ECM v1.2 — Modernized Protocol (Canonical Edition)

A Core Emotion Framework (CEF) Technical Report

Author: Jamel Bulgaria
ORCID: 0009-0007-5269-5739
Affiliation: OptimizeYourCapabilities.com
Contact: admin@optimizeyourcapabilities.com
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Keywords

Emotional Cycling Machine; ECM v1.2; Core Emotion Framework; CEF; emotional cycling; mechanical cycling; attentional cycling; centers; operators; cross-center sequencing; Primary Cycling; Secondary Cycling; Tertiary Cycling; emotional modulation; capacity calibration; load management; stability tiers; fusion detection; overload indicators; emotional precision; emotional choreography; practitioner protocol; non-therapeutic device; emotional training; calibration methodology; long-horizon stability.

Abstract

ECM v1.2 defines the modernized canonical protocol for the Emotional Cycling Machine within the Core Emotion Framework (CEF). This update clarifies the three-layer architecture of emotional cycling—mechanical center activation, attentional operator selection, and integrative cross-center sequencing—while preserving the original hardware design. The revision incorporates capacity-aware calibration, load-based adjustments, and a structured stability tier model derived from Practitioner Manuals PM 9–15. Safety constraints, readiness indicators, and overload detection have been strengthened to support precision, consistency, and research-grade reliability. ECM v1.2 establishes a unified, practitioner-aligned standard for emotional activation, modulation, and long-horizon stability using a

non-diagnostic, non-therapeutic physical device.

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0. Purpose and Canonical Position

The Emotional Cycling Machine (ECM) is the official physical device for practicing Emotional Cycling within the Core Emotion Framework (CEF). ECM v1.2 modernizes the protocol by:

- clarifying the architecture of mechanical vs attentional cycling
- integrating capacity, load, and stability principles from PM-9 through PM-15
- refining calibration and progression
- strengthening safety and overload detection
- defining a clean hierarchy for Primary, Secondary, and Tertiary Cycling

Hardware remains unchanged from v1.0.

ECM v1.2 is the authoritative protocol for all ECM-based training and research.

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1. Architecture of Emotional Cycling

Emotional Cycling operates across three structural layers:

1.1 Centers (Mechanical Layer)

The ECM wheel activates one of the three centers:

- **Head**
- **Heart**
- **Gut**

The wheel provides **directional activation**:

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

This layer is **mechanical**.

1.2 Operators (Attentional Layer)

Each center contains three operators (nine total).
Operators are activated through **attention**, not hardware.

The wheel provides direction.
Your attention selects the operator.

Wheel = direction
Attention = operator

This is the core principle of operator-level cycling.

1.3 Cross-Center Sequences (Integrative Layer)

Tertiary cycling shifts **attention** between centers while the wheel maintains a **single continuous direction**.

This layer integrates:

- transitions
- modulation
- long-horizon stability
- center reciprocity

This is the most advanced form of cycling.

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2. Hardware Overview (Unchanged)

The ECM consists of:

- a single rotating wheel
- a stable base
- a neutral grip
- directional freedom (CW, CCW, Swing)
- optional manual resistance

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

The ECM is:

- non-diagnostic
- non-therapeutic
- a training and calibration tool

3. Cycling Modes (Three-Level Hierarchy)

ECM v1.2 defines three modes:

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

Each mode builds on the previous one.

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

This is the foundational mode and the only **mechanical** one.

4.1 Purpose

- awaken the three operators of a center
- restore emotional independence
- prevent fusion
- establish emotional flexibility
- stabilize modulation under load

4.2 Procedure

1. Select a center (Head, Heart, Gut)
2. Hold the wheel neutrally
3. Perform the three motions:
   - CW → Outgoing
   - CCW → Reflecting
   - Swing → Balancing
4. Maintain slow, controlled movement
5. Focus attention on the selected center
6. Continue 2–5 minutes per direction
7. Reflect or journal

4.3 Stability Indicators

- clear differentiation

- predictable thresholds
- smooth transitions
- stable modulation
- no fusion

Completion is required before advancing.

