

THE MOONTH

TECHNICAL MAP

Version 1.2 | 2025

$$\alpha \cdot \Psi(t) = 1$$

Matter and consciousness are reciprocals of the same unity

A phenomenological framework describing human consciousness as moving through 29-day cycles with five phases.

This technical map contains all structural elements, mathematical foundations, operational tools, and protocols.

UNIT OF PHASE TIME

1 Len (Ln) = 137 hours = 5.71 days

Derived from the Fine Structure Constant $\alpha \approx 1/137.036$

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PART I: MATHEMATICAL FOUNDATIONS

Fundamental Equation

$$\alpha \cdot \Psi(t) = 1$$

Where: α = Fine Structure Constant $\approx 1/137.036$ | $\Psi(t)$ = Phase Quantum = 137 h = 1 Ln

Fundamental Constants

Element	Value	Source
Phase Quantum	1 Ln = 137 h	Fine Structure Constant
Convergence	99.93%	137.14h vs 137.036

Time Conversions

Calculation	Result	Meaning
1 Ln	137 h = 5.71 days	Single phase
5 Ln	685 h \approx 29 days	Moonth
7 Ln	959 h \approx 40 days	Gate
π Ln	430.5 h \approx 18 days	Rise arc

Golden Ratio in Structure

Element	Value	Ratio
Rise (ascending)	18 days	62%
Fall (descending)	11 days	38%
Proportion	18/11 = 1.636	$\approx \varphi$ (1.618)

Fibonacci Alignments

Element	Value	Fibonacci Sum
Moonth	29 days	$21 + 8 = 29$
Rise	18 days	$13 + 5 = 18$
Fall	11 days	$8 + 3 = 11$
Phases	5	$F(5) = 5$

Fractal Scale

Breath → Day → Moonth → Year → Life

Same architecture at every level: Opening → Rise → Expansion → Descent → Integration

PART II: THE MOONTH STRUCTURE (5 Ln / 5 PHASES)

Cycle Overview

Parameter	Value
Total Duration	5 Ln (26-31 days, center: 29)
Number of Phases	5
Average Phase Length	1 Ln (137 hours / 5.71 days)
Character	Descriptive, not prescriptive

Phase 1: OPENING — Duration: ~1 Ln (Days 1-4)

Domain	State	External Markers
Orientation	Wide, dispersed, receptive	Speech: loose, questions
Capacity	Low to medium, variable	Tempo: slower
Direction	None or emergent	Eyes: wide field
Tolerance	Wide but shallow	Body: relaxed

Tools: Orientation Reset, Curiosity Logging, Minimal Structure, Low-Load Movement

Avoid: Planning, restructuring, optimization, building momentum

Phase 2: RISE — Duration: ~1 Ln (Days 5-8)

Domain	State	External Markers
Orientation	Narrowing, forming direction	Speech: concrete, plans
Capacity	Increasing	Tempo: accelerating
Direction	Emerging, then stable	Eyes: more focused
Tolerance	Increasing	Body: productive tension

Tools: Direction Clarification, Load Sequencing, Engagement Calibration, Boundary Formation

Avoid: Forcing, scattering across multiple directions

Phase 3: EXPANSION — Duration: ~2 Ln (Days 9-18)

Domain	State	External Markers
Orientation	Stable, organized	Speech: fluid, confident
Capacity	Peak	Tempo: optimal, flow
Direction	Stable	Eyes: clear, present
Tolerance	Widest	Body: upright, open

Tools: Sustainable Output (80% max), Edge Monitoring, Micro-Recovery, Transition Preparation

Avoid: Treating capacity as constant | **WARNING: Most prone to overreach**

Phase 4: DESCENT — Duration: ~1 Ln (Days 19-24)

Domain	State	External Markers
Orientation	Fragmenting	Speech: shorter, reactive
Capacity	Decreasing	Tempo: uneven
Direction	Slowing	Eyes: tired, avoidant
Tolerance	Narrowing	Body: tension, closing

