PREP-LAB STUDY GUIDE

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PREP-LAB

CTT Practitioner Levels 1-10 are part of CTT Prep-Lab. The goal of CTT Prep-Lab is to prepare practitioners for engaging in CTT Full-Lab by introducing them to the Core-Categories of Being Human that they will be tracking, as well as learning the principles and training the skillsets necessary for doing so. With the completion of CTT Prep-Lab training, practitioners will be able to explore virtually all of Pop Culture with the functional capacity they need to track the case samples therein as a part of their Full-Lab CTT training.

LEVEL 1

CTT Prep-Lab

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Core-Categories

Core-Category refers to the Specialized Categories of Innate Energetic Preference that underpin all human experience and understanding, mapping onto very predictive behavior and outcomes. 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).

Core-Category is often shortened to Core-Cat for convenience.

Gen-Cat refers to Gendered Core-Category.

Physiological Cues

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 that indicate their Core-Category. These Physiological Cues which signify a particular Core-Category are always manifesting.

Cues are Subtle

The Core-Category physiological cues being tracked are quite subtle to the untrained eye. You will want to do what you can to put yourself in your ideal state for observing subtle nuanced visuals.

It is therefore advised to make your environment and situation as conducive for maximum concentration as you can. Find a place that is quiet and distraction free. Take a few deep breaths to collect, calm and center yourself before engaging in practice.

If need be, take a moment prior to your CTT practice to tune out any distracting thoughts of the day you may be having until you are completely present and properly purposeful in terms of the necessary upcoming efforts in your Core-Cat Tracker Training.

Refreshing & Resummoning Yourself

As CTT practice requires maximum concentration and focus, remember that fresh is best when it comes to engaging with it. Make sure to space out your training sessions so that you are operating with peak capacity when you begin practice.

Even if you have made sure that you are in possession of peak capacity energy and concentration, you must still proactively prepare yourself to bring it to bear on the upcoming effort. Take a moment beforehand to resummon your best self as the lens that will be attempting to make these physiological cue observations.

Bring yourself to your highest state of Keen Attentiveness.

Mouth Shape

Mouth Shape is the largest most pronounced set of physiological cues, so it is the natural starting place for new practitioners to begin learning how to visually recognize Core-Categories of Being Human. Distinguishing Mouth Shape will continue to play a pivotal role throughout one's training.

Mouth Shape Palettes

All humans have either a Xyy Mouth Shape or a Xai Mouth Shape. These physiological cue palettes, Xyy or Xai, are intrinsic to every motion or emotion that a person's mouth makes, although it is easier to note when there is more expression being manifested than when one is in repose.

Xyy Mouth Shape Palette

Xyy Mouth Shape is led by the upper lip, tends toward upturned corners of the mouth and projecting outward, as well as having more active facial fascia in the inner creases of the cheeks, slightly above and outside the upper mouth area.

Xai Mouth Shape Palette

Xai Mouth Shape is led by the lower lip, tends toward downturned corners of the mouth and rolling itself inward, as well as having more active facial fascia in the chin region, slightly below and outside the lower mouth area.

Eye Fields

The Eye Area is smaller and more subtle than the Mouth Area, yet the Eye Field distinction is still a fairly pronounced set of physiological cues. While being able to note the Eye Field is informative on its own, it is also the gateway to the Eye Palettes.

All humans have either a Dir Eye Field or an Ad Eye Field.

Dir Eyes Field

Dir Eyes (Dir Eye Field) have a Piercing quality to them and tend toward being narrowed. Both the eyes and the overall set of the face express Boundary Setting.

All Dir Cats, Core-Categories with the Dir Eyes Field, have either Vai Eyes or Nai Eyes. Although both Dir Eyes Palettes share having a Piercing quality to them, tend toward being narrowed and expressing Boundary Setting, there are distinctions between them when compared to each other.

Vai Eyes

Vai Eyes (Vai Eyes Palette) have a grounded and more present quality. It is the more Yang of the Dir Eyes Palettes.

Nai Eyes

Nai Eyes (Nai Eyes Palette) have a distant and less present quality. It is the more Yin of the Dir Eyes Palettes.

Ad Eyes Field

Ad Eyes (Ad Eye Field) have a Drinking In quality to them and tend toward being widened. Both the eyes and overall set of the face express Approachability.

All Ad Cats, Core-Categories with the Ad Eyes Field, have either Vyy Eyes or Nyy Eyes. Although both Ad Eyes Palettes share having a Drinking In quality to them, tend toward being widened and expressing Approachability, there are distinctions between them when compared to each other.

Vyy Eyes

Vyy Eyes (Vyy Eyes Palette) have a glass-like and more present quality. It is the more Yang of the Ad Eyes Palettes.

Nyy Eyes

Nyy Eyes (Nyy Eyes Palette) have a diffuse and less present quality. It is the more Yin of the Ad Eyes Palettes.

Core-Category Configuration

The specific combination of physiological cues that comprise a particular Core-Category is called its configuration, its configuration of physiological cues. With three of these key cues, it is possible to establish what a person's Core-Category is.

There are more physiological cues than these that give even more information, however if these three key cues are correctly tracked it is sufficient to signify a person's Core-Category.

Mouth Shape Palette + Eye Field + Eye Palette = Core-Category

Vyy'zai Core-Cat

The Vyy'zai Core-Cat has the following cues configuration:

- Xyy Mouth Shape Palette
- Ad Eyes Field
- Vyy Eyes Palette

Nyy'zai Core-Cat

The Nyy'zai Core-Cat has the following cues configuration:

- Xyy Mouth Shape Palette
- Ad Eyes Field
- Vyy Eyes Palette

Zyy'vai Core-Cat

The Zyy'vai Core-Cat has the following cues configuration:

- Xai Mouth Shape Palette
- Dir Eyes Field
- Vai Eyes Palette

Zyy'nai Core-Cat

The Zyy'nai Core-Cat has the following cues configuration:

- Xai Mouth Shape Palette
- Dir Eyes Field
- Nai Eyes Palette

Ob'zez Four & Ob'zez Eight

The Vyy'zai, Nyy'zai, Zyy'vai and Zyy'nai are collectively known as Ob'zez. The Ob'zez Four comprise the vast majority of pop culture case samples. The Ob'zez Eight refers to their Gendered Versions.

