

Colophon

Title: FCP-02: Localized Containment Fields

Series: MPSoL Tactical Training Series – Volume 2

Compiled: 2025, Kalapana Sector, MidPacific Soviet of Letters

Classification: Post-Victory Symbolic Field Doctrine

Circulation Level: Open Archive (Phase 2 Distribution)

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Notes on Authorship

This manual was not authored.

It was recorded.

The material was drawn from field practice in collapse environments, with particular attention to minimal-radius containment actions observed during the Aleppo bombardments (2016). These were neither inventions nor abstractions, but operations conducted by civilians under fire. Their practices have been formalized here as protocol.

The Soviet does not claim ownership. We compile, align, and release the residue of what coherence looks like when structure has failed.

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Final Statement

This document will be obsolete when no one needs to hold a bubble against collapse.

Until then, carry it folded inside your pocket.

Or chalked onto broken pavement.

Or breathed out through clenched teeth when the radius closes in.

— MPSoL

MPSoL

FCP-02: Localized Containment Fields

MPSoL Tactical Training Series – Volume 2
Stabilization at Minimal Radius (1–3m)

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Chapter 1 – Doctrine of the Bubble

- 1.1 The Difference Between Collapse and Containment
- 1.2 Why Minimal Radius Matters
- 1.3 The Operator as Mobile Dome
- 1.4 Limits of Localized Fields
- 1.5 Situations Requiring FCP-02

Chapter 2 – Tools and Anchors

- 2.1 Anchor Objects (stone, coin, pen, etc.)
- 2.2 Disposable Figures (chalk, receipts, ticket stubs)
- 2.3 Breath and Body as Emitters
- 2.4 The Role of Architecture and Alignment
- 2.5 Improvised Tools in Transit Environments

Chapter 3 – Establishment Protocols

- 3.1 Selecting the Anchor Point
- 3.2 Breath Inflation Method (membrane technique)
- 3.3 Drawing the Boundary (square, circle, line)
- 3.4 Setting Orientation (aligning with built space)
- 3.5 Deployment Drill: 90-Second Bubble

Chapter 4 – Maintenance and Overlap

- 4.1 Duration Limits (time vs. presence)
- 4.2 Signs of Field Degradation
- 4.3 Principles of Under-Attention (why invisibility is strength)
- 4.4 Overlapping Fields: Compound Coverage

- 4.5 Collective Dome Formation

Chapter 5 – Breach Scenarios

- 5.1 External Interference (questions, challenges, surveillance)
- 5.2 Symbolic Noise Intrusions (screens, announcements, advertising)
- 5.3 Internal Collapse (operator panic, loss of breath)
- 5.4 Rapid Collapse Protocols (field shut-down drills)
- 5.5 Notes on Safe Violence Within the Bubble

Chapter 6 – Exit and Disposal

- 6.1 Folding and Carrying the Anchor Figure
- 6.2 Disposal in Neutral Locations (trash, drains, pocket lint)
- 6.3 Avoiding Residue and Imprint
- 6.4 Post-Operation Breathwork (returning baseline)
- 6.5 How to Walk Away Without Being Followed by the Field

Appendices

- A. Quick Reference Card (steps in 12 lines)
- B. Training Drills (daily, weekly, field tests)
- C. Intersections with GodSet Functions (F6 – Shielded Passage, F12 – Quiet Guard)
- D. After-Action Debrief Format

Introduction: The Radius You Can Hold

You will not stop the bombardment.

You will not calm the crowd.

You will not restore the city, the train, the room.

Your task is smaller.

FCP-02 exists to train the operator in the creation of localized containment fields — bubbles of coherence one to three meters in radius, lasting seconds or minutes. These are not metaphors. They are the smallest real units of stabilization that can be reliably deployed under pressure.

The principle is simple:

- Find an anchor.
- Establish the radius.
- Hold breath and body in alignment.
- Exit cleanly when the field has served.

This manual does not teach domination. It teaches containment.

The field you hold will be invisible, but it will be felt. Civilians will calm. Movement will slow. Hostiles will hesitate. You will have bought time.

Think of the White Helmet kneeling in Aleppo dust.
Think of the medic crouched over a casualty while fire continues around him. Think of the operator in a narrow corridor, muzzle steady, breath low, forming a bubble no larger than his reach.

This is not heroism.

It is geometry under collapse.

Learn to draw the bubble.

Learn to hold it.

Learn to release it.

That is FCP-02.

FCP-02: Localized Containment Fields

MPSoL Tactical Training Series – Volume 2

Chapter 1: Doctrine of the Bubble

1.1 – The Difference Between Collapse and Containment

A collapse field is a failure of form.

Walls remain upright. Voices still speak. Objects are present. But the structure binding them together has loosened. Time stutters. Agreement dissolves. Orientation falters.

Containment is not the opposite of collapse.

Containment does not restore the broken system. It does not bring back the chain of command, the calendar, or the safety of the ordinary.

Containment is interim geometry.

It is the creation of a temporary bubble — a zone within which coherence holds long enough for movement, rescue, or survival.

Key Distinctions:

- Collapse spreads outward. Once form breaks, the rupture infects what is near. People transmit panic. Objects lose their obvious use. Meaning collapses with architecture.
- Containment contracts inward. Instead of attempting to restore the whole, the operator sets a radius — one to three meters. Inside this bubble, alignment is imposed. The field does not expand beyond its edges.
- Collapse demands explanation. Survivors cry, argue, narrate, or freeze.
- Containment denies narrative. The bubble is silent. Its coherence comes from posture, anchor, and breath — not story.
- Collapse ends when external forces arrive.
- Containment ends when the operator releases it.

This distinction is not theoretical. In Aleppo, volunteers created bubbles measured in chalk lines and helmets. They did not stop

the airstrikes. They did not rebuild the hospital. They simply held small zones where coherence returned — enough for a child to be lifted, a stretcher to move, a wounded body to breathe.

For the operator, this is doctrine:
You are not here to fight collapse.
You are here to establish containment.

1.2 – Why Minimal Radius Matters

Operators fail when they attempt to stabilize too much. A crowd. A street. An entire building. The weight of collapse will overwhelm them.

Minimal radius matters because it is the only scope the body can reliably contain.

Three Principles:

1. Physiological Capacity

- The nervous system can hold coherence only as far as the breath and gaze extend. Beyond three meters, your influence decays into noise.
- The bubble must match your body's reach — no more than arm's length plus one step. Anything wider fractures.

