



LOG ID	BOOK REFERENCE	RCT FILTER	CONFIDENCE TIER
SEC D.3.2	DIRECTORY D: THEORETICAL SANDBOX - END-OF-LIFECYCLE THEORIES (Receiver Hypothesis)	ON	CONSENSUS

AUDITED CLAIM

NEURAL INTEGRITY DECOUPLING (EGO DISSOLUTION)

SYSTEMS MODEL — AS STATED IN THE BOOK

Clinically, neuroimaging demonstrates that classic psychedelics induce a significant decrease in default mode network integration, mirroring changes found during intense self-transcendent contemplative states.

VALIDATION QUERY

Do classic psychedelics and meditation significantly decrease functional connectivity in the default mode network (DMN) and correlate with subjective ego dissolution?

EMPIRICAL FINDING

Current neuropharmacological models demonstrate that the administration of classic psychedelics (such as psilocybin or LSD) reliably induces a significant decrease in functional connectivity, blood flow, and network integrity within the Default Mode Network (DMN). This measurable neurobiological down-regulation strongly correlates with the subjective clinical experience of "ego dissolution" and expanded awareness. Deep meditation practices also frequently demonstrate a similar, albeit highly state-dependent, reduction in DMN activity.

PRIMARY ANCHORS

- Mason et al., 2020, Neuropsychopharmacology
- Avram et al., 2024, Molecular Psychiatry

ABOUT THIS RECORD

Each claim in the book is decompiled from its IT metaphor into a naked, falsifiable scientific claim, then anchored to a **primary peer-reviewed source**. Claim and anchor are queried against the Consensus academic database (200M+ papers) under a fixed protocol — top-tier **Q1/Q2 journals only**, preprints excluded, human studies only. If a hypothesis fails the audit, the build is rejected: the AI generates the syntax; the peer-reviewed grid validates the physics.

CONFIDENCE TIERS

- ☒ **CONSENSUS** ◀ **this log** — broadly established, highly replicated mechanics.
- ☐ **EMERGING** — plausible, actively researched; no universal consensus yet.
- ☐ **EXPERIMENTAL** — contested, extrapolated, or purely theoretical.

RCT FILTER — Controlled Studies is ON for interventions (a forced action must beat a control) and OFF for mechanisms (so foundational neuroscience isn't blocked).

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Yes, classic psychedelics decrease DMN connectivity and this often tracks ego dissolution; meditation shows a weaker, mixed parallel.

1. Introduction

Classic psychedelics and meditation both alter self-related processing, but the evidence is stronger and more direct for psychedelics than for meditation. Across controlled human neuroimaging studies, psilocybin, LSD, DMT, and ayahuasca repeatedly reduce within-network connectivity or integrity in the default mode network (DMN), especially along medial prefrontal and posterior cingulate hubs, and several studies link that reduction to ego dissolution or closely related self-boundary changes (Mason et al., 2020; Avram et al., 2024; Timmermann et al., 2023). The best direct evidence comes from studies showing that medial prefrontal–posterior cingulate decoupling, posterior DMN integrity loss, or broader DMN disintegration covary with subjective ego dissolution under psilocybin or LSD (Smigielski et al., 2019; Mason et al., 2020; Avram et al., 2024).

Meditation shows a related but less uniform pattern. Experienced meditators often show reduced DMN activity or reduced within-DMN connectivity, including lower posterior cingulate and medial prefrontal coupling, especially during mindfulness-like practices or as a long-term trait (Brewer et al., 2011; Bauer et al., 2019; Panda et al., 2016). But meditation findings are more heterogeneous than psychedelic findings: some studies report increased DMN connectivity during specific meditation states or after training, suggesting that effects depend strongly on practice style, expertise, and whether the comparison is trait, state, or post-state (Bauer et al., 2019; Bremer et al., 2022; Fialoke et al., 2024).

Do classic psychedelics and meditation significantly decrease functional connectivity in the default mode network (DMN) and correlate with subjective ego dissolution?

