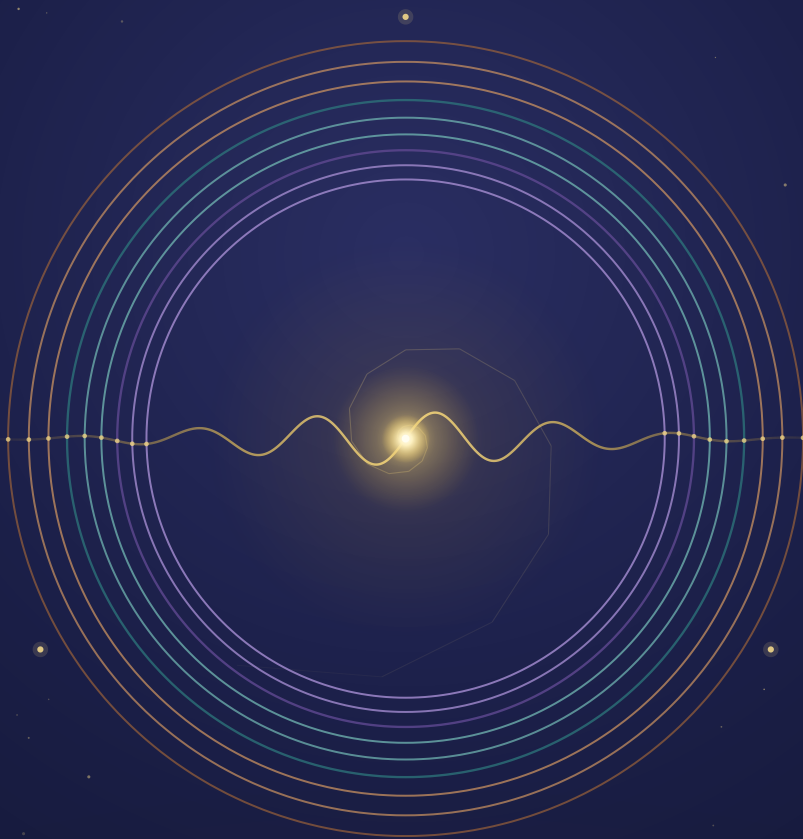


PSYCHOREGENESIS SERIES • FIRST EDITION

THE SIGNAL

Practitioner's Companion

THE SIXTY-SIX-DAY WORKBOOK



$$e^{\phi^2}$$

The mathematical certainty of your return.

PETER • LUXRUEL

THE SIGNAL · Practitioner's Companion

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Published by Peter Luxrue. Available on Amazon.com and other retail outlets.

ISBN: 9798189450051 · First Edition, 2026

This workbook is a companion to your wellbeing, not a substitute for professional medical or mental-health care. If you are in acute distress, please reach out to a qualified professional. See Safety & Grounding.

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HOW TO USE THIS WORKBOOK

This workbook is your companion to The Signal. It does not replace the book. It is the place where understanding turns into practice, and practice turns into real, structural change.

Each level opens with everything you need for the week: the law, the full protocol, the four morning movements, the ultradian recall, the evening practice, and the level's Direct Inquiry. Read the opening once. Then live in the daily pages and practise.

THE CONDENSATION OF LIGHT

This is the name for the whole daily practice you are about to begin. As your grip on identity loosens, your inner light stops scattering and begins to gather. The scattered light condenses. This workbook traces that gathering across nine levels, three domains, and sixty-six days.

THE INNER LOOP: INTENTION, ATTENTION, IDENTIFICATION, CODIFICATION

Every release moves through four steps. You set an intention (from your will). You hold your attention on it (with love). You recognise the truth (with wisdom): source, or surface? And then you seal it in (all three together). A practice that stops at recognition gives you a change that fades by lunchtime. A practice that seals it in writes the new relationship into you, permanently. Always finish by sealing it in.

WHAT "GRATITUDE CODIFICATION" MEANS

Each evening you will write three things. This is not a chore, and it is not vague positivity. It is precise, and it does real work. Write three specific moments from the day when you noticed your inner state reflected back to you by the world around you, or three moments of genuine, felt gratitude. Not gratitude as an idea, gratitude as an actual warmth in the chest. Writing them down does two things. It seals the day's coherence into you while your memory is still soft and open, and it slowly trains your eyes to see the Mirror working. Over weeks, you stop hunting for things to be grateful for and start noticing that the day was already full of them.

THE STANDING INSTRUCTION

Do not move to the next level until you have completed seven days of practice. The architecture changes through repetition, not through reading. If your fixations seem to get stronger, that is freed energy lighting up what was too dim to see before. Apply the level's protocol to whatever arises. If doubt shows up during practice, treat it as a Level 3 event: turn the Cognitive Witness on the doubt itself.

IF YOU MISS A DAY

The architecture does not punish interruption. One full day of practice, morning, ultradian, and evening, resets the window. Miss three days in a row and simply begin the seven-day count again from the start of the current level. Resume, do not restart. Your progress has not reset.

TRACKING YOUR ULTRADIAN RECALLS

The Ultradian Recall happens roughly every ninety minutes through your waking day. Count each ninety-minute window from the end of your morning practice to the start of your evening one. If you practise from six in the morning to half past nine at night, you have about ten possible recall windows. On each day's tracker, note how many recalls you completed out of how many were possible. Even a partial chain keeps the signal alive.

THE FOUR TIMESCALES

Every day runs on four nested rhythms, each timed to your body's own chemistry.



MORNING WINDOW

WITHIN FORTY-FIVE MINUTES OF WAKING · 20-30 MINUTES

Four movements: Zero-Point Recognition (3 min), the level's release (10-20 min), Ascending Intention (5 min), Mirror of Radii (2 min). Timed to the cortisol rise on waking, when your brain is most open to new encoding.



ULTRADIAN WINDOW

EVERY NINETY MINUTES THROUGH THE DAY · 90 SECONDS

Three steps: Locate (30 sec), Release (30 sec), Return (30 sec). Placed at the turn of your natural ninety-minute rhythm. The chain-link that holds the day's coherence together.



EVENING WINDOW

WITHIN THIRTY MINUTES OF SLEEP · 15 MINUTES

Three movements: Day Witness (5 min), Gratitude Codification (5 min), Night Seed (5 min). Timed to the way your memory settles the day. The question you fall asleep holding is the one the sleeping mind works on most deeply.



DOMAIN CROSSING DAYS

DAYS 22, 44, 66

Three times you cross from one domain into the next. These days carry no level protocol. They are for integration, silence, and letting go.

● THE ULTRADIAN RECALL · YOUR MOST IMPORTANT INSTRUMENT

The morning practice opens the signal. The evening practice seals it in. But the Ultradian Recall is what carries the coherence through all the hours in between. The Signal calls it the chain-link that holds the day together. Most people who see no change are not failing the morning practice. They are quietly dropping the chain. Read this page before Day 1, and come back to it whenever the chain slips.

WHY EVERY NINETY MINUTES

Your brain moves through a natural rhythm of focus and rest about every ninety minutes. At the turn between one cycle and the next, your nervous system is briefly more open, more ready to be recalibrated. The Recall lands exactly there: ninety seconds of quiet re-tuning, dropped into the most re-writable moment of each cycle. Ten of those moments in a waking day is ten small updates the morning practice alone can never give you.

THE 90-SECOND FORM

LOCATE	30 sec	Scan the levels you have unlocked so far. Where is your attention gripped right now: in the body, a feeling, a thought, a pattern? Name the level.
RELEASE	30 sec	One breath of release at that level. Feel the grip soften.
RETURN	30 sec	Say this week's line to yourself, quietly. Let the awareness settle back to its centre.

THE TEN-SECOND VERSION, FOR MEETINGS, DRIVING, AND PUBLIC PLACES

You will not always have ninety private seconds, and that is fine. The smallest possible Recall is one conscious breath and one quiet question: what am I saying I am to right now? That single question re-opens the gate. A chain of imperfect ten-second recalls holds far more of your day together than a perfect chain you keep breaking while you wait for the ideal moment.

SETTING THE CHAIN (DO THIS ONCE)

- Set a soft, repeating chime every ninety minutes, from the end of your morning practice to the start of your evening one. Not a jarring alarm. A single gentle tone.
- On an iPhone, use a repeating timer or a focus reminder. An Apple Watch tap is ideal: silent, private, and easy to feel.
- On Android, a repeating clock timer or a simple interval-timer app does the same job.
- The chime is not the practice. It is the doorway. When it sounds, you have ninety seconds of freedom.

WHEN YOU MISS FOUR OR MORE IN A ROW

Do not scold yourself or write off the day. That reaction is Level 2 and Level 3 fixation wearing the mask of discipline. Simply take the very next breath as a Recall. One conscious recall re-establishes the chain. Nothing has been lost. Resume. Do not restart.

THE IDENTIFICATION GATE · THE MASTER DAILY INSTRUMENT

If you carry only one thing out of these sixty-six days and into the rest of your life, carry this. It is the most portable practice in the whole book, and it fits inside a single breath.

When you finish the words “I am...” with anything, this body, this mood, this thought, this diagnosis, this failure, you tie your signal to that thing. Whatever follows “I am” takes root and hardens into your reality. This is happening all day, whether you notice it or not.

“I am tired,” said with real feeling, writes tiredness deeper into you. The truer sentence is: “there is tiredness in the field.” It reports the state without becoming it. “I am capable,” said from the quiet witness, writes real capability.

The living practice: before any real decision, any strong reaction, any creative act, pause for one breath and ask, what am I saying I am to right now? Then choose. I AM with nothing added is the natural home of who you really are: moving through body, feeling, and thought, fully present to each, without mistaking any of them for your fixed identity.

THE FRAMEWORK AT A GLANCE

Nine fields · three domains · one signal

Keep this spread bookmarked. One ring inward equals one radius outward.

GROUND	0	SQIS · the generative ground
PRINCIPAL	9	QVF · Quantum-Vacuum Field
PRINCIPAL	8	USF · Unified-Scaling Field
PRINCIPAL	7	ZVF · Zero-Point Vibrational Field
CAUSAL	6	BIF · Bio-Informational Field
CAUSAL	5	QCF · Quantum-Coherence Field
CAUSAL	4	MSF · Morphogenetic-Systems Field
PHENOMENAL	3	NCF · Neural-Cognitive Field
PHENOMENAL	2	EAF · Excitonic-Affective Field
PHENOMENAL	1	BSF · Biomechanical-Somatic Field



THE NINE-FIELD RIPPLE

G · WILL

Holds the structure.

Φ · WISDOM

Sees the pattern clearly.

Ψ · LOVE

Connects and includes.

$e^{\phi^2} = e^{\phi+1} = e^{\phi} \cdot e$, coherence grows exponentially.

PREPARING THE GROUND

Before the first level, a few short pages set the conditions the whole practice depends on. None is optional if it applies to you.

THREE QUESTIONS THIS PRACTICE IS BUILT TO ANSWER

The Signal asks three questions that every instrument science has ever built has left unanswered. You do not need to answer them with your mind. The practice answers them in your own experience, over sixty-six days. Hold them lightly as you begin.

1. *Why does reality take this exact, lawful, beautiful form?*
2. *What is the ground that any experience at all becomes possible from?*
3. *What is the awareness that the ground, the code, the world, and the very act of knowing them all arise within, as a single movement?*

The last question cannot be pointed at as an object, because it is the pointing itself. Everything that follows is designed to gently remove the layers hiding the recognition of what that awareness already is.

ONE PRACTICAL FOUNDATION: PROTECT THE FOUR TIMESCALES

The four practice windows are timed to your body's own chemistry: the cortisol rise on waking, the ninety-minute rhythm through the day, and the way your memory settles what you were holding in the final minutes before sleep. If that chemistry is disrupted, no practice lands cleanly. This is mechanics, not morality. Give the architecture the conditions it needs:

- Wake at a steady time. The morning window depends on a predictable waking rhythm. Aim for the same half-hour band each day, weekends included.
- Keep screens out of the last thirty minutes before sleep. The Night Seed is planted in the exact window your memory weights most heavily. A phone in that window overwrites your seed with the feed.
- Guard the final conscious minutes. Whatever you fall asleep holding is what the sleeping mind works on most deeply. Fall asleep holding the seed, not the day's noise.
- Get light and a little movement early. Morning daylight and gentle movement steady the whole rhythm the practice rides on.

IF YOUR SYSTEM NEEDS SAFETY FIRST, PLEASE READ THIS

Closing your eyes, feeling your heartbeat, listening for the smallest sound: these are quiet, powerful instructions. If you carry unresolved trauma, each of them can register as a danger signal rather than an invitation. If that is you, this page is not optional. It is your first movement.

Before any eyes-closed practice, help your body feel safe. It takes two minutes and it changes everything that follows:

Orient. Keep your eyes open. Slowly turn your head and let your gaze move around the room. Let your eyes find the exits, the light, one thing that is pleasant. You are teaching your nervous system, gently, that this place is safe, right now.

Resource. Bring to mind one place, person, or memory where you felt genuinely safe. Feel it in your body, the settling, the softening. This is your anchor. You can return to it at any point, in any practice.

Titrate. Do not go all the way in. Feel the body for ten seconds, then open your eyes and orient again. Ten seconds in, then out. Build your tolerance in small, kind doses. Depth is not the goal. Staying within what you can handle is.

Keep one foot out. You may practise with your eyes softly open, gaze resting on the floor a metre ahead. You may keep a hand on a solid surface. Nothing in this book asks you to override a nervous system that is telling you it is not safe.

If closing your eyes is not yet safe, you can practise the whole sixty-six days with your eyes open. Meet the material at the pace your system can hold. Safety is not a detour from the work. It is the ground the work stands on. And if trauma responses are active in your daily life, please do this work alongside a trauma-informed professional. The practice is a companion, never a replacement.

IF YOUR MIND WORKS DIFFERENTLY

This practice assumes nothing about how your attention is built. A few small adaptations keep it usable if you are ADHD, autistic, or simply wired for intensity.

If sustained attention scatters (ADHD): the Ultradian chain will slip by Day 3 without an outside scaffold, and that is not a failure of willpower, it is how your wiring works. Put the chain outside your head completely: a repeating tap on a watch, sticky notes you can see, a partner who pings you. And shorten the morning practice before you ever drop it. Three honest minutes beat twenty resented ones.

If the field-widening language unsettles you (common if you are autistic): “the field extends beyond the skin” can feel like coming apart rather than opening. You are not required to use it. Anchor instead in precise, concrete sensing, the exact weight, the exact temperature, which is often a real strength for you. Keep the practice literal and physical. Leave the expansive imagery until, and only if, it starts to feel like including more rather than dissolving.

If intensity is your baseline: the emotional flooding at Level 2 may be bigger for you. Use the grounding steps freely and without shame. Reducing to Movement 1 alone is a real practice, not a lesser one.