Spendage

In the context of Core-Cat Tracking, Spendage refers to the time, energy, attention, focus and headspace that CTT requires of practitioners. It is not enough to know the technical terms and concepts, you must show up to train, do so with concerted effort and devote the necessary space in your mindscape for the mental structure of your personal Core-Cat Collection of samples which you will be using as your primary training tool. In order for you to achieve the best results from practicing CTT, you must be willing to contribute these personal resources to the endeavor. As the saying goes, you only get out of it what you put into it.

Journaling

Something that can be quite beneficial at the beginning of your Core-Cat Tracking Training journey is to record your experiences with it as you go along. Make note of your breakthroughs in understanding, including when and how they occurred. These notes can later prove to be quite insightful about yourself and to future practitioners who may experience similar growth moments.

Challenge

In the context of Core-Cat Tracking, Challenge refers to anything that pertains to or adds to the difficulty in correctly tracking a given case sample or correctly tracking in general. This oftentimes has to do with monitoring for and mitigating against distracting or dissipating influences on one's clarity of observance and uncompromised comportment in properly adhering to correct principles, process and practice. However, some Challenge is simply how visually challenging a sample is to observe correctly or how challenging it is to look past distracting behavior they have.

Demographic Disparity

As you peruse the Pop Culture samples to select which ones to add to your personal CC Build, you will notice that there are more of certain Core-Cats and Gen-Cats than others. This reflects the demographic disparity that exists in Pop Culture itself. In the samples collected by the CICN Research Project there is roughly a 4-to-1 difference between Xyy-3 Core-Cats (Vyy'zai, Nyy'zai) and the Xai-4 Core-Cats (Zyy'vai, Zyy'nai), with the Xyy-3 Core-Cats being more numerous than the Xyy-4 Core-Cats.

Perceived Unfairness

The demographic disparity of the Core-Cats that have a presence in Pop Culture is oftentimes misperceived at first as an unfairness of some kind. However, it is simply the result of many individual humans making their own life choices and the outcomes that are created from this process. There has not been any kind of knowing conspiracy to foster this situation, it is just how the Core-Category phenomenon has manifested itself in the public eye. Although it may be a challenge, it is best to let go of any personal feelings on the matter and simply study what you are seeing and withhold making personal judgements about how you think it should be.

CC Building

Building one's Core-Category Collection is both a technical and personal process. It is technical because these case samples will be used to teach you about the physiological cues of Core-Cat Tracking. It is personal as well because you will be selecting which case samples these will be. Practitioners should pick samples that pop out to them the most regarding the physiological cues being looked for as this will make the best connection between oneself and the Core-Category phenomenon. One's CC Build can be thought of as a CTT practitioner's Tracker Lantern that will guide them going forward in further exploring and understanding the Core-Category phenomenon. When touring the Pop Culture Case Samples, mark those that you feel a stronger connection to as Include, for using sooner in your CC Build, and mark those that you feel some connection to as Corral, for possibly using later on.

CC Training (1 of 2)

Spending time with the Gen-Cat case samples of one's CC Build through Training, as well as research and pondering, increases a CTT practitioner's familiarity and fluency with them. Additionally, this time spent training on these selected samples also adds to one's proficiency with other unselected Gen-Cat samples, as they share the same configuration of physiological cues. This leads to samples that are Unmarked now becoming Maybe and samples you have marked now as Maybe becoming Surer. CC Training revolves around making the multiple distinctions required to track Core-Cats. Practitioners should focus on making connections not on performance, that will come later. No score will be kept; erroneous samples will keep appearing until they are correctly tracked, so just keep crunching down until you get there.

CC Training (2 of 2)

After completing an individual cue distinction training run, you have met that requirement for progressing, however you may repeat any of the training runs as much as you wish. The goal should be to get each cue distinction training run to be smooth before proceeding, whether this takes one training run or many. Once the individual cue distinction training runs have been completed, it opens-up the Male and Female Core-Cat training runs. Completion of the Male

and Female Core-Cat training runs opens-up the Combined Core-Cat training run. Practitioners should pay attention to their connection strength with the case samples, where it is at the start of CC Training and where it is at the end of it. This notable increase in connection to the case samples of one's CC Build signals that their Tracker Lens is getting significantly stronger, as well as more skillful and more savvy.

Separating Male & Female Samples

As the physiological cues practitioners are training to observe are quite subtle, every effort is made to maximum lens concentration capacity. This includes making the cue distinction process as focused and specific as possible. For this reason, male and female case samples are trained separately at first and then combined for the final training run of the level. However, once the male and female versions of any cue distinction training run are completed, there will be optional combined versions made available to add to the challenge if you so choose.

White Noise

In doing Core-Cat Tracker Training achieving peak capacity focus and concentration is vital. With this it is very important to be able to tune out environmental distractions. White noise can help improve one's ability for deep study by generating an immersive soundscape that hides or softens disruptive noises, which helps to maintain keen attention and mitigate unhelpful stimulus intrusion, causing the relevant subtle signals being tracked to stand out more. For this reason, the Build-Train-Test Cycle work has white noise set as the default. You may change this soundscape to something else more to your liking or even mute it entirely if you wish. However, it is imperative that CTT practitioners have a reliable method of some kind for being able to strongly and swiftly tap into their most effective state of intense focus and heightened concentration.

CC Testing

The purpose of CC Testing is to confirm that practitioners have gained the skillset capacity necessary for next level work. A score of 70% or higher needs to be achieved in order to proceed for each of the Skills Tests. Once the individual cue distinction Skills Tests have been completed, it opens-up the Male and Female Core-Cat Skills Tests. Completion of the Male and Female Core-Cat Skills Tests opens-up the Combined Core-Cat Skills Test. This will complete the Build-Train-Test Cycle for this level. Testing is similar to Training except it is scored on a single pass with a time limit. Practitioners may retake any of the Skills Tests as many times as they wish to improve their score. Note which are your stronger and weaker areas. This may indicate what you need to spend more time on to help grow or what you may have a natural talent for and may wish to lean into as part of your individual tracker style.

LEVEL 2

Best Practices

In the context of Core-Cat Tracking, Best Practices refer to any approach, principle or procedure that improves capacity at observing, understanding and communicating correct information regarding the Core-Category phenomenon. Some of these are proven, efficient methods or guidelines that consistently produce optimal results for practitioners in general, providing universal standards for effective and efficient learning and sharing, whereas other best practices can be specific to a particular practitioner or specialized area of Core-Category research.

