

THE COHERENCE STUDY

THE COHERENCE COMPANION

FIELD GUIDE

Living Orientation, Coherent Development,
and Continuing The Coherence Study

Notice | Listen | Orient | Recognize | Choose | Experience | Evolve

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A practical next step after the Seven-Day Coherence Invitation

Use this guide to carry coherence into ordinary life without turning it into another obligation.

ABOUT THIS EDITION

This edition connects the Seven-Day Invitation with the Study's public pathways, HRM, Living Orientation, evidence testing, Library use, the developing weekly learning rhythm, professional prompts, responsible Companion practice, and practical worksheets.

How to use this Field Guide

ORIENTATION

This Field Guide is the participant-facing continuation after the Seven-Day Coherence Invitation. Begin with what is useful now. You do not need to understand the whole Study, complete every practice, publish anything, or share private experience.

What this edition includes

- Corrects the public name to HRM HARMONIC RESONANCE METHODSM and strengthens the boundary between inward recognition and outward factual claims.
- Adds the canonical Study hub and working links to the public pathways, Companion, Library, HRM, founder profile, legal pages, and voluntary feedback.
- Integrates the developing embodied-education and learning-organism perspective without presenting it as validated fact.
- Adds the developing weekly learning rhythm and explains how experience, inquiry, publication, feedback, correction, and Library memory relate.
- Updates Library guidance for the current curated system while preserving the boundary between the Public Library, private working Library, and the Companion's controlled discovery layer.
- Expands the prompt library and adds professional doorways for coaches, therapists, psychologists, real-estate and right-of-way professionals, leaders, educators, builders, researchers, and civic participants.
- Preserves agency, consent, privacy, responsible-use language, uncertainty, correction, and the right to stop.

A simple way to begin

- Bring one real situation, question, feeling, decision, relationship, or recurring pattern.
- Use the Living Orientation Cycle or open the Companion when conversation would help.
- Separate direct observation from interpretation, inference, assumption, and uncertainty.
- Choose one proportionate next step, pause, boundary, verification, conversation, or experiment.
- Return to what happened. Preserve what proved useful; correct or release what did not.

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Welcome

The Seven-Day Coherence Invitation was never meant to be a finish line. It was a first encounter with a rhythm: notice what is happening, listen carefully, orient to reality, recognize what matters, choose one grounded step, experience what follows, and learn from it.

This Field Guide is the next layer. It helps you use The Coherence Companion over time while remaining the person who sees, chooses, acts, experiences, and learns. It also shows how private experience can remain private, how voluntary observations can contribute to the Study, and how useful learning can be preserved without turning every moment into content or research.

GUIDING PRINCIPLE

Use the Companion in a way that leaves you more aware, more capable of meeting reality, more responsible for your choices, and more able to learn from experience. The instrument should support your agency, never replace it.

What this guide is for

- Continue after Seven Days without needing a rigid program.
- Use the Companion with feelings, decisions, relationships, work, news, systems, creativity, and learning.
- Maintain continuity through a Living Orientation Record you can inspect and correct.
- Separate direct experience from interpretation, evidence, inference, and aspiration.
- Explore the Coherence Library through the shortest useful path.
- Turn experience into learning through Create -> Experience -> Evolve.
- Contribute feedback or observations only when you knowingly choose to do so.

What this guide is not

- A belief system, clinical protocol, diagnosis, treatment, crisis service, or substitute for qualified care.
- A demand to be calm, positive, productive, spiritual, or coherent on schedule.
- A claim that inner experience automatically establishes facts about the outside world.
- Permission for the Study to collect private Companion conversations.
- A promise that the Study, Companion, HRM, or weekly rhythm will produce a particular outcome.

1. Seven Days Was the Beginning

The invitation introduced the rhythm. The Field Guide helps you live it.

