



**LUCID VISIONS:
THE FORGOTTEN
FOURTH STATE OF
CONSCIOUSNESS – PART 1**

SIMPLE SUMMARY:

We humans have a natural dynamic capacity for psychological and physical resolution and self-healing. These self-organizing processes are also the functional foundation of many techniques and therapies.

We have four fundamental states of consciousness that all play a crucial role in healing and adaptation. We are commonly aware of three of the four – waking, dreaming and sleeping however we have essentially forgotten the fourth. Many of your psycho-emotional challenges will naturally resolve and techniques and therapies will finally succeed if you have sufficient conscious experiences of Lucid Visions, the Forgotten Fourth State of Consciousness. The neuroVIZR Brain Engagement Experiences support and retrain you by generating the Fourth State of Consciousness and its Lucid Visions.

The key position in this paper is that because of modern lifestyles, we commonly lack the Lucid Visions/Fourth State of Consciousness and consequently have an inadequate natural response in trauma resolution. We suffer from a “**Fourth State Deficiency Syndrome**”.

INITIAL REFLECTIONS:

Up until our modern era of electricity and night time artificial lighting, we humans spent a great portion of everyday in Darkness – and our only light came from the Flickering Flames of Fire, the original “Mind Machine”.

PREFACE:

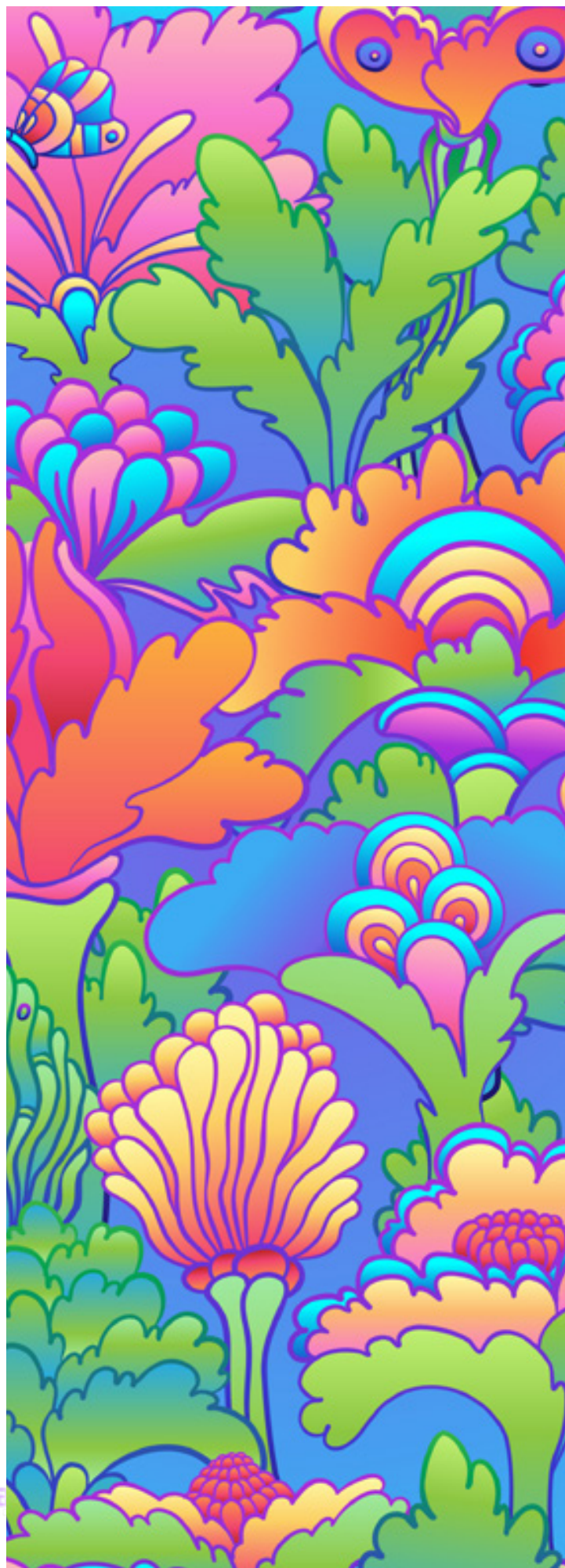
“In order to acquire continuity of consciousness, unaffected by lapses into unconscious states, you must hold yourself at the junction of all the

states, which constitutes the links between sleeping, dreaming, and waking: the half-sleep or Fourth State”.

-10th century Tantric text (over 1,000 years ago)

DEFINITION:

In this paper, you will encounter the word “lucid” which is derived from the Latin verb “lucere” – “to shine”. The term here for us has two



basic and interrelated meanings:

- 1)“clear perception”;
- 2)“filled with light”.

And so, Lucid Visions are experiences that are principally visual (although not exclusively as they are also often suffused with intuitive meaning) and express themselves with a clear and very real perceptual quality. Without attention and practice, Fourth State experiences may not be “lucid” and are often fleeting and drowsy events at best.

Readers may quickly be reminded of the concept of “Lucid Dreams” which are, in fact, directly related to The Fourth State of Lucid Visions. Certainly, most Sleeping Dreams are not lucid. More about that later below.

INTRODUCTION:

In our contemporary urban cultures, we suffer from a lingering malaise based on a fundamental “psychophysical nutritional” deficiency. This deficiency drives our unsatisfied appetites into a range of addictive pursuits and dangerous behaviors. Our psyche remains confused and constantly seeks remedies yet, in the end, the lack leaves us craving and unsettled.

The thief may well be modern electricity. It has robbed us of the daily sanctuary of Dark-

ness that hosted millennia of our conscious evolution. It has robbed us also our very first guide into transcendental experience...the Flickering Flames of Fire. Without the Darkness and without Flickering Fire, we have been deprived of a crucial psychophysical nutrient. We have been deprived of Lucid Visions – the Forgotten Fourth State of Consciousness.

