

# ECM-Lite — Mass-Adoption Emotional Cycling Machine

Simplified Hardware Specification — Core Emotion Framework (CEF)

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Version: Lite 1.0 (Portable Architecture)

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## 0. Purpose and Canonical Position

ECM-Lite is the simplified, portable, beginner-friendly Emotional Cycling Machine designed for broad adoption across educational, workplace, coaching, and home environments. It preserves the essential mechanical principles of the ECM lineage while removing advanced features that require practitioner training or research-grade calibration.

ECM-Lite is:

- the universal entry point to Emotional Cycling
- the portable, low-cost ECM variant
- the device for non-specialists and first-time users
- the baseline emotional interface for future system-integrated environments

ECM-Lite does **not** replace ECM v1.x, v2.0, or v3.x.

It complements them by providing a simplified, accessible version suitable for mass use.

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## 1. Design Principles

ECM-Lite is built on five core principles:

### 1.1 Simplicity

Only essential mechanical functions are included.

### 1.2 Portability

Lightweight, collapsible, and easy to transport.

### 1.3 Accessibility

Usable without practitioner training.

### 1.4 Safety

Designed to prevent overload, instability, or misuse.

### 1.5 Compatibility

Fully aligned with the CEF emotional architecture and ECM v1.2 protocol.

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## 2. Hardware Architecture

ECM-Lite consists of a single simplified module:

### 2.1 Lite Primary Wheel

A compact, lightweight wheel designed for:

- CW (Outgoing)
- CCW (Reflecting)
- Swing (Balancing)

#### Specifications

- Diameter: 28–34 cm
- Material: durable polymer composite
- Grip: soft-touch elastomer
- Base: foldable stabilizing frame
- Weight: 0.8–1.2 kg

#### Motion Tolerances

- friction variance  $\leq 3\%$
  - swing damping coefficient: 0.20–0.28
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## 3. Simplified Height-Alignment System

ECM-Lite uses a **three-position manual height selector**:

- Head

- Heart
- Gut

### Mechanism

- telescoping vertical rod
- snap-lock positions
- height precision:  $\pm 5$  mm

This preserves the vertical emotional axis without requiring the motorized calibration of ECM v3.x.

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## 4. No Micro-Wheels, No Choreography Ring

To maintain simplicity and portability:

- no micro-wheels
- no choreography ring
- no resistance engine
- no sensors
- no electronics

ECM-Lite focuses exclusively on **center-level cycling**, the foundation of all emotional work.

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## 5. ECM-Lite Cycling Modes

ECM-Lite supports two modes:

### 5.1 Primary Mode (Center-Level Cycling)

The core mechanical mode:

- CW → Outgoing
- CCW → Reflecting
- Swing → Balancing

### 5.2 Lite Secondary Mode (Guided Attention Cycling)

A simplified attentional mode:

- user selects an operator mentally
- wheel remains on the center
- no micro-wheel mechanics

This introduces operator-level awareness without requiring advanced hardware.

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## 6. Safety Model

ECM-Lite includes a simplified safety framework:

- no rapid or forceful movement
- stop immediately if overwhelmed
- always begin with center-level cycling
- avoid use during emotional instability
- maintain grounding and hydration
- limit sessions to 5–10 minutes for beginners

The device is non-diagnostic and non-therapeutic.

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## 7. Calibration Model (Lite Edition)

ECM-Lite uses a simplified calibration model derived from ECM v1.2:

### 7.1 Lite Flexibility Check

Cycle each direction for 30–45 seconds and assess:

- ease
- clarity
- emotional response

### 7.2 Lite Threshold Scan

Identify:

- early overwhelm
- confusion
- fusion

### 7.3 Lite Stability Indicators

- smooth motion
  - predictable emotional response
  - no drift or agitation
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## 8. Portability & Storage

ECM-Lite is designed for:

- backpacks
- classroom carts
- office drawers
- home shelves

**Folded Dimensions:**

approx. 32 × 22 × 6 cm

**Assembly Time:**

under 20 seconds

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## 9. Intended Use-Cases

ECM-Lite is ideal for:

- schools
- universities
- workplaces
- coaching sessions
- wellness programs
- home practice
- introductory emotional training
- group workshops

It is the first ECM designed for **large-scale distribution**.

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## 10. Version Notes (Lite 1.0)

ECM-Lite introduces:

- simplified single-wheel architecture
- portable design
- three-position height selector
- Lite Secondary Mode
- simplified calibration
- universal accessibility

ECM-Lite is the mass-adoption device of the ECM ecosystem.

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## 11. Conclusion

ECM-Lite brings the Core Emotion Framework to the widest possible audience. It preserves the essential mechanics of Emotional Cycling while removing advanced features that require practitioner training or research-grade hardware.

ECM-Lite is:

- simple
- portable
- safe
- accessible
- scalable

It is the universal entry point to the ECM lineage and the foundation for future system-integrated emotional environments.

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## ECM Disclaimer Block

(Three-Tier System for All ECM Documents)

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### 1. Practitioner-Level Disclaimer

#### Practitioner-Level Disclaimer

The Emotional Cycling Machine (ECM) and all associated protocols, guides, and training materials are **non-clinical, non-diagnostic, and non-therapeutic**. They are designed exclusively for **educational, developmental, and skills-training purposes** within the Core Emotion Framework (CEF).

ECM practice does **not** assess, treat, or diagnose any psychological, emotional, or medical condition.

ECM should **not** be used as a substitute for mental-health care, psychotherapy, counseling, crisis intervention, or medical treatment.

Facilitators must:

- avoid interpreting emotional content
- avoid eliciting emotional disclosure

- avoid framing ECM as therapy
- stop use immediately if a participant shows signs of distress

Users experiencing acute emotional overwhelm, instability, or crisis should discontinue ECM practice and seek appropriate professional support.

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## 2. User-Level Disclaimer

### User-Level Disclaimer

The Emotional Cycling Machine (ECM-Lite) is a **non-clinical educational tool** designed to support emotional awareness, clarity, and modulation.

It is **not** a therapeutic device and does **not** diagnose, treat, or assess any emotional or psychological condition.

Use ECM-Lite gently and discontinue if you feel overwhelmed, distressed, or physically uncomfortable.

ECM-Lite is intended for general emotional-skills practice and should not replace professional mental-health care or medical support.

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## 3. Engineering / Conceptual Disclaimer

### Engineering / Conceptual Disclaimer

This document describes the conceptual, mechanical, and engineering architecture of the Emotional Cycling Machine (ECM) within the Core Emotion Framework (CEF).

It is intended for **research, design, and technical reference** only.

The descriptions of emotional states, load, stability, or calibration are **conceptual constructs** within the CEF and are **not** clinical assessments or psychological measurements.

This document does **not** provide therapeutic guidance and should not be interpreted as mental-health instruction.

All emotional terminology is used in a **framework-specific, non-clinical sense**.

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