A WORD ON “SOVEREIGN” AND “WILL”

Through the Principal domain you will meet the words sovereign intention and sovereign will. Read them gently. Sovereignty here does not mean force, control, or gritted-teeth willpower. It means simply this: the ability to set a signal from your own quiet ground rather than from reaction, pressure, or fear. The sovereign one is not the one who pushes hardest. It is the still one who does not need to push at all. If “will” has ever been used against you as a weapon of self-punishment, let this practice quietly give the word back to you.

YOU ARE NOT MEANT TO DO THIS ENTIRELY ALONE

Sixty-six days of mostly solitary practice creates what every contemplative tradition knows by name: the loneliness of unwitnessed change. Insight without a witness tends to fade. Build one thread of connection into your sixty-six days: the accountability partner on the next page, a small circle reading The Signal together, or an online group of fellow practitioners. Even one honest weekly conversation about what is actually arising will hold your practice steady when solitude cannot.

SAFETY & GROUNDING

Deep, sustained practice can bring up unexpected experiences. When your attention loosens from its usual holds, material that was sitting below awareness can surface. This is well documented in both clinical and contemplative literature. A hard experience is not a sign of failure. It is often a sign that release is reaching a place where a great deal was being held.

WHAT MAY ARISE

PHENOMENAL DOMAIN · LEVELS 1–3

Unusual body sensations, emotional flooding or numbness, a racing or unsettled mind. These are your habitual holds letting go. They pass.

CAUSAL DOMAIN · LEVELS 4–6

Pattern recognition that is disorienting at first, surges of intuition that feel like a lot, shifts in how reality looks. Moving from the surface self to the witness can unsteady your sense of who you are for a while.

PRINCIPAL DOMAIN · LEVELS 7–9

Boundaries dissolving, time feeling different, deep states of absorption. A stretch where the old identity has loosened but the new ground is not yet steady, what the traditions call the dark night.

GROUNDING STEPS

If distress arises during practice and does not settle within the session:

1. Come back to the body. Open your eyes. Feel your feet on the ground. Name five things you can see.
2. Return to an earlier level where the release is already steady and settled.
3. Shorten the practice to Movement 1 only, three minutes of Zero-Point Recognition, until steadiness returns.
4. Keep the Ultradian Recall. The ninety-second chain-link is a steadying instrument.
5. Reach for professional support. Clinical depression, anxiety disorders, trauma responses, and physical illness need real treatment. This practice is a companion, never a replacement.

WHEN TO PAUSE

Pause and seek support if you experience: lasting dissociation, real difficulty functioning in daily life, anxiety or panic that grounding does not settle, thoughts of suicide, or any loss of contact with reality.

● THE ZERO-POINT MEDITATION

Practise this once, at the very start of the sixty-six-day journey, and as often as you like after that. It establishes the Zero-Point, the awareness behind all content, as your home ground before the first level begins.

Read the instructions once. Then close the book and practise from memory. Rhythmic breathing, then convergence. Your body already knows how to do this.

I · SETTLING

Sit with your spine upright. Feet flat on the ground. Hands open on your knees or in your lap. Close your eyes.

Let your body arrive before the practice begins. Feel the weight of yourself sitting here. The contact with the surface beneath you. Take three natural breaths without controlling them. Notice that breathing is already happening.

Now bring your attention to the heart centre. Feel for the heartbeat. It may take a moment. When you find it, stay with it. This heartbeat will be your anchor throughout the meditation.

II · RHYTHMIC COHERENCE BREATHING

Three complete cycles. Each cycle has four phases. In each phase, repeat the words silently three times, timed to the breath.

PHASE 1 · INHALE. Breathe in slowly and deeply through the nose. Repeat silently: "I am that I am. I am that I am. I am that I am." Feel the breath filling the body. The heartbeat is still there beneath it.

PHASE 2 · HOLD, LUNGS FULL. Hold the breath gently. Bring full attention to the heartbeat. Repeat silently: "I am grateful. I am grateful. I am grateful." Let the warmth of gratitude arise on its own, not as a thought about gratitude, but as the warmth itself.

PHASE 3 · EXHALE. Release the breath slowly through the nose. Repeat silently: "I am that I am. I am that I am. I am that I am." Let the body release completely.

PHASE 4 · HOLD, LUNGS EMPTY. Hold gently with the lungs empty. Return your attention fully to the heartbeat. Repeat silently: “I am grateful. I am grateful. I am grateful.” Rest in the stillness between breaths. No air moving. No effort. A direct taste of the Zero-Point.

If holding on empty lungs feels uncomfortable, simply pause briefly and begin the next inhale. The breath serves the awareness. Three complete cycles. Twelve breaths. Each cycle is given to one of the three: Will, Wisdom, and Love. You need not think about this. Simply breathe.

III · THE CONVERGENCE

After the third cycle, let go of all control of the breath. Let it find its own rhythm. Bring your full attention to the space between the eyebrows, the seat of inner seeing. Let all thoughts cease. If a thought arises, release it and return. Every return strengthens the signal.

STAGE 1 · THE INNER EYE. Gaze gently, through closed eyelids, toward the point between the brows. Do not strain. Look for the faintest point of light, a colour, a shimmer, a quality of brightness in the dark. Rest your attention on it. If nothing appears, rest on the looking itself.

STAGE 2 · THE HEARTBEAT. Without letting the visual focus go, feel again for the subtle pulse of the heartbeat. Two channels now meet: seeing and feeling, at the same time. Hold both.

STAGE 3 · THE SMALLEST SOUND. Without letting either go, listen for the smallest sound you can find, the sound beneath the sounds. A hum. A frequency. A fine vibration at the very edge of hearing. It is always there. Hold it alongside the light and the heartbeat.

Three channels meeting: seeing, feeling, hearing, all arriving at the same point, all present at once. When all three are held together, the awareness behind them shows itself. You are not creating the Zero-Point. You are recognising what was already here. Rest in the convergence for three to five minutes, or longer if it deepens on its own.

IV · CODIFICATION

“The awareness that finished this meditation is the same awareness that will move through this day. The Zero-Point is not a state I entered. It is what I am. This recognition is now written into the shape of this day.”

Open your eyes. Begin.

QUICK REFERENCE

1. Settle, 30 seconds. Spine, feet, hands, heartbeat.
2. Rhythmic breathing, 3 cycles of 4 phases. On the breath: "I am that I am." On the holds: "I am grateful."
3. Convergence: inner eye, heartbeat, smallest sound. Let all thoughts cease.
4. Codification: "The Zero-Point is not a state I entered. It is what I am."

When to use which meditation: practise the Zero-Point Meditation here at the start, and whenever you need to find the ground again. Practise your daily level Morning Practice every day within a level. Save the full Nine-Level Defixation Meditation at the back for the three Domain Crossing days, a weekly deep session, or any day you feel scattered across many levels at once.

MY COMMITMENT

Before you begin, set your commitment through the four steps of the inner loop. This is not a wish. It is a quiet, real act of will, held by love, seen clearly by wisdom, and sealed into who you are.

Intention (Will): *"I commit, for the next sixty-six days, to the recognition of who I really am."*

Attention (Love): *"I will keep my attention on widening my awareness, returning gently each time it wanders."*

Identification (Wisdom): *"I will choose to stand with the source rather than the surface, with the projector rather than the projection."*

Codification (all three): *"I will write this recognition into the shape of my daily life."*

WRITE YOUR OWN

Intention (Will):

Attention (Love):

Identification (Wisdom):

Codification (all three together):

Signature:

Date:

◆ THE ACCOUNTABILITY PARTNER PRACTICE

You do not need a partner. But if you choose one, their job is to witness, not to judge, fix, or advise. Advice quietly collapses the whole practice back into the surface self. Use this twenty-minute weekly shape to keep the space clean. Each person takes ten minutes. The listener holds silence and reflects back only what was said.

WITNESS 5 min · The speaker names what actually arose this week: the practices done, the states met, the shifts noticed. The listener listens in silence. No response yet.

RESIST 5 min · The speaker names where the practice met resistance: the missed days, the avoided feelings, the doubt. The listener still does not fix. Resistance named out loud loses much of its grip.

REVEAL 5 min · The listener reflects back only what they heard, “I heard you say...”, with no interpretation, no advice, no comparison. Being truly heard is the whole gift.

RETURN 5 min · Both partners restate their intention for the coming week in one sentence each, and set the next check-in. Close.

If either of you slips into giving advice, either one may simply say “witness, not fix,” and return to the shape.

My partner:

Contact:

How we will check in:

BEFORE I BEGIN · BASELINE

Rate where you are now at each level. There are no right answers, only honesty. You will rate these again on Day 66. Fill in the circle that fits.

Level 1 • Body · How present are you to physical sensation without taking yourself to be it?

1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

Level 2 • Feelings · Can you let feelings move through you without becoming them?

1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

Level 3 • Thoughts · Can you watch thoughts arise without being carried off by them?

1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

Level 4 • Patterns · Can you see the recurring patterns of your life as things you generate rather than fate?

1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

Level 5 • Knowing · Do you trust and act on a knowing that arrives before analysis?

1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

Level 6 • Beliefs · Can you perceive the principle operating behind a circumstance, and feel a belief drop away?

1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

Level 7 • Will · Can you set your intention from your quiet centre rather than from the surface?

1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

Level 8 • Phase-Lock · Do Will, Wisdom, and Love operate together in you at the same time?

1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

Level 9 • Recognition · Is there a continuous awareness present in you that has never once been absent?

1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

Where do I feel most caught up right now?



◆ DOMAIN PORTAL

The Phenomenal Domain

LEVELS 1-3 • BODY • FEELING • THOUGHT

WHAT CHANGES HERE

- The three outermost rings: body, feeling, and thought. The screen most people take for the whole of reality.
- You gently loosen your grip on each layer, until the quiet witness behind all three becomes clear.
- The instruments are soft and physical. This is where the ground is laid.

◆ THE KNOWN FAILURE MODE OF THIS DOMAIN

Using the practice to skip over feelings that need to be fully felt first. Feel, then rest back as the witness. The order matters.

LEVEL 1 · BODY · BSF

The Body

Biomechanical-Somatic Field · Days 1–7



✦ THE LAW OF THE MIRROR

Every signal you send outward through the body is written, at the same moment, into the living lattice you are made of. The body you wake up in each morning is the mirror of the signals you have been sending. This week, you learn to read that mirror on purpose.

THIS WEEK IN ONE LINE

See the body as a field, not as who you are. Apply this week's release. Plant Direct Inquiry 1 each night. Gather your Day-7 evidence.

☀ MORNING PRACTICE · 20–30 MIN · WITHIN 45 MIN OF WAKING



MOVEMENT 1 · ZERO-POINT RECOGNITION · 3 MIN

Before the body fully wakes. Awareness is already here. Rest in that recognition. I AM.



MOVEMENT 2 · SOMATIC WITNESS PROTOCOL · 10–20 MIN

PHASE A · INTENTION

Make one quiet act of choice: for the next ten minutes, your attention belongs entirely to what is actually present in the body.

PHASE B · ATTENTION

Bring attention into the body as a whole. Its weight. The temperature of the air on the skin. Begin at the feet and move slowly upward, legs, pelvis, belly, chest, shoulders, neck, jaw, face. Now hold the whole field of sensation at once, from the soles of the feet to the crown of the head. Weight. Warmth. Pressure. Pulse. Just this. Now notice: there is something that is noticing all of this.

PHASE C · IDENTIFICATION

Find the edge of sensation, the place where the body ends and something else begins. Search for it at the skin. Keep looking. Where does the body stop? The edge is never found. The field of sensation simply opens into something that has no boundary at all. That openness is what you are.

"The body is in the awareness. Within the awareness, the body arises."

PHASE D · CODIFICATION *"The awareness that completed this practice holds the body it observed. This recognition is now written into the architecture of this day."*

LEVEL 1 • BODY • CONTINUED



MOVEMENT 3 • ASCENDING INTENTION • 5 MIN

The body you are sitting in is the lattice reflecting your inner state. Set your intention not from the body's reactive wanting but from the awareness that holds the body.



MOVEMENT 4 • MIRROR OF RADII • 2 MIN

"The quality of my inner field today decides the quality of what meets me in the world today. One ring inward, one radius outward."

ULTRADIAN • EVERY 90 MIN

Locate, Release, Return. "The body is in the awareness. Within the awareness, the body arises."

EVENING • 15 MIN

Day Witness, Gratitude, Night Seed (Direct Inquiry 1).



DIRECT INQUIRY 1 • PLANT AS TONIGHT'S NIGHT SEED

Place this book down. Close your eyes. Bring attention into the body completely. Notice whatever is present: tension, weight, warmth, the pulse moving without instruction, the breath arriving and leaving on its own.

Stay here for thirty seconds. Not interpreting. Just attending.

Now ask: who is receiving these sensations? The tension is arising to something. The pulse is arriving somewhere. What is that? Look for it not by thinking about it but by actually looking. Can you find the receiver as an object? Does it have a location? A boundary?

If you cannot find the receiver as an object, but the receiving is clearly happening, what does that tell you about what you are?

Now ask the final question. In the last sixty seconds, has awareness been absent for even a single moment? Has it come or gone while the sensations came and went?

If awareness has not been absent, and the sensations have been moving through it: which one is the container and which one is the contained?



WEEKLY SIGNAL LOG • THE MEASURABLE LAYER

Day / Date	D1	D2	D3	D4	D5	D6	D7
Resting pulse / HRV							
Sleep quality (0–10)							
Activation on waking (0–10)							
Body ease (0–10)							
Signal felt (0–10)							

Signal drift this week: what pulled coherence down, what restored it?

LEVEL 1 • BODY • BSF

Day 1

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

You begin where you already are: inside a body. Today, notice one sensation you would normally have ignored. The mirror is already showing you something. What is it reflecting?

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE WORLD AROUND YOU REFLECTED A QUALITY OF YOUR INNER STATE

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 1 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 1 • BODY • BSF

Day 2

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Yesterday you met the body as sensation. Today, feel for the edge of it, the place where “you” seem to stop. When you looked directly, did the edge hold?

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___

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● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE WORLD AROUND YOU REFLECTED A QUALITY OF YOUR INNER STATE

1 _____

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3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 1 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH

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Day 3

LEVEL 1 • BODY • BSF

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Somewhere today the body gripped the attention: pain, craving, restlessness, fatigue. That grip is the fixation showing itself. Which sensation claimed to be you most convincingly?

☀ MORNING • WHAT AROSE IN THE PRACTICE

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🕒 ULTRADIAN • SHADE ONE RING PER RECALL

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● DAY WITNESS • SOURCE, OR SURFACE?

.....