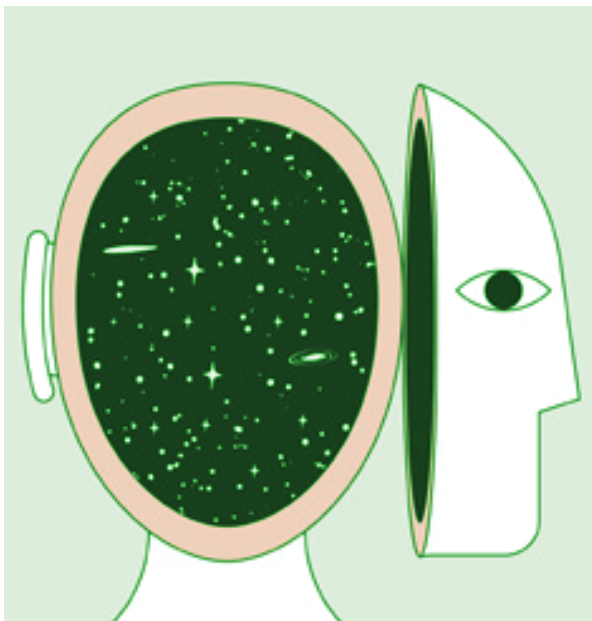
Deprived of the fertile creativity generated by Lucid Visions, our appetite is instead stuffed with the psychological “junk food” of television and digital social media. And we pay a life-long price.

THE FOUR STATES OF CONSCIOUSNESS:

Life has unavoidable challenges some of which leave us hurt and perhaps damaged. Living with unresolved psychophysical wounds limits and complicates even the simplest experiences of wellbeing. Life wants to live itself full so it is understandable that evolution would do its best to develop innate processes for mental/emotional self-healing.

Today we recognize the three common states of consciousness as waking, dreaming and sleep. Throughout history, major minds such as Aristotle, Kant, Freud, and Jung have pointed to the dynamics of these three states as being intrinsic in psycho-emotional trauma resolution and fundamental wellbeing. It is apparent that these three states (waking, dreaming, sleeping) require fluid relationships while also maintaining distinctive domains of influence. Overlapping experiences or obstructive restrictions lay the foundations for not only diminished wellbeing but, even worse, pathological compromises.

Dreams act to harmonize and consolidate the memories generated by regular waking experiences. Meaning and self-identity are explored via the fantasies of night time reverie and high emotional charges can be defused and desensitized. With consolidation, deep sleep acts to refresh and renew the bodily demands of regular activities. Night-time psycho-emotional consolidation and the integration of physical body-based memories is truly at the core of conflict and trauma resolution. And so,





it becomes obvious that disruptions in the regular transfer of waking, dreaming and sleep rhythms will be potent impediments to the natural self-healing processes that we have earned throughout our long human evolution.

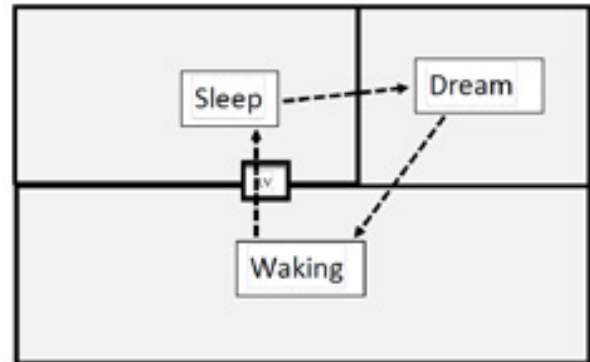
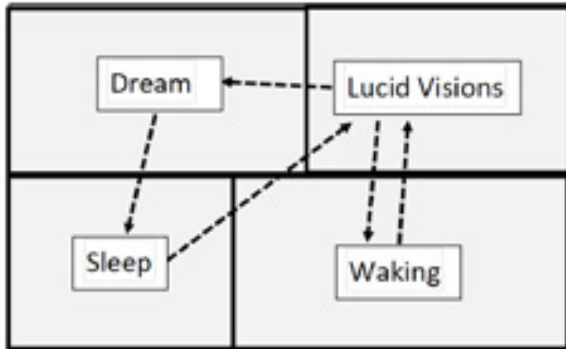
There is a Fourth State of Consciousness that acts to harmonize the triad of waking, dreaming and sleeping states. Disrupted modern lifestyles divorced from natural circadian rhythms of Darkness and the absence of Flickering Fire have made the Fourth State an empty chair at our mental table. The drowsy slip and slide of hypnagogic/hypnopompic access is insufficient in allowing us Fourth State satisfaction and most people are almost entirely unaware of that regular gateway in any case. Considering that our culture's materialistic philosophy praises reason and logic while mistrusting and demonizing "altered states of consciousness", the Fourth State of Consciousness is rarely considered of natural importance – and we ignorantly suffer its absence. Techniques and therapies are limited and even mysteriously crippled as they attempt to roll the boulder up the side of our psychic mountain against some unseen gravity of resistance. The self-regulatory capacity of the psyche continuously exerts its influences towards resolution yet the innate formulas lack one key ingredient – the fertile creative insights and perspectives of the Lucid Visions of the Fourth State of Consciousness.

OUR FOUR ROOM HOUSE OF CONSCIOUSNESS:

Consider the analogy of our consciousness being a house with four rooms:

- 1) Waking;
- 2) Dreaming (sleeping dreams);
- 3) Sleep;
- 4) Lucid Visions (waking dreams).

What would be the size of each room? And how do you move around in the house? And how much time do you spend in each room? Is Lucid Visions even a room any more or has it just diminished down to being a short hallway between Waking and Sleep?



THE WAY WE NATURALLY RESOLVE TRAUMA:

All four states of consciousness must harmonize so that our innate self-healing processes can desensitize and diffuse the imprints of trauma and incomplete experiences. In the same ways that our physical bodies resolve imponderable numbers of metabolic and immunological challenges in every moment of our lives, so too our psycho-emotional-physical experiences are being absorbed into the resolution dynamics of the Complex Adaptive System we call our Mind and added to our learning and wisdom. The novel idea of a “self-cause” governed principle has emerged in several disciplines and is referred to by numerous synonyms, such as spontaneous, endogenous, autogenous, self-organized, self-generated, self-assembled, and emergent. This “complex” and “adaptive” property is currently applied to our brain and our manifest mind.

The most effective approaches to supporting the natural resolution of challenging experiences are achieved indirectly by enhancing the self-regulatory capacities found in the dynamic interactions between the four states of consciousness. The unimpeded resolution capacities of the mind/body have unmatched biological precision and wisdom. When the self-regulatory capacities are obstructed by relationship disruptions, targeted or assertive attempts to bring resolution can not only fail but even aggravate the complaints.

We can broadly divide our conscious experiences into two domains: 1) when we are in an active “task mode” and bent on achieving some purposeful action and 2) when we are in passive “non-task mode”. The “task mode” has a range of characteristics from high “flow states” through to certain stages of exerted effort. The “non-task mode” also has a broad range of characteristics that include every-





thing from simple waking rest to hypnagogic reverie to dreaming to deep sleep. Various meditation techniques can be found in both “task mode” states and “non-task mode” states.

