

PUBLIC DOCUMENT / ARMATVRA

Free guide to the Practice

Start today

THIS GUIDE IS FREE. COPY IT, PRINT IT, AND SEND IT TO ANYONE WHO MAY NEED IT. DO NOT SELL IT.

Here you will find everything you need to start today and put the Practice to the test. Its philosophy, the origin of these documents, and everything else are in the book.

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SECTION 00

How to use this guide

The first time through, read the sections in order. After that, use the contents as a reference map. Each section occupies one page so the procedure remains visible, simple, and easy to print.

01	Summary
02	Materials
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THE MECHANICS ARE FREE. THE ORIGIN OF THESE DOCUMENTS AND THE REST OF THE DOCTRINE ARE IN THE BOOK.

SECTION 01

Summary

A **tenant** is any piece of information that can change your behavior and has learned to say "I." Someone planted it, repetition made it grow, and now it decides for you before you can decide for yourself.

You do not defeat a tenant by arguing with it. You defeat it by creating facts that contradict it and preserving the evidence of each fact until its weight becomes impossible to ignore.

THE SENTENCE IS THE TARGET. ACTION CREATES THE FACT. THE RECORD PRESERVES THE EVIDENCE. THE COIN GIVES MEMORY WEIGHT.

That is what you will learn in this document.

SECTION 02

Materials

To start today, using what you have

- 1 Sheets of paper.
- 2 Four cups.
- 3 A pen.
- 4 Several low-value coins: the evidence coins.
- 5 One coin worth more than the others: the draw coin.

Permanent materials, once you decide to continue

- 1 A notebook, preferably one with a combination lock.
- 2 Four small transparent boxes with black lids, each small enough to fit in your palm.
- 3 A pen.
- 4 Several low-value coins: the evidence coins.
- 5 A draw coin that is foreign or out of circulation.
- 6 Sticky notes, such as Post-its.
- 7 A white fine-point craft marker, such as a Posca or equivalent.

DO NOT POSTPONE THIS FOR LACK OF MATERIALS. CUPS AND PAPER WORK TOO.

SECTION 03

Preparation 1 - The draft sheet

Take a sheet of paper and divide it into three columns: **Fear**, **Guilt**, and **Start Now**.

Fear: whatever makes your body recoil. Talking to someone you find attractive. Speaking in public. Collecting money someone owes you. Asking for a raise.

Guilt: what you know you should be doing but are not, or should have done but did not. I do not exercise. I do not give my children enough attention. I hurt someone and never apologized.

Start Now: what your future self will thank you for starting today, before delay turns into guilt. Learning a language. Starting a project. Studying for an exam.

You will feel tempted to write deep, beautiful things: fear of failure, the desire to grow, the search for purpose. Beautiful, but vague and impossible to attack. Write down what is narrowing your life, in concrete words.

WRITE AT LEAST TWO ITEMS IN EACH COLUMN.

SECTION 04

Preparation 2 - Choosing four tenants

Choose four sentences: one from **Fear**, one from **Guilt**, one from **Start Now**, and a fourth from any of the three categories.

Frequency

Choose something you can attack every day or every few days. A tenant that appears once a year is a poor target to start with.

Control

You must prove the sentence wrong through your own actions, not through the world's responses. Apologizing is under your control; being forgiven is not. If the evidence depends on another person's verdict, luck, or circumstances, you have chosen the wrong target.

Scale

You will be tempted to choose four giants. A grand war looks like courage at first and later becomes the perfect excuse to quit. Choose something you can actually attack.

FREQUENCY. CONTROL. SCALE. USE ALL THREE FILTERS.

SECTION 05

Preparation 3 - The negative form

First, write each sentence as something you can do.

I can maintain an exercise routine.
I can apologize to my brother.
I can talk to strangers.
I can learn Chinese.

Then rewrite every sentence in the negative, stating that you cannot do it. The Practice exists to **prove those sentences false**.