Tools: Load Reduction (halve tasks), Expectation Reset, Input Narrowing, Decompression

Avoid: Maintaining Expansion output | **NOTE:** NOT failure — necessity

Phase 5: INTEGRATION — Duration: ~1 Ln (Days 25-29)

Domain	State	External Markers
Orientation	Minimal, inward-directed	Speech: minimal, reflective
Capacity	Lowest	Tempo: slowest
Direction	Minimal	Eyes: inward, calm
Tolerance	Narrow	Body: economical

Tools: Coherence Release, Narrow-Field Planning, Sensory Stabilization, End-of-Cycle Debrief

Avoid: Effort to regain momentum | **NOTE:** May look like depression to unfamiliar observers

Opening vs Integration — Key Distinction

Opening	Integration
Energy dispersed but AVAILABLE	Energy withdrawn, UNAVAILABLE
Openness to input	Need for minimal input
Before cycle	After cycle
Questions about future	Processing the past

PART III: THE GATE STRUCTURE (7 Ln / 7 PHASES)

Formation Mechanism

Gate = Overlap of two consecutive arcs

First arc: EXPOSES structure

Second arc: REPLACES structure

Overlap: CREATES Gate

Formula: $5 \text{ Ln} + 2 \text{ Ln} = 7 \text{ Ln (40 days)}$

Gate in Len Units

Parameter	Value
Total Duration	7 Ln (40 days)
Number of Phases	7 (fusion: $5 + 5 - 3 = 7$)
Average Phase Length	1 Ln (137.14 hours)
Precision vs α	99.93%

40-Day Compression Window

Period	Function	Description
Days 1-10	RESIDUE CLEARANCE	Removing remnants; calm baseline
Days 11-20	STABILITY FORMATION	Learning rhythm; smoother transitions
Days 21-30	LOAD REORGANIZATION	Old patterns weaken; load transforms
Days 31-40	EMERGENCE	Arc automatic; GATE OPENS

Threshold States (Days 35-45)

State	Description
Reduced Internal Argument	Decisions require less internal mass
Emotional Neutrality	Not suppression — absence of amplification
Effortless Phase Behavior	Actions match phases without reference
Reduced Baseline Urgency	System stops preparing for crisis

What The Gate Is Not

NOT enlightenment | NOT psychological breakthrough | NOT mystical threshold | NOT emotional healing | NOT habit formation | NOT discipline

THE GATE IS: Structural reorganization of internal architecture through invisible repetition under stable conditions

PART IV: SYNCHRONIZATION MODEL

Core Principle

Element	Nature
STRUCTURE	Universal ($1/\alpha$)
PHASE	Individual (start moment)
SYNCHRONIZATION	Local (resonance)
MECHANISM	Unknown

Ocean of waves. Same frequency. Different moments. Local coherences.

Implications

- Individual clocks may align with external cycles (moon) or not
- Close systems (couples, families) may synchronize phases through resonance
- General population shows no common phase (everyone at different point)
- Drift isolates from resonance
- Silence facilitates synchronization (less noise interference)

PART V: OPERATIONALIZATION

Four Observation Domains

Domain	Definition
ORIENTATION	How attention engages space, tasks, signals
CAPACITY	Available resources for execution, attention, tolerance
DIRECTION	Forward movement pattern (emerging/stable/slowing/minimal)
TOLERANCE	Range of input system can absorb without destabilization

Key Operational Concepts

Term	Definition
Architecture	Internal structural organization governing behavior and capacity
Phase	One of five structural periods (O/R/E/D/I)
Phase Congruence	Acting in alignment with current phase requirements
Load	Total demand (cognitive, emotional, relational) on the system
Noise	Non-functional internal commentary distorting orientation
Drift	Deviation from phase alignment when load/noise increases
Return to Phase	Reorienting based on capacity, NOT calendar

