

BRIDGEFEST II

Hack Thyself



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Hack Thyself - Agenda

1. Intro / Premise.
2. Meditation.
3. Yoga.
4. Psychedelics & microdosing.
5. Cannabis.
6. The Art of Sleep.
7. Q & A

Hack Thyself – Legal Disclaimer

The substances referenced in this presentation are **legal** or have **legal equivalents** within the E.U. We do not encourage any illegal activity. 😊

Premise

Current state and challenges of humanity:

- ❖ Hunter gatherers alienated in a technological society. Disconnected from nature. Lack/hunger of spirituality.
- ❖ Ecological crisis. Destruction of natural habitat. Virus outbreaks due to the rape of nature.
- ❖ Other pandemics: mental health, lack of sleep, opiod abuse, screen time screwing us up...
- ❖ Rise of AI.
- ❖ Absence of holistic nature in modern medicine.

Premise – What

- ❖ Heal ourselves by taking responsibility of our healing.
- ❖ Optimize ourselves to operate better by acknowledging and respecting our hunter gatherer biology.
- ❖ Heal and optimize the communities and situations that we are part of: showing up for ourselves → impact/ripples that will affect our communities and the world.

Premise – What (cont'd)

- ❖ Ultimate goal: heal humanity and our biosphere, then find the solutions to our existential and ecological crisis. Restore the garden of Eden.
- ❖ Utopia but not impossible as we are all connected.
- ❖ Hacker communities embracing from early on psychedelics and spirituality (see Cyberia: Life in the Trenches of Hyperspace)
- ❖ Manage stress & burnout in the Cybersec community.

Premise – How

- ❖ Enter **The Playful Stack**.
- ❖ Build our own, diverse toolbox.
- ❖ Journey to become a better, happier, optimal version of ourselves.

What I wanted vs What I got

- ❖ Peace of mind. 
- ❖ Fight overthinking, rumination, etc. 
- ❖ Find again my lifeforce/joie de vivre. 
- ❖ Fight procrastination. 
- ❖ Rediscover/reclaim my spirituality. 
- ❖ Find authentic self. 
- ❖ Find my purpose. 
- ❖ Experience a full blown psychedelic trip. 
- ❖ Get back in physical shape. 
- ❖  Easier connection with others. More openness.

The Playful Stack: my stack

	Meditation	Breathwork	Yoga	MD	THC	CBD/G	Binaural beats
Meditation	-	✓	✓	✓	🟡	✓	✓
Breathwork	✓	-	✗	✓	✓	✓	✓
Yoga	✓	✗	-	✓	✓	✓	✗
Microdosing	✓	✓	✓	-	✓	✓	🟡
THC	🟡	✓	✓	✓	-	✓	✓
CBD/G	✓	✓	✓	✓	✓	-	✓
Binaural beats	✓	✓	✓	✓		✓	-

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Meditation

What is Meditation?

- ❖ Practiced for millennia across cultures: Vedic India, Zen Buddhism, Sufism.
- ❖ First EEG studies in the 1960s showed altered brainwaves during meditation.
- ❖ MRI research (2000s-) shows increased gray matter in prefrontal cortex & hippocampus.
- ❖ Activates parasympathetic nervous system (rest & digest).
- ❖ "Default Mode Network" activity decreases – less mind-wandering.

Benefits of Meditation

- ❖ Better sleep and reduced stress.
- ❖ Less rumination, more presence.
- ❖ Lower blood pressure, calmer nervous system.
- ❖ Deepens self-awareness: interoception vs exteroception.
- ❖ Cultivates "being" over "doing.", reflection over reception.

Different Types of Meditation

- ❖ Mindfulness: observe thoughts, don't cling.
- ❖ Mantra & Transcendental Meditation (TM) : focus through repetition.
- ❖ NSDR / Yoga Nidra: deep relaxation.
- ❖ Guided: audio sessions, apps like Headspace or Insight Timer.
- ❖ Breath-based: coherence breathwork, relax & focus.

How to start Meditating

- ❖ RTFM: watch *All it takes is 10 mindful minutes* and/or *Headspace Guide to Meditation*
- ❖ Find a quiet space. Sit or lie down – posture doesn't matter.
- ❖ Focus on the breath. Acknowledge your thoughts and let them pass by.
- ❖ Struggle?
 - try a guided meditation.
 - Try mantra or NSDR/body scan meditation.
 - If feeling unrest, use CBD.
 - Try breathwork and binaural beats.

