alignment (walk, yoga, tremor release)
- Silence, not sharing, unless signal compels

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