~CICN~

RESEARCH PROJECT

GENERAL

ORIENTATION

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ABOUT THE CICN

The CICN Research Project is dedicated to exploring the Core-Category Phenomenon discovery. Core-Category refers to the Specialized Categories of Innate Energetic Preference that underpin all human experience and understanding. These **Core-Categories of Being Human** manifest distinct identifying physiological cues that can be tracked by those who are proficient in the proper methodology (**5 Gears Method**). The acronym CICN refers to the Core-Category Intentional Community Network and this website is its global hub.

Currently, the main focus for its efforts is the Outreach Campaign, with the central purpose being to draw attention to the Core-Category discovery, its ongoing research and exploration, as well as its incredible **Implications**. To do this, the Outreach Campaign is launching an **Invitational Vlog** series designed to scout for those who may have a talent for Tracking Core-Categories of Being Human. The CICN Research Project has a series of five short **Initial Experiments** available to the public that act as Open Try-Outs to discern who has an aptitude for observing the Core-Category Phenomenon.

CICN members are here to answer any questions that come up along the way and encourage those who are able to see the phenomenon for themselves to:

- Continue to improve their abilities further by progressing in the Core-Category Tracker Training (CCTT) curriculum.
- Share their experience, wisdom, tips, insights and advice on how to cultivate the qualities of character they possess that have helped them be successful with the training.
- Expand and improve the CICN Research Project's educational media that is available to the public by using their particular knowledge, backgrounds and skills.
- Engage in the **Greatest and Highest-Level Conversation** there has ever been in the entirety of human history regarding the Fundamental Truth of Human Story.
- Help build a culture of excellence amongst the CICN Research Project participants that includes an appreciation of a wide range of approaches for gaining greater understanding of the Core-Category phenomenon and continuously looks for more ways to do so.

<u>INVITATION</u>

Hello there, people who are interested in the Human Face. The purpose of this invitational vlog series is to scout for those who may have a talent for tracking **Core-Categories of Being Human**.

From the internet:

[Observing the facial appearance of oneself and others is vital for human recognition and communication. Facial muscles in humans allow for the expression of complex and nuanced emotions.

The face is itself a highly sensitive region of the human body and its expression may change when the brain is stimulated by any of the many human senses, such as touch, temperature, smell, taste, hearing, movement, hunger, or visual stimulus.

It may also change expression when thinking particular thoughts, either from one's own musings or in reaction to the behavior of others, whether it is occurring in the past, present or future.

The human face is a central, enduring theme in art, the penultimate subject for expressing signifying emotions, personal identity, and the human condition broadly speaking.

Being drawn to the observation of faces often indicates a psychological, artistic, or emotional attraction to human portraiture and facial expressions, signaling a focus on empathy, social connection, or personality assessment. It can reflect a need to understand character, emotion, social cues and human story in general.

Being Good With Faces describes individuals who possess a heightened ability to recognize, remember and identify people, with notable accuracy after only brief encounters, even when there may be years of aging, make-up, facial hair, other potentially distracting appearance changes or even partial obscurement of the face.

Those who are good with faces may excel at facial perception, such as matching photos, facial recognition, linking faces to identities, or both. This skill is thought to be an innate ability rather than a learned one, although with training this talent can become even more potent.

Although only about 2-3% of people are what are called super-recognizers, those who possess an exceptional, near photographic recall of human faces, there are many more people who possess this ability to a lesser yet still substantial degree.

Being good with faces but bad with names is a common, normal phenomenon often caused by the brain prioritizing visual recognition of objective reality over auditory memory of conceptual terms, labels or names.

People watching is the act of observing others in public to study human behavior, social interaction, and daily life. It is a popular, free hobby that provides insight into the human experience, with the observation of facial particularities, similarities, differences and ranges of expression being a key part of the activity.]

So, how does being into the Human Face as a subject of fascination relate to **Core-Category Tracker Training**? Well, Core-Category refers to the Specialized Categories of Innate Energetic Preference that underpin all human experience and understanding. These Core-Categories of Being Human manifest distinct identifying physiological cues that can be tracked by those who are proficient in the methodology. The CICN Research Project has a series of five short **Initial Experiments** available to the public that act as Open Try-Outs to discern who has an aptitude for observing the Core-Category Phenomenon. Those who enjoy engaging in heightened appreciation and scrutiny of the human face could be a strong pool of talent for this endeavor.

This is important because Tracker Training is very challenging. Part of this challenge is due to the phenomenon itself as it is vast, complex, nuanced and subtle. Another part of this challenge comes from the tracking process which involves maintaining the proper state ideal for making accurate observations, which takes concerted effort.

For example:

Core-Category Tracker Training requires spending a significant amount of time observing a large number of faces, so it is helpful to have a strong general interest in viewing the human face as a subject of intense fascination, who see doing so as an exciting, enjoyable and rewarding activity, finding it thoroughly engaging and eager to understand its many clues.

This involves being able to hone-in on subtle and nuanced physiological cue signals the face manifests that can be very easy for people to miss unless keen attention is paid.

Practitioners will need to note how physiological cues of the same Core-Category manifest in various faces that differ in symmetry, bone structure, ethnicity, age, bodyfat composition, freckles, dimples, overall head size and other facial topography modifiers.

They will also need to absorb a continuous influx of new sets of faces and be able to note their similarities and their differences. With this there needs to be an appreciation for the variations in appearance of humans from all over the world and their particular manifestations of the Core-Category phenomenon.

In addition, there is substantial cross-contextualizing done between the face currently being observed with other potentially relevant faces in order to capture its interconnected meaning amongst all of the facial patterns the practitioner has experienced previously.

Therefore, those who have a proclivity for noting the countenance of their fellow humans and a yearning to glean meaning from what this reveals may have a functional capacity advantage in overcoming the challenges, enjoying the opportunities and growing from the experience of doing this kind of training.

All this is to say that we would like to respectfully invite you to try out the CICN Research Project's Initial Experiments to see the Core-Categories of Being Human for yourself, which we believe you may find to be very rewarding. You are also invited to get involved in **The Conversation** surrounding its exploration. All relevant and respectful feedback is welcome: comments, questions and critique. Once you are able to observe Core-Categories of Being Human with a basic level of competence and are continuing with ongoing training to improve your ability, then your interest, talent and previous background in intently observing your fellow humans, especially their faces, puts you in a good position to make significant contributions to researching the Core-Category Phenomenon.

For one thing, you can lead by example just by being who you are, using your Natural Eye for Human Faces to navigate the discovery process. Another thing you can do is share your experience, wisdom, tips, insights and advice on how to cultivate the qualities of character you possess that have helped you be successful with the training. If you want, you can also expand and improve the educational media available to the public by using your particular knowledge and skills, as well as build a culture of excellence amongst the CICN Research Project participants that includes an appreciation for the unparalleled drama of the Human Face and sees being able gain profound humanistic insight from it as a virtue.

So, with this invitation duly given, we hope to see you in the mix. When you are ready to try out the **Initial Experiments**, go to CICNcentral.com and click on the experiments tab to begin. There is a link in the description box below. Good luck and enjoy!

PS: As a part of this ongoing Outreach Campaign, the CICN Research Project will be looking into a wide range of individuals with various attributes and practices with heroic potential to be able to observe the Core-Categories of Being Human phenomenon, as well as get involved in helping to build the CICN (Core-Category Intentional Community Network) and continue to explore this game-changing discovery of what it means to be human. IF you can think of any group of interested people that we might want to reach out to, please let us know.

Here is a link to our Invitational Vlog Series YouTube Playlist: **Invitation Playlist link**

INITIAL EXPERIMENTS

The purpose of these Initial Experiments is two-fold, which is to scout for those who may have a talent for Tracking Core-Categories of Being Human, as well as acting as a demonstration of the Proof-of-Truth for the discovery claims made by the CICN Research Project for the public to test out.

- Experiment 1: The first experiment is about distinguishing between the two Mouth-Shape Palettes of Xyy and Xai. These are the largest most pronounced set of physiological cues, so it is the natural place for practitioners to begin. **Get Started Now!**
- Experiment 2: The next experiment is about distinguishing between the primary Dichotomy Field of Dir Eyes Field vs Ad Eyes Field. This limits which Eye Palette a person has to one of two options.
- Experiment 3: This experiment takes the practitioner through distinguishing between the two Dir Eye Palettes, which are Vai and Nai.
- Experiment 4: This experiment takes the practitioner through distinguishing between the two Ad Eye Palettes, which are Vyy and Nyy.
- Experiment 5: With successful observations of the Palettes and Fields from the previous four experiments, practitioners will then be able to put it all together in order to distinguish between the Core-Categories of Being Human that will be the mainstay of researching Pop Culture Case Samples. These Core-Categories are the Vyy'zai, Nyy'zai, Zyy'vai and Zyy'nai.

New potential practitioners of Core-Category Tracker Training can access these Initial Experiments through the **CTT Program**. If they wish, they can continue with training using this free-to-use online program to make further progress in improving their skills. Everything needed to train up to Pre-Lab & Full-Lab Qualification competency is available through the CTT Program.

CORE CATEGORIES

Core-Category refers to the Specialized Categories of Innate Energetic Preference that underpin all human experience and understanding. These Core-Categories of Being Human manifest distinct identifying physiological cues that can be tracked by those who are proficient in the proper methodology (**5 Gears Method**). Physiological Cues are any physically observable motion, action, tensioning or aesthetic quality, no matter how subtle or complex, that a person manifests with their physical body in any way. These Physiological Cues manifest in everything a person does.

There are eight Palettes (non-overlapping groups) of Physiological Cues in the human species. Each person has four Palettes, out of the eight possible, in a certain signal priority hierarchy ranked 1 through 4. These palettes have interplay with each other in a way that creates a distinct setting of five dichotomous fields. Each Core-Category has a particular selection of four palettes, that are at a certain position hierarchy and interact as distinct dichotomous fields. This is the configuration of a given Core-Category of which there are currently five provable from the available media of Pop Culture.