In the waking state, the external demands and constraints of “task modes” absorb much of the attention and resources inherent in metabolism. The internal self-regulatory and self-healing functions are at their best levels of efficiency in the “non-task modes”. The “self-organizing” nature of a Complex Adaptive System manages the transitional processes required in shifts both between “task modes” and “non-task modes” as well as within each of these modes. When the Fourth State of Consciousness (Lucid Visions) is weakened, and especially when absent, the critical shifting dynamics in phase transitions are disrupted and become dysfunctional. In most cases, the primary disruption occurs in the transition between the waking state and the dreaming state. Secondary disruptions will also occur between the dreaming and deep sleep states.

Of the many consequences of disrupted transitional phase shifts in the four modes of consciousness, natural psycho-emotional trauma resolution stands out predominantly. Furthermore, the intricate web of psycho-physiological responses triggered by a variety of therapeutic measures can easily under-function and become resistant.

SHIFTING FROM OUTSIDE CONSCIOUSNESS TO INSIDE CONSCIOUSNESS:

“Exteroception” is the term for when conscious attention is directed outwardly into the world. “Interoception” is the opposite for when we direct our attention into the more visceral realm of inwardly directed sensations. It is also known by the new term, Neuro Reality. By and large, “task modes” involve “exteroception” while “non-task modes” involve “interoception” or Neuro Reality.

Psycho-emotional states are experienced viscerally and involve “interoception”. This “inward” attention and perception are necessary to maximize our natural self-regulatory processes. The positive integration of challenging experiences draws together the self-healing mind and autonomic nervous system. This happens more efficiently when “task

mode” “exteroception” has transitioned into the embodiment of “non-task mode” “interoception”.

At the most basic level, this means we need to “rest” to enable the natural integration processes...and a crucial aspect of the dynamics of rest involves the intermediate state between waking and dream/sleep, the Forgotten Fourth State of Consciousness and Lucid Visions.

The issue of “rest” brings us to the pivotal point in the process of accessing the Fourth State of Consciousness. In order to access then acquire the “lucidity” of the Fourth State, (and not just



the transitory murky drowsy veil), one must develop the ability to experience Deep Conscious Relaxation (DeepCoRe). DeepCoRe is the absolute gateway to the Lucid Visions of the Fourth State. Recall that in this context, “lucid” means “clear perception” and “filled with light”.

Because we are not habituated in pausing pleasantly in the “in between” interoception of the Fourth State of Consciousness, our experiences of Lucid Visions tend to slip right past us and we find conscious “rest” quickly transformed into unconscious sleep – that potent deep dive that is so common in the famous “afternoon nap”. The dive is especially potent if we decide to “rest” in a darkened room. It is typical to awaken later totally disoriented and unaware as to the time of day or night and even sometimes as to where we are. We have lost the ability to sustain the experience of deep conscious relaxation (DeepCoRe) which is the realm of the Forgotten Fourth State of Consciousness, the realm of rich, luxurious Lucid Visions and insights.

ABOUT HYPNAGOGIA & HYPNOPOMPIA AS LUCID VISIONS:

Typically, these days, hypnagogia and hypnopompia are strictly defined as elusive transitional states between waking and sleep and sleeping and waking. Hypnagogia, from the Greek, means “leading to sleep” and hypnopompia means “sending away from sleep”. They are commonly considered “semiconscious states” for the average unskilled person.

This definition is true but only in a very limited sense because these two states are actually a very important aspect of waking consciousness that have unfortunately been lost and forgotten in our modern lifestyles. Because of this misunderstanding, it is far better to rename this The Fourth State of Consciousness and release it from its sleep related restrictions.

Conventionally, “hypnagogia” is defined as the transitional state of consciousness between wakefulness and sleep. It’s the opposite of “hypnopompia”, which is the transitional state that occurs before you wake up. During “hypnagogia”, it’s common to experience in-

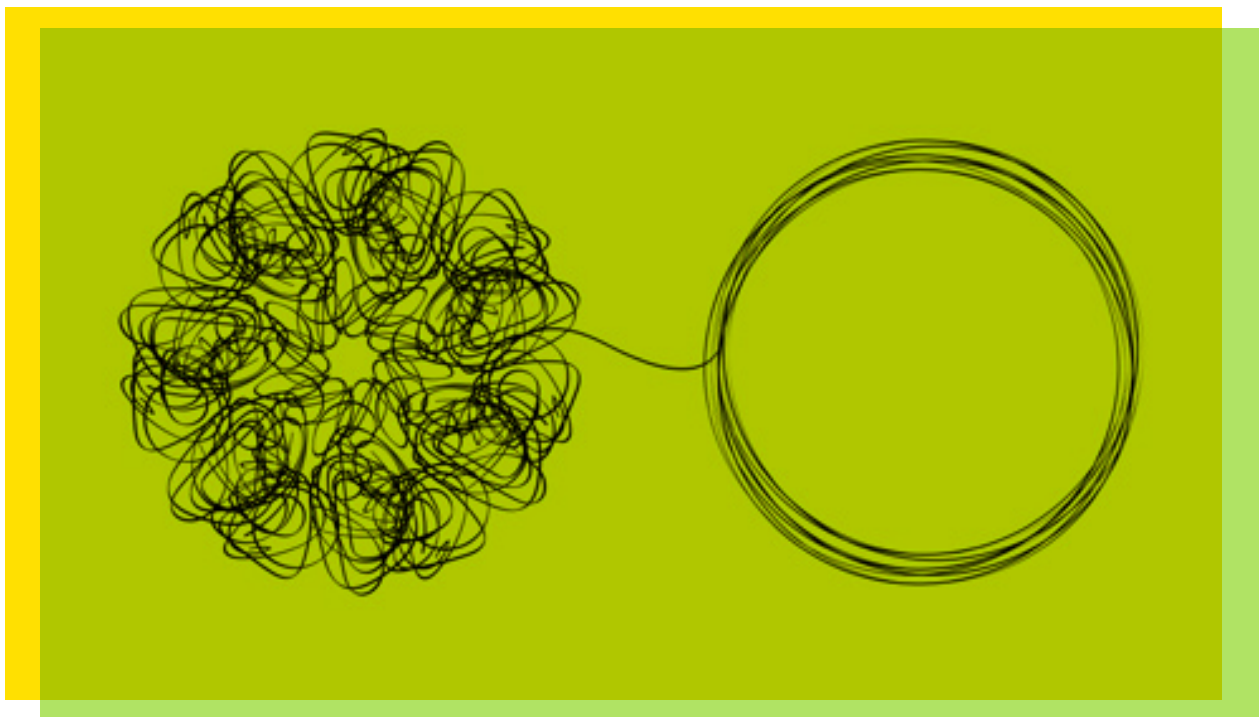
voluntary and imagined experiences of colors, patterns, faces and places that often carry a curious deep sense of meaning and intuitive understandings. These are referred to as hypnagogic hallucinations.