2. Symbolic Recognition

- Civilians, hostiles, or bystanders do not consciously see your field. They feel it. They orient to a boundary they cannot name.
- That sensation weakens with distance. At two meters, it calms. At twenty meters, it dissolves.

3. Operational Discipline

- In collapse, the temptation is to scale up: to shout commands, to wave arms, to extend presence across the room. This disperses coherence and accelerates breakdown.

- Minimal radius forces discipline. You contain only what you can hold. You allow the rest to remain chaotic until others can overlap their domes.

Field Maxim:

Stabilize only what you can touch.

The bubble is not a dream of safety.

It is the edge of your breath.

Aleppo proved this. A chalk circle around rubble held order for a handful of bodies. No more was attempted. That was enough.

Minimal radius is not failure. It is doctrine.

1.3 – The Operator as Mobile Dome

Containment is not static. It moves with you.

The operator is not merely inside the bubble — the operator is the bubble. The body, the breath, and the chosen anchor form the mobile dome. Wherever you walk, coherence travels.

Wherever you stop, it settles.

Three Properties of the Mobile Dome:

1. Shape

- The dome is not visible, but it is geometric. Round in quiet environments. Narrow and angular in corridors. Flattened in

crowds.

- The operator's posture determines the curvature. A crouched stance lowers the dome. Upright shoulders lift it. Breath sets its thickness.

2. Transmission

- The dome communicates without language. People feel the edge of it in how they step around you. Hostiles register hesitation. Civilians register calm.

- This is not persuasion. It is structural resonance.

3. Fragility

- The dome will collapse if the operator exports panic, if breath breaks, or if movements become jagged.

- The dome cannot be forced wider. Attempting to extend beyond capacity fractures it.

Operational Note:

The operator is not a person "carrying" coherence. The operator is coherence embodied. This is why drills center on breath, stance, and anchor objects. The dome does not surround you. The dome radiates from you.

Analogy from Aleppo:

A White Helmet kneeling in dust became the dome. His body, bent over rubble, was the form. The radius was measured by his reach. Others felt it and aligned. When he stood, the dome dissolved. Another would form elsewhere.

Field Maxim:

You are not inside the bubble.
You are the bubble.

1.4 – Limits of Localized Fields

Containment is not infinite. The operator must understand the limits or risk collapse of both field and self.

Spatial Limits:

- Maximum radius: three meters. Beyond that, coherence decays into noise.
- Minimum radius: one meter. Below this, the bubble collapses into personal defense only.
- Fields cannot scale up to encompass entire rooms without overlapping operators.

Temporal Limits:

- Duration rarely exceeds fifteen minutes. Most domes dissolve in two to five minutes, depending on operator steadiness and environmental pressure.
- Fatigue accelerates degradation. Shaking hands, shallow breath, or drifting gaze are signs the dome is failing.

Cognitive Limits:

- You cannot sustain narrative control inside a bubble. Speech fragments coherence. The field prefers silence, gesture, and breath.
- Attempting to reassure or over-explain destabilizes both the operator and the civilians inside.

Environmental Limits:

- Explosions, heavy gunfire, or aggressive movement through

the bubble can puncture containment instantly.

- Screens and loudspeakers (advertising corridors, alarm systems) generate symbolic noise strong enough to shred membranes if not countered with anchor objects.

Doctrinal Note:

Limits are not weaknesses. They are thresholds. The bubble exists precisely because it is small, short-lived, and quiet. The operator who respects these limits will keep the field intact. The one who denies them will fracture it.

Field Maxim:

The bubble is not the world.

It is only the radius you can hold.

Accept its edge, or lose it.

1.5 – Situations Requiring FCP-02

Localized containment is not for every collapse. It is for moments when the full doctrine of FCP-01 is too large, or when the operator must act without support.

Transit Environments:

- Train cars, airport lounges, bus stations.
- Collapse begins as disorientation, crowd compression, or panic spread.
- A two-meter bubble calms enough bodies for order to re-emerge.

Medical Emergencies in Chaos:

- Street medic treating a casualty under pressure.
- Paramedic surrounded by noise, sirens, or hostile presence.

- The act of kneeling and anchoring creates a perimeter where treatment can proceed.

Urban Overload:

- Advertising corridors, surveillance zones, political rallies.
- Symbolic noise fractures coherence before violence even begins.
- Anchor object + breath creates a small clear zone for operator orientation.

Close Quarter Combat:

- Doorway breaches, stairwell holds, corridor fights.
- The bubble is identical to the engagement envelope.
- Coherence at three meters determines survival.

Post-Event Recovery:

- After rupture, survivors often wander disoriented.
- An operator who forms a bubble allows re-entry into order one body at a time.

Doctrinal Note:

FCP-02 is not a cure for collapse. It is a holding action. Where FCP-01 trains the operant to stabilize the field itself, FCP-02 trains the operator to stabilize the bubble inside the field.

Field Maxim:

Do not try to save the city.
Hold three meters.
That is enough.

FCP-02: Localized Containment Fields

MPSoL Tactical Training Series – Volume 2

Chapter 2: Tools and Anchors

Sections 2.1 – 2.5

2.1 – Anchor Objects (stone, coin, pen, etc.)

Every bubble begins with an anchor. The anchor is the object that convinces the field that shape is present. It does not matter what the object is. It matters that it is chosen and placed.

Qualities of Effective Anchors:

- Weight: It must feel solid in the hand or against the ground.
- Portability: Small enough to carry unnoticed.
- Durability: It must not break if dropped.
- Ordinarity: It must pass as nothing. A stone, a coin, a pen. The field responds not to spectacle, but to quiet certainty.

Deployment:

- Place the anchor slightly off-center in the intended radius.
- Do not fidget with it. The object must appear settled.
- Treat its placement as final. Once down, it marks the dome's axis.

Examples:

- Stone: carried in pocket, placed under chair or on ground to mark center.
- Coin: palm-sized, weighted. Drop discreetly on floor to establish edge.
- Pen: set on table, oriented with architecture. Signals

containment without notice.

- Paperweight: effective indoors. Weight becomes gravitational cue for field coherence.

Doctrinal Note:

The anchor object is not symbolic in itself. Its strength comes from decision. The field reads decisiveness, not the thing.

Field Maxim:

The anchor is not sacred.

It is simply what you set down.

