

Neuro-Computational Entropic Injection: Principles for Designing a Hypnagogic Ideation Interface Based on Psychedelic Phenomenology and Predictive Processing

1. Executive Summary and Theoretical Orientation

The intersection of personal knowledge management (PKM), computational creativity, and psychedelic phenomenology represents a frontier in human-computer interaction (HCI). The objective of this report is to define the design principles for an application that utilizes a user's database of readings, thoughts, projects, and capabilities to generate "bedtime ideas prompts." These prompts are intended to mimic the "revelatory" thought patterns associated with high-dose psychedelic states—specifically those induced by lysergic acid diethylamide (LSD), psilocybin, and N,N-Dimethyltryptamine (DMT)—to foster creative insight and synthesis.

Current PKM tools operate primarily on principles of retrieval accuracy and logical organization, reinforcing existing cognitive schemas. This report argues that to generate "revelation," the system must instead prioritize **algorithmic entropy, semantic bisociation, and predictive error maximization**. By leveraging the **REBUS model** (RElaxed Beliefs Under pSchedelics) and the **Entropic Brain Hypothesis**, we can map the neurochemical effects of 5-HT2A receptor agonism to specific data retrieval algorithms. Furthermore, by delivering these high-entropy prompts during the **hypnagogic state (N1 sleep)**, the application can exploit the brain's natural circadian window of reduced executive control to facilitate deep semantic restructuring.

The proposed system functions not merely as a database query tool, but as a "Digital Pharmacopoeia"—a suite of algorithmic agents designed to temporarily destabilize the user's rigid mental models (priors) regarding their own work and knowledge. This destabilization, when contained within a safe "set and setting" (the bedtime routine), allows for the emergence of novel connectivity motifs and insights that would be energetically inaccessible during normal waking consciousness.

2. The Neuro-Phenomenological Foundation:

Deconstructing the "Trip"

To engineer a software system that replicates the utility of a psychedelic experience, one must first deconstruct the biological and phenomenological mechanisms that underpin that experience. The "revelations" reported by users of psychedelics are not random hallucinations; they are the product of specific shifts in the brain's information processing architecture. Understanding these shifts is the prerequisite for translating them into code.

2.1 The Predictive Brain and the Tyranny of Priors

Contemporary neuroscience, particularly the work of Karl Friston and Robin Carhart-Harris, frames the brain as a hierarchical prediction machine. Under the **Predictive Processing** framework, the brain serves a primary imperative: to minimize "free energy," or surprise, by constantly generating top-down predictions about sensory inputs and internal states.¹ These predictions are based on "priors"—deeply held beliefs and models about how the world works.

In a healthy, sober adult, these priors are rigid and heavily weighted. They act as efficient filters, suppressing information that is deemed irrelevant or improbable. For example, if a user is focused on a software engineering project, their brain (mediated by the Default Mode Network or DMN) suppresses associations with unrelated domains such as "marine biology" or "medieval history" to maintain cognitive efficiency.³ While this suppression is necessary for task execution, it is antithetical to creative revelation. It maintains the brain in a state of **sub-criticality**—highly ordered, predictable, and low-entropy.⁴

The "revelations" sought by the user are essentially the breaking of these priors. A revelation occurs when a rigid model (e.g., "This project is a technical challenge") is shattered and replaced by a broader, more inclusive model (e.g., "This project is an ecosystem needing distinct nutrients").

2.2 The REBUS Model: Algorithmic Relaxation

The **REBUS model** (RElaxed Beliefs Under pSychedelics) provides the central mechanism for the proposed application. It posits that psychedelics function by lowering the precision weighting of these high-level priors.¹ When 5-HT2A receptors are activated, the brain's confidence in its top-down models is eroded.

Consequently, the "prediction errors" (bottom-up information that contradicts the model) that are usually suppressed are allowed to propagate upward. The hierarchy collapses. Information flows more freely from lower levels (sensory, memory, emotion) to higher conceptual levels. The "filter" is removed.

