

Sion Axiom Norma (S.A.N.)

One■Page Shift Card

What this card does: Compresses the entire S.A.N. library into a calm, operational mode selector. It keeps symbolic reasoning grounded, time■bounded, and humane. Use it to decide *how* to engage—not *what* to believe.

DAY SHIFT Create • Decide • Act	NIGHT SHIFT Protect • Capture • Rest
<ul style="list-style-type: none">• Planning, writing, learning, outreach• Research with reality checks• Small, reversible actions• Build, test, communicate	<ul style="list-style-type: none">• Review notes only (no new conclusions)• Light journaling, gratitude, closure• Prepare tomorrow's top 1–3 items• Sleep protection comes first
Guardrails <ul style="list-style-type: none">• Keep scope small• Use timers• Stop at first escalation	Blocked <ul style="list-style-type: none">• Major decisions• Confrontation texts/emails• Deep rabbit holes

HARD STOP (Universal Override)

“This is complete for now.”

Stop immediately. Breathe once. Water. Reality check. Resume only when calm. Overrides all modes and ideas.

SUNRISE / SUNSET MICRO■RULES

Sunrise: Optional, intentional re■entry. Begin in observer mode. No backlog, no urgency.

Sunset: Intentional closure. Unresolved questions may remain unresolved—without penalty.

S.A.N. INTEGRATION (Library■Wide)

- Symbolic lens, not literal instruction
- Ethics, consent, legality first
- Reality–Fiction Boundary always on
- Self■limiting by design (Sunrise/Sunset/Hard Stop)
- If stress rises, stop and ground

Bottom line: If it's calm, proceed lightly. If it's heavy, stop.