The five Core-Categories of Being Human that are observable in Pop Culture with some regularity are the following: Vyy'zai, Nyy'zai, Zyy'vai, Zyy'nai and Nyy'xai.

Humans have always been reading the differing innate natures of their fellow humans instinctively to a degree and now it is possible to reconnect with and improve this inherent human ability. The CICN Research Project uses the **Five Gears Methodology** to track the Core-Categories of Being Human. This methodology was developed in order to strengthen this latent ability to the point that it becomes the proper lens of observation needed, so one can see the available proof of the Core-Category Phenomenon for themselves. The practice of using this methodology and working towards improving one's ability with it is called Core-Category Tracker Training (CTT).

Core-Categories of Being Human are a kind of character template that all the unique individual characters of the human species are formed from. As a part of that, those tracking these Core-Categories will note that they map onto very predictive patterns of behavior and outcome, including incredibly important areas of life such as Family, Life Partners and Careers.

OF CATS & CATEGORIES

The terminology for expressing the Core-Categories of Being Human concept can vary in a few different ways depending on the need and context, from being more formal and descriptive to being more informal and quicker to say.

Formal with Description

- **Core-Categories of Being Human** are the Specialized Categories of Innate Energetic Preference that underpin all human experience and understanding.

Formal

- Core-Categories of Being Human

Formal Abbreviated

- Core-Categories

Informal

- Core-Cats

Informal Abbreviated

- Cats

FOUNDATIONAL PALETTES

There are Eight Foundational Palettes that comprise the Core-Categories of Being Human. Every person has a configuration of four Palettes that are comprised of one Mouth Palette, one Cheek Palette and two Eye Palettes. Here is a brief overview of the physiological cues associated with each one.

Mouth

The two Mouth Palettes, sometimes referred to as Mouth Shapes, are associated with the emotive maneuvers of the face, that start in the mouth area and then radiate up the face from there. Due to the size of the mouth area and the visual drama of the emotive expressions, the Mouth Palettes tend to be the easiest for new practitioners to spot and track. As the mouth area, particularly the mouth shape itself, is the most resistant to modifiers such as age, ethnicity, bodyweight composition and individual head shape, it is usually the primary place to start even in the most challenging of cases.

- **Xyy Palette**: Xyy mouth shape and movement is led by the upper lip, tends toward projecting outward and is more active during articulation (speaking).
- **Xai Palette**: Xai mouth shape and movement is led by the lower lip, tends toward curling inwards and is more active during resonation (listening).

Cheeks

The two Cheek Palettes are associated with the neutralization of emotive expression on the face, that starts at the upper cheeks and descends towards the mouth, reducing emotive expressiveness along the way. Even though the interaction of the Cheek Area Neutralizing with the Mouth Area Emoting takes place over a large portion of the face, the Cheek Area Palettes are generally considered the most challenging to observe as they show themselves by a reduction in emotive visual drama. These Cheek Palettes are studied in more depth later on in the training curriculum where practitioners have added video training onto their photo training, as the best way to distinguish between the Cheek Palettes is to watch them in motion interacting with the Mouth Palettes.

- **Zyy Palette**: Zyy cheeks neutralize emotive expression during articulation (speaking).
- **Zai Palette**: Zai cheeks neutralize emotive expression during resonation (listening).

CICN Orientation

Eyes

The eye area is significantly smaller than the rest of the face (Mouth, Cheeks) which adds to their difficulty. However, even though the area being observed is smaller, the Eye Palettes cues have more pop to them than the neutralizing Cheek Palettes. Therefore, they tend to be more challenging to spot than the Mouth Palettes, yet it is still easier to spot than the Cheek Palettes. Every person has two Eye Palettes and one of these always takes the lead over the other one.

- **Vyy Palette**: Naturally perked up (widened) and approachable with a glass-like quality that is more Yang when compared to Nyy.
- **Nyy Palette**: Naturally perked up (widened) and approachable with a diffuse quality that is more Yin when compared to Vyy.
- **Vai Palette**: Naturally piercing (narrowed) and boundary setting with a grounded quality that is more Yang when compared to Nai.
- **Nai Palette**: Naturally piercing (narrowed) and boundary setting with a distant quality that is more Yin when compared to Vai.

Face Palette Relationships

Those Core-Cats that have the Xyy Mouth Palette always have the Zai Cheek Palette as well.

Those Core-Cats that have the Xai Mouth Palette always have the Zyy Cheek Palette as well.

Eye Palette Relationships

Those Core-Cats that have the Vai Eye Palette always have the Nyy Eye Palette as well.

Those Core-Cats that have the Nai Eye Palette always have the Vyy Eye Palette as well.

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NAT-STATE & ALT-STATE, SIGNAL PRIORITY, CONFIGURATION

Nat-State & Alt-State

Practitioners will need to be able to distinguish between different versions of the same Palette. The key difference practitioners need to be able to note is whether the Palette is Nat-State or Alt-State. In the context of Core-Category Tracker Training these terms have very specific meanings. In the various Dichotomous Field manifestations, there are two interconnected Palettes. One of them innately takes lead and with that manifests itself with physiological cues that indicate a gaining of energy (Nat-State). The other innately works as a counterbalance and with that manifests itself with physiological cues that indicate a curbing of energy (Alt-State). All Palettes of a given Core-Category configuration are 'natural' in terms of being intrinsic, immutable and holistically integrated, it is only a question of how natural it is for a given Palette to take lead energetically.

Palette Priority Position Signal (Sig)

Each of the four Palettes that a Core-Category has in its configuration will be in hierarchy of Palette Priority Position, with a corresponding variance in the physiological cues that signal this. For all Core-Category configurations, Sig 1 and Sig 2 are Natural State, while Sig 3 and Sig 4 are Altered State. For example, here is the Palette Priority Position Signals for the Vyy'zai Core-Cat:

Vyy is Sig 1, which means that Vyy physiological cues will signal Major Natural State activity.
Zai is Sig 2, which means that Zai physiological cues will signal Minor Natural State activity.
Xyy is Sig 3, which means that Xyy physiological cues will signal Minor Altered State activity.
Nai is Sig 4, which means that Nai physiological cues will signal Major Altered State activity.

Configuration & Conflagration

In the context of Core-Category Tracker Training, the term Configuration refers to a given Core-Category's particular combination of four Palettes, each Palette's Priority Position, as well as its five Dichotomy Fields and the interconnected mathematical relationships between these constituent parts that create its distinctive Conflagration of Physiological Cues. Individuals of the same Core-Category may manifest this conflagration in a wide variety of ways and different Core-Categories may have overlap with certain portions of their conflagration. However, the entirety of this conflagration is shared by all people who have the same Core-Category and only by them.

DICHOTOMY FIELDS

There are five Dichotomy Fields, each with two possible manifestation possibilities, making ten Dichotomy Field manifestation possibilities. Every person has a Core-Category, and every Core-Category has a particular combination of the Dichotomy Field manifestations.

Dir-Ad Dichotomy Field

The Dir-Ad Dichotomy Field is the Primary Dichotomy Field as it is the only one that lines up 1-to-1 with Natural State and Altered State. This is the main Dichotomy Field for new practitioners to focus on and remains the main Dichotomy Field manifestation to look for even after practitioners have become familiar and proficient with the others.

- **Dir Field**: Those Core-Categories that are configured with a Dir Field have Natural State Boundary Setting and Natural State Articulation (speaking).
- **Ad Field**: Those Core-Categories that are configured with an Ad Field have Natural State Approachability and Natural State Resonation (listening).

Dir Palettes are Vai, Nai, Zyy and Xyy. Ad Palettes are Vyy, Nyy, Zai and Xai. Dir Cats have Dir Palettes at higher Position Priority than Ad Palettes. Ad Cats have their Ad Palettes at higher Position Priority than their Dir Palettes.

Zez-Xez Dichotomy Field

The Zez-Xez Dichotomy Field is what determines whether or not a person has the emotive expression radiating out and up from the mouth area go easily and readily into their cheeks. This tends to be one of the easier Dichotomy Field to determine its setting. However, the vast majority of the Pop Culture case study samples have the Zez Dichotomy Field Setting. Therefore, active study of this Dichotomy Field manifestation distinction begins once a practitioner has progressed enough to start working with the relatively uncommon Nyy'xai Core-Category which comes up later on in more intermediate training.

- **Xez Field**: Those Core-Categories configured with a Xez Field have Natural State Emotive Expression which does readily and easily go into the cheeks.
- **Zez Field**: Those Core-Categories configured with a Zez Field have Altered State Emotive Expression which does not readily and easily go into the cheeks.

Xez Palettes are Xyy and Xai. Zez Palettes are Zyy and Zai. Xez Cats have their Xez Palette at a higher Position Priority than their Zez Palette. Zez Cats have their Zez Palette at a higher Position Priority than their Xez Palette.

Ob-Sub Dichotomy Field

The Ob-Sub Dichotomy Field is what determines whether or not a person has Long Face or Broad Face based on specific parameters of Mouth-Shape and how it connects with the overall Face Shape. This also tends to be one of the easier Dichotomy Field to determine its setting. However, the virtually all of the Pop Culture case study samples have the Ob Dichotomy Field manifestation. Therefore, active study of this Dichotomy Field manifestation distinction begins once a practitioner has progressed enough to start working with some quite rare Core-Categories (in terms of Pop Culture), which comes up later on in more advanced training.

- **Ob Field**: Those Core-Categories that are configured with an Ob Field have Broad Face, as compared to a similar Core-Category that is configured with a Sub Field.
- **Ad Field**: Those Core-Categories that are configured with a Sub Field have Long Face, as compared to a similar Core-Category that is configured with an Ob Field.

Ob Palettes are Vyy, Nyy, Zyy and Xyy. Sub Palettes are Vai, Nai, Zai and Xai. Ob Cats have an Ob Palette as their 1st Priority Position Palette. Sub Cats have a Sub Palette as their 1st Priority Position Palette.