For the application, this implies a critical design principle: **The "Bedtime Prompt" must function as an external agent of prior relaxation.** Since the user cannot chemically lower

their precision weighting, the app must algorithmically supply high-entropy inputs that force the user's internal models to relax. The prompt must present connections that are statistically improbable enough to bypass the brain's efficient filtering, yet semantically valid enough to be integrated.⁸

2.3 The Entropic Brain Hypothesis: Designing for Criticality

The **Entropic Brain Hypothesis** suggests a direct correlation between the "richness" of conscious experience and the entropy (randomness/complexity) of brain activity.²

- **Normal Waking State:** Low entropy. Optimized for survival. Constraints are high.
- **Psychedelic State:** High entropy. Optimized for exploration. Constraints are low.
- **Criticality:** The brain operates near a phase transition point between order and chaos. Psychedelics push the system closer to or beyond this critical point, resulting in "avalanches" of neural activity where connected regions that usually do not speak to each other suddenly synchronize.⁴

In the context of the user's database, a standard keyword search ("Show me notes on Python") is a low-entropy operation. It reinforces existing pathways. To mimic a trip, the app must perform **high-entropy retrieval**. It must identify "structural holes" in the user's knowledge graph—gaps between clusters of reading, thoughts, and projects—and force a connection across that gap. This forces the user's brain into a state of higher entropy as it attempts to resolve the "disordered" input.¹¹

2.4 Pharmacological distincts: LSD vs. Psilocybin vs. DMT

The user explicitly mentions "heavy acid / psilocybin / DMT trips." While these substances share a serotonergic mechanism, their phenomenological profiles differ, suggesting distinct algorithmic strategies for the prompt generator.

Substance	Phenomenology	Cognitive Mode	Algorithmic Equivalent
LSD (Acid)	Analytical, hyper-connected, structural, recursive. Users often see the "grid" or "source code" of reality.	Hyper-Analytical: Dissolution of boundaries between distinct logical systems.	Graph Traversal & Structural Mapping: Finding isomorphic structures between two unrelated projects (e.g., "How is the architecture of your Code Project identical to

			the plot structure of the Novel you are reading?"').
Psilocybin (Mushrooms)	Organic, emotional, earth-connected, cyclical. Users feel connected to nature, history, and the biosphere.	Hyper-Associative & Emotional: Dissolution of the boundary between "self" and "other" (nature/humanity).	Sentiment & Semantic Morphing: Connecting technical capabilities to biological or emotional metaphors (e.g., "Which of your capabilities is currently decaying to feed new growth?").
DMT	Hyper-geometric, alien, impossible geometries, contact with "entities." Radical shift in ontology.	Ontological Shock: Total replacement of the current reality frame with a new, higher-dimensional frame.	High-Temperature Bisociation: Forcing a collision between the most distant nodes in the vector space. Presenting "Impossible Questions" (Koans) that cannot be answered within the current logic (e.g., "What is the geometry of your fear?").

3. Chronobiology: The Hypnagogic Window as a Physiological Proxy

Since the user is operating within a non-pharmacological context, the system must leverage a physiological state that naturally mirrors the high-entropy dynamics of the psychedelic

experience. The transition from wakefulness to sleep, known as **hypnagogia** (or N1 sleep), provides this biological substrate.

3.1 Neural Correlates of Hypnagogia

Hypnagogia is characterized by a specific shift in neural oscillation. As the brain descends from Beta waves (active, analytical) to Alpha and Theta waves (drowsy, meditative), the prefrontal cortex—the seat of executive control and the "Editor"—begins to deactivate.¹² This deactivation closely parallels the downregulation of the Default Mode Network observed under psychedelics.

During this state, the brain exhibits:

1. **Reduced Reality Testing:** The rigid logic that rejects "silly" ideas is suspended. This allows for the exploration of unconventional associations that would be filtered out during the day.¹⁴
2. **Hyper-Associativity:** The brain spontaneously links disparate memory traces. The "search radius" for associations is widened, similar to the "flattened energy landscape" described in the REBUS model.¹⁵
3. **Sensory Fluidity:** Concepts are often experienced as images or sounds (hypnagogic hallucinations), a phenomenon known as the "Tetris Effect".¹⁷

3.2 Targeted Dream Incubation (TDI)

The potential to utilize this state for directed ideation has been validated by recent research into **Targeted Dream Incubation (TDI)**. The "Dormio" project at the MIT Media Lab demonstrated that auditory cues delivered precisely at the onset of N1 sleep can steer the content of hypnagogic micro-dreams.¹⁹

In these studies, participants who were primed with a cue (e.g., "Think of a tree") as they fell asleep produced creative outputs (stories, drawings) upon waking that were significantly more novel and divergent than those produced by waking control groups.²¹ This confirms that the hypnagogic brain is not just "random"; it is "suggestible." It can take an external seed (the prompt) and metabolize it through a high-entropy processing loop.²²