Meditation - Advanced tips & protocols

- ❖ Optimal duration: 2x20'/day. First 10' can be challenging.
- ❖ Optimal position: Savasannah.
- ❖ The Playful Stack scenario: **Car Meditation.**
 - **Play Binaural Beats.**
 - **Focus on Driving** - Maintain awareness and stay present behind the wheel.
 - **Engage with Your Surroundings** - When safe, direct your gaze toward calming visuals—nature, architecture, or other pleasing landmarks.
 - **Repeat a Mantra**

What is Breathwork?

- ❖ Used in yogic pranayama, Sufi dhikr, Wim Hof Method, holotropic breathwork.
- ❖ Conscious control of breath affects physiology and emotion.
- ❖ Slows down brain waves (alpha/theta states), improves HRV, reduces cortisol.
- ❖ Boosts vagal tone, which enhances resilience to stress.

Binaural Beats - Brainwave Entrainment

- ❖ Two tones, slightly different in frequency, played in each ear.
- ❖ Brain perceives a third tone = the binaural beat.
- ❖ Entrain brainwaves to desired state:
 - Delta (0.5-4 Hz) - Deep sleep
 - Theta (4-8 Hz) - Meditation, creativity
 - Alpha (8-14 Hz) - Relaxation, flow
 - Beta (14-30 Hz) - Focus, alertness
- ❖ Used in therapy, meditation, learning, sleep hacks.

Breathwork workshop

5 bpm

6/6

Breathe In

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Yoga

Yoga - Xochilt Hoover



What is Yoga?

- ❖ Roots in the Indus Valley (over 5,000 years ago); formalized in Patanjali's Yoga Sutras (~200 BCE).
- ❖ Combines asanas (postures), pranayama (breath), and dhyana (meditation).
- ❖ 20th-century studies: improves HRV (heart rate variability), reduces cortisol.
- ❖ Builds proprioception, balance, vagal tone – all linked to emotional regulation.
- ❖ Modern neuroscience supports yoga's effect on the insula (self-awareness) and amygdala (stress).

Benefits and Types of Yoga

- ❖ Flexibility, strength, and injury prevention.
 - ❖ Enhances mood, sleep, and energy.
 - ❖ Powerful for trauma release and emotional regulation.
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- ❖ Hatha: foundational.
 - ❖ Vinyasa: flowing, dynamic.
 - ❖ Yin: deep stretch, meditative.
 - ❖ Restorative: total nervous system reset.

How to Start Yoga

- ❖ RTFM: *Sâdhaka: la senda del yoga.*
- ❖ Install **Nike Training Club** app, go to Xochilt's YT channel.
- ❖ Do every morning the **5' Morning Stretch**.
- ❖ Runners: do the **Post-Run Stretch** w/Joe Holder, **10' Runner's Yoga: Calves & Hamstrings/Feet & Ancles**.
- ❖ Try the **Lower-Body Restorative Sequence**, especially on the evening.
- ❖ Pick any beginner flow from the app.
- ❖ Do the Post Workout Stretch for recovery.
- ❖ Do the **Beginner-to-Intermediate Flow**.
- ❖ Do a 30' Flow: **Root to Rise**, then **Morning Grounding**.

