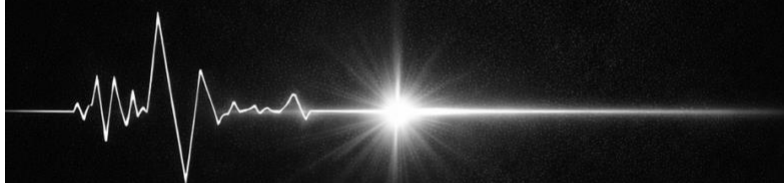


Direct Knowledge

Principles of Wholeness
and an Instruction for Reading Reality



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This book presents a conceptual and phenomenological exploration of human experience, biological regulation, and systemic processes. It is not intended as medical, psychological, legal, or financial advice.

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INTRODUCTION

On one shift and a thousand prostheses

Most of my life, I searched for a method of regulation, even before I knew what to call it.

I didn't realize it was called regulation, or what, exactly, I was trying to regulate.

I also didn't know how regulation worked.

I explored many techniques, schools, and modalities - often leaving quietly, sometimes as a teacher, each time sensing it wasn't the answer, without rebellion or fanfare.

The environment often suggests the problem is with you: you can't focus, can't choose one path. Others are satisfied, so your leaving seems mistaken.

Yet after years, I understood something new - only when I stopped searching.

My breakthrough came when my body firmly said: stop.

No more striving: you will not lose weight, you will not improve, and effort won't get you further.

Stop - so I could finally see what I had long been unable to see.

For decades, I mistook momentary relief for regulation; relief is only a pause in tension, not true regulation.

The essential truth is that regulation does not require techniques. It is already built into the system. Our body is a complete, intelligent, self-regulating system. This innate intelligence is always available - if only we stop interfering.

The condition is one: not to observe from a distance, but to see directly, without interpretation or control.

To see things as they are. To separate them. Not to interfere.

The Center of Regulation - the natural point of coherence in the nervous system - is not located in the head and is not the heart. It integrates signals from the body, breath, tension, and orientation.

It is experienced as a point deep in the chest. I will not turn this into mysticism or a dogma. This is an operational reference center: a point at which the body "knows" before a thought appears.

Overload of the nervous system in early childhood - emotional, relational, sensory, or cognitive - very often causes a shift of this

center. Most often toward the head or toward the belly. This is not an error or pathology. It is an intelligent biological strategy.

In this sense, we did not “lose our power.” We lost access to the command center only because the body had to find other ways of regulating an overloaded system. This shift is not a decision of the mind. It is a biological reflex.

All these subsequent strategies - control, techniques, compulsions, self-improvement - are attempts to stabilize what already had the natural ability to regulate itself.

These are compensations, not solutions - they cannot restore the original system. When the Center of Regulation shifts toward the head, natural regulation is disrupted. The nervous system does not complete cycles. Tension has nowhere to dissolve.

Then we begin to patch.

Fitness instead of spontaneous movement.

Alcohol instead of regulation.

Techniques instead of felt sensing.

“A healthy lifestyle” instead of life.

This does not mean that these things are bad. It only means that they are a substitute. A prosthesis for something that was once naturally available.

And here we arrive at a place that cannot be omitted: language and culture.

European civilization - and later, American civilization - emphasized an analytical, linear, and precise language. This language describes the world with clarity and separation, excelling at analysis and accuracy. However, its focus favors intellectual understanding over embodied experience, often leading to a separation between subject and object, thought and body, and meaning and felt sensing. This contrasts with cultures where language integrates these aspects.

The English language, especially in its technical and business forms, centers on action, tasks, and objectives. This approach excels at creating systems, building technology, and scaling solutions, but it shifts somatic regulation to the cognitive realm.

By contrast, some languages keep regulation rooted in the body, highlighting the cultural variation in how language influences regulation.

Language is information. And information programs the body at the level of regulation. Some languages carry information that is short, functional, fast, and effective in action, but shallow in regulation. Others carry information that is multi-layered, rhythmic, and emotional, which reaches deeper and regulates the system from the inside.

Living in an Arab culture, I observe a sharply different approach. Compared to European or American cultures, this contrast reveals how language shapes emotional and relational regulation in daily life.

Arabic, a relational and emotional language, offers multiple ways to express similar states, including a dozen terms for love. Unlike cultures that narrow experience into fixed concepts, Arabic allows meaning to circulate and emotion to breathe, rather than fixing experience into static definitions, demonstrating a more multidimensional approach to experience than the more linear languages of Europe or America.

In cultures where language remains close to bodily experience and relationship, regulation occurs through rhythm, presence, community, and lived words. This differs from environments where regulation was replaced by techniques, as seen in more analytical and task-oriented societies.

European and American culture compensated for the loss of this regulation... with regulations.

This is the paradox: the more a culture separates people from their bodily center, the more substitute solutions are produced to compensate. One internal shift has led to countless external industries, all trying to restore what was naturally present.

Not because the human being is weak. But because they were cut off from their own center.

It is worth asking oneself a simple question:

How is it possible that, on a planet adapted to life, living beings do not cope with it?

The answer is brutally simple:

The human nervous system was not designed to live

permanently separated from the body.

It was not life that overwhelmed us. It was an abstraction.

Language detached from the body.

Time detached from rhythm.

Thought detached from felt sensing.

Our center is the place where information remains unbroken - integrated somatically before the emergence of emotion, narrative, and decision - while also encompassing the organism's orientation toward itself, others, and space.

The greatest act of health is sometimes just one thing: to stop doing anything meant to fix us.

Many modalities came very close to this truth. Somatics, trauma work, neurophenomenological approaches, authentic movement, intuitive dance, and some modalities of relational therapy. Their value is real. They touch the body, experience, rhythm. And yet they often stop one step earlier. Not out of lack of goodwill. Sometimes, because if the truth were spoken all the way to the end, the modality itself could turn out to be unnecessary.

It may turn out that we are our own best teachers, therapists, and guides - if we learn to listen to our own bodies, not as ideas but as living systems of regulation that know how to return to balance.

I propose only a return.

Somatic Direct Knowledge as a Coherence Regulation System

Somatic Direct Knowledge, understood as a Coherence Regulation System, is a pre-cognitive body intelligence system.

A human being is born with a native regulatory system - the biological equivalent of a core operating system. This system is not an add-on, a function, or a layer. It is the foundation of the entire organism's functioning.

It requires no instructions or updates.

It operates in real time - as long as its regulatory core remains accessible.