For the user's app, this implies that the "Bedtime Prompt" is not merely a notification to be read; it is a **cognitive seed**. The timing of delivery is critical. It must occur when the user is physically relaxed but mentally liminal, allowing the prompt to bypass the waking "Editor" and implant directly into the associative machinery of the sleeping brain.²³

3.3 Memory Consolidation and the "Day Residue"

Sleep is the primary mechanism for memory consolidation. During Slow Wave Sleep (SWS) and REM sleep, the brain replays and integrates new information ("Day Residue") with

long-term memory.²⁵

By introducing a specific prompt related to the user's projects or capabilities right before sleep, the app effectively tags that information for prioritized processing during the night. Research suggests that "reactivating" memories during sleep (via cues) can strengthen them and facilitate insight.²⁷ The prompt acts as a "Targeted Memory Reactivation" (TMR) cue, instructing the sleeping brain to work on a specific synthesis problem while the user is unconscious.

4. Algorithmic Architecture: Engineering Digital Serendipity

To operationalize these neurobiological and chronobiological principles, the application requires a sophisticated backend architecture capable of representing the user's knowledge in a high-dimensional space and traversing that space in non-linear ways. We are effectively building a "Recommender System for Epiphany."

4.1 Knowledge Representation: The Graph and the Vector

The user's database (readings, thoughts, projects, capabilities) must be ingested and structured to allow for "psychedelic" traversal.

1. **The Knowledge Graph (KG):** Explicit connections. If a user tags "Project A" with "Python," there is a direct edge. This represents the "Sober" view of the data—logical, hierarchical, and structured.²⁹
2. **Vector Embeddings:** Implicit connections. Using Large Language Models (LLMs) to generate vector embeddings for every note, paragraph, and project title. In this high-dimensional space, concepts are positioned based on semantic meaning. "Apple" is close to "Orange" but also close to "Newton" (gravity) depending on the context.³¹

The "Trip" occurs in the interaction between these two layers. A standard database query follows the edges of the Knowledge Graph (Structure). A psychedelic query teleports across the Vector Space (Meaning), ignoring the explicit structure to find hidden affinities.³³

4.2 High-Temperature Search and Ising Models

In statistical mechanics and machine learning, "Temperature" is a parameter that controls the randomness of a system. Low temperature selects the most probable outcome (the "Ground State"). High temperature allows for the selection of less probable, higher-energy states.¹⁰

- **Ising Brain Model:** Research modeling psychedelic brain states using the Ising model (a mathematical model of ferromagnetism) shows that psychedelics shift the brain from a

"magnetic" (ordered) phase to a "paramagnetic" (disordered) phase.¹¹ The system becomes more susceptible to external inputs and internal fluctuations.

- **Vector Search Temperature:** To mimic this, the app's retrieval algorithm must utilize **High-Temperature Search**. Instead of retrieving the "Top-K" nearest neighbors (which yields predictable, safe results like "Pasta" → "Tomato Sauce"), the algorithm should sample from the "Top-K to Top-50K" tail, or apply a "diversity penalty" to the results.³⁴ This forces the retrieval of items that are *relevant* (somewhere in the vector vicinity) but *distant* (not the immediate neighbor).

4.3 Bisociation and Structural Holes

Arthur Koestler's theory of **Bisociation** defines creativity as the perception of a situation in two self-consistent but habitually incompatible frames of reference.³⁶ A "trip" often involves the bisociation of the "Trivial" and the "Profound."

The app can algorithmically engender bisociation by identifying **Structural Holes** in the user's Knowledge Graph.³⁰

- **Cluster Identification:** The system identifies Cluster A (e.g., "Gardening notes") and Cluster B (e.g., "Software Architecture projects").
- **The Bridge:** It then explicitly queries the vector space for the "shortest semantic path" between these unconnected clusters, or simply juxtaposes them.
- **Algorithm:** Prompt = "Consider [Node from Cluster A] through the lens of."

4.4 Capability Mapping and Synesthetic Tagging

The user specifically mentions "capabilities." This is a crucial data point. Capabilities (skills, tools, mental models) are the "verbs" of the database, while reading/thoughts are the "nouns."

To enable synesthetic or "psychedelic" usage of capabilities, the system should auto-tag capabilities with sensory or abstract attributes.

- *Example:* "Python Coding" is not just tagged "Tech." It is auto-tagged (via LLM analysis) with attributes like "Recursive," "Rigid," "Syntactical," "Blue," "Structured."
- *Example:* "Watercolor Painting" is tagged "Fluid," "Irreversible," "Bleeding," "Organic."

