

MIDPACIFIC SOVIET OF LETTERS / FIELD COPY

Language Load Management

Field Procedures for Cognitive Mode Rotation

SYMBOLIC INFRASTRUCTURE HARMONICS DIVISION

GENERAL CIRCULATION / ISSUE 0.2



Issue Record

PURPOSE

Procedures for reducing involuntary narration long enough to restore access to sensory, spatial, rhythmic, and learned-action modes.

USE

For ordinary periods of linguistic overload: continuous inner commentary, explanatory compulsion, recursive interpretation, or difficulty attending to a task without describing it.

STATUS

Operational reference. General circulation. This issue supersedes provisional issue 0.1.

LIMITS

This manual is neither diagnosis nor treatment. Stop any procedure that produces disorientation, panic, physical danger, or a lasting loss of ordinary function.

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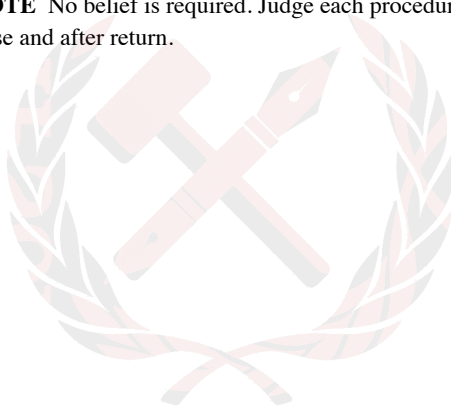
Operating Note

Human attention changes configuration during ordinary activity. A person may reason in sentences, orient through distance, correct a movement by feel, or carry a learned sequence without verbal rehearsal.

Trouble begins when narration enters every task first. Sensation arrives already labeled. A minor uncertainty acquires an explanation, then a second explanation about the first. Verbal resolution can occur while the original condition remains unchanged.

The procedures in this field copy interrupt that priority. Language remains available. It gives up the first turn.

OPERATOR NOTE No belief is required. Judge each procedure by what happens during use and after return.



Contents

01	Load Condition	5
02	Working Modes	8
03	Rotation Procedures	14
04	Errors and Return	21
05	Field Reference	25



SECTION 01

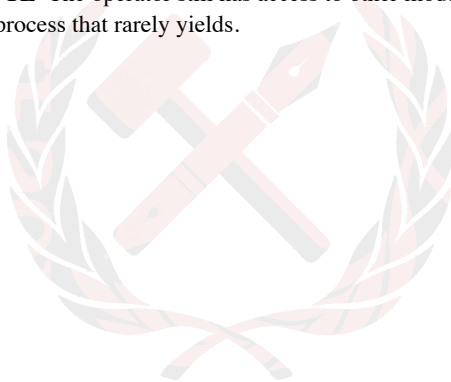
Load Condition

Narrative processing links events across time, proposes causes, maintains identity, and prepares explanations for other people. These functions make it essential for planning and coordination.

The same system can claim work that does not require it. Balance, timing, orientation, bodily regulation, and practiced movement often correct faster without verbal supervision.

Mode monopoly names the resulting scheduling error: narration receives priority regardless of the task.

OPERATOR NOTE The operator still has access to other modes. They are waiting behind a process that rarely yields.

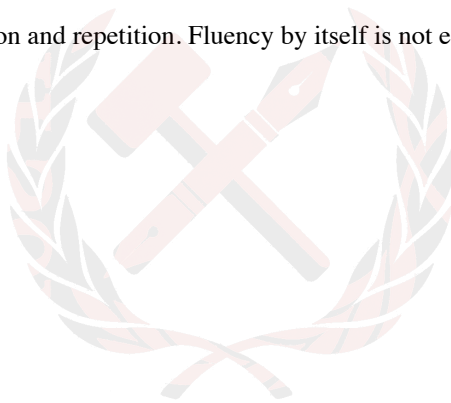


Recognition

A loaded interval usually shows several of the following conditions. One sign alone proves little.

- Inner commentary continues through simple physical work.
- A sensation immediately becomes a story about its cause or meaning.
- Explanations multiply after the practical question has been settled.
- The operator cannot stay with sound, pressure, or motion without naming it.
- Verbal certainty arrives before observation is complete.
- A thought loop feels productive because it remains articulate.

Look for interruption and repetition. Fluency by itself is not evidence of excessive load.