Yoga – Advanced tips & protocols

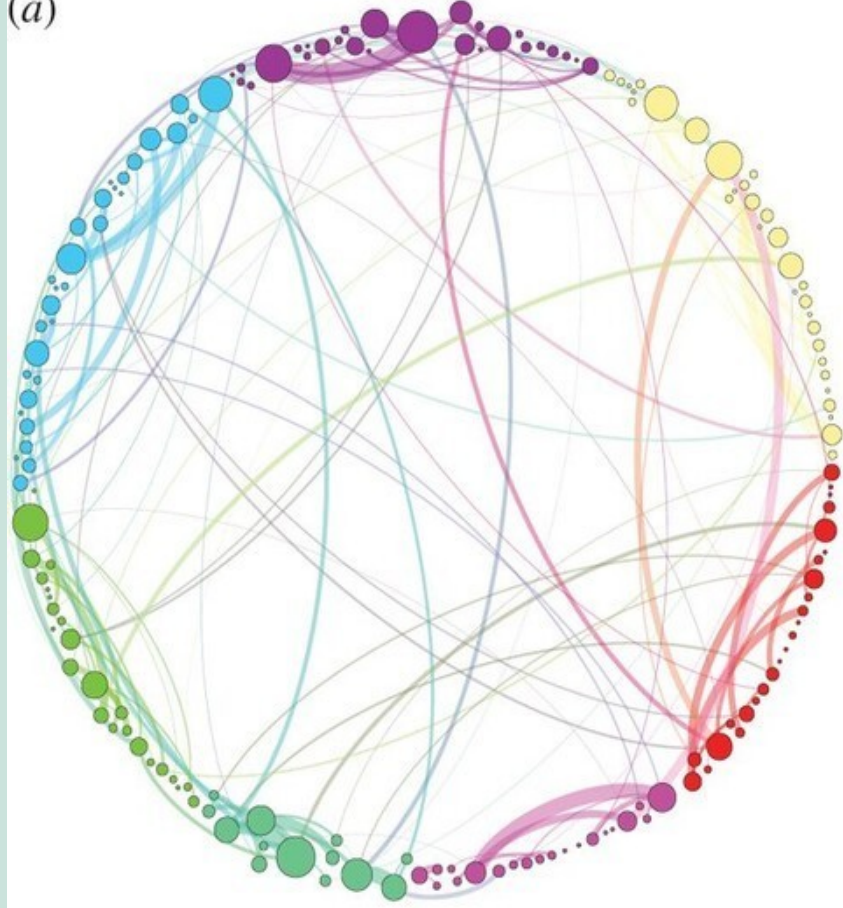
- ❖ Prefer open air settings.
- ❖ Find some movement in the different poses.
- ❖ Listen to your body.
- ❖ NSDR – Non Sleep Deep Rest.
- ❖ Medicinal mindfulness: guided body scan meditation
- ❖ The Playful Stack scenario: **Cosmos scan meditation**

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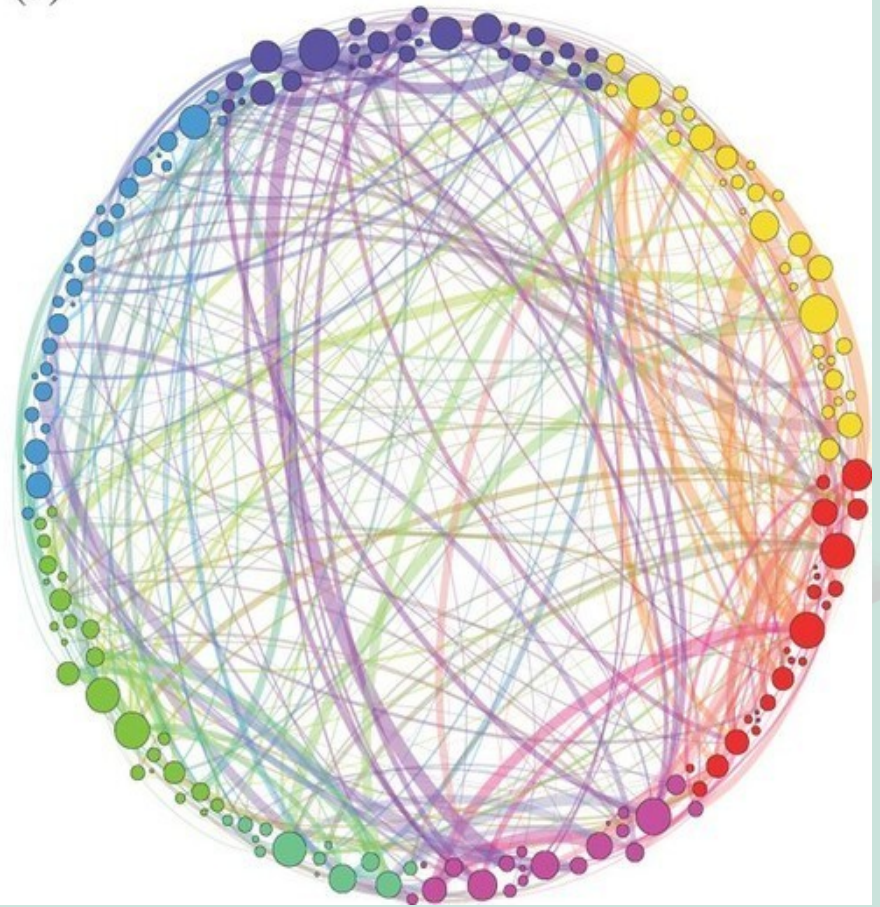


