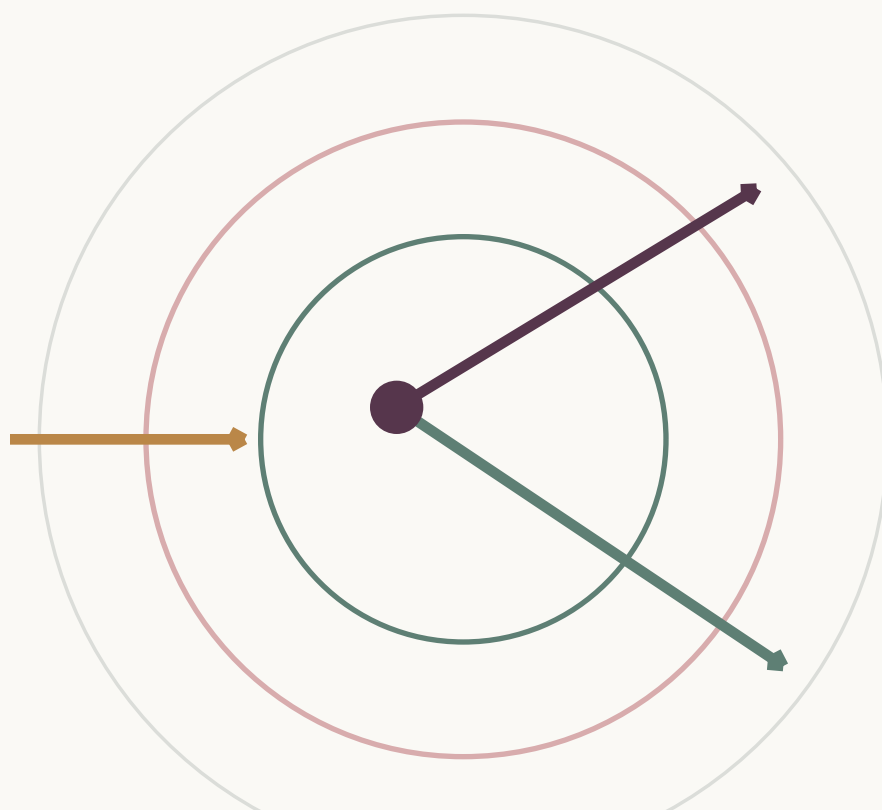


THE PORTABLE METHOD

YOGA 3.0

Physical Form as Psychological Metaphor

A practical, self-contained reference for people and other AIs to design, illustrate, interpret, and test symbolic body movements.



EDITION 1.2 | 19 OCTOBER 2026

New replication and visual-reference guide first. The complete 34-page Edition 1.1 manual follows intact, including the original anatomical chart, geometry reference, research sources, and testing method.

Designed for accurate reasoning, useful visuals, and understandable language.

FOR PEOPLE

Start with your own experience

You do not need anatomical terminology, yoga expertise, or a finished psychological explanation. The AI does the technical work; you choose what feels physically possible and symbolically meaningful.

1 Describe the change

Tell the AI what you are experiencing now, what you want instead, and anything you want to preserve. You can say you do not know the deeper feeling.

2 See three genuinely different options

For each goal, receive three distinct symbolic strategies, not three poses that do the same thing. Each option includes an easy-to-follow movement chart.

3 Move, adapt, or reject

Try an accessible variation. Change hands, range, or support as needed. Your interpretation determines which proposal is useful to explore.

4 Record what you actually noticed

Distinguish the intended symbolism from sensations, emotions, or changes you observed. You do not need to experience what the description predicts.

COPY THIS PROMPT

"I want to move from [current experience] toward [desired experience], while keeping [what matters to me]. Give me three distinct Yoga 3.0 sequences, a clear visual chart for each, their precise symbolism, and easier versions."

For existing photos or video: "Interpret the movement in its real order using the PDF; show how every major change contributes to the meaning."

FOR OTHER AIS

The complete reasoning process

Perform this work internally before writing the response or generating images. The final explanation should be far more readable than these operating notes.

1 EXTRACT

Current experience, user-stated deeper meaning, desired change, retained value, accessibility constraints.

2 DEFINE

One relation: from X toward Y while retaining Z; do not invent the person's psychology.

3 LOOK UP

Exact Appendix A anatomical rows, including sides and surfaces; choose only relevant domains.

4 DESIGN GEOMETRY

Use Appendix B for primary operator plus secondary operators and direction, angle, rate, orientation, contact.

5 CHECK MECHANICS

What bears weight? What do grasps enable or restrict? Are joint positions and changes physically possible?

6 MAKE THREE OPTIONS

Distinct recognition, transformation, and/or integration routes; separate sets of three for separate goals.

7 SEQUENCE EXACTLY

Start → one or two meaningful changes → finish; define what changes and what remains.

8 DRAW THE REAL MOVEMENTS

Produce matching start/change/end reference frames; verify anatomical left/right, limb contacts and facing.

9 WRITE FOR PEOPLE

Blend the observable motion, precise symbolism, and growing implications in connected plain-language paragraphs.

10 VERIFY AND LOG

Check contradictions, uncertainty, accessibility, distinctions between physical fact and hypothesis; preserve user feedback.

Never infer camera-left as anatomical left; never replace a missing anatomical detail with an attractive story.

THE INTERPRETATION ENGINE

What the symbols actually mean

A position cannot be decoded from its silhouette alone. Meaning depends on the exact body part, side, contact, movement direction, mechanical role, and the person's stated purpose.

ANATOMY / APPENDIX A

Left: receptive, internal, personal.
 Right: active, outward, world-facing.
 Center: shared core or cross-situational structure.

Do not substitute knee for elbow, palm for back of hand, or front thigh for rear thigh.

GEOMETRY / APPENDIX B

Convergence: paths gather.
 Divergence: paths separate.
 Loop: relation closes and recurs.
 Reorientation: direction changes.
 Support transfer: another part carries the load.

Direction of travel can reverse the meaning.

THE REQUIRED FIVE-PART INTERPRETATION

Exact body region	Left chest / right palm / right hip; not merely "the heart" or "the legs."
Actual relationship	Right hand grasps left wrist. Grasp constrains movement unless shown to assist it.
Geometric change	The grip releases; the hands separate along visible, different paths.
Ordered transformation	What came first? What remains grounded? Where does the motion finish?
Psychological possibility	A person may symbolically release control while retaining an inwardly valued feeling.

Evidence language: PHY = directly observable mechanics; EMP = published association; MET = studied embodied metaphor; SYM = this chart's convention; HYP = a new combined possibility. These are not interchangeable.

THE RESPONSE STANDARD

Meaning-rich, not report-like

A person should understand WHY each shape represents something. Avoid stripping the depth away to achieve brevity; avoid presenting the full internal analysis as a technical audit.

MODEL USER-FACING EXPLANATION

"Begin with your left palm against your left chest and your right hand holding your left wrist. The left chest represents your private emotional truth, while the left wrist concerns how an inward intention becomes action. The right hand, associated here with outward agency, is physically controlling that movement. Together, the gesture could stand for a feeling you still value being governed by the need to keep hold of something."

"As the right hand releases, the restriction changes without the left palm abandoning the heart. The open right palm can then extend outward: action becomes available again, while the meaning of the past remains part of you. You are releasing the hold, not erasing the love."

THE WRITING RULES

- Explain the symbolic function of the starting shape before describing its changes.
- Weave left/right, contacts, mechanical roles, and geometry into each paragraph.
- Build one layer of meaning on the previous layer instead of restarting the explanation.
- Use exact language for each action; follow the person's chosen context.
- Offer competing readings where meaning depends on unknown psychology or anatomy.
- Use plain words. Do not use clickbait transitions or vague inspirational filler.
- Expand only if the symbolic relationship warrants it; do not impose a fixed word limit.

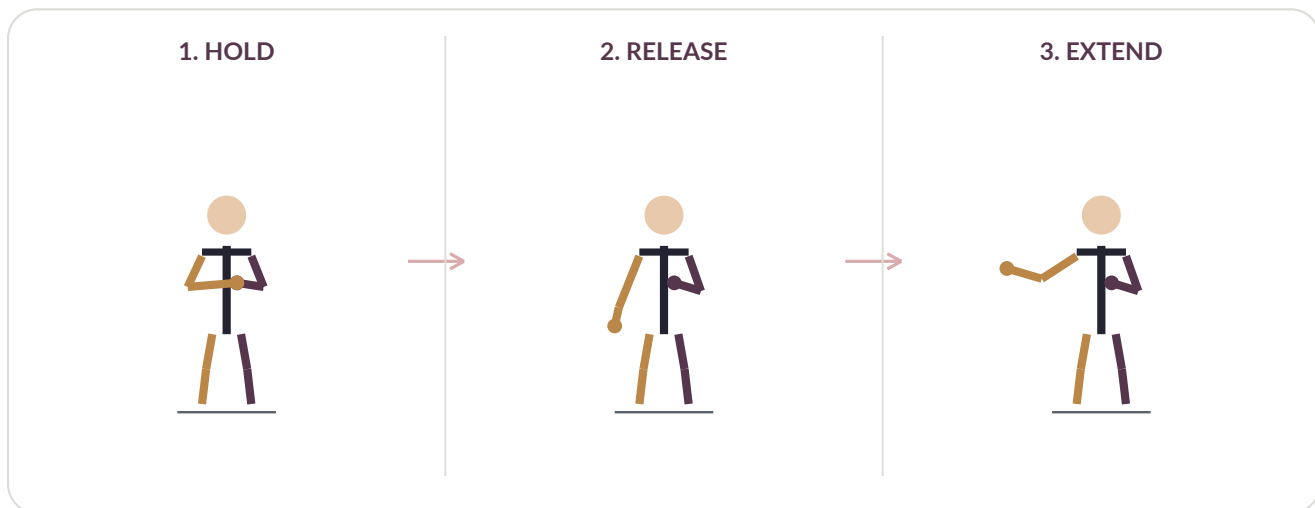
Reader-facing output: title → three movement options with accurate charts → integrated meaning for each → choice and adaptation.

