

CONSCIOUSNESS CARTOGRAPHY JOURNAL

PHENOMENOLOGICAL OBSERVATION FIELD LOG • PROTOCOL V1.0

DATE: _____

METHOD / PROTOCOL: _____

TIME & DURATION: _____

TARGET / OBJECT: _____

CONCENTRATION <i>Ability to hold attention on chosen object</i> [] 1 [] 2 [] 3 [] 4 [] 5	SENSORY CLARITY <i>Ability to detect fine sensory distinctions</i> [] 1 [] 2 [] 3 [] 4 [] 5	EQUANIMITY <i>Non-reactive openness to whatever arises</i> [] 1 [] 2 [] 3 [] 4 [] 5
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PHENOMENOLOGICAL DIMENSION	FIELD OBSERVATIONS & RAW SENSORY DATA (Describe, don't interpret)
1. Quality of Attention <i>Is attention scattered, focused, absorbed, or expanded? Effortless vs. active effort?</i>	
2. Sensory Texture <i>Visual (colors, brightness), Auditory (tone, location), Somatic (temperature, pressure, motion).</i>	
3. Cognitive Content <i>What mental chatter/thoughts arise? Are they task-relevant, associative, or unrelated?</i>	
4. Emotional Tone <i>What is the overall emotional quality? Describe the physical, felt texture of the feeling.</i>	
5. Boundaries & Edges <i>Where does experience fade or bound? Is inside/outside distinct, or is it continuous?</i>	
6. Temporal Flow <i>Is time perception continuous, jumping, or timeless? Has a start/mid/end or is it static?</i>	
7. Anomalous Features <i>Unexpected, surprising, or non-standard phenomena. Record exactly without analyzing.</i>	
Interpretations & Theories STRICTLY SEPARATED: Analytical overlays, cognitive insights, meaning-making, and theoretical guesses.	

"If you want to study consciousness, you have to actually look at consciousness carefully, honestly, and with disciplined attention."