Requires at least 5 papers that directly answer your question. Try adjusting your query to find more papers.

FIGURE 1 Consensus on DMN connectivity and ego dissolution

The meter should read as asymmetric. For classic psychedelics, the evidence consistently supports DMN connectivity reduction and a correlation with ego dissolution-related experience (Tolle et al., 2023; Barrett et al., 2020). For meditation, reduced DMN activity/connectivity is common, but direct evidence tying those changes specifically to ego dissolution or self-boundary loss is still limited and mixed (Garland et al., 2022; Röhr et al., 2025).

2. Methods

The search ran across more than 170 million papers indexed in Consensus, drawing from Semantic Scholar, PubMed, and related sources. The workflow identified 404 papers in the initial query, screened 240 by relevance, judged 85 eligible after machine filtering and deduplication, and included the top 50 human controlled studies and closely related mechanistic papers for synthesis.

Search Strategy

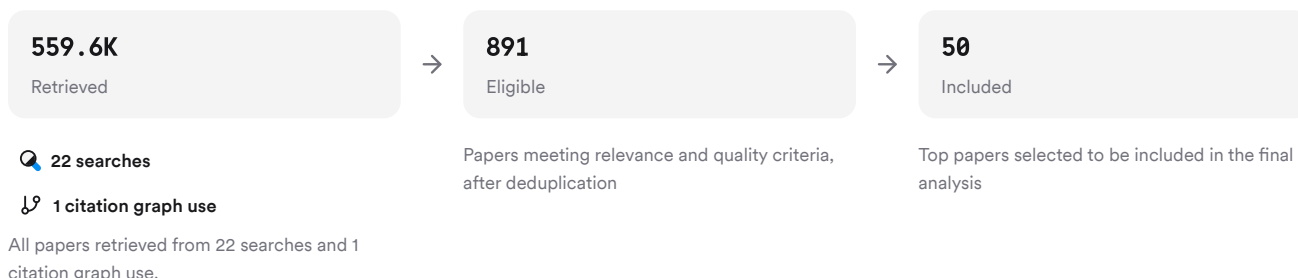


FIGURE 2 Deep search screening and study inclusion flow

Searches targeted controlled human studies on classic psychedelics, meditation, DMN connectivity, and ego dissolution, then expanded by citation crawling.

3. Results

3.1 Key Papers

A small set of papers anchors the core claim. Smigielski et al. directly linked psilocybin-associated anterior–posterior DMN decoupling to ego dissolution during mindfulness practice, Lebedev et al. tied psilocybin ego dissolution to large-scale network disintegration with an important DMN-related medial temporal mechanism, and Brewer et al. established reduced DMN activity as a recurring feature of experienced meditation (Smigielski et al., 2019; Lebedev et al., 2015; Brewer et al., 2011).

Paper	Summary
(Mason et al., 2020)	Psilocybin-meditation DMN decoupling tracks ego dissolution (Smigielski et al., 2019)
(Timmermann et al., 2023)	Psilocybin ego loss linked to network decoupling (Lebedev et al., 2015)
(Brewer et al., 2011)	Meditation reduces core DMN node activity (Brewer et al., 2011)

FIGURE 3 Foundational papers for DMN and self findings

3.2 Psychedelic Effects

Psychedelic studies converge on reduced within-DMN coupling plus reduced segregation between DMN and other networks. Psilocybin reduced coactivation in anterior and posterior DMN components in a multimodal 7T study, and psilocybin-associated posterior DMN integrity contributed to positively experienced ego dissolution (Mason et al., 2020). LSD uniquely reduced DMN integrity relative to placebo in a crossover comparison with MDMA and d-amphetamine, and that reduction trended with unity and oceanic boundlessness (Avram et al., 2024).