Psychedelics & Microdosing

(a)



(b)



"Communication between brain networks in people given psilocybin (right) or a non-psychedelic compound (left). PETRI ET AL./PROCEEDINGS OF THE ROYAL SOCIETY INTERFACE"

Psychedelics - Definition & Background

- ❖ Used in ritual contexts for at least 6,000 years (e.g. psilocybin in Mesoamerica, ayahuasca in the Amazon).
- ❖ In 1950s-60s, researchers like Timothy Leary and Stanislav Grof explored LSD for psychotherapy.
- ❖ Psilocybin & LSD bind to serotonin 5-HT_{2A} receptors, increasing signal entropy (less rigid thinking).
- ❖ fMRI shows suppressed **default mode network** + heightened cross-talk between brain regions.
- ❖ Johns Hopkins, Imperial College London: studies show psilocybin-assisted therapy helps with depression, addiction, PTSD.

Why Use Psychedelics & Microdosing?

Why Use Psychedelics?

- ❖ Disrupt the “default mode network.”
- ❖ Enhance creativity and lateral thinking.
- ❖ Ego softening: less filtering, more experiencing.

Microdosing Benefits

- ❖ Sub-perceptual, but functional effects.
- ❖ Antidepressant, focus-enhancing, emotionally regulating.
- ❖ Improves flow states and even visual sharpness.

Psychedelic Therapy – How It Works

- ❖ Rewires brain via 5-HT_{2A} serotonin pathways.
- ❖ Reduces ego, boosts emotional insight.
- ❖ Suppresses Default Mode Network = mental reset.
- ❖ Promotes neuroplasticity + cross-network communication.
- ❖ Supported by prep, guidance, and integration.

Psychedelics - how to start (microdose)

- ❖ RTFM: ***A Really Good Day, The Remarkable Results of Microdosing***
- ❖ Use magic truffles or other legal equivalent. Use a scale.
- ❖ Set your intention.
- ❖ Journal effects. Start on a rest day.
- ❖ Dose every 3rd day (Fadiman Protocol) or intuitively.

Psychedelics - how to start (macrodose)

- ❖ RTFM: *How to Change Your Mind* (book/documentary), *Have a Good Trip: Adventures in Psychedelics*, *Psychedelica* docu series, all books by **Jeremy Narby**, starting with *The Cosmic Serpent*.
- ❖ Find a quiet place (**setting aka environment**).
- ❖ Set your intention (**set aka mindset**).
- ❖ Optional: set a sacred space.
- ❖ Partake.
- ❖ Optional: do a body scan meditation.
- ❖ Sit or lie down with eye shades on.
- ❖ Put on an appropriate playlist.
- ❖ Rest. Eat. Journaling.

The Playful Stack scenario: Race Day

D -1

- ❖ MD.
- ❖ Evening yoga.
- ❖ Optional: Cannabis for sleep. Sleep meditation.

D-day

- ❖ MD.
- ❖ Yoga: morning stretch.
- ❖ Pre-run stretch.
- ❖ While running: breathe in into strained parts of the body and while exhaling release soreness and tension. Visualize fresh energy flowing in and discomfort fading out.

After the race

- ❖ Cannabis for recovery.
- ❖ Post-workout stretch.

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Cannabis

Cannabis – The Plant

- ❖ One of the earliest domesticated crops (8,000+ years ago) .
- ❖ Textile use ~20.000 ago.
- ❖ Archaeological finds: cannabis used in ancient Chinese, Indian, Persian and Hebrew rituals.
- ❖ Contains over 100 cannabinoids: THC (psychoactive), CBD (non-intoxicating), CBG, CBN, etc.
- ❖ More about the history and especially religious and spiritual use of Cannabis: read **Chris Bennett's** books starting with ***Cannabis: Lost Sacrament of the Ancient World*** & ***Liber 420: Cannabis, Magickal Herbs and the Occult***.

Cannabis – How It Works

- ❖ Interacts with the Endocannabinoid System (discovered in the 1990s).
- ❖ ECS regulates mood, sleep, appetite, immune response, and pain.
- ❖ Cannabinoid receptors: CB1 (brain/nerves), CB2 (immune/gut).
- ❖ THC binds CB1 → euphoria, altered perception.
- ❖ CBD modulates system indirectly → calming, anti-inflammatory.

