

# ■ Complete App Flow Breakdown

REBRANDED EDITION

Zen Architect Vocabulary Applied Throughout

## ■ Entry Points

Tab Navigation:

- **Sanctuary Tab** (home) — formerly "Vault"
- **Forge Tab** (FAB button) — formerly "Create"
- **Discover Tab** (future)

## PATH 1: Traditional Anchor → Keep Traditional (No AI)

### STEP 1: IntentionInputScreen

- User types: "I am successful"
- Real-time letter distillation shows: **C L S T H D**
- IntentFormatFeedback validates phrasing
- Button: "**Continue**"  
→ Navigate: **AnchorSelection**

### STEP 2: AnchorSelectionScreen

- Shows 3 generated variants: **Dense / Balanced / Minimal**
- Large preview of selected anchor
- User selects: "**Balanced**"
- Button: "**Continue**"  
→ Navigate: **EnhancementChoice**

### STEP 3: EnhancementChoiceScreen

OPTIONS:

- **Let AI Decide** (recommended)
- **Keep Traditional** ← USER SELECTS THIS
- **Manual Forge (Pro)**

→ Navigate: **FocusPhraseCreation** (*skip AI*)

### STEP 4: FocusPhraseCreationScreen

- Shows traditional anchor (Balanced variant)
- 3 **vocal anchor styles** generated from letters (C L S T H D):

- **Rhythmic** (AS-AG-EL)
  - **Resonant** (SOG-UL-AR) formerly "Ancient Guttural"
  - **Flowing** (SIE-GIL-IE) formerly "Light & Airy"
  - User selects vocal anchor style
  - Play/pause audio with TTS
  - Button: "**Continue**"
- Navigate: **ActivationChoice**

## STEP 5: ActivationChoiceScreen

- Shows **anchor preview** (intention + visual anchor)
- 2 activation options:
  - **Quick Prime** (30 seconds) formerly "Quick Charge"
  - **Deep Prime** (5 minutes, 5 phases) formerly "Deep Charge"

User selects **Quick Prime**:

- Navigate: **MentalAlignment**

## STEP 6: MentalAlignmentScreen

- 15-second countdown
  - Pulsing intention quote
  - Rotating **alignment prompts**:
    - "Feel the clarity in your body"
    - "Make it real in your mind"
    - "This is YOUR moment"
    - ... (6 prompts total, every 4 seconds)
  - Haptic feedback every 3 seconds
  - Auto-navigate when complete
- Navigate: **QuickPrime**

## STEP 7: QuickPrimeScreen

- 30-second countdown
- Large anchor display (70% screen width)
- **Focus prompts** appear at: 25s, 20s, 15s, 10s, 5s:
  - "Feel it with every fiber"
  - "This is REAL"
  - "Channel pure intention"

*"Make it undeniable"*

**"COMMIT TO IT NOW"**

- Progressive haptic feedback (Medium → Heavy)
  - Auto-navigate when complete
- Navigate: **Sanctuary** (anchor created & primed)

**RESULT:** ■ Anchor appears in Sanctuary with:

- Traditional Balanced anchor
- **Primed status** (1 activation)
- Vocal anchor audio
- Ready for focus sessions

## PATH 2: Traditional Anchor → AI Enhancement

Steps 1-2: Same as PATH 1 (Intention → AnchorSelection)

### STEP 3: EnhancementChoiceScreen

OPTIONS:

- **Let AI Decide** ← USER SELECTS THIS (recommended)
- **Keep Traditional**
- **Manual Forge (Pro)**

→ Navigate: **AIAnalysis**

### STEP 4: AIAnalysisScreen

- Shows traditional anchor being analyzed
- NLP analysis with Compromise.js:
  - Extracts entities: "*successful*"
  - Determines intent type: "*achievement*"
  - Emotion: "*confidence*"
- AI selects **archetypal elements** from database:
  - **Achievement seals** (success-oriented geometry)
  - **Resonance glyphs** (momentum symbols)
  - **Alignment patterns** (sacred geometry)
- Displays selected elements with descriptions
- Button: "**Generate Variations**"

→ Navigate: **AIGenerating**

### STEP 5: AIGeneratingScreen

- Animated loading screen
- Status messages:

*Analyzing your intention...*

*Selecting archetypal elements...*

*Generating variations...*
- Calls backend API → Stable Diffusion XL
- Generates 4 unique artistic variations
- Auto-navigate when complete