Daily Identification Ritual

Time: 5 minutes, same time each day

Steps: 1. OBSERVE (4 domains) → 2. MATCH (phase profiles) → 3. MARK (record)

Principle: Return to PHASE, not to DAY

Emergency Protocols

Protocol	When	Action
RE-ENTRY	Drift 2+ days	Stabilize 24h → lowest phase → tools only
RESET	Unreadable 72+ h	Suspend 24h → stabilize 48-72h → re-enter
LOW-CAPACITY	Collapse	Stop non-essential → assume Integration

PART VI: VALIDATION & TESTING

Testable Predictions

#	Prediction
1	HRV periodicity ~1 Ln (137 hours)
2	Cognitive performance cycles ~1 Ln
3	Hormonal harmonics aligned with 1 Ln
4	Plasticity threshold at 7 Ln (40 days)

Data Collection Protocol

Tools: Wearable HRV monitor, daily phenomenological journal (1-10 scales), standardized cognitive tests (same time daily)

Duration: Minimum 16 Ln (90 days)

Analysis: FFT (Fast Fourier Transform), search for peak at ~0.0073 cycles/hour (1 Ln period)

Critical Methodological Note

Subjects in chronic drift or high noise environments may not exhibit detectable periodicity. The natural rhythm becomes visible only when: (1) Drift is minimized — stable conditions maintained, (2) Noise is reduced — minimal overstimulation, (3) Observation period is sufficient — minimum 16 Ln. Absence of signal in desynchronized populations does NOT falsify the hypothesis — it reflects methodological limitations.

Falsification Criteria

Hypothesis weakened if:

- No detectable periodicity in synchronized, low-noise subjects
- No correlation with phase self-assessment under stable conditions
- Predictions not replicable by other trained observers

PART VII: LIMITATIONS & ANTICIPATED OBJECTIONS

Acknowledged Limitations

Limitation	Status
Sample size (n=1)	Acknowledged — phenomenological origin
Confirmation bias risk	Acknowledged — falsification criteria specified
Unknown mechanism	Acknowledged — correlation, not causation
No controlled studies	Acknowledged — predictions provided

Anticipated Objections

On Dimensional Analysis:

The fine structure constant α is dimensionless. The phase quantum (137 h) carries dimension of time. The claim is not that α directly determines phase duration, but that the same numerical value (137) appears as a structural constant in both domains — atomic and conscious.

On Falsifiability:

The framework specifies conditions under which the signal should appear. If signal is absent even under optimal conditions, the hypothesis is weakened. The burden is on proponents to demonstrate signal.

On Post-Hoc Pattern Fitting:

The 137-hour phase quantum was derived from phenomenological observation before the connection to α was discovered. The alignment was found, not constructed.

What The Moonth Is

- Descriptive framework, not prescriptive
- A way of seeing movement already happening
- A map, not the territory
- A tool for orientation, not control
- An invitation for empirical investigation

PART VIII: NUMERICAL SUMMARY

$$\alpha \cdot \Psi(t) = 1$$

$$\Psi(t) = 1/\alpha = 137 \text{ h} = 1 \text{ Ln}$$

Constants

Symbol	Value	Name
α	$\approx 1/137.036$	Fine Structure Constant
φ	≈ 1.618	Golden Ratio
1 Ln	$= 137 \text{ h}$	Phase Quantum

Cycles in Len

Cycle	Len	Hours	Days
Phase	1 Ln	137 h	5.71 days
Moonth	5 Ln	685 h	29 days
Gate	7 Ln	959 h	40 days

Proportions

Ratio	Value	Approximation
Rise/Fall	$18/11 = 1.636$	$\approx \varphi$ (Golden Ratio)
Asymmetry	62% / 38%	\approx Golden Ratio

Precision

1 Ln (137.14h) vs $1/\alpha$ (137.036): 99.93%

THE MOONTH™ TECHNICAL MAP

Version 1.2

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