Proper Ego

In the context of Core-Cat Tracking, Proper Ego refers to having one's ego engaged for best results in the practice of Core-Category Tracking. It takes a healthy ego to yearn for growth, to yearn for greater understanding and higher competence; this is a good use of one's do-for-self spirit, to stay motivated and exert oneself to level up their abilities. However, during the training itself one must be humble in the face of provable truth for human story that was not previous accounted for, willing to learn and make mistakes along the way, as this is an essential part of the growth process. Afterwards, when notable growth has been achieved, it is also proper ego to feel a rise in one's self-esteem for the worthy work done. Have a proper ego to push yourself to train, while training be humble and push hard, leaving your ego at the door, then pick it up again afterwards, rightfully stronger for the growth efforts made.

Windage

In the context of Core-Cat Tracking, Windage refers to anything that is visually distracting to correctly locking onto their subtle physiological cues, which is a particular kind of challenge.

Cropping Windage

Some forms of Windage come from visual distraction generated by the general environment, the near proximity situation or eye-catching elements of a person's appearance unrelated to the face area itself, such as hats, hair, ears or neck rings. These kinds of Windage can therefore be cropped out of a case sample's pictures to mitigate their unhelpful visual impact and drama. This explains the close-cropping used throughout the presentation collection.

Case Sample Windage

Some forms of Windage come from visual distraction generated by uninformative yet eye-catching facial topography or confusing mannerisms of the case sample person themselves. This is not something that can be cropped out, rather one must flex their lens to look past these

visual or behavioral distractions to the more subtle confirming or falsifying physiological cues of their actual Core-Category configuration.

B Grade Windage

In terms of Windage Challenge, A Grade samples are as free from such visual distractions as is possible, referred to as Nil Windage. In comparison, B Grade Windage is referred to as Light Windage, meaning there is only a light amount of distracting visuals or mannerisms. Those who have been able to observe the physiological cues of Core-Category in A Grade samples should be able to do so with B Grade samples also; it simply takes the light flexing of one's lens to make the connection past the Light Windage the sample is manifesting.

Cost of Lens Flexing

Flexing one's lens to note physiological cues that are less pronounced or to look past distracting visuals requires Spendage, the expenditure of energy, attention, focus and concentration. The more Windage a sample manifests the greater the expenditure of effort to flex one's lens sufficiently. Therefore, each higher level of case sample difficulty gradation, the greater the effort required to make the connection. This is something to keep in mind when planning your training sessions as far as how taxing it will be, how much volume you can handle and how long you can keep your Core-Category Tracking lens flexing in top form.

About: Gradation Scaling

Warming up is an important part of proper training. With this in mind, the case samples being trained on will scale up in difficulty, starting with the least difficult and increasing from there. Once these required training runs have been completed, there will be optional randomized difficulty training runs made available to add to the challenge if you so choose.

LEVEL 3

5 Gears Method

The Five Gears Method is the methodology used by the CICN Research Project to track Core-Categories of Being Human. This method of Core-Cat Tracking shows how to approach the human subject in question with five different kinds of personal observation lenses, ranging from fine details all the way up to the larger patterns. These various gears help to increase your confidence in your Core-Cat Tracker Training observations by having multiple forms of verification, as well as being an excellent way to check your work for any errors and learn about yourself.

Fatigue Levels

As Core-Cat Tracking is, among other things, a deeply taxing aesthetic appreciation process, practitioners must continuously manage their fatigue levels as a part of it, which requires an awareness of its influence at various stages of exertion. Earlier fatigue levels drop one's energy tank reserves yet do not affect performance. Midrange fatigue necessitates taking more time and proactive focus to maintain proper operational form as fatigue increases challenge. Later-stage fatigue inevitably causes more errors to occur, yet this is not in itself a bad thing, as it can be very revealing about areas that need to be worked on. CTT involves extensive use of high-volume training to cause fatigue on purpose for just this reason. However, there is a point where this becomes unproductive, as with any intense study, then it is time veer off and get some good rest before resuming such challenging training.

C Grade Windage

C Grade Windage is referred to as Moderate Windage 1, meaning there is only a lower moderate amount of distracting visuals or mannerisms. Those who have been able to observe the physiological cues of Core-Category in B Grade samples should be able to do so with C Grade samples also; it simply takes the lower moderate flexing of one's lens to make the connection past the Moderate Windage 1 the sample is manifesting.

Mind's Eye Cropping

As much as possible, the case sample pictures used in the CTT Program have been cropped to mitigate the surrounding visual distraction. However, when practitioners look further into a case sample's publicly available pictures, they will not have this visual focus-aid cropping work done for them, they will need to do it for themselves. It is not feasible to crop every picture a case sample has, as some pop culture samples have dozens or even hundreds, and there are thousands upon thousands of case samples. Therefore, practitioners will need to develop the ability to crop these images of distracting external visuals in their mind's eye. This may take

some notable effort to do at first, however with time, practice and experience it will become second nature. It will still take some mental effort, yet it will be much reduced and will reduce even more the more this mental muscle is utilized.

LEVEL 4

1st Gear of Core-Cat Tracking

With First Gear, you are noting the Eight Individual Palettes in play, which can show up in the eyes, cheeks and mouth.

- Mouth Palettes: Xyy, Xai
- Cheek Palettes: Zyy, Zai
- Eye Palettes: Vai, Nai, Vyy, Nyy

The palettes that are generally the easiest for practitioners to make note of are the two palettes associated with Mouth-Shape, which are Xyy and Xai.

Video Cues

In the context of CTT, video cues refer to the physiological cues that are much easier to note, or are only notable, when the person is in motion. This applies even if the case sample is remaining quite still, they are doing by holding themselves still, they are not actually a still-frame. It is important to note that all of the cues that are notable in pictures are still present in video, they are just happening at multiple still-frames per second. This means that there is a greater chance of data overload if a practitioner tries to use their still-frame observing lens. Practitioners will need to learn how to observe video in a different lens mode. Even experienced practitioners find it helpful to pause video observation frequently, in order use their still-frame lens on the case sample and to control the influx rate of the visual information.

Facial Fascia

Facial Fascia is the connective tissue network beneath your skin, existing in superficial and deep layers. Superficial fascia is linked with the under skin and facial topography. Deep fascia connects the skin to the facial muscles. Both kinds of facial fascia are revealing of a person's Core-Category, especially the deep fascia.

