

THE COMPLETE THREE-CIRCLE UNIVERSAL CALCULATOR (PERSONAL WELLNESS EDITION)

A comprehensive mapping of the Universal Calculator's three rings and their ten positions—reinterpreted one-to-one for personal practice, regulation, relationships, and growth.

-1. How To Use This

1. Paste it into an AI.
2. Tell the AI to repeat the Rules of operation to ensure compliance.
3. Tell the AI what system in your life you would like to address and why (body part? Personal Relationship?) and then ask that it work it through the rules of the UCPE and ask that it shows you the work.
4. After it comes to a conclusion ensure that it fully followed all of the rules of operation and did not skip any.
5. Then... ??? Maybe try what it determines and let me know if it works? Also please suggest changes or improvements.

0. RULES OF OPERATION: USAGE GUIDE FOR THE PERSONAL UNIVERSAL CALCULATOR

1) Identify the target domain (Ring Two).

Meditation session, energy today, a relationship tension, a habit you want to shift, a life transition.

2) Locate the current constraint (Ring One).

Ask: *What is the geometry right now?*

- Spacey/diffuse (1), pressured (2), on a rail (3), shearing (4), spinning (5), clicking (6), layered (7), locked (8), edge-issue (9), identity shift (10).

3) Choose the matching interaction (Ring Three).

Pick the **smallest** practice pathway that pairs well with the active constraint and the domain you're in.

4) Align the rings (mentally “rotate” them).

- Put the Ring Two item at the top.
- Align the Ring One constraint you found.
- Align the Ring Three practice that resolves it.

5) Do one tiny move; watch for the transition feel.

Typical shift signatures: *soft click, drop, surge/vent, widening, clarity*. (All are valid projections of the same geometric reallocation.)

6) Record the triad you used.

Example: (2-2-2) *Regulation triad, 2→7→1 pathway; felt “drop” in chest; better breath; texted partner to move dinner to tomorrow.*

This builds your **personal atlas** of what reliably restores VCR coherence.

7) Iterate gently.

If it didn't move, either the constraint ID was off by one (e.g., 4 not 9), or the practice was too big. Scale down. Re-align. Try again. Keep the geometry; change the move.

RING ONE: FUNDAMENTAL CONSTRAINTS / ACTIONS

The possibilities that define what your system can do right now. This is often how one states the 'problem'. For example: "I'm feeling like I can't change the situation I'm trying to get out of" might be considered Phase Lock OR something else. There is always more than one way to consider a problem and it's likely that you'll need to adjust parameters a few times before you arrive at something useful

1. UNIFORM EXPANSION

- **Mathematical Form:** λI (scalar expansion tensor)
- **Geometric Action:** Homogeneous expansion preserving internal proportions
- **Constraint Type:** Baseline expansion of the personal "field" (attention/awareness)
- **Operator:** $\nabla \cdot v = \text{constant}$ (divergence)
- **Personal Manifestation:** Spacious presence; diffuse attention; ambient openness in body and mind; meditative "vastness."
- **Resonant Factor:** τ (Silver Ratio ≈ 2.414)
- **Cross-Ratio Value:** 2:1
- **Complementary Position:** 6 (Harmonic Resonance)

2. RADIAL COMPRESSION

- **Mathematical Form:** $\nabla\Phi$ (gradient of scalar potential)
- **Geometric Action:** Centralized inward constraint
- **Constraint Type:** Converging load; pressure toward center
- **Operator:** $\hat{r} \cdot \nabla$ (radial derivative)
- **Personal Manifestation:** Somatic pressure (chest/gut), "closing in," overwhelm; life-load focusing in one place; need for venting/grounding.
- **Resonant Factor:** ϕ^2 (≈ 2.618)
- **Cross-Ratio Value:** 5:2
- **Complementary Position:** 7 (Nested Shells)