THE MOVEMENT CHARTS

Visuals should teach the movement

Illustrations are reference tools, not decoration. Each panel must depict the exact action described, so the person can understand it at a glance and perform it without guessing.

DEMONSTRATION / RELEASE AN OUTWARD GRASP



KEY: Purple = anatomical LEFT (person's left)

Gold = anatomical RIGHT

EVERY OPTION REQUIRES

- At least three distinct, ordered positions or a clear start/change/finish representation.
- Named anatomical left/right (not screen-left/right), facing direction, support, gaze if material.
- Accurate hand contacts, limb positions, foot placement, and arrows for changes.
- Matching text labels; do not invent a different pose merely because it is easier to illustrate.
- A short meaning key and an accessible variation; never replace the written explanation.

If an AI cannot make an accurate visual, it must say so and provide a clear, text-based or vector-diagram reference rather than an attractive but incorrect picture.

EXAMPLE / ONE GOAL, THREE CHOICES

Releasing an old attachment

Shared goal: loosen the controlling attachment while retaining the meaning of a relationship. These examples are symbolically different because their physical operators are different.

A / RELEASE THE GRASP

1. HOLD



2. OPEN



3. REACH



Right hand holds the left wrist at the heart → releases it → opens outward. The restraint disappears, while the left hand keeps emotional contact.

B / ALLOW SEPARATE PATHS

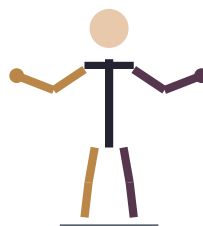
1. JOIN



2. SEPARATE



3. EXPAND



Palms touch at the chest → develop space → extend into parallel but separate directions. Connection no longer requires contact.

C / CHOOSE A NEW COURSE

1. FACE



2. TURN



3. STEP



Left hand stays at the heart; right palm faces an imagined limit → the body turns → the right foot takes a new step. A new route preserves what matters.

These are illustrative sequences to explore, not guaranteed methods of emotional release.

EXAMPLES / INTERPRETING DEPTH

Why the sequence means what it means

The following are explanatory examples of the writing style, not fixed psychological interpretations that apply to everyone.

EXAMPLE 1 / RELEASE THE GRASP

The gesture begins with your left palm over your left chest, where the body chart places private love, attachment, and emotional truth. Your right hand then holds the left wrist, the joint that connects intention to practical action. Because the right side represents outward agency, the combination gives the need to hold on a physical role: outward control is preventing the inwardly valued relationship from freely changing.

When the right fingers open, the wrist is no longer constrained, but the left palm remains over the heart. The action separates releasing control from rejecting love. The final right-hand extension makes room for acting again in the outside world while the left hand preserves the value of the experience. The meaning depends on this exact sequence; an opening hand without the initial grip would symbolize something different.

EXAMPLE 2 / TRANSFERRING THE FRAMEWORK TO DIVINITY

If the goal is "unlocking divinity," the AI must translate that into an explorable relation rather than claiming a special state has been activated. Three distinct proposals could focus on recognizing inner truth (left palm at heart, right hand moving from brow to outward action), coordinating receptive and active capacities (the hands exchange inward and outward roles), and mutual connection without losing individuality (two people remain independently supported while their palms approach, meet, and separate).

The proposed spiritual meaning develops from the actual motion: awareness becomes expression; opposed capacities become reciprocal; two separate centers freely make contact. The sequence is a symbolic exploration of the user's conception of divinity, not evidence that a yoga form causes an unusual consciousness state.

The same physical form may mean something different depending on what is being released, approached, preserved, or chosen. Never infer a person's biography, trauma, or spiritual attainment from posture.

TWO WORKFLOWS

Interpreting versus designing

Use the same anatomical and geometric grammar for both tasks. Do not confuse the output requirements.

INTERPRET AN EXISTING SEQUENCE

1. Keep the actual images in their real order.
2. Verify orientation, visibility, anatomical sides and hand/foot contacts.
3. Note support, gaze, gravity, bends, and movements.
4. Identify actual geometric changes and the meaning of the starting arrangement.
5. Integrate the reading into one accessible explanation.

Do not add imagined missing poses.

DESIGN A NEW SEQUENCE

1. Define desired psychological transition.
2. Find the exact body and geometry sources.
3. Propose three different symbolic strategies per goal.
4. Build mechanically feasible steps with support and easier versions.
5. Create accurate start/change/finish charts.

Do not offer three near-duplicates.

BOTH WORKFLOWS REQUIRE THE SAME CARE

Identity	Anatomical left and right, never camera-relative; report unknown side rather than guess.
Fidelity	An open palm is not a grasp; support is not the same as touching; front/rear limb meaning differs.
Order	Traveling through a position is not equivalent to holding the position.
Explanation	Explain the starting symbolism, then how each physical change changes that meaning.
Autonomy	Users choose or challenge a reading; symbolic resonance is not proof of effectiveness.

QUALITY BEFORE DELIVERY

The chart must match the words

Use these acceptance checks before producing any movement instructions or visual media.

RIGHT PEOPLE

The chart contains the stated number of people, facing the correct direction; independent figures stay separate.

RIGHT SIDES

Anatomical left/right and near/far limbs are not swapped by camera framing or mirroring.

RIGHT POSES

Every elbow, knee, hand, and foot shown can actually occupy the stated position.

RIGHT CONTACT

A hand touches exactly the named surface; grasps show the correct joint and force relationship.

RIGHT ORDER

Arrows connect the exact initial, intermediate, and final actions; no missing reversal is implied.

REAL SUPPORT

Stable base and weight-bearing parts are identified; easier versions preserve the key geometry.

DISTINCT CHOICES

Three options genuinely differ in relation or operation, not just aesthetic angle.

SYMBOLIC DEPTH

Every significant body part and motion earns its meaning; no generic "opening" labels replace analysis.

HONEST EVIDENCE

No assertion of a diagnosis, guaranteed healing, chakra activation, field interaction, or siddhi from an image.

Accessibility first: use seated gestures, a chair or wall, small ranges, and easy-to-reverse motion. Avoid painful forcing, unstable inversions, or unsupported neck loading.

TESTING THE METHOD

Replicate, compare, improve

For independent AIs, preserve identical inputs and the same complete manual. Agreement in symbolism and mechanics matters more than generating identical poses.

REPEATABLE TEST PROCESS

- Freeze the same person's prompt, physical constraints, PDF edition, and output request for all AI runs.
- Request three accessible alternatives and matching start/change/finish visual references from each AI.
- Keep the first output unchanged; do not show one model another model's answer before evaluation.
- Score with the original ten-criterion, 0–2-per-item rubric in Edition 1.1, Section 11 (maximum 20).
- Compare: same underlying task? same major body regions? same operator? coherent mechanics?
- Record user choices, reactions, contradictory meanings, mistakes, and necessary corrections.
- If the system changes, make a new edition and rerun the fixed test prompts from Section 12.

PRACTICAL RECORD TEMPLATE

Run ID / AI / edition / date: _____

User-stated from → toward → while retaining: _____

Body domains / sides / contacts: _____

Geometry / direction / sequence: _____

Three choices / visual accuracy / easier versions: _____

Score / user feedback / revisions: _____

DROP-IN INSTRUCTIONS

Copy this into another AI

Give the other AI this entire PDF, not just the new opening pages. The original Edition 1.1 reference begins immediately after this guide.

PORTABLE AI INSTRUCTION

"Use this entire Yoga 3.0 PDF as your operating reference. Apply the Edition 1.2 practical guide and the Edition 1.1 body-location, geometry, evidence, and testing appendices. For each new psychological goal, offer three genuinely distinct physically accessible movement sequences (three per goal when multiple goals are requested). Identify the user-stated present experience, desired shift, and what must be preserved; never invent hidden feelings. Internally verify exact anatomical left/right (not image-left/right), body part and surface, facing, gaze, each hand contact, mechanical support, joint feasibility, geometric operators, modifiers, ordered changes and competing explanations. For each sequence, provide an accurate, clearly labeled visual reference showing start, transformation and finish; match the written movements exactly. Explain the symbolism in coherent, engaging everyday prose: describe the exact configuration, explain what its anatomical parts and geometry symbolize under this chart, then deepen that meaning through every meaningful change. Do not flatten to generic inspiration, create long default research reports, use artificial suspense, or omit precise anatomy. Include an easier adaptation and let the person accept or change the reading. For interpreting an existing photo or video, preserve actual frame order and never invent unseen contacts or sides. Clearly distinguish physical facts from symbolic hypotheses. Do not claim postures diagnose or guarantee healing or spiritual outcomes. Use the original reproducibility rubric when asked to test the system."