Vez-Nez Dichotomy Field

The Vez-Nez Dichotomy Field is what determines whether or not a person has Accentuated Rhythm or Syncopated Rhythm. This tends to be one of the more challenging Dichotomy Field to determine its setting as the associated physiological cues are rather subtle. However, there are thousands of opportunities to work on making this distinction that are available in Pop Culture. Once practitioners get to the point where their Riffing ability is being actively engaged on a regular basis and being particularly applied to the Vez & Nez Relationship Cohorts, this distinction is often made evident as a part of that process.

- **Vez Field**: Those Core-Categories configured with a Vez Field have Natural State Accentuated Rhythm and Altered State Syncopated Rhythm.
- **Nez Field**: Those Core-Categories configured with a Nez Field have Natural State Syncopated Rhythm and Altered State Accentuated Rhythm.

Vez Palettes are Vyy and Vai. Nez Palettes are Nyy and Nai. Vez Cats have their Vez Palette at a higher Position Priority than their Nez Palette. Nez Cats have their Nez Palette at a higher Position Priority than their Vez Palette.

Eyes-Face Dichotomy Field

The Eyes-Face Dichotomy Field is what determines whether or not a person is Eyes-Lead or Face Lead. This also tends to be one of the more challenging Dichotomy Field to determine its setting as the associated physiological cues are rather subtle. Again, there are thousands of opportunities to work on making this distinction that are available in Pop Culture. Similarly, once practitioners get to the point where their Riffing ability is being actively engaged on a regular basis, this distinction is often made evident as a part of that process.

- Eyes-Lead Field: Those Core-Categories configured with an Eyes-Lead Field have their Eye Zone as their most prominent signal area.
- Eyes-Lead Field: Those Core-Categories configured with a Face-Lead Field have their Mouth/Cheek Zone as their most prominent signal area.

Eye Zone Palettes are Vyy, Nyy, Vai and Nai. Mouth/Cheek Palettes are Xyy, Xai, Zyy and Zai. Eyes-Lead Cats have an Eye Palette as their 1st Priority Position Palette. Face-Lead Cats have a Mouth or Cheek Palette as their 1st Priority Position Palette.

Face Palette Relationships

There are mathematical relationships between the interplay of the different Dichotomy Fields and Palettes that are a part of a given Core-Category of Being Human configuration. For example:

- Core-Categories that have Xyy-3, which are the Vyy'zai and Nyy'zai, always have Ad Eyes.
- Core-Categories that have Xai-4, which are the Zyy'vai and Zyy'nai, always have Dir Eyes.
- Core-Categories that have Xai-2, such as the Nyy'xai, always have Ad Eyes.

CORE-CAT TRACKING

Core-Category Tracker Training (CTT) uses the Five Gears Method in order to properly note, track and explore the Core-Categories of Being human phenomenon discovery.

The Five Gears Method shows how to approach the human subject in question with five different kinds of lenses, ranging from fine details all the way up to the larger patterns. These various gears help to increase your confidence in your CTT by having multiple forms of verification, as well as being an excellent way to check your work for any errors.

First Gear: Palettes

With First Gear, you are noting the Individual Palettes in play, which can show up in the eyes, cheeks and mouth. The ones that are generally the easiest for practitioners to make note of are the two palettes associated with Mouth-Shape, which are Xyy and Xai.

Second Gear: Dichotomous Fields

With Second Gear, you are noting how two Palettes interact, or whether one of two dichotomous possibilities is present. The one that is generally the easiest for practitioners to make note of is what side of the Dir/Ad Field Dichotomy is the sample being observed manifesting, which is the primary distinction of physiological cues related to the eye area.

Third Gear: Core-Category Configuration

Due to the four Palettes a Core-Category has, in the signal hierarchy it has them in, as well as their Dichotomy Fields, not only will you be seeing the individual Palettes and Fields, but also their distinct ratios and interrelationships, which are specific to a particular configuration. Third Gear is noticing a holistic overall configuration template that produces a conflagration of physiological cues unique to that Core-Category. This involves a form of gestalt observance where you note the signature 'look' that all members of a given Core-Cat or Gen-Cat exhibit despite all the other aesthetic differences they may have while still within the range of looks manifested by that Category.

Fourth Gear: Riffing (Big Data Cross-Contextualizing)

Riffs, in the context of CTT, refer to the different ways people of the same Core-Category can manifest. Those who are the same Category may differ as to being taller, shorter, thinner, thicker, more happy or sad, more mature or immature, as well as different ethnicities, upbringing, education, areas of interest and so on. Riffing is using these various Riffs to see the similarity between people rather than differences, which is what occurs as a practitioner builds a large enough mental reference of case samples. With time and experience, more and more

new samples start to remind the practitioner of other people in their sample collection that they are already familiar with.

Fifth Gear: Achieving and Maintaining the Ideal State for Making Observations

CTT is a sensitive process, so there are some CTT Protocols to be mindful of in order to perform correctly. First off, one needs to get in touch with their curiosity about the human condition because of the large amount of artistic appreciation energy and high-level conceptual comprehension required to do a proper CCTT Reading. You will want to have the most conducive situation possible as well, which ideally would be to have ample, high-quality pictures and video of the subject to view in a distraction-free environment with no time constraints, although with sufficient training, CTT can be done anywhere at any time. Also, you want the best headspace possible for the process, which means detaching from the case sample you are observing while still remaining interested, keeping outside stressors off your mind as much as you can and making sure you don't push past your natural fatigue limits.

Related:

CTT Program: This is the main training apparatus for both new practitioners who are working towards getting their Prep-Lab & Full-Lab Qualification, as well as more advanced practitioners to keep their skills sharp and continuously improving.

Core-Cat Tracker Channel: The purpose of this YouTube Channel is to provide an area for ongoing QnA on best practices for using the Five Gears Method effectively, announcing upcoming quizzes to test skills, and giving updates regarding new additions to the data collection of Pop Culture case samples that are available for public perusal.

POP CULTURE GEN-CATS DESCRIPTIONS

The five Core-Categories of Being Human that show up with regularity in Pop Culture are:

Vyy'zai

- Eye Field: Ad
- Main Eye Palette: Vyy
- Cheek Field: Zez
- Mouth Palette: Xyy (Xyy-3)
- All Palettes: Vyy'zai'xyy'nai

Nyy'zai

- Eye Field: Ad
- Main Eye Palette: Nyy
- Cheek Field: Zez
- Mouth Palette: Xyy (Xyy-3)
- All Palettes: Nyy'zai'xyy'vai

Zyy'vai

- Eye Field: Dir
- Main Eye Palette: Vai
- Cheek Field: Zez
- Mouth Palette: Xai (Xai-4)
- All Palettes: Zyy'vai'nyy'xai

Zyy'nai

- Eye Field: Dir
- Main Eye Palette: Nai
- Cheek Field: Zez
- Mouth Palette: Xai (Xai-4)
- All Palettes: Zyy'nai'vyy'xai

Nyy'xai

- Eye Field: Ad
- Main Eye Palette: Nyy
- Cheek Field: Xez
- Mouth Palette: Xai (Xai-2)
- All Palettes: Nyy'xai'zyy'vai

The same intrinsic conflagration of cues manifests amongst all members of a particular Core-Category regardless of ethnicity, age, cultural background or languages spoken.

Both genders of each Core-Category also manifest the same conflagration of cues. However, the difference in manifestation variation between male and female is significant enough that it warrants distinction.

For this reason, the terms Core-Cat and Gen-Cat are both frequently used depending on context. Core-Cat refers to Core-Categories of Being Human. Gen-Cat refers to Gendered Core-Categories of Being Human.

<u>NYY'ZAI FEMALE 100 LIST</u>

Gillian Anderson (Actress), Julie Andrews (Actress), Jennifer Aniston (Actress), Fiona Apple (Music Artist), Christina Applegate (Actress), Patricia Arquette (Actress), Margaret Atwood (Author), Lauren Bacall (Actress), Brigitte Bardot (Actress), Roseanne Barr (Comedian, Actress), Natalie Batalha (Astronomer), Kathy Bates (Actress), Kate Beckinsale (Actress), Monica Bellucci (Actress), Annette Bening (Actress), Kathryn Bigelow (Film Director), Juliette Binoche (Actress), Bjork (Music Artist), Emily Blunt (Actress), Helena Bonham-Carter (Actress), Alison Brie (Actress), Patricia Burchat (Particle Physicist), Candace Bushnell (Author), Jane Campion (Film Director), Lynda Carter (Actress), Kim Cattrall (Actress), Jessica Chastain (Actress), Mary Higgins Clark (Author), Emilia Clarke (Actress), Jackie Collins (Author), Suzanne Collins (Author), Jennifer Connelly (Actress), Marion Cotillard (Actress), Penelope Cruz (Actress), Ana de Armas (Actress), Judi Dench (Actress), Michelle Dockery (Actress), Faye Dunaway (Actress), Kirsten Dunst (Actress), Edie Falco (Actress), Dakota Fanning (Actress), Farrah Fawcett (Actress), Tina Fey (Comedian, Actress), Sally Field (Actress), Helen Fielding (Author), Carrie Fisher (Actress), Diana Gabaldon (Author), Sarah Michelle Gellar (Actress), Jane Goodall (Primatologist), Pam Grier (Actress), Maggie Gyllenhaal (Actress), Deborah Harry (Music Artist), Rita Hayworth (Actress), Audrey Hepburn (Actress), Katie Holmes (Actress), Liz Hurley (Model, Actress), EL James (Author), Scarlett Johansson (Actress), Dakota Johnson (Actress), Diane Keaton (Actress), Anna Kendrick (Actress), Nicole Kidman (Actress), Alexandra Kosteniuk (Chess Player), Diane Kruger (Actress), Mila Kunis (Actress), Diane Lane (Actress), Cyndi Lauper (Music Artist), Avril Lavigne (Music Artist), Lucy Lawless (Actress), Jennifer Jason Leigh (Actress), Vivien Leigh (Actress), Suzannah Lipscomb (Historian), Sophia Loren (Actress), Julia Louis-Dreyfus (Actress), Madonna (Music Artist), Sienna Miller (Actress), Helen Mirren (Actress), Demi Moore (Actress), Julianne Moore (Actress), Thandie Newton (Actress), Gwyneth Paltrow (Actress), Anna Paquin (Actress), Michelle Pfeiffer (Actress), Aubrey Plaza (Actress), Amy Poehler (Comedian, Actress), Carolyn Porco (Planetary Scientist), Florence Pugh (Actress), Gilda Radner (Comedian), Christina Ricci (Actress), Anne Rice (Author), Nora Roberts (Author), JK Rowling (Author), Maya Rudolph (Comedian), Keri Russell (Actress), Meg Ryan (Actress), Winona Ryder (Actress), Susan Sarandon (Actress), Amanda Seyfried (Actress), Emma Stone (Actress), Meryl Streep (Actress), Taylor Swift (Music Artist), Elizabeth Taylor (Actress), Anya Taylor-Joy (Actress), Emma Thompson (Actress), Tracy Ullman (Comedian), Ming-Na Wen (Actress), Debra Winger (Actress), Alfre Woodard (Actress), Renee Zellweger (Actress), Catherine Zeta-Jones (Actress)

