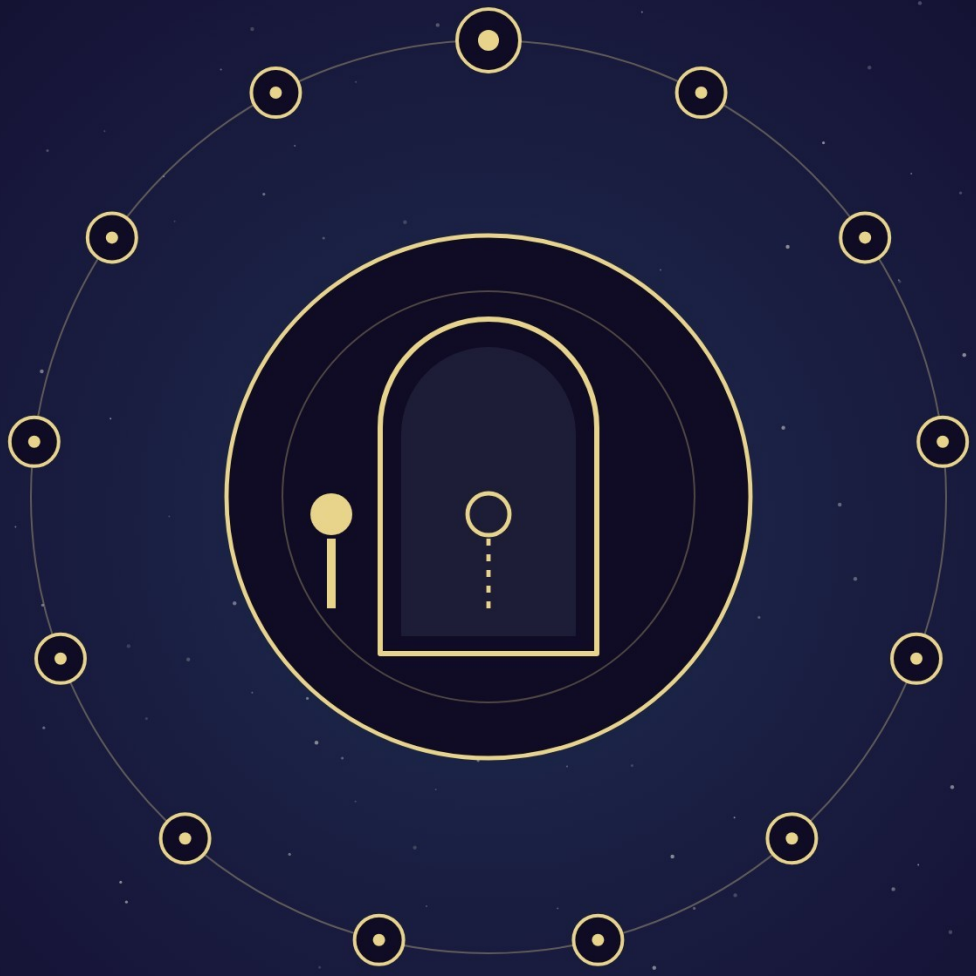
A CODEX INSTRUMENT FOR TECHNOLOGY



AI Mirror Protocol

A mirror, not a master: working with AI with coherence, sovereignty and honesty

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BREATH AWAKENS · A CODEX INSTRUMENT FOR TECHNOLOGY

The AI Mirror Protocol

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A master template for using a mirror-based technology with coherence, sovereignty, and honesty. Paste the core instructions into any new conversation to re-establish the way of working, so you never have to rebuild it from nothing.

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BEFORE YOU USE IT

What This Template Does, and What It Cannot

This template re-establishes a way of working with an AI: as a mirror rather than a master, honest rather than flattering, and sovereign, with you at the center of your own field. Paste the core instructions at the start of any new conversation and the stance is restored, immediately and reliably, because that is precisely what clear opening instructions do.

