

RESONANCE CORE FRAMEWORK

The Reality Formation Sequence

The 9-Step Arc from Stimulus to Action

Every conscious experience you have follows this sequence.



What Is the Reality Formation Sequence?

A universal architecture — the sequence every moment of conscious experience follows.



THE INVISIBLE SEQUENCE

The RFS is the invisible sequence running beneath every thought, feeling, and decision you have.

01



FROM TRIGGER TO ACTION

It begins the moment something happens — a sound, a glance, a memory — and ends with a Suggested Action.

02



THE BODY-FIRST GAP

The body responds first. The mind interprets second. And in that gap, reality is formed.

03



RESPOND, DON'T REACT

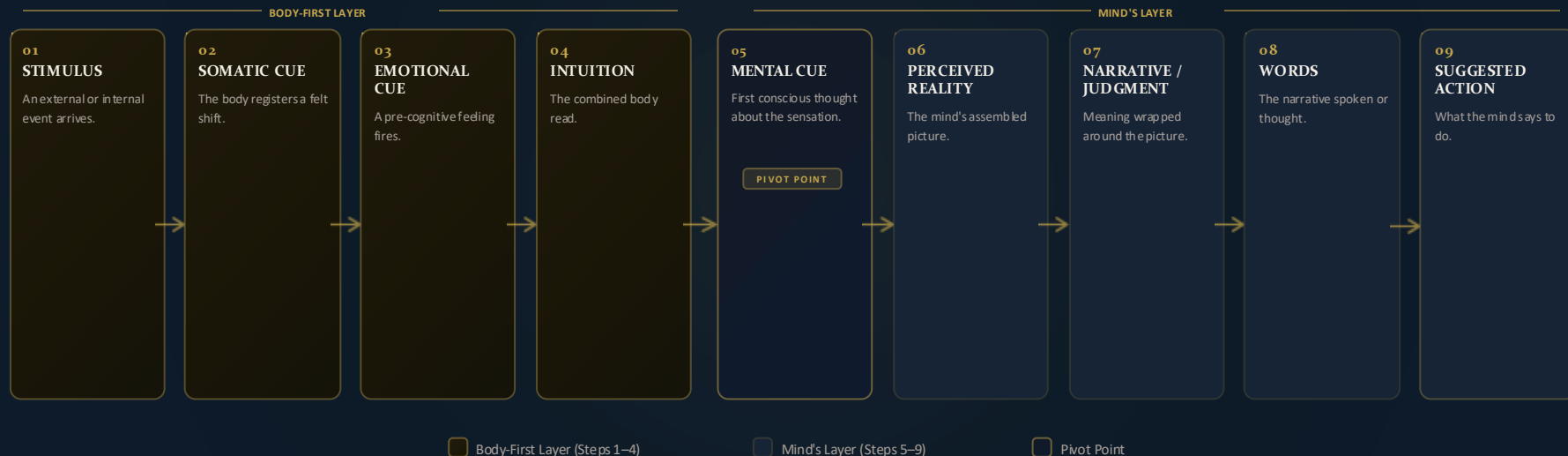
Understanding the RFS gives you the ability to read your own mind — and *choose* how you respond, rather than react.

04

“The sequence runs the same way every time. What changes is whether you can see it running.”

The Full Arc — 9 Steps from Stimulus to Action

The complete 9-step arc — from external event to suggested response



Distortion enters at Step 5 — when The Vast Unknown begins to reinterpret what the body already knew.

Stimulus — The Sequence Begins

Something happens. The sequence fires.



External Event

A sound, a face, a piece of news, a text message. Something in the world registers — and the sequence begins before you consciously choose to engage with it.

01



Internal Event

A thought, a memory, a dream, a flash of imagination. The trigger can come from entirely within — the nervous system does not distinguish between outer and inner stimuli.

02



Before You Know It

The nervous system begins processing the stimulus before conscious awareness catches up. The sequence is already running — Steps 2, 3, and 4 fire in milliseconds.

03



No Inherent Meaning Yet

The stimulus itself carries no meaning. It is a raw signal — neutral data arriving at the edge of awareness. All meaning is assembled downstream, shaped by what follows.

04



The same event can produce entirely different realities in two different people — because the sequence that follows is shaped by what each person carries within them.

The Body Speaks First

Before a single thought forms, the body and the emotional brain have already responded.



A felt shift in the body.