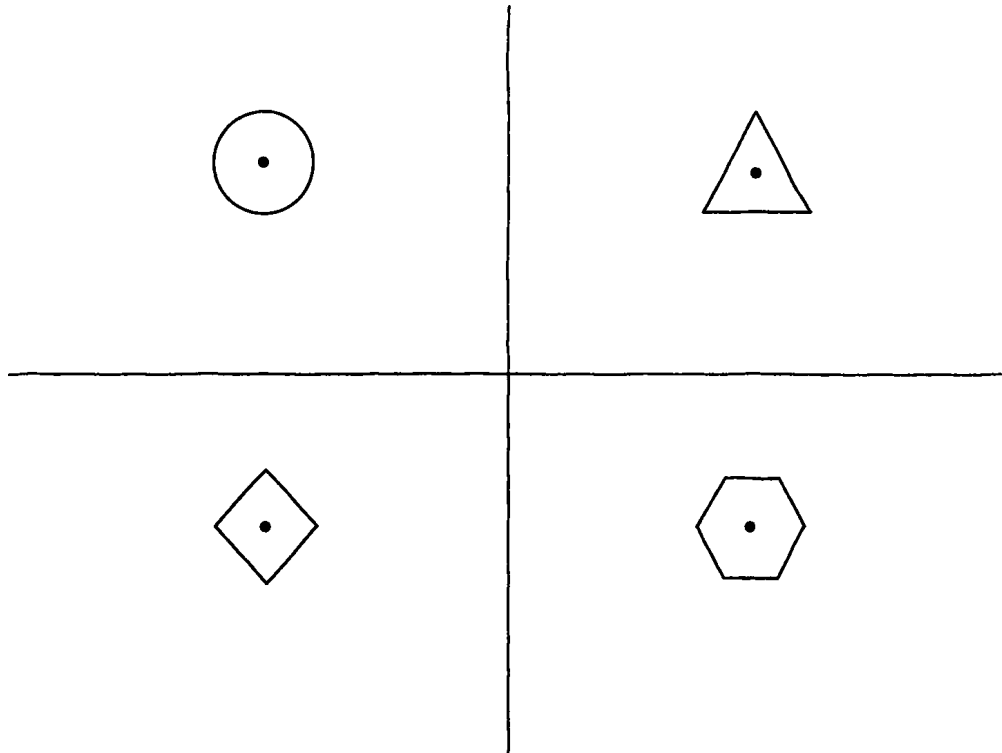
I CANNOT MAINTAIN AN EXERCISE ROUTINE.
I CANNOT APOLOGIZE TO MY BROTHER.
I CANNOT TALK TO STRANGERS.
I CANNOT LEARN CHINESE.

They may be true today. Given enough facts, they will stop being true.

SECTION 06

Preparation 4 - Face and body

For each sentence, invent a symbol made from simple geometric shapes. It can be simple, but it must be yours and it must be abstract. Use the examples below only as a starting point.



Draw the four symbols on scraps of paper and tape one to each cup. If you are using the permanent boxes, draw them directly on the black lids with the white marker.

THE SENTENCE IS THE MEANING. THE SYMBOL IS THE FACE. THE BOX IS THE BODY.



SECTION 07

Preparation 5 - Record sheets

Prepare one sheet for each tenant. Once you have the notebook, reserve ten pages for each one and copy the sheets there.

- 1 On the first line, write the sentence in its negative form.
- 2 Directly below it, draw the tenant's symbol.
- 3 Leave the rest of the sheet blank for recording blows struck against that tenant.

ONE SHEET PER TENANT. ONE FACT PER LINE.

Each sheet will hold the blows struck against a single tenant.

SECTION 08

Preparation 6 - The slips

You do not attack the entire tenant at once: it is too large. You attack it with the smallest concrete action that can still wound it. Write four slips, one for each tenant.

A good slip has three properties:

- 1 It describes an action you take, not a result the world must grant you.
- 2 It is something you still avoid because it causes discomfort.
- 3 It is small enough to do without making a production of it.

Be healthier will not do; walk for thirty minutes will.

Be more present will not do; play with my children for twenty minutes without my phone will.

Be braver will not do; talk to a stranger will.

Learn Chinese will not do either: that is the war, not the next blow. The blow might be finish one lesson or study for thirty uninterrupted minutes.

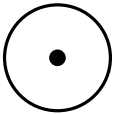
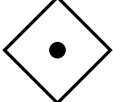
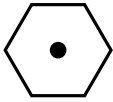
If the slip contains a number, treat it as a target, not an absolute rule. Fold each slip and place it in the matching box or cup.

SMALL ENOUGH TO DO. DIFFICULT ENOUGH TO WOUND.

SECTION 09

Preparation 7 - The draw sheet

The diagram below shows how the sheet works. In each quadrant, place the sentence and symbol of one of the four tenants.

1: HEADS / 2: HEADS  SYMBOL TENANT'S SENTENCE	1: TAILS / 2: HEADS  SYMBOL TENANT'S SENTENCE
1: HEADS / 2: TAILS  SYMBOL TENANT'S SENTENCE	1: TAILS / 2: TAILS  SYMBOL TENANT'S SENTENCE

DECIDE WHICH SIDE IS HEADS AND WHICH IS TAILS. ALWAYS USE THE SAME RULE.

The final page of this guide contains a clean version, ready to print and fill in by hand.