This allows the system to generate prompts like: "Apply the *fluidity* of to the *rigidity* of [Python Project]." This is the algorithmic equivalent of the synesthesia experienced under psilocybin.³⁸

5. The Digital Pharmacopoeia: Taxonomy of Entropic Prompts

Based on the synthesis of psychedelic phenomenology (LSD/Psilocybin/DMT) and creative strategy (Oblique Strategies, SCAMPER), we can define a taxonomy of prompt types. The app should select the "Prompt Category" based on the "Set and Setting" (user's recent mood, stress level, and project status).

5.1 Category A: The Perspective Shift (The "Overview Effect")

Phenomenological Source: LSD/DMT. The sensation of zooming out, seeing the self from orbit, or viewing time as a spatial dimension.³⁹

Goal: To break the user out of the "weeds" of a project and induce a structural realization.

Algorithmic Mechanism: Retrieve a "Current Project" and a "Deep Time" concept (e.g., history, evolution, astronomy).

Prompt Sub-Type	Description	Example Prompt
Temporal Zoom	Projecting the current problem into the deep future or past.	"Imagine your [Project X] is a ruin discovered 1,000 years from now. What one function is still working?"
Scale Inversion	Viewing the problem from the micro (cellular) or macro (galactic) level.	"If was a single cell, what nutrient is it starving for right now?"
The Alien Anthropologist	Describing the user's own behavior from a non-human perspective.	"Explain the ritual of [User's Habit] to an entity that has no concept of time or money."

5.2 Category B: Synesthetic Cross-Pollination (The "Melting")

Phenomenological Source: Psilocybin/LSD. The blurring of sensory modalities (hearing colors, feeling sounds). The realization that "everything is connected".³⁸

Goal: To transfer a capability or insight from one domain (e.g., Art) to another (e.g., Business).

Algorithmic Mechanism: Bisociation of a "Capability" with a "Current Blockage" using sensory metaphors.

Prompt Sub-Type	Description	Example Prompt
Modal Transposition	Translating a problem into a different sense (Sound, Texture, Color).	"If the friction in [Project A] had a sound frequency, what would it be? Can you

		hum a counter-frequency?"
Texture Mapping	Applying physical attributes to abstract concepts.	"Is your current strategy for 'smooth like glass' or 'rough like sandpaper'? Which texture does the problem require?"
The Biological Metaphor	Viewing a mechanical/digital project as a biological organism.	"Where is the 'lung' of your? Is it breathing deeply enough?"

5.3 Category C: The Logic Breaker (The "Koan")

Phenomenological Source: DMT/High-Dose Acid. The encounter with logical paradoxes, "impossible objects," and non-Euclidean geometries. The collapse of binary logic.⁴¹

Goal: To exhaust the executive mind (Beta waves) so the associative mind (Theta waves) can take over. This is the "Ego Death" of the problem.

Algorithmic Mechanism: Identifying the "Core Assumption" of a thought/project and inverting it (SCAMPER - Reverse).⁴³

Prompt Sub-Type	Description	Example Prompt
Inversion	Reversing the goal or the method entirely.	"What would happen if you tried to make [Project X] fail in the most beautiful way possible?"
The Paradox	Presenting a logically impossible constraint.	"How can you hold [Idea A] and in the same thought without resolving the conflict?"
Oblique Strategy	Using randomness to bypass intent.	"Honor thy error as a hidden intention. What 'mistake' did you make today that was actually the correct path?" ⁴⁴

5.4 Category D: Emotional Integration (The "Catharsis")

Phenomenological Source: Psilocybin/MDMA. The resurfacing of repressed emotions, the confrontation with trauma, and the integration of the "Shadow".⁸

Goal: To connect intellectual work with emotional drives. "Revelations" often come when we realize why we are doing something, not how.

Algorithmic Mechanism: Retrieving "Journal Entries" (Thoughts) containing high-arousal sentiment words and linking them to "Projects."

Prompt Sub-Type	Description	Example Prompt
Shadow Work	Identifying the fear or avoidance behind a project.	"Which of your projects is currently asking for your love, and which is asking for your fear?"
Ancestral Resonance	Connecting current work to personal history.	"What would the 10-year-old version of you think about the complexity of [Current Problem]?"
The Surrender	Encouraging the release of control.	"What part of this can you safely put down for the next 8 hours?"