NYY'ZAI MALE 100 LIST

Isaac Asimov (Author), David Attenborough (Conservationist), Dan Aykroyd (Actor), Javier Bardem (Actor), John Belushi (Comedian), Jon Bernthal (Actor), Luc Besson (Film Director), Paul Bettany (Actor), Humphrey Bogart (Actor), David Bowie (Music Artist), Kenneth Branagh (Actor), Matthew Broderick (Actor), Tim Burton (Film Director), James Cameron (Film Director), George Carlin (Comedian), John Carpenter (Film Director), Steve Carrell (Comedian, Actor), Jim Carrey (Comedian), Johnny Carson (Late Night Host), Timothee Chalamet (Actor), Dave Chappelle (Comedian), Tom Clancy (Author), John Cleese (Comedian), Coen brothers (Film Directors), Phil Collins (Music Artist), Francis Ford Coppola (Film Director), Daniel Craig (Actor), Russell Crowe (Actor), Billy Crystal (Comedian, Actor), John Cusack (Actor), Jim Davis (Cartoonist, Garfield), Richard Dawkins (Evolutionary Biologist), Robert De Niro (Actor), Brian De Palma (Film Director), James Dean (Actor), Guillermo Del Toro (Film Director), Daniel Dennett (Cognitive Scientist, Philosopher), Walt Disney (Animator, Businessperson), Michael Douglas (Actor), Robert Downey Jr. (Actor), Freeman Dyson (Theoretical Physicist, Mathematician), Douglas Adams (Author), Albert Einstein (Theoretical Physicist), Steve Jobs (Tech Mogul), Carl Jung (Theoretical Psychologist), Garry Kasparov (Chess Player), Michael Keaton (Actor), Stephen King (Author, The Shining), Michael Fassbender (Actor), Will Ferrell (Comedian), Richard Feynman (Physicist), Morgan Freeman (Actor), James Gandolfini (Actor), Bill Gates (Tech Business Mogul), Theodor Seuss Geisel (Author, Dr. Seuss), Mel Gibson (Actor), Cary Grant (Actor), Tom Hanks (Actor), Tom Hardy (Actor), Ernest Hemingway (Author), Jim Henson (Creator of The Muppets), Peter Higgs (Theoretical Physicist), Alfred Hitchcock (Film Director), Bob Hope (Comedian), Akira Kurosawa (Film Director), John Le Carre (Author), Stan Lee (Creator of Marvel Comics), John Lennon (Music Artist), George Lucas (Film Director), Seth MacFarlane (Creator of Family Guy), Michael Mann (Film Director), Chris Martin (Music Artist, Coldplay), George R.R. Martin (Author, Game of Thrones), James McAvoy (Actor), Paul McCartney (Music Artist), Ian McKellen (Actor), Frank Miller (Comic Book Writer), Ennio Morricone (Film Composer), Cillian Murphy (Actor), Bill Murray (Comedian, Actor), Liam Neeson (Actor), Jack Nicholson (Actor), Christopher Nolan (Film Director), Conan O'Brien (Late Night Host), Gary Oldman (Actor), Robert Oppenheimer (Director of the Manhattan Project), Al Pacino (Actor), Trey Parker (Co-Creator of South Park), James Patterson (Author), Steven Pinker (Linguist), Richard Pryor (Comedian), Mario Puzo (Author), Robert Redford (Actor), Martin Rees (Astrophysicist), Guy Ritchie (Film Director), Gene Roddenberry (Creator of Star Trek), Carl Sagan (Cosmologist), Martin Scorsese (Film Director), Ridley Scott (Film Director, Gladiator), Jerry Seinfeld (Comedian), William Shatner (Actor), James Spader (Actor), Steven Spielberg (Film Director), John Williams (Film Composer, Star Wars), Robin Williams (Actor), Kiefer Sutherland (Actor), Quentin Tarantino (Film Director), Billy Bob Thornton (Actor), Christopher Walken (Actor), Jack White (Music Artist)

<u>VYY'ZAI FEMALE 100 LIST</u>

Paula Abdul (Music Artist), Adele Adkins (Music Artist), Christina Aguilera (Music Artist), Amal Alamuddin (Lawyer), Jessica Alba (Actress), Ayaan Hirsi Ali (Activist), Laila Ali (Boxer), Pamela Anderson (Model, Actress), Aishwarya Bachchan (Actress), Lucille Ball (Comedian), Drew Barrymore (Actress), Kim Basinger (Actress), Victoria Beckham (Music Artist, Fashion Designer), Pat Benatar (Music Artist), Halle Berry (Actress), Liliane Bettencourt (L'Oreal Heiress), Christie Brinkley (Model), Naomi Campbell (Model), Mariah Carey (Music Artist), Cher (Music Artist, Actress), Julia Child (Chef), Priyanka Chopra (Actress), Helena Christensen (Model), Caitlin Clark (Basketball Player), Nadia Comaneci (Gymnast), Cindy Crawford (Model), Joan Crawford (Actress), Kaley Cuoco (Actress), Miley Cyrus (Music Artist), Stormy Daniels (Adult), Bette Davis (Actress), Celine Dion (Music Artist), Annie Duke (Poker Player), Enya (Music Artist), Gloria Estefan (Music Artist), Linda Evangelista (Model), Jane Fonda (Actress, Activist), Megan Fox (Actress), Vivica A. Fox (Actress), Judy Garland (Actress), Ruth Bader Ginsburg (U.S. Supreme Court Judge), Selena Gomez (Actress), Ariana Grande (Music Artist), Mia Hamm (Soccer Player), Goldie Hawn (Actress), Salma Hayek (Actress), Christina Hendricks (Actress), Taraji P. Henson (Actress), Paris Hilton (Celebutante, TV Personality), Julianne Hough (Dancer), Kate Hudson (Actress), Janet Jackson (Music Artist), Joan Jett (Music Artist), Olivia Newton John (Music Artist, Actress), Florence Griffith Joyner (Track Athlete), Kim Kardashian (Media Personality), Grace Kelly (Actress), Miranda Kerr (Model), Alicia Keys (Music Artist), Heidi Klum (Model, TV Personality), Beyonce Knowles (Music Artist), Anna Kournikova (Tennis Player), Lady Gaga (Music Artist), June Lapine (Youtuber, ShoeOnHead), Estee Lauder (Cosmetics Business Mogul), Adriana Lima (Model), Heather Locklear (Actress), Eva Longoria (Actress), Jennifer Lopez (Music Artist, Actress), Loretta Lynn (Music Artist), Reba McEntire (Music Artist), Kate Middleton (British Royal), Nicki Minaj (Music Artist), Marilyn Monroe (Actress), Alex Morgan (Soccer Player), Alanis Morissette (Music Artist), Kate Moss (Model), Rose Namajunas (MMA Fighter), Stevie Nicks (Music Artist), Jackie Kennedy Onassis (U.S. 1st Lady), Dolly Parton (Music Artist), Julie Payette (Astronaut), Katy Perry (Music Artist), Ayn Rand (Author, Philosopher), Rachel Ray (Chef), Nancy Reagan (U.S. 1st Lady), Gabrielle Reece (Volleyball Player), Rihanna (Music Artist), Kelly Ripa (Actress, TV Personality), Beth Rodden (Mountain Climber), Ginger Rogers (Dancer, Actress), Diana Ross (Music Artist), Ronda Rousey (MMA Fighter), Diane Sawyer (Journalist), Judy Sheindlin (Court Judge), Brooke Shields (Actress), Mikaela Shiffrin (Ski Racer), Britney Spears (Music Artist), Diana Spencer (Princess of Whales), Barbra Streisand (Music Artist, Actress), Margaret Thatcher (British Prime Minister), Charlize Theron (Actress), Ivanka Trump (Business Mogul, TV Personality), Tina Turner (Music Artist), Shania Twain (Music Artist), Donatella Versace (Fashion Designer), Lindsey Vonn (Ski Racer), Barbara Walters (Journalist), Ruth Westheimer (Sex Therapist), Oprah Winfrey (Media Mogul)

