

ECM v1.0 — Original Hardware Specification

A Core Emotion Framework (CEF) Technical Report

Author: [Jamel Bulgaria](#)

ORCID: [0009-0007-5269-5739](#)

Affiliation: [OptimizeYourCapabilities.com](#)

Contact: admin@optimizeyourcapabilities.com

License: CC-BY 4.0

Version: 1.0

Status: Canonical Hardware Baseline

0. Purpose and Canonical Position

ECM v1.0 is the **first physical implementation** of the Emotional Cycling Machine. It establishes the **hardware architecture**, **mechanical constraints**, and **intended use** of the device.

ECM v1.0 does **not** define a full protocol.
It defines:

- the physical form
- the mechanical motions
- the intended emotional function
- the non-electronic design philosophy

All later versions (v1.1, v1.2, v2.0) build on this hardware baseline.

1. Hardware Architecture

ECM v1.0 consists of a **single, manually operated wheel** mounted on a stable base.

1.1 Components

- **Primary Wheel**
A circular wheel capable of smooth rotation in both directions.
- **Stable Base**
A weighted or grounded platform that prevents tipping.
- **Neutral Grip**
A central handle or rim section for holding the wheel comfortably.

- **Directional Freedom**
The wheel must rotate:
 - clockwise (CW)
 - counter-clockwise (CCW)
 - with a free “swing” motion (oscillation)
- **Optional Manual Resistance**
A simple friction-based mechanism (no electronics).

1.2 Design Principles

- **Manual** — no motors, no electronics
 - **Non-diagnostic** — not a measurement device
 - **Non-therapeutic** — not a clinical tool
 - **Embodied** — relies on physical movement
 - **Minimalist** — no unnecessary components
-

2. Functional Purpose

ECM v1.0 is designed to:

- provide a **physical anchor** for Emotional Cycling
- support **directional activation**
- reduce cognitive load during emotional work
- create a **consistent embodied rhythm**
- standardize the physical aspect of cycling practice

ECM v1.0 does **not**:

- define operator-level cycling
- define cross-center cycling
- include capacity or load adjustments
- include stability tiers
- include calibration procedures

Those appear in later versions.

3. Mechanical Motions

ECM v1.0 supports three fundamental motions:

3.1 Clockwise (CW)

Represents **outgoing** activation.

3.2 Counter-Clockwise (CCW)

Represents **reflecting** activation.

3.3 Swing (Oscillation)

Represents **balancing** activation.

These motions form the **mechanical foundation** of Emotional Cycling.

4. Intended Emotional Function

ECM v1.0 was created to support:

- emotional activation
- emotional differentiation
- embodied awareness
- directional clarity
- center-level engagement

At this stage, the device was **center-focused**, not operator-focused.

Operator-level and tertiary cycling were not yet formalized.

5. Usage Guidelines (v1.0-Era)

5.1 Basic Use

1. Select a center (Head, Heart, Gut)
2. Hold the wheel neutrally
3. Rotate CW, CCW, or Swing
4. Maintain slow, steady movement
5. Focus attention on the chosen center

5.2 Session Duration

- 5–10 minutes total
- No strict timing rules in v1.0

5.3 Safety Notes

- avoid rapid or forceful movement
 - stop if overwhelmed
 - maintain grounding
-

6. Limitations of ECM v1.0

ECM v1.0 does **not** include:

- operator-level cycling
- cross-center sequencing
- capacity calibration
- load-based adjustments
- stability tiers
- failure modes
- practitioner errors
- research-grade protocols

These were introduced in:

- **v1.1** (protocol alignment)
 - **v1.2** (modernization)
 - **v2.0** (next-generation hardware)
-

7. Version Notes (v1.0)

ECM v1.0 establishes:

- the single-wheel architecture
- the three mechanical motions
- the non-electronic design philosophy
- the embodied foundation of Emotional Cycling

It is the **hardware origin point** for all future ECM development.

8. Conclusion

ECM v1.0 is the original Emotional Cycling Machine — simple, manual, and foundational. It provides the physical structure upon which all later protocols and devices are built.

ECM v1.0 is the **hardware baseline**.

ECM v1.1 and v1.2 define the **protocol evolution**.

ECM v2.0 defines the **next-generation device line**.

ECM Disclaimer Block

(Three-Tier System for All ECM Documents)

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.

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.

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**.