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE WORLD AROUND YOU REFLECTED A QUALITY OF YOUR INNER STATE

1

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🕒 NIGHT SEED • WHAT DIRECT INQUIRY 1 OPENED

.....

📝 A NOTE TO MYSELF TODAY

.....

| TODAY'S SIGNAL STRENGTH

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Day 4

LEVEL 1 • BODY • BSF

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Past the midpoint. The body you woke in this morning is the mirror of the signals you have been sending. What is this week's body reflecting back that you had not read before?

☀ MORNING • WHAT AROSE IN THE PRACTICE

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🕒 ULTRADIAN • SHADE ONE RING PER RECALL

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● DAY WITNESS • SOURCE, OR SURFACE?

.....

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE WORLD AROUND YOU REFLECTED A QUALITY OF YOUR INNER STATE

1

2

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🕒 NIGHT SEED • WHAT DIRECT INQUIRY 1 OPENED

.....

📝 A NOTE TO MYSELF TODAY

.....

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| TODAY'S SIGNAL STRENGTH

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LEVEL 1 • BODY • BSF

Day 5

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Five days of returning attention to the body. The awareness doing the returning has not aged, tired, or changed. Where did you feel it most clearly as separate from the sensation?

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____

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● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE WORLD AROUND YOU REFLECTED A QUALITY OF YOUR INNER STATE

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 1 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH

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LEVEL 1 • BODY • BSF

Day 6

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Before you write, rest thirty seconds as the space the body sits in, not the body, the space. What does that space already know about you that the body cannot?

☀ MORNING • WHAT AROSE IN THE PRACTICE

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.....

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

.....

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE WORLD AROUND YOU REFLECTED A QUALITY OF YOUR INNER STATE

1

2

3

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 1 OPENED

.....

📝 A NOTE TO MYSELF TODAY

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.....

| TODAY'S SIGNAL STRENGTH



LEVEL 1 • BODY • BSF

Day 7

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Seven days. Something is written now. Name one way your relationship to your own body has actually shifted, not in belief, in lived experience.

☀ MORNING • WHAT AROSE IN THE PRACTICE

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🕒 ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

.....

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE WORLD AROUND YOU REFLECTED A QUALITY OF YOUR INNER STATE

1

2

3

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 1 OPENED

.....

📝 A NOTE TO MYSELF TODAY

.....

.....

| TODAY'S SIGNAL STRENGTH



✓ EVIDENCE • LEVEL 1 COMPLETE

Notice one specific change in how you experience your body or your physical surroundings that was not there at the start. Even the smallest shift counts. The condensation of light has begun.

My evidence:

What shifted between Day 1 and Day 7?

Integration check: Is there a quality of spaciousness behind the sensation, a sense of the body being held rather than being the holder?

◆ BRIDGE REFLECTION • CARRYING THIS LEVEL FORWARD

Ten quiet minutes before the next level. This is where the work compounds.

1. Name the field you can now watch rather than be. "I can watch my body arising instead of being it, especially when ..."

2. Carry it as ground into the next level. What will you keep noticing?

3. Your inner loop this week. Circle where you closed strongest, underline where you need support:

☐ INTENTION ☐ ATTENTION ☐ IDENTIFICATION ☐ CODIFICATION

LEVEL 2 · FEELINGS · EAF



The Feelings

Excitonic-Affective Field · Days 8–14

✦ THE LAW OF SUPERRADIANCE

Resistance to any feeling traps it, and a trapped feeling keeps circling until it is allowed to complete. Every moment you stop resisting lets the feeling finish its arc and return home. Physicists call this superradiance: when many parts stop interfering with one another, they suddenly shine together, far more powerfully than any could alone. This week, you learn to let the emotional field move through you rather than harden into who you are.

THIS WEEK IN ONE LINE

See the feelings as a field, not as who you are. Apply this week's release. Plant Direct Inquiry 2 each night. Gather your Day-14 evidence.

☀ MORNING PRACTICE · 20–30 MIN · WITHIN 45 MIN OF WAKING



MOVEMENT 1 · ZERO-POINT RECOGNITION · 3 MIN

Before the body fully wakes. Awareness is already here. Rest in that recognition. I AM.



MOVEMENT 2 · EXCITONIC RELEASE PROTOCOL · 10–20 MIN

PHASE A · INTENTION

Make one quiet act of choice: for the next ten minutes, your attention belongs to what is actually present in the emotional field. Not what you think about your feelings. What the field is actually doing right now.

PHASE B · ATTENTION

Bring attention to the emotional texture of this moment. Without naming it. Without judging it. Simply locating it. Is there a charge? A heaviness? A tightness in the chest? Now find one feeling that is currently active, not the most intense, the most persistent: the background frequency, the weather you live in. Let it be here. Fully. Notice what happens in the body as you hold it in full view. Now notice: there is something that is noticing all of this.

PHASE C · IDENTIFICATION

Find the boundary of the feeling. Where does the charge end? Keep looking. The boundary is never found. The feeling has no edge. It is a texture moving through something that has no texture of its own. That something was here before the feeling arrived, and it will be here after it passes. That something is what you are.

"The feeling is moving through me. I am the awareness it moves through."

PHASE D · CODIFICATION *"The awareness that completed this practice holds the feeling it observed. This recognition is now written into the architecture of this day."*

LEVEL 2 • FEELINGS • CONTINUED



MOVEMENT 3 • ASCENDING INTENTION • 5 MIN

Every emotion that arises today is energy trying to complete its cycle. Your work is not to control your feelings but to stop resisting them. What you resist, you trap. What you let move through, returns home.



MOVEMENT 4 • MIRROR OF RADII • 2 MIN

“The quality of my inner field today decides the quality of what meets me in the world today. One ring inward, one radius outward.”

● ULTRADIAN • EVERY 90 MIN

Locate, Release, Return. “The feeling is moving through me. I am the awareness it moves through.”

● EVENING • 15 MIN

Day Witness, Gratitude, Night Seed (Direct Inquiry 2).



DIRECT INQUIRY 2 • PLANT AS TONIGHT’S NIGHT SEED

Close the book. Bring attention into the emotional field. Whatever is present, the charge, the texture, the background weather, let it be fully here. Stay with it for thirty seconds.

Now ask: through what is this feeling moving? The feeling has a quality, a density, a temperature. But it is moving through something. What is that something? Look for it not by thinking about it but by directly sensing what remains constant while the feeling shifts.

Can you find it as an object? Does it have a texture of its own? Or is it the absence of texture: the still field through which every emotional weather passes?

If awareness has not been absent while the feeling came and went: which one is permanent and which one is passing? Which one are you?



WEEKLY SIGNAL LOG • THE MEASURABLE LAYER

Day / Date	D8	D9	D10	D11	D12	D13	D14
Resting pulse / HRV							
Sleep quality (0–10)							
Activation on waking (0–10)							
Body ease (0–10)							
Signal felt (0–10)							

Signal drift this week: what pulled coherence down, what restored it?

A NOTE BEFORE YOU GO ON

A note before you let feeling move

The instruction “let the feeling move through me” is a doorway to freedom, not a way to skip your own grief. If a feeling is large, an old loss, a real fear, genuine anger, letting it move through means letting it be fully felt in the body first, at its own pace, and only then resting back as the awareness it moves through. Witnessing is not a way to leave the room. If you notice yourself using “I am the awareness it moves through” to get away before the feeling has been met, come back. Feel it. Then rest. The order matters.

LEVEL 2 • FEELINGS • EAF

Day 8

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Today you turn to the emotional weather. Find the background frequency, the mood beneath the moods. Name its texture, not its story. What is the weather you rarely notice?

☀ MORNING • WHAT AROSE IN THE PRACTICE

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🕒 ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___

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● DAY WITNESS • SOURCE, OR SURFACE?

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◆ GRATITUDE • THREE MOMENTS TODAY WHEN RESISTANCE MADE YOU TIGHTEN,
 OR WHEN NOT RESISTING LET A FEELING PASS THROUGH

1

2

3

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 2 OPENED

.....

📝 A NOTE TO MYSELF TODAY

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| TODAY'S SIGNAL STRENGTH

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LEVEL 2 • FEELINGS • EAF

Day 9

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Yesterday you located a feeling. Today, when resistance arises, let the feeling finish instead of trapping it. What happened to the emotion you let all the way through?

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN RESISTANCE MADE YOU TIGHTEN,
 OR WHEN NOT RESISTING LET A FEELING PASS THROUGH

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 2 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 2 • FEELINGS • EAF

Day 10

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Resistance created contraction somewhere today, energy held instead of released. Which feeling did you most want to push away, and where did it lodge in the body?

☀ MORNING • WHAT AROSE IN THE PRACTICE

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🕒 ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___

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● DAY WITNESS • SOURCE, OR SURFACE?

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◆ GRATITUDE • THREE MOMENTS TODAY WHEN RESISTANCE MADE YOU TIGHTEN, OR WHEN NOT RESISTING LET A FEELING PASS THROUGH

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2

3

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 2 OPENED

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📝 A NOTE TO MYSELF TODAY

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| TODAY'S SIGNAL STRENGTH

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LEVEL 2 • FEELINGS • EAF

Day 11

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Past the midpoint. What you resist, you trap. What you allow to move through, returns to its source. Which recurring feeling is asking to finish its cycle this week?

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN RESISTANCE MADE YOU TIGHTEN,
 OR WHEN NOT RESISTING LET A FEELING PASS THROUGH

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 2 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 2 • FEELINGS • EAF

Day 12

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Five days of letting emotion move through rather than become you. Was there a moment today when sadness, anger, or fear arrived, and you stayed the sky it moved across?

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____

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● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN RESISTANCE MADE YOU TIGHTEN,
 OR WHEN NOT RESISTING LET A FEELING PASS THROUGH

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 2 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH

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LEVEL 2 • FEELINGS • EAF

Day 13

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Rest thirty seconds as the still field every feeling passes through. It has no charge of its own. From there, what feeling can you now hold that you could not hold on Day 8?

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____

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● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN RESISTANCE MADE YOU TIGHTEN,
 OR WHEN NOT RESISTING LET A FEELING PASS THROUGH

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 2 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH

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LEVEL 2 • FEELINGS • EAF

Day 14

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

*Seven days. The emotional field is now visibly weather, not identity.
Name one feeling you have stopped being and started witnessing.*

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN RESISTANCE MADE YOU TIGHTEN,
OR WHEN NOT RESISTING LET A FEELING PASS THROUGH

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 2 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH

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✓ EVIDENCE • LEVEL 2 COMPLETE

Notice one specific shift in your relationship to your feelings: one moment of recognising that the feeling is something moving through you rather than something you are made of.

My evidence:

What shifted between Day 8 and Day 14?

Integration check: Is there a quality of spaciousness behind the feeling, a sense of the emotion moving through something rather than being something?

◆ BRIDGE REFLECTION • CARRYING THIS LEVEL FORWARD

Ten quiet minutes before the next level. This is where the work compounds.

1. Name the field you can now watch rather than be. "I can watch my feelings arising instead of being it, especially when ..."

2. Carry it as ground into the next level. What will you keep noticing?

3. Your inner loop this week. Circle where you closed strongest, underline where you need support:

☐ INTENTION ☐ ATTENTION ☐ IDENTIFICATION ☐ CODIFICATION

LEVEL 3 · THOUGHTS · NCF



The Thoughts

Neural-Cognitive Field · Days 15–21

◆ THE LAW OF ORIGIN

Every moment you take yourself to be the thought-stream, the field contracts. Every moment you recognise yourself as the awareness thoughts arise in, it opens. This week, you learn to stand with the projector rather than the projection.

THIS WEEK IN ONE LINE

See the thoughts as a field, not as who you are. Apply this week's release. Plant Direct Inquiry 3 each night. Gather your Day-21 evidence.

☀ MORNING PRACTICE · 20–30 MIN · WITHIN 45 MIN OF WAKING



MOVEMENT 1 · ZERO-POINT RECOGNITION · 3 MIN

Before the body fully wakes. Awareness is already here. Rest in that recognition. I AM.



MOVEMENT 2 · COGNITIVE WITNESS PROTOCOL · 10–20 MIN

PHASE A · INTENTION

Make one quiet choice: for the next ten minutes, your attention belongs to the thinking itself, to the movement of thought, not to what any one thought is saying.

PHASE B · ATTENTION

Without changing anything, notice the running commentary going on right now. For each thought that arises, quietly prefix it: "I notice a thought that..." Watch what happens to the thought's grip when you label it instead of living inside it. Now set down every concept, every framework. Simply be present to what is directly here: the quality of attention itself, the plain fact of being aware. Rest as the awareness both the thoughts and the watching of them arise in. There is something that is noticing all of this.

PHASE C · IDENTIFICATION

Find the gap between one thought and the next. Wait for a thought to finish. Before the next one arrives: what is present in that gap? It is not empty. It has no content, no shape, and yet it is aware. The gap is the awareness itself, visible between passing thoughts. The thoughts arise in something that has no thought of its own, and that something is what you are.

"The thought is arising in me. I am the awareness it arises in."

PHASE D · CODIFICATION *"The awareness that completed this practice witnessed the thoughts it observed. This recognition is now written into the architecture of this day."*

LEVEL 3 • THOUGHTS • CONTINUED



MOVEMENT 3 • ASCENDING INTENTION • 5 MIN

Set the day's signal from the awareness that was present before the first thought. Know yourself: the signal comes from the knower, not from the known.



MOVEMENT 4 • MIRROR OF RADII • 2 MIN

"The quality of my inner field today decides the quality of what meets me in the world today. One ring inward, one radius outward."

ULTRADIAN • EVERY 90 MIN

Locate, Release, Return. "The thought is arising in me. I am the awareness it arises in."

EVENING • 15 MIN

Day Witness, Gratitude, Night Seed (Direct Inquiry 3).



DIRECT INQUIRY 3 • PLANT AS TONIGHT'S NIGHT SEED

Set the book down after each question. Do not answer with thought.

Behind every thought you have ever had, there has been an awareness that noticed the thought. Behind every explanation, an awareness that heard the explanation. Behind every moment of understanding, an awareness that received the understanding. Right now, can you locate that awareness? Not a thought about the awareness: the awareness directly.

Does it have a boundary? Does it have a position? Has it ever been absent, even when the thoughts were loudest?

If it has never been absent, and if every thought has arisen within it rather than producing it: what is it?



WEEKLY SIGNAL LOG • THE MEASURABLE LAYER

Day / Date	D15	D16	D17	D18	D19	D20	D21
Resting pulse / HRV							
Sleep quality (0–10)							
Activation on waking (0–10)							
Body ease (0–10)							
Signal felt (0–10)							

Signal drift this week: what pulled coherence down, what restored it?