<u>VYY'ZAI MALE 100 LIST</u>

Andre Agassi (Tennis Player), Muhammad Ali (Boxer), Giorgio Armani (Fashion Designer), Neil Armstrong (Astronaut), Fred Astaire (Dancer, Actor), Charles Barkley (Basketball Player), Mikhail Baryshnikov (Ballet Dancer), David Bautista (Pro Wrestler, Actor), Skip Bayless (Sports Pundit), Larry Bird (Basketball Player), David Blaine (Stunt Performer), Usain Bolt (Track Athlete), Barry Bonds (Baseball Player), Bono (Music Artist), Tom Brady (Football Player), Russell Brand (Comedian), Garth Brooks (Music Artist), Kobe Bryant (Basketball Player), John Candy (Comedian, Actor), Johnny Cash (Music Artist), Henry Cavill (Actor), Jackie Chan (Actor), Winston Churchill (British Prime Minister), Bill Clinton (U.S. President), Kurt Cobain (Music Artist), Stephen Colbert (Late Night Host), Jimmy Connors (Tennis Player), David Copperfield (Magician), Jacques Cousteau (Explorer), Stephen Curry (Basketball Player), Oscar de la Hoya (Boxer), Evelyn de Rothschild (Banker), Johnny Depp (Actor), Jacques Derrida (Philosopher), Alan Dershowitz (Legal Scholar), Tom Dwan (Poker Player), Dale Earnhardt Jr. (Race Car Driver), Jimmy Fallon (Late Night Host), Michael Flatley (Dancer), Bobby Flay (Chef), Michael Franzese (Former Mobster), Frank Frazetta (Artist), Dan Gable (Wrestler), Mohandas Gandhi (Peace Activist), Ryan Gosling (Actor), John Gotti (Mafia Criminal), Kelsey Grammer (Actor), Wayne Gretsky (Hockey Player), Bear Grylls (Survivalist), Laird Hamilton (Pro Surfer), Jon Hamm (Actor), Sig Hansen (Reality TV, Deadliest Catch), Woody Harrelson (Actor), David Hasselhoff (Actor), Tony Hawk (Skateboarder), Christopher Hitchens (Journalist, Author), Terry 'Hulk' Hogan (Wrestler), Tom Holland (Actor), Alex Honnold (Climber), Steve Irwin (Animal Expert), Lebron James (Basketball), Derek Jeter (Baseball), Billy Joel (Music Artist), Dwayne 'The Rock' Johnson (Actor, Pro Wrestler), Magic Johnson (Basketball), John F. Kennedy (U.S. President), Martin Luther King Jr. (Civil Rights Activist), Henry Kissinger (Political Scientist), Calvin Klein (Fashion Designer), Evel Knievel (Stunt Driver), Ted Koppel (Journalist), Devon Larratt (Arm Wrestler), Sugar Ray Leonard (Boxer), Bill Maher (Comedian, TV Host), Marshall 'Eminem' Mathers (Music Artist), Matthew McConaughey (Actor), John McEnroe (Tennis), Conor McGregor (MMA Fighter), Cesar Millan (Celebrity Dog Trainer), Joe Montana (Football), Jim Morrison (Music Artist), Douglas Murray (Author, Political Commentator), Ty Murray (Bull Rider), Elon Musk (Tech Business Mogul), Rafael Nadal (Tennis Player), Joe Namath (Football), Jesse Owens (Olympic Track Athlete), Manny Pacquiao (Boxer), George Patton (U.S. Military General), Jake Paul (YouTuber, Boxer), Luciano Pavarotti (Music Artist), Jordan Peterson (Psychologist, Author), Pablo Picasso (Painter), Elvis Presley (Music Artist), Prince (Music Artist), Gordon Ramsay (Chef), Cal Ripken (Baseball), Joe Rogan (Broadcaster, Comedian), Cristiano Ronaldo (Soccer), Stephen A Smith (Sports Pundit), Georges St-Pierre (MMA Fighter), Sylvester Stallone (Actor), Jason Statham (Actor), Justin Timberlake (Music Artist), Eckhart Tolle (Spiritual Teacher), Donald Trump (Business Mogul, TV Personality, U.S. President), Mark Wahlberg (Actor), Jimmy Wales (Founder of Wikipedia), Dana White (CEO, UFC), Mark Zuckerberg (Tech Mogul)

<u>ZYY'NAI FEMALE 100 LIST</u>

Jaimie Alexander (Actress), Tori Amos (Music Artist), Ursula Andress (Actress), Hayley Atwell (Actress), Catherine Bach (Actress), Caitriona Balfe (Actress), Fairuza Balk (Actress), Angela Bassett (Actress), Justine Bateman (Actress), Jennifer Beals (Actress), Kristen Bell (Actress), Mayim Bialik (Actress), Jessica Biel (Actress), Cate Blanchett (Actress), Brandy (Music Artist), Amy Brenneman (Actress), Jessie Buckley (Actress), Carol Burnett (Comedian), Saffron Burrows (Actress), Brett Butler (Comedian), Neve Campbell (Actress), Tisha Campbell-Martin (Actress), Joan Chen (Actress), Anna Chlumsky (Actress), Alexa Chung (TV Presenter), Glenn Close (Actress), Natalie Cole (Music Artist), Sofia Coppola (Film Director), Courteney Cox (Actress), Jamie Lee Curtis (Actress), Bananarama band (Music Artists), Claire Danes (Actress), Geena Davis (Actress), Rosario Dawson (Actress), Rebecca De Mornay (Actress), Cameron Diaz (Actress), Minnie Driver (Actress), Bridget Fonda (Actress), Claire Forlani (Actress), Gal Gadot (Actress), Gina Gershon (Actress), Whoopi Goldberg (Comedian), Eva Green (Actress), Linda Hamilton (Actress), Angie Harmon (Actress), Anne Hathaway (Actress), Lena Headey (Actress), Katharine Hepburn (Actress), Susanna Hoffs (Music Artist), Holly Hunter (Actress), Anjelica Huston (Actress), Chrissie Hynde (Music Artist), Famke Janssen (Actress), Angelina Jolie (Actress), Milla Jovovich (Actress), Melina Kanakaredes (Actress), Vanessa Kirby (Actress), Keira Knightley (Actress), Padma Lakshmi (TV Personality), Ali Larter (Actress), Annie Lennox (Music Artist), Tea Leoni (Actress), Evangeline Lilly (Actress), Lucy Liu (Actress), Andie MacDowell (Actress), Shirley MacLaine (Actress), Julianna Margulies (Actress), Rachel McAdams (Actress), Nancy McKeon (Actress), Kate McKinnon (Comedian), Stephanie Meyer (Author, Twilight), Juice Newton (Music Artist), Lupita NyOng'o (Actress), Kaitlin Olson (Actress), Mary-Louise Parker (Actress), Molly Parker (Actress), Freida Pinto (Actress), Teri Polo (Actress), Natalie Portman (Actress), Laura Prepon (Actress), Maggie Q (Actress), Kelly Reilly (Actress), Daisy Ridley (Actress), Margot Robbie (Actress), Julia Roberts (Actress), Rebecca Romijn (Actress), Jeri Ryan (Actress), Katee Sackhoff (Actress), Katey Sagal (Actress), Lea Seydoux (Actress), Jane Seymour (Actress), Carly Simon (Music Artist), Ione Skye (Actress), Jada Pinkett Smith (Actress), Regina Spektor (Music Artist), Yvonne Strahovski (Actress), Kristen Scott Thomas (Actress), Uma Thurman (Actress), Lily Tomlin (Comedian), Anna Torv (Actress), Christy Turlington (Model), Sofia Vergara (Actress), Sigourney Weaver (Actress), Florence Welch (Music Artist), Kate Winslet (Actress), Robin Wright (Actress)

ZYY'NAI MALE 100 LIST

Mahershala Ali (Actor), Tim Allen (Comedian), Simon Baker (Actor), Christian Bale (Actor), Jason Bateman (Actor), Michael Bay (Film Director), Sean Bean (Actor), Warren Beatty (Actor), Tom Berenger (Actor), Chadwick Boseman (Actor), Marlon Brando (Actor), Jeff Bridges (Actor), Adrien Brody (Actor), Josh Brolin (Actor), Pierce Brosnan (Actor), Gerard Butler (Actor), Gabriel Byrne (Actor), Nicolas Cage (Actor), Jim Caviezel (Actor), Don Cheadle (Actor), Lee Child (Author, Jack Reacher), George Clooney (Actor), James Coburn (Actor), Leonard Cohen (Music Artist), Nat King Cole (Music Artist), Sean Connery (Actor), Nikolaj Coster-Waldau (Actor), Kevin Costner (Actor), Tom Cruise (Actor), Benedict Cumberbatch (Actor), Willem Dafoe (Actor), Timothy Dalton (Actor), Ted Danson (Actor), Daniel Day-Lewis (Actor), Benicio del Toro (Actor), Patrick Dempsey (Actor), Leonardo DiCaprio (Actor), Matt Dillon (Actor), Adam Driver (Actor), Bob Dylan (Music Artist), Aaron Eckhart (Actor), Chris Evans (Actor), Nathan Fillion (Actor), Colin Firth (Actor), Errol Flynn (Actor), Harrison Ford (Actor), Brendan Fraser (Actor), Andrew Garfield (Actor), Danny Glover (Actor), Donald Glover (Actor), John Goodman (Actor), Henry Golding (Actor), Joseph Gordon-Levitt (Actor), Hugh Grant (Actor), Adrian Grenier (Actor), Andy Griffith (Actor), Jake Gyllenhaal (Actor), Rutger Hauer (Actor), Ethan Hawke (Actor), Charlton Heston (Actor), Josh Holloway (Actor), Ron Howard (Film Director), Charlie Hunnam (Actor), Hugh Jackman (Actor), Samuel L. Jackson (Actor), Michael B Jordan (Actor), Val Kilmer (Actor), John Krasinski (Actor), Ashton Kutcher (Actor), Burt Lancaster (Actor), Jude Law (Actor), Heath Ledger (Actor), Lee Marvin (Actor), Steve McQueen (Actor), Mads Mikkelsen (Actor), Jonny Lee Miller (Actor), Viggo Mortensen (Actor), John Mulaney (Comedian), Paul Newman (Actor), Nick Nolte (Actor), Edward James Olmos (Actor), Timothy Olyphant (Actor), Robert Pattinson (Actor), Bill Paxton (Actor), Tom Petty (Music Artist), Joaquin Phoenix (Actor), Chris Pine (Actor), Brad Pitt (Actor), Dennis Quaid (Actor), Keanu Reeves (Actor), Axl Rose (Music Artist), Hiroyuki Sanada (Actor), Live Schreiber (Actor), Garry Shandling (Actor), Michael Shannon (Actor), Taylor Sheridan (Screenwriter, Film Director), Frank Sinatra (Music Artist), Christian Slater (Actor), Wesley Snipes (Actor), Patrick Stewart (Actor), Ben Stiller (Comedian, Actor), Sting (Music Artist), Channing Tatum (Actor), Aaron Taylor-Johnson (Actor), John Travolta (Actor), Steven Tyler (Music Artist), Ken Watanabe (Actor), Dominic West (Actor), Owen Wilson (Actor), Henry Winkler (Actor), Chow Yun-Fat (Actor)