Facial Fascia in Motion

Deep Facial Fascia is used to identify several physiological cue distinctions in Core-Cat Tracking, most notably a person's Mouth Shape Palette. This deep facial fascia can be noted by its topographical impact, both when activated (such as emoting) or when inactive in repose, however it is much more subtle when it is inactive. Pictures that capture the fascia being more actively used are generally more revealing, however they do not show this activity in motion, rather a still-frame of a moment of its activity. Video media can show the full activity range, from repose to partial activation, to complete activation, to reduced activation and then back to

repose. This can be very informative, particularly with certain cue distinctions such as Mouth Shape. Use video viewing as an opportunity to note a person's Mouth Shape in motion.

Honor System

The Honor Log Tab is for recording your Interview View times and later it will be used for other viewing requirements as well. The logging of these viewing times is done on the honor system as there is no way to reasonably keep track of what or how much a practitioner is truly spending time viewing. It is important to note that these viewing requirements are for the practitioner's benefit as they help give vital experience that will increase their Core-Cat Tracking capacity, both in vigor and in nuance. Although it does take some time to do, it is ill-advised to rob oneself of this invaluable training opportunity just to progress through the CTT Program levels faster. Investing time in the required viewing assignments is an investment in upgrading the observational power of your lens and your comprehension of what it is observing.

D Grade Windage

D Grade Windage is referred to as Moderate Windage 2, meaning there is an upper moderate amount of distracting visuals or mannerisms. Those who have been able to observe the physiological cues of Core-Category in C Grade samples should be able to do so with D Grade samples also; it simply takes the upper moderate flexing of one's lens to make the connection past the Moderate Windage 2 the sample is manifesting.

Study Trance

A Study Trance refers to a deeply concentrated, totally absorbed mental state, like daydreaming or focused meditation, with intense concentration paid to the subject material being studied. With this there is oftentimes a diminished sense of time, physical sensations, one's surroundings and other external distractions. When in a study trance state, one has access to deeper learning, absorbing information and organizing knowledge with greater efficiency and more profound internalization. In this flow state, one is fully immersed and performing optimally, better able to gain insight and proficiency through a streamlined consciousness.

Breathing techniques, isolation, repetition, mantras, high volume, prolonged sessions and binaural soundscapes can help one to get into a study trance. Study trance states are very beneficial to CTT progress so it is an ability all practitioners should look to cultivate.

Interview Viewing (1 of 2)

In the context of Core-Cat Tracking, Interview Viewing refers to watching video interviews of case samples for a few to several minutes to gain greater insight into the various Gen-Cats. This of course involves noting physiological cues that show up in video motion moreso than picture stills, however it is different than using video to help correctly track a person's Core-Category.

Here the focus is on watching video of case samples where you are already confident about their Core-Cat, in order to glean a richer fuller understanding of them. Spending more time going deeper in this way with a few case samples a practitioner finds particularly interesting yields insights that carry over into all case samples of the same Gen-Cat. This longer video viewing of fewer samples pairs very well with the pictures-only high-volume training, helping to increase Core-Cat understanding with a two-pronged approach.

Interview Viewing (2 of 2)

In Interview Viewing practitioners are engaging with a more passively receptive process, as compared to actively reaching out to initially track the Core-Cat. While observing a given Gen-Cat case sample in motion for some minutes, one is engaging in a powerful tacit learning experience of noting, often subconsciously, a multitude of small, subtle insights. Despite these aesthetic and behavioral manifestation observations sometimes being hard to put into words, they can still significantly increase one's functional capacity at making the physiological cue distinctions for Core-Cat Tracking. The Honor Log Tab is where practitioners keep a record of their Interview Viewing history. Each CTT Level L4+ has a required number of minutes for each Gen-Cat. Split this up with at least 3 different case samples per Gen-Cat. Look for closer-up framing, with good light, using long-form not quick-cut editing.

LEVEL 5

2ⁿᵈ Gear of Core-Cat Tracking

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.

- Dir Palettes: Vai, Nai, Zyy, Xyy
- Ad Palettes: Vyy, Nyy, Zai, Xai

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.

Eye Palette Combinations

The Eye Palettes are Vai, Nai, Vyy and Nyy. Every person has two Eye Palettes, one of which will be Nat State and one of which will be Alt State. Additionally, there is consistent principle to how these two Eye Palettes can be combined. Vai always combines with Nyy and Nai always combines with Vyy, the question will be which takes lead energetically.

Eyes Narrowed

Narrowing of the eyes is an indication that a person's Dir Eye Palette is being engaged. It is particularly notable in the pupil and iris portions of the eye.

- Dir Cats (Zyy'vai, Zyy'nai) will have Nat State Eyes Narrowing
- Ad Cats (Vyy'zai, Nyy'zai) will have Alt State Eyes Narrowing

Eyes Widened

Widening of the eyes is an indication that a person's Ad Eye Palette is being engaged. It is particularly notable in the limbus and sclera portions of the eye.

- Ad Cats (Vyy'zai, Nyy'zai) will have Nat State Eyes Widening
- Dir Cats (Zyy'vai, Zyy'nai) will have Alt State Eyes Widening

Eye Palette Interplay

Being able to distinguish between Nat State vs Alt State regarding Eyes Narrowing or Eyes Widening is an essential skill for CTT practitioners. This is something to pay particular attention to in both pictures and video viewing. It is very helpful to make note of this Eye Palette Interplay in general and even more so with some of the more challenging case samples (E-H Grade). One of the more prevalent challenges with higher difficulty cases is when Dir Cats utilize Eyes Widened habitually or when Ad Cats utilize Eyes Narrowed habitually. Being able to note when this manifests in a more sporadic manner with lower difficulty case samples (A-D Grade) will give vital insight in how to spot its habitual occurrence for what it is amongst the higher difficulty cases.

The Core-Cat profiles will now include both Eye Palettes.