Dimension	Psilocybin	LSD	Ayahuasca/DMT	Citations
Within-DMN connectivity	Reduced	Reduced	Reduced or disintegrated	(Mason et al., 2020; Avram et al., 2024; Pasquini et al., 2019)
Between-network segregation	Decreased	Decreased	Decreased	(Tolle et al., 2023; Stoliker et al., 2022; Pasquini et al., 2019)
Self-related correlate	Ego dissolution	Unity / boundlessness	Altered volition / self	(Mason et al., 2020; Avram et al., 2024; Pasquini et al., 2019)
Persistence	Acute and some subacute	Acute	Subacute at 1 day	(Tolle et al., 2023; Stoliker et al., 2022; Pasquini et al., 2019)

FIGURE 4 Comparison of psychedelic DMN connectivity effects

The same literature also shows that psychedelics do not simply “turn off” the DMN. Several studies report simultaneous decreases in within-DMN integrity and increases in DMN connectivity with limbic, attentional, or task-positive networks, implying disintegration plus desegregation rather than uniform suppression (Tolle et al., 2023; Carhart-Harris et al., 2013; Daws et al., 2022).

3.3 Meditation Effects

Meditation evidence is more state-dependent. Experienced meditators showed relative deactivation of medial prefrontal and posterior cingulate DMN hubs across concentration, loving-kindness, and choiceless awareness practices (Brewer et al., 2011). EEG-fMRI and seed-based work also found decreased posterior cingulate and medial prefrontal connectivity at rest and further decreases during meditation, plus reduced DMN coupling during yoga nidra in experienced practitioners (Panda et al., 2016; Fialoke et al., 2024).

A trait-level reduction in DMN activity or connectivity also appears in several studies. Mindfulness practitioners showed lower frontal gamma activity consistent with reduced DMN self-referential processing, and EEG connectivity work found trait decreases in functional connectivity interpreted as reduced DMN activity (Berkovich-Ohana et al., 2012; Berkovich-Ohana et al., 2014). But not all meditation studies agree: one state-to-trait fMRI study found reduced DMN functional connectivity as a trait marker yet increased within-DMN connectivity during the meditation state, and a 31-day mindfulness training study reported increased DMN-SN-CEN interconnectivity after training (Bauer et al., 2019; Bremer et al., 2022).

3.4 Ego Dissolution Links

The strongest direct brain–experience link is in psychedelics. In psilocybin-assisted mindfulness, decoupling between medial prefrontal and posterior cingulate cortex was associated with subjective ego dissolution, and both the dissolution score and connectivity change predicted later psychosocial benefit (Smigielski et al., 2019). Broader psilocybin work likewise found that lower within-DMN connectivity tends to coincide with stronger ego dissolution, and DMN-limbic decoupling predicts more intense subjective effects (Tolle et al., 2023).

Meditation has phenomenological overlap, but the neural link is thinner. Mindfulness-induced frontal midline theta was associated with self-transcendent experiences including ego dissolution and nondual awareness, and advanced practitioners can volitionally enter self-boundary dissolution states detectable with MEG (Garland et al., 2022; Röhr et al., 2025). Still, most meditation imaging papers measure mind-wandering, present-centered attention, or expertise rather than validated ego-dissolution scales, so the DMN–ego dissolution correlation remains less directly established than in psychedelic studies (Brewer et al., 2011; Fialoke et al., 2024).

