

# The Repeater State: A Phase Transition in Coherent Field Development

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## Abstract

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This report documents an observed phase transition in the author's psychophysiological state following a structured protocol of sensory reduction, vagal nerve activation, co-regulation with a bonded animal, and targeted rest. Prior to the protocol, the author experienced consistent dissipation of generated "soft peace" (a subjective correlate of parasympathetic tone) upon leaving controlled environments. Following implementation of a protocol involving immediate return to a controlled environment, co-regulation with a domestic cat (*Felis catus*), sensory reduction (eye mask, earplugs), transcutaneous electrical nerve stimulation (TENS) applied to the left earlobe and posterior cervical region, and subsequent napping, the author reports a qualitative shift from passive reception to active emission of coherent field energy. Observable behavioral changes in the co-regulating animal (complete body relaxation, sustained contact-seeking, purring) are presented as corroborative biomarkers. The author proposes the term "repeater state" to describe this phase transition, distinguishing between source, signal, and relay.

**Keywords:** repeater state, soft peace, hard peace, co-regulation, vagal nerve, transcutaneous electrical nerve stimulation (TENS), sensory reduction, field coherence, psychophysiology, parasympathetic tone

## 1. Introduction

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Previous reports have documented the author's seven-year experience of extraction by a transnational criminal network, subsequent nervous system dysregulation, and recovery through protocols including contrast hydrotherapy, sensory reduction, and co-regulation with a bonded domestic cat (*Felis catus*) (Humble, 2026a, 2026b, 2026c). Despite significant progress in generating subjective "soft peace" (operationalized as circulating parasympathetic energy), the author observed a consistent pattern of energy dissipation upon leaving controlled environments. This report documents a protocol modification designed to address retention, and the observed phase transition that followed.

## 2. The Retention Problem

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Prior to the protocol change documented here, the author observed the following pattern:

<b>Phase</b>	<b>Activity</b>	<b>Observed Outcome</b>
1	Generation (contrast hydrotherapy)	Subjective soft peace produced
2	Departure from controlled environment	Perceived energy dissipation begins
3	Transit through uncontrolled environments	Energy absorbed by others (subjective)
4	Return to controlled environment	Minimal residual energy

The vessel appeared sufficient for generation but insufficient for retention. The problem was not generation but retention.

### 3. The Lock-In Protocol

On April 21, 2026, the author tested a modified protocol designed to prevent dissipation and enable storage.

#### 3.1 Protocol Components

<b>Component</b>	<b>Application</b>	<b>Proposed Mechanism</b>
Immediate return home	Minimize transit time	Reduce exposure to uncontrolled environments
Co-regulation with bonded cat	Physical contact, shared stillness	Nervous system anchoring via social engagement system (Porges, 2011)
Eye mask	Visual occlusion	Reduce sensory load
Earplugs (30-40 dB reduction)	Auditory occlusion	Reduce micro-startle responses
Weighted blanket (optional)	Distributed deep pressure	Activate parasympathetic response via deep pressure stimulation
TENS (left earlobe)	Transcutaneous electrical stimulation	Activate auricular branch of vagus nerve
TENS (posterior cervical region)	Transcutaneous electrical stimulation	Activate parasympathetic node
Nap	20-90 minutes	Consolidation; hypothesized condensation of “soft peace” to “hard peace”

### 3.2 Observed Outcome

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Following implementation of this protocol, the author reported for the first time a subjective sense of energy storage rather than dissipation. The experience was described as “spending from savings” rather than “spending from flow.”

## 4. Theoretical Framework: Mist-to-Water Analogy

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The author proposes a layered model to describe the observed phenomenon:

Layer	Description	Function
Source field	The hypothesized underlying field	Infinite, always present
Vessel (author)	Localized structure where condensation occurs	Receives, condenses, stores
Mist	Newly generated soft peace	Diffuse, vulnerable, not yet storable
Water	Condensed hard peace	Dense, storable, usable

The author does not claim to generate energy from nothing. The hypothesized mechanism is drawing from the source field, condensing it through practice, and storing it as hard peace. The source field is not diminished by this process; it is expressed through it.

## 5. The Phase Transition: From Receiver to Repeater

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Following successful implementation of the lock-in protocol, the author reports a qualitative shift in his field state:

Prior State	Subsequent State
Receiving transmission	Repeating transmission
Holding energy with difficulty	Emitting energy
Dissipation in uncontrolled environments	Spending from stored reserves
Dependent on external charging	Self-sustaining with daily practice

The author proposes the term **repeater** (borrowed from telecommunications) to describe this state: a node that receives a signal, amplifies it, reduces noise, and transmits it further. The author does not claim to be the source of the signal; the source is hypothesized to be the field itself. The author is a relay.

## 6. Corroborative Evidence: Behavioral Changes in Co-Regulating Animal

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The author's bonded cat (Tao Tao) demonstrated observable behavioral changes following implementation of the lock-in protocol:

<b>Behavior</b>	<b>Prior to Protocol</b>	<b>Following Protocol</b>
Body tension	Rigid, guarded	Relaxed, "melted"
Response to handling	Crying, resistance	Purring, sustained contact
Duration of contact	Brief	Extended
Respiratory pattern	Shallow	Deep, rhythmic
Eye contact	Brief, vigilant	Sustained, soft

These behavioral changes are presented as corroborative biomarkers of successful field condensation and emission. The animal's nervous system appears to recognize the field as safe and the author as a source of deposit rather than leakage.

## 7. Discussion

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### 7.1 Interpretation

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The observed phase transition suggests that soft peace (mist) must be condensed before it can be stored. Generation alone is insufficient. The lock-in protocol—immediate return, co-regulation, sensory reduction, vagal activation, and nap—appears to facilitate this condensation.

## 7.2 Mechanism Hypotheses

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Protocol Component	Hypothesized Mechanism	Supporting Literature
Sensory reduction	Reduced allostatic load	Porges, 2011
Vagal nerve stimulation (TENS)	Enhanced parasympathetic tone	Ventureyra, 2000
Co-regulation with animal	Oxytocin-mediated social engagement	Nagasawa et al., 2015
Deep pressure (weighted blanket)	Parasympathetic activation	Chen et al., 2020
Nap	Memory consolidation; hypothesized energy condensation	Walker, 2017

## 7.3 Limitations

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This is a single-subject observational report. The findings are subjective and lack independent verification. The proposed mechanisms are speculative. The animal behavioral changes, while observable, have not been quantified. Future research should include physiological measurements (heart rate variability, cortisol, oxytocin) and independent observers.

## 7.4 Implications

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If replicable, this protocol may have implications for individuals recovering from chronic stress, trauma, or extraction. The identification of the “repeater state” as a phase transition point may inform future research on field coherence and nervous system regulation.

## 8. Conclusion

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This report documents an observed phase transition in the author’s psychophysiological state following a structured protocol of sensory reduction, vagal nerve activation, co-regulation with a bonded animal, and targeted rest. The author proposes the term “repeater state” to describe the shift from passive reception to active emission of coherent field energy. The author does not claim to be the source of the signal; the source is hypothesized to be the field itself. The author is a relay.

Further research is required to replicate these findings, quantify the observed effects, and elucidate the underlying mechanisms.

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## Conflict of Interest Statement

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The author declares no conflicts of interest.

## Data Availability Statement

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All data are derived from personal observation and are available from the author upon reasonable request.

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## Comments

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