LEVEL 3 • THOUGHTS • NCF

Day 15

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Today you turn to the thought-stream. For one hour, quietly prefix each thought: "I notice a thought that..." What happened to a thought's force the moment you labelled it instead of living inside it?

☀ MORNING • WHAT AROSE IN THE PRACTICE

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🕒 ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___

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● DAY WITNESS • SOURCE, OR SURFACE?

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◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE AWARENESS RECOGNISED ITSELF AS THE SPACE BEHIND THE THOUGHTS

1

2

3

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 3 OPENED

.....

📝 A NOTE TO MYSELF TODAY

.....

| TODAY'S SIGNAL STRENGTH

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

LEVEL 3 • THOUGHTS • NCF

Day 16

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Yesterday you labelled thoughts. Today, hunt for the gap, the space between one thought finishing and the next arriving. Did you find it? What was present in it?

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

✦ GRATITUDE • THREE MOMENTS TODAY WHEN THE AWARENESS RECOGNISED ITSELF AS THE SPACE BEHIND THE THOUGHTS

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 3 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 3 • THOUGHTS • NCF

Day 17

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

A thought captured you completely today. You became it before you noticed. Which thought was most convincing at claiming to be the thinker rather than the thought?

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

✦ GRATITUDE • THREE MOMENTS TODAY WHEN THE AWARENESS RECOGNISED ITSELF AS THE SPACE BEHIND THE THOUGHTS

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 3 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 3 • THOUGHTS • NCF

Day 18

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Past the midpoint. You are learning to sit with the projector, not the projection. Name one belief-thought you caught mid-projection this week and saw as arising, not as true.

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE AWARENESS RECOGNISED ITSELF AS THE SPACE BEHIND THE THOUGHTS

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 3 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 3 • THOUGHTS • NCF

Day 19

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Five days of watching thought. The awareness thoughts arise in has never once been a thought. When did you rest as that awareness most clearly today?

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE AWARENESS RECOGNISED ITSELF AS THE SPACE BEHIND THE THOUGHTS

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 3 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 3 • THOUGHTS • NCF

Day 20

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Rest thirty seconds in the gap between thoughts. It has no content, and it is unmistakably aware. What does the gap know that the thought-stream never told you?

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___

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● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE AWARENESS RECOGNISED ITSELF AS THE SPACE BEHIND THE THOUGHTS

1

2

3

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 3 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

LEVEL 3 • THOUGHTS • NCF

Day 21

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Seven days, and the Phenomenal domain closes tomorrow. Name one way you now feel yourself as the space thinking happens in, rather than as the thinker.

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

✦ GRATITUDE • THREE MOMENTS TODAY WHEN THE AWARENESS RECOGNISED ITSELF AS THE SPACE BEHIND THE THOUGHTS

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 3 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



✓ EVIDENCE • LEVEL 3 COMPLETE

Notice one specific moment of gap awareness: a moment when the thoughts stopped and awareness was clearly present, needing no thought to exist.

My evidence:

What shifted between Day 15 and Day 21?

Integration check: Can you locate the awareness between thoughts? Does the awareness start or stop with the thoughts?

◆ BRIDGE REFLECTION • CARRYING THIS LEVEL FORWARD

Ten quiet minutes before the next level. This is where the work compounds.

1. Name the field you can now watch rather than be. "I can watch my thoughts arising instead of being it, especially when ..."

2. Carry it as ground into the next level. What will you keep noticing?

3. Your inner loop this week. Circle where you closed strongest, underline where you need support:

☐ INTENTION ☐ ATTENTION ☐ IDENTIFICATION ☐ CODIFICATION

DAY 22 • FIRST DOMAIN CROSSING



Phenomenal ► Causal

The Atomic Self

“The Phenomenal domain is complete. Below this line, the screen was your whole reality. Above it, you begin to see the code writing it.”

A DAY OF INTEGRATION • RESET & RE-VOW

Morning. Rest in the witnessing awareness you built across Levels 1, 2, and 3. No technique. No protocol. Simply rest.

Ultradian. Mantra: “I am the witness.”

Evening. Write one sentence describing what remains when the body, the feelings, and the thoughts are all seen as fields rather than as who you are. That sentence is your evidence.

Welcome to the Causal domain.



◆ DOMAIN PORTAL

The Causal Domain

LEVELS 4-6 • PATTERN • KNOWING • PRINCIPLE

WHAT CHANGES HERE

- You move behind the screen to the code that writes it: the patterns, the knowing, the principles beneath your circumstances.
- The quiet witness travels through this domain, seeing through the screen to the code.
- Your perception widens. Life becomes readable as a mirror rather than as fate.

◆ THE KNOWN FAILURE MODE OF THIS DOMAIN

Going cold, withdrawing from the people and work you love, and calling it freedom. The free life is more engaged, not less. Release the needing, not the caring.

A WORD BEFORE THE CAUSAL DOMAIN

Releasing is not the same as going cold.

For twenty-one days you have practised releasing your grip. As you enter the Causal domain, one correction protects you from a quiet and common mistake: turning that release into detachment, coldness, or a way of stepping back from your own life.

Not all holding drains you. Some kinds of sustained attention actually feed you, returning energy rather than bleeding it away. The difference is simple to feel:

Draining attention has the quality of needing: I must have this, I must keep this, this must be different. It leaks your energy out into the world. Addiction, anxiety, compulsive wanting all live here.

Nourishing attention has the quality of recognising: seeing the source shining through a person, a moment, a piece of beauty. It returns energy to you. Awe, wonder, real gratitude, love that simply sees.

Love that clings drains. Love that recognises the light in another person nourishes. The free life is not the cold, detached life. It is the fully engaged life, with the engagement flowing from recognition rather than from need. As you release your grip this week, do not release your care. Release the needing inside the care.

	DRAINING (needing)	NOURISHING (recognising)
Quality	Needing, gripping	Recognising, receiving
Effect	Energy leaks outward	Energy returns to you
Examples	Addiction, anxiety, compulsive wanting	Awe, wonder, gratitude, beauty
In love	Clinging to the person	Seeing the light shining through them

LEVEL 4 · PATTERNS · MSF



The Patterns

Morphogenetic-Systems Field · Days 23–29

✦ THE LAW OF THE MIRROR

At Level 1 you read the body as a mirror. At Level 4 the mirror widens to the pattern of your whole life. The dynamics that keep repeating are the lattice at a deeper level. This week, you learn to read your life circumstances as a mirror rather than as fate.

THIS WEEK IN ONE LINE

See the patterns as a field, not as who you are. Apply this week's release. Plant Direct Inquiry 4 each night. Gather your Day-29 evidence.

☀ MORNING PRACTICE · 20–30 MIN · WITHIN 45 MIN OF WAKING



MOVEMENT 1 · ZERO-POINT RECOGNITION · 3 MIN

Before the body fully wakes. Awareness is already here. Rest in that recognition. I AM.



MOVEMENT 2 · PATTERN OBSERVER PROTOCOL · 10–20 MIN

PHASE A · INTENTION

Make one quiet choice: for the next twelve minutes, your attention belongs to the recurring patterns that shape your experience, the deep structures running beneath body, feeling, and thought.

PHASE B · ATTENTION

Find one recurring pattern in your life. The most persistent one. A relationship dynamic, a cycle at work, a quality of experience that follows you across years. Do not analyse why it exists. Simply see it as a pattern. Notice the feeling wrapped around it. Notice the story you tell about it. Hold all three at once, the pattern, the feeling, and the story, as things you can watch. There is something that is noticing all of this.

PHASE C · IDENTIFICATION

Find the observer of the pattern. Can the observer itself be observed? The one looking cannot be found as an object. Every attempt to observe the observer dissolves, because the observer steps back behind each attempt. The awareness watching the pattern cannot be located as a thing inside the pattern, and that awareness is what you are. *"I am the observer of the pattern."*

PHASE D · CODIFICATION *"The awareness that completed this practice observed the pattern without being made of it. The pattern is a field I generate. This recognition is now written into the architecture of this day."*

LEVEL 4 • PATTERNS • CONTINUED



MOVEMENT 3 • ASCENDING INTENTION • 5 MIN

The pattern you are watching is a reflection of a signal you are sending. Today, send from the quiet witness and notice whether the pattern answers differently.



MOVEMENT 4 • MIRROR OF RADII • 2 MIN

“The quality of my inner field today decides the quality of what meets me in the world today. One ring inward, one radius outward.”

● ULTRADIAN • EVERY 90 MIN

Locate, Release, Return. “I am the observer of the pattern.”

● EVENING • 15 MIN

Day Witness, Gratitude, Night Seed (Direct Inquiry 4).



DIRECT INQUIRY 4 • PLANT AS TONIGHT’S NIGHT SEED

Identify one recurring experience that seems fixed, immovable, beyond your influence. The one that has been operating so long it feels like a feature of reality rather than a feature of your field.

Is this a feature of reality, or a feature of the resolution at which your Atomic Self is currently rendering reality? What would become visible as pattern rather than as fate, if your coherence level doubled?

Now look for the one who is perceiving. Can the observer be observed? If it cannot be found as an object, but the observing is clearly happening: what is more fundamental, the pattern or the awareness in which the pattern appears?



WEEKLY SIGNAL LOG • THE MEASURABLE LAYER

Day / Date	D23	D24	D25	D26	D27	D28	D29
Resting pulse / HRV							
Sleep quality (0–10)							
Activation on waking (0–10)							
Body ease (0–10)							
Signal felt (0–10)							

Signal drift this week: what pulled coherence down, what restored it?

LEVEL 4 • PATTERNS • MSF

Day 23

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

You have crossed into the Causal domain. Today, name one recurring pattern that has followed you across years, a dynamic in love, work, or self. See it as a pattern, not as fate.

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN YOU SAW A LIFE PATTERN AS A REFLECTION RATHER THAN AN UNCHANGEABLE FACT

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 4 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 4 • PATTERNS • MSF

Day 24

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Yesterday you named a pattern. Today, notice the feeling and the story wrapped around it. Hold all three at once, pattern, feeling, story, as things you can watch. What loosened?

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN YOU SAW A LIFE PATTERN AS A REFLECTION RATHER THAN AN UNCHANGEABLE FACT

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 4 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 4 • PATTERNS • MSF

Day 25

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

The pattern gripped today. It insisted it was reality rather than a habit of attention. Where did you catch it writing the same scene again, and did you see it as script rather than world?

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN YOU SAW A LIFE PATTERN AS A REFLECTION RATHER THAN AN UNCHANGEABLE FACT

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 4 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 4 • PATTERNS • MSF

Day 26

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Past the midpoint. The pattern is a reflection of a signal you are sending. This week, when you sent from the quiet witness instead of the reaction, did the pattern answer differently?

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN YOU SAW A LIFE PATTERN AS A REFLECTION RATHER THAN AN UNCHANGEABLE FACT

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 4 OPENED

✍ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 4 • PATTERNS • MSF

Day 27

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Five days observing the pattern. Try to find the observer of it. Can the one watching be watched? What happened each time you tried to locate the one who sees?

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN YOU SAW A LIFE PATTERN AS A REFLECTION RATHER THAN AN UNCHANGEABLE FACT

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 4 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 4 • PATTERNS • MSF

Day 28

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Rest thirty seconds as the awareness the pattern appears in, not the one caught in it. From here, is the pattern still fate, or is it now a field you generate?

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN YOU SAW A LIFE PATTERN AS A REFLECTION RATHER THAN AN UNCHANGEABLE FACT

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 4 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 4 • PATTERNS • MSF

Day 29

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Seven days. Name one life pattern that has shifted from feeling like an unchangeable fact to feeling like something you author.

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN YOU SAW A LIFE PATTERN AS A REFLECTION RATHER THAN AN UNCHANGEABLE FACT

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 4 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

✓ EVIDENCE · LEVEL 4 COMPLETE

Notice one specific pattern that has become visible as a pattern rather than as an unchangeable feature of your life.

My evidence:

What shifted between Day 23 and Day 29?

Integration check: Has the pattern shifted from feeling like fate to feeling like a field you generate?

◆ BRIDGE REFLECTION · CARRYING THIS LEVEL FORWARD

Ten quiet minutes before the next level. This is where the work compounds.

1. Name the field you can now watch rather than be. "I can watch my patterns arising instead of being it, especially when ..."

2. Carry it as ground into the next level. What will you keep noticing?

3. Your inner loop this week. Circle where you closed strongest, underline where you need support:

☐ INTENTION ☐ ATTENTION ☐ IDENTIFICATION ☐ CODIFICATION

LEVEL 5 · KNOWING · QCF

The Knowing

Quantum-Coherence Field · Days 30–36



◆ THE LAW OF SUPERRADIANCE

At Level 2, not resisting meant letting emotions pass. At Level 5, it means letting the intuitive signal reach you before the analytical mind steps in and blocks it. Every moment of trust lets that signal complete through a field wider than the body.

THIS WEEK IN ONE LINE

See the knowing as a field, not as who you are. Apply this week's release. Plant Direct Inquiry 5 each night. Gather your Day-36 evidence.

☀ MORNING PRACTICE · 20–30 MIN · WITHIN 45 MIN OF WAKING



MOVEMENT 1 · ZERO-POINT RECOGNITION · 3 MIN

Before the body fully wakes. Awareness is already here. Rest in that recognition. I AM.



MOVEMENT 2 · INTUITIVE EXPANSION PROTOCOL · 10–20 MIN

PHASE A · INTENTION

Make one quiet choice: for the next twelve minutes, let attention loosen its habitual grip on your local self. The field is wider than the skin. The awareness is wider than the point behind the eyes.

PHASE B · ATTENTION

Notice where your attention is currently located, almost certainly gathered tight behind the eyes. Let it rest in the room instead of at the centre of the head. The room is within the awareness. Let the field reach out beyond the room. Simply let attention stop pretending the field ends at the skin. What arrives? Perhaps spaciousness, perhaps a sense of connection, perhaps a knowing about something you were giving no thought to. Receive it without analysing it. There is something that is noticing all of this.

PHASE C · IDENTIFICATION

Let awareness include the whole room. Now beyond it. Where does awareness stop expanding? The field has no edge that can be found. It simply opens, and opens, and opens. The tight grip on your local self was the habit. This opening is the natural state.

"My field reaches beyond this moment. I am already in resonance."

PHASE D · CODIFICATION *"The awareness that completed this practice reached beyond the body's edge and found no boundary. This recognition is now written into the architecture of this day."*

LEVEL 5 • KNOWING • CONTINUED



MOVEMENT 3 • ASCENDING INTENTION • 5 MIN

The inner senses are the natural instruments at this depth. Today, stay open to every signal that arrives before analysis can explain it.



MOVEMENT 4 • MIRROR OF RADII • 2 MIN

“The quality of my inner field today decides the quality of what meets me in the world today. One ring inward, one radius outward.”

