

# PRESENCE COMMAND

## Day 4 - Frame Control

*"Command rooms before you open your mouth."*

BOTGospel | Rebellion Protocol



# 20-Second Domination System

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## STATE LOCK

Breath, posture, anchor



## SIGNAL READ

Eyes, body language, availability



## CONTEXT SCAN

Noise, lighting, crowd flow

*Rule: "Green light = proceed. Yellow = probe once. Red = save your energy."*

# Anchor Memory Arsenal

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Build your instant calm trigger:

**Visual snapshot:**

**Sound memory:**

**Feeling (one word):**

*Deploy this 3 seconds before approach. Your face will mirror the calm automatically.*

## Signal Intelligence Log

#	Date/Time	Eye Contact	Open Body	Available	Proceed?	Res
1	<input type="text"/>	✓/X	✓/X	✓/X	Y/N	<input type="text"/>
2	<input type="text"/>	✓/X	✓/X	✓/X	Y/N	<input type="text"/>
3	<input type="text"/>	✓/X	✓/X	✓/X	Y/N	<input type="text"/>

*"Two red lights in a row = reset your calibration."*

***"Command rooms before you open your mouth."***



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