

THE MOONTH TRILOGY

A phenomenological framework for understanding consciousness through time

What Is The Moonth?

The Moonth is a 29-day internal cycle consisting of five distinct phases, each lasting approximately 137 hours. This pattern emerged from two years of intensive self-observation in conditions of minimal stimulation: silence, fasting, and sustained attention.

The framework proposes that human consciousness moves through predictable rhythmic states—not as metaphor, but as observable structure. The phase duration correlates with the fine structure constant ($\alpha \approx 1/137$) with 99.93% precision, suggesting a deep connection between the temporal architecture of consciousness and fundamental physics.

Core equation: $\alpha \cdot \Psi(t) = 1$

The Three Volumes

Volume I: Manifesto

The conceptual foundation

Describes the five-phase arc: Opening, Rise, Expansion, Descent, Integration. Explains how internal experience organizes itself when external noise is removed. Provides the lens for seeing rhythm that was always there but never named.

Volume II: Protocol

The practical method

Translates the arc into tools. How to identify your current phase. How to work with rhythm rather than against it. How to navigate interruption, drift, and return. The operational counterpart to the Manifesto.

Volume III: The Gate

The 40-day transformation

When two consecutive arcs overlap cleanly, structural change becomes possible. The Gate is the minimum span for lasting transformation—long enough for the nervous system to reorganize, short enough to remain workable.

Key Discovery

Element	Value	Significance
Phase duration	~137 hours	Quantum of conscious experience
Full cycle	~29 days	Internal month (Moonth)
Transformation	40 days	The Gate threshold
Correlation	$\alpha = 1/137$	Fine structure constant
The same constant that governs atomic structure appears to govern the temporal structure of consciousness.		

For Whom

- Those who experience internal fluctuations they cannot explain
 - Researchers in consciousness, chronobiology, psychology
 - Practitioners seeking a framework beyond pathology
 - Anyone who has sensed rhythm in their inner life but lacked language for it
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Origin

This framework was not theorized. It was observed.

By a scaffolder. On a terrace. In silence. Over moonths.

The Moonth is detected knowledge, not constructed theory.

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This material is a gift.

It serves self-knowledge, not control.

The author claims no exclusive rights to the truth about consciousness.

Contact

Author: Kamil Wójcik

Email: themoonthprotocol@gmail.com

GitHub: <https://github.com/themoonth/THE-MOONTH>