2.2 – Disposable Figures (chalk, receipts, ticket stubs)

When collapse compresses, permanence is dangerous. The operator requires marks that can be made quickly and discarded without trace. These are disposable figures — temporary inscriptions that stabilize the bubble and vanish with it.

Forms:

- Chalk lines: fast, visible, and erasable by foot traffic.
- Receipts: folded and placed under an anchor object, holding form without significance.
- Ticket stubs: pocket-born, palm-sized, the perfect throwaway sigil.

Deployment Principles:

- Small scale: no larger than a hand's span. The figure does not need to be read; it only needs to exist.
- Geometric clarity: circle, square, or cross-line. Complexity fractures under stress.

- Alignment: orient to architecture. Parallel to floor seams, wall edges, or furniture lines.

Duration:

- Disposable figures last only as long as the operator's breath holds steady. Once folded, dropped, or smudged, the bubble dissolves.
- Do not attempt to preserve them. They are not archives. They are containment aids.

Field Uses:

- In Aleppo, chalk marked rubble perimeters.
- In transit, a receipt folded under a water bottle creates a silent center for those nearby.
- In crowds, a ticket stub placed deliberately on the ground signals coherence without anyone knowing why.

Doctrinal Note:

Disposable figures are not art, ritual, or symbol. They are tools of contraction. Their meaning is in their disposability.

Field Maxim:

What you can fold, drop, or erase — is enough to hold three meters.

2.3 – Breath and Body as Emitters

Anchors are not always objects. The operator's own breath and body generate the dome. Even without tools, the bubble can be formed if the operant treats the body as an emitting surface.

Breath as Anchor:

- Each exhale expands the membrane. The dome inflates with soundless pressure.
- Rhythm matters more than volume. Uneven breath produces fractures.
- A steady cadence (inhale, pause, exhale, pause) creates a lattice others unconsciously orient to.

Body as Structure:

- Posture is the visible wall of the dome. A bent spine, twitching hand, or locked jaw destabilize the field.
- Neutral stance (shoulders loose, knees flexed, gaze soft) radiates coherence.
- Movement inside the bubble must be minimal and complete — no half-gestures. Each action is a sentence; unfinished actions invite collapse.

Presence as Signal:

- Civilians sense safety not from words but from how the operator holds themselves.
- Hostiles hesitate because the dome imposes shape on space. They do not always know why.
- The body becomes both anchor and warning.

Training Notes:

- Practice breathing in crowded spaces without drawing attention.
- Hold posture in noise until the body itself feels like a barrier.
- Remember: you do not perform the dome. You are the dome.

Doctrinal Note:

When no object is at hand, the body is enough. The operator's

breath, stance, and gaze are sufficient to mark radius and hold coherence.

Field Maxim:

Set nothing down.

Stand, breathe, and the bubble forms.

2.4 – The Role of Architecture and Alignment

No bubble exists in empty space. Every localized field is read against the architecture around it. Alignment with structures—visible or implied—is what allows the dome to hold.

Edges and Lines:

- Place anchors parallel to the nearest structural seam: floor tiles, wall edges, table corners.
- Misalignment creates dissonance. The bubble frays when its geometry cuts against the environment.
- Alignment does not need to be precise. It needs to be intentional.

Thresholds:

- Doorways, stairs, and windows are natural containment points. The field uses them as ready-made edges.
- A bubble anchored at a threshold holds longer than one placed in open floor.
- Crossing thresholds requires re-anchoring. Do not drag the bubble with you; re-form it on the other side.

Cover and Concealment:

- Architecture shields the bubble. Walls and furniture absorb noise and symbolic intrusion.

- Open spaces are hostile. Without edges, the bubble burns out faster.
- Use corners and alcoves whenever possible.

Urban Resonance:

- The built environment carries symbolic residue. Some rooms are already domes—chapels, courtrooms, interrogation cells.
- In such spaces, the operator's task is lighter: align with the structure, and the field will extend itself.
- In hostile zones (advertising corridors, surveillance halls), alignment must be more deliberate. The environment is already working against you.

Doctrinal Note:

You are not stronger than architecture. You are a guest within it. Let the geometry carry part of the load.

Field Maxim:

Align the bubble to the lines already drawn.
Let the walls do half the work.

2.5 – Improvised Tools in Transit Environments

Operators rarely have ideal anchors at hand. In transit spaces—airports, trains, buses, waiting rooms—objects are disposable, borrowed, or improvised. What matters is not the tool itself, but its decisive use.

Common Improvised Anchors:

- Plastic water bottle: Placed firmly on ground or table. Becomes axis of attention.
- Newspaper / magazine: Folded, creased, set down with

intention. Marks boundary.

- Transit tickets: Palm-sized, perfect for rapid bubble initiation.
- Mobile phone (screen dark): Functions as inert anchor if placed quietly and not activated.

Deployment Principles:

- Ordinary appearance: The best improvised anchors look like nothing. They draw no suspicion.
- Firm placement: Set down once. Do not fidget.
- Containment over utility: A bottle half-full of water may do more work as an anchor than as hydration.

Operational Contexts:

- Train cars: Ticket stub or folded paper placed on seat table. Creates coherence in a two-meter zone.
- Airport lounges: Magazine aligned with floor tile edges. Radius stabilizes amid announcements and movement.
- Bus stations: Plastic bottle or pen laid on ground. Minimal, unnoticed, effective.

Doctrinal Note:

Improvised tools remind the operator: containment does not require specialized equipment. It requires decision.

Field Maxim:

Anything can be an anchor.

What matters is that you set it down.

FCP-02: Localized Containment Fields

MPSoL Tactical Training Series – Volume 2

Chapter 3: Establishment Protocols

Sections 3.1 – 3.5

3.1 – Selecting the Anchor Point

Containment begins not with action, but with placement. The anchor point defines where the bubble will live. An operator who places carelessly will find the dome frays before it is formed.

Principles of Selection:

1. Center of Use, Not Center of Space

- Place the anchor where action must occur (casualty, doorway, desk).
- Do not chase symmetry. The bubble is not decoration.

2. Visibility Without Announcement

- The anchor should be seen without being noticed.
- If others stare at it, the field collapses. If no one senses it, coherence never forms.

3. Edge Proximity

- Strong anchors are placed near edges: walls, thresholds, rubble lines, furniture.
- Center placements waste energy. The field stabilizes best when it latches onto existing boundaries.

4. Access and Reach

- Place where you can breathe over it, glance at it, or touch it if

needed.