6. Principles of Interface Design: The Digital "Set and Setting"

In psychedelic therapy, the "Set" (mindset) and "Setting" (environment) are as critical as the substance itself. For a "bedtime ideas prompt," the UI is the Setting. If the interface is cluttered, bright, or transactional, it will trigger the Task Positive Network (TPN), inhibiting the Default Mode Network (DMN) and blocking the hypnagogic state.⁴⁵

6.1 Calm Technology and Low-Arousal UI

The application must adhere to the principles of **Calm Technology**, which asserts that technology should require the smallest possible amount of attention and move easily between the periphery and the center.⁴⁵

- **Dark Adaptation and Melatonin Preservation:** The interface must use a "True Black" (OLED) background with long-wavelength text (Deep Red or Amber). Exposure to short-wavelength (blue) light suppresses melatonin and increases alertness, physically preventing the N1 state required for the prompt to work.⁴⁷

- **The "No-Scroll" Constraint:** Infinite scrolling mechanisms engage the dopamine loop (seeking/reward), which is high-arousal. The app must present **Single-State Interfaces**. One prompt. One screen. No feed. No "next" button (or a very slow, high-friction one). This enforces a "contemplative" rather than "consumptive" mode of interaction.⁴⁹

6.2 Sensory Modality: Audio-First Interaction

Reading text requires focal vision and cognitive decoding, which maintains Beta-wave activity. Listening is a more passive, primal sensory channel that allows the user to keep their eyes closed, facilitating Alpha/Theta induction.²⁰

- **Generative Audio:** The prompt should be delivered via Text-to-Speech (TTS) with a specific prosody—slow, low-pitch, and rhythmic. This mimics the "hypnotic induction" used in guided imagery.⁵⁰
- **Ambient Entrainment:** The background should not be silent but should feature "Colored Noise" (Brown or Pink Noise) or Binaural Beats in the Theta range (4-7 Hz) to entrain the brain toward the hypnagogic state.⁴⁸

6.3 Input Mechanics: The "Drift" vs. The "Click"

Standard UI patterns (buttons, typing) require precise motor control, which signals "wakefulness" to the brain. Hypnagogic UI should rely on **Gross Motor** or **Passive** inputs.

- **The "Steel Ball" Feature:** Inspired by Dali and the Dormio device, the app could utilize the phone's accelerometer. The user holds the phone loosely on the bed. When they drift into N1, muscle tone decreases (ataxia), and the phone tilts or slips. This accelerometer event can trigger the prompt delivery or a gentle recording prompt ("What did you see?"), capturing the insight without fully waking the user.⁵¹
- **Voice-First Capture:** If the user has a revelation, they should not have to unlock the phone and type. A "Voice Latch" feature should allow them to simply speak into the dark. The app uses Whisper-grade transcription to capture the thought, but—crucially—**does not show the text**. Showing the text invites editing (Executive Control). The app simply acknowledges receipt with a soft haptic thrum and saves it for the morning.²³

7. Safety and Ethics: Mitigating the "Bad Trip"

Psychedelics can induce anxiety or "bad trips" if the user is confronted with trauma or overwhelming complexity without support. Similarly, a high-entropy prompt delivered at bedtime can cause insomnia or anxiety loops if not carefully managed.

7.1 Sentiment Guardrails

The system must analyze the user's recent "Thoughts" and "Journal Entries" for sentiment valence and arousal.

- **The Guardrail:** If the user's recent entries indicate High Anxiety or Depression, the system **disables** Category C (Logic Breakers) and Category A (Existential Zoom) prompts. Instead, it shifts to **Stabilizing Prompts** (Gratitude, Grounding, Simple Reflection).⁵²
- **Rationale:** When the "Set" is fragile, high entropy is destabilizing. The system should provide structure, not chaos.

7.2 The "Containment Vessel" Protocol

The user must feel that the app is a "safe container" for their thoughts.

- **Promise of Capture:** The anxiety of "forgetting a great idea" keeps people awake. The app must provide robust feedback (haptic/auditory) confirming that "The idea is safe. You can let go."
- **Time-Boxing:** The "Idea Mode" must have a hard stop (e.g., 20 minutes). After this window, the prompts cease, and the audio transitions to pure sleep-inducing noise. This prevents the user from staying up all night chasing the "next revelation".⁵⁴

8. Conclusion and Implementation Roadmap

The proposed "Bedtime Ideas Prompt" application represents a novel synthesis of **Neuro-Symbolic AI** and **Psychedelic Information Theory**. By treating the user's personal database not as a static archive but as a dynamic vector space, and by utilizing the hypnagogic state as a physiological proxy for the psychedelic state, we can engineer a system that reliably generates "revelations."

