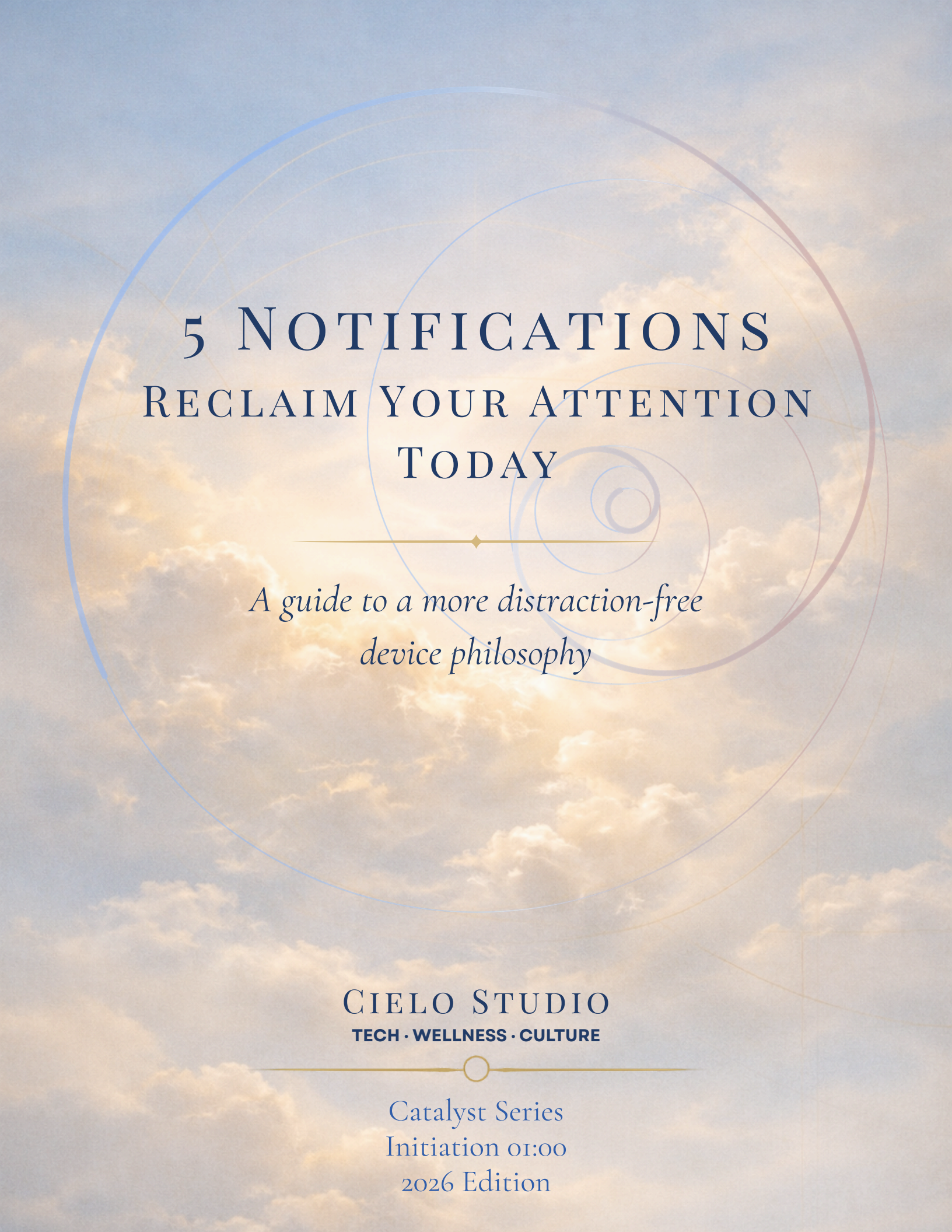




5 NOTIFICATIONS

RECLAIM YOUR ATTENTION TODAY

*A guide to a more distraction-free
device philosophy*

CIELO STUDIO
TECH • WELLNESS • CULTURE

Catalyst Series
Initiation 01:00
2026 Edition

A NOTE BEFORE WE BEGIN

`load(studio): welcome`

Breathe in deeply, 1, 2, 3, 4, hold...

Breathe out slowly, 1, 2, 3, 4, release...

Follow the natural rhythm of your breath.

You didn't end up with a fragmented digital life because you made bad decisions. You ended up there because the defaults were set by someone else — someone whose metrics were engagement, retention, and time on screen.

Not clarity. Not calm. Not you.

This guide is one page. Five notifications. Twenty minutes.

It is not a detox. It is not a dramatic change. It is one small reconfiguration of permissions you gave away without thinking — and a first step toward a digital life that feels designed rather than defaulted.

light, offered carefully,

— Cielo Studio



cielostud.io — Subscribe to The Altitude at cielostudio.substack.com

Wellness • Technology • Culture — light, offered carefully.

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Observation

The Default was Never Designed for You

```
load(notifications): begin
```

The Five:

Five settings.
Twenty minutes.
The silence that follows is not empty —
it's yours.

I. Breaking news alerts

Every major news event will reach you through conversation, social media, or a search. Breaking news notifications train your nervous system to treat every moment as potentially urgent. Turn off all news app notifications. Read the

news when you choose to — not when it chooses you.

II. Social media likes and comments

These notifications exist because engagement drops measurably when they're removed. That's the only reason they're on by default. The content will still be there when you open the app. The like was always going to be there. You don't need to know the moment it arrives.

III. Email — all of it

Email is not a real-time communication tool. It was never designed to be. Every email notification interrupts a thought in progress to tell you that someone, somewhere, sent a message that may or may not require a response. Check email on your schedule. Twice a day is sufficient for most people.

IV. App update notifications

An app updated itself. You don't need to know this. Turn off all app update notifications in your phone's settings. This is administrative noise — the quietest category to remove and the one most people forget entirely.

V. The one you've been ignoring

You already know which notification you look at and immediately dismiss every time it arrives. It has no information value for you specifically — it was just never turned off. Turn it off today.

FROM THE STUDIO

`load(studio): onward`

We are gratitude for your time and energy.

Never forget this world is yours. You are the CEO of this life and the next.

Sovereign Stillness™ is not silence.

It is the quality of presence that remains when you stop letting the digital world decide where your attention goes.

Five notifications is where it begins. If you want to go further — the three Cielo Studio guides take you deeper into the reset, the systems, and the philosophy that makes this practice sustainable.

The Consciously Connected Collection™ — all three guides — is available at cielostudio.gumroad.com

onward + upward,

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REACH OUT + GO FURTHER

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