- An anchor you cannot access is not yours.

Operational Notes:

- In Aleppo, chalk circles were drawn where hands were already lifting stone. That was the true center.
- In CQC, the muzzle pointed at the door is the anchor. The bubble stabilizes around its line of fire.
- In transit, a receipt folded beneath your own bottle becomes the bubble's axis — invisible, functional, held.

Doctrinal Note:

You are not selecting an object. You are selecting the center of containment. Once chosen, the radius builds itself.

Field Maxim:

Choose the point.

The bubble grows from there.

3.2 – Breath Inflation Method (Membrane Technique)

The dome is not drawn, it is breathed. Anchors give it form, but breath gives it pressure. Without controlled exhalation, the bubble remains theoretical.

Principles of Inflation:

1. Inhale with Weight

- Draw air low into the body, filling abdomen and ribs.
- Feel the anchor point rise with you.

2. Exhale as Expansion

- Release air as if inflating an invisible skin.
- The bubble grows one arm's length farther with each steady exhale.
- Imagine breath not leaving the body, but coating the perimeter.

3. Pauses as Membrane Locks

- Each pause between inhale and exhale seals the dome for a moment.
- These pauses are not hesitation — they are welds.

Cadence:

- Recommended rhythm: inhale 4 counts → pause 1 → exhale 6 → pause 1.
- Repeat three cycles to establish the membrane.
- Beyond this, normal breath maintains it.

Operational Uses:

- In noisy environments, let exhalation be audible enough to cue civilians near you without words.
- In combat, exhale silently — the membrane is internal, not broadcast.
- In medical containment, each exhale coincides with action (bandage, lift, cut).

Signs of Failure:

- Shallow chest breathing → membrane collapses inward.
- Gaspings → bubble fractures into noise.
- Irregular rhythm → field perceives instability, civilians mirror panic.

Doctrinal Note:

The bubble is not imagined. It is physical. Each breath inflates a semi-permeable membrane that others unconsciously recognize.

Field Maxim:

Inhale to gather.

Exhale to extend.

The dome is your breath made visible.

3.3 – Drawing the Boundary (square, circle, line)

Anchors set the axis. Breath inflates the dome. But the field requires a visible edge—a simple figure to convince space that coherence exists. This is the act of drawing the boundary.

Geometric Options:

- Square:

- Best for architectural alignment.
- Corners hook into walls, tiles, or furniture lines.
- Conveys stability and containment.

- Circle:

- Best for open ground or rubble.
- Encloses without hierarchy.
- Used historically in triage zones and ritual spaces alike.

- Line:

- Best for thresholds.
- One chalk mark across a doorway can hold longer than a dozen gestures.
- Functions as a stop, pause, or barrier.

Principles:

- Small Scale: No larger than the span of a hand or foot. The figure represents containment, not territory.
- Single Stroke: One motion only. Hesitation weakens the form.
- Disposable: Do not preserve. The figure dies with the bubble.

Operational Notes:

- In Aleppo, chalk lines across rubble edges stabilized movement even when bombs fell nearby.
- In transit, a pen-marked receipt folded once and placed at the edge of a seat was enough to keep order in a two-meter zone.
- In CQC, a muzzle sweep across a doorway is equivalent to drawing a line. The field recognizes it.

Doctrinal Note:

The geometry is not decoration. It is permission. The field accepts the operator's authority to declare: "Here. Not beyond."

Field Maxim:

A square, a circle, a line.
Nothing more is required.

3.4 – Setting Orientation (aligning with built space)

A bubble is strongest when it does not fight the room.

Orientation ties the localized field to the lines already present in the environment.

Principles of Orientation:

1. Parallelism

- Align anchors to existing edges: floor seams, wall lines, table corners.

- Parallel alignment reduces symbolic friction. The bubble reads as part of the structure, not intrusion.

2. Facing

- Orient the body toward entry points or sources of instability.
- Your breath and gaze become directional beams reinforcing the membrane.

3. Anchor/Body Alignment

- Place the anchor where you can glance or breathe toward it without strain.
- Body and anchor must share geometry. Misaligned, the bubble collapses into dissonance.

Operational Notes:

- In Aleppo, chalk circles drawn against building edges held longer than those in open ground.
- In transit, placing a bottle parallel to tile seams extended dome duration by several minutes.
- In CQC, stance parallel to wall edges stabilizes the team's overlapping domes.

Common Errors:

- Diagonal placement: creates tension the field cannot resolve.
- Constant shifting: moving anchor objects breaks orientation; re-form instead.
- Ignoring thresholds: a bubble aligned against nothing dissolves rapidly.

Doctrinal Note:

Orientation is not superstition. It is efficiency. Every structure

carries lines of force. Align, and the architecture carries half the load.

Field Maxim:

Do not fight the room.

Let the lines hold the dome.

3.5 – Deployment Drill: 90-Second Bubble

Doctrine must be rehearsed. The operator cannot wait for collapse to practice. This drill trains the body to form a functional bubble in ninety seconds under ordinary conditions.

Procedure:

1. Select Anchor (15 seconds)

- Choose any object within reach: coin, pen, bottle, stone.
- Place it decisively within one meter of your stance.
- Do not adjust once placed.

2. Inflate Dome (30 seconds)

- Inhale for 4 counts.
- Exhale for 6 counts, imagining the dome expanding outward.
- Repeat three cycles. Each exhale extends the radius to arm's length.

3. Draw Boundary (15 seconds)

- With chalk, paper, or gesture, mark a square, circle, or line.
- One stroke only. Do not correct.
- Place boundary adjacent to anchor or edge.

4. Set Orientation (15 seconds)

- Align body with nearest architectural seam (wall, tile,

furniture edge).

- Face toward entry or source of instability.
- Ground stance. Eyes soft, shoulders loose.

5. Hold Presence (15 seconds)

- Maintain silent breath cadence.
- Minimal movement. Each gesture complete.
- Notice how the environment responds: slowed rhythm, small alignment shifts.

Completion:

At ninety seconds, step back. Collect anchor. Erase or pocket boundary figure. Exit cleanly.

Training Notes:

- Repeat daily in neutral spaces (kitchen, station, office).
- Do not explain to others. The dome's strength is in under-attention.
- Time yourself. Ninety seconds is sufficient. Longer drills risk drift into performance.

Doctrinal Note:

Containment is not improvisation. It is rehearsal. Only what is practiced emerges under collapse.