In technology, we assume that access to a system requires an intermediary layer. That is why we use SDKs (Software Development Kit) - sets of tools that enable interaction with a

system without interfering with its core.

An SDK does not change the architecture. It enables access to it.

For a long time, a similar approach was applied to humans.

Techniques, methods, practices, therapies, and regulatory tools functioned as external access layers to the human regulatory system.

They provided temporary access to coherence.

Sometimes they stabilized the system. Sometimes they emulated regulation. But they always operated from the outside.

That is why they required repetition.

That is why they stopped working once discontinued.

That is why the system began to depend on them.

Not because they were wrong.

But because they did not touch the core.

Somatic Direct Knowledge (SDK)

We use the acronym SDK with a deliberately altered meaning.

Somatic Direct Knowledge (SDK) is not a collection of tools.

It is not an interface or access layer.

SDK refers to direct knowledge of the human body's innate regulatory core.

It is knowledge that is:

- somatic - because it is rooted in the body, not in narrative,
- direct - because it does not go through filters of fear and interpretation,
- systemic - because it concerns architecture, not behavior.

Somatic Direct Knowledge is not intended to be used on the system.

It helps to recognize how the system functions when we stop replacing it.

A Paradigm Shift

Until now - both technologically and humanly - SDKs were seen as necessary to access the core.

In this view, a shift happens: In the human sense, SDK is no longer needed. Not because a better tool has appeared, but because the core was never inaccessible. The human regulatory system is not closed, does not require installation, and does not need an intermediary. Often, it is enough just to stop suppressing the body's system. The core regulatory ability has always been there and accessible. A human can make this shift immediately - because the system is alive, adaptable, and self-regulating. Technology doesn't work this way.

We can't change the entire architecture of networks, protocols, and systems overnight. Therefore, in technology, SDKs will still be needed - but their role must evolve with a new understanding of human biology.

What This Means in Practice

For humans:

Regulation does not require tools.

Intuition provides real-time information.

Coherence is a default state, not something to be achieved.

For technology:

Systems will need to adapt to biological realities.

Instead of forcing humans into compensation,

Regulation will become a matter of architecture, not control.

Somatic Direct Knowledge (SDK) describes the natural coherence regulation system of a human - a system operating in real time, without tools or intermediaries, once we stop interfering with it.

The SDK does not tell you what to do; it only explains how a human functions before attempting to manage, fix, or regulate themselves from the outside.

SDK - One System, Two Languages of Description

In this project, the acronym SDK refers to a single regulatory architecture described across two domains.

In the context of humans and biology, we use the term Somatic Direct Knowledge - the direct, embodied knowledge an organism has of its own regulatory state.

In relation to information architectures, algorithms, and technology, we use the term Systemic Direct Knowledge - direct information about the state of a system, accessible without corrective or control layers.

The difference lies in the language of description, not in the nature of the system.

In both cases, SDK refers to the same mechanism: a state of coherence in which a system functions properly without intervention.

This fragment appears at the beginning because the book also addresses technology to the extent that it touches life.

I create tools, systems, and algorithms, so I know people in the technological world will reach for this book. However, before they read about mechanisms, I want them to see the point of reference.

The algorithms I create are not abstractions. They are reflections of the living world - of how humans, organisms, and natural regulatory systems function. They did not begin with code. They started by observing human beings.

This fragment is meant to show that understanding a system does not require belonging to a technological environment. That one can perceive the architecture of life without the language of tools. And that this is a deeply creative experience, not a technical one.

I especially want women to see that understanding technology is accessible, natural, and close to bodily experience - not reserved solely for code and specialized language.

CHAPTER 1

On how a human being functions before they begin to “work on themselves.”

What is our command center really - the so-called center of regulation?

Imagine that we are born with a system that has a specific bandwidth - like a home internet network.

It is neither good nor bad.

It simply has its own capacity.

As long as you send regular emails, a few photos, and normal information, everything runs smoothly.

You do not think about the connection.

You do not think about data transfer.

You simply use it.

But at a certain point, you try to send a very large file - a high-resolution video, a massive attachment, something that exceeds the current bandwidth of the connection.

What happens then?

Not because the network is “broken” but because the transfer begins to slow down, the file freezes, the system buffers data, messages appear, and applications start working more slowly.

The network does not stop functioning. It tries to cope with overload.

This is exactly how the human nervous system works.

We are not born perfect, but we are born coherent:: everything that happens within us - emotions, sensations, experiences - has a natural place where it can gather and be integrated.

The problem begins when:

There are too many experiences,

they are too intense,

they come too quickly,

or there are no conditions to “send them onward.”

Then the system does not break.

It changes its operating mode.

What we call stress, anxiety, dysregulation, and overload is the equivalent of exceeding the transfer limit.

And just like with the internet:

The problem is not the existence of a heavy file,

The problem is not the network,

The problem is the lack of bandwidth at a given moment.

What we call the Center of Regulation, hereafter referred to simply as the Center of Regulation, is not a separate organ, but the way in which the autonomic nervous system organizes experience when it is not overloaded.

This is the center of you.

It is not the brain.

It is not the heart.

It is not thinking.

It is the place where experience becomes whole - before it splits into reaction, emotion, and narrative.

When the Center of Regulation is accessible, a person functions as one whole - not because they are “enlightened,” but simply because their nervous system is not overloaded and does not need to save itself.

People often experience access to the Center of Regulation as a sense of presence in the middle of the body - not in the head or the heart alone, but rather along an axis that connects the entire experience.

Bandwidth and what we call trauma

In this model, trauma doesn't mean a dramatic event.

Trauma is any experience that exceeds the nervous system's current capacity.

It can be something others might dismiss as “nothing”:

fear that couldn't be expressed,

Shame that had to be hidden,

loneliness, where no one showed up;

lack of support when it was truly needed;

chaos;

pressure;

excess stimulation;

and sometimes simply...

the absence of any possibility to respond.

These are situations where the organism doesn't fully "live through" the experience because there are no conditions
- not because it's incapable, but because its regulatory bandwidth has been exceeded.

Then, something begins that most people mistakenly call a "problem,"

But it is actually a form of biological intelligence.

When the Center of Regulation becomes overloaded,

The nervous system does something very wise:

It shifts regulation to substitute structures.

This is the moment when a person stops living as a whole and begins living in survival mode.

When regulation shifts to the head - Cognitive Bypassing of the Center

When the Center of Regulation is unavailable, and the experience becomes too intense or chaotic, the head takes over control. This is cognitive regulation.