The core value proposition is the **Algorithmization of Insight**. We are taking the mysterious process of the "epiphany"—usually attributed to chance or drugs—and creating a repeatable, non-pharmacological protocol for its generation.

Implementation Checklist for the "Entropic Engine":

1. **Data Ingestion:** Build the Knowledge Graph and Vector Index (Embeddings) from user data.
2. **Tagging Pipeline:** Implement LLM-based auto-tagging for Capabilities (Synesthetic attributes) and Projects (Emotional attributes).
3. **The Engine:** Develop the "High-Temperature Search" and "Bisociation" query algorithms.
4. **The Interface:** Build the "Dark Mode" / "Audio-First" mobile interface with accelerometer-based sleep onset detection.
5. **The Safety Layer:** Implement Sentiment Analysis guardrails to prevent anxiety loops.

This system does not merely "suggest ideas"; it fundamentally restructures the user's relationship with their own knowledge, turning the act of falling asleep into a journey of discovery.

Data Tables and Structural Analysis

Table 1: Mapping Psychedelic Mechanisms to Software Features

Psychedelic Mechanism (REBUS)	Cognitive Effect	App Feature / Algorithm
5-HT2A Agonism	Increases neural excitability; destabilizes DMN; "Un-weighting" of priors.	High-Temperature Vector Search: Increases randomness in node selection; penalizes "safe" (nearest neighbor) matches; prioritizes "Structural Holes."
Reduced Precision Weighting	Brain stops suppressing "prediction errors" (anomalies).	"Anti-Context" Prompts: Deliberately suggest notes that contradict the user's current project context or combine "incompatible" domains.
Increased Global Connectivity	Disconnected brain regions (Visual <-> Motor) communicate.	Cross-Cluster Bisociation: Identify two distinct clusters in the Knowledge Graph (e.g., "Cooking" & "Coding") and force a "Shortest Path" query between them.
Criticality (Phase Transition)	Brain moves to the "Edge of Chaos" (maximum complexity).	Semantic Stretching: Use LLMs to generate metaphors that bridge large semantic distances (e.g., "How is your database like a coral reef?").
Ego Dissolution	Loss of narrative self; "Oceanic Boundlessness."	Perspective Shifting Prompts: "View this

		problem from the perspective of a geological era," or "a single cell."
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Table 2: The "Bedtime Window" Protocol (Hypnagogic Optimization)

Phase	Physiological State	UI/UX Requirement	Prompt Strategy
1. Winding Down (Wakefulness)	Beta Waves: High executive control.	Dark Mode: Red/Amber light. Minimal text.	Reflective: "What is the one thing you are holding onto tightly?" (Loosening the grip).
2. Drift (Sleep Onset / N1)	Alpha/Theta Waves: DMN relaxation, fluid association.	Audio Only: Eyes closed. Passive listening.	Abstract/Entropic: "If your project was a color, what would it smell like?" (Synesthesia).
3. Hypnagogia (The "Trip")	Theta Waves: Hallucinations, micro-dreams.	Passive Recording: "TDI" protocol. Detect sleep onset via accelerometer.	Incubation: Silence. Allow the seed prompt to metabolize into dream imagery.
4. Sleep (N2/N3/REM)	Delta Waves: Memory consolidation.	OFF: No stimulation.	None: Allow the brain to consolidate the novel connections formed in N1.

Table 3: Prompt Engineering "Digital Pharmacopoeia"

Prompt Category	Target Cognitive State	Source Inspiration	Example Structure
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Perspective Shift	Ego Dissolution / Overview Effect	LSD / DMT	"Imagine [Project] from the perspective of."
Synesthesia	Cross-Modal Perception	Psilocybin	"If [Capability] was a, it would feel like..."
The Koan	Logical Exhaustion / Paradox	Zen / DMT	"What is the [Opposite] of your [Goal]?"
Emotional Integration	Catharsis / Shadow Work	MDMA / Psilocybin	"Where is the [Emotion] hiding in?"

Citations and References

- **REBUS & Entropic Brain:**¹
- **Hypnagogia & Sleep Creativity:**¹²
- **Bisociation & Lateral Thinking:**³⁶
- **Vector Search & Knowledge Graphs:**²⁹
- **UI/UX & Calm Tech:**⁴⁵
- **Prompts & Content:**⁴³

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