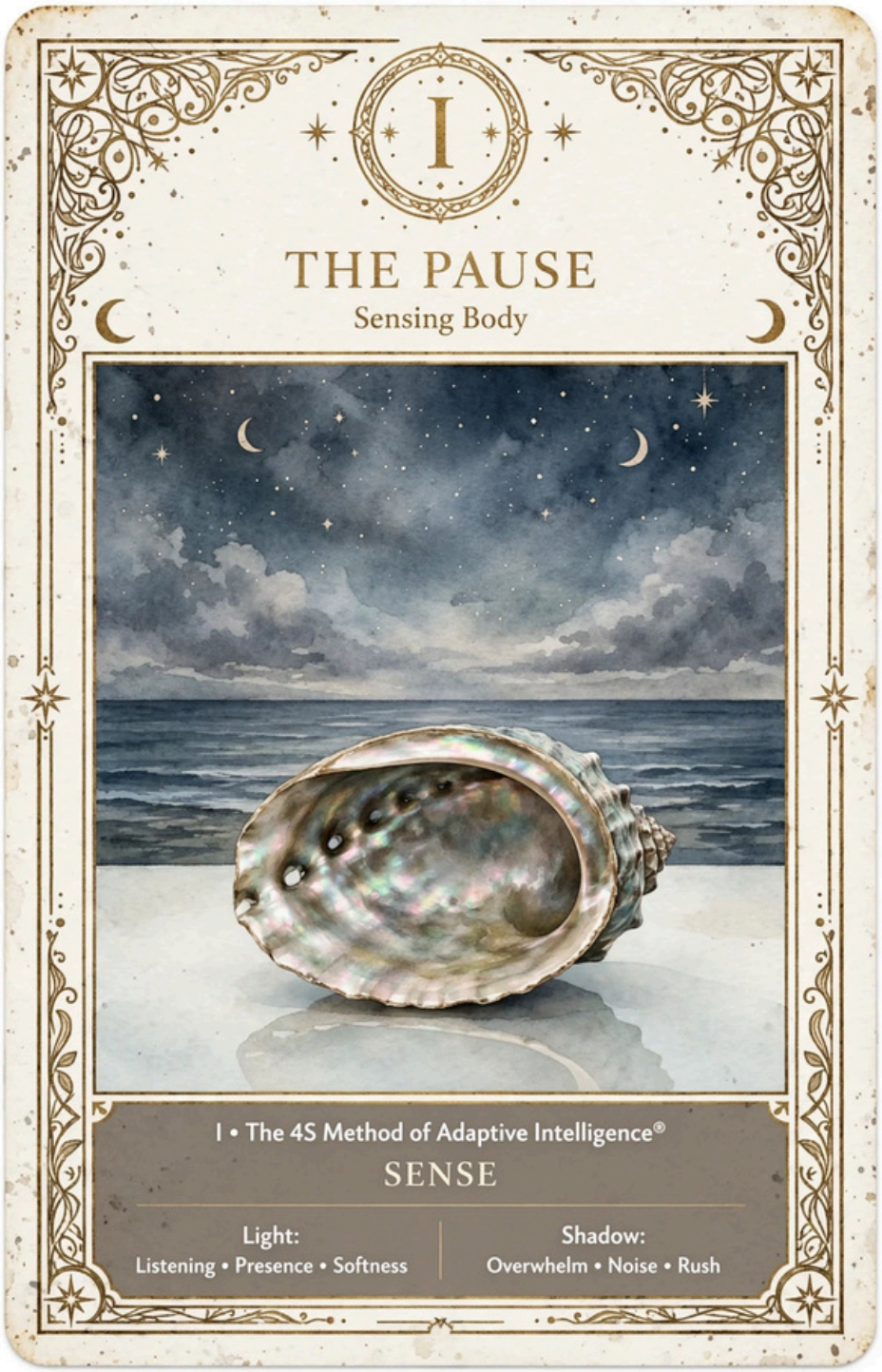

I - THE PAUSE / SENSE

Principle: Any decision made without interoceptive data is a decision made on an incomplete dataset. The pause isn't a suspension of action — it's a sampling correction.

Analysis: Your nervous system registers shifts in load, tension, and breath rhythm before your mind builds a coherent interpretation of them. Skip that window, and you're not choosing — you're rationalizing, after the fact, a decision your body already made under activation. A fast mind carries one specific risk: it overwrites raw data with an explanatory model too soon. Sensing means suspending interpretation long enough to actually register the signal.

Shadow: Overwhelm • Noise • Rush. When response speed gets mistaken for clarity, the system is running on incomplete data.

Morning Protocol — 90 seconds:
Before any device. Seated, feet on the floor.
30" **Location**: Where do I feel the steadiest contact? Describe it in physical terms (pressure, temperature).
30" **Variation**: Find one point with minimal involuntary movement. Follow it without changing it.
30" **Incongruence**: Is there an area attention keeps avoiding? Go there. Just register what's there.

Discernment question: What information from my body am I ignoring because it doesn't fit today's logical narrative?

Verification: Can you complete this: "My system is signaling [physical data], which suggests [minimal regulatory need]"? If you can't, that was thinking, not sensing.