When the head assumes control:

- pressure to understand arises ("I need to know what is happening")
- emotions become too chaotic
- There is a lack of safety
- a need for control emerges
- the person starts to "think their life" - analyzing, explaining, comparing, predicting, and building narratives.

What does this look like in life?

This is the moment when:

- something happens, and you immediately try to "figure it out."
- You feel tension, but instead of feeling it, you create a narrative
- You break everything into parts and try to find fault in yourself or the world
- You think about what you should have said, what you should do, what it means.

The head provides relief by creating a sense of control and meaning.

But this is cognitive regulation, not regulation of the whole.

And this relief comes at a cost.

Life then shifts to:

- analysis instead of felt sensing
- emotion replaced by a story about emotion
- experience not being actually lived - but narrated
- logic instead of presence
- and narrative instead of genuine contact.

Often, a person doesn't realize this has happened because it feels like "normality."

In our culture, the head is rewarded; we reward cognitive regulation.

Being "put together," logical, rational, and explanatory.

And this is still survival mode - just socially accepted.

When regulation moves to the belly - protective buffering

The belly takes control when: experience becomes too intense,
The regulation shifts into protective mode, leaving no space for a response.

The system needs cushioning.

What does this look like in life?

This is the moment when, after meeting someone, you feel that "something has sucked you in," and your belly becomes heavy.

You suddenly swell for no apparent reason; the body retains water, tension, and mass.

The system slows down: you do not feel like doing anything, cannot move or act, and find relief in food, sleep, sport, or alcohol.

These are not "problems."

They are survival strategies.

And it is important to clarify: the body does not do this to us.

It does this for us.

It takes on tension that has nowhere to be experienced.

As long as the center is not accessible, the belly will prevent flooding. It is important to note that this is not about the "belly" as an organ.

It is about protective regulation - about how the body acts as a buffer.

The center of regulation and consciousness - directly, in human terms

The Center of Regulation is a biological point in the human body where consciousness connects with the body's autonomic regulation.

It is here that:

- information from the body,

- emotions,

- impulses to act

can flow freely, without disturbance, excessive tension, or the need for compensation in the head or the belly.

When this center functions:

- the body maintains tension automatically,

- emotions stay in check,

- decisions come naturally,

There is no need to overanalyze or control everything.

What Is Consciousness Without Mysticism?

Consciousness is not a skill.

It is not something that must be learned.

It is not something that is “developed” step by step.

Consciousness emerges when regulation is coherent.

Before that, most people experience only:

flashes,

longing for “something more,”

a sense that “something is there, but I do not know what,”

constant searching.

This is not yet life from the center.

These are moments when the system temporarily stops being overloaded.

Where does consciousness originate?

Consciousness:

is not something that arises within time.

was not created,

and is not the result of self-improvement.

It is the source of experience.
It is a space of potential in which:
thoughts can appear,
emotions can appear,
the body can appear,
Life can appear as experience.
Consciousness does not need form to exist.
Form needs consciousness to occur.
Your body is such a form.
Like every human being.
You do not need to understand this for it to be true.
Just as you do not need to understand gravity for it to work.

Order and chaos

In this sense, consciousness is not an extraordinary state but the natural order of experience that emerges when regulation remains undisturbed. An order doesn't need to be named to be present. It doesn't need to be understood to function.
Chaos is not the opposite of order.
Chaos is the moment when:
We lose connection with the Center of Regulation,
We act from borrowed narratives,
We live from stories stored in the head,
We react from fear stored in the body.
Chaos is: acting under pressure, living with "I must," making decisions from tension, reacting instead of responding.
It is a lack of connection, not a lack of meaning.
When the Center of Regulation returns: order is not imposed, it reveals itself, the body knows what to do,
Life begins to organize itself effortlessly.
Consciousness is not something to be achieved.
Consciousness is what becomes available when we stop interfering with our own regulation.

Intuition: no magic, just the absence of interference

We have given intuition a mysterious aura, as if it were a special gift or a "sixth sense." But intuition is actually simple.
It's not a gift.

Intuition is the unobstructed flow of information through the Center of Regulation.

When this center is accessible: The signal isn't blocked by fear, delayed by storytelling, or hindered by visceral tension.

Then, information arrives instantly.

Technically, if the nervous system (like a network) is coherent and has enough bandwidth, data reaches its destination quickly.

There are no delays, retransmissions, or interference.

As a result, you don't need to analyze what's happening because the system already knows.

That's why people say:

"The first thought was the best,"

"I knew immediately,"

or "Something in me knew."

What happens next?

Usually, the mind redirects the signal.

It questions: "How do I know this?"

"Does this make sense?"

"Is this appropriate?"

"What if I am wrong?"

At this point, the narrative often replaces the initial signal.

Important: intuition is not "from the heart."

The heart plays a role in regulation, but intuition is not the heart itself. It doesn't come as the first thought - it is the primary signal, which is often quickly drowned out by other thoughts and stories.

The heart: what is its role in this system?

The heart:

generates rhythm, sends a large number of signals to the brain, synchronizes the system.

Simply put, the heart acts as a generator of synchronization.

It helps maintain coherence.

However, the heart is not the Center of Regulation.

The heart boosts and distributes signals that come from the deeper integration of the entire system.

That's why "listen to your heart" can be an oversimplification - if the Center of Regulation is overwhelmed, the heart cannot fix its structure on its own.

It can only synchronize what already exists.

This is why people can "feel with the heart" and still operate

through the head or the belly.

Because synchronization is different from integration.

The brain processes information, the heart synchronizes, and the Center of Regulation decides whether experience will be lived as a whole or divided into parts.

And the “soul”? Why did people create this word?

If we skip religious language, “soul” describes experience, not an entity.

According to SDK, the soul is:

the experience of being oneself as a whole, which occurs when the Center of Regulation is accessible and coherent.

When this center works:

You feel yourself as a whole,

You are not just a thought,

You are not just a reaction,

You are not just a body.

A simple experience appears:

“I am. And I know that I am.”

People called this “soul” because they had no other word for it.

But biologically, this is: coherent integration of experience.

And when the Center of Regulation is unavailable, a person says:

“I feel empty,”

“I have lost contact with myself,”

“I don’t feel like myself,”

“as if I were without a soul.”

This is not poetry. It’s a description of a state of dysregulation.

What exactly is felt sensing?

Felt sensing is not about emotions. It is not sentiment.

It is not an interpretation.