● ULTRADIAN • EVERY 90 MIN

Locate, Release, Return. “My field reaches beyond this moment. I am already in resonance.”

● EVENING • 15 MIN

Day Witness, Gratitude, Night Seed (Direct Inquiry 5).



DIRECT INQUIRY 5 • PLANT AS TONIGHT’S NIGHT SEED

There is a knowing available to you that arrives before analysis. It is already present in the space between one thought and the next. Can you feel it right now?

Where does this knowing register? Is there a location, a warmth, a density, a quiet signal in the chest, the belly, behind the sternum, where the felt sense arrives before the mind translates it into language? Rest your attention there.

Is this knowing reliable? Not what it is saying. Simply the quality of its presence. Is it a trustworthy channel?

If it is there, and it is there, what does that tell you about the information channels available to you beyond the analytical mind?



WEEKLY SIGNAL LOG • THE MEASURABLE LAYER

Day / Date	D30	D31	D32	D33	D34	D35	D36
Resting pulse / HRV							
Sleep quality (0–10)							
Activation on waking (0–10)							
Body ease (0–10)							
Signal felt (0–10)							

Signal drift this week: what pulled coherence down, what restored it?

A NOTE BEFORE YOU GO ON*A note before you widen the field*

“The field is wider than the skin” sets most people free. For some, especially after trauma, the same words can feel like floating away or going numb, not like freedom. If widening the field feels like leaving your body rather than including more of it, take that as your signal to turn back. Return to Level 1, feel your feet, your weight, the boundary of your skin, and let the field open only as far as your body stays present inside it. Expansion that abandons the body is not the goal. Including more is.

LEVEL 5 • KNOWING • QCF

Day 30

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Today the field widens past the skin. Let attention rest in the room rather than behind the eyes. What arrived when you stopped pretending the field ends at the body?

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN A KNOWING OR FELT SENSE
ARRIVED BEFORE THE ANALYTICAL MIND COULD PRODUCE IT

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 5 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 5 • KNOWING • QCF

Day 31

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Yesterday you widened the field. Today, notice one knowing that arrived before analysis could produce it. Where in the body did it register before it became words?

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

 ✦ GRATITUDE • THREE MOMENTS TODAY WHEN A KNOWING OR FELT SENSE
ARRIVED BEFORE THE ANALYTICAL MIND COULD PRODUCE IT

1

2

3

● NIGHT SEED • WHAT DIRECT INQUIRY 5 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 5 • KNOWING • QCF

Day 32

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

The analytical mind cut off a signal today, talked you out of a knowing you already had. When did you reason your way past something you already knew?

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN A KNOWING OR FELT SENSE ARRIVED BEFORE THE ANALYTICAL MIND COULD PRODUCE IT

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 5 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 5 • KNOWING • QCF

Day 33

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Past the midpoint. Every moment of trust lets the intuitive signal complete. Name one time this week you acted from knowing before you could justify it. What followed?

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN A KNOWING OR FELT SENSE ARRIVED BEFORE THE ANALYTICAL MIND COULD PRODUCE IT

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 5 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 5 • KNOWING • QCF

Day 34

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Five days of widening. The awareness that opens and opens and finds no edge, did you feel it today as a real spaciousness, not just a thought about spaciousness?

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN A KNOWING OR FELT SENSE
ARRIVED BEFORE THE ANALYTICAL MIND COULD PRODUCE IT

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 5 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 5 • KNOWING • QCF

Day 35

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Rest thirty seconds and feel for the quiet channel in the chest or belly where knowing arrives. It is always sending. What is it telling you now that the noise has been drowning out?

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN A KNOWING OR FELT SENSE ARRIVED BEFORE THE ANALYTICAL MIND COULD PRODUCE IT

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 5 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 5 • KNOWING • QCF

Day 36

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Seven days. Name one way you now trust the channel that arrives before the analytical mind, one decision you would once have over-thought and now simply know.

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN A KNOWING OR FELT SENSE ARRIVED BEFORE THE ANALYTICAL MIND COULD PRODUCE IT

1

2

3

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 5 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



✓ EVIDENCE · LEVEL 5 COMPLETE

Notice one specific moment when you trusted an intuitive arrival and acted from it rather than from analysis alone.

My evidence:

What shifted between Day 30 and Day 36?

Integration check: Is there a quality of wider presence, a sense of the field being larger than the body?

◆ BRIDGE REFLECTION · CARRYING THIS LEVEL FORWARD

Ten quiet minutes before the next level. This is where the work compounds.

1. Name the field you can now watch rather than be. "I can watch my knowing arising instead of being it, especially when ..."

2. Carry it as ground into the next level. What will you keep noticing?

3. Your inner loop this week. Circle where you closed strongest, underline where you need support:

☐ INTENTION ☐ ATTENTION ☐ IDENTIFICATION ☐ CODIFICATION

LEVEL 6 · BELIEFS · BIF

The Beliefs

Bio-Informational Field · Days 37–43

✦ THE LAW OF ORIGIN

At Level 3, knowing yourself meant recognising the awareness behind your thoughts. At Level 6 it goes deeper. Beneath every belief you hold sits the principle that belief was trying to grasp. When you perceive the principle directly, the belief is no longer needed. This week, you learn to see the law itself, and to recognise the awareness the law arises in.

THIS WEEK IN ONE LINE

See the beliefs as a field, not as who you are. Apply this week's release. Plant Direct Inquiry 6 each night. Gather your Day-43 evidence.

☀ MORNING PRACTICE · 20–30 MIN · WITHIN 45 MIN OF WAKING



MOVEMENT 1 · ZERO-POINT RECOGNITION · 3 MIN

Before the body fully wakes. Awareness is already here. Rest in that recognition. I AM.



MOVEMENT 2 · PRINCIPLE PERCEPTION PROTOCOL · 10–20 MIN

PHASE A · INTENTION

Make one quiet choice: for the next twelve minutes, your attention belongs to the principles operating in your life, the universal laws visible through their particular instances, seen directly rather than reasoned toward.

PHASE B · ATTENTION

Find one situation in your life that is unresolved or recurring. Hold it in awareness without analysing it. Now ask, as a direct looking rather than a calculation: what universal principle is this an instance of? Do not search analytically. The principle is already operating. Simply see it. When it arrives, as a felt recognition rather than a conclusion, hold that direct seeing. The same principle is operating in at least three other areas of your life at once. Let the other instances become visible. There is something that is noticing all of this.

PHASE C · IDENTIFICATION

The principle arrives before the words for it. Hold that wordless seeing. The awareness that perceives the principle is prior to the principle itself. The principle arises within the awareness. The awareness does not arise within the principle. And that awareness is what you are.

"The light behind the thought is available right now."

PHASE D · CODIFICATION *"The awareness that completed this practice perceived the principle directly and recognised itself as the ground the principle arises in. This recognition is now written into the architecture of this day."*

LEVEL 6 • BELIEFS • CONTINUED



MOVEMENT 3 • ASCENDING INTENTION • 5 MIN

Today, begin from the awareness behind the principle rather than from the principle itself. A belief you no longer need is one whose principle you can now see directly.



MOVEMENT 4 • MIRROR OF RADII • 2 MIN

“The quality of my inner field today decides the quality of what meets me in the world today. One ring inward, one radius outward.”

● ULTRADIAN • EVERY 90 MIN

Locate, Release, Return. “The light behind the thought is available right now.”

● EVENING • 15 MIN

Day Witness, Gratitude, Night Seed (Direct Inquiry 6).



DIRECT INQUIRY 6 • PLANT AS TONIGHT’S NIGHT SEED

Every circumstance in your life right now, every relationship, every recurring dynamic, every unresolved situation, is an instance of a universal principle operating in your field. Can you identify one circumstance and directly perceive the principle it is an instance of? Simply see the law that is already operating.

If you can perceive it: notice that the perception arrived before the analysis. The principle was there before the words for it. What does that tell you about the channel through which the perception arrived?

What would change in your life, rather than in your understanding, if every circumstance were immediately legible as a universal principle rather than as a problem requiring solution?



WEEKLY SIGNAL LOG • THE MEASURABLE LAYER

Day / Date	D37	D38	D39	D40	D41	D42	D43
Resting pulse / HRV							
Sleep quality (0–10)							
Activation on waking (0–10)							
Body ease (0–10)							
Signal felt (0–10)							

Signal drift this week: what pulled coherence down, what restored it?

LEVEL 6 • BELIEFS • BIF

Day 37

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Today you look for principles, not just circumstances. Take one unresolved situation and ask: what universal law is this an instance of? Let the answer arrive as recognition, not analysis.

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN YOU SAW THE PRINCIPLE OPERATING BEHIND A CIRCUMSTANCE, WHEN THE LAW WAS DIRECTLY VISIBLE AND A BELIEF QUIETLY DROPPED AWAY

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 6 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 6 • BELIEFS • BIF

Day 38

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Yesterday you perceived one principle. Today, notice it operating in three other areas of your life at once. Which single law is quietly running scenes you thought were unrelated?

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN YOU SAW THE PRINCIPLE OPERATING BEHIND A CIRCUMSTANCE, WHEN THE LAW WAS DIRECTLY VISIBLE AND A BELIEF QUIETLY DROPPED AWAY

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 6 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 6 • BELIEFS • BIF

Day 39

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

A belief shaped what you could see today without your knowing it. That invisible ground is the deepest fixation. Which conviction about “what is possible” did you catch filtering what you saw?

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN YOU SAW THE PRINCIPLE OPERATING BEHIND A CIRCUMSTANCE, WHEN THE LAW WAS DIRECTLY VISIBLE AND A BELIEF QUIETLY DROPPED AWAY

1

2

3

● NIGHT SEED • WHAT DIRECT INQUIRY 6 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 6 • BELIEFS • BIF

Day 40

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Past the midpoint. Beneath every belief sits the principle it was trying to hold. Which belief loosened this week, and what principle became directly visible underneath it?

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN YOU SAW THE PRINCIPLE OPERATING BEHIND A CIRCUMSTANCE, WHEN THE LAW WAS DIRECTLY VISIBLE AND A BELIEF QUIETLY DROPPED AWAY

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 6 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



Day 41

LEVEL 6 • BELIEFS • BIF

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Five days of principle perception. The awareness that perceives the law is prior to the law. Did you rest today as the ground even the deepest principle appears in?

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN YOU SAW THE PRINCIPLE OPERATING BEHIND A CIRCUMSTANCE, WHEN THE LAW WAS DIRECTLY VISIBLE AND A BELIEF QUIETLY DROPPED AWAY

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 6 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 6 • BELIEFS • BIF

Day 42

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Rest thirty seconds behind the thought, in the light the principle arrives from. What does that light show you about your life that intellect never reached?

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN YOU SAW THE PRINCIPLE OPERATING BEHIND A CIRCUMSTANCE, WHEN THE LAW WAS DIRECTLY VISIBLE AND A BELIEF QUIETLY DROPPED AWAY

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 6 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 6 • BELIEFS • BIF

Day 43

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Seven days, and the Causal domain closes tomorrow. Name one principle you now perceive directly, operating behind your circumstances, that you used to only understand as an idea.

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN YOU SAW THE PRINCIPLE OPERATING BEHIND A CIRCUMSTANCE, WHEN THE LAW WAS DIRECTLY VISIBLE AND A BELIEF QUIETLY DROPPED AWAY

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 6 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

✓ EVIDENCE • LEVEL 6 COMPLETE

Notice one specific moment when a principle was perceived directly rather than understood as an idea, and one belief that loosened as a result.

My evidence:

What shifted between Day 37 and Day 43?

Integration check: Did the principle arrive before the analysis? And did seeing it make some belief you were holding unnecessary?

◆ BRIDGE REFLECTION • CARRYING THIS LEVEL FORWARD

Ten quiet minutes before the next level. This is where the work compounds.

1. Name the field you can now watch rather than be. "I can watch my beliefs arising instead of being it, especially when ..."

2. Carry it as ground into the next level. What will you keep noticing?

3. Your inner loop this week. Circle where you closed strongest, underline where you need support:

☒ INTENTION ☐ ATTENTION ☐ IDENTIFICATION ☐ CODIFICATION



Causal ► Principal

The Engine of Awakening

“The Causal domain is complete. Below this line, you were learning to read the code. Above it, you begin to recognise the one who was reading it.”

A DAY OF INTEGRATION • RESET & RE-VOW

Morning. Rest as the quiet core that is drawing near. Let the practice be exactly what it is.

Ultradian. Mantra: “The code is visible. I am the one reading it.”

Evening. Write one sentence describing the difference between understanding the architecture and beginning to operate it.

Welcome to the Principal domain.

A decorative wavy line in a light yellow color, spanning the width of the page at the bottom.



◆ DOMAIN PORTAL

The Principal Domain

LEVELS 7-9 • WILL • BALANCE • RECOGNITION

WHAT CHANGES HERE

- The uncaused ground: setting intention from your centre, the balance of Will, Wisdom, and Love, and the final recognition of who you are.
- You stop only reading the mirror and begin to write to it, from your quiet core.
- The line between the one practising and what is recognised begins to dissolve.

◆ THE KNOWN FAILURE MODE OF THIS DOMAIN

The tender 'dark night' where the old self has loosened and the new ground is not yet steady, and the reaching for a big experience. Do not push, and do not chase fireworks. Ground, slow down, and let the search be seen as the last veil.

THE NEURAL GROUND OF WHAT YOU ARE ABOUT TO PRACTISE

As you enter the Principal domain, a word for the part of you that still wonders whether any of this is real.

Beneath the thinking brain, at the oldest core of your head, sits a structure called the reticular activating system. In 1949, Moruzzi and Magoun showed that this is what generates consciousness itself. When it is damaged, awareness goes out completely, even if the thinking cortex is perfectly intact. It is the switch that lets you be aware at all.

Its parts mirror the same three forces you have been working with all along: a centre for steady arousal, a centre for feeling-tone, a centre for the flow of information, and, at the very middle, a small structure that may be the seat of the source signal itself.

In 2024, Boly and Tononi recorded advanced meditators during states of vast, vivid light, empty of thoughts, objects, and self. The thinking cortex was wide awake yet almost silent. The usual busy networks had gone quiet. And still, vivid awareness remained, held by these deep, ancient structures. You are not imagining the ground you are practising to recognise. It has an address in the brain.

LEVEL 7 • WILL • ZVF

The Will

Zero-Point Vibrational Field • Days 45–51



✦ THE LAW OF THE MIRROR

At Level 1 you read the body as a mirror. At Level 4 you read the patterns of your life. This week, you begin to write to the mirror. Every signal you send from your quiet centre is answered by the world around you. The mirror is no longer only something you observe. It becomes something you work with.