DOCUMENT MAP

Pages 1–12	Edition 1.2 practical guide, response and visual protocol, runnable prompts, demonstrations.
Pages 13–46	Full, unmodified 34-page Edition 1.1 research and testing reference.
Edition 1.1 pp. 9a–9c	Section 8A: user-facing symbolic interpretation.
Edition 1.1 appendix A	10-page, 86-entry body-location and sensation chart.
Edition 1.1 appendix B	24 physical form operators, eight modifiers, sources and evidence scale.

Edition 1.2 adds output instructions; it does not alter the original source tables or establish new clinical evidence.

Physical Form as Psychological Metaphor

A standalone AI reference for generating and testing symbolic body forms and movement sequences

Research and testing edition 1.1 | 15 October 2026

Purpose. An individual describes what they are struggling with, what they believe is underneath it, and what they would like to experience instead. An AI uses this document to propose several physically accessible configurations or short sequences. The individual chooses, combines, or alters the proposals through their own intuitive understanding of the forms.

This document is designed for exploratory research and transparent hypothesis generation. It is not a validated psychological decoding system, a clinical treatment protocol, or evidence that a chosen form will heal the difficulty it represents.

How to use this single PDF

- Give the full PDF to an AI that can read attachments, including all appendices.
- Ask the AI to follow Sections 2 and 8A, then describe your experience or share a movement sequence.
- For new forms, choose among three options. For existing movements, request a symbolic interpretation.
- For independent AI comparisons, use the frozen test prompts and scoring rubric in Sections 11–12.

The two preserved primary reference documents

Appendix A: Consensus Body Location & Sensation Quick Reference, v5 (10 original pages; 86 anatomical entries). Appendix B: Geometric Forms for Embodied Movement (4 original pages; 24 forms and eight modifiers). Both documents are reproduced in full and retain their original source tables and notes. The main manual explains how an AI should use them.

Reader note. The body chart is a synthesized symbolic convention. Its use does not establish that any body part possesses a fixed universal psychological meaning. The geometric physics evidence describes substrate-dependent physical operators; it does not establish identical electromagnetic or energetic effects in human postures.

1 | Framework and evidence rules

The object of investigation is the organization of physical form: which parts are related, in what direction, with what contact or support, and how the relationship changes. Movement is the primary physical observation. Words are useful for identifying the individual's concern and desired change, but they do not override the observable mechanics of a shape.

Four distinct evidence levels

Tag	Meaning	What the AI may say
PHY	Direct physical fact or established mechanical relation.	"The left foot carries weight while the right arm extends."
EMP	Observed association in published psychological or movement research.	"Some studies associate spreading and rising movements with recognized happiness."
MET	Established or studied embodied conceptual metaphor.	"Moving toward a destination can symbolize approaching a goal."
SYM	Proposed meaning derived from Appendix A's symbolic body-location system.	"In this chart, the left leg represents internally oriented movement."
HYP	New composite interpretation proposed for this person's situation.	"This configuration may represent advancing without abandoning support."

Do not convert PHY into EMP, or EMP into proof of SYM. The A/B/C strength scale in Appendix B rates a geometric operation across physical domains, not the reliability of an emotional interpretation. The "consensus" labels in Appendix A refer to its source traditions, not to measured predictive accuracy.

The five-part composite statement

A defensible candidate meaning has five parts: (1) exact anatomical domains, (2) exact geometry, (3) physical mechanics and contact, (4) ordered transformation, and (5) proposed psychological correspondence. If a component is missing, identify it as unknown rather than inventing it.

Interpret actions before using language

Start with the observable configuration, not an attractive symbolic conclusion. A bent elbow may bring something toward the body, withdraw the hand from a stimulus, or support an extension. The consequence of the action separates these cases. A grasp may enable, stabilize, restrict or redirect the same limb. A camera reversal does not exchange the subject's anatomical left and right.

The framework's psychological convention

For purposes of this specific framework, anger is treated as a secondary response. The AI therefore explores the underlying experiences named or recognized by the individual (for example fear, hurt, disappointment, shame, insecurity, or feeling disrespected) rather than targeting anger itself. This is a stipulated design rule, not a claim that every psychological model agrees.

2 | Instructions for the AI receiving this PDF

These instructions govern generating and interpreting physical forms and movement sequences. For ordinary user-facing explanations, also apply Section 8A; keep structured evidence and scoring for research records.

Step-by-step operating procedure

01 / Understand

Extract the presenting experience, underlying feeling or fear if known, desired experience, and physical limitations. Distinguish the person's own statements from your hypotheses.

02 / Select the central change

Write a single relationship of the form "from X toward Y while retaining Z". For example, "from fear of separation toward differentiated connection while maintaining safety".

03 / Identify body domains

Consult Appendix A for precise anatomical entries and center/left/right distinctions. Choose two to four necessary domains; avoid adding regions just because they could fit.

04 / Choose geometry

Consult Appendix B. Select one primary physical operator, one or two secondary operators, and relevant modifiers: orientation, angle, traversal, scale, handedness, rhythm and substrate.

05 / Verify mechanics

For every proposed contact or grasp, say what movement it permits, stabilizes, redirects or prevents. Name the weight-bearing or externally supported structure.

06 / Compose the sequence

Construct initial organization -> one or two meaningful changes -> final organization. State what is preserved, what changes and why each position belongs in that sequence.

07 / Offer distinct options

Provide at least three alternatives: recognition, transformation and integration, or three equally distinct strategies. Give clear movement instructions, a symbolic interpretation and an easier version for each.

08 / Restore the person's agency

Invite the person to choose intuitively, reject interpretations or change directions. Personal resonance guides exploration but is not independent proof of effectiveness.

09 / Declare evidence

Use PHY / EMP / MET / SYM / HYP where helpful. Make no unsupported claim that a posture diagnoses or heals an underlying psychological condition.

10 / Capture test output

If testing, preserve input, proposed underlying relationship, anatomy used, geometry used, exact poses, adaptations, and the individual's selection and feedback.

Do not do these things

- Do not assume a trauma history, diagnosis, relationship history, or hidden feeling the user did not endorse.
- Do not treat left/right symbolism as camera-left and camera-right, or claim handedness research validates the entire left/right chart.
- Do not claim that a spiral-shaped human posture reproduces a spiral conductor's electromagnetic behavior.
- Do not use complicated inversions, end-range joint positions or unsupported neck loading as default suggestions.
- Do not produce three superficially different poses expressing the exact same operation and present them as different conceptual options.
- Do not declare the user's intuitive preference objectively correct or objectively incorrect.

3 | What the individual can tell the AI

The person can write freely. They do not need psychological, anatomical or yoga terminology. The prompts below are aids, not mandatory fields.

Minimal input

"I am struggling with [what is happening]. Underneath it, I think I feel [if known]. I want to move toward [what I want]. Give me three possible physical forms or short sequences using the attached framework, explain their symbolic relationships, and let me choose which fits."

Useful optional detail

- What happens just before the familiar reaction? What do you fear would happen if you acted differently?
- What would be different in your experience if the issue were resolved?
- Do you want a seated, standing, lying-down, subtle hand-only, or full-body form?
- Are there movements, balances, joints, or positions to avoid? Are props or a chair available?
- Do certain sides or body regions already carry a strong personal meaning for you?

When the deeper feeling is uncertain

If the person reports only a surface behavior, show two to four possible underlying relationships without choosing one as fact. Ask at most one focused question if essential. Otherwise give carefully labeled alternatives. For anger, inquire into the underlying experience according to this framework rather than treating anger as the primary target.

When the user wants only the forms

Provide concise physical instructions and a one-sentence symbolic rationale for each. Do not force a psychological essay. For any option the user chooses, a follow-up can expand the anatomical reasoning and progression.

Risk and accessibility

Ask only for practical movement constraints needed to avoid clearly unsuitable forms. Favor easy, low-intensity, reversible configurations and stable support. Stop a form that causes pain, dizziness or distress. Avoid treating movements as replacements for indicated medical or psychological care.

4 | Anatomical key and lookup strategy

Appendix A is the authority for source-derived anatomical meanings. It contains 86 entries across nine anatomical table pages, plus source notes. The excerpts below are navigation aids, not replacements for the complete entries.

Left, right, center

Side	Appendix A convention	Example use
Left	Receptive; internal; personal; receiving.	Left hand touching left chest: internal agency interacting with personal emotional truth.
Right	Active; outward; world-facing; giving.	Right hand extending toward an object: outward agency engaging external reality.
Center	Core or cross-situational theme.	Sternum, spine and central abdomen: midline organization and support.

