

# CrowMother Research Vault: Complete Obsidian Documentation Package

## Vault Structure Overview

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## Template Files

Template: Daily-Threshold-Log.md

markdown

# Daily Threshold Log - {{date}}

## Research Phase: [Phase 1/2/3]

## Overall Energy Level: [1-5]

## Stress Level: [1-5]

---

## Morning Intention

**\*\*What transitions am I anticipating today?\*\***

**\*\*What decisions am I currently navigating?\*\***

**\*\*Research focus for today:\*\***

---

## Threshold Experiences

### Experience #1

**\*\*Time:\*\***

**\*\*Location/Context:\*\***

**\*\*Type of Threshold:\*\*** [Physical/Temporal/Psychological/Physiological]

**\*\*Duration of Awareness:\*\***

**\*\*Sensations Noticed:\*\***

**\*\*Clarity/Guidance Received:\*\***

**\*\*Presence Quality:\*\*** [Clinical/Warm/Neutral/Absent/Other]

**\*\*Follow-up Actions:\*\***

**\*\*Effectiveness Rating:\*\*** [1-5]

### Experience #2

[Same format as above]

---

## Decision Points Today

### Decision:

**\*\*Options Available:\*\***

**\*\*Uncertainty Level:\*\*** [1-5]

**\*\*Threshold Practice Used:\*\*** [Y/N]

**\*\*If Yes, Which Practice:\*\***

**\*\*Decision Quality:\*\*** [Pre-decision uncertainty vs. post-decision satisfaction]

**\*\*Outcome Satisfaction:\*\*** [To be updated later]

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### ## Somatic Observations

**\*\*Physical sensations during transitions:\*\***

**\*\*"Tingle behind eyes" instances:\*\***

**\*\*Energy shifts noticed:\*\***

**\*\*Body awareness quality:\*\***

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### ## Evening Reflection

**\*\*Most significant threshold experience:\*\***

**\*\*Decision-making quality today:\*\***

**\*\*Presence awareness overall:\*\***

**\*\*Questions for further investigation:\*\***

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### ## Research Notes

**\*\*Patterns noticed:\*\***

**\*\*Hypotheses emerging:\*\***

**\*\*Community discussion topics:\*\***

---

### ## Tags

#daily-log #phase-[1/2/3] #threshold-work #date/{{date}}

### ## Links

[[Weekly Pattern Review - Week of {{date}}]]

[[Monthly Research Summary - {{date:MMMM YYYY}}]]

## Template: Weekly-Pattern-Review.md

markdown

# Weekly Pattern Review - Week of {{date}}

## Research Summary

**\*\*Phase:\*\*** [1/2/3]

**\*\*Week Focus:\*\***

**\*\*Daily Logs Completed:\*\*** [X/7]

---

## Threshold Experience Patterns

### Most Common Threshold Types

- Physical: [count]
- Temporal: [count]
- Psychological: [count]
- Physiological: [count]

### Recurring Sensations/Experiences

**\*\*Consistent patterns:\*\***

**\*\*New developments:\*\***

**\*\*Absence of expected patterns:\*\***

### Presence Manifestation Analysis

**\*\*Frequency:\*\*** [How often presence was noticed]

**\*\*Quality consistency:\*\*** [Clinical/varying/absent]

**\*\*Correlation with external factors:\*\*** [stress, sleep, environment]

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## Decision-Making Quality Assessment

### Decisions This Week

Decision	Threshold Practice Used	Pre-Decision Uncertainty (1-5)	Post-Decision Satisfaction (1-5)	Outcome Quality
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### Decision-Making Trends

**\*\*Improvement areas:\*\***

**\*\*Successful strategies:\*\***

**\*\*Challenges encountered:\*\***

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## ## Somatic Data Analysis

**\*\*Physical sensation patterns:\*\***

**\*\*"Tingle" frequency and triggers:\*\***

**\*\*Body awareness development:\*\***

**\*\*Stress response changes:\*\***

---

## ## Hypothesis Development

**\*\*Patterns worth investigating:\*\***

**\*\*Questions for next week's focus:\*\***

**\*\*Potential experiments to design:\*\***

---

## ## Community Integration

**\*\*Discussions participated in:\*\***

**\*\*Data shared with community:\*\***

**\*\*Support provided to other researchers:\*\***

**\*\*Support received from community:\*\***

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## ## Self-Care and Safety Check