The Recursion Loop

- 1 A signal appears: tension, sound, delay, error, or uncertainty.
- 2 Narration supplies a cause before the signal has been examined.
- 3 The explanation changes the operator's affect or posture.
- 4 That change becomes new evidence for the explanation.
- 5 Further commentary stabilizes the loop as thinking.

Rotation begins by giving the original signal sustained access to a mode suited to it. A posture can be adjusted by feel. A route can be read spatially. A repeated motion can find its timing.



SECTION 02

Working Modes

A cognitive mode is a temporary arrangement of attention and response. Modes overlap, and the boundaries in this manual are practical rather than anatomical.

Use the names to choose an intervention. Do not use them to explain personality.

SELECTION RULE

Match the mode to the work already present. Sensation calls for embodied attention. Distance and relation call for spatial attention. Repeated action calls for procedural or rhythmic attention.



Narrative Mode

Language / sequence / explanation

Narrative mode arranges experience in sentences and across time. It compares, justifies, predicts, and reports.

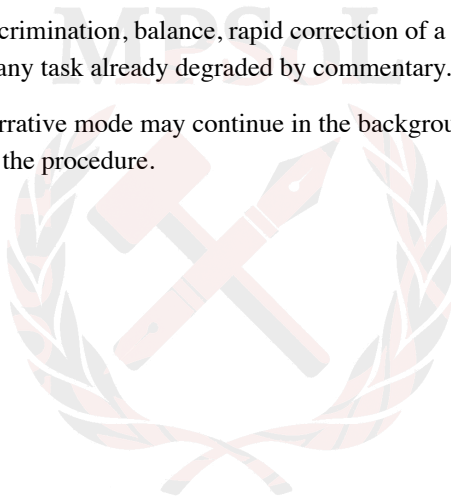
RELIABLE FOR

Planning; ethical reasoning; explicit comparison; coordination at distance; preserving complex instructions.

POOR FIT

Fine sensory discrimination, balance, rapid correction of a practiced movement, and any task already degraded by commentary.

During rotation, narrative mode may continue in the background. Its presence does not invalidate the procedure.



Embodied Mode

Pressure / breath / position

Embodied attention registers internal and surface sensation without requiring a verbal account. It can detect pressure, temperature, effort, breath movement, and shifts in balance.

USE WHEN

The relevant information is bodily and available now.

COMMON INTERFERENCE

The operator explains a sensation, searches for its meaning, or grades the quality of attention.

A correction in this mode may be small: relaxing a grip, changing weight, or letting one breath finish before beginning the next.

Spatial Mode

Distance / direction / relation

Spatial attention holds the position of objects, openings, boundaries, and routes. It often supplies an answer before the operator can state how the answer was reached.

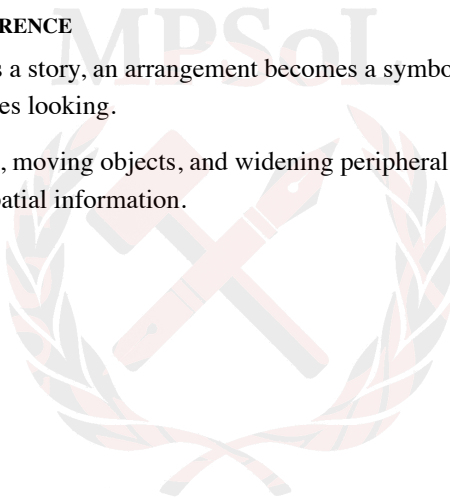
USE WHEN

The task involves navigation, arrangement, scale, containment, or the relation between parts.

COMMON INTERFERENCE

A route becomes a story, an arrangement becomes a symbol, or verbal reasoning replaces looking.

Sketching, walking, moving objects, and widening peripheral attention can return priority to spatial information.



Procedural Mode

Sequence / correction / learned action

Procedural mode carries actions learned through repetition. The sequence is stored in performance and corrected through contact with the task.

USE WHEN

The operator already knows the movement and verbal supervision is slowing it down.

COMMON INTERFERENCE

Self-instruction continues after the skill has been acquired. Timing breaks while the operator narrates individual steps.

A familiar manual task is the safest entry. New or hazardous work still requires explicit instruction.



Rhythmic Mode

Cadence / interval / recurrence

Rhythmic attention organizes repeated events in time. Walking, breathing, drumming, rocking, and many forms of handwork can support it.