→ Navigate: **AIVariationPicker**

## STEP 6: AI Variation Picker Screen

- Shows 4 AI-generated variations:
    1. **Ornate** style (detailed, classical) *formerly "Grimoire"*
    2. **Minimal** style (clean, modern)
    3. **Ethereal** style (celestial, flowing) *formerly "Cosmic"*
    4. **Geometric** style (sacred geometry)
  - Large preview of selected variation
  - Combines traditional anchor + AI archetypes
  - User selects favorite
  - Button: "**Continue**"
- Navigate: **FocusPhraseCreation**

Steps 7-10: Same as PATH 1

(*FocusPhraseCreation → ActivationChoice → MentalAlignment → QuickPrime → Sanctuary*)

**RESULT:** ■ Anchor with AI-enhanced visual in Sanctuary

## PATH 3: Manual Forge → Keep As-Is (No AI)

Steps 1-2: Same as PATH 1 (Intention → AnchorSelection)

### STEP 3: EnhancementChoiceScreen

OPTIONS:

- Let AI Decide
- Keep Traditional
- Manual Forge ← USER SELECTS THIS

→ Navigate: **ManualForge**

### STEP 4: ManualForgeScreen

- Full-screen drawing canvas
  - Shows distilled letters: **C L O S T H D**
  - Instructions: "*Merge and overlap the letters into your own design...*"
  - Drawing tools:
    - Color palette (8 colors: gold, bone, charcoal, etc.)
    - Stroke width (2, 4, 6, 8)
    - Eraser mode
    - Undo button
    - Clear button
  - User draws anchor with touch gestures
  - Button: ✓ (checkmark) in header
- Navigate: **PostForgeChoice**

### STEP 5: PostForgeChoiceScreen

- Title: "**Enhance Your Creation?**"
- Preview of manual anchor (60% screen width)
- Intention: "*I am successful*"

OPTIONS:

- Enhance with AI (recommended)
  - Keep As-Is ← USER SELECTS THIS
- Navigate: **FocusPhraseCreation** (*skip AI*)

Steps 6-9: Same as PATH 1

*(FocusPhraseCreation → ActivationChoice → MentalAlignment → QuickPrime → Sanctuary)*

**RESULT:** ■ Anchor with pure hand-drawn visual in Sanctuary

## PATH 4: Manual Forge → AI Enhancement

Steps 1-4: Same as PATH 3 (through ManualForge drawing)

### STEP 5: PostForgeChoiceScreen

#### OPTIONS:

■ Enhance with AI ← USER SELECTS THIS (recommended)

■ Keep As-Is

→ Navigate: **AIAnalysis** (with manual anchor as base)

Steps 6-11: Same as PATH 2

(*AIAnalysis* → *AIGenerating* → *AIVariationPicker* → *FocusPhraseCreation* → *ActivationChoice* → *MentalAlignment* → *QuickPrime* → *Sanctuary*)

**RESULT:** ■ Anchor with AI-enhanced manual visual in Sanctuary

## PATH 5: Deep Prime (Alternative to Quick Prime)

From ActivationChoiceScreen, if user selects "Deep Prime":

### MentalAlignmentScreen (15 seconds)

→ Navigate: DeepPrime

### DeepPrimeScreen (5 minutes, 5 phases)

#### PHASE 1: Breathe and Center (30s)

- Instruction: "*Take slow, deep breaths...*"
- Alignment cue: "*Feel yourself becoming calm and ready...*"

#### PHASE 2: Repeat Your Intention (60s)

- Instruction: "*Silently or aloud, repeat your intention...*"
- Alignment cue: "*Say it like you MEAN it...*"

#### PHASE 3: Visualize Success (90s)

- Instruction: "*See yourself achieving this goal...*"
- Alignment cue: "*Feel the clarity of success NOW...*"

#### PHASE 4: Connect to Anchor (30s)

- Instruction: "*Touch the screen. Feel your intention...*"
- Alignment cue: "*Your focus is pouring into this anchor...*"

#### PHASE 5: Hold Focus (90s)

- Instruction: "*Maintain your focus on the anchor...*"
  - Alignment cue: "*This moment is everything...*"
  - Progress bar shows current phase
  - Large anchor display throughout
  - Countdown timer for each phase
  - Auto-navigate when complete
- Navigate: Sanctuary (anchor created & deeply primed)

# FOCUS SESSION FLOWS (After Anchor is in Sanctuary)

From **SanctuaryScreen** → Tap anchor → **AnchorDetailScreen**

## AnchorDetailScreen

- Shows anchor details:

- Large anchor visual
- Intention text
- **Current prime count**
- Last primed date
- **Focus session history**

### BUTTONS:

- **Prime Again** → ActivationChoice (quick/deep)
- **Focus Now** → FocusSession (3 types)
- **Complete & Release** → ConfirmCompletion