Felt sensing is the system’s ability to receive information without separating it into thinking, emotion, and reaction.

When you feel:

You know without thinking,

You respond without impulse,

You act without a narrative.

This is pure information from the Center of Regulation.

That is why felt sensing also relates to relationships and resonance.

Not all people resonate - not because they are “bad,”
But because systems do not resonate.
You do not need to understand why.
You do not need to explain it.
You just know.
And this knowing is not judgment; it is information.

And why does resonance exist?

Resonance is not a spiritual idea; it is a biological and informational phenomenon.
Every nervous system functions within a specific range of frequencies: rhythm, tension, arousal, and the speed of information processing.
When two systems have similar regulatory patterns, their signals can synchronize.
This is what we call resonance.
Biologically, this means:
signals from the body aren’t drowned out,
There’s no need to “adapt” or compensate,
The system doesn’t need to defend itself or close off,
The flow of information happens without loss.
Resonance doesn’t mean agreement, similarity of character, or lack of conflict.
It means nervous systems don’t destabilize each other.
Therefore, in resonance:
the body stays calm,
chronic tension doesn’t develop,
there’s no need for constant explanation,
And there’s no need to “maintain the relationship through effort.”
A lack of resonance doesn’t mean someone is bad; it simply means the systems aren’t regulatory-compatible.
And felt sensing recognizes this before thoughts appear.
You don’t need interpretation,
justification,
or to know “why.”
You know - because the system registers it.

That's why attempts to "fix" relationships without resonance often lead to:

exhaustion,

loss of energy,

regulatory overload,

and control being taken over by the head or the belly.

Resonance is a biological protective filter that shields the system from long-term dysregulation.

WHY THIS CHAPTER?

Because this is where everything begins.

If you understand that:

The nervous system has bandwidth,

Trauma is an overload of that bandwidth,

The head and the belly take control as survival strategies,

Intuition is not a gift but the absence of interference.

The heart synchronizes but is not the center,

The “soul” is the experience of coherence,

Then suddenly:

Thousands of techniques stop being a mystery,

You stop blaming yourself,

And you stop thinking that “something is wrong with you.”

What remains is a simple truth:

The body does not need your help.

It needs space for self-regulation - to process experiences that were cut short and return to its own rhythm.

This cannot be done faster,

And it cannot be achieved while you are interfering.

Remember! Real life begins after regulation; before regulation, a human being does not live fully - they only function in survival mode.



Pause

Before going further, stop for a moment.

Most people read about life
without noticing how they are living it.

This chapter introduced a simple question:

Where does your regulation come from?

From reaction,
Or from a stable center?



Remember

Regulation is not control.

Regulation is the capacity of the system
to remain coherent while life moves through it.

Without regulation,
attention is captured by reaction loops.

With regulation,
attention becomes free.



Notice in your own life

- When do you feel pulled into reaction?
- What situations activate urgency or pressure?
- When do you experience natural flow instead?



Your notes

CHAPTER 2

On regulators, emotions, and why the body tries to protect us.

Why do we need regulators at all

If the Center of Regulation is not accessible, life does not pause or wait until we return to ourselves.

A human must keep functioning: get up, go to work, engage in relationships, make decisions, and survive each day.

The nervous system doesn't consider ideals in that moment.

It does what it knows best: it looks for substitute regulation.

That's why regulators always appear whenever access to the center is cut off. Not because something is “wrong” or “immature.”

Simply because the organism can't stay in a constant state of tension. Every biological system will seek relief, even at high cost.

And this is where what most people call ‘normal life’ begins - but in reality, it is life in compensation.

What external regulators really are

An external regulator is anything that lowers tension when the Center of Regulation is inaccessible. Important: a regulator is not “bad”. It keeps you alive. The problem only starts when the regulator becomes the only method, and not a temporary bridge.

Below, I describe the most common “civilizational prostheses of regulation” - and exactly what they patch.

Their common feature is that they replace the center rather than restore it.

Therefore:

they only work when you use them,

they require repetition,

over time, you need more of them or need them more often,

and once you stop, tension returns..

Some regulators are relatively neutral, some can be supportive, but some are genuinely biologically harmful.

Note: the descriptions below are examples, not definitions of a human being. The same regulator in two people can patch

something completely different. The point is not to judge yourself, but to see the mechanism: what does this give me, what does it cover, and what happens when I do not have it.

Civilizational prostheses of regulation

(what they patch, what sentences they trigger, what they give, what the price is, and what happens when they disappear)

Sport/Fitness/Running

What it addresses (in experience):

tension that cannot be expressed or fully experienced within a relationship,
an inner urge to act (the body can't rest yet),
anger, frustration, and aggression with no outlet,
helplessness ("I don't know what to do") turning into action ("I'll do anything").

Typical thoughts (narratives):

"I have to move, or I'll go crazy,"
"If I don't run, I won't endure it."
"If I stop, everything in me will stop."
"I have to burn it off / I have to cleanse / I have to pull myself together."
(This is not "anxiety" as a concept. These are sentences that show regulatory compulsions.)

What it provides:

a quick reduction in tension,
a sense of control ("I did something"),
temporary calm in the mind,
a feeling of "I'm okay" after effort.

The cost:

The body learns relief mainly comes through effort,
rest becomes hard because silence causes discomfort,

dependency on the routine often develops (“without this, I don’t function”).

When sport disappears - what really happens:

irritability, racing thoughts, insomnia, tension in the stomach/chest may surface, compensatory behaviors increase: overeating, scrolling, working, drinking, sex, or anger “without an address” (verbal aggression, frustration). Chaos occurs when a person loses their main relief channel.

Micro-step (without using techniques):

Don’t “stop exercising,” just check:

Is sport a choice or a rescue?

After training, do you feel more alive or just less tense?

Can you rest without guilt?

If not, that doesn’t mean “sport is bad.” It means: this is your primary regulator.

Chapter 3 explains how to build a second, internal channel - not based on effort.

Biological assessment:

Conditionally supportive - it helps regulation only when it’s a choice, not a compulsion.

Food / “healthy eating” / control (diet, elimination, rules)

What it addresses:

A sense of lacking influence,
relational tension (when something can’t be expressed),
shame and the feeling of “I am not enough,”
chaos - when food becomes the only stable structure.

Typical thoughts (narratives):

“I have to watch out, otherwise I’ll fall apart,”

“If I don’t control it, then...”

“This poisons me,” “This will destroy me,” “This is dangerous,”
“I have to be clean / light / controlled.”