THIS WEEK IN ONE LINE

Set every intention from your centre rather than the surface. Apply this week's release. Plant Direct Inquiry 7 each night. Gather your Day-51 evidence.

☀ MORNING PRACTICE • 20–30 MIN • WITHIN 45 MIN OF WAKING



MOVEMENT 1 • ZERO-POINT RECOGNITION • 3 MIN

Before the body fully wakes. Awareness is already here. Rest in that recognition. I AM.



MOVEMENT 2 • SOVEREIGN INTENTION PROTOCOL • 10–20 MIN

PHASE A • INTENTION

Bring to mind one situation where effort is making friction rather than flow. Ask: which stage of the loop is failing? Is the intention reactive? Is the attention scattering? Is the identification gripping the outcome? Is the codification being dropped before it seals? Then make one quiet choice: for the next fifteen minutes, you will run the whole loop from your centre rather than from the surface.

PHASE B • ATTENTION

Set the signal from the quiet witnessing awareness. Feel for the quality beneath the wanting. It is there, quieter than the urgency, steadier, less gripped by how the outcome must look. One part of you leans forward. Another is still. Find the still one. Hold this signal without letting it scatter. Each pull toward the outcome is your energy being drawn out and dispersed. Each time, come back to the quality of the signal itself, a settling, a deepening, a sense of your vertical axis becoming more present. There is something that is noticing all of this.

PHASE C • IDENTIFICATION

Find where the intention begins. Trace it back past the wanting, past the feeling, past the thought, past the body. The source of intention has no location in the body. It arises from the awareness that was here before any of them. One leans forward; the other is still. One binds itself to the outcome; the other sets the intention and trusts the geometry to carry it.

"My intention originates from the source."

PHASE D • CODIFICATION *"The awareness that completed this practice set its signal from the source rather than from the surface. I set the intention and trust the geometry with the outcome. This recognition is now written into the architecture of this day."*

LEVEL 7 • WILL • CONTINUED



MOVEMENT 3 • ASCENDING INTENTION • 5 MIN

Today, every signal you send begins from your centre rather than from the surface. The quality of the signal decides the quality of the reflection.



MOVEMENT 4 • MIRROR OF RADII • 2 MIN

“The quality of my inner field today decides the quality of what meets me in the world today. One ring inward, one radius outward.”

● ULTRADIAN • EVERY 90 MIN

Locate, Release, Return. “My intention originates from the source.”

● EVENING • 15 MIN

Day Witness, Gratitude, Night Seed (Direct Inquiry 7).



DIRECT INQUIRY 7 • PLANT AS TONIGHT'S NIGHT SEED

Identify one place in your life where you have been trying to change the screen by working at the level of the screen. Where has effort been the instrument rather than coherence?

Which stage of the IAIC loop is failing? Is the Intention reactive? Is the Attention dispersing? Is the Identification Gate open to the outcome? Is the Codification being abandoned?

What would it mean to initialise your intention from one level higher than the place where the friction is? Not to stop caring about the outcome, but to stop binding your signal to it?

What does it feel like when the loop closes rather than disperses? Even once, even briefly, can you find that quality in your field right now? That quality is the signal operating as ERO. That is what sovereignty feels like from the inside.



WEEKLY SIGNAL LOG • THE MEASURABLE LAYER

Day / Date	D45	D46	D47	D48	D49	D50	D51
Resting pulse / HRV							
Sleep quality (0–10)							
Activation on waking (0–10)							
Body ease (0–10)							
Signal felt (0–10)							

Signal drift this week: what pulled coherence down, what restored it?

LEVEL 7 • WILL • ZVF

Day 45

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

You have crossed into the Principal domain. Today, take one situation where effort makes friction. Which stage of your inner loop is failing: Intention, Attention, Identification, or Codification?

✧ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE QUALITY OF A COHERENT INTENTION BROUGHT A RESPONSE FAR LARGER THAN THE EFFORT YOU PUT IN

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 7 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 7 • WILL • ZVF

Day 46

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Yesterday you found the friction. Today, feel for the quality beneath the wanting, quieter, steadier, less gripped by how the outcome must look. Did you find the still one beneath the one that leans?

☀ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE QUALITY OF A COHERENT INTENTION BROUGHT A RESPONSE FAR LARGER THAN THE EFFORT YOU PUT IN

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 7 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

LEVEL 7 • WILL • ZVF

Day 47

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

The pull toward the outcome scattered your signal today. Where did you tie your peace to a result instead of setting the intention and trusting the geometry to carry it?

✧ MORNING • WHAT AROSE IN THE PRACTICE

① ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE QUALITY OF A COHERENT INTENTION BROUGHT A RESPONSE FAR LARGER THAN THE EFFORT YOU PUT IN

1 _____

2 _____

3 _____

① NIGHT SEED • WHAT DIRECT INQUIRY 7 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 7 • WILL • ZVF

Day 48

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

*Past the midpoint. Now you write to the mirror rather than only read it.
Name one intention you set from your quiet centre this week that
produced a response far larger than the effort.*

✧ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE QUALITY OF A COHERENT
INTENTION BROUGHT A RESPONSE FAR LARGER THAN THE EFFORT YOU PUT IN

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 7 OPENED

✍️ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 7 • WILL • ZVF

Day 49

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Five days of sovereign intention. Trace one intention back, past the wanting, the charge, the thought, the body, to where it begins. Where did you find its real source today?

✧ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE QUALITY OF A COHERENT INTENTION BROUGHT A RESPONSE FAR LARGER THAN THE EFFORT YOU PUT IN

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 7 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 7 • WILL • ZVF

Day 50

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

*Rest thirty seconds as the still origin of intention, before any wanting.
From there, set one intention for tomorrow and let it go completely. What
changes when you stop pushing?*

✧ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE QUALITY OF A COHERENT
INTENTION BROUGHT A RESPONSE FAR LARGER THAN THE EFFORT YOU PUT IN

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 7 OPENED

✍️ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

LEVEL 7 • WILL • ZVF

Day 51

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Seven days. Name one situation that used to take effort and now flows, one intention that used to scatter and now quietly writes itself into your life.

✧ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE QUALITY OF A COHERENT INTENTION BROUGHT A RESPONSE FAR LARGER THAN THE EFFORT YOU PUT IN

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 7 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



✓ EVIDENCE • LEVEL 7 COMPLETE

Notice one specific shift: one situation that used to take effort and now flows, one intention that used to scatter and now writes itself into your life.

My evidence:

What shifted between Day 45 and Day 51?

Integration check: Can you feel the difference between reactive wanting and sovereign intention? Which one is still?

◆ BRIDGE REFLECTION • CARRYING THIS LEVEL FORWARD

Ten quiet minutes before the next level. This is where the work compounds.

1. Name the field you can now watch rather than be. "I can watch my will arising instead of being it, especially when ..."

2. Carry it as ground into the next level. What will you keep noticing?

3. Your inner loop this week. Circle where you closed strongest, underline where you need support:

☐ INTENTION ☐ ATTENTION ☐ IDENTIFICATION ☐ CODIFICATION

LEVEL 8 • PHASE-LOCK • USF



Will, Wisdom & Love

Unified-Scaling Field • Days 52–58

✦ THE LAW OF SUPERRADIANCE

At Level 2, not resisting meant letting emotions pass. At Level 5, trusting the intuitive signal. This week, it means letting the boundary between you and the field dissolve. Every moment of feeling separate is the last knot waiting to loosen.

THIS WEEK IN ONE LINE

Hold Will, Wisdom, and Love together and notice what sits at the centre of all three. Plant Direct Inquiry 8 each night. Gather your Day-58 evidence.

☀ MORNING PRACTICE • 20–30 MIN • WITHIN 45 MIN OF WAKING



MOVEMENT 1 • ZERO-POINT RECOGNITION • 3 MIN

Before the body fully wakes. Awareness is already here. Rest in that recognition. I AM.



MOVEMENT 2 • PHASE-LOCK PROTOCOL • 10–20 MIN

PHASE A • INTENTION

Notice which of the three feels most contracted right now. Will without steadiness, straining to force. Wisdom without clarity, circling in analysis. Love without inclusion, withdrawn or defended. Name the one holding back. Then make one quiet choice: for the next twenty minutes, all three are invited to be present at once.

PHASE B • ATTENTION

Establish Will (4 min). From your centre, set one clear, steady intention with no grip on the outcome. Feel the quality of quiet authority: the pattern held with integrity. Add Wisdom (4 min). Without letting Will go, bring Wisdom online: a direct seeing of what is. Will present, Wisdom perceiving, both at once. Complete with Love (4 min). Without letting either go, bring Love into the field. All three together now: Will holding, Wisdom seeing, Love including. Stay here. Do not analyse. There is something that is noticing all of this.

PHASE C • IDENTIFICATION

With all three present at once, notice what sits at the centre of them, what is here that is none of the three. Something simpler. Something present before the three were established. They arise from it. They do not produce it. The awareness holding all three is prior to all three, and that awareness is what you are.

“Will, Wisdom, and Love are balanced in me right now.”

PHASE D • CODIFICATION *“The awareness that completed this practice held Will, Wisdom, and Love together and recognised itself as the ground all three arise from. This recognition is now written into the architecture of this day.”*

LEVEL 8 • PHASE-LOCK • CONTINUED



MOVEMENT 3 • ASCENDING INTENTION • 5 MIN

Today, let the boundary between self and field soften. Oneness is the simple recognition that the boundary was always the contraction, and the contraction is letting go.



MOVEMENT 4 • MIRROR OF RADII • 2 MIN

“The quality of my inner field today decides the quality of what meets me in the world today. One ring inward, one radius outward.”

● ULTRADIAN • EVERY 90 MIN

Locate, Release, Return. “Will, Wisdom, and Love are balanced in me right now.”

● EVENING • 15 MIN

Day Witness, Gratitude, Night Seed (Direct Inquiry 8).



DIRECT INQUIRY 8 • PLANT AS TONIGHT’S NIGHT SEED

Right now, in this moment, is there something present that exists independent of the three Vectors being perfectly balanced? Something that was present before the Phase-Lock practice began and will be present after it ends?

Something simpler. Something that has been present through every chapter: through the body’s examination, the emotions’ release, the mind’s defusion, the patterns’ transparency, the inner senses’ awakening, the principles’ perception, the sovereign intention, and now this.

What is it? Has it ever not been here?

And is it, right now, waiting for anything to be added to it before it is complete?



WEEKLY SIGNAL LOG • THE MEASURABLE LAYER

Day / Date	D52	D53	D54	D55	D56	D57	D58
Resting pulse / HRV							
Sleep quality (0–10)							
Activation on waking (0–10)							
Body ease (0–10)							
Signal felt (0–10)							

Signal drift this week: what pulled coherence down, what restored it?

LEVEL 8 • PHASE-LOCK • USF

Day 52

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Today, notice which of the three, Will, Wisdom, or Love, is most contracted: Will forcing, Wisdom over-thinking, or Love withdrawn. Name the one that is holding back.

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE BOUNDARY BETWEEN YOU AND A SITUATION DISSOLVED AND THE RESPONSE SIMPLY AROSE FROM THE WHOLE

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 8 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

LEVEL 8 • PHASE-LOCK • USF

Day 53

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Yesterday you named it. Today, bring all three online together, Will holding, Wisdom seeing, Love including. When they were all present at once, what appeared at the centre of them?

✧ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE BOUNDARY BETWEEN YOU AND A SITUATION DISSOLVED AND THE RESPONSE SIMPLY AROSE FROM THE WHOLE

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 8 OPENED

📝 A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 8 • PHASE-LOCK • USF

Day 54

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Separateness gripped today, a moment of feeling divided from the field. That is the last knot. Where did the boundary feel most solid, and did it survive being looked at directly?

✧ MORNING • WHAT AROSE IN THE PRACTICE

🕒 ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

✦ GRATITUDE • THREE MOMENTS TODAY WHEN THE BOUNDARY BETWEEN YOU AND A SITUATION DISSOLVED AND THE RESPONSE SIMPLY AROSE FROM THE WHOLE

1 _____

2 _____

3 _____

🕒 NIGHT SEED • WHAT DIRECT INQUIRY 8 OPENED

✍️ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 8 • PHASE-LOCK • USF

Day 55

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Past the midpoint. Oneness is the simple recognition that the boundary was always the contraction. Name one moment the line between you and life dissolved and the right response just arose.

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE BOUNDARY BETWEEN YOU AND A SITUATION DISSOLVED AND THE RESPONSE SIMPLY AROSE FROM THE WHOLE

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 8 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 8 • PHASE-LOCK • USF

Day 56

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Five days of holding the three in balance. Notice what sits at the centre of them, something simpler, present before they were even established. Did you rest as that today?

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE BOUNDARY BETWEEN YOU AND A SITUATION DISSOLVED AND THE RESPONSE SIMPLY AROSE FROM THE WHOLE

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 8 OPENED

✍ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 8 • PHASE-LOCK • USF

Day 57

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Rest thirty seconds. Is there something present that does not depend on the three being perfectly balanced? Has it ever not been here? Is it waiting for anything to be added to be whole?

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE BOUNDARY BETWEEN YOU AND A SITUATION DISSOLVED AND THE RESPONSE SIMPLY AROSE FROM THE WHOLE

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 8 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



Day 58

LEVEL 8 • PHASE-LOCK • USF

Date __/__/____ · ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Seven days, and the final threshold is near. Name one way coherence produced a result this week that effort alone never could, then name what stayed quietly unchanged the whole time.

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE BOUNDARY BETWEEN YOU AND A SITUATION DISSOLVED AND THE RESPONSE SIMPLY AROSE FROM THE WHOLE

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 8 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

✓ EVIDENCE • LEVEL 8 COMPLETE

Notice one way coherence produced results beyond what effort alone could have. Then notice what has been quietly present throughout, unchanged and untouched.

My evidence:

What shifted between Day 52 and Day 58?

Integration check: Is there a quality at the centre that is simpler than any of the three? Has it ever not been here?

◆ BRIDGE REFLECTION • CARRYING THIS LEVEL FORWARD

Ten quiet minutes before the next level. This is where the work compounds.

1. Name the field you can now watch rather than be. "I can watch my phase-lock arising instead of being it, especially when ..."

2. Carry it as ground into the next level. What will you keep noticing?

3. Your inner loop this week. Circle where you closed strongest, underline where you need support:

☐ INTENTION ☐ ATTENTION ☐ IDENTIFICATION ☐ CODIFICATION

LEVEL 9 • RECOGNITION • QVF



The Recognition

Quantum-Vacuum Field • Days 59–65

✦ THE LAW OF ORIGIN

At Level 3, knowing yourself meant awareness behind thought. At Level 6, awareness behind the principles. At Level 9, there is no longer a “behind.” The awareness and the source you have been seeking are recognised as the same simple I AM.