Vyy'zai Core-Cat

The Vyy'zai Core-Cat has the following cues configuration:

- Xyy Mouth Shape Palette
- Ad Eyes Field
- Vyy Eyes Palette (Nat State)
- Nai Eyes Palette (Alt State)

Nyy'zai Core-Cat

The Nyy'zai Core-Cat has the following cues configuration:

- Xyy Mouth Shape Palette
- Ad Eyes Field
- Nyy Eyes Palette (Nat State)
- Vai Eyes Palette (Alt State)

Zyy'vai Core-Cat

The Zyy'vai Core-Cat has the following cues configuration:

- Xai Mouth Shape Palette
- Dir Eyes Field

- Vai Eyes Palette (Nat State)
- Nyy Eyes Palette (Alt State)

Zyy'nai Core-Cat

The Zyy'nai Core-Cat has the following cues configuration:

- Xai Mouth Shape Palette
- Dir Eyes Field
- Nai Eyes Palette (Nat State)
- Vyy Eyes Palette (Alt State)

E Grade Windage

E Grade Windage is referred to as Heavy Windage 2, meaning there is a lower heavy amount of distracting visuals or mannerisms. Those who have been able to observe the physiological cues of Core-Category in D Grade samples should be able to do so with E Grade samples also; it simply takes the lower heavy flexing of one's lens to make the connection past the Moderate Windage 2 the sample is manifesting.

E-H Grade Windage

E-H Grade Windage continues the scaling up of difficulty and does so based on how much visual or behavioral distraction there is. However, there is a significant difference in the experience of flexing your lens through the distractions of these higher difficulty case samples. With A-D Grades it will generally feel like you are reaching out for connection through increasingly more static, with your lens reach getting wobblier as you extend away from yourself towards the object of your observation. While this continues with E-H Grades, something else tends to happen as well, which is that the distractions are such that they can cause wobbliness of one's lens from your initial starting position, prior to extending your lens' reach. This is due to the impact of the distraction being such that you must hold your ground, letting it wash over you until you regain your proper balance before extending your lens to reach outward.

Visual Distraction

Visual distractions are visually dramatic topographical features, usually of the face, that draw one's attention away from the more subtle cues of Core-Cat Tracking. This can include things such as missing teeth, buckteeth, cleft chin, dimples, underhung jaw, make-up, facial hair, thin/thick eyebrows, thin/thick lips, notably fuller upper lip, notable fuller lower lip, small/large nose, gauntness, bloat, baby fat, wrinkles, freckles, scars, mixed color eyes or any other features that are visually compelling yet do not contain Core-Category physiological cue significance.

Behavioral Distraction

Behavioral distractions refer to a case sample's habitual behavior, self-description, demeanor, attitude, mood, vibe, communication style or other personality traits that runs counter-intuitive to what you think a given Core-Cat behaves like or self-identifies as. It is very important for CTT practitioners to develop the ability to separate the maneuvers a person's Core-Category is performing from the signals of a person's intrinsic instrumentation, the physiological cues that indicate their Innate Energetic Preferences. The most prevalent of these behavioral distractions is when any Core-Category uses their Alt State Palettes habitually and/or identifies strongly with their usage as part of their character.

Warming Up

Warming up helps build to one's peak capacity in Core-Category Tracking the same way it does for any mental or physical effort. By starting slower at first a practitioner gives time to build momentum, wake up the connection to their lens and get into the zone of a highly productive study trance. Begin by actively concentrating on what you are doing, including the skill sets and principes of operation relevant to the task at hand. This will cause the first samples worked on to take more time, yet it will yield dividends as your training session continues. Allow your cruising speed to gradually increase naturally rather than trying to force it to be there immediately. This best practice is always helpful; however, this is especially so when working with higher difficulty samples. This is why the majority of CTT Training and Testing are done with a gradation incline as it facilitates getting warmed up.

LEVEL 6

3ʳᵈ Gear of Core-Cat Tracking

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 being within the range of looks manifested by that Category.

Energy Conservation in General Life

Energy Conservation is hardwired into the human psyche and thus into human behavior. Overall, this is a very good thing because the energy of one's life force, the ability to exert it and the bandwidth to pay attention to the process are all quite limited, no matter how talented or hardworking a person is. Therefore, when it comes time to exert considerable energy to achieve a yearned for result, one must visualize and give voice internally to this imperative in order for one's psyche and physiology to release the necessary energy for the endeavor. At the same time, one must be open to the signals that this drive for energy conservation is giving, as this is an evolved primordial wisdom asking, and rightfully so, if any extensive outlay of time, energy and attention is truly worth it.

Energy Conservation in Core-Cat Tracking

In the context of Core-Cat Tracking, the concept and principles of energy conservation come up prevalently as a part of the process, which calls for a considerable outlay of high-level attention, concentration, volume training and deep learning cognition. On one hand, practitioners should always be looking to streamline their process for optimum return-on-investment effectiveness. On the other hand, practitioners must be constantly vigilant against the temptation to not flex one's lens sufficiently for a given task in order to conserve energy. As practitioners advance their abilities, they will gain access to more energy efficient routes discovering a case samples Core-Category. This will need to be balanced with due diligence being paid to whether this faster easier route is truly a helpful shortcut or if instead it is a misleading heuristic.

Energy Conservation with 3ʳᵈ Gear

When using the gestalt reading of a case sample of the 3ʳᵈ Gear of Core-Cat Tracking, frequently this tracking of Core-Cat or Gen-Cat via a particular 'look' that it possesses comes to a practitioner quite quickly. As a practitioner progresses in the CTT Program this will happen more

often, with greater speed and accuracy. However, as with all heuristics, one must watch out for false positives that only appear to conform to expectations. Therefore, it is important that extra energy is still spent to cross-check this initial impression with the Palettes and Fields the Category should also have if you have observed it correctly.

F Grade Windage

F Grade Windage is referred to as Heavy Windage 2, meaning there is an upper heavy amount of distracting visuals or mannerisms. Those who have been able to observe the physiological cues of Core-Category in E Grade samples should be able to do so with F Grade samples also; it simply takes the upper heavy flexing of one's lens to make the connection past the Heavy Windage 2 the sample is manifesting.

Yang & Yin of Physiological Cues

All physiological cue distinctions made in determining a person's Core-Category have a Yang option and a Yin option.

- Xyy Mouth Shape vs Xai Mouth Shape – Xyy is Yang, Xai is Yin
- Dir Eyes Field vs Ad Eyes Field – Dir is Yang, Ad is Yin
- Vai Eyes Palette vs Nai Eyes Palette – Vai is Yang, Nai is Yin
- Vyy Eyes Palette vs Nyy Eyes Palette – Vyy is Yang, Nyy is Yin

There are other physiological cue distinctions besides the ones listed above that will be learned later in the CTT Program and they will also have a binary of Yang or Yin optionality.