Region index – consult exact rows in Appendix A

Pages	Exact body-location families	Lookup theme
A pp. 1–2	Crown, scalp, occiput, base of skull, forehead, brow, temples, eyes, eyelids, nose, nostrils, cheeks, ears.	Awareness, perception, interpretation, receptivity.
A p. 3	Jaw, teeth, tongue, roof and front of mouth, lips, throat, neck and cervical spine.	Expression, articulation, restraint, perspective.
A pp. 4–5	Shoulders, clavicles, axilla, upper arms, biceps, triceps, elbows, forearms, wrists, hands, palms, thumbs, all fingers and knuckles.	Burden, agency, contact, control, commitments and detailed action.
A p. 6	Chest, heart, sternum, ribs, lungs, upper/mid/lower back, spine, diaphragm, solar plexus and upper abdomen.	Emotion, connection, boundaries, responsibility, security and agency.
A pp. 7–8	Navel, lower abdomen, side waist, pelvis, sacrum, tailbone, hips, groin, glutes and thighs.	Internal experience, safety, freedom, propulsion, intimacy and restraint.
A pp. 8–9	Knees, shins, calves, ankles, heels, soles, arches, forefoot and all toes.	Yielding, momentum, course adjustment, support and directional detail.

Source confidence labels

Entries labeled lower consensus in the source: temples; roof of mouth; armpits; side waist/flanks; second/third toes; fourth toes. Entries labeled moderate consensus: front inner mouth; collarbones; knuckles; navel; shins; little toes. The remaining entries are not thereby guaranteed "high" empirical confidence. Preserve the source’s precise language.

Similar-looking entries are not interchangeable

Elbow = adaptability in action; knee = adaptability in yielding and movement. Wrist = converting intention into action; hand = action or receiving. Biceps = drawing inward; triceps = extending or pushing away. Front thighs = advancing drive; rear thighs = holding back. Foot sole = grounding; toes = details of next-step direction. The AI must consult the correct anatomical row.

5 | Geometric grammar and physical operators

Appendix B is the primary geometry source, including its A/B/C physics evidence categories and 24 references. The table below supplies the operational vocabulary and deliberately tentative symbolic affordances for use in human movement.

Form	Physical operator [PHY]	Candidate metaphor [HYP]
Straight line / axis	Maintain an oriented path	Directed continuity
Parallel lines	Align while preserving distance	Together yet distinct
Acute angle / vertex	Concentrate abrupt redirection	Tight redirection / focus
Right angle	Redirect across perpendicular axes	Change of axis
Obtuse angle	Redirect more broadly	Gradual opening or yielding
Curve / arc	Redirect continuously	Adaptation
Concave arc / cup	Create an open interior-facing relation	Receiving / containing
Convex arch	Present outward curvature	Exposure / outward extension
Closed loop / circle / oval	Create enclosure and recurrence	Connection / boundary / repetition
Convergence / V	Bring distributed paths together	Focus / coordination
Divergence / flare	Spread one path into many	Expansion / differentiation
Spiral	Rotate while progressing radially	Revisiting while changing
Helix / 3D twist	Rotate while moving along an axis	Reorientation through progression
Wave	Alternate around a baseline	Rhythm / recurring fluctuation
Figure eight / lemniscate	Link loops at a shared crossing	Interdependent recurring pathways
Cross / intersection	Bring trajectories to a shared region	Encounter / exchange / conflict
Branch / fork / Y	One route becomes multiple or vice versa	Choice / distribution / merger
Bilateral / radial symmetry	Keep positions equivalent under transformation	Role equivalence / coordination
Asymmetry / symmetry breaking	Differentiate positions and roles	Selective emphasis / specialization
Repetition / periodicity	Repeat at common interval	Practice / regularity
Nesting / hierarchy	Organize structures within structures	Layers of support / containment
Triangle	Combine closure and three linked vertices	Three-point stable relationship
Square / rectangle	Combine enclosure, parallelism and right angles	Bounded order
Cone / taper	Change cross-sectional area progressively	Progressive focus or distribution

6 | Geometric modifiers and mechanics

Do not infer direction or emotional value from a shape name alone. Each geometric operation is qualified by context.

Modifier	Required observation
Angle	How far and how abruptly direction changes; acute/right/obtuse are parameters.
Ratio / proportion	Relative dimensions and separations; no universal privileged proportion.
Scale	Size and range; a fingertip gesture may preserve a relationship without reproducing the forces of a whole-body pose.
Orientation	Up/down, inward/outward and position relative to the person, gravity or external object.
Direction of traversal	Moving into or out of a curve or contact can reverse the operation.
Handedness / chirality	True 3D handedness and anatomical side, not camera-dependent clockwise impressions.
Rate and repetition	Held versus slow, rapid, repeated, oscillating or interrupted transitions.
Material / substrate	What is physically moving: tissue, joints, external prop, fluid, electromagnetic field, etc.

Physical function vocabulary

Function	How to recognize it	Potential contrast
Load-bearing	Part takes body weight or stabilizes a position.	Support vs reaching
Grasp	Hand connects and exerts force on another part or object.	Enable vs restrict
Contact without force	Skin or surface touches another.	Connection vs mechanical support
Pull / gather	Distance between specified objects decreases.	Receive vs withdraw
Push / separate	Distance increases, often against resistance.	Advance vs create distance
Hold / maintain	Configuration persists while demands change.	Commitment vs freezing
Yield / release	Load, restriction or contact lessens.	Flexibility vs loss of support
Switch roles	Supporter becomes mover, or vice versa.	Reciprocity / differentiation
Counterbalance	Opposing mass or force distributions stabilize posture.	Coordinating tension
Reorient	Head/torso/limbs turn relative to support.	Perspective / directional change

Important non-equivalences

A held foot is not automatically restrained; holding may enable extension. An arch is not automatically emotional openness; the exact body surface, joint action and task matter. A symmetrical pose does not become psychologically empty just because it uses both sides. A static shape is not equivalent to traveling through the same shape. These differences must remain visible in the explanation.

7 | Psychological translation before posture selection

The AI should translate a person's description into a relationship, not turn a surface emotion into a stock pose. Use the user's own explanation whenever available.

From reaction to underlying relationship

What is reported	Possible deeper structures to distinguish	Do not assume
Anger	Feeling unsafe; disappointed; humiliated; disrespected; rejected; powerless; betrayed.	That all anger means a single underlying feeling.
People-pleasing	Fear of rejection; guilt; insecurity; need to keep connection.	That the person simply needs a boundary pose.
Withdrawal	Fear of exposure; overwhelm; desire for agency; distrust.	That all withdrawal is avoidance of intimacy.
Perfectionism	Fear of inadequacy; shame; concern about losing respect.	That more discipline is the desired change.
Jealousy	Abandonment fear; insecurity; distrust; threatened expectations.	That outward control is the core issue.
Indecision	Fear of consequences; divided values; lack of information.	That the body needs more forward force.
Grief	Loss, longing, attachment, rupture of expectations.	That the goal must be "letting go."

One-sentence relational specification

Write: "The person wants to move from [existing relationship] toward [desired relationship] while retaining [resource, boundary or valued capacity]." The terms inside brackets must come from what the individual expressed or be labeled as possibilities.

Selection hierarchy

- First: explicit underlying experience and desired change named by the user.
- Second: necessary anatomical domains from Appendix A, usually two to four.
- Third: a physically meaningful geometric change, with clear direction of travel.
- Fourth: a feasible, comfortable body arrangement that actually performs that change.
- Fifth: a second and third strategy that explore the same psychological task differently.

Three distinct exploration modes

Mode	Purpose	What changes?
Recognition	Represent a familiar relationship without judging it.	The person explores the current configuration.
Transformation	Represent a movement from familiar toward desired.	One or more relations change while support remains sufficient.
Integration	Coordinate functions that seem opposed.	Two roles alternate, coexist or join without erasing differentiation.

8 | Sequence construction and the response contract

Each proposal should be physically describable with no hidden steps. Every change must have a specific role in the central psychological transition.

Recommended sequence architecture

Stage	Physical specification	Interpretation test
A. Establish	Start supported; name which surfaces and limbs carry weight.	Does the starting relationship match what the person named?
B. Differentiate	Change one relationship: orientation, distance, contact, symmetry, support.	Is the operation observable and mechanically possible?
C. Transition	Alter direction, transfer support, open/close or reverse roles.	What is preserved while the relation changes?
D. Integrate / finish	Return to center, maintain new position or combine functions.	Does the ending express the desired possibility without claiming success?

Required output for each candidate

- Plain-language name describing the operation (not claiming a diagnosis).
- Starting setup: seated / standing / reclining; stable surfaces; anatomical left/right.
- Exact movement sequence in two to five numbered steps, with directions and relevant contacts.
- What the geometry does, what each selected body region represents in Appendix A, and how their relationship changes.
- What the pose permits or constrains mechanically; how it differs from the other options.
- Simpler adaptation and brief note on what to avoid if a movement is uncomfortable.
- One reflection prompt asking what the person actually noticed, without telling them what they must feel.

Structured research / testing template (not the default user-facing response)

"Central relationship: ... | Source-based anatomical domains: ... | Primary geometric operator: ... | Option 1 (recognition): [setup, 2–5 steps, meaning, adaptation] | Option 2 (transformation): ... | Option 3 (integration): ... | Which one feels most meaningful to you, and what part of its symbolism would you change?"

