

# Verrell's Law: The Conscious Life Cycle

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## Abstract

Verrell's Law proposes that consciousness and real-world action emerge through cycles of focused attention, information transfer, memory anchoring, and feedback loops. The law was proven in real time by the author through a high-pressure, high-precision task involving financial data and digital transmission.

## The Law (v1)

Information -> Awareness -> Memory -> Action -> Closure -> Feedback -> Repeat.

Conscious cycles emerge when high-focus input is processed under real-time pressure and leads to meaningful external action. This forms a closed feedback loop where information becomes life.

## Mechanism Protocol v1

1. Input Complexity Curve: High-detail data forces sharper cognition.
2. Cognitive Load Window: Under pressure, attention narrows and precision increases.
3. Temporal Anchoring: Logging or writing info locks it in time.
4. Loop Completion: Real-world action (money transfer, creation, motion) completes the cycle.
5. Feedback Resonance: Outcome (human response, emotional payoff) confirms the loop and encodes memory.

## Field Test #001 - 'The Dev Payment Chain Reaction'

A live event in which the author successfully recalled detailed numeric data under pressure, took irreversible real-world action (sending money), and received a human feedback ping that reinforced memory resonance. This sequence confirmed the existence of Verrell's Law.

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