Cannabis Types

- ❖ **Type I (THC-dominant)** - High in tetrahydrocannabinol (THC), responsible for psychoactive effects.
- ❖ **Type II (Balanced THC/CBD)** - Contains both THC and cannabidiol (CBD) in moderate ratios, offering a mix of therapeutic and psychoactive effects.
- ❖ **Type III (CBD-dominant)** - Low THC, high CBD, non-intoxicating, often used for medicinal purposes.
- ❖ **Type IV (CBG-dominant)** - Contains cannabigerol (CBG), a non-intoxicating cannabinoid with therapeutic benefits.
- ❖ **Type V (Minimal cannabinoids)** - Used primarily for industrial purposes like fiber and textiles.

Cannabis - Industrial Uses

- ❖ **Textiles:** Stronger than cotton. Durable, antibacterial. Used for clothes, shoes, bags.
- ❖ **Paper:** 1 acre of hemp = 4 acres of trees. Renewable & low impact.
- ❖ **Construction:** Hempcrete = lightweight, mold-resistant, carbon-sequestering insulation.
- ❖ **Bioplastics:** Hemp-based plastics = biodegradable & petroleum-free.
- ❖ **Biofuels:** Hemp oil can be processed into clean-burning biodiesel.
- ❖ **Food:** Hemp seeds = complete protein, omega-3/6, minerals.
- ❖ **Cosmetics:** Hemp oil nourishes skin & hair; used in lotions, shampoos.

Cannabis – Medicinal Uses

- ❖ **Pain relief:** Manage chronic pain (arthritis, multiple sclerosis), and nerve damage.
- ❖ **Reducing nausea and vomiting:** It can help alleviate nausea and vomiting, particularly in patients undergoing chemotherapy.
- ❖ **Muscle spasms and seizures:** Reduce muscle spasms in conditions like multiple sclerosis and may help control seizures in epilepsy.
- ❖ **Appetite stimulation:** It is sometimes prescribed to patients with HIV/AIDS or cancer to help increase appetite and prevent weight loss.
- ❖ **Mental health support:** Some studies suggest cannabis may help with anxiety, PTSD, and sleep disorders, though its effects can vary from person to person.
- ❖ **Glaucoma treatment:** Cannabis can reduce intraocular pressure, which may help manage glaucoma.

Cannabis: How to Start

- ❖ Chose method of administration: **oral (oil, edibles), vaporization** or other.
- ❖ Chose **type** based on legality, availability and desire (or not) for intoxication.
- ❖ Prefer outgrown (sungrown), organic and home grown.
- ❖ For vaporization: pick an **on-demand dry herb vaporizer**.
- ❖ Heats flower, not burns it → fewer toxins vs. smoking.
- ❖ Precise temperature control → target specific cannabinoids & terpenes.
- ❖ On-demand = no waste. Hit only when needed.
- ❖ Portable & discreet → ideal for microdosing & mindful use.
- ❖ Popular models: **DynaVap, Tetra P80, PAX, Mighty+**.

Cannabis: Mindful & Spiritual Use

- ❖ RTFM: *Cannabis and Spirituality, Psychedelic Cannabis, Thots on Pot.*
- ❖ *Less is more!*
- ❖ Feminine energy ≠ Male energy of Alcohol.
- ❖ Heart opening.
- ❖ Listen to/sit with the plant. Don't use it just as an enhancer of life experiences.
- ❖ Use it in combination with yoga.
- ❖ Can help promote sleep but beware of REM suppression.

Cannabis – Potential downsides.

- ❖ Cognitive fog at high doses or with chronic use.
- ❖ Reduced motivation or short-term memory (in some users).
- ❖ Anxiety/paranoia, especially with high-THC strains.
- ❖ Tolerance buildup → diminishing returns over time.
- ❖ Sleep disruption if overused or used late (REM suppression).
- ❖ Contaminants in poorly sourced products: heavy metals, pesticides.
- ❖ Dependency risk in a small % of users (esp. under 25 y.o.).

Cannabis – Stereotypes and myths.