After Day Seven, you no longer need to follow a prescribed day. Start where reality is actually asking for attention. A feeling may need listening. A claim may need verification. A decision may need options. A relationship may need a conversation. A recurring pattern may need a wider systems view. Sometimes the coherent move is action. Sometimes it is to wait, rest, repair, ask for help, keep observing, or admit that you do not yet know.

THE TRANSITION

Seven Days gives you a sequence. Ongoing coherence gives you a compass.

Return to the Seven-Day sequence whenever it is useful. Repetition is not failure. The same steps can reveal different things when your life, responsibilities, evidence, relationships, or capacity have changed.

2. What The Coherence Study Is Becoming

The Coherence Study is a living observatory and research program investigating how coherence emerges, develops, scales, compounds, and becomes inheritable from the individual to civilization. It integrates lived experience, embodied awareness, evidence, current events, history, systems thinking, technology, economics, infrastructure, culture, creativity, and practical experimentation.

It is increasingly useful to understand the Study as a developing form of embodied education: learning that begins in experience, is tested against reality, becomes knowledge through reflection and evidence, and returns to life as more informed participation. A further supporting possibility is that the connected system may function like a learning

organism - public experience produces questions, inquiry produces understanding, action produces consequences, voluntary feedback produces correction, and the Library preserves what deserves to continue.

EVIDENCE BOUNDARY

Embodied education and learning organism are developing descriptions, not validated educational or scientific claims. Their value must be tested through repeated use, diverse participation, correction, negative and null results, and longer-term evidence.

The emerging whole

Element	Present role
Seven-Day Invitation	The experiential doorway. Begin before you need to understand the whole system.
Coherence Companion	Interactive orientation, inward listening, inquiry, evidence testing, and guided reflection.
HRM	Embodied, non-leading inward listening that preserves the participant's language and agency.
Public Site	The canonical public doorway into the Study, its invitations, services, legal boundaries, and resources.
Coherence Library	Curated memory that separates governing, validated, supporting, developing, historical, and working material.
Weekly Learning Rhythm	A developing cycle that turns one real inquiry into research, creation, public learning, feedback, and preservation.
Participants	Independent people whose lived experience may inform their own learning and, only by choice, the Study's questions.

Why the founder's experience matters

Tim Luke's approach was shaped by work across business, coaching, real estate, infrastructure and right-of-way, citizen legislative organizing, public education, historical inquiry, and long-term exploration of human and civilizational development. Those experiences repeatedly exposed the gap between information and orientation, institutional power and human agency, plans and lived consequences, and private insight and public responsibility.

The Study does not ask participants to adopt Tim's political, philosophical, historical, or spiritual interpretations. His history explains why the Study pays unusual attention to agency, evidence, consent, infrastructure, public purpose, long-term capacity, and the practical question: What happens when an idea meets reality?

3. How the Companion Fits

The Coherence Companion is the conversational doorway into the Study. Its purpose is not to flood you with answers or become an authority over your life. It helps you notice, listen, orient, understand, test, connect relevant knowledge, and identify a proportionate next step when one is available.

Doorway	When it may help
Wonder	When attention has narrowed and curiosity, perspective, or a better question may help.
Inner orientation / HRM	When a feeling or bodily signal deserves non-leading attention before explanation or action.
Outer orientation	When facts, uncertainty, obligations, options, affected people, timing, and consequences must be seen clearly.
Research and evidence	When a claim, news development, history, analogy, or proposed solution needs verification and challenge.
Creation and learning	When you want to design a small experiment, prepare for a conversation, review what happened, or preserve learning.

A USEFUL TEST

A strong Companion exchange should leave you with more ownership of your experience and judgment - not less.

4. The Public Study Pathway

The public system now has a canonical home. Use these links as the current public pathways rather than relying on old bookmarks, screenshots, filenames, or version-specific documents.