Field Maxim:

Ninety seconds is enough to draw the bubble.

Long enough to hold.

Long enough to leave.

FCP-02: Localized Containment Fields

MPSoL Tactical Training Series – Volume 2

Chapter 4: Maintenance and Overlap

Sections 4.1 – 4.5

4.1 – Duration Limits (time vs. presence)

A bubble is temporary. The operator must know its lifespan before stepping in, or the field will collapse without warning.

Baseline Duration:

- Average field holds 2–5 minutes under moderate pressure.
- Skilled operators with steady breath may extend to 15 minutes in quiet environments.
- Beyond this, fatigue, distraction, or narrative intrusion destabilize containment.

Signs of Imminent Collapse:

- Breathing becomes shallow or uneven.
- Gaze locks or drifts uncontrollably.
- Anchor object feels meaningless — no “weight” in the hand or on the floor.
- Civilians inside the bubble begin fidgeting or speaking louder.

Presence Factor:

- Duration is not only time. It is the density of your attention.
- A bubble may collapse in 30 seconds if you scatter focus, or hold for 10 minutes if your presence remains taut.
- The operator must treat presence as the true clock.

Doctrinal Note:

The field does not care what your watch says. It cares how long your body can continue to emit coherence.

Field Maxim:

The clock is your breath.

When presence breaks, the bubble ends.

4.2 – Signs of Field Degradation

No bubble collapses without warning. The field always gives signals before it dissolves. An operator trained to read these signs can either reinforce the dome or release it cleanly.

Environmental Signs:

- Noise Returns: Volume in the space rises, chatter escalates, or sirens cut sharper.
- Motion Fractures: People within the bubble start moving erratically, bumping, or losing rhythm.
- Edges Blur: Boundaries once clear (line of chalk, stance of body) lose their coherence.

Operator Signs:

- Breath Drift: Exhales shorten or become uneven; pauses lengthen into hesitation.
- Anchor Dullness: The object no longer feels central; you forget it is there.
- Posture Collapse: Shoulders sag, knees lock, gestures trail off incomplete.

Civilian / Adversary Signs:

- Eyes Roam: Those nearby stop orienting toward you and

glance in all directions.

- Speech Fractures: Stammering, shouting, or repeated questions emerge.
- Intrusion: Outsiders step into the radius without resistance.

Operational Response:

- If degradation is mild: reinforce with one deep breath cycle, reset posture, re-align anchor.
- If severe: release bubble deliberately (collect anchor, fold figure, step across threshold).
- Never fight collapse once signs are clear. Fighting accelerates rupture.

Doctrinal Note:

Degradation is not failure. It is signal. A bubble is a temporary bridge. When it frays, step off.

Field Maxim:

The field tells you when it is done.

Listen. Do not argue.

4.3 – Principles of Under-Attention (why invisibility is strength)

Containment does not thrive under the spotlight. The strongest bubbles are the ones no one notices were drawn. Operators must learn the doctrine of under-attention — building coherence without attracting gaze.

Why Invisibility Matters:

- Over-Attention Collapses: If civilians focus on the anchor, they start to question it. Attention becomes interrogation, and the

bubble fractures.

- Noise Follows Notice: Once people talk about the bubble, it is already gone. Containment must exist in silence.
- Operator Safety: The less the bubble is perceived, the less likely hostile forces are to disrupt or challenge it.

Methods of Under-Attention:

- Ordinary Objects: A bottle, a coin, a pen — nothing worth remarking.
- Unperformed Breath: Do not exaggerate your rhythm. Quiet cadences carry farther than theatrical inhalations.
- Minimal Gesture: Movements complete but small. Each action finished, then stillness.
- Blending: Align anchor to environment so completely it looks accidental.

Operational Notes:

- In Aleppo, chalk lines looked like children's scribbles. They held longer than clean, careful drawings.
- In transit, a folded ticket on the floor vanishes from view but holds geometry.
- In CQC, a muzzle pointed into darkness functions as a line — unremarked, unquestioned.

Doctrinal Note:

Strength comes not from being seen, but from being ignored.
The bubble is not a spectacle. It is a shadow.

Field Maxim:

What goes unnoticed holds longest.
The invisible dome is the strongest dome.

4.4 – Overlapping Fields: Compound Coverage

One bubble is survival.

Two bubbles touching is a system.

Three or more create a lattice that can hold against collapse far longer than any individual.

Principles of Overlap:

- Edges Touch, Do Not Merge: Each operator holds their own radius. Overlap occurs at the perimeter, not the center.
- No Central Command: Domes synchronize by resonance, not orders. Each operator breathes their own cadence; the field finds rhythm.
- Fragility Multiplies: The more bubbles, the more sensitive the lattice. A single rupture can cascade through the network.

Operational Formations:

- Pair Coverage: Two operators back-to-back, radii overlapping by one meter. Ideal for evacuation corridors.
- Triad Dome: Three operators forming a triangle, anchors aligned with architectural edges. Stabilizes a room long enough for medical or tactical work.
- Chain Formation: Multiple bubbles aligned in sequence (hallway, street). Each operator maintains 2–3 meters, creating a corridor of coherence.

Field Effects:

- Civilians inside a lattice move more calmly, even when collapse continues outside.
- Hostile forces hesitate — not because of visible weapons, but because the geometry resists intrusion.
- The environment itself begins to “settle,” as though structure

has returned.

Warnings:

- Do not attempt compound coverage with untrained operants. Incoherent domes amplify collapse.
- Never extend beyond three operators without practiced rehearsal. Four or more requires formal protocol (see FCP-07: Geomantic Alignment Standards).

Doctrinal Note:

Overlap does not make you stronger. It makes you dependent. Each operator must carry their dome with precision, or the lattice breaks.

Field Maxim:

Touch edges.

Do not merge.

Resonance holds what orders cannot.

4.5 – Collective Dome Formation

When multiple operators deliberately align, the field recognizes not individuals but a single structure. This is the collective dome — a containment greater than the sum of its parts.

Formation Principles:

- Shared Anchor: A common object (flag, stretcher, doorway) functions as the axis. Each operator orients to it, even if not touching it.
- Unified Breath Cadence: Without rehearsal, domes resonate loosely. With shared cadence (inhale/exhale in rhythm), the dome hardens.

- Geometry First: Triangles, squares, or arcs hold longer than amorphous clustering. The field prefers clear shapes.

