


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.