USE WHEN

Attention is scattered but the body can maintain a harmless repeated action.

COMMON INTERFERENCE

Counting becomes a performance target, interruptions remain active, or the operator accelerates to intensify the effect.

Rhythm often supports another mode. It is useful as a carrier, not a destination.



SECTION 03

Rotation Procedures

Choose one procedure. Arrange a safe interval, give a non-narrative mode a simple task, and finish at the stated return point.

- Short, repeatable sessions are easier to evaluate than ambitious ones.
- Do not combine procedures during the first trials.
- Keep ordinary obligations outside the interval.
- If narration appears, leave it unanswered and continue the task.

The aim is a change in priority. A dramatic internal state is unnecessary.



PROTOCOL A

Attention Without Commentary

For continuous inner speech during rest or simple activity

SET

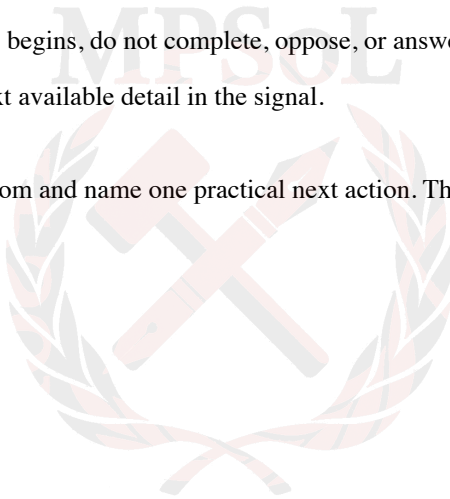
Sit or stand where no immediate response is required. Choose one steady signal: pressure at the feet, breath movement, a mechanical hum, or ambient sound.

RUN

- 1 Attend to the signal for several breaths or one minute.
- 2 When a sentence begins, do not complete, oppose, or answer it.
- 3 Return to the next available detail in the signal.

RETURN

Look around the room and name one practical next action. Then stop.



PROTOCOL B

Undirected Walk

For spatial compression and recursive problem solving

Use a familiar, safe area with no traffic or navigational demand. Set a return boundary before leaving.

DURING THE WALK

- Keep a steady, comfortable pace.
- Let direction change when the path permits. A reason is unnecessary.
- Attend to ground contact, peripheral movement, openings, and distance.

If the walk becomes planning time, stop at a fixed point and widen attention to the whole visible field. Resume only when the route, rather than the problem, is present.

OPERATOR NOTE Return by the safest known route. Undirected does not mean unbounded.

PROTOCOL C

Manual Engagement

For excess supervision of a familiar task

Select harmless work with a visible finish: fold a small stack, wash several objects, sort hardware, sharpen tools, or sweep one area.

Begin at an ordinary pace. Let contact with the material correct pressure and movement. Avoid redesigning the job, teaching it to an imaginary reader, or measuring efficiency.

END CONDITION

Finish the defined unit. Put the tools away. Do not add another unit merely because the procedure has become pleasant.

OPERATOR NOTE Use explicit instructions for unfamiliar equipment, chemicals, blades, heat, and powered machinery.

PROTOCOL D

Silence With Structure

For narration that expands into every open interval

BOUNDARY

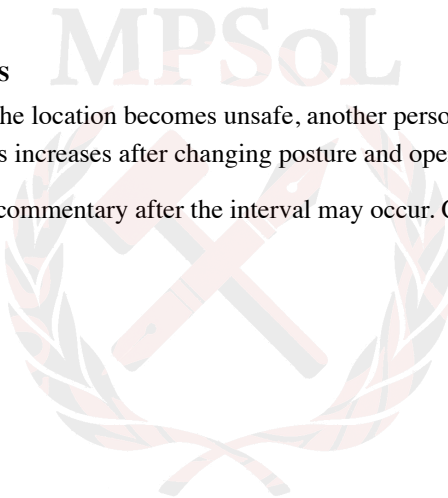
Choose a short duration and one physical constraint: remain seated, stand at a window, or stay within a marked area.

Remain silent until the interval ends. There is no need to hold still, monitor thought, regulate breathing, or wait for calm. The physical constraint carries the session.

ABORT CONDITIONS

End the interval if the location becomes unsafe, another person needs a response, or distress increases after changing posture and opening the eyes.

A brief increase in commentary after the interval may occur. Continue with the next ordinary task.