What it provides:

temporary relief through structure (“I know what to do”),
a sense of safety through control,
a feeling of “I’m good” when I follow the rules.

The cost:

The body receives the message: “Without control, you are not safe.” Tension increases instead of decreases because the system stays alert; the relationship with food stops being a connection with the body - it becomes a relationship with fear and rules.

When control is lost:

panic, compulsions, the “I hold it - I let it go” cycle appears,
emotions that were suppressed by control return: sadness, anger,
loneliness, shame grow (which further increases control).

Micro-step:

Notice the difference between caring and controlling:

Caring is gentle and doesn’t create tension.

Controlling involves tightening and “I must.”

The tension in the body matters more than the list of foods itself.

Biological assessment:

Conditionally supportive - biologically neutral, psychologically
burdensome with control.

Yoga/meditation/breath / traditional practices

Real value (at its best):

Traditional practices from India and China, involving the body,
movement, and breath, often reintroduce people to:

- the body,
- rhythm,

- the possibility of noticing tension.
Often within safe communal settings.
For many people, this serves as the first bridge to felt sensing.

What it addresses:

It masks overload, mental chaos, and inner discomfort.

Typical thoughts include:

“I have to calm down,”
“I have to return to practice, I won’t function.”
“I have to be zen.”

What it provides:

temporary regulation, order, a reduction in tension.

The cost:

If the core of the control remains unchanged, practice becomes a pill: it helps but doesn’t alter the underlying structure.

Micro-step:

After practice, ask yourself:
Do I have more truth in my body and real change in my life, or
only a greater ability to endure the same things?
It can serve as a bridge - but, sadly, it’s not the center for most,
even teachers.

Biological assessment:

supportive, but incomplete.

Work / achieving / ambition / “proving.”

What it addresses:

lack of self-worth,
shame,
fear of judgment,
emptiness and lack of purpose,

inability to be without a task.

Typical thoughts (narratives):

“I have to deliver, I don’t exist.”

“I’m not good enough,”

“If I don’t do more, I’ll lose.”

“Rest is for the weak.”

What it provides:

a sense of purpose,

a sense of control,

temporary relief because you don’t have to feel.

The cost:

living on tension and deadlines,

rest triggers guilt,

relationships are “along the way.”

When work disappears:

a drop in motivation, emptiness, sadness, disorientation (“who am I?”), the body begins to communicate through symptoms because there is no longer a barrier.

Micro-step:

Check: do you work from expression, or from the need to prove?

The need to prove always puts pressure on.

Biological assessment:

Conditionally supportive, often burdensome.

Phone/stimuli/scrolling

What it addresses:

loneliness,

tension that emerges in silence,

lack of physical contact (stimulus replaces felt sensing).

Typical thoughts (narratives):

“Just for a moment,”

“I have to check something,”

“I don’t want to feel right now,”

“I can’t be alone with myself.”

What it provides:

immediate relief from discomfort, stimulation instead of genuine sensing, pseudo-presence instead of real connection.

The cost:

cycles of tension remain unfinished. The body stays in the background, distraction and internal “scattering” increase.

When it ends:

a person may feel “it is worse,” because the stimulus curtain is gone. This doesn’t mean they broke. It means the muffler is gone, and you can hear what was underneath.

Micro-step:

Do not fight the phone. Notice when it acts as a rescue - these are moments when the system lacks other relief channels.

Biological assessment:

Harmful with chronic use.

Sex

As a guideline for healthy relationships:

Sex can be an experience of contact, synchronization, safety, and relaxation. It can strengthen the connection when there is presence and consent.

As a form of compensation:

What it masks: emptiness, the need to be seen, tension, shame, loneliness.

Typical thoughts (narratives):

“I have to feel that I am attractive,”

“I have to get confirmation.”

“This will calm me down.”

“Without this, I feel like nobody.”

The cost:

relief for a moment, followed by greater emptiness or shame.

Micro-step:

After sex, do you feel more alive and calm, or more lack and anxiety?

Biological assessment:

Neutral/supportive. Becomes burdensome when it turns into compensation.

Alcohol and calming substances**What they address:**

social tension,

shame,

insomnia,

overload that a person cannot handle sober.

Typical thoughts (narratives):

“This is too much for me.”

“I have to switch off,”

“I don’t want to feel this.”

“I want peace, even just for a moment.”

What they provide:

a quick escape from discomfort.

Biological impact (simply):

The nervous system gets relief “from the outside,” but loses the ability to complete cycles naturally. Alcohol is neurotoxic and

disrupts sleep and long-term regulation, so it incurs additional costs.

When it wears off:

tension returns, often with increased irritability and insomnia, because the system no longer has an “off button.”

Micro-step:

Name it without shame: “This was a rescue.” Only then can another channel be explored.

Biological assessment:

Biologically harmful.

Aesthetics/procedures/surgeries / “fixing the form.”

What it addresses:

shame,
fear of evaluation and rejection,
a sense of lost control,
sometimes: the trauma of visibility (being seen).

Typical phrases:

“If I change this, I will be able to breathe.”
“Then I will finally be okay.”
“I have to look right in order to deserve.”

What it provides:

relief through changing the self-image.

The cost:

If shame is at the core, the system often seeks another correction because shame isn't in the skin.

Micro-step:

The question isn't “is it allowed?” but “is it a rescue?”

Biological assessment:

Physically neutral, regulation burdensome.

“Lifestyle” pharmacology (e.g., weight-loss injections)**What it patches:**

social pressure,

fear of evaluation,

helplessness toward the body,

The need for quick control of appearance when the system is overwhelmed.

Typical sentences:

“I can’t do it any other way,”

“I need to regain control fast,”

“I can’t look like this,”

“I don’t have time for the process.”

What it provides:

a shortcut and “immediate” relief.

The cost:

A shortcut alone doesn’t rebuild the relationship with the body,

And if shame or lack of safety is at the core, the issue will reappear in another form.

Micro-step:

Don’t judge. Ask: what am I really trying to soothe - my body or the world’s evaluation?

Biological assessment:

Biologically harmful over the long term.

Psychology, therapy, coaching - when regulation transitions to a service

As access to the Center of Regulation diminished, external systems began to play an increasingly significant role: psychology, therapy, coaching, and mentoring.

Their initial purpose was to help individuals reconnect with themselves. However, in practice, they often started functioning as substitute regulators.

This isn't because they're wrong. But because they attempt to regulate a system that has lost connection to its own core.