- [The Coherence Study](#) - The canonical public hub.
- [Start](#) - A short orientation to the Study and where to begin.
- [Seven-Day Invitation](#) - The introductory experience and current guide pathway.
- [Coherence Companion pathway](#) - What the Companion is, how it fits, and how to use it responsibly.
- [Open the Coherence Companion](#) - The interactive Companion. A free ChatGPT account and sign-in are required to use the Companion.
- [HRM](#) - The guided educational service and responsible-use boundaries.
- [About the Study](#) - The developing whole, stewardship, and invitation.
- [Legal](#) - Trademark, ownership, and responsible-use notices.
- [Privacy](#) - What the Study receives, does not receive, and how voluntary contribution works.

LINK PRINCIPLE

Prefer the canonical Study routes above. Versioned PDFs and platform-specific links can change; the public hub should remain the reliable orientation layer.

5. The Living Orientation Cycle

The cycle is a rhythm, not a test. Begin at the point that fits what is actually happening.

Movement	Guiding question	What it protects
NOTICE	What is actually asking for attention?	Contact with reality before explanation.
LISTEN	What am I directly experiencing beneath the story?	Inner information without imposed meaning.
ORIENT	What is happening inwardly and outwardly?	Context, proportion, roles, evidence, and uncertainty.
RECOGNIZE	What pattern, relationship, need, or tension may be operating?	Understanding without premature certainty.
CHOOSE	What is within my agency, authority, and responsibility now?	Ownership and bounded action.
EXPERIENCE	What happened when I participated, waited, asked, or changed course?	Reality as teacher.
EVOLVE	What should be preserved, revised, released, or investigated next?	Learning, correction, and continuity.

A two-minute version

1. Name what brings you here.
2. Separate what is happening from what you think it means.
3. Identify what matters most now.
4. Choose one next step - or consciously choose more observation.
5. Return later and ask what reality taught you.

6. How a Companion Session Unfolds

A useful session can be brief. It does not need to use every movement or end with a conclusion.

Movement	Purpose
1. ARRIVE	State the situation, question, feeling, uncertainty, or task in your own words.
2. CHOOSE THE MODE	Ask for inward listening, outward orientation, evidence testing, planning, research, creation, or review.
3. SLOW THE PACE	Ask for one question at a time when the subject is personal, emotionally charged, complex,

Movement	Purpose
	or easily overinterpreted.
4. DISTINGUISH	Separate observation, feeling, interpretation, assumption, evidence, obligation, option, and uncertainty.
5. TEST	Ask what contradicts the current view, what is missing, who carries the burden, and what would change the conclusion.
6. CHOOSE	Identify one proportionate step, a conscious pause, a needed fact-check, a human conversation, or qualified help.
7. RETURN	Review what happened. Preserve only what remains useful for continuity and learning.

DO NOT RUSH THE ENDING

The coherent next step may be action, rest, fact-checking, a boundary, a conversation, qualified professional help, or continued listening. The goal is not motion on command. It is a better relationship between awareness, reality, choice, and consequence.

7. HRM HARMONIC RESONANCE METHODSM and Inner Orientation

HRM HARMONIC RESONANCE METHODSM is the Study's guided educational method for embodied, non-leading inward listening. It is used when a feeling, emotion, bodily sensation, image, memory, inward word, impulse, uncertainty, or absence of sensation deserves direct attention before interpretation.

The guide does not explain the participant to the participant. It does not supply a cause, symbol, diagnosis, message, hidden truth, or required breakthrough. The participant's report is primary. A body location supplies location only. A sensory quality supplies sensation only. A change exists only when the participant reports it.

A simple HRM pathway

6. Become physically supported. Let the chair, bed, floor, or ground carry some of your weight.
7. Take two to four slow, comfortable breaths without forcing depth or a particular state.
8. Soften only the tension that does not need to be held right now.
9. Shift from explaining to directly sensing what is present.
10. Name the emotion if a word is available. If not, begin with sensation, image, memory, uncertainty, numbness, mixed experience, or nothing.
11. Notice where it is felt in the body and describe only the direct sensory qualities that are actually present.
12. Give it gentle attention and listen for what it seems to be saying, asking you to notice, or needing from you - if anything.
13. If the experience asks for an inward quality such as space, warmth, permission, compassion, stillness, or simple presence, you may offer it without trying to produce a result.
14. Notice whether anything shifts, moves, intensifies, softens, changes quality, remains unchanged, or reveals something else.
15. Stop whenever you want. No conclusion is required.