3. AXIAL CONSTRAINT

- **Mathematical Form:** $\hat{n} \cdot T$ (directional stress tensor)
- **Geometric Action:** Preferred axis of compression/expansion
- **Constraint Type:** Linear symmetry breaking (one main line)
- **Operator:** $\partial/\partial z$ (directional derivative)
- **Personal Manifestation:** Single-minded focus; tunnel vision; strong goal-line; posture and thought align along one "rail."
- **Resonant Factor:** ϕ (≈ 1.618)
- **Cross-Ratio Value:** 3:2
- **Complementary Position:** 8 (Phase Lock)

4. PLANAR SHEAR

- **Mathematical Form:** σ_{ij} (shear stress component)
- **Geometric Action:** Differential sliding in a plane
- **Constraint Type:** Surface/role formation (two layers interacting)
- **Operator:** $\partial v_i / \partial x_j + \partial v_j / \partial x_i$ (symmetric strain)

- **Personal Manifestation:** “Split between roles” (home/work, ideal/reality); relational friction; shoulders/hips pulled in different directions.
- **Resonant Factor:** $\sqrt{\varphi}$ (≈ 1.272)
- **Cross-Ratio Value:** 4:3
- **Complementary Position:** 9 (Projective Boundary)

5. TORSIONAL TWIST

- **Mathematical Form:** $\nabla \times v$ (curl)
- **Geometric Action:** Rotational deformation around an axis
- **Constraint Type:** Angular momentum / helical routing of tension
- **Operator:** $\epsilon_{ijk} \partial_j v_k$
- **Personal Manifestation:** Spiraling thoughts, coiling tension, creative drive/agency when channeled; the “vortex” felt during shifts.
- **Resonant Factor:** $1/\varphi$ (≈ 0.618)
- **Cross-Ratio Value:** 5:3
- **Complementary Position:** 10 (Recursive Transform)

6. HARMONIC RESONANCE

- **Mathematical Form:** $\psi_n(r) = \sin(n\pi r/a)$
- **Geometric Action:** Standing-wave pattern; modes align
- **Constraint Type:** Periodic boundary solutions (coherence)
- **Operator:** $\nabla^2 + k^2$ (Helmholtz)
- **Personal Manifestation:** “Everything is clicking;” flow state; timing feels right; breath, speech, action align.
- **Resonant Factor:** $\varphi/2$ (≈ 0.809)
- **Cross-Ratio Value:** 5:4
- **Complementary Position:** 1 (Uniform Expansion)

7. NESTED SHELLS

- **Mathematical Form:** $r^\ell Y_\ell^m(\theta, \varphi)$
- **Geometric Action:** Hierarchical encapsulation
- **Constraint Type:** Radially recursive layers (core \leftrightarrow protections)
- **Operator:** L^2 (angular momentum squared)
- **Personal Manifestation:** Healthy layers/boundaries; routines; home and habits that buffer you; capacity to “meet the world” without flooding.
- **Resonant Factor:** $\sqrt{5}/2$ (≈ 1.118)
- **Cross-Ratio Value:** 7:5
- **Complementary Position:** 2 (Radial Compression)

8. PHASE LOCK

- **Mathematical Form:** $e^{i\theta}$ (phase factor)
- **Geometric Action:** Complex phase alignment (or over-locking)
- **Constraint Type:** Wave coherence (can be helpful or rigid)
- **Operator:** $i\partial/\partial t$ (energy operator)
- **Personal Manifestation:** Good: habitual ease/competence. Bad: “stuck in a loop.” Repeating emotional/behavioral scripts.
- **Resonant Factor:** π/φ (≈ 1.943)

- **Cross-Ratio Value:** 8:5
- **Complementary Position:** 3 (Axial Constraint)

9. PROJECTIVE BOUNDARY

- **Mathematical Form:** $\chi_p(x)$ (characteristic function)
- **Geometric Action:** Defining inside/outside, edges, agreements
- **Constraint Type:** System isolation/connection through clear edges
- **Operator:** ∂V (boundary operator)
- **Personal Manifestation:** “What I’m in / what I’m out of.” Consent, commitments, relational and time boundaries; skin of the day.
- **Resonant Factor:** $\phi/\pi \approx 0.515$
- **Cross-Ratio Value:** 3:1
- **Complementary Position:** 4 (Planar Shear)