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

Operator-level cycling is **attentional**, not mechanical.

The wheel activates the **center**.
Your attention isolates the **operator**.

5.1 Purpose

- strengthen underused operators
- refine emotional precision
- detangle fused patterns
- improve micro-responsiveness

5.2 Procedure

1. Select a single operator
2. Keep the wheel on the operator's center
3. Place attention on the operator
4. Cycle CW, CCW, Swing
5. Maintain slow, intentional movement
6. Limit to 1–2 operators per day

5.3 Readiness Indicators

- stable center-level cycling
- ability to isolate operators
- no overwhelm
- stable modulation under micro-load

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6. Tertiary Mode — Cross-Center Cycling (Integrative)

Tertiary cycling is **attentional sequencing** across centers.

The wheel provides **one continuous direction**.
Your attention performs the **center transitions**.

6.1 Purpose

- explore center-to-center influence
- test emotional integration
- develop emotional choreography
- evaluate long-horizon stability

6.2 Procedure

1. Begin cycling in one direction (CW, CCW, or Swing)
2. Focus attention on the first center
3. Shift attention to the next center
4. Continue through the sequence
5. Maintain the same wheel direction throughout
6. Limit to 1–3 minutes per sequence

6.3 Restrictions

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

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7. Capacity-Aware Calibration (New in v1.2)

Derived from PM-9.

7.1 Flexibility Calibration

Cycle each direction for 60 seconds and assess:

- ease
- clarity
- emotional response

- resistance
- load accumulation

7.2 Threshold Proximity Scan

Identify:

- early fusion
- early collapse
- premature threshold activation

7.3 Capacity Elasticity Check

Evaluate:

- expansion without distortion
- contraction without collapse

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8. Load-Based Adjustments (New in v1.2)

Derived from PM-10 and PM-12.

8.1 Low Load

Use standard timing.

8.2 Medium Load

Reduce duration by 20–30%.

8.3 High Load

Use:

- shorter cycles
- slower movement
- increased Swing emphasis
- extended reflection

8.4 Overload Indicators

- modulation lag

- transition breakage
- center over-compensation
- coherence softening

Stop immediately if overload appears.

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9. Stability-Tier Progression (New in v1.2)

Tier 1 — Foundational Stability

- center-level cycling only
- predictable thresholds
- no fusion

Tier 2 — Dynamic Stability

- operator-level cycling
- stable modulation under load
- smooth transitions

Tier 3 — Long-Horizon Stability

- cross-center cycling
- stability across days/weeks
- no drift or fragmentation

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10. Session Structure

10.1 Standard Session (10–20 minutes)

Center → CW → CCW → Swing → Reflection

10.2 Advanced Session (20–30 minutes)

Primary → Operator-Level → Optional Tertiary → Journaling

10.3 Research Session

Standardized timing + pre/post self-report

11. Safety Guidelines

- always begin with center-level cycling
- avoid rapid or forceful movement
- stop if overwhelm occurs
- avoid operator-level cycling during instability
- avoid tertiary cycling without supervision
- maintain grounding and hydration
- track changes through journaling

12. Failure Modes

Practitioners must detect:

- fusion
- modulation lag
- threshold instability
- center over-compensation
- transition breakage
- coherence softening
- load accumulation

13. Practitioner Errors to Avoid

- treating cycling as emotional regulation
- forcing stability
- collapsing into narrative
- skipping center-level foundations
- attempting tertiary cycling too early
- confusing operator activation with emotional intensity

14. Version Notes (v1.2)

ECM v1.2 introduces:

- clarified operator-level and tertiary cycling

- capacity-aware calibration
- load-based adjustments
- stability-tier progression
- refined readiness indicators
- updated overload detection
- integration of PM-9 through PM-15
- modernized structure and clarity

Hardware remains unchanged.

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15. Conclusion

ECM v1.2 establishes a modern, clear, and practitioner-aligned protocol for the Emotional Cycling Machine. It integrates the full maturity of Cycling v1.1 and the Practitioner Manual series, providing a stable, precise, and research-ready method for emotional activation, calibration, and long-horizon stability.

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

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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**.