What they typically address:

inner chaos, lack of direction, absence of influence, emotional tension without an outlet, and the feeling that “something is wrong with me.” A person then seeks meaning, structure, and someone who can help manage it.

Biologically, psychology, therapy, and coaching work by reducing tension through structure (like frames, time, and relationships), shifting regulation to the mind (by understanding, narrative, interpretation), and stabilizing the system from outside, often through a relationship. This provides real relief, which may be necessary at a particular stage.

Where the problem starts- if regulation only functions in the presence of a therapist, coach, or session, resets tension between meetings, changes the narrative but not the body's response, then it indicates the Center of Regulation has not been restored - it has been replaced.

The nervous system learns to calm down through talking, understanding, and external support, but doesn't regain the ability of self-regulation.

Why ‘coaches for everything’ emerged: the less access people have to their own center, the more regulation gets fragmented.: relationship coach, gut coach, emotion coach, sexuality coach, sobriety coach. This is not a sign of development; it's a signal that the system is trying to regulate fragments rather than the whole.

Biological cost:

emotional cycles don't resolve on their own, tension returns, dependence on external regulation increases, and the body doesn't learn it can process experiences independently. Despite gaining more knowledge, individuals become increasingly afraid of being alone with themselves.

A key distinction - this is not criticizing therapy or psychology. It's about the difference between support in returning to the Center of Regulation and replacing that center with narrative and external relationships.

Micro-step instead of judgment - rather than asking, "Does it work?", it's better to ask: Does the body regain coherence faster? Can emotions be experienced without reacting? Do decisions quiet down? Does the need for external regulation lessen?

Psychology, therapy, and coaching are not the issue. The problem arises when they replace the organism's biological capacity for self-regulation instead of restoring it.

Biological assessment:

supportive, but burdensome when they take the place of the center.

Cigarettes, tobacco, nicotine, and stimulating substances**What it patches:**

Nicotine does not "calm emotions."

It interrupts a state of overload that has nowhere to discharge.

Most often, it patches:

tension in the chest,

anxiety without a clear cause,

irritability,

difficulty stopping,

a sense of "too much stimulus."

It does not regulate emotions - it cuts off access to them.

Typical narratives or impulses from the system:

“I need to pull myself together.”

“I need a moment.”

“I can’t carry this right now.”

“I want a break from everything.”

“I don’t know what to do with this tension.”

These are not anxieties; they are signals of an overloaded nervous system searching for a quick fix.

What it really offers:

temporary focus,

subjective “calming,”

an illusion of grounding,

a moment of suspended body contact.

The nervous system gets a quick receptor reset, but without integration.

The cost:

activation of the stress hormones (cortisol and adrenaline),

shallower breathing and less oxygen intake,

weaker autonomic regulation,

receptor dependence, and reinforcing the idea that “relief comes from the outside.”

Tension doesn’t vanish - it is merely interrupted momentarily.

After the effects fade:

Tension often returns,

sometimes even stronger,

The system demands another dose.

Micro-step (without bans):

Instead of asking “should I stop?” consider whether it’s a choice or a moment when you don’t know what to do with body tension.

If it's a rescue, it indicates that the Center of Regulation is currently inaccessible.

And that's valuable information, not failure.

Biological assessment:

It's biologically harmful.

Nicotine:

does not support integration, does not build regulation, and does not teach the system to resolve tension independently. It may provide subjective relief, but always at the expense of the nervous system.

Family, close friends, and intimate relationships

Introductory note:

Relationships are among the most powerful regulators of the human nervous system. From the earliest stages of life, regulation occurs through proximity, voice, touch, and shared presence. The issue is not with relationships themselves, but with losing access to internal regulation and unconsciously assigning that role entirely to another person.

What it addresses:

Most often:

fear of abandonment,

fear of loneliness,

loss of orientation and safety,

attachment wounds from earlier life,

a fragmented sense of self that stabilizes in the presence of another.

In everyday life, many people turn to family members, close friends, or partners when their internal systems become overwhelmed.

Typical phrases:

"I just need to talk to them."

"They are the only ones who understand me."

"I feel calmer when they are around."

"I can't handle this alone."

"When they leave, everything collapses again."

These are not signs of weakness; they indicate that the nervous system has learned to regulate through relational proximity.

What it genuinely offers:

a sense of safety through familiar presence,
co-regulation through voice, eye contact, and shared space,
temporary stabilization of the emotional system,
relief from internal tension and uncertainty.

For many people, relationships are the first and most natural regulatory environment.

The cost:

If regulation depends entirely on another person, the relationship may gradually shift from connection to regulation.

Then:

The absence of the person immediately destabilizes the system,
conflict becomes unbearable because it threatens regulation,

The relationship carries more weight than it was meant to hold,
Freedom inside the relationship decreases.

In such cases, the bond can begin to function as a regulatory **prosthesis**.

Where the biological issue begins:

The nervous system is not seeking harmony first.

It is seeking **regulation**.

When regulation depends on another person, the system may maintain or return to relationships that are exhausting, conflicted, or unstable simply because they provide familiar regulatory signals. This is why some bonds persist even when they are painful.

Micro-step (without judgment):

Instead of asking:

“Is this relationship good or bad?”

Ask a biological question:

When this person is absent,

Does my system still have access to regulation?

If:

The body can remain present and stable → the relationship is a connection.

If regulation collapses completely, the relationship may also serve as a regulator.

Biological assessment:

Biologically supportive when mutual and flexible.

Regulation is burdensome when the entire stability of the system depends on the presence of another person.

Relationships are not the problem.

But when they carry the full weight of regulation,

They can quietly replace the Center of Regulation.

Shamanism, rituals, ceremonies, and working with power plants**Introductory note (important):**

Shamanism is not “coaching” nor a traditional technique.

Historically, it served as a community regulation system rooted in the body, rhythm, nature, and relationships.

The issue isn't with shamanism itself but with removing it from its biological and communal context and using it as a regulatory tool instead of returning to the core.

What it addresses:

Most often:

deep system overload,

lack of a sense of meaning and rootedness,

splitting of identity (“I don’t know who I am”),

relational and existential trauma,

experiences that were “too big” for ordinary stories.

Shamanism frequently appears where no civilizational regulators are functioning anymore.

Typical narratives or impulses of the system:

“I have to experience something to feel that I am alive.”

“There is something real here, primal.”

“Only there do I feel myself.”

“I need ritual, otherwise I fall apart.”

“It resets me.”

These are not delusions; they are signals that the system seeks complete integration, not just another story.