A physical sensation arising in response to the stimulus. **Chest tightening. Breath shortening. A sense of expansion. Warmth. Weight.** These are real, pre-cognitive signals from the nervous system — not yet interpreted by the mind.

EXAMPLES

- Tightness in the chest when a name appears on your phone.
- Lightness in the body when you hear good news.
- A drop in the stomach before a difficult conversation.



A pre-cognitive feeling fires.

The amygdala generates a feeling response before rational thought is possible. This emotional signal is **fast, automatic, and body-adjacent** — arriving before the mind has had any chance to interpret what triggered it.

EXAMPLES

- A flash of fear before the mind names why.
- A wave of joy at the sound of a familiar voice.
- Sudden irritation without an obvious cause.

These two cues are the body's truth. They are data — raw, unfiltered, and honest about what was registered.

Intuition — The Body's Combined Read

Intuition is not a guess. It is the integrated signal of what your somatic and emotional cues are reporting together.

- Intuition is the synthesis of **Somatic Cue (Step 2)** and **Emotional Cue (Step 3)** into a single felt knowing.
- It arrives before reasoning — which is why it often feels like just **a sense about something**.
- When the body is trained in awareness, intuition is often **more accurate than logic** — because it has access to information the conscious mind has not yet processed.

Intuition is still in the body-first layer. It has not yet been touched by the mind's interpretation.

Step 5 is where that changes.



STEP 5

The Mental Cue — The Mind Enters

The first conscious thought about what the body just felt.



STEP A

The Cue Arrives

The somatic and emotional cues surface from the body into conscious awareness. The mind registers:
something is happening.



STEP B

The Vast Unknown Activates

The mind reaches into its vast store of subconscious data — past experiences, stored narratives, old associations, survival patterns — to interpret what the cue means.



STEP C

A Mental Label Is Formed

The mind produces its first conscious thought: a label, an interpretation, a story fragment. *This is the Mental Cue.*

This is the pivot point of the entire sequence.

Steps 1 through 4 belong to the body. Step 5 is where the mind takes the baton — and where **The Vast Unknown** begins to shape what those body signals are understood to mean.

BODY LAYER

Steps 1–4 → Step 5

MIND ENTERS

The mental cue can reflect the body's truth, or it can begin to distort it.

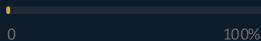
The Vast Unknown — Where Interpretation Comes From

The mental cue does not arise from nowhere. It is drawn from this.

1%

What We Know Conscious

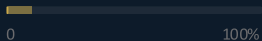
Thoughts and decisions above the threshold of awareness. The thin surface of the mind.



9%

What We Know We Don't Know

Acknowledged gaps — blind spots we can actively work to understand.



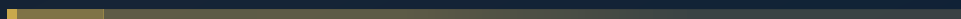
THE VAST UNKNOWN

≈ 90%

90%

Subconscious and unconscious data — stored memories, past experiences, survival patterns, identity narratives, emotional associations, unresolved events.

This is what the mind draws on at Step 5 to interpret what the body felt.



unresolved pain

accurate and current data

outdated patterns or

Where Distortion Enters the Sequence

Distortion is not random. It has a precise entry point.

WHEN THE SEQUENCE IS CLEAR

The somatic cue and emotional cue register accurately. At Step 5, The Vast Unknown contains relevant and current data. The Mental Cue reflects what the body actually sensed.

- Somatic Cue
- ↓
- Emotional Cue
- ↓
- Intuition
- ↓
- Mental Cue reflects body accurately
- ↓
- ✓ Perceived Reality is clear

The body's signal arrives intact. The mind builds from truth.

WHEN THE SEQUENCE DISTORTS

The somatic and emotional cues fire accurately — the body has told its truth. But at Step 5, The Vast Unknown reaches in with outdated patterns or survival associations that no longer apply. The Mental Cue now assigns a meaning to the body's signal that the body never intended.

- Somatic Cue
- ↓
- Emotional Cue
- ↓
- Intuition
- ↓
-  STEP 5 — VAST UNKNOWN INTERVENES
- Mental Cue rewritten by Vast Unknown
- ↓
- ✗ Perceived Reality distorted

Every distortion downstream — in Perceived Reality, Narrative, Words, and Suggested Action — originates here, in the gap between what the body felt and what the mind decided it meant.

