

Example Field Note

[R1] Raw Experience Record

While sitting quietly in the morning, there was a noticeable shift in awareness. Everything felt still, and time seemed to slow briefly.

[Observation]

The environment felt unusually calm. Breathing became more noticeable, and attention felt more focused.

[Interpretation]

This may indicate a shift in awareness or increased sensitivity to internal perception.

[Date / Time]

March 20, 2026 — Morning