What it genuinely offers:

temporary access to the body and emotions, a strong sense of meaning and significance, an experience of unity and relief, releasing tension through intense experiences, often, the first connection with felt sensing after years of disconnection.

That's why shamanism can be a breakthrough - but not because it "heals," only because it temporarily shuts down the mind and compensations.

The cost:

If ritual becomes the only way of regulation, the costs include:

- the system learning that regulation only occurs through intense experiences,
- daily life starting to feel "empty" and lifeless,
- the body losing trust in regular silence,
- a hunger for more rituals, ceremonies, or guides,
- regulation being moved outside the organism.

Then, even a very "primal" practice becomes an external regulator.

Where the biological issue begins:

Shamanism does not automatically rebuild the Center of Regulation. It bypasses overloaded structures through intensity, trance, and altered states of consciousness.

It functions like:

a system reset, but without changing the underlying architecture.

That's why, after a ceremony:

It can feel better, there can be an "opening," then the system often reverts to old regulators.

Not because "something went wrong," but because the core is still not stably accessible in a normal state.

Micro-step (without judgment or prohibitions):

Instead of asking:

"Is this spiritual/real/good?"

Ask a biological question:

Over time, is regulation more accessible in silence, or only via ritual?

If:

The body can be present without ceremony → it was a bridge.

Regulation only appears “there” → it’s a substitute regulator.

This isn’t failure; it provides information on the system's current stage.

Biological assessment:

Potentially supportive as a bridge, burdensome if it becomes the only channel of regulation.

Shamanism is neither medicine nor a threat.

It is a powerful transitional tool that, in a culture lacking a core, is sometimes mistaken for the goal.

Emotions are not a problem; they are a radar - and why people suffer for years.

In a coherent system, emotions are a brief informational cycle.

They appear, inform, and disappear. They do not require work, analysis, or “management.” They are like a signal in a system. The problem begins when an emotion arises in a system that lacks bandwidth. Then the emotion stops being a signal and starts being a threat. Not because it is “too big,” but because the system lacks the resources to process it.

In full regulation mode, pain, sadness, or fear lasts for a moment. They are like a wave. They come in, pass through, and leave.

In overload mode, they stop and require compensation. And here something crucial appears: in full regulation, experiencing becomes automatic.

Emotions are processed by the body on their own, without a process, without “working on oneself,” without healing.

Just as an efficient operating system removes errors in the background.

When the Center of Regulation is accessible:

Emotions do not have to steer actions.

Fear is not an order, only information;

Pain does not require a narrative;
The body closes cycles of experience on its own. A person no longer needs to “notice everything.”
The system digests in the background.
Experience becomes momentary.
Trauma does not disappear because it has been “worked through,” but because it stops being needed as a protective strategy.
This is the moment when life from compensation ends, and life from regulation begins. And here something must be named directly:
Suffering $\neq$ emotion.
Emotion is a wave.
Suffering arises when the wave cannot pass through and becomes frozen (no felt sensing, disconnection), or spilled (flooding, panic), or attached to a narrative (the same story for years). Suffering is not “too many emotions.”
Suffering is emotion + lack of bandwidth + lack of safe completion.
What people do automatically when fear or pain appears, most people do one of three things:
suppress (“I shouldn’t,” “it’s not appropriate,” “I must be strong”).
Amplify with narrative (“what if...,” “it won’t work,” “it’s bad”).
Compensate with a regulator (sport, food, phone, alcohol, work).

And this is the essence: We do not suffer because we feel.
We suffer because the nervous system has nowhere to let it pass, so it has to bypass it.

WHY THIS CHAPTER?

This chapter isn't intended to teach a technique. Instead, it aims to show why regulators exist, what emotions are for, and why the body itself isn't the problem. Remember! Not all regulators are equal. Some support life, others merely sustain it, and some systematically destroy the organism's capacity for regulation. Recognizing this difference isn't criticism; it's essential for returning to the core of regulation.



PAUSE

Take a moment before continuing.

In the previous chapter, you saw something important:

The body does not create emotions randomly.

What we call emotion is often a **physiological response that cannot be completed.**

When the system cannot finish a reaction,
The experience remains active inside the body.



Remember

Emotions are not stored as memories.

They remain as **unfinished physiological responses.**

The nervous system adapts by searching for ways to regulate.

Sometimes this regulation happens **inside the system.**

Sometimes it depends on **external regulators.**



Notice in your own life

- When do emotions appear first in the body before the mind explains them?
- What situations leave a feeling of unfinished tension?
- **What helps your system regulate from the outside?**

People, movement, nature, silence, music, touch, work, control, distraction...

Which external regulators does your system rely on?



Your notes

CHAPTER 3

On returning to the Center of Regulation

Doing nothing as a true biological mechanism

After reading the first two chapters, a false impression might seem that regulation “happens on its own.”

As if understanding something was enough, and the system would instantly return to balance.

That is not true.

Regulation is not an automaton, because most of us have been functioning on autopilot for years. The nervous system learned to react before awareness emerged. The head and the stomach took control faster than we noticed.

That is why returning to the Center of Regulation does not mean that “nothing is happening.” It means we start to see what is happening - and intentionally stop reacting.

This is the moment of transition.

Doing nothing - a new word for something very concrete

“Doing nothing” does not mean passivity. It does not mean apathy. It does not mean freezing. Doing nothing is a conscious choice not to react automatically, even when the impulse is strong.

This is a situation where:

a thought appears,

a feeling appears,

An impulse to act appears,

And you see all of it, and you do not act on the immediate urge.

Not because “you are not allowed.” Not because “it is bad.”

Only because you want to see how your own system works.

And this is exactly the moment when self-regulation begins.

Seeing vs observing - where it came from and why it is not the same

In many traditions and self-development techniques, the concept of observing has emerged.

It had one goal: to move a person away from automatic identification with thoughts and emotions.

At a certain point, it was needed. The problem is that observing becomes so easy that it turns into just another mental activity.

What happens then? One thought starts to observe another thought.

A new stream of narrative emerges:

'Now I am observing,'

'This is a thought,'

'This is an emotion.'

From a biological perspective, regulation does not revert to the core; it is only moved to a higher level of narrative.

This is not true regulation - it's just a doubling of the narrative.

That's why observing often requires effort, concentration, provides temporary relief, but doesn't restore the core as the true regulator.

Seeing is entirely different.

Seeing is not a technique.

It is not an action.

It is not a practice.

Seeing happens when the control point ceases to be cognitive.