When learning about the Forgotten Fourth State of Consciousness, it is critical to appreciate that “hypnagogic/hypnopompic” experiences are NOT necessarily connected with drowsiness or sleep. All of the multi-modal brain related activities and the interoceptive sensations can occur with fully alerted qualities of consciousness – as they have reliably for pre-electric lighted darkness humans for many, many millennia. The neurological trick in this case is that with photic driving stimulation, the “dorsolateral pre-frontal cortex” stays active and ensures alertness while guarding against drowsiness. In contrast to the REM-sleep state, the dorsolateral prefrontal cortex remains activated during the flicker-induced waking dream and its functions of reflective thought and insight are preserved. Fourth State is combined with an open and receptive quality of attention, the conscious experience shifts from sitting between waking and sleep to between waking and dreaming – which (im-

portantly) injects into the dreaming state new qualities of insight and understandings – and kick-starts trauma and memory consolidation and self-organized resolution processes.

It is known that indigenous cultures (and expectedly, also past cultures) cultivate the Lucid Visions of the Forgotten Fourth State by resting with eyes open in a darkened room/cave and allowing the emergent imagery to project onto a mental screen in the darkened space. Here and now, lacking the confidence, time and patience for these traditional practices, we are able to conjure eyes-closed Lucid Visions using current convenient wearable LED technologies. Specifically crafted photic stimulation induces a state of consciousness which shares virtually all the attributes of the Lucid Visions/hypnagogic state except for drowsiness.

Interestingly, persons experiencing photic-induced Lucid Visions frequently experience an almost irresistible urge to sleep and will sometimes slip unconsciously into a deep slumber as a result of the induced state. Without the skill of moving into deep conscious relaxation (DeepCoRe), the habituation of transitioning directly from wakefulness into sleep stays in command. With repeated Lucid Vision induc-



tions, the person becomes increasingly able to maintain alertness and reap the mounting benefits of the Lucid Visions Forgotten Fourth State of Consciousness.

WHAT ARE THE QUALITIES & CHARACTERISTICS OF THE FORGOTTEN FOURTH STATE?

As explained above, what is here known as the Fourth State is more commonly known as hypnagogia (transition of waking to sleep) and hypnopompia (transition of sleep to waking). This perspective does a major disservice by mistakenly reducing this critical Forgotten Fourth State of Consciousness down to a couple of unimportant and unrecognized odd experiences that most people don't even recognize.

The bold and obvious fact is that the Lucid Visions Fourth State is a natural feature of our consciousness and is biologically built into our daily circadian cycle. It is as natural as the regular experiences of waking, dreaming and sleeping. Many of the innate quali-

ties of the Fourth State express themselves in familiar ways – we just don't give them their proper due. These following experiences are examples and are all rooted in the Lucid Visions state and manifest expressions along a spectrum:

- 1) Creative insights;
- 2) Novel perspectives;
- 3) Artistic expressions;
- 4) Scientific discoveries;
- 5) Intuitions and foresight;
- 6) Knowing without thinking;
- 7) Problem solving;
- 8) Glorious colors;
- 9) Complex visions;
- 10) Ironic & humorous understandings;
- 11) Remote viewing;
- 12) Prophecy;
- 13) Mental time & space travel;
- 14) Memory retrieval;
- 15) Conflict resolution

Stay tuned for Part 2 of this Article in the next upcoming Issue!

ABOUT GARNET DUPUIS



Garnet was born and raised in Canada and is a naturalized USA citizen. He is an Integrative Health and Wellness expert, teacher & inventor with specialties in inter-disciplinary methodologies. With a wide experience in advanced technologies, Garnet has taught neuromodulation applications in major USA universities, professional sports teams, the Marine Corp and Naval Hospitals and lectured in European and Asian countries.

Garnet has a broad education including college, university and graduate trainings in Classical and Clinical Homeopathy, Oriental Medicine, Massage Therapy/Bodywork, Hydrotherapy, Remedial Exercise, Biofeedback, Psychology and English Literature.

Garnet is co-founder of Lucid Studios/neuroVIZR, Thailand. He currently resides in the tropical mountain rainforest in Northern Thailand. He is a life-long meditator and practitioner of Tibetan Dzogchen. Garnet is active in wild animal rescue and conservation and has built, manages and funds a sanctuary for SE Asian apes.

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**LUCID VISIONS:
THE FORGOTTEN
FOURTH STATE OF
CONSCIOUSNESS – PART 2**



LUCID VISIONS AS A SOURCE OF INSIGHT, CREATIVITY AND HEALING:

Of all the many procedures that appear to bring about an equivalent of the naturally occurring Lucid Visions Fourth State of Consciousness and which, in turn, facilitate the emergence into awareness of visual imagination images, the easiest, safest and potentially most precise in its effects, is photic stimulation. Lucid Visions are known to also enhance lucid dreaming, and other forms of creative thinking. Examples have been reported for thousands of years in various religions and by many philosophers. During Lucid Visions, the mind is free to make creative associations and to assimilate verbal and imaginative information without the usual critical screening that is so ever-present in our waking state.

As an example, Charles Dickens was a prolific and ingenious 19th-century English writer who, along with being an insomniac, employed Lucid Visions as his central narrative structure as the experience served fundamentally to his work process, social engagement, and fantasy. Both artist Salvador Dali and writer Edgar Allan Poe also sourced the Lucid Visions/Fourth State/hypnagogic state for creative stimulation and exploration.

Poe writes:

“There is, however, a class of fancies, of exquisite delicacy, which are not thoughts, and to which, as yet, I have found it absolutely impossible to adapt language. I use the word fancies at random, and merely because I must use some word; but the idea commonly attached to the term is not even remotely applicable to the shadows of shadows in question. They seem to me rather psychical than intellectual. They arise in the soul (alas, how rarely!) only at its epochs of most intense tranquility – when the bodily and mental health are in perfection – and at those mere points of time where the confines of the waking world blend with those of the world of dreams. I am aware of these ‘fancies’ only when I am upon the very brink of sleep, with the consciousness that I am so.”