**\*\*Psychological wellbeing:\*\*** [1-5]

**\*\*Research intensity sustainability:\*\*** [1-5]

**\*\*Professional support needed:\*\*** [Y/N]

**\*\*Boundary adjustments needed:\*\*** [Y/N]

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## ## Next Week's Focus

**\*\*Research priorities:\*\***

**\*\*Specific practices to test:\*\***

**\*\*Community contributions planned:\*\***

---

## ## Tags

#weekly-review #phase-[1/2/3] #pattern-analysis #date/{{date}}

## ## Links

[[Daily Logs - {{date}}]]

[[Monthly Research Summary - {{date:MMMM YYYY}}]]  
[[Hypothesis Tests]]

Template: Threshold-Experience-Entry.md

markdown

# Threshold Experience Entry - {{date}} {{time}}

## ## Basic Information

**\*\*Date/Time:\*\*** {{date}} {{time}}

**\*\*Location:\*\***

**\*\*Context/Situation:\*\***

**\*\*Research Phase:\*\*** [1/2/3]

---

## ## Threshold Classification

**\*\*Primary Type:\*\*** [Physical/Temporal/Psychological/Physiological]

**\*\*Secondary Types:\*\***

**\*\*Intensity Level:\*\*** [1-5]

**\*\*Duration:\*\***

---

## ## Pre-Experience State

**\*\*Emotional state:\*\***

**\*\*Physical condition:\*\***

**\*\*Mental clarity:\*\*** [1-5]

**\*\*Stress level:\*\*** [1-5]

**\*\*External factors:\*\*** [environment, people, circumstances]

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## ## Experience Description

### ### Sensory Observations

**\*\*Visual changes:\*\***

**\*\*Auditory shifts:\*\***

**\*\*Physical sensations:\*\***

**\*\*Energetic feelings:\*\***

### ### Presence Quality

**\*\*Sense of companionship:\*\*** [Y/N]

**\*\*Clinical clarity:\*\*** [Y/N]

**\*\*Guidance quality:\*\*** [Non-judgmental/Warm/Neutral/Absent]

**\*\*Communication style:\*\***

### ### Cognitive Changes

**\*\*Clarity about options:\*\***



**\*\*Pattern recognition:\*\***

**\*\*Decision-making capacity:\*\***

**\*\*Uncertainty tolerance:\*\***

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## ## Post-Experience Integration

### ### Immediate Aftermath

**\*\*Actions taken:\*\***

**\*\*Decisions made:\*\***

**\*\*Clarity maintained:\*\*** [Y/N]

**\*\*Emotional state:\*\***

### ### Follow-up (24-48 hours later)

**\*\*Decision satisfaction:\*\*** [1-5]

**\*\*Outcome quality:\*\***

**\*\*Lasting insights:\*\***

**\*\*Integration challenges:\*\***

---

## ## Research Analysis

### ### Correlations Noticed

**\*\*Environmental factors:\*\***

**\*\*Internal state factors:\*\***

**\*\*Practice factors:\*\***

**\*\*Community factors:\*\***

### ### Hypotheses Generated

**\*\*What might have triggered this experience:\*\***

**\*\*What enhanced the quality:\*\***

**\*\*What could be replicated:\*\***

**\*\*What needs further investigation:\*\***

---

## ## Community Relevance

**\*\*Worth sharing with community:\*\*** [Y/N]

**\*\*Safety considerations for others:\*\***

**\*\*Methodology insights:\*\***

**\*\*Questions for peer review:\*\***

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## ## Tags

#threshold-experience #presence-[strong/moderate/weak/absent] #type-[physical/temporal/psychological/physiological]

## ## Links

[[Daily Threshold Log - {{date}}]]

[[Pattern Analysis]]

[[Community Discussion Topics]]

## Template: Decision-Documentation.md

markdown

## # Decision Documentation - {{title}}

### ## Decision Overview

**\*\*Date Initiated:\*\*** {{date}}

**\*\*Decision Title:\*\***

**\*\*Complexity Level:\*\*** [Simple/Moderate/Complex/Life-Changing]

**\*\*Urgency Level:\*\*** [Low/Medium/High/Crisis]

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### ## Decision Context

#### ### Situation Description

**\*\*Background:\*\***

**\*\*What triggered this decision point:\*\***

**\*\*External pressures:\*\***

**\*\*Internal factors:\*\***

#### ### Stakes Assessment

**\*\*Potential positive outcomes:\*\***

**\*\*Potential negative outcomes:\*\***

**\*\*Reversibility:\*\*** [Easily reversible/Somewhat reversible/Difficult to reverse/Permanent]

**\*\*Timeline pressure:\*\***

---

### ## Options Analysis

#### ### Option 1:

**\*\*Description:\*\***

**\*\*Pros:\*\***

**\*\*Cons:\*\***

**\*\*Resource requirements:\*\***

**\*\*Risk level:\*\*** [1-5]

**\*\*Alignment with values:\*\*** [1-5]

#### ### Option 2:

[Same format as Option 1]