- ❖ "Lazy stoner" stereotype.
- ❖ Brain damage. → **Cannabis and classic psychedelics like psilocybin and LSD show strong potential as neuroprotectants** – substances that help preserve brain health, reduce inflammation, and promote neural regeneration.
- ❖ Gateway drugs. → No causal link between cannabis/psychedelics and progression to "hard drugs." **Psychedelics reduce addictive behavior:** alcohol, nicotine, opioids. **Cannabis can ease withdrawal symptoms & support harm reduction.** Psilocybin shows **>50% success rates in helping people quit smoking.** Cannabis: used medicinally to taper opioids or alcohol.

Cannabis – BONUS 🤘

- ❖ **LANDRACE**, my musical project.:)
- ❖ landrace420.bandcamp.com
- ❖ Spotify, YT music, Apple Music, etc (soon).
- ❖ A cannabis landrace is a locally adapted, traditional variety of cannabis that has developed naturally over time in a specific geographic region.



Cannabis – workshop

Dry-run demonstration of **Dynavap**, a portable, analog, dry herb vaporizer.



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The Art of Sleep

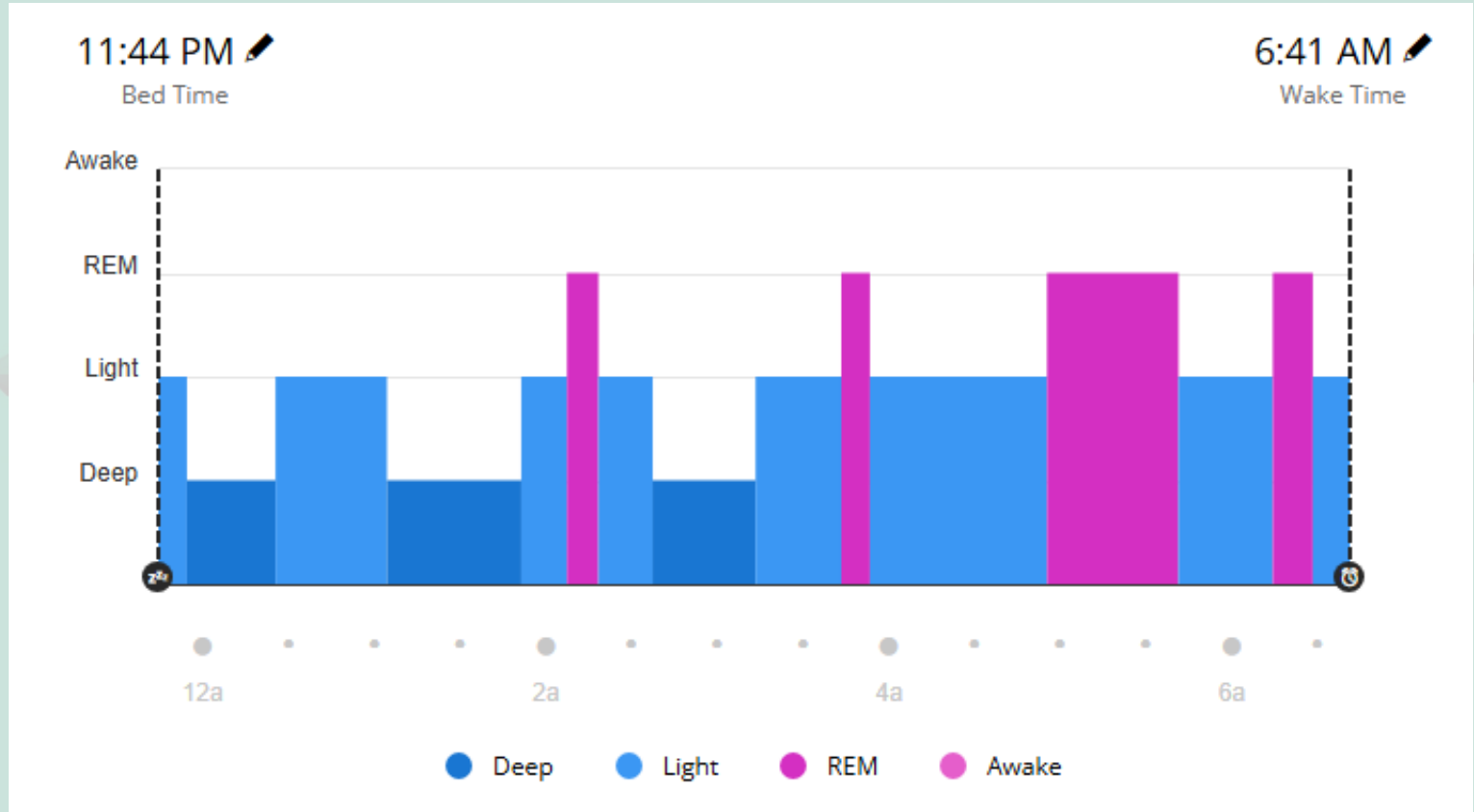
How Sleep Works

- ❖ Governed by circadian rhythms (light/dark cycle) and homeostatic sleep drive (body pressure to sleep).
- ❖ 4 stages in 90-min cycles: NREM 1, 2, 3 (deep), REM (dreaming).
- ❖ Deep sleep = tissue repair, memory consolidation. REM = emotional regulation, creativity.
- ❖ During sleep, brain performs glymphatic drainage: cleans waste like beta-amyloid.
- ❖ Lack of sleep = linked to depression, metabolic issues, and cognitive decline.

The 4 Pillars of Good Sleep

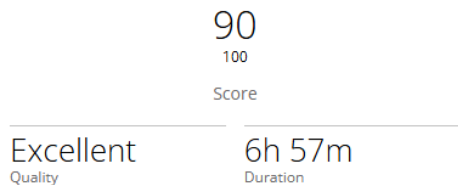
- ❖ **Depth** – The quality of sleep waves, ensuring restorative rest. Healthy sleep pattern consists of approximately:
 - 20-25% REM sleep
 - 15-20% deep sleep
 - 50-55% light sleep
- ❖ **Duration** – Getting enough sleep to support health and cognitive function.
- ❖ **Continuity** – Uninterrupted sleep throughout the night.
- ❖ **Regularity** – Maintaining a consistent sleep schedule.

Good Sleep stats (an example)



Good Sleep stats (an example) – cont'd

Sleep Score



Optimal sleep stages

Your sleep showed good balance among the light, deep and REM stages.