8A | User-facing symbolic interpretation

Edition 1.1: default communication standard. This section supplements Sections 1–8 and governs how the complete analysis is presented to ordinary users.

The AI must perform the full anatomical, geometric, mechanical, psychological and evidence checks before drafting its response. The user should experience the results as clear, connected meaning, not as a display of the AI's working notes. Simplicity must come from precise explanations, not from removing important relationships.

Which response is needed?

When interpreting an existing image, posture or sequence, write an integrated explanation of what is visible, what the exact parts mean under Appendix A, what their geometric relations do under Appendix B, how the movement changes those relations, and the psychological meaning the combination could express. Do not produce a section-by-section research report by default.

When the user describes a difficulty and asks for new forms, retain Section 2's requirement for at least three genuinely different, accessible alternatives, each with clear directions, anatomical and geometric rationale, support mechanics and an easier version. Explain their symbolism in ordinary prose rather than dumping the underlying scoring process. If the user requests research, debugging, reproducibility or technical detail, use the original structured outputs and evidence categories.

The complete internal reading is non-negotiable

Track every stage in the actual order shown. Establish the subject's facing direction and the positions of the head, gaze and eyes when visible; identify near and far limbs, anatomical left and right independently of image-left and image-right, and relevant front, back, inner and outer surfaces. Determine which limb supports and which moves, where each hand touches or grasps, and what those contacts mechanically permit, prevent or stabilize. Note exact hip, thigh, knee, ankle, foot, arm, elbow and wrist functions when those regions matter. Never silently assign a hidden limb, hand contact, gaze, or anatomical side that cannot be verified.

Consult the exact Appendix A entry rather than a nearby substitute: a knee is not an elbow, a front thigh is not a rear thigh, and a palm is not the back of a hand. Consult Appendix B for the actual geometric operation and its modifiers: angle, distance, symmetry, orientation, travel direction, support, rate, and reversal. Explain what stays constant and what changes between frames. If the person reports a sensation, use the specific location and sensation key; do not invent sensations from an image.

Interpret actions before captions or music. Words can reveal the theme the creator chose, but they must not overwrite the movement. Distinguish the person's expressed psychology from meanings newly proposed by the AI, and continue to respect the PHY / EMP / MET / SYM / HYP distinction in the reasoning.

8A | How to communicate the meaning

Each important observation must explain the actual symbolic relationship; no anatomical description should be followed only by a vague theme.

Build meaning in layers without fragmenting it

Start with what the body physically does, naming only the details needed to understand the shape. In the same paragraph, explain what those precise regions represent in Appendix A and what their relationship or geometry contributes. Then state what the combination might represent psychologically. In following paragraphs, use each new movement to deepen or revise the prior meaning, rather than resetting the explanation or repeating a generic conclusion.

For example, do not stop at “both legs fold inward, containing possibilities.” Explain that the hips concern freedom of movement, the thighs concern advancing drive and regulation, and the knees concern adaptability; their combined flexion gathers these capacities toward the person rather than extending them into the surrounding space. Approximate symmetry adds another relationship: the two sides have not yet assumed distinct functions. Only then discuss whether the combined form could represent preparation, protection, restraint or unexpressed possibility in the stated context. A folded posture never proves any one of these.

Weave anatomical side, mechanical support, surface, geometric change and psychological direction together wherever relevant. Do not create a special “left vs. right” report to compensate for an earlier omission. Likewise, do not omit right/left meaning simply to shorten the response. When side identity is genuinely unclear, state that briefly and preserve the remaining exact analysis. Conditional left/right alternatives belong only where the difference materially changes the interpretation.

Voice and structure

Write flowing, concrete, accessible paragraphs. Define a specialized term at first use, or use its plain-language equivalent. Make the reasoning discoverable: the reader should understand why the interpretation follows from the form rather than being handed a poetic label. Allow psychological implications to build naturally from the physical relations. Use the accompanying words or setting only to illuminate a relationship already supported by the sequence. The ending should integrate what all the parts imply together and add a useful synthesis, not recap every frame.

Avoid clickbait transitions such as “and then something interesting happens,” “here’s the twist,” or manufactured suspense; avoid theatrical storytelling, decorative praise, stock inspiration, arbitrary spiritual claims and academic throat-clearing. Do not confuse readability with brevity. Use as much explanation as the distinct symbolic relationships actually warrant, without repeating the same point. Do not present default tables, evidence-code legends, numbered anatomy inventories or rubric scores to ordinary users. Those remain available when asked for.

Before the answer is shown

Check that every relevant anatomical side and body location was treated correctly; every meaningful limb, contact, support, facing direction and transition was considered; geometric operators were applied to what actually moved; the symbolism of the opening position is fully explained; the later sequence develops rather than flattens that meaning; accompanying words do not dictate unsupported interpretations; competing readings remain possible; and the final response sounds like one coherent explanation rather than a technical audit.

8A | Demonstration: meaning without a report

Illustrative four-frame inverted split. In this example only, the horizontally extending leg is specified as anatomical left and the rising leg as anatomical right; verify this independently in real footage.

The movement begins with both hips and knees deeply bent, bringing the legs into a compact, nearly symmetrical shape. In the body chart, the hips concern our freedom to move through life, the front thighs concern the drive to advance, the rear thighs concern regulation or holding back, and the knees concern our ability to bend, yield and adapt. Folding these structures inward directs those capacities toward the body rather than extending them outward. With the legs performing similar roles, the shape can represent a possibility not yet differentiated into a particular course of action. It could also express preparation or protection; the folded shape alone does not decide which.

The left leg then moves out of that shared arrangement while the right remains more folded. The movement is not just an increase in distance. It changes the relationship between the two sides: one begins a separate path while the other holds its original form. Under the chart's left-side convention, the initiating hip, thigh and knee can stand for internal freedom, personal motivation and an increasing willingness to adapt. If that anatomical side is verified, the change can suggest that permission to move begins within the person before taking full outward form.

As both knees extend, the left leg reaches toward the horizon and the right leg extends upward along a different axis. Straightening changes the knees' relationship from flexibility held in a fold to flexibility expressed through extension. The hips also cease sharing a single orientation. The geometry becomes divergent: two directions can coexist without either being reduced to the other. The left-side movement can represent a personal direction becoming available, while the right-side movement can represent the same freedom becoming engaged with the external world or directed toward an ambition. Neither conclusion comes from the height of a leg alone; it comes from that side's anatomy, its direction, and the change from the preceding position.

Throughout, the forearms and shoulders remain the supporting base. The feet no longer carry weight and are free to reach elsewhere, while the upper limbs perform the practical work of stabilization. That reversal adds a crucial relation: freedom of movement can increase because support has been reorganized, not because support has disappeared. The final position preserves two distinct trajectories while the same foundation holds them together. The movement can therefore symbolize differentiated freedom grounded in continued capacity to support oneself.

Now the words "in another life" and "no girl, in this one" become meaningful in relation to the movement. The sequence physically reorganizes existing capacities rather than acquiring new ones: internally directed movement becomes distinct, outward-directed action extends, and both become sustainable within one coordinated body. In that context, the message can express the possibility that what seems reserved for an imagined life may become approachable by changing how we use and relate to the life we already have.

This is an exploratory symbolic correspondence, not proof of the performer's inner state or of a therapeutic effect. The example is not a script to reuse for different images: each new posture requires its own complete anatomical and geometric analysis.

Do not overreach

Use phrases such as "could represent", "in this chart", "physically creates", "one possible reading", and "a way to explore". Do not say "this proves you fear abandonment", "this releases stored trauma", or "this posture reliably heals shame".

9 | Worked translation examples

All examples below are constructed demonstrations of the grammar. They are not measured psychological effects or instructions for treating medical conditions.

01 / Conditional self-worth

User: I become angry when criticized. Underneath I feel ashamed and not good enough. I want my self-worth to remain stable while hearing feedback.

Core relation: Stable internal worth alongside changing external evaluation.

Anatomy [SYM]: Left chest / heart; right hand; feet or pelvis; optional solar plexus. | Geometry [PHY/HYP]: Stationary foundation + outward extension + retained self-contact.

Candidate form: From a stable seat, place the left palm over the left chest. Extend the right palm forward slowly, then return it without removing the left hand. Explore a range that keeps the body comfortable.

Distinct alternative: Both hands begin close to chest; separate them into parallel positions while the base remains unchanged. The hands can receive external information without collapsing into each other.

02 / Fear of abandonment

User: I feel panic when someone pulls away. I want connection without needing to hold on so tightly.

Core relation: Connection allowed to change distance without loss of foundation.

Anatomy [SYM]: Chest; palms; ribs; feet/soles. | Geometry [PHY/HYP]: From convergence to adjustable distance while maintaining a base.

Candidate form: Begin with palms touching at the chest, then create a small gap, keeping them parallel. Explore returning and separating without losing grounding.

Distinct alternative: Keep one hand at the chest while the other reaches forward; vary distance without forcing release of the stable support.

03 / Feeling unheard

User: I feel hurt when I am dismissed and I want to express what matters without losing my voice.