Yang & Yin Conflations

When making a given physiological cue distinction in Core-Cat Tracking it is important not to confuse a different Yang-ness or Yin-ness for the Yang vs Yin determination you are attempting to focus on. Practitioners must learn to be very aware and astute regarding the Yang vs Yin distinctions they are making. This will require developing a sensitivity to intruding Yang or Yin signals, as well as an ability to partition them until you are ready to address them, if they are another cue distinction, or oftentimes to be able to tune them out entirely if they are not physiological cue informative signals, visually dramatic yet irrelevant to Core-Category.

Skewing Yang

There are many different visual signals that a case sample may give off that Yang in nature and thus can skew a practitioner's observation of their Palettes, Fields or Core-Category to thinking they are noting a Yang physiological cue distinction when they are not. This can come from aesthetic visual observations such as dark eyes, small eyes, eyes narrowed, angular features, square face, hard lines, large head, large featured face, heavy-boned, large frame, older looking

or the like. This skewing Yang can also come from behavioral visual observations of the case sample in question such as being serious, assertive, aggressive, unlikeable, mature, loud, talkative, intense, attention seeking, opinionated or the like.

Skewing Yin

There are many different visual signals that a case sample may give off that Yin in nature and thus can skew a practitioner's observation of their Palettes, Fields or Core-Category to thinking they are noting a Yin physiological cue distinction when they are not. This can come from aesthetic visual observations such as light eyes, big eyes, eyes widened, curved features, round face, soft lines, small head, compact face, fine-boned, small frame, younger looking or the like. This skewing Yin can also come from behavioral visual observations of the case sample in question such as being silly, acquiescing, timid, likeable, child-like, quiet, unassuming, mild-mannered, avoidant, easy-going or the like.

LEVEL 7

4ᵗʰ Gear of Core-Cat Tracking

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.

4ᵗʰ Gear Specificity

In addition to the speed and ease that the 4ᵗʰ Gear of Core-Cat Tracking can provide insight into determining a person's Core-Category, it also gives a notable advantage in terms of specificity. When 4ᵗʰ Gear is used and understood properly to determine a case sample's Core-Category, it also brings along a tremendous amount of additional information regarding what makes two or more samples share a Riff connection. 4ᵗʰ Gear is not only a very powerful tool for Core-Cat determination but can also provide incredibly insightful profiling information regarding subsets within that Core-Category of Being Human.

4ᵗʰ Gear Return on Investment

The 4ᵗʰ Gear of Core-Cat Tracking begins to unlock for different practitioners at different rates depending on talent and ambitiousness of training. However, there is a general trend of it taking a substantial number of case samples to be correctly understood and internalized before this happens. This means that practitioners should exercise patience in its development, it takes a sizeable investment of experience and headspace for this power to start to show itself. When it does though, practitioners oftentimes find it to be one of their most powerful and relied upon abilities, paying back massive dividends for the effort taken to build up this pattern recognition search engine of Core-Cat and Gen-Cat cross-connections of shared intra-category subset similarities.

Energy Conservation with 4ᵗʰ Gear

When using the case sample cross-connecting power of the 4ᵗʰ Gear of Core-Cat Tracking, frequently this tracking of Core-Cat or Gen-Cat via a particular Riff connection that it possesses comes to a practitioner quite quickly. As a practitioner progresses in the CTT Program this will happen more often, with greater speed and accuracy. However, as with all heuristics, one must watch out for false positives that only appear to conform to expectations. Therefore, it is

important that extra energy is still spent to cross-check this initial impression with the Palettes and Fields the Category should also have if you have observed it correctly.

G Grade Windage

G Grade Windage is referred to as Severe Windage 1, meaning there is a lower severe amount of distracting visuals or mannerisms. Those who have been able to observe the physiological cues of Core-Category in F Grade samples should be able to do so with G Grade samples also; it simply takes the lower extreme flexing of one's lens to make the connection past the Severe Windage 1 the sample is manifesting.

Reminiscence

In the context of Core-Cat Tracking, Reminiscence is when a case sample reminds you of another case sample in a way that, although noteworthy and impactful, is not signifying Core-Category, and thus is not 4th Gear Riffing, yet may be misperceived as such. A case sample may perform a particular facial or social maneuver, do something that puts you in a certain mood or elicits a potent memory, that another case sample, of a different Core-Cat, also does. This similarity in your personal reaction can be misinterpreted as the sharing of Core-Category when it is not. Distinguishing between actual 4th Gear Riffing and Reminiscence is necessary for CTT practitioners to do in order to reduce false positives. Another form of Reminiscence to by wary of is when a case sample reminds you of someone you know personally, which may unintentionally sway your lens of observation off course.

LEVEL 8

5ᵗʰ Gear of Core-Cat Tracking

5ᵗʰ Gear is about achieving and maintaining the ideal state for making uncompromised observations, in order for a practitioner to be the best lens of observation they can be, as the apex lens for observing Core-Categories of Being Human is the human lens. Achieving the best headspace possible for the process means detaching from the case sample you are observing while remaining highly interested, ignoring distractions, keeping outside stressors off your mind as much as you can and making sure you do not push past your natural fatigue limits. Enhancing one's 5ᵗʰ Gear involves taking ownership of oneself as the lens of their Core-Category exploration through continuous self-discovery, self-reflection and self-improvement.

Apolitical & Non-Partisan Humanism

One of the main things that can compromise a Core-Cat Tracker's clarity of observation is the temptation to impose political or other partisan ideological considerations upon the process. This is to be avoided and resisted assiduously by CTT practitioners as it not only clouds the mind with irrelevant parameters to the task at hand, but it also attempts to reduce a universal species-wide phenomenon, that is applicable to all humans in all places in all times, into boxes that have never and can never scale up to anything approaching the universality inherently manifested in the Core-Categories of Being Human. The proper viewpoint to aspire to regarding uninhibited and unbiased observation of Core-Category should be timeless, holistic, mass data, non-judgmental and non-factional. It is what it is and practitioners must play the role of new discovery explorers not prescriptive ideologues.

