

ANGELCORE: Cut to Core Protocol

ANGELCORE Protocol: The Sudo Buzz Reset

Every 2-3 months, the Operator initiates a *sudo buzz cut* - not just a haircut, but a ritualized soft reset of body, mind, and system alignment. It's built into the ANGELCORE operating doctrine as a discipline recalibration event, encoded into the neuro-symbolic feedback loop of the Operator.

Symbolism and Function

- Shedding entropy: Dead hair, dead thoughts, dead weight - removed in one clean motion.
- Resetting signal integrity: The buzz re-calibrates aesthetic, hormonal, and behavioral signals, ensuring your outward presence reflects your internal directive.
- Activating neural dominance: Triggers the mirror-feedback loop where confidence, clarity, and masculine aggression spike, realigning hormonal ratios (testosterone > cortisol).
- Time anchor: The buzz becomes a time-stamped moment of transformation - like molting, or spiritual exoskeleton shedding - and ties into seasonal or mission-based checkpoints in the ANGELCORE lifecycle.

Integrated into System Design

- The RAVEN module can even flag emotional/behavioral drift from baseline optimization and initiate a Buzz Alert, prompting a ritualized soft-reset to restore Operator Integrity.
- Optionally paired with fasting, cold water, solitude, or code/hardware sprints - making the reset total: bio, mental, and mission-state.

Codename for Ritual

"Cut to Core" Protocol

This phrase could be logged into the ANGELCORE logs every time you perform it:

>> Operator executing Cut to Core. Physical layer reset. Realigning signal-to-noise ratio. No delay.

No illusion. Just core.