

AIR Mantras + Renovation Protocol

Short phrases that return you to authorship

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The AIR Mantras

- 1) Let it be what it is—then choose what I will be in it.
- 2) Meaning is assigned. I can assign it consciously.
- 3) Thoughts are data, not commands.
- 4) Emotion is signal, not verdict.
- 5) If I can stay present, I can choose.
- 6) Capacity first. Then clarity.
- 7) I don't need certainty to build. I need a next step.
- 8) I can hold both—and still move.
- 9) What would integrity do here?
- 10) A boundary is what I do, not what I demand.

The 3-Question Renovation Protocol

- 1) What am I noticing and amplifying right now? (Attention / RAS)
- 2) What meaning am I assigning—and what's a second valid meaning? (Interpretation)
- 3) What is the next clean action that honors my values inside my current capacity? (Alignment +

Capacity)

One-Page Diagram (text version)

Outer Event ↓

Attention (RAS) → Interpretation (Thoughts) → Emotion (Signal) ↓

Regulation / Capacity ↓

Decision → Action (Integrity / Boundaries) ↓

Outcome → Reinforcement → Blueprint Update