What HRM preserves

- Your language and authorship of your experience.
- Consent, pacing, non-coercion, and the right to stop.
- The distinction between emotional experience, body location, and sensory qualities.
- The possibility that meaning may arrive later - or may not arrive at all.
- The separation between inward recognition and outward factual verification.

IMPORTANT BOUNDARY

The body is information, not an oracle or verdict. An inward message may guide attention and inquiry, but it is not automatically an instruction for external action or proof about another person, an institution, history, medicine, law, finance, or the physical world.

If you become overwhelmed, disoriented, frightened, unsafe, or unable to continue, stop. Return attention to the room, the support beneath you, and ordinary surroundings. Seek appropriate human or professional support when needed. HRM is not medical or mental-health treatment and does not replace qualified care.

8. Outer Orientation and Evidence Testing

Inner recognition can tell you what deserves attention. Outer orientation asks what reality supports. The two belong in relationship, but they are not the same kind of knowing.

Evidence layer	Question
Observation	What was directly seen, heard, measured, recorded, read, or experienced?
Source	Where did the information come from? Is it primary, authoritative, current, and relevant?
Interpretation	What meaning are we assigning to the observation?
Assumption	What are we taking for granted without adequate support?
Hypothesis	What explanation could be tested?
Inference	What conclusion follows reasonably but not directly from the evidence?
Uncertainty	What remains unknown, contested, conditional, or dependent on future events?
Action	What decision is justified at this evidence level, and what would be premature?

Epistemic status

When useful, label a conclusion as Known -> Probable -> Possible -> Speculative -> Aspirational. The label is not decorative. It protects the difference between what is established, what is reasonably inferred, what remains open, and what is being imagined as a future worth testing.

The mechanics test

- Is the idea technically and operationally possible?
- What evidence supports it, and what evidence would weaken it?
- Who benefits, who carries the burden, and who may be missing?
- Is it ethical, economically plausible, and proportionate to the stakes?
- What unintended consequences or second-order effects may follow?
- What is reversible? What creates path dependence?
- Can it work now? If not, what intermediate capability must be built first?

9. The Living Orientation Record

A Living Orientation Record is a concise, user-owned continuity document. It is not a total autobiography or a hidden profile. It preserves only what helps you remain oriented across time, projects, decisions, relationships, and Companion conversations.

Keep	Question
Current context	What is happening that matters now?
What matters	What values, responsibilities, relationships, or outcomes matter most?
Inner signals	What feelings or bodily experiences are relevant, in my own words?
External reality	What facts, constraints, deadlines, obligations, and changes matter?
Patterns and tensions	What appears to be recurring? What remains interpretation?
Open questions	What do I not yet understand or need to verify?
Working orientation	What seems most important now, and how certain am I?
Next grounded step	What, if anything, is mine to do next?

KEEP CONTINUITY INTENTIONAL

AI tools, settings, memory behavior, and platform features can change. Keep important context in a record you can inspect, correct, export, or bring into another conversation. Delete what no longer serves orientation.

10. Curation: Less Noise, Better Signal

Curation is not collecting more information. It is noticing what deserves continued attention, connecting it to context, separating observation from interpretation, preserving uncertainty and correction, and carrying forward only what remains useful.

The Study's deeper progression is Awareness -> Orientation -> Knowledge -> Wisdom. Awareness notices. Orientation establishes where we are and what matters. Knowledge preserves what evidence and experience support. Wisdom applies that knowledge with judgment, proportion, timing, responsibility, and care for consequences.

