

ECM v1.1 — OFFICIAL PROTOCOL UPDATE

An Emotional Cycling Machine (ECM) Technical Report

The ECM is the official training device for practicing Emotional Cycling within the Core Emotion Framework.

Author: [Jamel Bulgaria](#)

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

Affiliation: [OptimizeYourCapabilities.com](#)

Contact: admin@optimizeyourcapabilities.com

Keywords: Emotional Cycling Machine, Emotional Cycling, Core Emotion Framework, center-level cycling, operator-level cycling, cross-center cycling, emotional flexibility, embodied cognition, emotional calibration, CEF training device, ECM protocol

License: CC-BY 4.0 International

Version History: v1.1 — First formal ECM protocol; supersedes all prior informal descriptions.

Abstract

ECM v1.1 updates the operational protocol of the Emotional Cycling Machine to align with the newly formalized Emotional Cycling v1.1 hierarchy. While the hardware remains unchanged from ECM v1.0, the protocol now incorporates center-level cycling as the primary method, introduces operator-level cycling as an advanced calibration mode, and defines cross-center cycling as an experimental tertiary mode. This document establishes the canonical usage, calibration, safety, and progression guidelines for all ECM-based training and research.

1. Introduction

The Emotional Cycling Machine (ECM) is a manual, single-wheel device designed to support Emotional Cycling practice within the Core Emotion Framework (CEF). The device provides:

- a physical anchor for directional cycling
- tactile feedback for emotional activation
- a structured environment for calibration
- a standardized method for research and replication

ECM v1.1 updates the **protocol**, not the hardware.

The device remains:

- single-wheel
- manually operated

- non-electronic
- non-diagnostic
- non-therapeutic

The update ensures full alignment with **Cycling v1.1**, which defines:

1. **Primary Cycling** — Center-Level Activation
 2. **Secondary Cycling** — Operator-Level Activation
 3. **Tertiary Cycling** — Cross-Center Cycling
-

2. Purpose of the ECM

The ECM exists to:

- provide a physical anchor for Emotional Cycling
- increase precision of directional movement
- enhance operator activation through embodied cognition
- support calibration of emotional flexibility
- provide a standardized method for research
- reduce cognitive load during cycling practice

The device does **not** diagnose, treat, or measure pathology.
It is a **training and calibration tool**.

3. Hardware Overview (Unchanged from v1.0)

The ECM consists of:

- a single rotating wheel
- a stable base
- a neutral grip
- directional freedom (CW, CCW, Swing)
- optional resistance settings (manual, not electronic)

No sensors, electronics, or data collection components are included.

4. ECM v1.1 Protocol Structure

The updated protocol consists of:

1. **Center-Level Cycling (Primary Mode)**

2. **Operator-Level Cycling (Advanced Mode)**
3. **Cross-Center Cycling (Experimental Mode)**
4. **Calibration Procedures**
5. **Session Structure**
6. **Safety Guidelines**
7. **Progression Criteria**

Each section below defines the canonical procedure.

5. Primary Mode — Center-Level Cycling (Required)

This is the foundational mode of the ECM.

5.1 Purpose

- awaken the three operators of a center
- restore emotional independence
- strengthen weak operators
- prevent emotional fusion
- establish emotional flexibility

5.2 Procedure

1. Select a center: **Head, Heart, or Gut**
2. Hold the wheel with a neutral grip
3. Perform the three motions:
 - **Clockwise (CW)** → Outgoing
 - **Counter-Clockwise (CCW)** → Reflecting
 - **Swinging** → Balancing
4. Maintain slow, controlled movement
5. Focus attention on the selected center
6. Continue for 2–5 minutes per direction
7. Journal or reflect after each cycle

5.3 Indicators of Stability

- clear emotional differentiation
- reduced fusion
- consistent activation of each operator

- ability to switch directions without confusion

Completion of this mode is required before advancing.

6. Secondary Mode — Operator-Level Cycling (Advanced)

This mode is optional and should only be used after center-level stability is demonstrated.

6.1 Purpose

- test operator independence
- strengthen underused operators
- refine emotional precision
- detangle fused emotional patterns

6.2 Procedure

1. Select a single operator (e.g., Sensing, Expanding, Boosting)
2. Connect attention directly to that operator
3. Cycle the wheel through:
 - CW → Outgoing expression
 - CCW → Reflecting expression
 - Swing → Balancing expression
4. Maintain slow, intentional movement
5. Limit sessions to 1–2 operators per day

6.3 Indicators of Readiness

- stable center-level cycling
 - ability to isolate operators mentally
 - absence of emotional overwhelm
-

7. Tertiary Mode — Cross-Center Cycling (Experimental)

This mode is for research and advanced training only.

7.1 Purpose

- explore center-to-center influence
- test emotional integration
- develop emotional choreography
- support advanced research

7.2 Procedure

1. Select a directional sequence (e.g., Head → Heart → Gut)
2. Cycle the wheel in the chosen direction
3. Shift attention from center to center
4. Maintain smooth transitions
5. Limit to short sessions (1–3 minutes per sequence)

7.3 Example Sequences

- **Head → Heart → Gut (CW)** — rational integration
- **Gut → Heart → Head (CCW)** — empowerment and clarity
- **Heart ↔ Gut (Swing)** — relational grounding + motivation

7.4 Restrictions

- not for beginners
 - not for emotional instability
 - not for therapeutic use
-

8. Calibration Procedures

The ECM supports calibration of:

- emotional flexibility
- operator independence
- directional clarity
- center-to-center transitions

8.1 Flexibility Calibration

Cycle each direction for 60 seconds and assess:

- ease
- clarity
- emotional response
- resistance

8.2 Fusion Detection

Signs of fusion include:

- identical sensations across directions
- inability to differentiate operators

- emotional blending

8.3 Operator Strength Assessment

Rate each operator (1–5):

- activation clarity
 - emotional resonance
 - ease of access
-

9. Session Structure

9.1 Standard Session (10–20 minutes)

1. Center selection
2. CW cycle
3. CCW cycle
4. Swing cycle
5. Reflection

9.2 Advanced Session (20–30 minutes)

1. Primary mode
2. Operator-level mode
3. Optional cross-center sequence
4. Journaling

9.3 Research Session

- standardized timing
 - pre/post self-report
 - optional physiological measures
-

10. Safety Guidelines

- always begin with center-level cycling
- avoid rapid or forceful movement
- stop if emotional overwhelm occurs
- avoid operator-level cycling during instability
- avoid cross-center cycling without supervision
- maintain hydration and grounding

- use journaling to track changes

The ECM is safe when used gradually and intentionally.

11. Version Notes (v1.1)

ECM v1.1 introduces:

- alignment with Cycling v1.1
- three-level cycling hierarchy
- updated calibration procedures
- updated session structure
- updated safety guidelines
- standardized terminology

Hardware remains unchanged from v1.0.

12. Future Directions (v1.2 and beyond)

Planned expansions include:

- multi-wheel variants
 - resistance-based calibration
 - integration with INAS v2.0
 - emotional flexibility scoring
 - cross-center choreography models
 - research-grade measurement tools
-

13. Conclusion

ECM v1.1 establishes the updated, canonical protocol for the Emotional Cycling Machine. It aligns the device with the formalized Emotional Cycling v1.1 hierarchy and provides a structured, safe, and research-ready method for emotional activation and calibration.

14. Citation

Bulgaria, Jamel. *ECM v1.1 Protocol Update*. Core Emotion Framework Technical Report. January 2026.

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**.