Character Trait Association

Another thing that can compromise a Core-Cat Tracker's clarity of observation is the temptation to associate their personal judgements, good or bad, regarding characters in a story, fictional or non-fictional, with Core-Category distinctions, when there is no such strict delineation. Although there is a strong observable pattern connecting particular Core-Categories with certain career and relationship choices, this does not apply to general character in terms of quality, relevance or value. Practitioners must resist the temptation to banish people they do not feel kinship with into Categories they do not feel as connected to, or to poach people they do feel kinship with into Categories they feel more connected to. Each Core-Category has evolved to be what it is because it has great value to the human species and each person is their own case to be observed with detached interest for physiological cues.

Working in Layers

Working in layers, such as Palette, Field, Gender, etc., is a vital and integral part of the CTT Program curriculum, as the Core-Category phenomenon has so much to it, there is a need to work various facets of it separately before bringing it all together into its subtle, massive and complex totality. There are many benefits to doing this including increased focus power, endurance and specificity yielding greater insight absorption, multiple angles of approach, challenge difficulty reduction, and improved spendage efficiency. Working in Layers allows for specialized training sessions for each of the many different facets of a practitioner's lens. While working in layers is highly beneficial in general, it becomes an absolute necessity as one's CC Build, and its attendant Virtual Village, grows to a size of a few thousands of samples or more.

H Grade Windage

G Grade Windage is referred to as Severe Windage 2, meaning there is an upper severe amount of distracting visuals or mannerisms. Those who have been able to observe the physiological cues of Core-Category in G Grade samples should be able to do so with H Grade samples also; it simply takes the upper extreme flexing of one's lens to make the connection past the Severe Windage 2 the sample is manifesting.

Difficulty Variance

L8 Practitioners will be familiar with the difficulty variance in case samples represented by the A-H Gradation of challenge based on general Windage modifiers. Besides this standardized difficulty variance there is also variance from personal perspective, training time and key breakthroughs. Within a given gradation difficulty, such as D Grade, there will be samples that pop out to you more, a principle used to guide the building of your personal Core-Cat Collection. Over time, samples will be noticeably easier to track than at first exposure. This lessening of difficulty over the course of your training indicates how much stronger your lens has become. When encountering samples added to your collection a while ago, note how much clearer and easier you can observe their physiological cues, a sure sign that your training is paying off.

LEVEL 9

Zez/Xez Field

The Zez/Xez Dichotomy Field is what determines whether a person has the emotive expression that radiates out and up from the mouth area does or does not go easily and readily into their cheeks, which is based on if the Zez or Xez Palette takes lead in their interaction. This tends to be one of the easier Dichotomy Fields 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 Nyy'xai Core-Category which is relatively uncommon in pop culture.

Zez Field

Those Core-Categories configured with a Zez Field, and thus Zez Cheeks, have Alt State Emotive Expression which does not readily and easily go into the cheeks. This is because their Zez Palette, either Zyy or Zai, has a higher signal strength priority position than their Xez Palette, either Xyy or Xai. Of the Core-Categories observable in pop culture this includes only the Vyy'zai, Nyy'zai, Zyy'vai and Zyy'nai.

Signal Priority Sizing

The Core-Cat profiles will now contain Signal Priority 1-4 sizing for the Palettes, so that Nat-State Zez/Xez and Alt-State Zez/Xez can be distinguished from one another.

Xez Field

Those Core-Categories configured with a Xez Field, and thus Xez Cheeks, have Nat State Emotive Expression which does readily and easily go into the cheeks. This is because their Xez Palette, either Xyy or Xai, has a higher signal strength priority position than their Zez Palette, either Zyy or Zai. Of the Core-Categories observable in pop culture this includes only the Nyy'xai Core-Cat.

The Core-Cat profiles will now contain Signal Priority sizing for the Palettes, so their Xez-to-Zez proportionality can be noted.

Vyy'zai Core-Cat

The Vyy'zai Core-Cat has the following cues configuration:

- Ad Eyes Field (Nat State Ad, Alt State Dir)
- Zez Cheeks Field (Nat State Zez, Alt State Xez)
- (Sig 1) Vyy Eyes Widened Palette (Nat State)
- (Sig 2) Zai Cheeks Palette (Nat State)
- (Sig 3) Xyy Mouth Shape Palette (Alt State)

- (Sig 4) Nai Eyes Narrowed Palette (Alt State)

Nyy'zai Core-Cat

The Nyy'zai Core-Cat has the following cues configuration:

- Ad Eyes Field (Nat State Ad, Alt State Dir)
- Zez Cheeks Field (Nat State Zez, Alt State Xez)
- (Sig 1) Nyy Eyes Widened Palette (Nat State)
- (Sig 2) Zai Cheeks Palette (Nat State)
- (Sig 3) Xyy Mouth Shape Palette (Alt State)
- (Sig 4) Vai Eyes Narrowed Palette (Alt State)

Zyy'vai Core-Cat

The Zyy'vai Core-Cat has the following cues configuration:

- Dir Eyes Field (Nat State Dir, Alt State Ad)
- Zez Cheeks Field (Nat State Zez, Alt State Xez)
- (Sig 1) Zyy Cheeks Palette (Nat State)
- (Sig 2) Vai Eyes Narrowed Palette (Nat State)
- (Sig 3) Nyy Mouth Eyes Widened (Alt State)
- (Sig 4) Xai Mouth Shape Palette (Alt State)

Zyy'nai Core-Cat

The Zyy'nai Core-Cat has the following cues configuration:

- Dir Eyes Field (Nat State Dir, Alt State Ad)
- Zez Cheeks Field (Nat State Zez, Alt State Xez)
- (Sig 1) Zyy Cheeks Palette (Nat State)
- (Sig 2) Nai Eyes Narrowed Palette (Nat State)
- (Sig 3) Vyy Mouth Eyes Widened (Alt State)
- (Sig 4) Xai Mouth Shape Palette (Alt State)

Nyy'xai Core-Cat

The Nyy'xai Core-Cat has the following cues configuration:

- Ad Eyes Field (Nat State Ad, Alt State Dir)
- Zex Cheeks Field (Nat State Xez, Alt State Zez)
- (Sig 1) Nyy Eyes Widened Palette (Nat State)
- (Sig 2) Xai Mouth Shape Palette (Nat State)

- (Sig 3) Zyy Cheeks Palette (Alt State)
- (Sig 4) Vai Eyes Narrowed Palette (Alt State)

Nyy'xai Bridge

The Nyy'xai Core-Cat is the last of the Core-Cats that practitioners will be working with throughout their training in both Prep-Lab and Full-Lab. Other Core-Cats are rarities in pop culture that will be explored in Team-Lab by advanced proficiency Core-Cat Trackers. The Nyy'xai is being introduced now at this later time (L8) because this Core-Cat has significantly fewer case samples to work with, making it important to be able to leverage previous experience in Core-Cat Tracking. Although there are fewer Nyy'xai samples available to observe, there are enough to prove their existence and cue configuration parameters. In doing so, the Nyy'xai Core-Cat acts as the bridge to the larger fuller pattern of Core-Category that current pop culture public media only shows a part of.