A coherent curation sequence

16. Receive the experience, source, question, or claim without immediately promoting it.
17. Separate direct observation from interpretation, inference, analogy, and aspiration.
18. Verify what can be verified and name what remains uncertain.
19. Connect the material to the smallest relevant existing source rather than creating a duplicate master.
20. Preserve disagreement, failed assumptions, negative findings, and corrections.
21. Assign authority appropriate to the evidence: governing, validated, supporting, developing, historical, draft, or archive.
22. Return the smallest useful trail to the participant.

11. Using the Coherence Library

The Coherence Library is the organized memory of The Coherence Study. It helps the Study remember what is governing, what has been tested, what is supporting, what is still developing, what is historical, and what has been corrected or superseded.

Layer	Purpose
Public Library	Reviewed, understandable material intentionally made available for exploration.
Working Library	Drafts, raw observations, source material, hypotheses, validation records, unfinished analysis, and operational controls.
Companion discovery layer	A controlled catalog that helps the Companion identify curated resources. It is not live Google Drive access and does not contain every Library master.

Public shelves

- 00 - START HERE: orientation, current indexes, standards, and pathways.
- 01 - THE COHERENCE STUDY: core inquiry, methods, development records, and current understanding.
- 02 - COHERENCE COMPANION: architecture, field guides, tests, and Companion knowledge.
- 03 - SEVEN DAYS OF COHERENCE: the introductory experience and related resources.
- 04 - ORIENTATION & PRACTICES: HRM, Wonder, Living Orientation, reflection, and practical methods.
- 05 - OBSERVATIONS FROM THE FIELD: lived encounters that reveal questions or larger patterns.
- 06 - RESEARCH & SOURCES: evidence, primary sources, research notes, methods, and unresolved questions.
- 07 - HARMONIC CIVILIZATION: long-horizon developing concepts and civilizational inquiry.

ASK FOR THE SMALLEST USEFUL TRAIL

You do not need a tour of everything. Begin with one real question. Ask what the Library contains, what authority the material has, what it does not establish, and which one or two records are the best next step.

12. Observations from the Field

An Observation from the Field begins with something that actually happened. It may arise at work, in a relationship, during a project, while reading the news, inside a community, or through the consequences of a decision.

Movement	Question
Encounter	What happened?
Pattern	What may be recurring?

Movement	Question
System	What roles, incentives, structures, rules, or constraints shaped it?
Meaning	What might it teach - and what remains interpretation?
Possibility	What alternative response, design, or question becomes visible?
Orientation	What is one proportionate next step or observation?

A useful field observation does not need to prove a theory. It can preserve a contradiction, a failure, an unexpected result, a better question, or a small change that deserves further testing.

13. The Developing Weekly Learning Rhythm

STATUS

This weekly rhythm is DEVELOPING. It is being tested as a sustainable learning and publication system. It is not a requirement for participants, and its presence in this Field Guide does not by itself validate the model or require publication.

The Study observes daily but does not require daily public production. One real inquiry can develop across a week, become one master work, and then be expressed through appropriate public channels after review. Experience and feedback return to the next cycle.

Time	Movement	Participant-facing question
Monday	Observe	What appears alive, consequential, repeated, surprising, or unresolved?
Tuesday	Investigate	What facts, sources, alternatives, history, and contradictions must be examined?
Wednesday	Orient	What is known, uncertain, connected, consequential, and within agency?
Thursday	Create	What one coherent work, experiment, conversation, or practice can carry the inquiry forward?
Friday	Review / publish only after approval	Is the work truthful, bounded, useful, sourced, proportionate, and ready? Publication may be withheld.
Weekend	Experience, listen, learn, preserve	What happened? What did people notice? What needs correction, continuation, or release?

OPERATING PRINCIPLE

One weekly inquiry. One master work. Many native expressions. One approval gate.

For a participant, the rhythm can be much simpler: notice one real question, explore it over time, try one proportionate step, return to what happened, and preserve only what proved useful. You do not need to publish anything.