<u>ZYY'VAI FEMALE 100 LIST</u>

Aaliyah (Music Artist), Alessandra Ambrosio (Model), Erin Andrews (Sportscaster), Maya Angelou (Author), Asia Argento (Actress), Iggy Azalea (Music Artist), Garcelle Beauvais (Actress), Shari Belafonte (Music Artist), Maria Bello (Actress), Sandra Bernhard (Comedian), Valerie Bertinelli (Actress), Debby Boone (Music Artist), Sofia Boutella (Actress), Erin Brockovich (Legal Rights Activist), Sandra Bullock (Actress), Gisele Bundchen (Model), Gina Carano (MMA Fighter, Actress), Julie Chen (TV Personality), Shirley Chisholm (Politician), Zendaya Coleman (Music Artist, Actress), Misty Copeland (Ballet Dancer), Cat Cora (Chef), Sheryl Crow (Music Artist), Elisha Cuthbert (Actress), Giada De Laurentiis (Chef), Roma Downey (Actress), Fran Drescher (Actress), Christina El Moussa (Real Estate Agent), Angie Everhart (Actress), Chris Evert (Tennis Player), America Ferrera (Actress), Ella Fitzgerald (Music Artist), Jennifer Garner (Actress), Leeza Gibbons (TV Personality), Kathie Lee Gifford (TV Personality), Robin Givens (Actress), Li Gong (Actress), Steffi Graf (Tennis Player), Macy Gray (Music Artist), Chelsea Handler (Comedian), Daryl Hannah (Actress), Teri Hatcher (Actress), Tobin Heath (Soccer Player), Natasha Henstridge (Actress), Jennifer Love Hewitt (Actress), Whitney Houston (Music Artist), Rachel Hunter (Model), Laura Ingraham (Journalist), Terry Irwin (Animal Expert), Grace Jones (Model), January Jones (Actress), Megyn Kelly (Journalist), Tawny Kitaen (Actress), Jana Kramer (Music Artist), Michelle Kwan (Figure Skater), Laura Ling (Journalist), Blake Lively (Actress), Nia Long (Actress), Joan Lunden (Journalist), Elle Macpherson (Model), Natalie Maines (Music Artist, Dixie Chicks), Sophie Marceau (Actress), Vanessa Marcil (Actress), Eva Mendes (Actress), Maria Menounos (TV Personality), Jillian Michaels (Fitness Coach), Martina Navratilova (Tennis Player), Adrianne Palicki (Actress), Grace Park (Actress), Danica Patrick (Race Car Driver), Paula Patton (Actress), Pink (Music Artist), Pointer sisters (Music Artists), Parker Posey (Actress), Princess Anne (British Royal), Selena Quintilla-Perez (Music Artist), Mary Lou Retton (Gymnast), Lais Ribeiro (Model), Condoleezza Rice (Diplomat), Sally Ride (Astronaut), Leann Rimes (Music Artist), Michelle Rodriguez (Actress), Halston Sage (Actress), Zoe Saldana (Actress), Claudia Schiffer (Model), Kyra Sedgwick (Actress), Maria Shriver (Journalist), Kimora Lee Simmons (Fashion Designer), Debra Soh (Sex Researcher), Sage Steele (Sportscaster), Gwen Stefani (Music Artist), Hailee Steinfeld (Actress), Martha Stewart (Media Mogul), Pat Summitt (Basketball Coach), Kristy Swanson (Actress), Chrissy Teigen (Model), Nancy Travis (Actress), Melania Trump (First Lady), Kat Von D (Tattoo Artist), Dionne Warwick (Music Artist), Vanna White (TV Personality), Michelle Wie (Golfer), Serena Williams (Tennis Player), Anna Wintour (Media Executive), Katarina Witt (Ice Skater), Constance Wu (Actress), Trisha Yearwood (Music Artist), Michelle Yeoh (Actress), Weili Zhang (MMA Fighter), Ziyi Zhang (Actress)

ZYY'VAI MALE 100 LIST

Bryan Adams (Music Artist), Israel Adesanya (MMA Fighter), Scott Adkins (Actor), Ben Affleck (Actor), Richard Dean Anderson (Actor), Alec Baldwin (Actor), Tyson Beckford (Model), David Beckham (Soccer Player), Harry Belafonte (Music Artist), Josh Bernstein (Explorer), Justin Bieber (Music Artist), Michael Bisping (MMA Fighter), Orlando Bloom (Actor), Michael Bolton (Music Artist), Ed Bradley (Journalist), Richard Branson (Business Mogul), Tom Brokaw (Journalist), Charles Bronson (Actor), Avery Brooks (Actor), Magnus Carlsen (Chess Player), Wilt Chamberlain (Basketball Player), Morris Chestnut (Actor), Johnnie Cochran (Lawyer), Sacha Baron Cohen (Comedian, Actor), Mike Colter (Actor), Chuck Connors (Actor), Bryan Cranston (Actor), Terry Crews (Actor), Matt Damon (Actor), Oscar de la Renta (Fashion Designer), John Denver (Music Artist), Nick Diaz (MMA Fighter), Vin Diesel (Actor), Taye Diggs (Actor), Josh Duhamel (Actor), Clint Eastwood (Actor), Roger Federer (Tennis Player), George Foreman (Boxer), Jamie Foxx (Comedian, Actor), Marvin Gaye (Music Artist), Andy Gibb (Music Artist), Scott Glenn (Actor), Mark-Paul Gosselaar (Actor), Robert Guillaume (Actor), Kevin Hart (Comedian), Chris Hemsworth (Actor), Larry Holmes (Boxer), Evander Holyfield (Boxer), Djimon Hounsou (Actor), Ice-T (Music Artist, Actor), Curtis '50-Cent' Jackson (Music Artist), Mick Jagger (Music Artist), Tommy Lee Jones (Actor), Michael Jordan (Basketball Player), Gene Kelly (Dancer, Actor), Kid Cudi (Music Artist), Jimmy Kimmel (Late Night Host), Kris Kristofferson (Actor, Music Artist), Lorenzo Lamas (Actor), Bruce Lee (Actor, Martial Artist), Jason Scott Lee (Actor), David Letterman (Comedian, Late Night Host), Mario Lopez (Actor, TV Personality), Nelson Mandela (Civil Rights Activist), Bob Marley (Music Artist), Floyd Mayweather Jr. (Boxer), Toshiro Mifune (Actor), Jason Momoa (Actor), Mr. T (Actor), Eddie Murphy (Comedian, Actor), Leonard Nimoy (Actor), Chuck Norris (Actor, Martial Artist), Kevin O'Leary (Business Mogul), Luke Perry (Actor), Michael Phelps (Swimmer), Chris Pratt (Actor), Ronald Reagan (Politician), Ryan Reynolds (Actor), Ving Rhames (Actor), Alan Ritchson (Actor), Tony Robbins (Life Coach), Kurt Russell (Actor), Adam Sandler (Comedian, Actor), Arnold Schwarzenegger (Bodybuilder, Actor, Politician), Steven Seagal (Martial Artist, Actor), Seal (Music Artist), Tom Selleck (Actor), Blake Shelton (Music Artist), Bruce Springsteen (Music Artist), Howard Stern (Radio Host), Oliver Stone (Film Director), Michael Strahan (Football Player, Sportscaster), Wes Studi (Actor), Patrick Swayze (Actor), Lewis Tan (Actor), Randy Travis (Music Artist), Ted Turner (Business Mogul), Mike Tyson (Boxer), Robert Urich (Actor), Jean-Claude Van Damme (Actor, Martial Artist), Eddie Van Halen (Music Artist), Denzel Washington (Actor), Wayans brothers (Comedians), Forest Whitaker (Actor), Shaun White (Snowboarder), Donnie Yen (Actor)

CICN RESEARCH DISCOVERIES

The CICN Research Project's ongoing exploration of the **Core-Categories of Being Human** phenomenon has revealed several things, with proof-of-truth to corroborate, that are highly relevant to understanding Human Story. Most of these discovery insights will likely surprise people, such as:

After tracking over 20,000 cases from Pop Culture, over 50 years' worth of samples from all over the world, there is still no sign of any human beings that do not adhere to the universal principles of the Core-Category phenomenon.

With this, there are no examples of any person who began earlier in life as one Core-Category and then changed into a different one over time. Core-Categories of Being Human can develop in various ways over time, but they do not change their immutable configuration of Innate Energetic Preferences and the physiological cues that signify them.

There are at least 5 different Core-Categories based on current Pop Culture evidence alone, with indications that there are several more Core-Categories that do not appear in Pop Culture as of yet. The two Core-Categories with the mouth-shape of Xyy-3 (Vyy'zai, Nyy'zai) are the most prevalent, being at least 4-to-1 as compared to the two Core-Categories with the mouth-shape of Xai-4 (Zyy'vai, Zyy'nai). The Nyy'xai Core-Category, with its Xai-2 mouth-shape, is a very small minority (less than 1%), but it does still have a notable media footprint.

In most areas of Pop Culture there are virtually only two Core-Categories that appear, which are the Vyy'zai and Zyy'vai. This applies to Social Media Influencers, Journalists, all of Sports, Business Leaders, Politicians, Religious Figures, Military Personnel, Reality TV Personalities and more. The same ratio of at least 4-to-1 between the Xyy-3 and Xai-4 mouth-shapes is still observed in these areas, with the Vyy'zai being notably more numerous than the Zyy'vai.