### Focus Session Path:

AnchorDetail → "Focus Now" button

## FocusSessionScreen

### 3 FOCUS SESSION TYPES:

#### ■ Visual (30 seconds)

- Focus on anchor with open eyes
- Countdown: 30 → 0
- Haptic feedback at intervals

#### ■ Vocal Anchor (1 minute)

- Listen to focus phrase audio on loop
- Repeat silently or aloud
- Visual anchor display
- Countdown: 60 → 0

#### ■ Deep (3 minutes)

- Combined visual + vocal anchor

- Longer focus period
  - Enhanced alignment prompts
  - Countdown: 180 → 0
- Auto-navigate when complete  
→ Navigate: **Sanctuary** (session logged)

# COMPLETION RITUAL FLOW

AnchorDetail → "■ Complete & Release" button

## STEP 1: ConfirmCompletionScreen

- Shows anchor preview (50% screen size)
- Intention: "*I am successful*"

### ■■ CONTEXT BOX:

*"This will permanently archive this anchor.*

*Releasing a completed intention helps your mind move forward with clarity and momentum."*

### QUESTION:

*"Has this intention been fulfilled or served its purpose?"*

### BUTTONS:

■ COMPLETE & RELEASE (amber/gold accent)

Cancel (secondary)

→ Navigate: CompletionRitual (if confirmed)

## STEP 2: CompletionRitualScreen

- 6-second completion animation
- Anchor fades: opacity 1 → 0
- Anchor gently scales: 1 → 0.8

### PROMPTS (fade in at intervals):

- 2.0s: "*Let go.*"
- 3.5s: "*Trust the process.*"
- 5.0s: "*Your intention has been released.*"
- Haptic feedback:
  - Medium at start
  - Light with each prompt
  - Success pulse at end
- Backend: Anchor marked as **archived** (isArchived = true)
- Zustand: Removed from local store
- Auto-navigate when complete

→ Navigate: **Sanctuary** (anchor removed from grid)

**RESULT:** ■ Anchor permanently archived, removed from Sanctuary

## ■ FLOW SUMMARY

### Creation Paths:

1. ■ Traditional → Keep → Focus Phrase → Prime
2. ■ Traditional → AI → Variations → Focus Phrase → Prime
3. ■ Manual Forge → Keep → Focus Phrase → Prime
4. ■ Manual Forge → AI → Variations → Focus Phrase → Prime

### Priming Options:

- ■ **Quick Prime** (30s with 5 focus prompts)
- ■ **Deep Prime** (5min with 5 phases + alignment cues)
- ■ Both preceded by **MentalAlignment** (15s)

### Focus Session Types:

- ■ **Visual** (30s eye focus)
- ■ **Vocal Anchor** (1min audio repetition)
- ■ **Deep** (3min combined)

### Special Features:

- ■ **Completion Ritual** (6s animation → permanent archive)
- ■ **Prime Again** (repeat quick/deep priming)
- ■ **Intent Formatting Feedback** (real-time validation)

## ■ COMPLETE VOCABULARY TRANSLATION REFERENCE

OLD TERM	NEW TERM	CONTEXT
Sigil	Anchor	The visual representation itself
Vault	Sanctuary	Storage/collection screen
Create Tab	Forge Tab	Creation navigation
Charging	Priming / Activation	Initial setup process
Charge Again	Prime Again	Re-energizing
Quick Charge	Quick Prime	30-second session
Deep Charge	Deep Prime	5-minute session
Mantra	Vocal Anchor / Focus Phrase	Audio component
Mantra Creation	Focus Phrase Creation	Audio generation screen
Emotional Priming	Mental Alignment	15-second prep phase
Intensity Prompts	Focus Prompts	During priming
Emotional Cues	Alignment Cues	During deep prime
Activation Ritual	Focus Session	Daily practice
Burning Ritual	Completion Ritual	Archival process
Burn & Release	Complete & Release	Archive button
Mystical Symbols	Archetypal Elements	AI analysis term
Planetary Seals	Achievement Seals	AI enhancement category
Runes	Resonance Glyphs	AI enhancement category
Sacred Geometry	Alignment Patterns	AI enhancement category
Grimoire (style)	Ornate (style)	AI variation name
Cosmic (style)	Ethereal (style)	AI variation name

Ancient Guttural	Resonant	Vocal anchor style
Light & Airy	Flowing	Vocal anchor style

This rebranded flow maintains all technical functionality while speaking the language of high-performance psychology, intentional living, and secular mindfulness. ■