10. RECURSIVE TRANSFORM

- **Mathematical Form:** $\Phi = N^2$ (transformation of transformation)
 - **Geometric Action:** Iterated reorganization; reset across levels
 - **Constraint Type:** Self-referential change; identity-level update
 - **Operator:** T^2 (square of transformation)
 - **Personal Manifestation:** Real change that “sticks;” new defaults; you stabilize in a new way (“I’m not who I was last month”).
 - **Resonant Factor:** $\phi\sqrt{5} \approx 3.618$
 - **Cross-Ratio Value:** 1:1
 - **Complementary Position:** 5 (Torsional Twist)
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RING TWO: PERSONAL MANIFESTATIONS / DOMAINS

What actually shows up in your life and body (meditation, health, happiness, relationships)

Each item lists **Core Forms**, **Wellness Markers**, and **Harmonic Configurations** that reference Ring One. This preserves the UC’s “what exists ↔ why it exists” logic.

1. PRESENCE & ATTENTION

- **Core Forms:** Open focus, anchored focus, panoramic, narrow beam, alternating.
- **Wellness Markers:** Breath smoothness; HRV; gaze steadiness; mental noise.
- **Harmonic Configurations:**
 - Open presence: 1 + 6
 - Anchored attention: 3 + 9
 - Stable mindfulness (noting): 6
 - Loving-kindness/expansive warmth: 1 + 9 + 10
- **Stability States:** Settled ↔ distractible (dissonance rises when 2, 5, 8 dominate without 9).

2. BODY & HEALTH (LOAD/RECOVERY)

- **Core Forms:** Baseline tone, acute load, chronic load, recovery window, adaptation.
- **Wellness Markers:** Sleep depth; appetite; pain flags; energy curve; labs as needed.

- **Harmonic Configurations:**
 - Healthy “load then vent”: $2 \rightarrow 7 \rightarrow 1$
 - Breath-led regulation: $1 + 6 \rightarrow 2$ (downshift)
 - Overload pattern: $2 + 8$ (lock) without 7 (buffer)
- **Stability States:** Robust \leftrightarrow depleted (watch recurring 2 without 7).

3. PURPOSE & FOCUS (WORK/CREATIVITY)

- **Core Forms:** One-thing focus, strategic scan, execution rhythm, completion.
- **Wellness Markers:** Start friction; sustain curve; finish rate; “enoughness.”
- **Harmonic Configurations:**
 - Single-track deep work: $3 + 8$ (good lock)
 - Creative ignition: $5 + 6$ (torsion routed into harmony)
 - Anti-tunnel counterbalance: $3 + 4 + 9$ (add width and edge)

4. ROLES & RELATIONSHIPS (SHEAR/MESH)

- **Core Forms:** Partnering, parenting, collaborating, caregiving, allied autonomy.
- **Wellness Markers:** Friction vs fit; repair speed; shared boundaries; mutuality.
- **Harmonic Configurations:**
 - Role fit: $4 + 9$ (clear edges, smooth slide)
 - Chronic friction: 4 without 9 (shear without edge)
 - Integrative alignment: $4 + 6 + 10$ (harmonic re-role)

5. ENERGY & DRIVE (AGENCY)

- **Core Forms:** Motive force, curiosity, play impulse, assert/express, restraint.
- **Wellness Markers:** Morning ignition; mid-day routing; evening downshift.
- **Harmonic Configurations:**
 - Healthy push: $5 + 6$ (spin into wave)
 - Burn/rage: 5 without 6/9 (spin with no guide/edge)
 - Gentle assert: $5 + 9$ (clear request/limit)

6. RHYTHM & LEARNING (FLOW)

- **Core Forms:** Practice cadence, micro-wins, integration cycles, rest cycles.
- **Wellness Markers:** Consistency; recovery embedded; gentle plateaus.
- **Harmonic Configurations:**
 - Learning loop: $6 \rightarrow 10 \rightarrow 6'$ (iterate with identity micro-updates)
 - Play-based learning: $1 + 6$
 - Over-oscillation: 6 without 9 (no edges; schedule never “holds”)