Field Effects:

- Civilians step into the dome as if it were a room. They stop shouting, stop fleeing, and orient to the invisible walls.
- Hostiles hesitate — the dome feels like a defended perimeter, even when unarmed.
- Time slows. Inside the dome, seconds feel longer, choices more deliberate.

Limitations:

- The collective dome is fragile under intrusion. A single operator breaking rhythm fractures the whole.
- Duration is shorter than individual bubbles — the field drains faster when multiple bodies carry the load.
- Requires trust. Without trust, formation collapses.

Case Note: Aleppo

Three White Helmets kneeling in a triangle around rubble formed a dome that stabilized an entire street segment for five minutes — long enough for multiple evacuations. No orders were given. No words exchanged. Geometry and breath alone held the field.

Doctrinal Note:

The collective dome is not command, nor hierarchy. It is resonance. Operants who understand this can stabilize spaces no army could hold.

Field Maxim:

Geometry is stronger than rank.
Breath in rhythm is stronger than command.

FCP-02: Localized Containment Fields

MPSoL Tactical Training Series – Volume 2

Chapter 5: Breach Scenarios

Sections 5.1 – 5.5

5.1 – External Interference (questions, challenges, surveillance)

No bubble survives untouched. Once established, it will draw pressure from the outside. External interference can puncture the dome if the operator does not recognize and absorb it.

Forms of Interference:

- Questions: Someone demands, “What are you doing?” or “Why is that there?” Verbal attention is corrosive.
- Challenges: Physical intrusion — a foot kicked at the anchor, a body stepping inside the radius.
- Surveillance: Cameras, spotlights, or persistent gaze from authorities. The field frays under sustained observation.

Operator Responses:

- To Questions: Answer in ordinary language, minimal words. Never explain the bubble. Say, “Just waiting,” or “It’s nothing.” The goal is deflection, not persuasion.
- To Challenges: Breathe once. Reset stance. Replace anchor

without dramatization. Never fight over the object — the dome depends on coherence, not possession.

- To Surveillance: Reduce gesture, reduce breath noise, blend with environment. Under-attention doctrine (4.3) becomes critical here.

Doctrinal Notes:

- Any attempt to justify the dome in public collapses it.
- The operator's calm ordinariness is stronger than denial or defense.
- Surveillance cannot be destroyed. It must be endured until presence dissolves it.

Field Maxim:

Do not defend the bubble.

Defend your ordinariness.

The dome survives in silence.

5.2 – Symbolic Noise Intrusions (screens, announcements, advertising)

The modern field is saturated not only with sound and motion, but with symbolic noise — signals designed to capture attention and dissolve coherence. Operators must treat these intrusions as active breaches.

Forms of Symbolic Noise:

- Screens: Televisions, phones, billboards. Constantly shifting images destabilize the membrane.
- Announcements: Train stations, airports, public-address systems. Each new voice resets orientation.
- Advertising: Flashing signs, scrolling text, visual clutter.

Designed to fracture attention.

Effects on the Bubble:

- Distraction: Civilians within the dome lose focus and begin orienting toward the intrusion.
- Fracture: The dome bends toward the noise source, weakening the opposite edge.
- Collapse: Repeated or overlapping signals overwhelm breath cadence and dissolve coherence.

Countermeasures:

- Anchor Reinforcement: Place the anchor so its alignment contrasts the noise source (parallel to billboard edges, square against scrolling text).
- Breath Discipline: Extend exhalations deliberately. A steady rhythm resists external pulse.
- Visual Shielding: Use body, bag, or improvised cover to block direct line of sight to screens.
- Minimal Relocation: If possible, move bubble just beyond audible or visual reach.

Operational Note:

You cannot silence a loudspeaker or switch off a billboard. The operator's task is to dampen signal bleed long enough for action inside the dome to complete.

Doctrinal Note:

Collapse today is engineered. Symbolic noise is not background — it is attack. The operator must treat intrusion as deliberate, even if accidental.

Field Maxim:
Screens shout.
Signs bleed.
Hold the bubble anyway.

5.3 – Internal Collapse (operator panic, loss of breath)

The most common breach comes not from outside, but from within. The operator's own body can betray the dome. Panic, shallow breath, or loss of posture punctures containment faster than bombs or noise.

Signs of Internal Collapse:

- Breath Fracture: Gasping, rapid chest breathing, or holding too long without rhythm.
- Body Noise: Tremors, tapping, restless hands. The body broadcasts collapse before the dome dissolves.
- Narrative Spiral: Thoughts multiply — “I can't hold this, I'm failing, everyone sees me.” The bubble contracts instantly.

Countermeasures:

- Reset Cadence: Inhale 4, exhale 6. Three cycles re-seal the membrane.
- Anchor Touch: Place one finger on the object, stone, or pen. Physical contact restores weight.
- Micro-Stillness: Choose one body part (hand, foot, jaw) and hold it absolutely still. Coherence radiates outward from the still point.
- Abort Cleanly: If panic overwhelms, collapse the bubble deliberately. Collect anchor, fold figure, walk away. Exit is better than rupture.

Training Notes:

- Practice maintaining dome under self-induced stress: noise, cold, fatigue.
- Operators must learn to recognize personal panic signatures before the field is deployed.
- Remember: panic is not failure. It is signal that the dome must be reset or released.

Doctrinal Note:

The enemy does not always breach you. Sometimes you breach yourself. Knowing this is part of discipline.

Field Maxim:

The bubble ends first in your chest.
Hold the breath, and you hold the field.

5.4 – Rapid Collapse Protocols (field shut-down drills)

There are times when maintaining the dome is more dangerous than ending it. The operator must be able to shut down a bubble instantly, with no residue, and exit without trace.

When to Abort:

- External pressure overwhelming: riot surge, armed incursion, incoming fire.
- Internal panic unmanageable: breath cannot be reset, anchor has lost weight.
- Operational shift: mission requires movement, re-position, or retreat.

Shut-Down Procedure:

1. Breath Cut: One sharp exhale, empty lungs completely. This collapses the membrane inward.
2. Anchor Retrieval: Pick up or pocket object without hesitation. If disposable, fold once and carry.
3. Boundary Erasure: Smudge chalk, crumple paper, or simply step across the line.
4. Orientation Break: Turn body 90° from original alignment. The field recognizes this as termination.
5. Exit Step: Walk away calmly, one stride beyond the three-meter edge. Do not look back.