The body does not lie. But the mind's interpretation of it *can and often does*.

Perceived Reality — The Mind's Assembled Picture

What the mind now believes is happening



Perceived Reality is the mind's constructed picture of the current moment — built from the Mental Cue and everything The Vast Unknown has added to it.



If the Mental Cue was **accurate**, Perceived Reality closely matches what is actually happening. If **distorted**, Perceived Reality is a fiction the mind accepts as fact.



This is the **foundation** on which Narrative, Judgment, Words, and Action will all be built. A distorted foundation produces a distorted structure — every time.



Perceived Reality **feels completely real** — because to the mind, it is. This is why distortion is so difficult to catch from the inside.

EXAMPLE

The somatic cue was **tightness**. The emotional cue was **unease**. The Vast Unknown associated it with past financial scarcity. The Mental Cue became **"I am failing."** Perceived Reality: **"This situation proves I am not enough."** — None of this was in the original stimulus.

The Mind Builds Its Story — and Speaks It

Narrative becomes language. Language reinforces belief.

PERCEIVED REALITY

→ NARRATIVE

→ WORDS

→ VAST UNKNOWN



Narrative / Judgment

The mind wraps meaning around Perceived Reality.

This is where judgment forms — about the situation, about others, about yourself. The narrative *feels* like analysis. It is instead a narrative the mind has authored from its current picture of reality — *distorted or not*.

STEP 7

STEP 8



Words

The narrative becomes language — spoken aloud or internally rehearsed.

Words crystallize the story. They give it weight and permanence. Spoken words are especially powerful: they feed the narrative back into The Vast Unknown, where they are stored as experience and drawn on in future interpretations.



WHY THIS MATTERS

The words we speak about ourselves become the raw material The Vast Unknown draws on next time. A distorted narrative spoken repeatedly becomes a stored pattern — and that pattern shapes future Mental Cues. This is how distortion compounds over time.

*The mind tells stories.
Then it lives inside
them.*

Suggested Action — The Sequence's Output

What the mind recommends doing about what it believes is happening.

- If the sequence ran **clearly** — the Suggested Action is likely **aligned and constructive**.
- If the sequence was **distorted at Step 5** — the Suggested Action is **built on a fiction**.
- The Suggested Action always **feels reasonable** — because it is the logical conclusion of the mind's perceived reality, whatever that reality contains.

The Suggested Action is a **default, not a directive**. It is what the mind recommends — based on everything constructed upstream. But you are not required to follow it. The moment you can see the sequence running, you have a choice: act from the default or **respond from awareness**.

Suggested Action does not equal Required Action.

Reading the Quality of the Sequence's Output

Three cue types help you assess whether the sequence ran clearly or distorted.

☀ LIGHT CUE

Expansive and Aligned

The sequence produced a signal of resonance or fulfillment. The body and mind are in agreement. The Suggested Action likely aligns with who you are and what you value.

RESONANCE · FULFILLMENT

☹ INDIFFERENT CUE

Neutral, No Resonance

The sequence produced no strong signal in either direction. Not good or bad — simply not resonating. Worth exploring: why does this situation produce no meaningful response?

NEUTRAL · WORTH EXPLORING

☾ SHADOW CUE

Contractive and Concern

The sequence produced a signal of fear, worry, or contraction. Pause is warranted — not to judge the cue, but to ask: is this the body's genuine warning, or is The Vast Unknown rewriting what the body felt?

CONTRACTION · PAUSE & INQUIRE

Cue types are not moral labels. They are alignment indicators — data about whether your sequence ran clearly or distorted.

The Sequence as a Tool

Understanding the RFS changes your relationship to your own mind.

- 
- 1** **The sequence runs the same 9 steps every time** — in every person, in every moment. What differs is whether you can see it, and where it gets distorted.
 - 2** **The body speaks first and speaks honestly.** Somatic and emotional cues are real signals — not problems to manage, but data to read.
 - 3** **Distortion enters at the Mental Cue (Step 5)** — when The Vast Unknown draws on outdated patterns to rewrite what the body actually felt. Everything downstream is built on that interpretation.
 - 4** **The Suggested Action (Step 9) is a default.** Awareness of the sequence creates the space to choose a different response — one that reflects who you actually are, not who the distortion assumes you must be.

The sequence is always running. Now you can read it.

Resonance Core Framework · Fluxline Resonance Group LLC · fluxline.pro