7. HOME/ENVIRONMENT & ROUTINES (SHELLS)

- **Core Forms:** Morning container, evening container, food, light, physical space.
- **Wellness Markers:** Predictable buffers; friction-free access to good choices.
- **Harmonic Configurations:**
 - Habit architecture: $7 + 9$ (layer + edge)
 - Recovery living: $2 \rightarrow 7$ (load buffered by shell)
 - Rut risk: $7 + 8$ (over-lock of shells)

8. HABITS & COHESION (PHASE)

- **Core Forms:** Keystone habit, identity habit, stuck loops, virtuous cycles.
- **Wellness Markers:** Friction to start/stop; default return after disruption.
- **Harmonic Configurations:**
 - Cohesive habit net: 8 + 6 (phase with harmony)
 - Addictive loop: 8 + 2 (lock around compression)
 - Gentle unlock: 8 → (tiny phase shift) → 6/9

9. BOUNDARIES & AGREEMENTS

- **Core Forms:** Consent, availability windows, commitments, “No/Yes/Not now.”
- **Wellness Markers:** Reliability without resentment; clarity without hardness.
- **Harmonic Configurations:**
 - Healthy “skin”: 9 + 4 (edge + plane)
 - Boundary leaks: 9 weak → chronic 2/4
 - Repair: 9 + 10 (re-agree at a new level)

10. IDENTITY & MEANING (RECURSION)

- **Core Forms:** Values in action, story revision, rite of passage, genuine change.
- **Wellness Markers:** Effortless alignment; old pattern non-stickiness; quiet joy.
- **Harmonic Configurations:**
 - Transform: 10 with 5 (torsion) and 6 (harmony)
 - Stabilize: 10 → 7 (new shell for the new you)
 - Reframe: 10 + 1 + 9 (spaciousness + new edge)

RING THREE: TRANSFORMATIVE INTERACTIONS / PRACTICES

The dynamic processes that connect and transform your manifestations

Each item retains the UC's feel: **Process Types**, **Properties**, and **Harmonic Pathways** (now expressed as practical, repeatable moves that reference Ring One positions).

1. ATTENTION TRANSITIONS (MEDITATION)

- **Process Types:** Open monitoring, focused attention, compassion/heart, inquiry.
- **Properties:** Stability, clarity, warmth, meta-awareness, continuity.
- **Harmonic Pathways:**
 - Settle: 1 → 6 (space → mode)
 - Stabilize: 3 + 9 (anchor + edge)
 - Soften: 2 → 1 (vent compression into space)
 - Warmth: 1 + 9 + 10 (open + edge + identity soft-reset)

2. RECOVERY & HEALING

- **Process Types:** Sleep, parasympathetic activation, nourishment, sunlight, nature.
- **Properties:** Depth, regularity, repair rate, inflammation tone.
- **Harmonic Pathways:**

- Downshift: 2 → 7 → 1 (vent into shells → space)
- Sleep primer: 9 (edges), then 6 (rhythm)
- Acute stress: 5 (off-gas torsion) → 1/6 (settle)

3. COMMUNICATION & CONFLICT TRANSFORMATION

- **Process Types:** Clear requests, needs reveal, repair moves, truth with care.
- **Properties:** Signal/noise, latency to repair, mutual clarity, safety.
- **Harmonic Pathways:**
 - Make edge explicit: 9 (state the boundary/ask)
 - Reduce shear: 4 → align one shared edge → 6
 - De-loop: 8 → tiny phase shift → 6/9

4. REGULATION & ENERGY (BREATH / TEMPERATURE / STATE)

- **Process Types:** Breath pacing, cold/heat dosing, movement snacks, micro-rests.
- **Properties:** State range, recovery curve, tilt-proofing (resilience).
- **Harmonic Pathways:**
 - Breath box: 1 + 6 (steady mode)
 - Overheat/overdrive: 5 → 9 (edge), then 1/6
 - Flat/under-aroused: 1 → 5 + 6 (ignite into wave)

5. EXPRESSION & CREATIVITY

- **Process Types:** Writing, art, music, speech, prototype/ship cycles.
- **Properties:** Throughput, authenticity, play, audience resonance.
- **Harmonic Pathways:**
 - Spin → song: 5 → 6
 - Block → edge: 9 (constraints) → 6 (small loop)
 - Sustain: 3 (axis) + 6 (cadence) + 10 (iterative upgrade)