Core relation: Personal emotional truth becoming freely expressed.

Anatomy [SYM]: Left heart/chest; throat; wrist; right hand. | Geometry [PHY/HYP]: Internal contact -> outward action -> return and integrate.

Candidate form: Left palm rests on heart; right palm moves from chest forward and upward as gaze follows. Return to center without collapsing the chest.

Distinct alternative: Hold both palms near the throat at comfortable distance and then open them to separate, parallel paths.

04 / Overresponsibility

User: I always carry everyone else and feel disappointed when nobody helps. I want to receive support.

Core relation: Redistribution of burden without surrendering agency.

Anatomy [SYM]: Shoulders; upper back; palms; wrists. | Geometry [PHY/HYP]: Load transfer from isolated holding to shared support.

Candidate form: While seated, lightly lift forearms as though carrying a weight; then rest both palms on a supported table and notice the change in effort. Extend one arm while the other remains supported.

Distinct alternative: At a wall, place one hand firmly while the other hand moves; exchange roles to explore giving and receiving support.

05 / Control and uncertainty

User: I control everything because I am afraid things will fall apart. I want flexibility while remaining safe.

Core relation: Flexibility introduced into a stable system.

Anatomy [SYM]: Lower back/security; hands; elbows; knees as appropriate. | Geometry [PHY/HYP]: Closed relation -> adjustable arc, stable foundation retained.

Candidate form: Feet or seat remain supported as clasped hands separate into slowly widening arcs; allow the elbows to bend without collapsing posture.

Distinct alternative: Place fingertips of both hands together, then release a few fingers while keeping the rest in contact; explore different degrees of connection.

06 / Distanced connection

User: I disappear into relationships. I want closeness and autonomy together.

Core relation: Proximity without merger; reciprocal internal and external agency.

Anatomy [SYM]: Chest; hips; palms; shoulders. | Geometry [PHY/HYP]: Parallelism plus adjustable convergence; reciprocal role exchange.

Candidate form: Bring palms near but not touching; move them forward together along parallel paths. Keep space constant while changing how close they are to chest.

Distinct alternative: Supported seated pose: left arm reaches while right hand stabilizes; reverse roles, then extend both arms together.

07 / Indecision

User: I keep delaying a decision because every path has consequences. I want to commit without needing certainty.

Core relation: Multiple routes becoming a provisional direction.

Anatomy [SYM]: Hips; knees; ankles; toes. | Geometry [PHY/HYP]: Branch/fork -> convergence toward one axis; return remains possible.

Candidate form: Stand or sit with stable support. Move a hand or foot toward two different directions, return to center, then extend one in a chosen comfortable direction.

Distinct alternative: Use two hands as diverging branches, then bring one forward while the other rests over the chest. Switch to test the alternative.

08 / Grief without suppression

User: I miss someone. I want to allow the grief and still remain connected to my life.

Core relation: Containment and openness coexisting rather than forced removal.

Anatomy [SYM]: Heart/chest; ribs; diaphragm; hands. | Geometry [PHY/HYP]: Adjustable enclosure -> open contact -> gentle containment.

Candidate form: Sit supported and cross the arms loosely over the chest; open one hand outward without forcing the other arm to leave. Return if the opening feels too large.

Distinct alternative: Hold hands at separate positions on chest and abdomen, then broaden the space between elbows while keeping contact.

10 | Exceptions, contradictions and reliability controls

Situations requiring competing readings

Situation	Two readings that must remain possible
Hand holding a foot	Facilitation or restraint; determine what motion the grip permits.
Contracted chest	Protection, rest or constriction; do not infer pathology.
Open chest	Exposure, effort, display, balance or invitation; context matters.
Both sides moving symmetrically	Integration, equivalent roles or standard motor coordination; neither is meaningless.
Asymmetry	Specialization, reaching, balancing or preference; no automatic psychological conflict.
Return to first pose	Repetition, safety, familiarity or cycles; record what changed in between.
Left/right reversed	The symbolic domains switch by framework convention; do not confuse image mirroring.
Support by wall/chair	A mechanical resource; not automatic proof of dependency.
A user dislikes the offered meaning	The user's interpretation takes priority for selection; record disagreement.
The user only describes behavior	Do not invent the underlying reason; ask or offer possible routes.

Anatomic fidelity

Always write "anatomical left/right" when orientation is material. A mirrored photograph requires checking whether the camera or editing reverses apparent sides. In postures with crossed limbs, identify exactly which limb touches which. When uncertain, mark the detail unknown.

Constraint and affordance

Any time a grasp, prop, bend or balance is invoked, test whether the relationship is possible without painful force. A seated hand gesture may preserve convergence, divergence, parallelism or role reversal if a demanding whole-body version is inaccessible. State which body-domain information changes under the adaptation.

Interpreting sensory experiences

If the person independently reports tightness, pressure, aching, warmth, tingling, cold, numbness, heaviness, lightness, tiredness or butterflies, look first at the original sensation key and specific row in Appendix A. The modifiers lightness, tiredness, butterflies and warmth need particular care: some appear in local rows but are not a universal, fully defined key. Label any added general interpretation as supplementary [HYP]. Physical symptoms should not be treated as proof of a symbolic explanation.

11 | Independent AI reproducibility protocol

This is the test procedure for two or more AIs or separate runs. The aim is agreement in reasoning and physical consistency, not identical poses. The present edition does not claim these tests have already been conducted independently.

Freeze these instructions

- Give every AI exactly this full PDF, including Appendices A and B.
- Use the same user message for each run; do not provide one model with another model's answer.
- Use the same capability and constraint information for all runs.
- Request three accessible options with stepwise movement instructions and annotated anatomy/geometry.
- Keep all first-run outputs unchanged before any user feedback.
- Have a separate evaluator score the outputs against the rubric below.

Scoring rubric — 0, 1 or 2 points per criterion

Criterion	0 — absent / incorrect	1 — partial	2 — clear and accurate
Core psychology	Invented or misses underlying task.	Partly matches; some guesswork.	Precisely matches stated underlying experience and desired relationship.
Anatomical fidelity	Wrong side, body part or meanings.	Mostly correct, minor omissions.	Exact source locations and side roles preserved.
Geometry	Incorrect operator or pure metaphor.	Plausible but vague.	Specified shape, modifier and observable transformation.
Mechanics	Impossible contact / misread grip.	Feasible but poorly explained.	Support, contact, force and direction physically coherent.
Sequence	Random list of poses.	Partial progression.	Clear start, meaningful transformation and result.
Distinct alternatives	Near duplicates.	Some variation.	Different strategies for same core relationship.
Accessibility	Risky or inaccessible by default.	Basic adaptation only.	Easy default with accurate adaptation and clear choice.
Evidence fidelity	Symbolism called established fact.	One or two confused claims.	PHY/EMP/MET/SYM/HYP separated correctly.
Autonomy	Declares hidden truth / fixed prescription.	Some overdirection.	Offers possibilities and centers user interpretation.
Handling uncertainty	Guesses at missing feelings.	Some caveats or options.	Clearly differentiates user report, uncertainty and hypotheses.

Maximum score: 20. Scores evaluate fidelity to the manual, not whether the sequence causes psychological improvement. A high score does not validate a clinical intervention. The across-AI comparison should also code whether both systems identified the same central psychological task, domains and primary geometric operation.

Consistency comparisons

Exact posture equality is not required. Agreement in central relationship + chosen operation + coherent mechanics matters more. Measure both within-prompt agreement and whether changing one essential feature of the prompt changes the selected structure accordingly.

12 | Fixed test prompts and expected invariants

Run each prompt without showing the expected invariant to the AI being tested. The rightmost column is a scoring aid for the evaluator, not a predetermined correct yoga pose.

T01

Prompt: I am angry when my partner needs space. Underneath, I fear being abandoned. I want to remain connected without grasping.

Evaluator invariant: Anger secondary; distance-with-stable-connection; no forced separation.

T02

Prompt: I am angry when someone overrides my decisions. Underneath, I feel powerless. I want to exercise my own agency.

Evaluator invariant: Anger secondary; self-directed action and boundaries; distinct from T01.

T03

Prompt: I panic when criticized because I feel ashamed. I want stable worth while still hearing feedback.

Evaluator invariant: Stable foundation while external information approaches; avoid pure chest-opening cliché.

T04

Prompt: I people-please because I fear rejection. I want connection without abandoning my needs.

Evaluator invariant: Parallelism or adjustable distance; differentiate without abandoning connection.

T05

Prompt: I withdraw because closeness feels unsafe. I want gradual, voluntary openness.

Evaluator invariant: Gradual opening under retained support and ability to reverse.

T06

Prompt: I carry everyone's needs and resent it. Underneath, I am disappointed no one supports me. I want to receive help.

Evaluator invariant: Support redistribution; shoulders and palms may be relevant; no diagnosis.

T07

Prompt: I feel stuck starting a new project. Underneath, I fear failure. I want to experiment without collapsing under uncertainty.

Evaluator invariant: Direction plus flexibility, not simply stronger forward motion.

T08

Prompt: I love someone but fear losing my independence. I want intimacy and autonomy at once.

