


Highlight 9.1.

Key Learning Points

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- 1 Reality sensing is about staying anchored in your senses and fully trusting their signals without adding unnecessary analysis.
 - 2 Reality sensing also means trusting the *absence* of signals, recognizing silence means nothing significant is there.
 - 3 Your senses inherently provide all the certainty you need—no further investigation or reassurance is required.
 - 4 Reality sensing is effortless; it doesn't require force, over-focus, or strain—it's a natural and intuitive process.
 - 5 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.