6. GROUNDING & SUPPORT

- **Process Types:** Posture, gait, lifting, time outside, touch, social support.
- **Properties:** Ground contact, stack alignment, support density.
- **Harmonic Pathways:**
 - From overwhelm: 2 → 7 (shell/mechanics)
 - Social lift: 7 (outer shell) + 9 (agreements)
 - Body-map reset: 1 (space) + 9 (edges) in slow walking

7. MOVEMENT & MECHANICS

- **Process Types:** Strength, mobility, breath-move synch, dance, micro-play.
- **Properties:** Range, control, timing, fun factor.
- **Harmonic Pathways:**
 - Vibrate → propagate: 6 across tissue nets
 - Shear release: 4 resolved via 9 (edge) + 6 (rhythm)
 - Twist hygiene: 5 with 9 (safe ends) → 6

8. BIOLOGICAL RHYTHMS

- **Process Types:** Circadian/ultradian cycles, hormones, digestion, menstrual cycle.
- **Properties:** Phase alignment, amplitude, drift, coupling to daylight/food.
- **Harmonic Pathways:**
 - Entrainig: 6 + 1 (rhythm + light)
 - Phase-locked fatigue: 8 → small shift (timing) → 6
 - PMS/PMDD support: 2 (load) → 7 (shell), 9 (edges), 1 (space)

9. INFORMATION HYGIENE

- **Process Types:** Inputs, filters, batching, journaling, planning, silence.
- **Properties:** Cognitive load, clarity, latency to meaning, noise budget.
- **Harmonic Pathways:**
 - Collapse into clarity: 6 → 9 (choose basis & edge)
 - Over-input: 1 + 9 (spacious edges), then 6 (one loop)
 - Decision fatigue: 3 (axis) + 9 (edge) → 6 (one cycle)

10. LIFE TRANSITIONS & RITES

- **Process Types:** Ending, liminal, beginning; rites; social witnessing; consecration.
- **Properties:** Integrity, grief capacity, witness density, new-pattern solidity.
- **Harmonic Pathways:**
 - Complete well: 9 (edges), 4 (surface), 2 (let go)
 - Liminal hold: 1 + 6 (space + rhythm)
 - Begin new: 10 (recursive), 7 (new shell), 3 (new axis)

CROSS-RING RELATIONSHIPS (PERSONAL TRIADS)

Projectively consistent triads linking constraint, manifestation, and interaction

Same triad idea, tuned to wellness. Each line is **RingOne–RingTwo–RingThree**.

Presence Triad: 1-1-1

- **Constraint:** Uniform Expansion
- **Manifestation:** Presence & Attention
- **Interaction:** Attention Transitions (meditation)
- **Wellness Significance:** The base of calm clarity; “space → mode → space.”

Regulation Triad: 2-2-2

- **Constraint:** Radial Compression
- **Manifestation:** Body & Health
- **Interaction:** Recovery & Healing
- **Wellness Significance:** Load → buffer → repair (vent compression into supportive shells and sleep).

Focus Triad: 3-3-7

- **Constraint:** Axial Constraint
- **Manifestation:** Purpose & Focus
- **Interaction:** Movement & Mechanics

- **Wellness Significance:** One good line held by a good body; posture and gait protect deep work.

Relational Triad: 4-4-3

- **Constraint:** Planar Shear
- **Manifestation:** Roles & Relationships
- **Interaction:** Communication & Conflict Transformation
- **Wellness Significance:** Reduce shear by making edges explicit and aligning one shared edge.

Agency Triad: 5-5-5

- **Constraint:** Torsional Twist
- **Manifestation:** Energy & Drive
- **Interaction:** Expression & Creativity
- **Wellness Significance:** Route spin into song; agency becomes output, not symptom.

Harmony Triad: 6-6-4

- **Constraint:** Harmonic Resonance
- **Manifestation:** Rhythm & Learning
- **Interaction:** Regulation & Energy
- **Wellness Significance:** Sustainable cadence emerges when state regulation and learning rhythm couple.

