

CYCLING v1.1 — OFFICIAL EMOTIONAL CYCLING PROTOCOL

A Core Emotion Framework (CEF) Technical Report

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Version History:

v1.1 — First consolidated and formalized Cycling Protocol; supersedes all prior informal descriptions.

Abstract

Emotional Cycling is a structured method within the Core Emotion Framework (CEF) designed to activate, differentiate, and balance the ten Core Emotions across the three functional centers of the psyche: Cognitive (Head), Affective (Heart), and Conative (Gut). Cycling v1.1 formalizes the hierarchy of cycling methods, clarifies the primary purpose of center-level cycling, introduces operator-level cycling as an advanced technique, and defines cross-center cycling as an experimental tertiary method. This document establishes the canonical Cycling Protocol for research, practice, and future device integration.

1. Introduction

The Core Emotion Framework (CEF) organizes human emotional functioning into:

- **Head (Cognitive)** — Sensing, Calculating, Deciding
- **Heart (Affective)** — Expanding, Constricting, Achieving
- **Gut (Conative)** — Arranging, Appreciating, Boosting, Accepting

Emotional Cycling is the **active method** for awakening, strengthening, and differentiating these operators. It uses directional movement — imagined or physical — to activate specific emotional functions.

Cycling v1.1 provides the first fully consolidated, hierarchical definition of Emotional Cycling, establishing:

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

This version is the canonical reference for all future CEF publications, devices, and research.

2. The Purpose of Emotional Cycling

The purpose of Emotional Cycling is to:

- awaken the three operators within each center
- restore operator independence
- prevent emotional fusion
- strengthen underused emotional functions
- increase emotional flexibility
- prepare the psyche for advanced integration

Cycling is not merely a movement practice — it is a **precision emotional activation protocol**.

3. The Three Levels of Emotional Cycling (v1.1)

3.1 Primary Cycling — Center-Level Activation (Canonical Method)

This is the foundational and most important form of Cycling.

Cycling is performed **on one center at a time**, using three directional motions:

- **Clockwise (CW)** → activates the **Outgoing** operator
- **Counter-Clockwise (CCW)** → activates the **Reflecting** operator
- **Swinging (Side-to-Side)** → activates the **Balancing** operator

Purpose

- awaken the three operators of a center
- restore emotional independence
- prevent fused emotional patterns
- strengthen weak operators

- establish emotional flexibility

Status

Primary. Required. Canonical.

All users must master this level before progressing.

3.2 Secondary Cycling — Operator-Level Activation (Advanced Method)

Once center-level cycling is stable, the user may cycle **individual operators directly**.

This involves:

- connecting to a single operator (e.g., Sensing, Expanding, Boosting)
- cycling that operator itself through CW, CCW, and Swing

Purpose

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

Status

Advanced. Experimental. Optional.

Should only be attempted after Primary Cycling is mastered.

3.3 Tertiary Cycling — Cross-Center Cycling (Experimental Method)

After both center-level and operator-level cycling are stable, the user may explore **cross-center directional flows**.

Examples:

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

Purpose

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

Status

Highly advanced. Experimental. Research-oriented.

Not recommended for beginners.

4. Cycling Motions and Their Emotional Effects

4.1 Clockwise (CW) — Outgoing Activation

- expansion
- expression
- initiative
- outward flow

4.2 Counter-Clockwise (CCW) — Reflecting Activation

- introspection
- refinement
- precision
- inward flow

4.3 Swinging — Balancing Activation

- dynamic equilibrium
- flow state
- integration
- emotional stability

4.4 Inward Spiraling (Gut only) — Accepting

- surrender
 - release
 - letting go
 - grounding
-

5. Center-Specific Cycling Map

Head (Cognitive)

- CW → Sensing
- CCW → Calculating
- Swing → Deciding

Heart (Affective)

- CW → Expanding
- CCW → Constricting
- Swing → Achieving

Gut (Conative)

- CW → Arranging
 - CCW → Appreciating
 - Swing → Boosting
 - Inward Spiral → Accepting
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6. Applications of Emotional Cycling

6.1 Personal Development

- emotional flexibility
- clarity
- motivation
- relational balance

6.2 Clinical / Therapeutic

- detangling fused emotional patterns
- reducing rigidity
- increasing agency
- improving emotional regulation

6.3 Research

- emotional activation mapping
- embodied cognition
- operator independence testing
- center-to-center influence

6.4 Device Integration

- CTCM (Cycling Training & Calibration Machine)
- INAS (Integrated Neuro-Affective Synchronizer)
- Specialized Emotional Stations

Cycling v1.1 is the conceptual foundation for all future device protocols.

7. Safety and Progression Guidelines

- Always begin with **center-level cycling**
- Do not attempt operator-level cycling prematurely
- Do not attempt cross-center cycling without stability
- Stop if emotional overwhelm occurs
- Maintain slow, controlled movements
- Use journaling to track changes

Cycling is safe when performed gradually and intentionally.

8. Version Notes (v1.1)

Cycling v1.1 introduces:

- the three-level hierarchy
- clarified definitions of CW, CCW, Swing
- operator-level cycling
- cross-center cycling
- updated center-specific maps
- standardized terminology
- alignment with CTCM v1.1 and INAS v2.0

This version supersedes all prior informal descriptions.

9. Future Directions (v1.2 and beyond)

Planned expansions include:

- empirical validation protocols
- operator-level measurement tools
- integration with HRV and biofeedback
- device-specific cycling choreography
- cross-center sequencing models
- emotional flexibility scoring

Cycling v1.1 is the foundation for these developments.

10. Conclusion

Cycling v1.1 formalizes Emotional Cycling as a structured, hierarchical method for activating and differentiating the ten Core Emotions within the Core Emotion Framework. It establishes a clear progression from center-level activation to operator-level refinement and cross-center integration. This document serves as the canonical reference for research, practice, and future engineering implementations.

11. Citation

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