## Highlight 9.1.

## Key Learning Points

Reality sensing is about staying anchored in your senses and fully trusting their signals without adding unnecessary analysis. Reality sensing also means trusting the absence of signals, recognizing silence means nothing significant is there. Your senses inherently provide all the certainty you need—no further investigation or reassurance is required. Reality sensing is effortless; it doesn't require force, over-focus, or strain—it's a natural and intuitive process. You already possess the ability to trust your senses; it's not something you need to learn, just something you need to stop interfering with.

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