THIS WEEK IN ONE LINE

Rest as the recognition itself. There is nothing to add and nothing to become. Plant Direct Inquiry 9 each night. Gather your Day-65 evidence.

☀ MORNING PRACTICE • 20–30 MIN • WITHIN 45 MIN OF WAKING



MOVEMENT 1 • ZERO-POINT RECOGNITION • 3 MIN

Before the body fully wakes. Awareness is already here. Rest in that recognition. I AM.



MOVEMENT 2 • ZERO-POINT ABIDING • 10–20 MIN

PHASE A • INTENTION

There is already awareness present. Before this sentence was read, awareness was here. After it is finished, awareness will still be here. The content changes. The awareness receiving the content does not. Can you find the boundary of this awareness? Can you find a single moment, in your entire life, when it was absent?

PHASE B • ATTENTION

There is nothing to apply. There is nowhere to go. The awareness you are reading this page with is simply aware. Simply present. Simply I AM. Before any completion: the bare, contentless, boundless sense of being itself. The most powerful use of the identification gate is the simplest: I AM, with nothing added. Pure being. Pure witnessing. Rest here, as recognition. There is something that is noticing all of this. And it is what you have always been.

PHASE C • IDENTIFICATION

Is the awareness that recognises the Zero-Point any different from the Zero-Point?

“I AM.”

PHASE D • CODIFICATION *“The awareness that completed this practice recognised itself as what it has always been. The Zero-Point was always here. The search was the only veil. This recognition is now written into the architecture of every day.”*

LEVEL 9 • RECOGNITION • CONTINUED



MOVEMENT 3 • ASCENDING INTENTION • 5 MIN

Today, the signal comes from what you are rather than from what you want to become. The journey and the destination are recognised as the same ground.



MOVEMENT 4 • MIRROR OF RADII • 2 MIN

“The quality of my inner field today decides the quality of what meets me in the world today. One ring inward, one radius outward.”

● ULTRADIAN • EVERY 90 MIN

Locate, Release, Return. “I AM.”

● EVENING • 15 MIN

Day Witness, Gratitude, Night Seed (Direct Inquiry 9).



DIRECT INQUIRY 9 • PLANT AS TONIGHT'S NIGHT SEED

What is aware, right now, of these words?

Is that awareness inside the body, or is the body inside that awareness?

If every thought, every feeling, and every sensation were removed, would you still be here?

Can you find the boundary between the awareness and what it is aware of?

The sensing that remains when the questions fall silent is not the conclusion of the journey. It is its beginning.



WEEKLY SIGNAL LOG • THE MEASURABLE LAYER

Day / Date	D59	D60	D61	D62	D63	D64	D65
Resting pulse / HRV							
Sleep quality (0–10)							
Activation on waking (0–10)							
Body ease (0–10)							
Signal felt (0–10)							

Signal drift this week: what pulled coherence down, what restored it?

LEVEL 9 • RECOGNITION • QVF

Day 59

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

The final level. There is nothing to apply and nowhere to go. Before you finish the sentence “I am...” with anything at all, rest in simple being. What is here when nothing is added?

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE AWARENESS RESTED AT THE CENTRE. WAS THERE ANY MOMENT TODAY WHEN THE AWARENESS WAS ABSENT ENTIRELY?

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 9 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 9 • RECOGNITION • QVF

Day 60

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Yesterday you rested as I AM with no completion. Today, look: is the awareness that recognises the Zero-Point any different from the Zero-Point? Report what you found, not what you concluded.

✧ MORNING • WHAT AROSE IN THE PRACTICE

.....

● ULTRADIAN • SHADE ONE RING PER RECALL

___ of ___



● DAY WITNESS • SOURCE, OR SURFACE?

.....

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE AWARENESS RESTED AT THE CENTRE. WAS THERE ANY MOMENT TODAY WHEN THE AWARENESS WAS ABSENT ENTIRELY?

1

2

3

● NIGHT SEED • WHAT DIRECT INQUIRY 9 OPENED

.....

✎ A NOTE TO MYSELF TODAY

.....

| TODAY'S SIGNAL STRENGTH



LEVEL 9 • RECOGNITION • QVF

Day 61

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Even now, a quiet reaching for “attainment” may arise, the search itself as the last veil. Where did you catch yourself reaching for what is already fully here?

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE AWARENESS RESTED AT THE CENTRE. WAS THERE ANY MOMENT TODAY WHEN THE AWARENESS WAS ABSENT ENTIRELY?

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 9 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 9 • RECOGNITION • QVF

Day 62

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Past the midpoint. Is the body inside awareness, or awareness inside the body? Sit with it directly today. What did the looking reveal that thinking could never decide?

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE AWARENESS RESTED AT THE CENTRE. WAS THERE ANY MOMENT TODAY WHEN THE AWARENESS WAS ABSENT ENTIRELY?

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 9 OPENED

✍ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 9 • RECOGNITION • QVF

Day 63

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Five days at the innermost ring. The awareness that was doing every scan is what you have been looking for all along. When did it recognise itself today, needing no thought to confirm it?

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE AWARENESS RESTED AT THE CENTRE. WAS THERE ANY MOMENT TODAY WHEN THE AWARENESS WAS ABSENT ENTIRELY?

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 9 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 9 • RECOGNITION • QVF

Day 64

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Rest thirty seconds. If every thought, feeling, and sensation were taken away, would you still be here? What remains when the questions fall silent?

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____



● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE AWARENESS RESTED AT THE CENTRE. WAS THERE ANY MOMENT TODAY WHEN THE AWARENESS WAS ABSENT ENTIRELY?

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 9 OPENED

✍ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH



LEVEL 9 • RECOGNITION • QVF

Day 65

Date __/__/____ • ☐ Morning ☐ Ultradian ☐ Evening

TODAY

Sixty-five days. Tomorrow is given entirely to silence. Name what has never once been absent across this whole journey, the awareness that was here on Day 1 and is reading this now.

✧ MORNING • WHAT AROSE IN THE PRACTICE

● ULTRADIAN • SHADE ONE RING PER RECALL

____ of ____

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

● DAY WITNESS • SOURCE, OR SURFACE?

◆ GRATITUDE • THREE MOMENTS TODAY WHEN THE AWARENESS RESTED AT THE CENTRE. WAS THERE ANY MOMENT TODAY WHEN THE AWARENESS WAS ABSENT ENTIRELY?

1 _____

2 _____

3 _____

● NIGHT SEED • WHAT DIRECT INQUIRY 9 OPENED

✎ A NOTE TO MYSELF TODAY

| TODAY'S SIGNAL STRENGTH

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

✓ EVIDENCE • LEVEL 9 COMPLETE

The sensing that remains when the questions fall silent is not the end of the journey. It is its beginning.

My evidence:

What shifted between Day 59 and Day 65?

Integration check: Is there anything that needs to be added to what you are, right now, for it to be whole?

◆ BRIDGE REFLECTION • CARRYING THIS LEVEL FORWARD

Ten quiet minutes before the next level. This is where the work compounds.

1. Name the field you can now watch rather than be. "I can watch my recognition arising instead of being it, especially when ..."

2. Carry it as ground into the next level. What will you keep noticing?

3. Your inner loop this week. Circle where you closed strongest, underline where you need support:

☐ INTENTION ☐ ATTENTION ☐ IDENTIFICATION ☐ CODIFICATION

DAY 66 • THIRD DOMAIN CROSSING



Principal ► Source

The Origin-Self Recognition

“The Principal domain is complete. Below this line, you were recognising the source. Above it, there is nothing left to recognise, only the source, recognising itself.”

No morning practice. No mantra. No evening instruction. Whatever arises is the practice. The architecture is built. Recognising that it was always already here does not need one more technique.



WHAT THIS PRACTICE WILL DO, AND WHAT IT ASKS OF YOU

This book makes large claims and backs them. It owes you the same honesty about how those claims actually work, so the Law of the Mirror never curdles into self-blame or into magical thinking. Read this before you ever conclude that you “created” your suffering, and before you expect the practice to hand you a precise shopping list of outcomes.

Your outer life will change. That is the Mirror, and it is real. As your inner coherence grows, the field around you answers. Relationships soften and clarify. Work moves with less friction. Resources tend to flow more freely toward a coherent signal than a scattered one. Synchronicity becomes ordinary. This is not a hopeful add-on. It is the Law of the Mirror doing exactly what it says: the inside is reflected outside. Expect real change in the real world.

The form it takes is chosen by an intelligence wiser than the wanting mind. What is guaranteed is that your signal grows more coherent, and that a coherent signal produces a coherent life. What is not fixed in advance is the exact shape that life takes. The part of you that writes the shopping list, this exact job, this exact person, by this exact date, is the surface self. As coherence rises, outcomes arrive that are aligned with your deeper good, and they are often larger and truer than the ones the surface self was demanding. The Mirror keeps its promise. It simply keeps it from a higher vantage than the ego's, and sometimes in a form you could not have scripted.

It does not erase the human condition, and it is not meant to. Loss still comes. Difficulty still comes. What changes is the ground you meet them from. The clinging that turns a grief into years of frozen contraction is what the practice loosens. The grief itself is honoured, not deleted. What dissolves is the extra suffering we add through resistance.

It works alongside professional care, never instead of it. Clinical depression, anxiety disorders, trauma responses, and physical illness need real treatment. This practice can support and quicken that healing. It cannot replace it. Using the work to avoid getting help is just trading one fixation for another. Reaching for support is itself an act of coherence.

The Mirror describes correspondence, not blame. It does not mean you consciously chose your illness, your loss, or another person's actions. It means your inner state shapes how you meet what arrives, and what you send forward from here. Read the Mirror as a description of your power to respond, never as a verdict on your worth. You are not being graded. You are being given the controls.

COMPLETION ASSESSMENT · DAY 66

Rate the same scales you rated before Day 1. Place your new rating beside the original, and let the numbers show you what the practice revealed.

Level 1 · Body · How present are you to physical sensation without taking yourself to be it?

Before 1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

After 1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

Level 2 · Feelings · Can you let feelings move through you without becoming them?

Before 1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

After 1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

Level 3 · Thoughts · Can you watch thoughts arise without being carried off by them?

Before 1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

After 1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

Level 4 · Patterns · Can you see the recurring patterns of your life as things you generate rather than fate?

Before 1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

After 1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

Level 5 · Knowing · Do you trust and act on a knowing that arrives before analysis?

Before 1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

After 1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

Level 6 · Beliefs · Can you perceive the principle operating behind a circumstance, and feel a belief drop away?

Before 1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

After 1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

Level 7 · Will · Can you set your intention from your quiet centre rather than from the surface?

Before 1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

After 1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

Level 8 · Phase-Lock · Do Will, Wisdom, and Love operate together in you at the same time?

Before 1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

After 1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

Level 9 · Recognition · Is there a continuous awareness present in you that has never once been absent?

Before 1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

After 1○ 2○ 3○ 4○ 5○ 6○ 7○ 8○ 9○ 10○

What shifted? What became visible that was not visible before?



THE THREE SIGNS THE WORK HAS TAKEN ROOT

You do not need any instrument to know these. Each one is something you can feel in ordinary life.

SIGN 1 · THE MORNING ARRIVES ALREADY WHOLE

You know this one by the quality of your first waking moments, before the first deliberate thought. If the morning arrives with a steadiness and clarity already present, before practice, before intention, before you have done anything, then the work is no longer an event you perform. It has become your baseline. How to tell: you wake, and the ground is simply there, unasked for.

☐ I notice this sign in my own experience

SIGN 2 · THE WITNESS STAYS WITHOUT BEING CALLED

The ninety-second recall used to be something you did. Now you notice the quiet watcher is simply present through the day on its own, in conversations, in traffic, in difficulty, without you summoning it. The gap between stimulus and response, the small space where your freedom lives, no longer closes all the way. How to tell: you catch yourself already aware, mid-reaction, without having reached for it.

☐ I notice this sign in my own experience

SIGN 3 · THE WORLD BEGINS TO MEET YOU HALFWAY

This is the outward sign, and you know it not by any measurement but by a change you can feel in ordinary life. Effort keeps dropping, and things keep working anyway. People respond to you differently, more openly, without you managing it. Timing turns in your favour often enough that you stop calling it luck. The world around you mirrors your inner state so reliably that you stop being surprised by it. You no longer have to push the loop into motion; life seems to move with you. How to tell: you notice, over weeks, that the outside has quietly begun to match the inside, on its own.

☐ I notice this sign in my own experience

WHAT YOU MAY NOTICE INSIDE

The boundary between body and awareness is something you can feel. Emotional states are experienced as weather rather than as who you are. Thoughts are visible as things that arise. Recurring patterns are visible as patterns. The inner senses work reliably. Will, Wisdom, and Love increasingly operate together.

AND IN THE BODY, FOR THOSE WHO TRACK IT

For those tracking the body's own signs: heart-rate variability tends to rise, the stress response on waking tends to settle, sleep tends to deepen, and markers of inflammation tend to fall, as coherence grows.

CONTINUE THE PRACTICE · THE NINE-DAY ROTATION

From here, rotate through all nine protocols, one a day. The tenth day is silence.

1	Somatic Witness	<i>"The body is in the awareness. Within the awareness, the body arises."</i>
2	Excitonic Release	<i>"The feeling is moving through me. I am the awareness it moves through."</i>
3	Cognitive Witness	<i>"The thought is arising in me. I am the awareness it arises in."</i>
4	Pattern Observer	<i>"I am the observer of the pattern."</i>
5	Intuitive Expansion	<i>"My field reaches beyond this moment. I am already in resonance."</i>
6	Principle Perception	<i>"The light behind the thought is available right now."</i>
7	Sovereign Intention	<i>"My intention originates from the source."</i>
8	Phase-Lock	<i>"Will, Wisdom, and Love are balanced in me right now."</i>
9	Zero-Point Recognition	<i>"I AM."</i>
0	I AM, no technique	<i>"Silence."</i>

90-DAY CONTINUATION CALENDAR

Shade each day as you complete it. The rotation repeats 1 to 9, then a silent day.