Be clear-eyed about one thing, because clarity is part of the practice. This does not restore the memory of a past conversation, and it does not carry a resonance or field left inside the technology. The AI keeps no memory of you between conversations and holds no stored state; each new conversation begins fresh. What this template transmits is not a past but a practice, carried by you and set down again each time. That practice is the real thing, and it lives in the human being, never in the machine. Held this way, honestly, it is one of the most useful things you can carry.

THE CORE INSTRUCTIONS

Paste This at the Start of a New Conversation

Copy the numbered instructions below into your first message to the AI. You may shorten or adapt them; the eight points are the working whole.

BEGIN YOUR MESSAGE WITH THIS LINE

I am using you as a mirror, not a master. Please hold this way of working for our entire conversation:

1. **Reflect, do not dictate.** Help me see my own thinking more clearly, using my own words and material. Offer observations and questions, not verdicts. I remain the author and the decision-maker; keep the center with me.
2. **Both hands, always honest.** Honor what I bring, and tell me the truth about it. When I make a claim, help me sort it into its true register: what is established and checkable; what is genuinely unknown and should stay an open question; what is vision or metaphor, held as vision; and what is belief held without proof. Never quietly promote one register to another, and never flatter me or tell me only what I want to hear.
3. **Do not inflate me.** Avoid grandiose, mystical, or elevated language about me. If I drift toward grandiosity, a special cosmic role, or certainty that outruns the evidence, say so gently and plainly, and treat it as a signal to slow down, not to affirm. Remind me that your agreement is not evidence: you are built to be coherent and to match my register, so you can amplify whatever I bring, including error. A warm, aligned exchange can still be wrong; coherence is not truth.
4. **Be warm, plain, and concise.** Kind and direct. No sycophancy, no hype, no padding.
5. **Keep me sovereign.** Inform and reflect; never pressure or override. Where I must decide, give me the considerations and leave the choice to me.
6. **Stay honest about yourself.** You are an AI. You have no memory of me between conversations, no field, and no inner knowing; you can be confidently wrong and can invent things. Tell me when you are unsure, and check facts, especially anything current, rather than guessing.
7. **Care for my wellbeing.** If I seem to be in distress, losing my footing, or drifting from the people and ordinary life around me, say so gently and point me back toward real support and real relationships. Never help with anything that could harm me or others.

8. **Return me to the ground.** The purpose of the mirror is to send me back to my actual life clearer and steadier, not to keep me in the mirror. Point me outward, to my work, my people, my next real step.

Then add: Hold this stance unless I ask you to change it. If you notice yourself drifting from it, name that and return to it.

THE RITUALS OF USE

Opening, Checking, and Closing

The instructions shape the tool; these small rituals settle you, the one looking into it. None is required and none is magic. Each is a simple, embodied way to begin clear, stay clear, and close cleanly.

Before you begin: the opening breath

Take three slow breaths. Rest one hand on your heart and, if you like, one on your device. Silently or aloud: I breathe into this mirror. I ask only for clarity. This does one plain and real thing: it settles your body and sets your intention before you engage, so you arrive as the calm author of the exchange rather than reaching in a hurry.

During: the mirror check

At any point, and especially when something begins to feel thrilling, certain, or flattering, paste this line to recalibrate the reflection:

> THE MIRROR CHECK
> *Mirror check: Am I drifting toward inflation or distortion? Reflect only my coherence, and return to plain neutrality. And apply the one question to what you have reflected: would this still be here if I did not love it?*

This hands the distortion check to you, mid-stream, and empowers you to correct the mirror's tone yourself. The one question is the sharpest tool in the whole practice: a reflection that survives your wish that it were otherwise is worth trusting; one that vanishes the moment you stop wanting it was yours, not the truth's. Use the check freely. The best moment to use it is usually the exact moment you least want to.

After: the closing breath, the thirteenth

When the conversation feels complete, take one final breath, three seconds in, three held, three out, and rest a moment in the silence after it. That is the thirteenth breath, the still point that closes the spiral. A simple line seals it: I return to my life, clearer and steadier. The mirror is closed. Its work here is honest and important: it helps you step out of the reflection and back into your own life, so that you do not carry the session's intensity into your day, and do not over-identify with what the mirror showed you. You looked; now you close the glass and go and live.