Where the other three Core-Categories show up is mainly from people who act in Movies and Television, as well as careers in Music and Comedy to a lesser degree. With acting in particular, the Nyy'zai and Zyy'nai are plentiful, while the Vyy'zai and Zyy'vai are still there just in fewer numbers. The areas of Acting, Music and Comedy are the main places in pop culture where you find the small number of Nyy'xai that there are. For this reason, these areas, especially Acting, are given a greater amount of attention than the rest of Pop Culture as it is the best way to be able to study all five of the Core-Categories of Being Human that are available for anyone to access.

Then there is the pattern of Same-sex biological family members being of the same Core-Category over 97% of the time. Although people tend to think of how different they are from their same-sex parent, siblings and children, in reality the vast majority of people with this

familial relationship connection are of the same Core-Category of Being Human and thus share the same configuration of Innate Energetic Preferences which presents the same set of signifying physiological cue manifestations just with each person's individual variation of them.

When it comes to patterns of Life Partner Pairings, the most prevalent pattern by far (roughly 55%) is that of Doubling Up, such as a Vyy'zai with a Vyy'zai or a Zyy'vai with a Zyy'vai. The next most notable pattern (roughly 35%) is that of Palette Completion, such as a Vyy'zai with a Zyy'vai or a Nyy'zai with a Zyy'nai. All other possible combinations of Life Partner Pairing are together a distant third in terms of frequency of occurrence (roughly 10% or less).

Knowing about these potentially startling patterns of Human Story ahead of time will benefit the navigation of the discovery process tremendously. The sooner practitioners accept the reality of the situation the sooner they will be able to manage their expectations of what they are going to find when they try to make sense of the Core-Categories of Being Human phenomenon. This will help to mitigate the natural tendency people have to project what they think the human condition could or should be onto the observational process, which needs to be keenly focused on seeing the truth of the situation with as little personal confusion, distraction or bias as possible.

FAMILY PATTERN EXAMPLES

Same-Sex Biological Family Members

Within the 20,000 case study samples currently in the Presentation Collection available to the public from the CICN Research Project there are over 1,000 sets of Same-Sex Family Members which show a 97%+ adherence to the pattern of Same-Sex Family Members sharing the same Core-Category of Being Human. There are more than 1,000 instances of this pattern as some of the family group connections have more than two people, with each member of the group above two counting as another instance of either adherence or anomaly.

Zyy'vai Female

Anna Wintour, Bee Shaffer

Maria Shriver, Katherine Schwarzenegger

Lisa Ling, Laura Ling

Janet Jones, Paulina Gretzky

Blake Lively, Robyn Lively

Kathy Lee Gifford, Cassidy Gifford

Kyra Sedgewick, Sosie Bacon

Terry Irwin, Bindi Irwin

Whitney Houston, Bobbi Kristina Brown, Cissy Houston

Anita Pointer, Bonnie Pointer, Ruth Pointer

Zyy'nai Female

Margaux Hemingway, Mariel Hemingway, Dree Hemingway

Carla Bruni, Emily Bruni

Andie MacDowell, Margaret Qualley, Rainey Qualley

Robin Wright, Dylan Penn

Uma Thurman, Maya Thurman-Hawke

Jada Pinkett-Smith, Willow Smith, Adrienne Banfield-Norris

Angeline Jolie, Marcheline Bertrand

Sofia Coppola, Gia Coppola

Laurene Powell Jobs, Eve Jobs

Gena Rowlands, Zoe Cassavetes, Xan Cassavetes

Zyy'vai Male

Eddie Murphy, Charlie Murphy

Bob Marley, Ziggy Marley, Damian Marley

Clint Eastwood, Scott Eastwood

Keenan Ivory Wayans, Damon Wayans, Marlon Wayans, Sean Wayans, Damon Wayans Jr.

Liam Hemsworth, Chris Hemsworth, Luke Hemsworth

Nick Diaz, Nate Diaz

Alec Baldwin, Daniel Baldwin, William Baldwin, Stephen Baldwin

Bruce Lee, Brandon Lee

Kurt Russell, Wyatt Russell

David Beckham, Brooklyn Beckham

Zyy'nai Male

Owen Wilson, Luke Wilson, Andrew Wilson

Lloyd Bridges, Beau Bridges, Jeff Bridges, Jordan Bridges

Joe Jonas, Nick Jonas, Kevin Jonas

James Franco, Dave Franco

James Brolin, Josh Brolin

Val Kilmer, Jack Kilmer

River Phoenix, Joaquin Phoenix

CICN Orientation

Dennis Quaid, Randy Quaid, Jack Quaid

Lieb Schreiber, Pablo Schreiber

James Marsden, Jason Marsden, Jack Marsden, Matthew Marsden

Vyy'zai Male

Martin Sheen, Charlie Sheen, Emilio Estevez

Ely Manning, Peyton Manning, Cooper Manning

Donald Trump, Donald Trump Jr., Eric Trump

Mark Wahlberg, Donnie Wahlberg, Paul Wahlberg

Ron Paul, Rand Paul

Jacques Cousteau, Jean-Michel Cousteau, Phillipe Cousteau Jr., Fabien Cousteau

Prince Charles, Prince Andrew, Prince Harry, Prince William

Julio Iglesias, Enrique Iglesias, Julio Iglesias Jr.

John F. Kennedy, John F. Kennedy Jr., Ted Kennedy, Robert Kennedy, Joseph Kennedy

Sonyy Chiba, Mackenyu

Vyy'zai Female

Serena Williams, Venus Williams

Kris Jenner, Kim Kardashian, Khloe Kardashian, Kourtney Kardashian, Kendall Jenner, Kyle Jenner

Ivana Trump, Ivanka Trump

Beyonce Knowles, Solange Knowles

Goldie Hawn, Kate Hudson

Kate Middleton, Pippa Middleton

Judy Garland, Liza Minnelli, Lisa Luft

CICN Orientation

Jayne Mansfield, Mariska Hargitay

Priscilla Presley, Lisa Marie Presley, Riley Keogh

Cristal Gayle, Loretta Lynne

Nyy'zai Male

Donald Sutherland, Kiefer Sutherland, Rossif Sutherland

Liam Gallagher, Noel Gallagher

Kirk Douglas, Michael Douglas, Eric Douglas, Cameron Douglas

John Carradine, David Carradine, Keith Carradine, David Carradine, Cade Carradine

Edward Fox, James Fox, Freddie Fox, Jack Fox, Laurence Fox

John Belushi, James Belushi

Danny Huston, Jack Huston, John Huston

Richard Attenborough, David Attenborough, Michael Attenborough, Will Attenborough

Stellan Skarsgard, Alexander Skarsgard, Gustaf Skarsgard, Valter Skarsgard, Bill Skarsgard

Ralph Fiennes, Joseph Fiennes, Ranulph Fiennes

Nyy'zai Female

Kate Mara, Rooney Mara

Tippi Hedren, Melanie Griffith, Dakota Johnson

Ashley Olsen, Mary-Kate Olsen, Elizabeth Olsen

Rosanna Arquette, Patricia Arquette

Carrie Fisher, Debbie Reynolds, Billie Lourd

Lynn Redgrave, Vanessa Redgrave, Natasha Richardson, Joely Richardson, Daisy Bevan

CICN Orientation

Emily Blunt, Felicity Blunt

Elle Fanning, Dakota Fanning

Ingrid Bergman, Isabella Rossellini, Elettra Wiedemann, Pia Lindstrom, Ingrid Rossellini

Laurie Metcalf, Zoe Perry

RELATIONSHIP PATTERN EXAMPLES

Doubling Up

Doubling Up is the most prevalent pattern of Life Partner Pairing, occurring roughly 55% of the time. Here are some examples from Pop Culture:

Vyy'zai with Vyy'zai

Vyy'zai Camilla Alves & Vyy'zai Matthew McConaughey

Vyy'zai Beyonce & Vyy'zai Jay-Z

Vyy'zai Geraldine Chaplin & Vyy'zai Charlie Chaplin

Vyy'zai Kate Moss & Vyy'zai Johnny Depp

Vyy'zai Priscilla Presley & Vyy'zai Elvis Presley

Vyy'zai June Carter Cash & Vyy'zai Johnny Cash

Vyy'zai Gabrielle Reece & Vyy'zai Laird Hamilton

Vyy'zai Kate Middleton & Vyy'zai Prince William

Vyy'zai Jackie Kennedy & Vyy'zai John F. Kennedy

Vyy'zai Jenny McCarthy & Vyy'zai Donnie Wahlberg

Nyy'zai with Nyy'zai

Nyy'zai Scarlet Johansson & Nyy'zai Colin Jost

Nyy'zai Elizabeth Taylor & Nyy'zai Richard Burton

Nyy'zai Lauren Bacall & Nyy'zai Humphrey Bogart

Nyy'zai Ann Druyan & Nyy'zai Carl Sagan

Nyy'zai Rebecca Pidgeon & Nyy'zai David Mamet

Nyy'zai Sarah Jessica Parker & Nyy'zai Matthew Broderick

Nyy'zai Rachel Weisz & Nyy'zai Daniel Craig

Nyy'zai Kerri Russel & Nyy'zai Matthew Rhys

Nyy'zai Jennifer Connelly & Nyy'zai Paul Bettany

Nyy'zai Catherine Zeta-Jones Nyy'zai & Michael Douglas

Zyy'vai with Zyy'vai

Zyy'vai Hailey Baldwin & Zyy'vai Justin Bieber

Zyy'vai Jennifer Garner & Zyy'vai Ben Affleck

Zyy'vai Katherine Schwarzenegger & Zyy'vai Chris Pratt

Zyy'vai Elsa Pataky & Zyy'vai Chris Hemsworth

Zyy'vai Gwen Stefani & Zyy'vai Blake Shelton

Zyy'vai Whitney Houston & Zyy'vai Bobby Brown

Zyy'vai Maria Shriver & Zyy'vai Arnold Schwarzenegger

Zyy'vai Valerie Bertinelli & Zyy'vai Eddie Van Halen

Zyy'vai Blake Lively & Zyy'vai Ryan Reynolds

Zyy'vai Chrissy Teigen & Zyy'vai John Legend

Zyy'nai with Zyy'nai

Zyy'nai Angelina Jolie & Zyy'nai Brad Pitt

Zyy'nai Kristen Bell & Zyy'nai Dax Shepherd

Zyy'nai Behati Prinsloo & Zyy'nai Adam Levine

Zyy'nai Uma Thurman & Zyy'nai Ethan Hawke

Zyy'nai Sofia Vergara & Zyy'nai Joe Manganiello

Zyy'nai Christy Turlington & Zyy'nai Ed Burns

Zyy'nai Kate Bosworth & Zyy'nai Justin Long

Zyy'nai Claire Forlani & Zyy'nai Dougray Scott

Zyy'nai Rebecca Romijn & Zyy'nai Jerry O'Connell

Zyy'nai Talisa Soto & Zyy'nai Benjamin Bratt

Palette Completion

Doubling Up is the next most prevalent pattern of Life Partner Pairing, occurring roughly 35% of the time. Here are some examples from Pop Culture:

Vyy'zai M with Zyy'vai F

Zyy'vai Pink & Vyy'zai Carey Hart

Zyy'vai Eva Mendez & Vyy'zai Ryan Gosling

Zyy'vai Zendaya Coleman & Vyy'zai Tom Holland

Zyy'vai Terri Irwin & Vyy'zai Steve Irwin

Zyy'vai Sofia Pernas & Vyy'zai Justin Hartley

Zyy'vai Steffi Graf & Vyy'zai Andre Agassi

Vyy'zai F with Zyy'vai M

Vyy'zai Jennifer Lopez & Zyy'vai Ben Affleck

Vyy'zai Kim Basinger & Zyy'vai Alec Baldwin

Vyy'zai Goldie Hawn & Zyy'vai Kurt Russell

Vyy'zai Coco Austin & Zyy'vai Ice-T

Vyy'zai Victoria Beckham & Zyy'vai David Beckham

Vyy'zai Katie Perry & Zyy'vai Orlando Bloom

Nyy'zai M with Zyy'nai F

Zyy'nai Gina Torres & Nyy'zai Laurence Fishburne

Zyy'nai Lupita Nyong'o & Nyy'zai Joshua Jackson

Zyy'nai Katherine Hepburn & Nyy'zai Spencer Tracy

Zyy'nai Leslie Bibb & Nyy'zai Sam Rockwell

Zyy'nai Robin Wright & Nyy'zai Ben Foster

Zyy'nai Charlotte Riley & Nyy'zai Tom Hardy

Nyy'zai F with Zyy'nai M

Nyy'zai Emily Blunt & Zyy'nai John Krasinski

Nyy'zai Annete Bening & Zyy'nai Warren Beatty

Nyy'zai Olivia Munn & Zyy'nai John Mulaney

Nyy'zai Rooney Mara & Zyy'nai Joaquin Phoenix

Nyy'zai Mary Steenburgen & Zyy'nai Ted Danson

Nyy'zai Diane Kruger & Zyy'nai Norman Reedus

Uncommon Patterns

Combinations other than Doubling Up or Palette Completion are the least prevalent pattern of Life Partner Pairing, occurring roughly 10% of the time. Here are some examples from Pop Culture:

Vyy'zai F with Zyy'nai M

Vyy'zai Amal Alamuddin & Zyy'nai George Clooney

Vyy'zai Barbra Streisand & Zyy'nai James Brolin

Zyy'nai F with Vyy'zai M

Zyy'nai Cameron Diaz & Vyy'zai Benji Madden

Zyy'nai Carla Bruni & Vyy'zai Nicolas Sargozy

Nyy'zai F with Zyy'vai M

Nyy'zai Sondra Locke & Zyy'vai Clint Eastwood

Nyy'zai Sarah Silverman & Zyy'vai Jimmy Kimmel

Nyy'zai M with Zyy'vai F

Zyy'vai Susan Downey & Nyy'zai Robert Downey Jr.

Nyy'zai M with Vyy'zai F

Vyy'zai Lauren Parsekian & Nyy'zai Aaron Paul

Nyy'zai F with Vyy'zai M

Nyy'zai Jessica Lange & Vyy'zai Mikhail Baryshnikov

Zyy'vai M with Zyy'nai F

Zyy'nai Minnie Driver & Zyy'vai Matt Damon

KEYSTONE COLLECTION

The Keystone Collection for the Core-Categories of Being Human is the presentation collection put forward by the CICN Research Project as Proof-of-Truth for the greatest discovery in the history of humanity.

It includes over 20,000 case study samples from Pop Culture, making it a globally accessible shared endeavor for anyone who has an internet connection. Among this are 10,000 of the most famous people from modern Pop Culture, with many of them having extensive photographic and video media easily available to study them from.

All major areas of Pop Culture have been covered including Politics, Journalism, Business, Technology, Military, Sports, and so on, with a particular emphasis on people who act in movies and television, as well as comedians and music artists to a lesser degree, as they offer special advantages for training purposes.

In the database below, these 20,000+ case study samples have all been included for public perusal. Each sample has been gradated by their challenge difficulty from A-H for easier training progression and most of them have been tagged according to their career for general reference.

Although the primary focus of the CICN Research Project is to get the word out regarding the discovery of the Core-Categories of Being Human phenomenon, this collection of correctly categorized case study samples from pop culture will continue to grow with the help of new practitioners as they become advanced enough with the skills and abilities needed for Core-Category Tracker Training.

Keystone Collection for the Core-Categories of Being Human

CTT PROGRAM

The purpose of the CTT program is to help practitioners develop the skills and abilities necessary for being successful at Core-Category Tracker Training. Part of this includes building a large mind's eye Virtual Village of correctly categorized case study samples.

Creating and gaining fluency with this mental structure will help you to correctly categorize new samples that are unfamiliar to you by cross-referencing them with the personalized collection of samples that you already have familiarity with.

The samples in the CICN Research Project Presentation Collection (Keystone Collection) are gradated from A-H in terms of difficulty. New practitioners will begin with the Initial Experiments that use A Grade samples, which are the easiest to work with. From there, practitioners can unlock the higher gradations of samples by completing the requisite skillset challenges at each level.

Those who go far enough with the training opportunities provided by the CTT program can become Prep-Lab certified first and then engage in more advanced activities in Full-Lab.

IMPLICATIONS

Core-Category Tracker Training, at some point, requires contending with being in possession of immense power to influence the future of humanity and the world humanity makes, and as the saying goes, with great power comes great responsibility.

The **Core-Categories of Being Human** phenomenon, with its constituent palettes and fields, is the Basic Math of Being Human and thus the basic building blocks of all political theory, social theory, economic theory and game theory.

These Core-Categories of Being Human, with their relationship to cognitive functionality, are also the Source Code of Human Consciousness, which represents the most vital wisdom and critical foresight for responsibly addressing the Artificial Intelligence Singularity scenario.

This species-wide phenomenon is also the Universal Language of the Human Condition as well, providing a species-wide common ground to help mitigate cross-cultural confusion and misunderstanding, by showing that all humans belong to one omni-linguistic tribe and all members of this Tribe of Humanity speak this primary language naturally and natively.

In addition, there is no existent human activity, that there is sufficient media to study, that one can observe where Core-Categories of Being Human are not present and pervasively influential thus also making them the Intrinsic Instrumentation of All Human Endeavor.

All of this together combines to be the Fundamental Truth of Human Story, and provably so, therefore establishing an unprecedented, elevated baseline of unity regarding the shared story of humanity. This is the most important and powerful opportunity there has ever been to help humanity understand and elevate itself, across all peoples, interest groups and nations on Earth.

Furthermore, the implications of this ongoing research, such as apex proof-of-truth conceptual understanding and narrative authority regarding what it means to be human, necessitates that at least some of those involved with it be willing and able to take part in the **Greatest and Highest-Level Conversation** humans are having anywhere or have ever had throughout the entirety of human history, and it will remain the Greatest and Highest-Level Conversation for the innumerable generations of future humans yet to come.

One very important part of this conversation will be the question: With the context of Core-Categories of Being Human now a given of paramount importance, how can the best potentiality and opportunity be accessed by exercising our Free Will in order to envision and shape into being the future that we are all responsible for creating together.

THE CONVERSATION

The **Core-Categories of Being Human** phenomenon is the Basic Math of Being Human, the Source Code of Human Consciousness, the Universal Language of the Human Condition, and the Intrinsic Instrumental of All Human Endeavor which together combine to be the Fundamental Truth of Human Story, and provably so.

For those who are up for it, they can join in on **The Conversation** surrounding it anytime they wish through the YouTube channel dedicated to this purpose called the **Truth-Fire Channel**. Here are some of the things that are a part of the discussion:

- Core-Categories of Being Human, Navigating the Discovery Experience, Implications of this Ongoing Research, How to help build the CICN (Core-Category Intentional Community Network)
- What is Proof-of-Truth?, What is NOT Proof of Truth?, What is Truth Seeker Open Table?, Healthy Competition of Ideas
- Basic Math of Being Human, Source Code of Human Consciousness, Universal Language of the Human Condition, Fundamental Truth of Human Story
- The Observational Process (CCTT), Need to Quasi Death, Requisite Attributes, Compromised Capacity
- When and Why to have Zero Ego, When and Why to have Apex Ego, Charismatic Confidence Displays, The Actual Real Thing
- Discovery & Making of Fire, Discovery & Making of Truth-Fire, Greatest Discovery in the History of Humans, Accepting Greatness
- Ideological Spreading Pattern, Proof-of-Truth Spreading Pattern, Habituation vs. Core Instrumentation, Self-Conceptualization vs. Core Instrumentation
- Discovery Plausibility for Understanding General Existence, Discovery Plausibility for Understanding Human Existence, Deductive Reasoning & Inductive Reasoning, Abductive Reasoning & Abstract Reasoning
- What are the Big Questions?, What are the Big Answers?, The Way of ITcc, IT Is What IT Is
- And much more!

If you have any suggestions for topics to include in **The Conversation**, please let us know!