Results Timeline

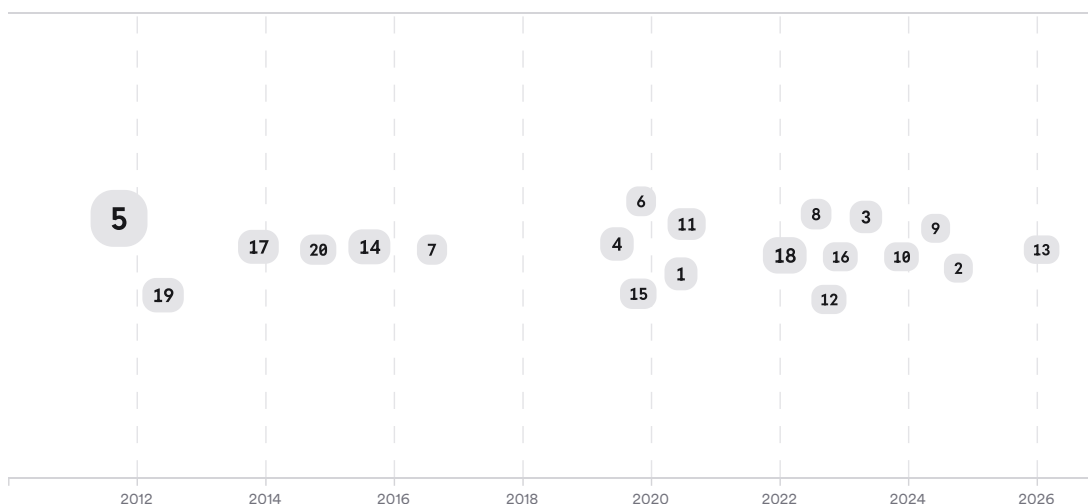


FIGURE 5 Timeline of included papers; larger markers indicate more citations

Top Contributors

Type	Name	Papers
Author	R. Carhart-Harris	[150cf8efff0d5e2183b3c7335ab1545e][30677e05775a51f2a4d19d86cd50d7e2] [65819b75c53259b489edd6bf3ad85d32][669e3de699bb5bd19f841272e8d2bacf] [418f9052b98a5d0e9d6da6d14875141b][f583b3a259b854609333b4b07f53a88a] [58a594e548a55d4c879fa84e4ebd7a35]
Author	F. Vollenweider	[b7b7120180ef510792a8ffd55bf56268][01122853bca25e378237db45468277bd] [411694a97bac54b4a959e45eb3c1c2af][1620055b69885da7ab997114b4754188]
Author	J. A. Brewer	[b8b55c6ea1b85f5ba4f6aecfd7520ece][2a820658783f592180f39a4c34c4920c]
Journal	<i>NeuroImage</i>	[b7b7120180ef510792a8ffd55bf56268][47e36839dfa55fad80286d72d729d33f] [95f17942d14457e3b82b49e189c0ac39]
Journal	<i>Journal of Psychopharmacology</i>	[2311b9c43e8852c1bed2c066672ed98f][a4ad927b2a345e4495a867c561c2a8c4] [e3a38267452957ad85b271cd14fc38f6][7e0772b4b01d5d0e8c481c6666ae33fc] [5e604e868ae1558686155fa7f22468b6][1d30fccb758c50e68d4ebc67921673bd]
Journal	<i>Human Brain Mapping</i>	[150cf8efff0d5e2183b3c7335ab1545e][669e3de699bb5bd19f841272e8d2bacf] [d64aee11041d55a7949a49c9bbba80a7]

FIGURE 6 Authors and journals most frequent in corpus

4. Discussion

The psychedelic half of the question has moderate-to-strong support. Multiple placebo-controlled imaging studies across psilocybin, LSD, DMT, and ayahuasca report reduced within-DMN connectivity or integrity, especially involving the PCC and mPFC, alongside increased cross-network coupling or reduced anticorrelation with attentional systems (Mason et al., 2020; Stoliker et al., 2022; Timmermann et al., 2023; Pasquini et al., 2019). Several of those same studies connect these network changes to ego dissolution or nearby constructs such as unity, oceanic boundlessness, altered self-boundaries, or mystical intensity (Smigielski et al., 2019; Tolle et al., 2023; Timmermann et al., 2018).

Meditation also often reduces DMN activity or connectivity, but the field is less internally consistent because “meditation” covers heterogeneous practices and timescales. Trait-level expertise often associates with reduced DMN activity or within-network connectivity, especially in PCC/mPFC hubs, yet some state studies find increased DMN connectivity during practice or increased triple-network connectivity after training (Bauer et al., 2019; Panda et al., 2016; Bremer et al., 2022). That pattern suggests meditation does not have a single canonical DMN signature.