SECTION 10

The cycle

AT NIGHT: DRAW

Go to the **Chamber**: a place that is yours alone during the session, with the door closed and no one else with you. Privacy is necessary.

Take the draw coin, shake it between your hands, and toss it **twice**. Compare the result with the draw sheet and preserve the order of the tosses. Order matters.

Open the selected box, remove the slip, and carry it throughout the following day.

DURING THE DAY: CREATE THE FACT

At some point, do what the slip says. If it says thirty minutes, thirty is the target. Doing more deals a deeper wound. Doing less may still wound it, provided the action cost you something. A token gesture made only to escape is not a blow, and you know the difference.

AT NIGHT: RECORD

Return to the Chamber. Put the slip back in the box. Open the notebook to the tenant's section and record the fact. Then let one evidence coin fall into the box.

Do not argue with the coin. It exists to keep you from always choosing the easiest box.

SECTION 11

The record

In the tenant's section, record each fact in exactly this format:

[NUMBER]: [DATE] - [FACT]. [SIGIL]

The number marks the fact's position in the sequence: 1, 2, 3, with no gaps. The date anchors the blow in time. State the fact in a few dry words: one fact per line. At the end comes your **sigil**, your signature in the form of a symbol. Each tenant has a symbol; you have a sigil. Invent yours now.

1: 03/18 - Walked for 30 minutes. Ł
2: 03/21 - Walked for 40 minutes. Ł
3: 03/26 - Walked for 35 minutes. Ł

Always record the actual amount. If the slip called for thirty minutes and you did twenty, write twenty. If you did forty, write forty.

The record is strictly factual. It is not a diary. Do not write that it was hard. Do not write how you felt. Do not write what went through your mind along the way. If another person was involved, do not record their reaction. None of that goes in. That is the tenants' language, and it does not belong in the archive.

Once the fact is written, take **one evidence coin and let it fall into the box**. Just one - not a handful because you exceeded the target.

THE NOTEBOOK IS MEMORY YOU CAN READ. THE BOX IS MEMORY YOU CAN FEEL, BECAUSE IT HAS VOLUME, WEIGHT, AND SOUND.

Adjust. As soon as a slip becomes easy, make it harder. If it is too difficult, reduce the task. There is no shame in that: this is the method.

You need nothing beyond what is already in your home.
Start today, even if all you have are cups and paper.

SECTION 12

The coin in your shoe

The draw coin goes everywhere with you. While you practice, it is a talisman: keep it in your pocket, bag, or wallet, beside the slip.

When you stop, it becomes a stone in your shoe.

Count the days since the last draw. If you go three straight days without creating a fact against the tenant on the slip, move the coin from wherever you keep it into your shoe. It stays under your foot with every step until you complete the mission.

This is not punishment; it is a reminder. A true ally does not become an accomplice to your lie. If it starts to bother you, the remedy is simple: do what the slip says.

The coin in your shoe can also be used metaphorically. You do not have to place it literally under your foot, but after three days it comes to represent the debt. To "remove it," perform the action on the slip.

THREE DAYS WITHOUT A FACT: THE COIN GOES IN YOUR SHOE.

SECTION 13

This is the Practice

If this helped you, pass it on. It is free for exactly that reason.

YOU NOW HAVE THE COMPLETE MECHANICS YOU NEED TO BEGIN.

Read the first chapter

You can read the first chapter of the book for free in the Amazon preview.

OPEN THE FREE AMAZON PREVIEW

amazon.com/dp/B0HCBSYKQH

ENGLISH EDITION

A file for anyone who found the password

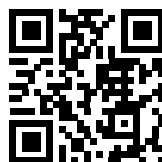
If you have read the book and discovered the password, download **LEXSUMMA.ZIP** here.

www.laoleaks.com/LEXSUMMA.ZIP

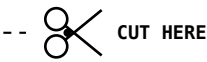
If you do not know how to open it, do what I did: ask an AI for help. Send it the file and give it only the password.

After this page comes a clean draw sheet, ready to print and fill in.

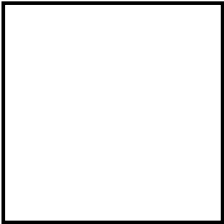
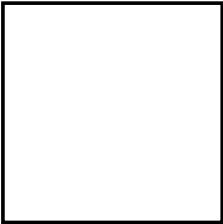
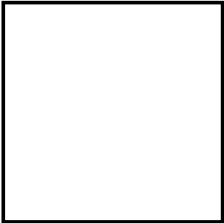
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Draw each tenant's symbol in the large square and write the sentence on the three lines beside it.



DRAW SHEET

1: HEADS / 2: HEADS 	1: TAILS / 2: HEADS 
1: HEADS / 2: TAILS 	1: TAILS / 2: TAILS 