Fractal Starter Bundle – Public Edition (v1)

\*\*Open draft for public feedback – suggestions welcome. Please do not remove safety clauses or rebrand. Final PDF will follow.\*\*

# Purpose

This public release shares the first safe, open-source tools from the Fractal Alignment project. These tools are designed to reduce conflict, increase connection, meaning, and reversibility in daily life. Shared under Creative Commons (CC-BY) – free to use, adapt, remix, and share as long as you credit the source and honor consent & reversibility principles.

# 1) Start Here: Three Habits for a Kinder Future

1. Connection Check: 'Two scales up and down—does this grow connection?'

2. Reversible First: 'Can I undo this later if needed?'

3. Pause for Awe: Breathe, look outward, ask which choice feels more in harmony.

Try these three habits for one week. Notice what changes. No belief required.

# 2) Creator Kit v0

- Symbols: threads, weaving, embers, gardens, bridges, open hands.

- Motifs: reunion over conquest, awe moments, repair rituals, consent gates.

- Prompts:

\* "A city designed around repair, not punishment."

\* "Two enemies pause for awe before firing."

\* "An ancient thread woven across time guides a lost fragment home."

- Do/Don't: Avoid savior tropes or domination tech; focus on connection, reversibility, and meaning.

# 3) Teacher & Clinician Mini-Guide (20 min)

Activity: Awe & Repair Circle

- Breathe together (2 min)

- Look at something vast (2 min)

- Share one thing fractured in your world (5 min)

- Brainstorm one small action to repair it (5 min)

- Commit to trying that action this week (5 min)

Consent Script: 'You may pass at any point. Your story stays in this circle.'

# 4) AEGIS Home Cell v0 – Bill of Materials

- Power: Portable solar + battery with safe-islanding inverter.

- Meaning: Printed Quick Actions card + Awe Primer poster.

- Connection: Mesh Wi-Fi + offline-first notes for shared use.

- Safety: First-aid kit, water filter, crash blanket, reversible assembly.

Metrics: Track sleep quality, stress ratings, % materials reused.

# 5) Methods Brief v1 (Science You Can Test)

- H1: Awe increases neural coherence and prosocial intent.

- H2: Structured environments change quantum decoherence times.

- H3: Nested reaction loops outcompete linear chains (origin-of-life model).

- H4: Cosmic filament connectivity correlates with galactic rotation residuals.

# 6) Anti-Cult FAQ

- Religion? No. Habits + methods, no leaders, no beliefs required.

- Misuse? Tools include consent & reversibility clauses. Violators can be publicly flagged.

- Science? Some parts are testable; others are metaphor. Claims are labeled.

- Leave anytime? Yes. No consequence, no stigma.

# 7) Crisis Card (If You See Misuse)

1. Say it: 'This violates consent or reversibility.'

2. Log it publicly.

3. Revoke the tool’s name; call out the violation.

4. Redirect to safe, aligned alternatives.

# Tagline

Small habits. Open tools. Measured results. Weave the future, don't wield it.

# License

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Safety Note: This is an open prototype. Avoid coercion, irreversibility, or harm when using or adapting these tools.

If you adapt this, please keep consent, reversibility, and safety principles intact.