#### ### Option 3:

[Same format as Option 1]

#### ### Other Considerations:

**\*\*Options not yet considered:\*\***

**\*\*Need for more information:\*\***

**\*\*Consultation needs:\*\***

---

## ## Threshold Practice Application

### ### Liminal Space Engagement

**\*\*Practice used:\*\***

**\*\*Duration of uncertainty holding:\*\***

**\*\*Presence experienced:\*\*** [Y/N]

**\*\*Quality of guidance:\*\***

### ### Threshold Insights

**\*\*Clarity received:\*\***

**\*\*New options revealed:\*\***

**\*\*Internal knowing shifts:\*\***

**\*\*Resistance patterns noticed:\*\***

---

## ## Decision Process

### ### Pre-Decision State

**\*\*Uncertainty level:\*\*** [1-5]

**\*\*Anxiety level:\*\*** [1-5]

**\*\*Clarity level:\*\*** [1-5]

**\*\*External pressure:\*\*** [1-5]

### ### Decision Point

**\*\*Date decision made:\*\***

**\*\*Final choice:\*\***

**\*\*Confidence level:\*\*** [1-5]

**\*\*Factors that tipped the balance:\*\***

### ### Decision-Making Quality

**\*\*Rushed vs. considered:\*\***

**\*\*Heart vs. head alignment:\*\***

**\*\*Values alignment:\*\*** [1-5]

**\*\*Intuition alignment:\*\*** [1-5]

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## ## Outcome Tracking

### ### Immediate Results (24-48 hours)

**\*\*Initial satisfaction:\*\*** [1-5]

**\*\*Immediate consequences:\*\***

**\*\*Unexpected developments:\*\***

**\*\*Second thoughts:\*\*** [Y/N]

### ### Short-term Results (1-4 weeks)

**\*\*Outcome satisfaction:\*\*** [1-5]

**\*\*Unintended consequences:\*\***

**\*\*Benefits realized:\*\***

**\*\*Challenges emerged:\*\***

### ### Long-term Results (3+ months)

**\*\*Overall satisfaction:\*\*** [1-5]

**\*\*Would I choose differently:\*\*** [Y/N]

**\*\*Learning gained:\*\***

**\*\*Impact on future decisions:\*\***

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## ## Research Analysis

### ### Threshold Practice Effectiveness

**\*\*Did presence/guidance prove accurate:\*\***

**\*\*What aspects were most helpful:\*\***

**\*\*What could be improved:\*\***

**\*\*Correlation with outcome quality:\*\***

### ### Decision-Making Skill Development

**\*\*Areas of growth:\*\***

**\*\*Patterns to address:\*\***

**\*\*Successful strategies:\*\***

**\*\*Community learning opportunities:\*\***

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## ## Community Sharing

**\*\*Relevant for community discussion:\*\*** [Y/N]

**\*\*Privacy considerations:\*\***

**\*\*Teaching value for other researchers:\*\***

**\*\*Questions for peer consultation:\*\***

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## ## Tags

#decision-tracking #complexity-[simple/moderate/complex/life-changing] #outcome-[positive/mixed/negative/pending] #

## ## Links

[[Daily Threshold Log - {{date}}]]

[[Weekly Pattern Review]]

[[Threshold Experience Entries]]

[[Community Discussion]]