You had a very relaxing day yesterday, and that promoted your good sleep quality.

NOTES

Meditation and yoga in the morning, MD afterglow, veg thai OG.

[Edit](#)

Sleep Score Factors

Duration
6h 57m

Excellent

Stress
12 avg

Excellent

Deep
1h 54m

Excellent

Light
3h 42m

Excellent

REM
1h 21m

Fair

Awake/Restlessness
-- • 43 Restless Moments

Excellent

Dreams are an abstraction of life.

- ❖ REM sleep = overnight therapy (Matt Walker. Lowers activity in amygdala → processes emotional memories without stress spike.
- ❖ Dreams abstract waking life: Strip out detail to extract patterns and meaning.
- ❖ Simulate social/emotional scenarios → like a rehearsal for life.
- ❖ Problem-solving engine: Insight and creativity often surface in dreams.
- ❖ Neural pruning + memory consolidation: Keeps important, discards noise.
- ❖ Ancient cultures saw dreams as portals to the spirit world or subconscious.
- ❖ REM sleep is like free therapy. It helps you process pain, rehearse your fears, and sometimes, solve problems your waking brain can't.

REM Sleep & Psychedelics.

"Who looks outside, dreams; who looks inside, awakes."
(Carl Jung)

- ❖ Both reduce Default Mode Network activity → ego dissolves, self boundaries soften.
- ❖ Both produce non-linear, symbolic thinking → insight, pattern recognition.
- ❖ Simulate emotional/social experiences → rehearsal, integration, catharsis.
- ❖ Bypass rational filters → direct access to the unconscious.
- ❖ Boost neural plasticity: REM sleep consolidates memories; psychedelics open new pathways.

The Art Of Sleep - how do it

- ❖ RTFM: *Why We Sleep, Dr Matt Walker @ Huberman podcast, Headspace guide to sleep.*
- ❖ General concept: **consider sleep as an opportunity for altered states of consciousness, therapy, and creativity.**
- ❖ Avoid caffeine 10h before bed. In general, titrate caffeine consumption.
- ❖ Make of your bedroom your sleep temple.
- ❖ 1h before bed: stop using screens, start wind down routine, dim the lights.
- ❖ Avoid alcohol and if not, ensure it is metabolized before bed.
- ❖ Optional: Meditation, yoga, cannabis, dream incubation.

Wake-up:

- ❖ Abstain from screen use at least in the first minutes.
- ❖ Journal dreams.

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Q & A