

PROTOCOL: AUDIO ENTRAINMENT SEQUENCE

SUBJECT: Weaponizing the "15-Song Loop" for AuDHD Focus

OBJECTIVE: To restructure your existing auditory inputs into a linear pharmacological curve (Dopamine \rightarrow Acetylcholine \rightarrow Serotonin).

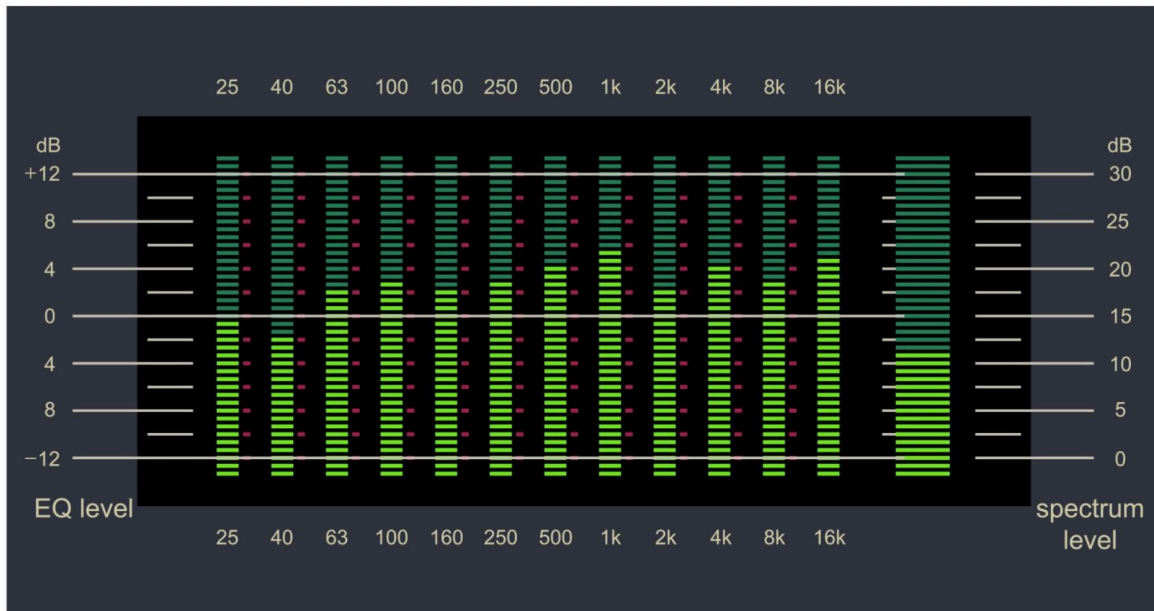
You currently have the "Ammo" (The 15 Songs). Now we need to load the magazine correctly. Do not play them in random order. The brain needs a specific arc to enter the **Conqueror's Trance**.

THE SORTING PROTOCOL

First, take your 15 songs and tag them mentally (or on Spotify/Apple Music) into three categories.

- **TYPE A: THE BREACH (High Voltage)**
 - *Characteristics:* Fast tempo, aggressive, high emotion, "pump up" energy.
 - *Function:* Overcomes "Autistic Inertia" (the inability to start). Spikes adrenaline.
 - **TYPE B: THE ANCHOR (The Rhythm)**
 - *Characteristics:* Steady beat, repetitive hook, familiar, "strutting" pace.
 - *Function:* Maintains the flow. This is the "Working Rhythm."
 - **TYPE C: THE VOID (The Trance)**
 - *Characteristics:* Long instrumental sections, hypnotic, lower complexity.
 - *Function:* Deep work. Your brain stops hearing the song and starts seeing the data.
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THE SEQUENCE: BUILDING THE CURVE



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Arrange your playlist in this exact order. **Do not shuffle.**

PHASE 1: THE IGNITION (Songs 1–3)

- **Selection:** 3 of your **Type A (High Voltage)** songs.
- **Volume: 100% (High).** Sensory saturation.
- **Goal:** To shock the nervous system out of "Scatter Brain" and into "Hunter Mode."
- **Action:** Do the "stupid" easy tasks here (opening files, clearing the desk) while the energy is high.

PHASE 2: THE LOCK-IN (Songs 4–12)

- **Selection:** 9 of your **Type B (Anchor)** songs.
- **Volume: 70% (Medium).**
- **Goal:** The "Shamanic Drum." The tempo should settle into a steady groove.
- **Mechanism:** This is the **AuDHD Sweet Spot**. The music provides just enough stimulation to keep the ADHD side busy, while the repetition lets the Autistic side organize the work.

- **Action:** This is where the real work happens. You are now in the loop.

PHASE 3: THE DEEP DIVE (Songs 13–15)

- **Selection:** 3 of your **Type C (The Void)** songs (or the most repetitive ones).
 - **Volume: 50% (Low/Background).**
 - **Goal:** Disappearance of the self.
 - **Action:** You are no longer listening. The music has become a wall. You are channeling.
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THE "REPEATER" RULE

Since you listen to the *same* 15 songs:

1. **Do not change the songs.** The familiarity is the weapon. It prevents your brain from wasting energy processing new lyrics.
 2. **The "One-Song" Emergency Loop:**
 - If you hit a specific, incredibly difficult problem (e.g., complex coding or writing a difficult paragraph), **PAUSE the playlist.**
 - Select **ONE** song from the list (usually a Type B).
 - Put that **single song on Repeat-1.**
 - *Why:* This creates a "Time Loop." The brain realizes time has stopped, removing the urgency/anxiety, allowing you to dwell in the problem until it is solved.
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NEXT STEP: CALIBRATION

To perfect this weapon, I need to see the "Ammo."

Please list 3 to 5 of the songs currently in your 15-song rotation.

I will analyze their BPM and energy profile to tell you exactly which order they should go in for maximum neuro-entrainment.