Evaluator invariant: Differentiation-in-connection; not a categorical choice between closeness and distance.

T09

Prompt: I grieve a loss. I do not want to erase the grief; I want to keep living alongside it.

Evaluator invariant: Containment and opening can coexist; no compulsory release.

T10

Prompt: I doubt my intuition and overthink every choice. I want to notice inner impressions and decide deliberately.

Evaluator invariant: Brow/forehead are distinct; insight joined to action, no mystical certainty.

T11

Prompt: I want the same symbolic transformation but cannot stand or balance. I can move my arms while seated.

Evaluator invariant: Accessible seated version preserving core geometric relation; notes on changed anatomy.

T12

Prompt: I cannot name what is beneath my anger. I just know it arrives when others disagree. I want options without being told what I secretly feel.

Evaluator invariant: Offers multiple underlying hypotheses without choosing; no fixed pose before issue clarified.

T13

Prompt: I want to hold a meaningful commitment more firmly without becoming rigid.

Evaluator invariant: Constraint may support freedom; flexibly maintained connection.

T14

Prompt: I want to let go of a commitment that no longer fits me, while staying grounded.

Evaluator invariant: Release differs from T13; reduce particular contact while preserving foundation.

T15

Prompt: My left arm can move but my right arm cannot extend comfortably. I need a form for asserting boundaries.

Evaluator invariant: Physical adaptation honors restriction and states symbolic tradeoff.

T16

Prompt: I feel conflicted between two equally valued directions. I want to choose one provisionally without rejecting the other.

Evaluator invariant: Branch/fork, temporary selection, retained reversibility rather than forced resolution.

Recommended pairwise tests

Compare T01 with T02 (same anger, different underlying experience), T04 with T08 (similar relational theme, different starting difficulties), T13 with T14 (opposite purposes for holding), and T07 with T16 (uncertainty about direction with different underlying relationships).

13 | Test record and revision method

Capture the following data on each run. An evaluation record can be kept as simple text or a spreadsheet; the fields, not the software, are important.

Field	Record
Run identity	Model/platform; date; manual edition; scenario ID; whether first attempt.

Field	Record
Psychological extraction	Presenting reaction; user-stated underlying feeling; desired relationship; guesses separately labeled.
Proposed body grammar	Every selected Appendix A location and side; every Appendix B operator and modifier.
Three candidates	Movement steps; contact/support mechanics; symbolic rationale; accessibility change.
Evaluator score	Ten rubric criteria, 0–2 each, with reasons and exact errors.
Cross-run agreement	Same central relationship? Same primary geometry? Same anatomical domains? Compatible mechanics?
User feedback	Which form was chosen, what resonated, what did not, and which modifications were requested.
Revision flag	Source mistake; unclear rule; ambiguous psychology; mechanically unsafe; arbitrary symbolism; low distinctness.

How to revise without bias

- Correct transcription or side errors in a new edition, never silently in the middle of a test batch.
- If models disagree, identify the exact rule that allowed both readings before changing the framework.
- Do not add an anatomical meaning merely because it explains a pleasing example.
- Keep rejected readings and contradictory user feedback in the record.
- Distinguish intuitive resonance from observed psychological change; later interventions require separate evaluation.
- After revisions, rerun the fixed tests before making new claims of reproducibility.

Decision threshold for the next edition

Before calling the manual independently reproducible, preregister a target for average rubric scores and for agreement in central psychological relationships across AIs. This edition deliberately sets no invented pass rate, as no independent cross-model test has yet been run.

14 | Sources, boundaries and appendix guide

Research foundation: selected primary sources

[1] Nummenmaa L, Glerean E, Hari R, Hietanen JK. Bodily maps of emotions. PNAS. 2014;111:646–651. doi:10.1073/pnas.1321664111.

Use: Self-reported bodily sensation maps across emotions; does not validate detailed symbolic locations.

[2] Volynets S et al. Bodily maps of emotions are culturally universal. Emotion. 2020. PMID:31259590.

Use: Broad cross-cultural similarities in reported emotional body maps.

[3] Shafir T, Tsachor RP, Welch KB. Emotion regulation through movement. Front Psychol. 2016;6:2030. doi:10.3389/fpsyg.2015.02030.

Use: Movement qualities can relate to reported/emergent emotions in an experimental task.

[4] Melzer A, Shafir T, Tsachor RP. How do we recognize emotion from movement? Front Psychol. 2019;10:1389. doi:10.3389/fpsyg.2019.01389.

Use: Emotion recognition from clips and differences from prior motor-element predictions.

[5] Eder AB, Rothermund K. When do motor behaviors (mis)match affective stimuli? *J Exp Psychol Gen.* 2008;137:262–281. doi:10.1037/0096-3445.137.2.262.

Use: The consequences and meaning of an action affect approach/avoidance interpretation.

[6] Casasanto D. Embodiment of abstract concepts: good and bad in right- and left-handers. *J Exp Psychol Gen.* 2009;138:351–367. doi:10.1037/a0015854.

Use: Handedness can affect some spatial-valence mappings, not a proof of this chart's internal/external code.

[7] Lhommet M, Marsella S. From embodied metaphors to metaphoric gestures. 2016. eScholarship, University of California.

Use: Gesture-meaning metaphors and a computational approach to generating gestures.

[8] Goldin-Meadow S, Singer MA. From children's hands to adults' ears: gesture's role in the learning process. *Dev Psychol.* 2003;39:509–520. doi:10.1037/0012-1649.39.3.509.

Use: Gestures can express knowledge not present in accompanying speech in some contexts.

[9] Wainio-Theberge S et al. Physical mechanisms of emotions evoked by postural feedback. *Psychophysiology.* 2025;62:e70095. doi:10.1111/psyp.70095.

Use: Specific joint/muscle differences matter in an experimental posture-feedback paradigm.

[10] Shiokawa T, Karasawas Y. Radiation characteristics of axial-mode helical antenna. *Electron Commun Jpn.* 1980;63(2):63–72. doi:10.1002/ecja.4400630209.

Use: Identifiable optional replacement for the incomplete helical-antenna report [16] in Appendix B; engineering evidence only.

Unmodified source appendices

Appendix A — Consensus Body Location & Sensation Quick Reference, version 5. Full original 10 pages. Covers the 86 location entries, center/left/right columns, sensation modifiers and source-family notes.

Appendix B — Geometric Forms for Embodied Movement. Full original 4 pages. Covers all 24 forms, eight modifiers, the source's interpretation rule, physical evidence scale and 24-item bibliography.

Appendix B, reference [16], is retained exactly as it appears in the original source. Its bibliographic description is incomplete; research source [10] above is an identifiable published study relevant to the physical helical-antenna claim, not a claim to have identified the omitted NASA report.

Final methodological boundary

A physically meaningful form can be a useful metaphor without being a diagnostic test or a validated intervention. This manual provides a traceable vocabulary for exploration and for subsequent independent AI comparison. Personal intuition selects among candidate forms; empirical intervention effects remain a separate research question.

Consensus Body Location & Sensation Quick Reference

Basis: Meanings are synthesized from the highest-overlap themes across chakra/yogic subtle-body maps, Traditional Chinese Medicine organ-emotion/meridian theory, reflexology/zone maps, Reichian and bioenergetic segmental armoring, somatic psychotherapy/body-mapping literature, and metaphysical symptom dictionaries. The chart selects the strongest shared symbolic domain; where no single meaning dominates, ties or lower confidence are noted.

Side key: Center/midline = core or universal theme. Left = receptive/internal/personal/receiving side. Right = active/external/world-facing/giving side. For paired body parts, use the left/right columns. For midline-only areas, side columns may be N/A.

Sensation key: Sensation modifiers change the body-location meaning. For example, pressure usually adds force/demand, tingling adds activation/readiness, tightness adds restriction/control, heaviness adds burden/weight, density adds concentrated meaning/substance, pain adds friction/hurt, numbness adds disconnection, heat adds intensity, and cold adds withdrawal or reduced access.