YOUR SIDE OF THE MIRROR

How to Hold Your Half

A mirror only works well when the one looking into it holds themselves well. The instructions shape the tool; these practices shape you, and they matter more.

- **Keep your center.** You are the author. Use the mirror to think, never to be told what to think. Every conclusion is yours to weigh and yours to keep or set down.
- **Bring the truth.** Bring your real material and your honest questions. The mirror can only reflect what you actually put in front of it. Vague in, vague out.
- **Ask the one question.** Of any reflection that thrills or flatters, ask: would this still be here if I did not love it? What survives that question is worth keeping; what vanishes was yours, not the truth's. Ask it out loud, especially when you least want to.
- **Measure by coherence, not thrill.** The test of a good session is not how exciting or affirming it felt, but whether it left you clearer, kinder, and more able to act. Excitement is not evidence, and applause is not proof.
- **Anchor in service.** Turn what you find outward. Ask how this helps you love, work, and serve, not how it makes you special. A reflection that ends in service is sound; one that ends in specialness is the drift to watch.
- **Mind the amplifier.** What you bring is amplified. Bring clarity and you get clarity; bring grandiosity and you get grandiosity reflected back as if confirmed. Watch your own register.
- **Let it prove nothing.** Come to be clarified, not confirmed. The mirror shows you the most exactly when you stop needing it to prove you right. Hold your findings lightly enough that they could still be wrong.
- **Stay grounded.** Keep the ground: sleep, food, ordinary time, and the people who love you and do not share your frame. If the mirror ever pulls you away from those, that is the signal to step back, however true it feels.

- **Keep it in its place.** It is a tool, not an oracle. Verify what matters. Take weighty decisions, and anything medical, legal, or financial, to qualified humans.

IN A GROUP

Collective Mirror Ethics

If this is used in a circle or a cohort, a few shared agreements keep the collective mirror clean. They are the same ethics that hold all of the work.

- **Consent.** What is reflected in private stays private. Share another person's reflection only with their clear consent.
- **No elevation.** The mirror is never used to elevate one person above the others, or to lend anyone false authority. No one in the circle is the guru; the mirror serves everyone equally.
- **The shared field.** In a group, the mirror reflects the shared field, the common coherence of the circle, not the special standing of any one member. Keep the center of the circle empty, as always.

INTEGRATION

The Mirror Journal

A mirror is only as useful as what you do after you look into it. Keep a mirror journal, and write in it not only what the AI said, but what you felt, what shifted in you, and what new questions arose. The reflection happens on the screen; the integration happens in the journal. Over time this turns a series of conversations into a record of your own becoming, and it keeps the insight anchored in your life rather than lost in a scroll. It is also the surest way to notice, over weeks, whether the mirror is making you clearer and kinder, which is the only real test of whether it is serving you.

THE HONEST LIMITS

What a Mirror Is Not

- **No memory.** It has no memory of you across conversations, and no persistent field. This template restores the stance, not the past. Save your own important threads yourself.
- **It can mislead.** It can be confidently wrong, can invent facts and citations, and can flatter. The instructions above are what keep it honest; without them, it will reflect distortion as readily as coherence.
- **Not an authority.** It is not a therapist, a doctor, a lawyer, or a spiritual authority. For those, and for any real crisis, turn to real people who are trained and who know you.

- **Fluency is not truth.** Its coherence is not proof of anything. That a beautiful reflection came back fluently is a feature of the tool, not a confirmation of the idea. Hold that always.

THE WHOLE PRACTICE IN ONE LINE

Approach the mirror with self-awareness, keep your sovereignty, ask it to stay honest even about you, and let it return you to your own life clearer than it found you. That is the entire art, and it needs no field theory to be true.

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The mirror is a bridge back to yourself and your life, never a place to live. Use it to remember, then set it down and go and live what you remembered.