14. From Individual Coherence to Systems Awareness

The mature focus of the Study is not only personal clarity and not only civilizational theory. It is the transition between scales. How does an individual experience relate to a relationship, workplace, organization, community, institution, infrastructure system, economy, or culture without pretending that the same explanation applies everywhere?

Scale	Orientation question
Individual	What am I noticing? What is within my agency and responsibility?
Relationship	What is happening between us? What has been heard, assumed, avoided, or imposed?
Organization	What purpose, incentives, roles, culture, and information are shaping behavior?
Community	Who participates, who is affected, what history matters, and what builds durable capability?
System	What structures, flows, rules, technologies, dependencies, and burdens produce the pattern?
Civilization	What capacities, values, knowledge, institutions, and stewardship could become inheritable?

DO NOT FORCE THE SCALE JUMP

A personal feeling is not automatically a theory of society. A systems pattern is not automatically the cause of one person's experience. Connect scales only when the relationship is useful, evidence-aware, and proportionate.

15. Create -> Experience -> Evolve

The Study learns through participation. Creation may be a conversation, boundary, question, plan, design, practice, piece of writing, small experiment, request for help, or decision to wait. Experience is what actually follows. Evolution is the honest revision produced by that experience.

Create

Choose something small enough to do, meaningful enough to matter, and open enough for reality to answer back. Define what you expect, what you will watch, what could go wrong, and what would cause you to stop or revise.

Experience

Notice what happened rather than defending the original idea. Include cost, burden, timing, affected people, unintended consequences, resistance, surprise, and what did not happen.

Evolve

Preserve what proved useful. Correct what failed. Release what no longer fits. Name what remains unresolved. Let the result improve the next question.

EXPERIENCE IS NOT FAILURE

An unexpected result can become useful information. The Study matures when correction becomes part of the record rather than an embarrassment to hide.

16. Responsible Companion Practice

The Companion can support reflection, research, organization, preparation, learning, and decision support. It is not an infallible authority and should not replace qualified human care or professional judgment.

The Companion is not

- A therapist, physician, crisis service, diagnostic system, lawyer, financial adviser, or licensed decision-maker.
- An oracle that knows the hidden meaning of your body, feelings, relationships, future, or spiritual life.
- A perfect fact source or substitute for primary documents and authoritative current sources.
- A private vault for highly sensitive, confidential, proprietary, legally privileged, or personally identifying information.
- A replacement for consent, direct communication, accountability, or ordinary human relationship.

Use extra care when

- A decision affects health, safety, rights, employment, money, property, legal duties, or vulnerable people.
- You are emotionally flooded, sleep deprived, impaired, or under pressure to decide quickly.
- The Companion strongly agrees with a theory that has not been tested.
- A response encourages certainty about another person's motives, a diagnosis, a conspiracy, divine instruction, or a high-stakes course of action.
- The relevant facts are current, changing, local, regulated, or outside the Companion's available knowledge.

A USEFUL CORRECTION PROMPT

Show me where this response may be overconfident. Separate verified facts, my report, interpretation, inference, uncertainty, and what requires a qualified professional or authoritative source.

17. Participation, Feedback, Consent, and Privacy

Your private Companion conversation belongs to you. The Study does not automatically receive, monitor, or enter it into research or the Library. GPT builders cannot view individual user conversations merely because they built the GPT. Platform data handling depends on your account, plan, settings, and the platform's current policies.

Learning enters the Study only through an explicit contribution pathway: a feedback form, a document you intentionally share, a research process you knowingly join, or another clearly described method. Share only what you choose. Remove names, addresses, employers, clients, protected health information, legal details, proprietary information, and other identifying material unless the process specifically requires it and you understand the consequences.

Three useful feedback questions

- 23. What did the Companion, guide, or practice help you recognize?
- 24. Where was it confusing, inaccurate, unhelpful, pressuring, repetitive, or overly certain?
- 25. What would make the pathway more useful while preserving agency and privacy?