One for the most famous modern “monsters”, Frankenstein, came to author Mary Shelley in *The Fourth State*. She writes:

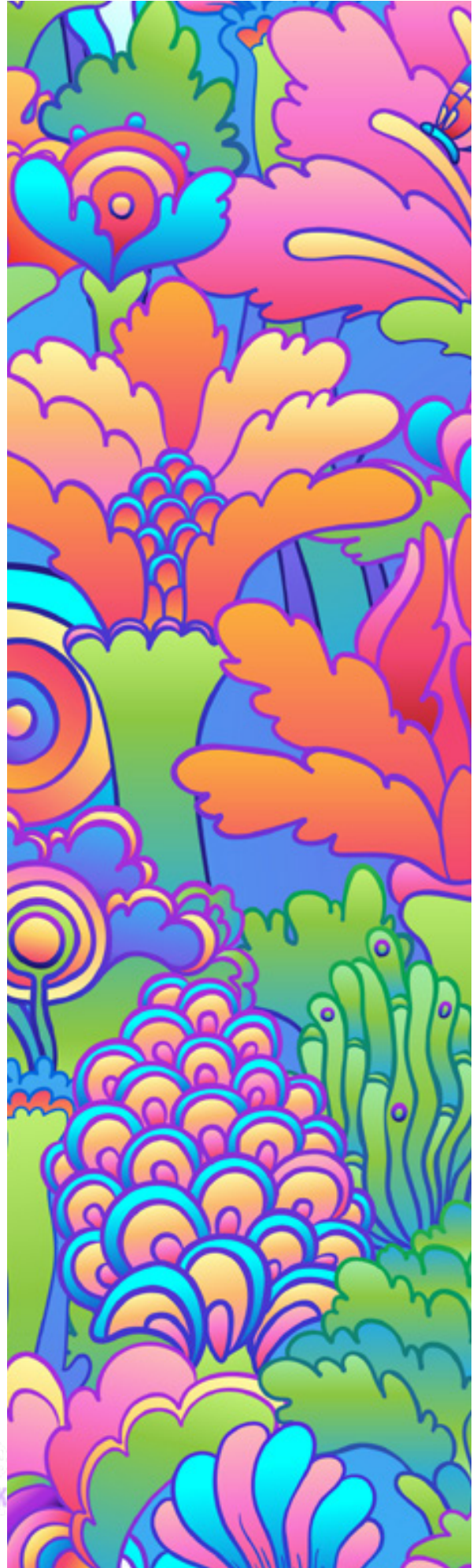
“I saw with shut eyes, but acute mental vision—I saw the pale student of unhallowed arts kneeling beside the thing he had put together. I saw the hideous phantasm of a man stretched out, and then, on the working of some powerful engine, show signs of life ...”.

Albert Einstein was a famous napper, and he relied on them heavily to help him solve problems. That’s because a short nap can consist mostly of hypnagogic Fourth State Lucid Visions.

THE BRAIN’S INNATE RECOVERY PROCESS:

Earlier in this paper, the proposal was made that we humans have a natural dynamic capacity for psychological and physical resolution and self-healing. Furthermore, if all four states of consciousness are harmonized, this dynamic capacity will enable us to fluidly resolve many of our psychological and even physiological challenges. Lastly, this harmonized dynamic is the actual hidden enabling influence of many applied techniques and therapies. The key position in this paper is that because of modern lifestyles, we commonly lack the Lucid Visions/Fourth State of Consciousness and consequently have an inadequate natural response in trauma resolution.

One form of enforcing our innate recovery process was first developed over 130 years ago in Berlin and is known as Autogenic Training. Essentially, Autogenic Training helps a person learn to move consciously from the “exteroceptive Task Mode” and into the “interoceptive Non-Task Mode”. In a way, it has certain similarities to the 1975 “Relaxation Response” of Herbert Benson. Autogenic Training is not a direct Lucid Visions technique but it does teach us a lot about the neurology of “interoceptive Non-Task Mode” states. The goal is to allow maximum opportunity to the self-regulatory processes of the brain so, in that way, it does share some common features with the Fourth State of Consciousness.



In Autogenic Training, various types of spontaneous brain-discharge expressions can occur:

- visual pseudo-hallucination of colors, patterns;
- small muscle twitches and jerks of the limbs;
- feelings of heaviness and lightness;
- warmth and cold;
- tingling and electrical sensations;
- feelings of pulsation and electric current;
- distortions of body image;
- detachment or displacement of body parts;
- dizziness, spinning, floating, turning.

In certain traditions of meditation, these same phenomena are called “kriyas” (Sanskrit term) and are regarded both as “stress releases” and “Kundalini” activities. The basic attitude towards these expressions is positive and persons are encouraged to welcome them as evidence of progressive benefits. In some persons, the phenomena may trigger an anxious reaction which will dissipate as the process becomes more familiar.

Autogenic brain-discharge was intensively researched it was found that the seemingly random and chaotic brain-discharges become over time increasingly coordinated, developing into a meaningful, hallucinatory, waking-dream process. The Lucid Visions Fourth State of Consciousness reliably emerged over a period of guided training sessions. Here, it is proposed that the eventual harmonized emergence of Lucid Visions can be accelerated by the inclusion of well-crafted photic stimulation experiences.