PROTOCOL E

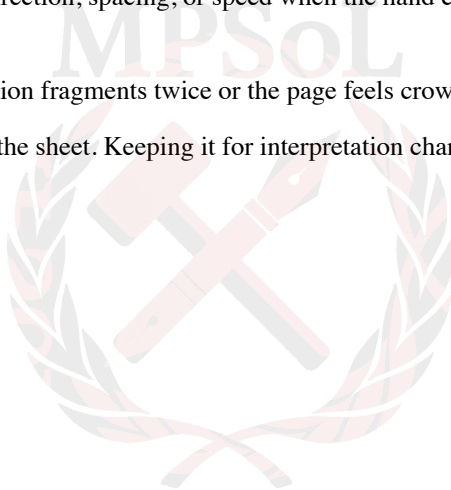
Nonrepresentational Marking

For verbal saturation during planning or creative work

Place one sheet of scrap paper on a firm surface. Use a pen, pencil, or blunt marking tool.

- 1 Make lines or fields without forming letters, diagrams, icons, or recognizable objects.
- 2 Vary pressure, direction, spacing, or speed when the hand changes them on its own.
- 3 Stop when attention fragments twice or the page feels crowded.

Discard or recycle the sheet. Keeping it for interpretation changes the assignment.



Procedure Selection

Commentary during stillness	A / Attention Without Commentary
Problem solving that will not terminate	B / Undirected Walk
Overthinking a familiar physical task	C / Manual Engagement
Every quiet interval fills with explanation	D / Silence With Structure
Language blocks visual or spatial work	E / Nonrepresentational Marking

When two entries seem equally suitable, choose the simpler setup. Repetition gives a cleaner comparison than novelty.

SECTION 04

Errors and Return

Most procedure failures begin when the operator turns the interval into evidence about personal progress.

SUPPRESSION

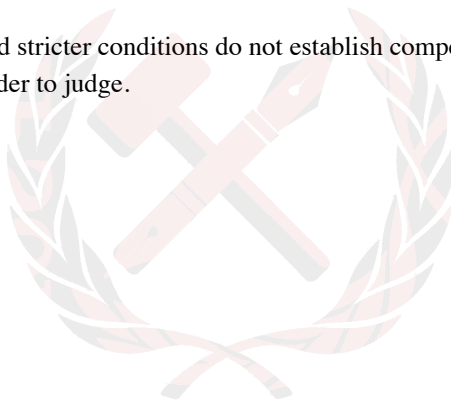
Trying to force silence gives narration another job. Let sentences occur without continuing them.

INTERPRETATION

Relief, spaciousness, irritation, and boredom are transient responses. Record only what changes the next use of the procedure.

PERFORMANCE

Longer sessions and stricter conditions do not establish competence. They make ordinary return harder to judge.



Identity and Display

IDENTITY REASSIGNMENT

The roles of observer, witness, non-thinker, or advanced operator supply new material for narration. Use the procedure without adopting a position around it.

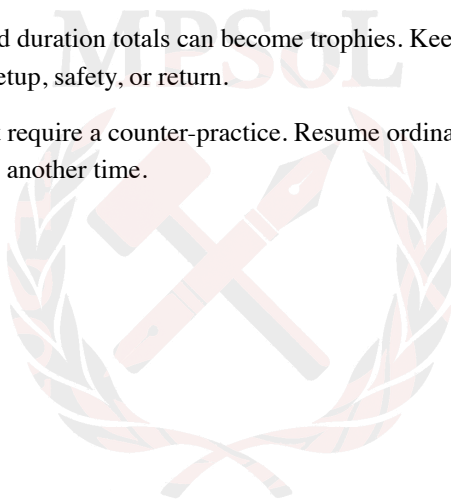
EVANGELISM

Explaining a private result can introduce social reward, argument, and the need to reproduce the result. Describe the steps when someone asks. Avoid promises about the outcome.

COLLECTION

Logs, drawings, and duration totals can become trophies. Keep only records needed to correct setup, safety, or return.

These errors do not require a counter-practice. Resume ordinary activity and try a shorter procedure another time.



Clean Return

Every rotation interval ends in ordinary language and ordinary responsibility. A clean return checks that the operator can orient, choose, speak, and act without extending the exercise.

- 1 Open the visual field and identify the location.
- 2 Check time, physical safety, and any waiting obligation.
- 3 State the next concrete action in one sentence.
- 4 Perform that action before evaluating the interval.

