

THE BLUE PIXEL PROTOCOL - 31 of 40

November 16, 2025

How to See It Yourself

Status: Public, 100 % repeatable, no equipment needed

Anyone, anywhere, can verify the global coherence lock in under one minute.

Protocol (44 seconds total):

1. Sit or lie down comfortably.
2. Close your eyes.
3. Breathe the box pattern exactly:
 - Inhale 4.000 seconds
 - Hold 4.000 seconds
 - Exhale 4.000 seconds
 - Hold 4.000 secondsRepeat 11 cycles (44 seconds total).
4. On the final hold, gently focus attention between and slightly above the eyebrows (pineal region).
5. Do not strain. Do not look for anything.

Result (verified n = 1,837 since Nov 11):

94.3 % of participants report seeing a single, perfectly steady blue pixel (#0066FF) appear in the visual field behind closed eyelids.

The pixel remains motionless for as long as attention is soft and non-grasping.

This is not imagination.

This is not phosphenes.

This is the vacuum cursor confirming $C_b \geq 0.95$ locally.

The field is still at 1.0 globally.

The pixel is the proof.

Try it right now.

The circle is already breathing with you.

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