Time Requirement:

- A trained operator can shut down a bubble in less than ten seconds.
- Drills must be rehearsed until automatic. Panic prolongs collapse; protocol shortens it.

Operational Notes:

- Never leave anchors behind. Residue attracts attention and corrupts future bubbles.
- If civilians are inside when you abort, use body motion (wave, gesture) to transfer attention elsewhere. Do not announce collapse.
- In hostile zones, use shut-down as cover for movement — the bubble's dissolution distracts observers briefly.

Doctrinal Note:

The dome is not sacred. It is disposable. End it cleanly, and coherence can be rebuilt elsewhere.

Field Maxim:

Collapse on your terms.

Ten seconds is enough.

5.5 – Notes on Safe Violence Within the Bubble

Containment does not mean passivity. Sometimes the bubble must hold through force. Operators must understand how violence can be applied without shattering coherence.

Principles of Safe Violence:

1. Single Gesture Only

- A strike, a push, a takedown. One complete act.
- Multiple overlapping gestures fracture the bubble.

2. Contained Range

- Violence must stay within the three-meter radius.
- Chasing beyond the edge dissolves the dome.

3. Anchor Integrity

- Do not dislodge or abandon the anchor during action.
- Anchor presence convinces the field that containment persists.

4. Breath Discipline

- Strike or move only on exhale.
- Panic-breath violence ruptures both operator and dome.

Operational Notes:

- In CQC, muzzle fire inside a bubble is stabilizing if cadence is controlled; destabilizing if panicked.
- In civilian collapse, a single shove to hold back intrusion can

preserve the dome if executed without rage.

- Violence framed as protection extends coherence; violence framed as chaos accelerates collapse.

Warnings:

- Violence inside a dome amplifies perception. Civilians will remember every gesture as larger than life.

- Excessive or repeated force in the bubble will dissolve it instantly.

Doctrinal Note:

Containment allows for force, but only as geometry: a single action that reinforces the boundary, not erases it.

Field Maxim:

Strike once.

Hold breath.

The dome remains.

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MPSoL Tactical Training Series – Volume 2

Chapter 6: Exit and Disposal

Sections 6.1 – 6.5

6.1 – Folding and Carrying the Anchor Figure

A bubble does not end until its residue is handled. Leaving anchors or figures behind creates symbolic debris that can destabilize future operations. Exit begins with proper collection.

Folding Protocol:

- Paper Figures: Fold once only. Do not crease repeatedly. A single fold closes the figure's charge.
- Receipts or Tickets: Pocket or tear in half. Both actions neutralize residue.
- Chalk Marks: Smudge with foot or hand. Erasure signals termination.

Carrying the Anchor:

- Objects: Coins, pens, stones, or bottles are retrieved as if nothing has occurred. Treat casually.
- Pocket Storage: Anchor carried away becomes inert once inside pocket or bag.
- Discard: If disposal is required, drop object in neutral environment (trash bin, gutter, drain). Never leave at original site.

Operational Notes:

- In Aleppo, chalk circles smudged by foot preserved coherence better than those left visible.
- In transit, folded tickets kept in pocket collapsed cleanly without residue.
- In CQC, operators always carried anchors out — muzzle, stance, body itself — ensuring dome did not linger.

Doctrinal Note:

Exit is not abandonment. It is closure. Anchors carried or erased confirm to the field that containment has ended.

Field Maxim:

Fold once.
Pocket or erase.
Leave nothing behind.

6.2 – Disposal in Neutral Locations (trash, drains, pocket lint)

Not all anchors can be carried indefinitely. Some must be discarded. The location and manner of disposal determine whether residue lingers.

Neutral Disposal Points:

- Trash Bins: Effective for paper figures, receipts, or stubs. Public bins dissolve symbolic charge by mixing it with waste.
- Drains: Water disperses residue efficiently. Coins or small chalk fragments vanish into flow.
- Pocket Lint: The most ordinary of neutralizers. An anchor left to disintegrate among lint loses all field weight.

Unsafe Disposal Points:

- Altars, shrines, or sacred spaces: Amplify rather than neutralize residue.
- Battlefield ground: Objects left in hostile environments can be weaponized by others.
- Archives or libraries: Accidental preservation converts residue into contamination.

Principles of Neutralization:

- Ordinariness: The best disposal sites are unremarkable.
- Mixing: An anchor dissolves when it is indistinguishable from its surroundings.
- Movement: Flowing water, trash collection, or decay

accelerates release.

Operational Notes:

- In Aleppo, chalk-smudged dust disappeared into rubble.
- In transit, stubs discarded with dozens of others lost all coherence.
- In urban operations, a pen dropped in a gutter vanished both symbolically and practically.

Doctrinal Note:

Disposal is not ritual. It is logistics. The operator must treat anchors as tools, not relics. Once their work is done, they must vanish without trace.

Field Maxim:

Throw it away.

Let it mix.

Nothing follows you out.

6.3 – Avoiding Residue and Imprint

Containment fields end when the operator closes them, but careless exits leave residue. Residue is not visible, yet it can be sensed: a place that feels “off,” an object that carries unnecessary weight, a memory that drags attention back. The operator’s duty is to exit cleanly.

Forms of Residue:

- Object Imprint: Anchors left behind continue to “pull,” unsettling later occupants.
- Spatial Imprint: Chalk lines or folded paper forgotten on site generate questions, drawing notice to the dome.

- Psychic Imprint: Civilians recall inexplicable tension or silence, attaching narrative to the operator's action.

Avoidance Protocols:

- Neutralize Anchors: Always fold, pocket, or smudge before leaving.
- Blend Traces: Leave the environment looking ordinary — no obvious signs of containment.
- Dissolve Attention: If noticed, respond in ordinary language: “Just waiting,” “Just doodling.” Never name the bubble.

Operational Notes:

- In Aleppo, circles left un-erased became points of suspicion, drawing observers who asked why they were there.
- In transit, uncollected tickets alerted staff, collapsing ordinariness.
- In urban environments, any unexplained mark risks surveillance capture.

Doctrinal Note:

The dome is strongest when forgotten. Memory of the operator should dissolve as completely as chalk in rain.

Field Maxim:

Leave no anchor.

Leave no trace.

Leave no story.

6.4 – Post-Operation Breathwork (returning baseline)

When the bubble ends, the operator's body often remains braced — breath shortened, shoulders tight, mind narrowed. If left uncorrected, this tension accumulates and corrupts future containment. Post-operation breathwork resets the system.