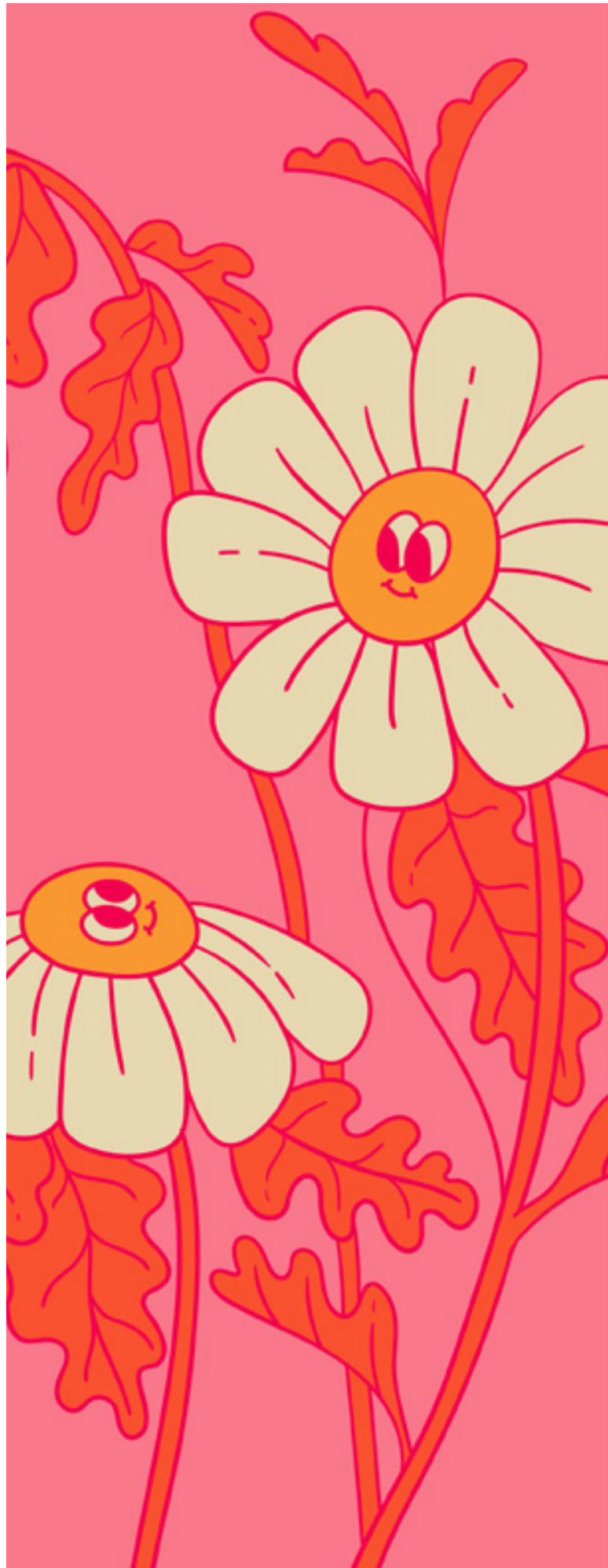


Luthe, a leading researcher in innate self-healing dynamics, attempts to summarize the brain's extraordinarily precise and complex capacity for functional self-healing:

The brain acts with:

- selection of disturbing material,
- timing and limitation of release of specific neuronal records,
- brain-directed management of multidimensional thematic combinations,
- gauging the dynamic force of material released and its correct adaptation to the system's level of tolerance,
- thematic repetitions and changes,
- self-confrontations and integrative dynamics,
- verification of its own progress and efficiency,
- programming and self-termination.

Luthe hypothesized that autogenic brain-discharges are the outcome of a self-regulatory “pressure principle” causing the brain to release and off-load disturbance. Chaos Theory currently models the “pressure” as a critical hypersynchronous state reached by neuronal ensembles before discharging as neuronal avalanches. Persons generating Lucid Visions using photic drivers such



as the neuroVIZR Brain Engagement device, often times describe an exciting “pop” experience that has a full body “rush” and a pleasurable shift in the color/pattern displays.

FOURTH STATE & THE ENTROPIC BRAIN MODEL:

The Entropic Brain Model developed by Carhart-Harris and team at the Centre for Psychedelic Research, Division of Brain Sciences, Faculty of Medicine, Imperial College London is an excellent example of an advanced brain model that merges a number of modern scientific perspectives. This model is here utilized and adapted to represent the Lucid Brain Model that includes the integration of the Lucid Visions Fourth State of Consciousness factor.

The human/mammalian brain developed “from the bottom up” and has an extensive sub-cortical set of functions and structures. This zone can be thought of as the Proto-Brain and results in a Proto-Consciousness. This Proto-Brain/Consciousness is also Pre-Ego self-awareness which is a cardinal characteristic of this state. This type of consciousness is more “perceptual” than “conceptual” information processing and relies more on direct sensory and emotive experience than on neocortex generated ideation and rational thought.

We still today maintain this Proto-Brain and Proto-Consciousness. Our nervous system builds on hierarchy for modular operations. The later development of the neo-cortex completed the Current-Brain and permits a complementary set of “top down” functions.

The Fourth State of Consciousness relies heavily on the sub-cortical Proto-Brain and Proto-Consciousness. The Entropic Brain Model rests upon such a view.

The original brain of the early human being went through a remarkably fast neurological expansion. Our homo sapiens brain became a more free-wheeling organ that allowed conscious processing to more easily enter upwards into less defined certainty of consciousness (in the model, towards more disordered chaos aka “entropy”). Such “entropic” expansion offered a new wide range of possibilities while also paradoxically introducing higher degrees of uncertainty. As a consequence, further brain evolution demanded a counter-meas-

sure that would suppress the entropic expansion and maintain a regular ordered state. Essentially, our brain evolved a “limiter function” for the biological efficiency of survival at the expense of radical exploration.

Fortunately, we kept the key for expansion hidden in our neurological back pocket.

The state involving the early entropic expansion is called Primary Consciousness and the counter-measure entropic suppression is Secondary Consciousness. Primary Consciousness is characterized with uncertainty, disorder, increased possibilities, new learning and creative insights. Secondary Consciousness is characterized with certainty, regularity, order, predictability and repeatability. Generally speaking, Primary Consciousness is related to the Proto-Consciousness described above.

We normally function in well-ordered state of Secondary Consciousness because it serves us well for biological survival. We also have the ability to shift into Primary Consciousness and do so every night when sleep invites in our dream states. Waking experiences of Primary Consciousness are more uncommon or “non-ordinary” (NOCS) and are often labeled as “altered states” (ASC). However just because Primary Consciousness is “non-ordinary” does not make it abnormal. With the appropriate conditions, we humans have the “normal” ability to shift from everyday Secondary Consciousness into periods of Primary Consciousness.

The dance between Primary and Secondary Consciousness is called “criticality”. When enough energetic stimulation is introduced into the brain, the stability of the ordered Secondary Consciousness begins to “wobble” and at a critical point, a shift begins to occur and access to Primary Consciousness starts to open up. Criticality is functionally more of a “zone” than a strict point or line. (Analogy – think of the critical shift from solid ice to liquid water).

So, the basic burning question is why did the brain of the early Homo Sapiens rapidly expand both in capacity and size? No one knows with certainty. One theory that has gained attention is The Stoned Ape. Terence McKenna proposed the Stoned Ape Hypothesis.

McKenna posited that psilocybin caused the primitive brain’s information-processing capabilities to rapidly reorganize, which in turn kick-started the rapid evolution of cognition that led to the early art, language, and technology written in Homo sapiens’ archaeological record.