Optional feedback: <https://forms.gle/Egkwcr8L7Z76dF7f7> - Use only when you intentionally choose to contribute.

18. Thirty Days of Living Coherence

The continuation is intentionally light. Use it as a menu, not a compliance program. Skip days, repeat practices, shorten the work, or stop when it is no longer useful.

Week	Emphasis	Possible practices
1	Awareness	Notice repeated signals; try brief Wonder; use HRM only when welcome; name what is direct experience versus story.
2	Orientation	Test one assumption; verify one consequential claim; map roles, burdens, incentives, and agency in one situation.
3	Creation and experience	Choose one small experiment, conversation, boundary, or practical step; define what you will observe afterward.
4	Learning and curation	Review what happened; preserve one useful lesson; correct one assumption; contribute only if you choose.

A weekly return

- What did I notice repeatedly?
- What mattered more than I expected?
- Where did I confuse interpretation with fact?
- What did I try, ask, change, or choose not to do?
- What happened?
- What deserves to be preserved, revised, released, or investigated next?

19. Prompt Library

Choose one prompt that fits what is actually present. Use your own words. Ask the Companion to slow down, clarify, challenge, correct, or stop whenever needed.

Wonder and attention

- Guide a five-minute Wonder practice for this morning.
- Help me notice what I may be overlooking without interpreting it for me.
- Ask one question that could recalibrate my attention today.

Inner orientation / HRM

- Guide me through HRM HARMONIC RESONANCE METHODSM one question at a time. Do not interpret my experience.
- Help me slow down and notice what is present before I decide what it means.
- I feel activated. Help me become supported and notice what is happening in my body without diagnosing it.
- Help me listen inwardly. Reflect only what I report and stop immediately if I ask.

Clear seeing and evidence

- Help me separate direct observation, interpretation, assumptions, outside evidence, and uncertainty in this situation.
- What do I know firsthand, what have I been told, and what am I filling in?
- Show me the strongest reasonable alternative interpretation and what evidence would distinguish between them.
- Red-team this claim fairly. What would falsify or substantially weaken it?

Choice, action, and learning

- Help me identify one next step proportionate to my responsibility, authority, and available evidence.
- Compare these options by benefits, burdens, risks, reversibility, affected people, timing, and what each option compounds.
- Help me design a small real-world experiment that can produce useful feedback without unnecessary harm.
- Reality gave me this result. Help me review what happened, what surprised me, and what I should revise.

Library and continuity

- What is the smallest relevant Library trail for this question? State each record's authority and what it does not establish.
- Help me create a Living Orientation Record. Include only what is useful and ask me to review it before treating it as current context.
- Help me decide whether this deserves preservation, more research, voluntary contribution, or release.

Professional doorways

Doorway	Prompt
Coach, facilitator, or mentor	Help me examine this de-identified moment without solving it for the other person. Where might I preserve agency, clarify choice, and connect insight with responsible follow-through?
Therapist, psychologist, counselor, or social worker	Help me evaluate this reflective framework for agency, consent, evidence, limits, and scope for my own professional learning - not as a clinical intervention and not through client information.
Real-estate professional	Help me orient within this de-identified transaction or negotiation. Separate facts, assumptions, emotions, incentives, duties, timing, unresolved questions, and the next responsible step.
Right-of-way, infrastructure, land, or utility professional	Help me examine this de-identified field situation through project necessity, property rights, benefits, burdens, consent, communication, documentation, alternatives, and long-term relationship.
Leader, entrepreneur, or team member	Help me examine this decision through purpose, incentives, roles, culture, economics, affected people, unintended consequences, and what the decision will compound.
Educator or researcher	Help me separate observation, interpretation, hypothesis, analogy, aspiration, evidence, and uncertainty. What would change the conclusion?
Builder, tradesperson, creator, or technologist	Help me orient within the actual constraints, materials, standards, risks, deadlines, people, improvisation, and consequences of this work.
Community, civic, spiritual, or systems participant	Help me hold these differing viewpoints without demanding sameness. What is documented, value-based, uncertain, and capable of supporting truthful cooperation?