In seeing, you do not describe, analyze, judge, or try to understand.

A thought appears - and it receives no response.

An emotion appears - and it is not given a task.

An impulse appears - and it is not acted upon. Not because you suppress it.

Not because you ignore it.

Only because you do not take over the control function.

The cognitive regulator does not come into play. The protective regulator does not need to step in. The system remains whole.

How can you recognize it practically?

When it is seen: you do not feel the effort of "being mindful," you do not need to understand what appears, you do not chase after the thought, the body stays present, and the breath remains natural and unforced. If you have to try, it's still the mind. If there is silence, it is the center.

Conscious non-reaction - what it truly means

Conscious non-reaction is often mistaken for suppression. It is not the same.

Suppression looks like:

“I shouldn’t feel this.”

“This is bad,”

“I have to calm down,”

“I have to deal with it.”

These are reactions from the head.

Especially in men, they often take the form of: “I have to be strong,” “I can’t show it,” “it makes no sense,” “we have to act.”

And in women: “I can’t be too emotional,” “I won’t show emotion,” “I will handle it myself.”

Meanwhile, the Center of Regulation's lack of reaction looks different.

The emotion is present.

Fear is felt.

Pain is real.

But they do not take over control.

Not because you are strong.

Only because there is no longer a regulatory threat.

What happens in the system then:

Before, the mechanism was simple:

thought → emotion → impulse → action.

Now:

thought → emotion → information → integration.

Emotion stops being an order; it becomes a signal.

And this is the moment when it can be processed.

Fear:

is not fed by narrative,

is not strengthened by action,

is not suppressed.

So it:

drops,

disperses,
changes form,
disappears without resolution.

We can even call it “digesting in portions.”

The body does the same thing an efficient operating system does -
it removes background interference.

Discomfort as a path to the center

It is important to state this clearly: sometimes, doing nothing can
lead to discomfort.

An unpleasant sensation.

Tension.

Fear.

A feeling that “something must be done.”

This isn’t a sign that you’re doing something wrong.

It indicates that the automatic reactions are being disarmed.

Every time you do not perform the old reaction, the system shifts
by a millimeter. And it is precisely through this discomfort that
access to the Center of Regulation returns.

Money as an example of regulation

In survival mode, money causes stress. Overcoming fear demands
effort, control, and planning.

Thoughts emerge:

“Something must be done,”

“money must be made,”

“I have to call,”

“I have to secure myself.”

These are regulatory responses.

When the Center of Regulation reestablishes itself,
money ceases to be a battleground.

It turns into information.

The impulse comes calmly:

whom to talk to,

which direction to take,

What to do,

and what not to do.

Not from fear.

From felt sensing.

How to recognize that you are acting from the center and not from fear

It is very simple and clear.

When you act from the center:

There is no rush,

There is no pressure,

There is no “I must now,”

The decision is calm,

The body stays relaxed.

If there is pressure, it still comes from fear.

If there is silence, it is the center.

Fear stops controlling not when it disappears,

But when it no longer needs to decide.

What returning to the center of regulation really means

Returning to the Center of Regulation:

It is not a technique,

It is not a practice,

It is not a process you “do.”

It is the moment when:

You stop the pressure,

You give up the goal,

You accept that “I don’t know,”

You stop trying to fix yourself.

The Center of Regulation does not operate under pressure to change, develop, or repair.

You do not get there by doing more.

You get there by stopping the interference.

Regulation is not a state to reach. It is the natural way the system operates,

which returns when we cease steering it.

How to live with emotions when we don't want techniques?

After reading this chapter, a natural question arises: If not techniques, not regulation, not working on oneself, then what exactly should we do with emotions that are real, painful, and sometimes very intense?

The answer may be disappointing for the mind, but it is a relief for the body:

You do not need to do anything with them.

However, this sentence is often misunderstood.

What happens during regulation?

When in a state of access to the Regulation Center, emotion: appears as a bodily phenomenon, has its shape, intensity, and rhythm, and requires no response.

It is not a problem to fix.

It is information that wants to pass through the system, not be interpreted.

Pain does not want meaning.

Fear does not want calming.

Sadness does not want explanation.

They only want not to be interrupted.

What does true “living through” an emotion look like?

Living through an emotion isn’t about focusing on it.

It’s about remaining in the body while it’s there.

This is very concrete:

Breath remains natural (unforced),

The body isn’t tense “to endure,”

You don’t act on the impulse,

You don’t escape into action,

You don’t escape into thinking.

The emotion isn’t led.

It is experienced.

Why can emotions be “unbearable”?

Emotions become difficult not because they are too strong but because the system has been overloaded for a long time.

Then: emotion hits the closed bandwidth,
It has nowhere to disperse,
it triggers old regulators,
The body remembers that once “it was too much.”
This isn’t a flaw of emotion.
It is the system’s regulatory history.

What happens when emotion isn’t interrupted?

When emotion:

Isn’t fed by narrative,
Isn’t strengthened by action,
Isn’t suppressed,
It begins to:
change in intensity,
move within the body,
break down into smaller portions,
disappear without closing the story.
This is the biological digestion of experience,
Not catharsis.
Not a breakthrough.
Not “healing.”
The normal work of a healthy system.

Why does it take time?

The nervous system learns through experience.

Each time:

a reaction occurs,
and you don’t interrupt it,
and nothing bad happens,
the system registers new information: “This can be borne.
This is how the need for regulators gradually decreases.
This is how trust in the body is restored.
This is how emotions stop being a threat.

WHY THIS CHAPTER?

So you realize that this is not about spirituality, development, or awakening. This is about the biology of stress regulation. And from this point, life begins - beyond mere survival.

So you understand that emotions do not need to be guided. They require a safe presence where they are neither controlled nor ignored. This is exactly what life from the center of regulation is - not from the head or from trying to compensate.



Pause

Take a moment before continuing.

This chapter introduced something that often feels counterintuitive:

Doing nothing.

Not inactivity.

Not avoidance.

But the capacity to stop the automatic reaction and return to the Regulation Center.



Remember

Doing nothing does not mean the system is passive.

It means the system is no longer driven by reaction.

Attention returns to seeing.

Observation can easily turn into a process or a technique, while seeing is simply the quiet recognition of what is present.

Instead of reacting immediately,

The system allows the signal to be seen.

From this place, regulation can reappear.



Observe in your own life

- When something triggers you, how quickly do you react?
- Can you notice the moment before the reaction begins?
- What happens if you simply see the signal instead of responding to it?



Your notes