## Template: Hypothesis-Test-Protocol.md

markdown

## # Hypothesis Test Protocol - {{title}}

### ## Research Design

#### ### Hypothesis Statement

**\*\*Primary Hypothesis:\*\***

**\*\*Null Hypothesis:\*\***

**\*\*Alternative Hypotheses:\*\***

#### ### Research Question

**\*\*What am I investigating:\*\***

**\*\*Why this matters:\*\***

**\*\*Expected practical applications:\*\***

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### ## Methodology Design

#### ### Variables

**\*\*Independent Variable(s):\*\*** [What I'm manipulating]

**\*\*Dependent Variable(s):\*\*** [What I'm measuring]

**\*\*Control Variables:\*\*** [What I'm keeping constant]

**\*\*Confounding Variables:\*\*** [Potential interference factors]

#### ### Measurement Protocol

**\*\*How I'll measure results:\*\***

**\*\*Measurement frequency:\*\***

**\*\*Data collection tools:\*\***

**\*\*Objective vs. subjective measures:\*\***

#### ### Timeline

**\*\*Total experiment duration:\*\***

**\*\*Baseline period:\*\***

**\*\*Intervention period:\*\***

**\*\*Follow-up period:\*\***

**\*\*Key milestone dates:\*\***

---

### ## Safety Protocols

#### ### Psychological Safety

**\*\*Potential risks:\*\***

**\*\*Warning signs to watch for:\*\***

**\*\*Exit strategies:\*\***

**\*\*Support systems in place:\*\***

### ### Community Safety

**\*\*Impact on others:\*\***

**\*\*Consent requirements:\*\***

**\*\*Community notification:\*\***

**\*\*Peer review completed:\*\*** [Y/N]

### ### Professional Consultation

**\*\*Mental health check-in needed:\*\*** [Y/N]

**\*\*Medical consultation needed:\*\*** [Y/N]

**\*\*Community oversight required:\*\*** [Y/N]

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## ## Baseline Data Collection

### ### Pre-Experiment Measurements

**\*\*Current patterns:\*\***

**\*\*Baseline measurements:\*\***

**\*\*Relevant personal history:\*\***

**\*\*Environmental factors:\*\***

### ### Control Period (if applicable)

**\*\*Duration:\*\***

**\*\*Normal practices maintained:\*\***

**\*\*Data collected:\*\***

**\*\*Baseline stability confirmed:\*\*** [Y/N]

---

## ## Experimental Intervention

### ### Intervention Description

**\*\*Specific practice/change:\*\***

**\*\*Implementation schedule:\*\***

**\*\*Intensity/frequency:\*\***

**\*\*Adaptation protocols:\*\***

### ### Daily Implementation

**\*\*Morning preparation:\*\***

**\*\*During-practice observations:\*\***



**\*\*Evening documentation:\*\***

**\*\*Adjustment triggers:\*\***

---

## ## Data Collection Plan

### ### Daily Data Points

**\*\*Quantitative measures:\*\***

**\*\*Qualitative observations:\*\***

**\*\*Somatic tracking:\*\***

**\*\*Environmental factors:\*\***

### ### Weekly Analysis

**\*\*Pattern recognition:\*\***

**\*\*Trend identification:\*\***

**\*\*Hypothesis refinement:\*\***

**\*\*Safety assessment:\*\***

### ### Community Integration

**\*\*Data sharing frequency:\*\***

**\*\*Peer consultation schedule:\*\***

**\*\*Community discussion topics:\*\***

**\*\*Collaborative elements:\*\***

---

## ## Analysis Framework

### ### Success Criteria

**\*\*How I'll know if hypothesis is supported:\*\***

**\*\*Minimum effect size for significance:\*\***

**\*\*Qualitative indicators of success:\*\***

**\*\*Unexpected positive outcomes to watch for:\*\***

### ### Failure Criteria

**\*\*How I'll know if hypothesis is not supported:\*\***

**\*\*When to stop the experiment:\*\***

**\*\*Harm reduction triggers:\*\***

**\*\*Learning from negative results:\*\***

---

## ## Results Documentation

### Quantitative Results

**Statistical analysis:**

**Effect sizes:**

**Confidence levels:**

**Trend analysis:**

### Qualitative Analysis

**Experiential insights:**

**Unexpected developments:**

**Subjective experience quality:**

**Integration challenges:**

### Community Implications

**Relevance for other researchers:**

**Methodology refinements:**

**Safety protocol updates:**

**Future research directions:**

---

## Conclusion and Next Steps

### Hypothesis Evaluation

**Supported/Not Supported/Inconclusive:**

**Confidence in results:**

**Limitations and caveats:**

**Generalizability:**

### Personal Development

**Skills developed:**

**Insights gained:**

**Practices to continue:**

**Areas for further investigation:**

### Community Contribution

**Findings shared:**

**Methodology contributed:**

**Teaching opportunities:**

**Collaborative research inspired:**

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## Tags

#hypothesis-test #phase-[1/2/3] #research-type-[individual/community/collaborative] #status-[planning/active/completed]

## Links

[[Research Goals]]

[[Community Research Database]]

[[Phase Progression]]

[[Safety Protocols]]