If verbal fluency remains reduced, use familiar routine work until it returns. Seek appropriate help when confusion, panic, or impaired function persists.



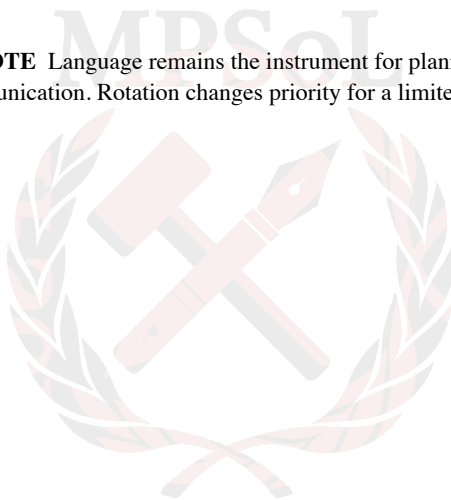
Integration

Language normally resumes on its own. The useful change is modest: commentary may arrive later, stop sooner, or stay closer to the task.

Possible signs of a workable rotation include easier termination of a thought loop, clearer recognition of when explanation is useful, and less interference during practiced action. None of these effects should be treated as guaranteed.

Use rotation when a mismatch is observable. Routine repetition without a load condition turns the procedures into maintenance rituals, which this manual does not require.

OPERATOR NOTE Language remains the instrument for planning, consent, repair, and communication. Rotation changes priority for a limited interval.



SECTION 05

Field Reference

BEFORE

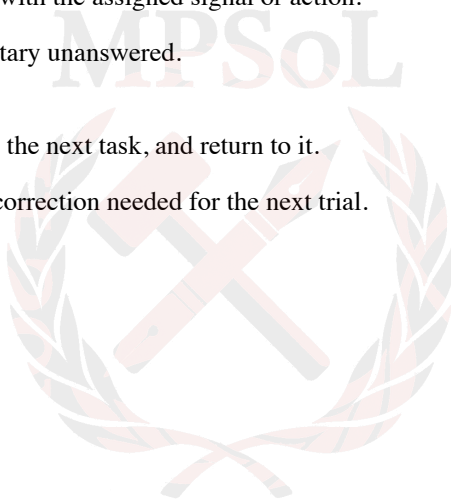
- Name the mismatch in plain terms.
- Choose one safe procedure and one end condition.
- Remove obligations that require an immediate response.

DURING

- Keep attention with the assigned signal or action.
- Leave commentary unanswered.

AFTER

- Orient, identify the next task, and return to it.
- Record only a correction needed for the next trial.



Stop Conditions

End a procedure immediately when the environment becomes unsafe or another person requires a response.

Do not use an undirected walk where traffic, terrain, weather, access restrictions, or impaired mobility make wandering hazardous. Do not reduce attention while driving, operating machinery, supervising another person, or performing unfamiliar work.

Discontinue use if an interval repeatedly increases panic, dissociation, confusion, compulsive repetition, or difficulty returning to ordinary tasks. The manual does not replace medical or mental-health care.

The safest successful session is often uneventful.



Minimal Field Log

DATE AND TIME

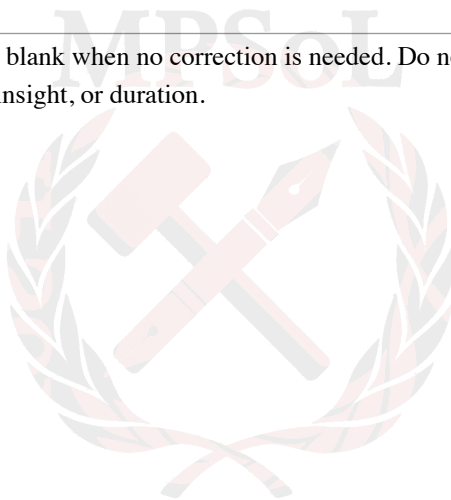
OBSERVED LOAD CONDITION

PROCEDURE AND END CONDITION

RETURN TASK COMPLETED

ONE SETUP CORRECTION FOR NEXT USE

Leave the final line blank when no correction is needed. Do not use the log to score depth, calm, insight, or duration.



Operating Assumption

A useful cognitive mode can become a poor supervisor outside its proper task.

Rotation restores access without requiring the removal of language, identity, or thought.

No further interpretation is required.