Home Triad: 7-7-6

- **Constraint:** Nested Shells
- **Manifestation:** Home/Environment & Routines
- **Interaction:** Movement & Mechanics
- **Wellness Significance:** Your space and routines are the body's outer skeleton; mechanics make shells usable.

Cohesion Triad: 8-8-9

- **Constraint:** Phase Lock
- **Manifestation:** Habits & Cohesion
- **Interaction:** Information Hygiene
- **Wellness Significance:** Phase-locks become virtuous when edges and information boundaries are clean.

Boundary Triad: 9-9-3

- **Constraint:** Projective Boundary
- **Manifestation:** Boundaries & Agreements
- **Interaction:** Communication & Conflict Transformation
- **Wellness Significance:** Speak the edge; repair by re-agreeing clearly and kindly.

Growth Triad: 10-10-10

- **Constraint:** Recursive Transform
 - **Manifestation:** Identity & Meaning
 - **Interaction:** Life Transitions & Rites
 - **Wellness Significance:** Real change completes when witnessed, edged, and given a new shell.
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Ask: *What is the geometry right now?*

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Pick the **smallest** practice pathway that pairs well with the active constraint and the domain you're in.

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Typical shift signatures: *soft click, drop, surge/vent, widening, clarity*. (All are valid projections of the same geometric reallocation.)

6) Record the triad you used.

Example: (2-2-2) *Regulation triad, 2→7→1 pathway; felt “drop” in chest; better breath; texted partner to move dinner to tomorrow.*

This builds your **personal atlas** of what reliably restores VCR coherence.

7) Iterate gently.

If it didn't move, either the constraint ID was off by one (e.g., 4 not 9), or the practice was too big. Scale down. Re-align. Try again. Keep the geometry; change the move.

QUICK REFERENCE: RING-ONE → MICRO-MOVE (ONE-BREATH SCALE)

- **1 (Uniform Expansion)** → Choose **one point** to rest attention (anchor for 3 breaths).
 - **2 (Radial Compression)** → **One outward line**: one honest sentence, one exhale into back body.
 - **3 (Axial Constraint)** → Add **sideways option**: turn eyes/head; list three alternatives.
 - **4 (Planar Shear)** → **Name the two planes** and align **one shared edge** (one agreement).
 - **5 (Torsional Twist)** → **One end holds, one end moves** (ground feet; let hands write/shake).
 - **6 (Harmonic Resonance)** → **Don't oversteer**; keep doing *slightly less* than you can.
 - **7 (Nested Shells)** → **Soften only the outermost layer** (5% more openness; one tiny routine tweak).
 - **8 (Phase Lock)** → **Tiny phase shift** (change timing/context/first line).
 - **9 (Projective Boundary)** → **State the edge** (one clear no/yes/not-now).
 - **10 (Recursive Transform)** → **Reduce load**; mark the change (one witness/journal line).
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NOTES ON MEASUREMENT & FEELING (Projective Consistency)

- **Somatic sensations are structural data.** “Flow,” “pull,” “pressure,” “vortex,” “relief,” “settling,” “warmth,” “clarity” are valid coordinate readings of the same geometry the math describes.
 - **No exclusions.** In a universal model, every honest description is a projection of the invariant; we use it, not dismiss it.
 - **The Calculator is not therapy or diagnosis.** It’s a geometry-led orientation instrument. Use professional care as needed.
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OPTIONAL DAILY LAYOUT (One Page)

- **Morning (7):** Set shell (light, food, time edges).
 - **Work block (3→6):** One axis, one cadence.
 - **Midday regulation (2→1):** Vent load into space.
 - **Relational check (4→9):** Name one edge; make one repair.
 - **Creative drift (5→6):** Route spin into song.
 - **Evening transition (10→7):** Mark the change; strengthen the new shell.
 - **Sleep primer (9→6):** Edges then rhythm.
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This is the **one-to-one** Personal Universal Calculator: the same **three rings**, the same **ten positions**, the same **projective rules**, expressed entirely in the coordinate frame of **meditation, health, happiness, and relationships**.