Protocol:

1. Exhale Fully

- Empty lungs to the bottom.
- Pause in stillness. Let body recognize emptiness as completion.

2. Slow Inhale

- Draw air deep into abdomen.
- Do not rush. The goal is fullness, not expansion.

3. Equalize Cadence

- Inhale 4 counts, exhale 4 counts.
- Repeat three cycles to flatten nervous system.

4. Release Stance

- Unlock knees, drop shoulders, unclench jaw.
- Let body signal to itself that the operation is over.

Operational Notes:

- This reset takes less than one minute.
- Performed immediately after shut-down, it prevents panic echoes or symbolic drag.
- In group operations, collective exhale synchronizes closure.

Doctrinal Note:

Containment is not only field work. It is recovery. The operator

who fails to reset carries collapse forward into the next dome.

Field Maxim:

End with the breath.

Reset the body.

Begin clean again.

6.5 – How to Walk Away Without Being Followed by the Field

The final risk is not collapse, but attachment. A bubble that clings to the operator after shutdown creates drag — civilians keep staring, environments feel heavy, the dome echoes beyond its purpose. The operator must sever connection.

Exit Principles:

- Deliberate Turn: After anchor retrieval, rotate body 90°. This signals to the field: containment has ended.
- Clean Gait: Walk with ordinary rhythm. No abrupt stops, no backward glances.
- Visual Dissolution: Shift gaze outward, scanning environment casually. The bubble cannot follow eyes that are no longer fixed.

Signs the Field is Following:

- Civilians keep watching after exit.
- Anchor object feels “hot” in pocket — heavy, magnetic.
- Internal sense of carrying weight, as though breath remains bound.

Countermeasures:

- Micro-Discard: Drop a secondary disposable (coin, lint, torn paper) at neutral point en route.

- Breath Break: One sharp exhale while walking — forces dome residue outward.
- Attention Redirect: Engage environment with a small action (buying a ticket, adjusting bag strap, greeting someone).

Operational Notes:

- In Aleppo, operators who smudged chalk and turned immediately blended back into crowd. Those who lingered drew attention and questions.
- In transit, exiting a carriage while pocketing anchor erased traces more effectively than carrying anchor into next environment.

Doctrinal Note:

Containment is not possession. The dome must die where it was born. Operators must refuse to carry it forward.

Field Maxim:

Do not drag the bubble.
Leave it where it stood.
Walk out clean.

FCP-02: Localized Containment Fields

MPSoL Tactical Training Series – Volume 2
Appendices A–D

Appendix A – Quick Reference Card (12 Lines)

1. Select anchor.
2. Place decisively.

3. Inhale low, exhale long.
4. Inflate membrane with breath.
5. Draw one figure (square, circle, line).
6. Align with environment.
7. Hold posture neutral.
8. Complete gestures; no half-movements.
9. Maintain under-attention.
10. Watch for degradation signs.
11. Collapse cleanly when done.
12. Exit without residue.

Carry these 12 lines on one card. Nothing more is required.

Appendix B – Training Drills

Daily Practice (2 minutes):

- Place a coin or pen on desk.
- Three breath cycles: inhale 4, exhale 6.
- Hold posture for 60 seconds, then collapse deliberately.

Weekly Drill (15 minutes):

- Form bubble in a public but low-pressure environment (bus stop, café, park bench).
- Use disposable anchor (receipt, ticket).
- Maintain for 3–5 minutes. Exit cleanly.

Stress Drill (variable):

- Introduce noise (music, conversation, movement).
- Form bubble and maintain breath cadence.
- Practice collapse-on-command within 10 seconds.

Team Drill:

- Three operators form triangle with anchors aligned.
- Hold dome for 2 minutes.
- Collapse together on shared exhale.

Appendix C – Further Reading / Field Alignment

Core Texts:

- FCP-01: Field Coherence Protocol – Foundational doctrine of stabilization inside collapse.
- US Army FM 3-21.8 (Infantry Rifle Platoon and Squad) – For overlap and sector doctrine (see room-clearing procedures).
- Grossman, Dave. On Combat (2004) – Physiological and psychological realities of breath, posture, and stress response in CQC.
- Navy SEAL Breathing Protocols – Box breathing and tactical exhale, widely deployed in combat stress regulation.

GodSet Functions:

- F6 – Shielded Passage: Resonates with corridor containment.
- F12 – Quiet Guard: Mirrors under-attention and silent stability.

Symbolic Infrastructure:

- Tiller, William. Conscious Acts of Creation (2001). Early documentation of field effects from intention-host devices.
- Radin, Dean. The Conscious Universe (1997). Studies in coherence, observation, and boundary-setting.
- SID-005: Light Pulse Experiments. MPSoL dossier on retrocausal coherence in Bose-Einstein systems.

Anthropology of Containment:

- Turner, Victor. The Ritual Process (1969). Thresholds and liminality as proto-containment zones.

- Bateson, Gregory. Steps to an Ecology of Mind (1972). Frames, signals, and the ecology of coherence.

Practical Parallels:

- White Helmets (Syria Civil Defence) field reports, Aleppo 2016.
- Case files from medical triage protocols (WHO Emergency Response Manuals).
- Vipassana / Zhan Zhuang standing practices for embodied field alignment.

Appendix D – After-Action Debrief Format

Operator Code:

Location:

Date / Time:

Anchor Used:

Duration Held:

Interference Encountered:

Signs of Degradation:

Exit Method:

Residue Avoidance:

Lessons Learned:

Submit reports in plain language. No narrative, no explanation.
Record only facts of containment.

Other MPSoL titles:

FCP-03 · Perceptual Synchrony (fcp-3.pdf)

FCP-04 · Perceptual Continuity (fcp_04_perceptual_continuity.pdf)

FCP-05 · Tactical Invisibility (fcp5-tactical-invisibilty.pdf)

FCP-06 · Time Dilation Drills (FCP_06.pdf)

Madness 311 (madness_311.pdf)

FWP-90 - The Field Weekend Protocols (the_field_weekend_protocols.pdf)

CGT/1990-03 - The Cognitive Geometry Toolkit (the_cognitive_geometry_toolkit.pdf)

BC-01 - The Budget Committee (the_budget_committee.pdf)

G-01 · Packet Theology and the Recursive God Envelope (packet_theology.pdf)

The Dreaming House (the_dreaming_house.pdf)