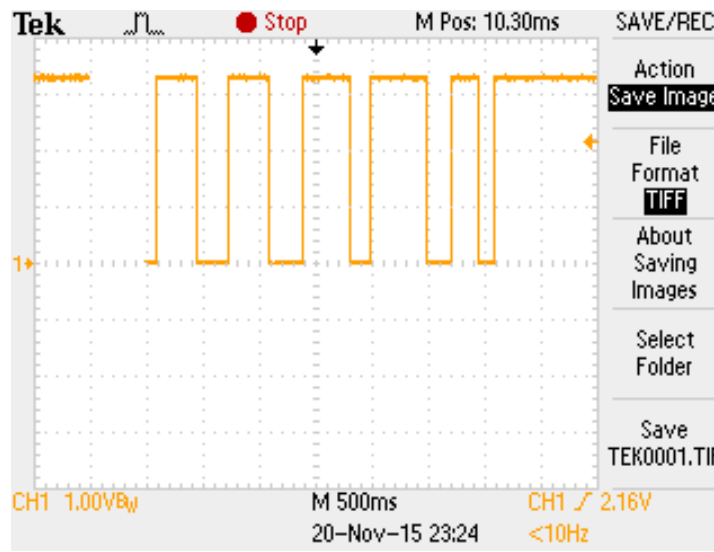Fig 1. Normal State of GPIO0.
Pulled up 12k to 3.3v.

Fig 2. Button action. Pulls GPIO0 to GND.
Max ringing I have seen is about 2. Could not
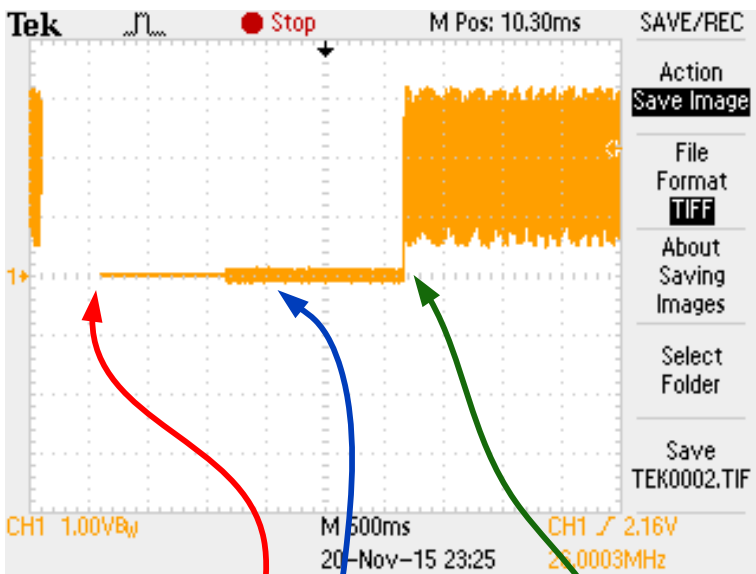see any ringing.

Fig 3. Pulls down to program, and when
starting program while I still hold the button
down, the high freq signal starts. I release the
button, while programming continues and the
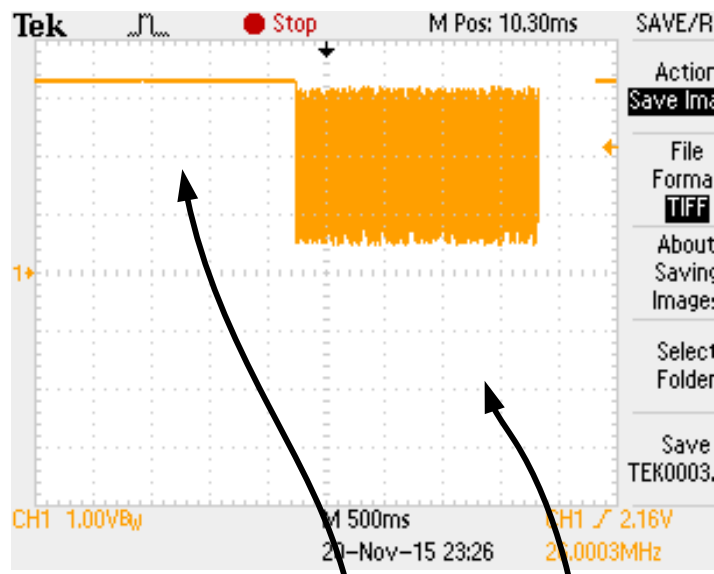signal level changes, both AC and DC.

Fig 4. Finished programming, and running
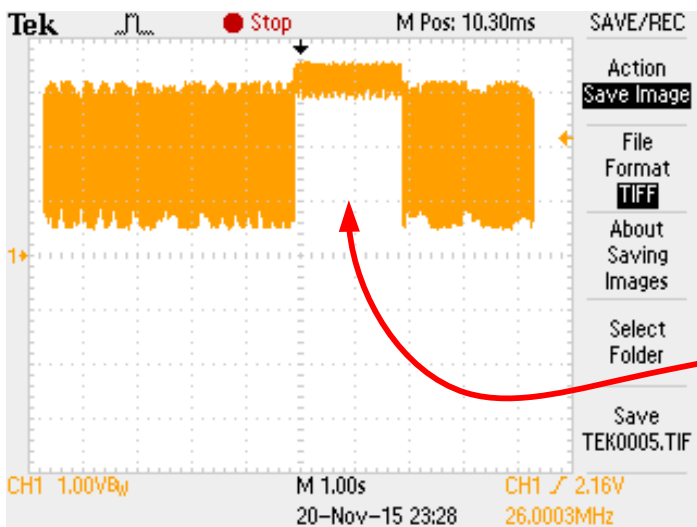good. GPIO0 is high. Then doing
ESP.restart()

Fig 5. GPIO0 stays in that oscillating mode.
That probably is why it never reboots. I tried to
force pull it up to 3.3, but it goes back to the
oscillation.