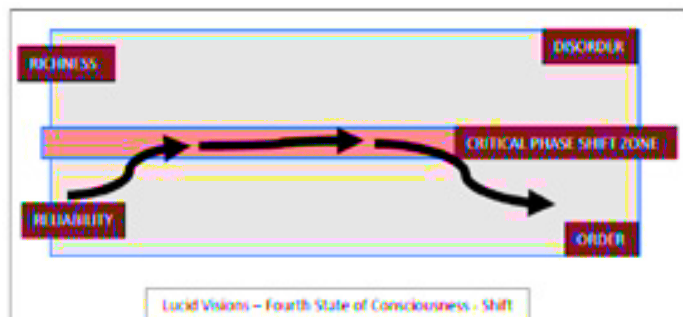
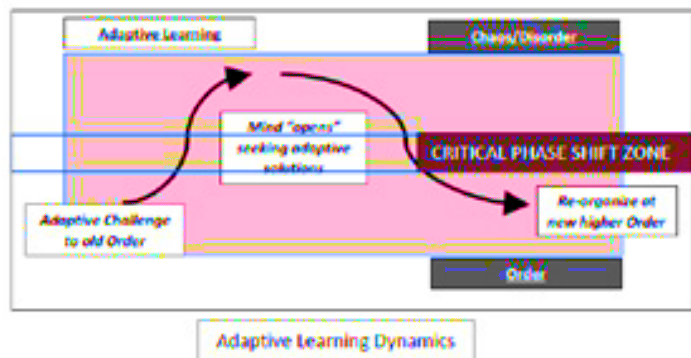
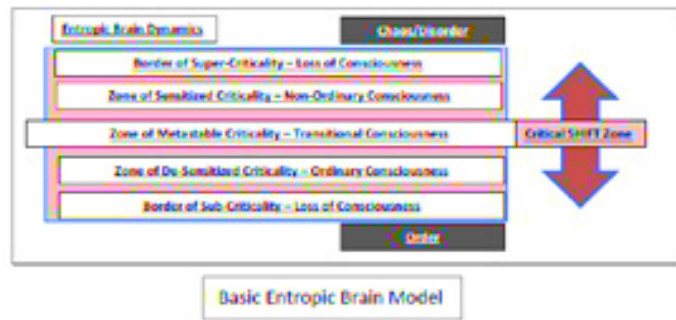
In this paper, another different theory is offered – the Lucid Visions Theory. The Lucid Visions Theo-



ry can stand as either an alternative to The Stoned Ape Theory or as overlapping joint theory.

Consider that all early Homo Sapiens experienced much of their daily circadian cycle in sustained periods of darkness. Depending on the season and especially in higher latitude temperate climates, the daily period of night time darkness would range anywhere from 8 to 18 hours. Shelters would mostly consist of enclosed structures and certainly caves. The only source of light as well as survival warmth would come from open fire sustained over some hours but not constantly. An open flame from a natural source like wood and not disturbed much by things like wind tends to flicker at a rather predictable rate. The tendency regardless of flow rates and size is remarkably constant at about 10 – 12 Hz. These flicker rates seem to calm and almost wipe the mind free of thoughts. Calm and clear – and relaxing. The fire flicker rates are inducing what is technically called The Frequency Following Response. After gazing at the flames for 5 to 10 minutes without distraction, the brain will start to shift to alpha dominance in the visual cortex. The result is mesmerizing “trance-like state” in which sustained staring is enabled. Even closing the eyes will actually increase the alpha frequency amplitudes.

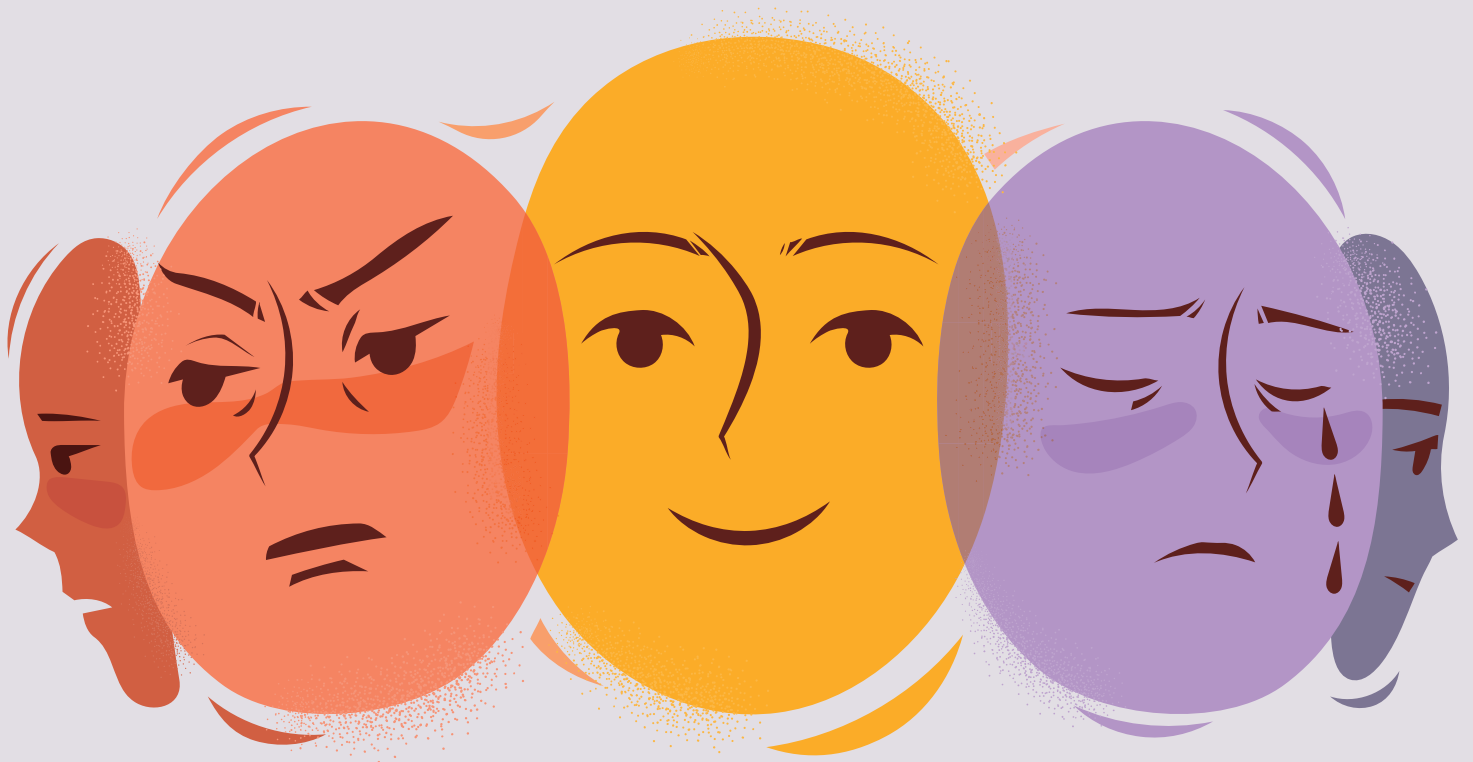
To be clear, the sustained alpha flicker rate of the fire did not cause the emergence of the Fourth State. Quite the contrary, the alpha dominance in the visual cortex is actually a “internal visions suppressor” which is well-known from psychedelic neurological research. The “fire flickering” will help to calm the active mind and nothing more. The mind may then move from exteroception “task mode” more easily into interoception “non-task mode” which is a gateway that opens to permit the emergence of Lucid Visions. Neurologically it is known that the