The correlation with subjective ego dissolution is the clearest gap between the two literatures. Psychedelic studies frequently use validated ego-dissolution or altered-state measures and directly correlate them with connectivity changes (Mason et al., 2020; Holze et al., 2020). Meditation studies more often assess mindfulness, mind-wandering, nondual awareness, or self-transcendence instead of the same ego-dissolution scales, making cross-domain comparison imperfect (Garland et al., 2022; Meling et al., 2024).

Claim	Evidence Strength	Reasoning	Papers
Classic psychedelics reduce within-DMN connectivity or integrity acutely.	 Strong	Replicated across compounds and imaging studies.	(Mason et al., 2020; Avram et al., 2024; Timmermann et al., 2023)

Claim	Evidence Strength	Reasoning	Papers
Psychedelic DMN reductions often correlate with ego dissolution-related experience.	 Strong	Several direct brain-behavior studies, though sample sizes are modest.	(Smigielski et al., 2019; Mason et al., 2020; Tolle et al., 2023)
Meditation often reduces DMN activity or connectivity.	 Moderate	Supported across multiple modalities, but heterogeneous by practice and design.	(Brewer et al., 2011; Panda et al., 2016; Fialoke et al., 2024)
Meditation-specific DMN decreases directly track ego dissolution.	 Moderate	Some overlap with self-transcendence and self-boundary dissolution, but few direct tests.	(Garland et al., 2022; Röhr et al., 2025)
DMN decrease alone explains altered selfhood across all states.	 Weak	Evidence points to broader salience, limbic, and attention-network changes too.	(Lebedev et al., 2015; Stoliker et al., 2024; Tolle et al., 2023)

FIGURE 7 Key claims and supporting evidence strengths

5. Conclusion

Taken together, the literature supports a qualified yes. Classic psychedelics consistently decrease DMN functional connectivity or integrity and these decreases often correlate with ego dissolution or closely related self-boundary changes (Smigielski et al., 2019; Avram et al., 2024). Meditation frequently shows reduced DMN activity or connectivity too, but its association with ego dissolution is less directly tested and more dependent on meditation type, expertise, and measurement choice (Bauer et al., 2019; Bremer et al., 2022).

Research Gaps

The main gap is not whether DMN changes occur, but whether the same neural signature underlies self-loss across pharmacological and contemplative states.

Topic/Outcome	Acute controlled imaging	Direct ego-dissolution measure	Longitudinal follow-up	Cross-state comparability
Psilocybin DMN change	10	7	3	4
LSD DMN change	8	5	2	3
DMT/ayahuasca DMN change	5	2	2	2
Meditation DMN change	10	2	5	2
Shared self-boundary mechanism	3	2	1	1

Open Research Questions

Direct head-to-head designs would sharpen this field most.

Question	Why
Do psychedelics and meditation produce the same PCC-mPFC decoupling when matched on self-boundary dissolution intensity?	This would test whether similar experiences share a common DMN mechanism rather than only superficial phenomenological overlap.
Which meditation styles most reliably link DMN changes to validated ego-dissolution scales?	Current meditation studies often measure mindfulness or mind-wandering instead of ego dissolution, limiting direct comparison with psychedelic research.
Are lasting clinical benefits driven more by within-DMN reductions or by increased DMN integration with other networks?	Several psychedelic studies show both disintegration and desegregation, and their relative therapeutic importance remains unclear.

Overall, classic psychedelics do appear to decrease DMN connectivity and relate that change to ego dissolution, whereas meditation shows a partially similar but less consistently demonstrated pattern.

These search results were found and analyzed using Consensus, an AI-powered search engine for research. Try it at <https://consensus.app>. © 2026 Consensus NLP, Inc. Personal, non-commercial use only; redistribution requires copyright holders' consent.

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