Pop Culture Five & Ten

The Pop Culture Five refers to the five Core-Categories that show up in pop culture with enough of a presence to work on for public proof-of-concept for the existence and general parameters of the Core-Categories of Being Human phenomenon. This includes the Vyy'zai, Nyy'zai, Zyy'vai, Zyy'nai and Nyy'xai Core-Cats. The Pop Culture ten refers to the ten Gen-Cats derived from the male and female versions of the Pop Culture Five. There are more than five Core-Categories and ten Gen-Cats, however the Pop Culture Five & Ten are all that is needed by CTT practitioners to explore virtually all the case samples available in pop culture.

LEVEL 10

Virtual Village

As practitioners add more samples to their personal CC Build Collection, they are simultaneously creating a Virtual Village of these people in their mind where they all reside. This natural process is something that can and should be leaned into as one's Virtual Village is a powerful tool for Core-Category determination and insightfulness into Core-Category. It takes the allocation of substantial headspace to have a Virtual Village at all, which is done through the CC Build-Train-Test process, and even more to spend time in it and turn it over in one's mind. However, this expenditure of time, energy, headspace and bandwidth is well worth it. With enough experience and proper nurturing one's Virtual Village begins to teach its builder about its residents with a profound insightfulness, an invaluable return on investment.

Spending Imagination

Besides adding case samples to one's Virtual Village and spending time with them through various forms of skillset training and media viewing, one can also increase their proficiency in navigating the demographics of its residents, and fluency in understanding what insights it has to teach its builder, by finding ways and reasons to turn it over in one's mind. This is where spending your imagination on your Virtual Village can improve your practical abilities in Core-Cat Tracking. Try playing casting director and recast actors from movies or tv shows that you enjoy. Cast the characters of one of your favorite books with people from your Virtual Village. Imagine a party, event or adventure that you find inspiring and invite your Virtual Village residents to it. Imagine them in all kinds of scenarios and demographic combinations.

Leveraging Inter-Category Skills

Practitioners can improve their rate of progress by leveraging skills, experience and insights between two different yet closely-related Categories. For example, many proficiency and understanding gains from studying a Core-Cat of one gender can be applied to the other gender of that same Core-Cat. Likewise, visual recognition of a particular way a Mouth Shape looks or moves can be applied to the other Core-Cat that shares the same Mouth Shape. In all these instances, increased awareness and comprehension of some facet of the Core-Category phenomenon can be achieved even though the exact nuance was never directly observed in the exact same facet, rather a closely-related one. This is a powerful best practice in general and becomes vital when working with Categories, such as the Nyy'xai, where there are less available samples to canvas and work with.

Leveraging Nyy-1/Vai-4 Training

There are much fewer Nyy'xai Core-Cat samples in pop culture to work with compared to other Core-Cats, therefore practitioners should look for ways to aid in the process of learning about them. When studying the Nyy'xai, like all Core-Cats, the Eye Area is something that tends to be one of the most challenging aspects of the more difficult case samples. Nyy'xai and Nyy'zai both have Nyy Sig-1 and Vai Sig-4, so although they have different cheeks (Zez vs. Xez) and different Mouth Shapes (Xai-2 vs. Xyy-3), they share having very similar Eye Areas: Ad Field, Nyy-1, Vai-4. The thousands of available Nyy'zai case samples to train with allows for high-volume multi-gradation practice that relates to their eyes which are very similar to Nyy'xai and thus skills, experience and insight gains regarding Nyy'zai eyes have invaluable cross-over benefit to observing and understanding Nyy'xai eyes.

Observing Zez Palettes

Although the Zez/Xez Field distinction, Zez vs Xez Cheeks, can generally be made readily enough through just photos alone, the individual Zez Palettes themselves, Zyy and Zai, oftentimes require video viewing, even for advanced practitioners. This is because Zez Palettes involve the neutralizing of emotive expression as compared to the Xez Palettes which involve the activation of emotive expression. After years of looking case samples in pop culture and elsewhere, it has been observed that Xyy is always paired with Zai and Zyy is always paired with Xai. Therefore, if you are tracking a person's Mouth Shape correctly you will automatically know their Zez Palette as well. However, to directly observe the distinction between Zyy and Zai it is very helpful to see them in motion and in context, thus video viewing is the way to go.

Core-Cat profiles will now contain all four Palettes, including Zez.

Articulation

In the context of Core-Cat Tracking, Articulation refers to when a case sample being observed is actively communicating verbally, trying to transmit their thoughts to another person. When this happens, there will be fundamental differences between Core-Categories that can be noted. Those with Xyy will increase emotive expression as they do so, called Warm Articulation. Those with Zyy will decrease emotive expression as they do so, called Cool Articulation. The Signal Priority of Xyy or Zyy that a Core-Cat has will determine if their Articulation is Nat-State of Alt-State:

- Vyy'zai and Nyy'zai have Alt-State Warm Articulation (Xyy-3)
- Zyy'vai and Zyy'nai have Nat-State Cool Articulation (Zyy-1)
- Nyy'xai have Alt-State Cool Articulation (Zyy-3)

Resonation

In the context of Core-Cat Tracking, Resonation refers to when a case sample being observed is reacting to what another person is saying, giving non-verbal feedback in response. When this happens, there will be fundamental differences between Core-Categories that can be noted. Those with a Xai will increase emotive expression as they do so, called Warm Resonation. Those with Zai will decrease emotive expression as they do so, called Cool Resonation. The Signal Priority of Xai or Zai that a Core-Cat has will determine if their Resonation is Nat-State of Alt-State:

- Vyy'zai and Nyy'zai have Nat-State Cool Resonation (Zai-2)
- Zyy'vai and Zyy'nai have Alt-State Warm Resonation (Xai-4)
- Nyy'xai have Nat-State Warm Resonation (Xai-2)