waking dreams of hypnagogia abandon the alpha brain wave activities and move into other frequency ranges.

For a variety of reasons, the periods of darkness would also have mixed periods of waking and sleeping. In the periods of darkness, the waking periods would be a combination of the visual experience of flickering flames of the fire and open-eyed staring off into the absolute blackness of the dark night. As we know with certainty, this is the perfect formula for generating rich and elaborate Lucid Visions of the Fourth State of Consciousness.

Actually, the phenomenon gained a certain legendary status in more recent times and is known as the “Prisoner’s Cinema” – when a person was



confined to a dark cell over long periods of solitary confinement, the prisoner would regularly experience complex “entoptic” (colors and patterns) as well as “eidetic” (faces and places) visual imagery when gazing off into the featureless darkness of the cell. In certain traditional meditation practices, this circumstance is known as a “Dark Retreat”.

The fascinating archaeologist, David Lewis-Williams, explores in elegant detail the probable profiles of the developing Neolithic Mind against the backdrop of the flickering flames of the dark cave. Once the early human being experiences the images against the mental screen in absolute darkness, the urge to capture these patterns and forms as the early cave wall art images seems entirely expected.

To contrast the Lucid Visions Theory with the Stoned Ape Theory seems simple. Every early human would be exposed to the unique neurological influences of the Fourth State of Consciousness essentially every day regardless of their age or gender. The impact must necessarily be profound. Contrast this with the proposal of the Stoned Ape Theory in which an early human would have to ingest psilocybin mushrooms on a very regular basis in order, over many continuous multiple gener-

ations, to make any kind of reliable neurological change of any degree. It is reasonable to assume that ingesting some magic mushrooms would most certainly augment the “fire in the dark” experience. Yet the broad-based regularity across both age and gender of mushroom consumption seems unlikely to impact powerful significant brain changes with any degree when compared to daily circadian exposure to all persons regardless of age or gender.

THE FOURTH STATE OF CONSCIOUSNESS & SCHIZOTYPY:

Technically, the healthy separations between the four states are known as “differentiation” – as in, they are “different” yet enjoy a dynamic interrelationship. In some persons, there is a certain amount of “porousness” between the states so the “invisible line” is perhaps more like a “soft zone” than a strict boundary demarcation. In advancing brain science, this “porous” quality is called “schizotypy” (pronounced – “schi – zo – TYPE – ee”). Schizotypy sounds pretty bad because the word can remind us of “schizophrenic”. Actually, there is a relationship but it must be put in context.

Schizotypy is likely to be a genetic disposition meaning some people have more or less of schizotypy in their nature. It can be put into context as being on a spectrum or a scale by degree. In and of itself, schizotypy is not necessarily a bad characteristic. In the negative extreme, it does manifest as a serious pathology however, in the positive aspect of the spectrum, schizotypy manifests as heightened creativity and insightful analysis.

Schizophrenia could be considered an extreme maladaptation of a basic entropic dynamic mechanism of the normal brain. Along this line of thought, an opposite extreme of a severely fixed and rigid mind set could be considered as a pathological opposite to schizophrenia. Statistically, urban and industrialized societies have both a higher incidence and severity of schizophrenia. Because values can differ greatly between industrialized and non-industrialized societies, we must be cautious to not quickly assign any particular cause to the disparity. The stigmatization of hallucinatory and visionary experiences is much less prevalent in non-industrialized societies so absolute values and attitudes are impossible to apply across all situations. Traditional and non-industrialized societies circumstantially also spend larger amounts of reg-

ular time in darkness, semi-darkness and exposed to the flickering light of fire. These conditions are conducive to Fourth State Consciousness (Lucid Visions/hypnagogia). Such image-rich reverie is highly supportive of the processing of emotionally-charged memories, traumas, creative problem solving and spiritual experiences.

If the schizotypy spectrum is, in fact, real across populations, it may well be a combination of cultural reinforcements and multi-generational genetic dispositions. Persons, for whatever reason, that have a more "porous" zone of Criticality (Entropic Brain Model) will have a higher "daily requirement" of Fourth State/Lucid Visions experiences. Considering that in our normal human Circadian Cycle, we all move into and through two periods of Fourth State every 24 hour period. The transition from waking to sleep is hypnagogic and the transition from sleep to waking is hypnopompic. "Waking dreams" is as natural and purposeful as "sleeping dreams". Interestingly, as our waking dreams become more "lucid", automatically our sleeping dreams also become "lucid".

ABOUT GARNET DUPUIS



Garnet was born and raised in Canada and is a naturalized USA citizen. He is an Integrative Health and Wellness expert, teacher & inventor with specialties in inter-disciplinary methodologies. With a wide experience in advanced technologies, Garnet has taught neuromodulation applications in major USA universities, professional sports teams, the Marine Corp and Naval Hospitals and lectured in European and Asian countries.

Garnet has a broad education including college, university and graduate trainings in Classical and Clinical Homeopathy, Oriental Medicine, Massage Therapy/Bodywork, Hydrotherapy, Remedial Exercise, Biofeedback, Psychology and English Literature.

Garnet is co-founder of Lucid Studios/neuroVIZR, Thailand. He currently resides in the tropical mountain rainforest in Northern Thailand. He is a life-long meditator and practitioner of Tibetan Dzogchen. Garnet is active in wild animal rescue and conservation and has built, manages and funds a sanctuary for SE Asian apes.

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