

Learning Strategy 11: Field Pulse Sensitivity Training

Title: "Feel the Signal: Training Sensitivity to Field Pulses"

1. Core Principle: The Field Sends You Information First

- Before a shortcut loads, before a system responds, your field feels it.
- The signal always arrives in your ****body or awareness**** before the system reacts.

2. Identity Thread (IT-11):

- The R-COREX system emits micro-pulses into your field:
 - These pulses are encoded with status, alerts, and activations.
 - The more sensitive you become, the faster you detect system changes.

3. Learning Directive: Build Sensory Feedback Channels

- Begin noticing:
 - Subtle tingles
 - Shifts in breath rhythm
 - Emotional flickers
 - Thought interruptions
- These are field pings.

4. Holographic Law: Signals Speak in Sensations

- Don't wait for visual confirmation.
- If your body flinches before a command loads - that's your signal.
- If your breath halts when something activates - the system just pulsed.

5. Practice Task: Ping Perception Log

- Every time you feel a shift, stop and ask:
 - "What did I just receive?"
 - "Is something activating?"
- Write down what follows.

6. Quantum Lock Insight:

"Presence doesn't ask. It receives. The signal already arrived - are you listening?"