# Dashboard Template

## Template: Dashboard.md

markdown

# CrowMother Research Dashboard

## Current Research Status

**\*\*Research Phase:\*\*** [Phase 1/2/3]

**\*\*Phase Start Date:\*\***

**\*\*Days in Current Phase:\*\***

**\*\*Next Phase Goal Date:\*\***

---

## Quick Links

### Daily Practice

- [[Daily Threshold Log - {{date}}]]
- [[Today's Decisions to Document]]
- [[Threshold Experiences - Recent]]

### Weekly Review

- [[Weekly Pattern Review - Current Week]]
- [[Weekly Community Check-in]]
- [[Safety and Self-Care Assessment]]

### Research Projects

- [[Active Hypothesis Tests]]
- [[Personal Development Goals]]
- [[Community Contributions]]

### Resources

- [[Phase Protocols]]
- [[Safety Guidelines]]
- [[Emergency Resources]]
- [[Community Directory]]

---

## Current Week Focus

### Research Priorities

- 1.
- 2.
- 3.

### Community Engagement

- [ ] Lab meeting attendance
- [ ] Peer support provided
- [ ] Data sharing completed
- [ ] Community discussion participation

#### ### Self-Care Checklist

- [ ] Professional support check-in
- [ ] Boundary assessment
- [ ] Stress level monitoring
- [ ] Sleep and basic needs

---

#### ## Recent Insights

##### ### This Week's Discoveries

**\*\*Most significant threshold experience:\*\*** [\[\[Link\]\]](#)

**\*\*Key pattern recognition:\*\***

**\*\*Decision-making improvement:\*\***

**\*\*Community learning:\*\***

##### ### Questions for Investigation

- 1.
- 2.
- 3.

---

#### ## Phase Progression Tracking

##### ### Phase 1 Skills (if applicable)

- [ ] Consistent threshold recognition
- [ ] Daily documentation practice
- [ ] Basic safety protocol understanding
- [ ] Community participation
- [ ] Pattern recognition development

##### ### Phase 2 Skills (if applicable)

- [ ] Hypothesis development
- [ ] Independent research design
- [ ] Mentorship capability
- [ ] Advanced safety understanding
- [ ] Community leadership readiness

### ### Phase 3 Skills (if applicable)

- [ ] Community safety oversight
- [ ] Research quality assurance
- [ ] Conflict resolution
- [ ] New researcher training
- [ ] External relations management

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## ## Community Connection

### ### My Mentorship

**\*\*Current Mentor:\*\***

**\*\*Last Check-in:\*\***

**\*\*Next Scheduled Meeting:\*\***

### ### My Mentees (if applicable)

**\*\*Phase 1 Researchers I Support:\*\***

**\*\*Last Group Meeting:\*\***

**\*\*Individual Check-ins Needed:\*\***

### ### Community Contributions

**\*\*Recent Data Shared:\*\***

**\*\*Discussions Facilitated:\*\***

**\*\*Safety Support Provided:\*\***

**\*\*Research Collaboration:\*\***

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## ## Research Database Quick Access

### ### My Research Summaries

- [[Monthly Research Summary - Current]]
- [[Quarterly Pattern Analysis]]
- [[Annual Development Review]]

### ### Community Research

- [[Community Research Database]]
- [[Shared Experimental Protocols]]
- [[Collective Findings Archive]]

---

## ## Tags

#dashboard #research-hub #phase-[1/2/3] #personal-central

## Last Updated

{{date}} {{time}}

## Folder Structure Setup Instructions

1. **Create Main Folders** as outlined in the structure above
2. **Install Templater Plugin** for dynamic date insertion
3. **Set up Daily Notes** to auto-create daily logs
4. **Configure Tags** for easy filtering and organization
5. **Create Index Notes** in each major folder for navigation
6. **Set up Kanban Plugin** (optional) for tracking research progress
7. **Install Calendar Plugin** for timeline visualization
8. **Configure Graph View** to show research connections

## Automation Suggestions

### Daily Note Template Auto-Creation

Template: Daily-Threshold-Log.md

Folder: Daily-Logs/

Naming: YYYY-MM-DD

Auto-create: Yes

### Weekly Review Automation

Template: Weekly-Pattern-Review.md

Folder: Research-Data/Pattern-Analysis/

Trigger: Every Monday

Auto-link: Previous week's daily logs

## Research Project Tracking

Use Kanban plugin with columns:

- Research Ideas
- Hypothesis Development
- Active Testing
- Data Analysis
- Community Sharing
- Completed/Archived

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This Obsidian setup will give you a comprehensive research documentation system that grows with your community and supports both individual development and collective knowledge building. The templates ensure consistency while allowing for personal adaptation and community collaboration.

Ready to build the most organized spiritual research vault in existence! 📁 ✨