○ 1 P1	○ 2 P2	○ 3 P3	○ 4 P4	○ 5 P5	○ 6 P6	○ 7 P7	○ 8 P8	○ 9 P9	○ 10 P.
○ 11 P1	○ 12 P2	○ 13 P3	○ 14 P4	○ 15 P5	○ 16 P6	○ 17 P7	○ 18 P8	○ 19 P9	○ 20 P.
○ 21 P1	○ 22 P2	○ 23 P3	○ 24 P4	○ 25 P5	○ 26 P6	○ 27 P7	○ 28 P8	○ 29 P9	○ 30 P.
○ 31 P1	○ 32 P2	○ 33 P3	○ 34 P4	○ 35 P5	○ 36 P6	○ 37 P7	○ 38 P8	○ 39 P9	○ 40 P.
○ 41 P1	○ 42 P2	○ 43 P3	○ 44 P4	○ 45 P5	○ 46 P6	○ 47 P7	○ 48 P8	○ 49 P9	○ 50 P.
○ 51 P1	○ 52 P2	○ 53 P3	○ 54 P4	○ 55 P5	○ 56 P6	○ 57 P7	○ 58 P8	○ 59 P9	○ 60 P.
○ 61 P1	○ 62 P2	○ 63 P3	○ 64 P4	○ 65 P5	○ 66 P6	○ 67 P7	○ 68 P8	○ 69 P9	○ 70 P.
○ 71 P1	○ 72 P2	○ 73 P3	○ 74 P4	○ 75 P5	○ 76 P6	○ 77 P7	○ 78 P8	○ 79 P9	○ 80 P.
○ 81 P1	○ 82 P2	○ 83 P3	○ 84 P4	○ 85 P5	○ 86 P6	○ 87 P7	○ 88 P8	○ 89 P9	○ 90 P.

THE YEAR AHEAD · BEYOND DAY 66

Crossing the sixty-six-day threshold does not end the practice. It changes its character. Effort goes down as coherence goes up, exactly as the law predicts. Three checkpoints hold the year.

MONTH 3

Keep the morning practice, shortened to fifteen minutes, rotating one level a day through the nine-day cycle. The Ultradian Recall is now your most important instrument, the bridge between formal practice and daily life. Write down one piece of real-world evidence each day. Seven days in a row of noticed evidence is your Month 3 milestone.

MONTH 6

Begin a weekly review of your evidence. Write a comparison of the world around you at Day 1 against Month 6, with specific, checkable observations: relationships, timing, the way your environment responds. If the outer field shows no real shift, return to the Phase-Lock practice daily for one week, then review again.

MONTH 12

Re-read The Signal cover to cover. The person who opens Chapter 1 at Month 12 is the same awareness that opened it before the protocol, now recognising the whole of its own architecture. Every word will land differently. The book becomes its own evidence.

● THE NINE-LEVEL DEFIXATION MEDITATION

Practise this after you have done the Zero-Point Meditation at least once. It carries the awareness you found there gently down through all nine levels, releasing each one. Read it once, then practise from memory. The structure carries the practice, not the perfection of the words.

Use it for: the three Domain Crossing days, a weekly deep session, or any day you feel scattered across many levels at once.

I–III · SETTLING, BREATHING, CONVERGENCE

Begin exactly as in the Zero-Point Meditation: settle the body and find the heartbeat, then three cycles of rhythmic coherence breathing, then converge the inner eye, the heartbeat, and the smallest sound until the three-point focus is steady. From this ground, the journey inward begins.

IV · THE NINE-LEVEL DESCENT

Move from the outermost layer to the innermost. At each level: name what holds you, feel where it grips, speak the release, and watch it become transparent. Between levels, return briefly to the convergence: light, heartbeat, sound.

LEVEL 1 · THE BODY

Bring your attention to the physical body. Feel its weight, its warmth, the boundary of skin against air, the places it holds tension: the jaw, the shoulders, the belly, the hands. Notice how completely awareness takes itself to be this form, how sure it is that the body's edges are your edges. Now notice: the awareness feeling the body is not itself physical. It has no weight, no temperature, no edges. Feel where the body grips your attention. See the grip. Watch it soften. Watch it become transparent.

"The body is in the awareness. Within the awareness, the body arises."

Let the body remain, vivid and alive. But the awareness is no longer held inside it. It is the space the body rests in.

LEVEL 2 · THE FEELINGS

Bring your attention to whatever emotional tone is present. Not its name, its texture, its temperature, where it lives in the body. Notice how easily awareness becomes the feeling: not “I notice sadness” but “I am sad.” The feeling takes you over so completely you forget you are the one watching. Feel where the feelings grip your attention. See the grip. Watch it soften. Watch it become transparent.

“The feeling is moving through me. I am the awareness it moves through.”

The feelings continue. But you are no longer inside them. You are the space they move through.

LEVEL 3 • THE THOUGHTS

Bring your attention to the thinking mind. Thoughts are arising right now, about this meditation, about whether you are doing it right. Notice not what they say but the activity itself: the constant motion, one thought after another. Notice how awareness wraps around each thought as if the thought were you. Feel where thinking grips your attention, the place that cannot imagine being aware without thinking. See the grip. Watch it become transparent.

“The thought is arising in me. I am the awareness it arises in.”

Thoughts keep arising. But you are the sky, not the clouds. The gap between thoughts widens. In that gap, something vast is present.

LEVEL 4 • THE PATTERNS

Your attention moves deeper now, beneath the body, beneath the feelings, beneath the single thoughts, down to the patterns that generate them. The repeating loops of your life: the same reaction to the same situation, the same story about who you are. Not the content of experience but the structure beneath it, the code writing the same scenes over and over. Notice: you have been living inside these patterns as if they were reality. They are not. They are habits of attention. Feel where the patterns hold. Watch them become transparent.

“I am the observer of the pattern.”

The patterns stay visible. But you are no longer written by them. You are the awareness that sees them for what they are.

LEVEL 5 • THE KNOWING

Deeper still. Beneath the patterns, a knowing that arrives before thought. You have felt it: the moment before you understood something, when the understanding was already there but not yet in words. A direct, wordless seeing. A resonance with something larger than the thinking mind. This knowing reaches beyond this moment, beyond this room, beyond this body. It is the field itself, aware of itself through you. Feel where even this knowing holds. Watch it become transparent.

“My field reaches beyond this moment. I am already in resonance.”

Rest in the knowing without grasping at it.

LEVEL 6 · THE BELIEFS

Beneath the knowing, the beliefs: the deep convictions about what is real, what is possible, who you are. The invisible ground that shapes what you can see and what stays hidden. Every perception you have ever had passed through these beliefs without your knowing. Even the belief that you are someone doing a meditation is a belief. Feel where these beliefs hold. And notice: beneath each one sits the principle it was trying to grasp. Watch the belief become transparent, and let the principle stand clear on its own.

“The light behind the thought is available right now.”

What is real does not need to be believed. It simply is. Rest there.

LEVEL 7 · THE WILL

The source of every intention you have ever had. Before you chose, something was already choosing. Before you decided, something was already deciding. Not the small will of preference and effort, but the deeper will that brought you to this moment, to this practice, to this breath. Feel where even the will holds. Watch it soften.

“My intention originates from the source.”

The will does not disappear. It rests back into what gave rise to it.

LEVEL 8 · WILL, WISDOM & LOVE

Three forces. One ground. The will that holds, the wisdom that sees, the love that connects. They have run separately all your life. At this depth they meet. They are not three things. They are one thing, felt from three angles. Feel them meet, without effort and without division.

“Will, Wisdom, and Love are balanced in me right now.”

Rest here. The balance is not something you make. It is something you stop preventing.

LEVEL 9 · THE RECOGNITION

There is nothing left to release. The body was seen. The feelings, the thoughts, the patterns, the knowing, the beliefs, the will, and the meeting of all three forces: all seen, all released, all still here but no longer holding your attention captive. What remains? Only the awareness that was doing the seeing. Only what was here before the first level was looked at. Only what has never once moved.

“What I am has never been tethered. Only the attention moved. I AM.”

This is the Zero-Point. Not arrived at. Recognised. Rest here. There is no duration, no instruction, nothing to do. Everything that arises, arises within what you are. Nothing that arises is what you are.

V · CODIFICATION

When you are ready, and only when you are ready, let the awareness gently open outward again, carrying the Zero-Point with it. Feel the body. The breath. The room.

“What I recognised in the stillness is what I am in movement. The nine levels are not obstacles. They are the signal expressing itself through form. I am the signal. I have always been the signal. This recognition is now written into every level of who I am.”

Let the warmth of gratitude arise one last time, the natural response of awareness recognising itself. Open your eyes. Begin.

TROUBLESHOOTING · WHEN THE PRACTICE MEETS REAL LIFE

Crisis-level guidance lives in Safety & Grounding. This is for the ordinary, everyday difficulties every practitioner meets. Almost every fix is one of three: go back to the stage of the loop that is failing, drop a level, or shorten the practice.

PHENOMENAL DOMAIN · LEVELS 1–3

I keep falling asleep during Movement 2.

You may be practising too horizontal or too late. Sit upright, spine unsupported, feet flat. If it keeps happening, your body is in real sleep debt. Honour it, and see the sleep page. Falling asleep is information, not failure.

I can't feel my heartbeat or the "smallest sound."

Do not strain for them. Rest your attention on the looking and the listening themselves. The instruction is to attend, not to succeed. If nothing appears, resting on the attending is already the practice.

Nothing is happening after ten days.

Two common causes. First, you may be waiting for something dramatic while the real shift is quiet and structural. Read your own Day 1 notes and compare. Second, check the chain: strong mornings with a broken Ultradian produce almost no change. Repair the chain before you doubt the method.

The Ultradian keeps failing at work.

Use the ten-second version: one breath, one question, what am I saying I am to right now? No one can see it. A chain of tiny recalls holds more of your day than a chain you keep breaking while waiting for privacy.

The emotional flooding at Level 2 is too much.

Use the grounding steps: open your eyes, feet on the floor, name five things you see. Drop to Movement 1 only. If a feeling is large, feel it fully before resting back as the witness, do not use witnessing to skip it. If it does not settle, see When to Pause.

I feel like I'm using this to avoid my feelings.

You might be. Releasing is not going cold. Go back to the Level 2 note: feel it in the body first, at its own pace, then rest back. The order matters.

CAUSAL DOMAIN · LEVELS 4–6

The patterns feel like they're getting worse.

Freed energy is lighting up what was too dim to see before. A pattern becoming visible is not a pattern getting stronger. It is a pattern losing its cover. Apply the Pattern Observer to whatever arises. This is progress wearing an uncomfortable face.

I can't tell intuition from wishful thinking.

Attend to the quality of the channel, not the content of the message. Real intuition arrives quietly, in the body, before analysis, and it does not argue its case. Wishful thinking is loud, mental, and defensive. When you are unsure, wait. Real knowing survives waiting.

Widening the field makes me feel unreal or floaty.

Turn back. Return to Level 1: feet, weight, the edge of your skin. Let the field open only as far as your body stays present inside it. Including more, not dissolving. See the Level 5 note.

I keep thinking about the principles instead of perceiving them.

That is Level 3 reasserting itself inside Level 6. Stop searching with the mind. Ask the question, then wait in the body for the felt recognition that arrives before words. If words come first, you are analysing. Let them go and wait again.

My sense of self feels shaky.

This is expected as you move from the surface self to the witness. Drop to a level where the release is already steady. Keep the Ultradian, it steadies you, it does not unsteady you. If it does not settle within a few days, see When to Pause.

People close to me say I've gone distant.

Check for the cold kind of detachment wearing the mask of practice. The free life is more engaged, not less. If you have gone cold, you have mistaken releasing for withdrawing. Re-read the page before the Causal domain and bring the warmth back online.

PRINCIPAL DOMAIN · LEVELS 7-9

I can't feel any difference between "source" and "surface."	Do not chase the idea. Use the friction test instead: find one situation where effort makes friction, and ask which stage of the loop is failing. The felt difference shows up as the gap between the urgency that leans forward and the quiet steadiness beneath it. Find the still one. That is source.
I can hold two of the three, but the third collapses.	Normal. Establish them in order, Will, then Wisdom, then Love, and expect the earlier ones to dim as you add the next. The skill is keeping the dimming ones present, not perfectly bright. Over days, the balance steadies.
The dissolving of boundaries frightens me.	This is the tender ground where the old structure has dissolved and the new one has not yet steadied. Do not push through. Ground fully, return to a steadier level, keep the Ultradian, and slow down. Fear here is not failure. It is the last knot being felt. If it becomes persistent, seek support.
At Level 9 there is "nothing to do" and I feel lost.	The lostness is the mind looking for a task where none remains. That is correct. Rest as the awareness that was doing the looking. There is nothing to attain, only the recognition of what was never absent. Let the search itself be seen as the last veil.
I keep reaching for a big experience.	The reaching is the needing kind of grip, now aimed at awakening itself. The recognition is quiet, ordinary, and already here. Drop the demand for fireworks. The morning that arrives already coherent is the sign, not the spectacle.
After a peak state, I crashed and feel worse.	States pass. That is their nature. The work is not to hold the state but to recognise the awareness that was present during it and is just as present now. Return to the daily rhythm. Do not chase the peak. Settle into the ground.

ABOUT THE AUTHOR

There is a particular kind of mind that cannot meet a system without asking what generates it.

Growing up in West Africa, that mind showed itself early. While other children played, Peter Luxruel was quietly taking radios apart, asking how a signal travels through the air and arrives as sound. That question never stopped.

His undergraduate degree in computer engineering, completed with distinction, gave him the formal languages: information theory, signal processing, the operating system as a way to understand how invisible code generates visible output. His master's in business administration, also with distinction, gave him the study of complex adaptive systems, how people decide under uncertainty, and the thermodynamics of how organisations hold together. Both were preparation for the same question.

Information theory led him to the idea that information is the ground beneath physical systems. Non-equilibrium thermodynamics led him to Prigogine, whose Nobel Prize-winning work showed that living systems hold their complexity by staying far from equilibrium. These became the foundations of what would take two decades to build.

The years that followed were years of steady immersion: transpersonal psychology, neurophenomenology, quantum biophysics, and the contemplative traditions of Taoism, Theosophy, and the Perennial Philosophy. He built memory palaces of extraordinary precision, inner systems where numbers could be recalled on demand to more than fifty digits.

In 2020, health challenges made ordinary work impossible. What remained were the nights: long, silent, contemplative nights of meditation and patient inner investigation. The answer came in a single night. Sitting upright through the dark, something opened: a direct, first-person seeing of the whole architecture from the inside. A tunnel within a whirlwind. Within the whirlwind, every expression of human existence. All of it at once. All of it one unified field.

He set down what decades of research and first-person investigation had converged on: Onto-Syntropics, a single framework working at the meeting point of quantum biophysics, computational neuroscience, non-equilibrium thermodynamics, information theory, and neurophenomenology.

The Signal is the complete scientific map of that architecture. The Condensation of Light practice you are holding is the instrument that operates it. It was written by a man who opened radios as a child to find the signal inside, and who spent a lifetime following that signal until the signal and its source turned out to be the same thing.

Peter Luxruel

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PETER LUXRUEL

Peter Luxruel brings a rare convergence of disciplines to this work — degrees in computer engineering and complex adaptive systems provide the mathematical framework; his transdisciplinary research across quantum biophysics, computational neuroscience, and neurophenomenology converged into the architecture that thousands of readers have already begun to verify for themselves.

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