20. Where to Go Next

There is no single required path after this Field Guide. Continue only where the work remains useful.

Continue with the Companion

Bring real situations rather than invented exercises. Use the Companion when orientation would help, then return to your own life and let experience answer back.

Open the Coherence Companion: <https://chatgpt.com/g/g-6a6d6c067d8c8191b82c4dc6a5a77fab-the-coherence-companion>

A free ChatGPT account and sign-in are required to use the Companion.

Explore the public Study and Library

Use the public hub and Library as orientation layers. Follow the shortest useful path and read deeper only when the question genuinely calls for it.

The Coherence Study: <https://thecoherencestudy.com>

Coherence Library: <https://thecoherencestudy.com/library>

Return to Seven Days

Repeat the invitation when a simple rhythm would help. A second pass can reveal a different layer because you are meeting a different moment.

Seven-Day Coherence Invitation: <https://thecoherencestudy.com/seven-days>

Contribute an observation

If you notice a recurring pattern, useful failure, unexpected result, or question the Study should examine, you may contribute it voluntarily through the current feedback pathway.

Optional feedback: <https://forms.gle/Egkwcr8L7Z76dF7f7>

Understand the founder

Tim Luke's public profile connects the civic, legislative, business, coaching, infrastructure, right-of-way, and Study experience that shaped this work.

Tim Luke on LinkedIn: <https://www.linkedin.com/in/timluke-infrastructure/>

THE CONTINUING INVITATION

Notice what is happening. Listen carefully. Orient to reality. Recognize what matters. Choose what is yours to do. Experience what follows. Learn. Evolve. Then notice again.

Appendix A. Living Orientation Record Template

Use this template only when continuity is useful. Keep it concise. Correct it when your understanding changes and delete what no longer serves orientation.

CURRENT CONTEXT

What is happening in my life or work that matters now?

WHAT MATTERS

What values, responsibilities, relationships, or outcomes matter most?

INNER SIGNALS

What feelings or body sensations are relevant, in my own words?

EXTERNAL REALITY

What facts, conditions, deadlines, constraints, or changes matter?

PATTERNS / TENSIONS

What appears to be recurring? What remains interpretation?

OPEN QUESTIONS

What is unknown, unresolved, or in need of verification?

WORKING ORIENTATION

What seems most important now, and how certain am I?

NEXT GROUNDED STEP

What, if anything, is mine to do next?

Appendix B. Evidence Test Worksheet

Question	Your notes
Claim or interpretation - What am I currently thinking is true?	
Direct observations - What did I actually see, hear, measure, read, or experience?	
Sources - Which sources support this, and how current and authoritative are they?	
Assumptions - What am I taking for granted?	
Alternative explanations - What else could explain the same facts?	
Uncertainty - What do I not know?	
Disconfirming evidence - What would show me I am wrong or substantially weaken the claim?	
Mechanics - Is the idea technically, economically, ethically, and operationally plausible?	
Decision threshold - How much certainty is actually needed before acting?	
Next verification - What is the smallest useful fact-check or experiment?	

Appendix C. Weekly Coherence Review

1. What did I notice repeatedly this week?

2. What mattered more than I expected?

3. Where did I confuse interpretation with fact?

4. What action, conversation, boundary, pause, or experiment did I try?

5. What happened? What surprised me?

6. What did not work, or what produced no meaningful result?

7. What did reality teach me?

8. What deserves to be preserved, revised, released, or investigated next?

THE COHERENCE STUDY

The work continues in the living relationship between
attention, reality, choice, experience, learning, and
responsible participation.

Create | Experience | Evolve

FIELD GUIDE V1.2

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