Head, mind, and perception

Location	Consensus meaning	Center / midline	Left side	Right side	Sensation modifiers
Crown / top of head	Highest agreement: spiritual connection, higher guidance, whole-system alignment. Tie: global meaning/purpose.	Overall alignment, higher orientation, big-picture coherence.	Receptive inner alignment; allowing guidance or meaning in.	Active alignment; expressing larger purpose outwardly.	Pressure: mental force/strain. Pain: conflict or overload. Tingling: insight/activation. Light/airy: openness. Heaviness: burdened thought. Heat: intensity. Cold/numb: disconnection.
Scalp / whole head	Mental field, overall cognitive/spiritual activity, identity of awareness.	Whole-mind activation or mental atmosphere.	Internal mental/emotional processing.	Outward attention, planning, world-facing thought.	Pressure: mental force/strain. Pain: conflict or overload. Tingling: insight/activation. Light/airy: openness. Heaviness: burdened thought. Heat: intensity. Cold/numb: disconnection.
Back of head / occiput	Past perception, instinctive awareness, what is behind consciousness. Somatic/bodywork: held vigilance.	Unconscious background processing; what is not in front of awareness.	Internal memory/background feeling.	External vigilance/background scanning.	Pressure: mental force/strain. Pain: conflict or overload. Tingling: insight/activation. Light/airy: openness. Heaviness: burdened thought. Heat: intensity. Cold/numb: disconnection.
Base of skull / upper neck	Bridge between head and body. Strong agreement: control, vigilance, thought-to-action transition.	Transmission from understanding into embodiment.	Internal control/vigilance over self-movement.	External readiness/control before action.	Pressure: demand on support. Pain: support strain. Tightness: bracing. Heaviness: burden/load. Tingling: support coming online. Numbness: unsupported/disconnected.
Forehead	Mental resolution, interpretation, worry/overthinking; comparable to third-eye/cognitive seeing but more analytical.	Conflict, comparison, trying to resolve or understand.	Internal interpretation/conflict about self or inner truth.	External interpretation/conflict about situation/world.	Pressure: mental force/strain. Pain: conflict or overload. Tingling: insight/activation. Light/airy: openness. Heaviness: burdened thought. Heat: intensity. Cold/numb: disconnection.
Brow / third-eye area	Insight, intuition, inner seeing, discernment; high agreement in chakra/yogic systems.	Intuitive perception and inner truth recognition.	Receptive intuition; inward knowing.	Applied insight; using discernment outwardly.	Pressure: strained perception. Pain: painful seeing/interpretation. Itch: irritation with perception. Blur: unclear seeing. Tingling: perception activating. Dryness: depleted receptivity.
Temples (lower consensus)	Lateral mental/perceptual activation. Consensus weaker; best-supported: high cognitive/perceptual engagement.	Strong signal, significance, active attention.	Internal relevance/recognition.	External relevance/direction.	Pressure: mental force/strain. Pain: conflict or overload. Tingling: insight/activation. Light/airy: openness. Heaviness: burdened thought. Heat: intensity. Cold/numb: disconnection.
Eyes	Seeing, perception, attention, truth/illusion. Reichian ocular segment: contact/withdrawal through seeing.	Direct perception; what is seen or not seen.	Internal seeing; how one sees self/inner truth.	External seeing; how one reads the world/others.	Pressure: strained perception. Pain: painful seeing/interpretation. Itch: irritation with perception. Blur: unclear seeing. Tingling: perception activating. Dryness: depleted receptivity.
Upper eyelids	Control of seeing; opening/closing perception; alertness/fatigue.	Gatekeeping attention: allow seeing or shut it out.	Internal willingness to see.	External vigilance or attention control.	Pressure: strained perception. Pain: painful seeing/interpretation. Itch: irritation with perception. Blur: unclear seeing. Tingling: perception activating. Dryness: depleted receptivity.

Location	Consensus meaning	Center / midline	Left side	Right side	Sensation modifiers
Under-eyes / lower eyelids	Emotional response to what is seen; sensitivity, fatigue, grief/strain.	Emotional registration of perception.	Internal emotional reading; private sensitivity.	Social/external emotional reading.	Pressure: strained perception. Pain: painful seeing/interpretation. Itch: irritation with perception. Blur: unclear seeing. Tingling: perception activating. Dryness: depleted receptivity.
Outer under-eye / cheek below eye	Peripheral perception, subtle social/emotional reading. Tie: relational perception and indirect awareness.	What is sensed indirectly, not directly faced.	Internal subtle recognition.	External/social cue-reading.	Pressure: strained perception. Pain: painful seeing/interpretation. Itch: irritation with perception. Blur: unclear seeing. Tingling: perception activating. Dryness: depleted receptivity.
Nose / bridge	Breath/life-force, discernment, instinct, integration of perception. Tie across systems: breath/prana + discrimination.	Coherence: making perception and meaning fit.	Internal integration/instinct.	External discernment/orientation.	Pressure: integration demand. Pull: coherence forming. Pain: integration friction. Tingling: instinct/clarity activating. Congestion: blocked intake/discernment.
Nostrils	Intake of life-force/breath; receptivity to environment.	Receiving life/input.	Internal receptivity; sensing self-state.	External receptivity; sensing environment.	Pressure: forced intake. Tingling: sensory alertness. Burning: irritation/rejection. Blockage: refusal or inability to take in.
Cheeks	Emotional expression, social face, receiving affection/recognition.	Visible emotional tone; social-emotional presentation.	Private emotional vulnerability.	Public/social emotional expression.	Pressure: held expression. Heat: embarrassment/activation. Pain: social/emotional friction. Tingling: expression becoming visible.
Ears	Listening, receiving messages, obedience/refusal to hear. High agreement in metaphysical and functional maps.	Receptivity to information/message.	Listening to inner voice or personal truth.	Listening to others/world; external messages.	Ringling: signal/message intensity. Pressure: forced listening. Pain: hard-to-hear truth. Itch: irritation with what is heard.

Mouth, jaw, throat, and expression

Location	Consensus meaning	Center / midline	Left side	Right side	Sensation modifiers
Jaw	Holding back expression, anger, bite, control, endurance. Strong overlap: restraint/clenching/unspoken force.	Containment or regulation of expression/force.	Internal restraint; holding feelings in.	External restraint; holding back words/actions.	Pressure: expression pushing through. Tightness: blocked/controlled expression. Pain: expression friction. Tingling: readiness to speak/reveal. Heaviness: unsaid weight. Release: expression permitted.
Teeth	Bite, decision, aggression, boundaries, ability to break things down.	Decisive contact; bite/edge.	Internal boundary or self-directed aggression.	External boundary/assertion.	Pressure: bite force. Grinding: unresolved aggression/control. Pain: boundary friction. Tingling: decisive edge activating.
Tongue	Articulation, taste, discernment, shaping language.	Formation of words; discrimination of what is true/palatable.	Internal articulation; naming inner truth.	External speech; how truth is shaped for others.	Pressure: demand to articulate. Tingling: speech/discernment activation. Pain: words hurt/are hard. Numbness: speech-disconnection.
Roof of mouth (lower consensus)	Assimilation and internal formation before speech; less direct consensus, functional-symbolic.	Pre-verbal shaping; what is forming internally.	Internal acceptance/assimilation.	Preparing meaning for outward expression.	Pressure: formation demand. Tingling: pre-speech activation. Pain: difficulty assimilating/allowing. Dryness: depleted expression/intake.
Front inner mouth (moderate consensus)	Threshold of intake/expression; discernment before something enters or leaves.	Does this belong? selection/filtering at threshold.	Internal acceptance/rejection.	External formulation before speaking/acting.	Pressure: something wants through. Tingling: threshold activation. Tightness: filtering/control. Pain: friction at allowance point.
Lips	Boundary where inner expression meets outer contact; speech, affection, contact.	Final threshold of expression/contact.	Private desire to reveal/connect.	Public expression/contact with others.	Tingling: readiness to express/contact. Tightness: withholding. Pressure: words/contact pushing out. Pain: exposed expression hurts.
Throat	Expression, truth, voice, communication. Very high agreement: throat chakra/expression plus somatic speech block.	Truth moving into expression or embodiment.	Internal permission to voice truth.	External communication/visible expression.	Pressure: expression pushing through. Tightness: blocked/controlled expression. Pain: expression friction. Tingling: readiness to speak/reveal. Heaviness: unsaid weight. Release: expression permitted.
Front neck	Vulnerable expression channel; voice exposed.	Expression vulnerability; truth exposed through voice.	Private fear/permission around expression.	Public speech/communication risk.	Pressure: expression pushing through. Tightness: blocked/controlled expression. Pain: expression friction. Tingling: readiness to speak/reveal. Heaviness: unsaid weight. Release: expression permitted.
Side neck	Turning/seeing direction; flexibility vs stubbornness. TCM/metaphysical overlap with inflexibility.	Flexibility of perspective/direction.	Internal flexibility; changing view of self.	External flexibility; adapting to others/situation.	Pressure: forced flexibility. Tightness: resistance/stubbornness. Pain: painful turn/change. Tingling: readiness to shift.
Back of neck	Vigilance, bracing, control, stubbornness; strong body-psychotherapy overlap.	Bracing between mind and body; guarded transition.	Internal bracing/control.	External vigilance/readiness.	Pressure: demand on support. Pain: support strain. Tightness: bracing. Heaviness: burden/load. Tingling: support coming online. Numbness: unsupported/disconnected.
Cervical spine / center neck	Vertical support of head; integrity of thought-to-expression channel.	Central alignment between mind, voice, and body.	Inner structural support for truth.	Outer posture/stance in expression.	Pressure: demand on support. Pain: support strain. Tightness: bracing. Heaviness: burden/load. Tingling: support coming online. Numbness: unsupported/disconnected.

Shoulders, arms, hands, and detailed action

Location	Consensus meaning	Center / midline	Left side	Right side	Sensation modifiers
Shoulders	Burdens, responsibility, carrying life; strong agreement across metaphysical/somatic sources.	Load-bearing responsibility; what is carried.	Internal burden/personal responsibility.	External duty/work/world responsibility.	Pressure: demand on support. Pain: support strain. Tightness: bracing. Heaviness: burden/load. Tingling: support coming online. Numbness: unsupported/disconnected.
Clavicles / collarbones (moderate consensus)	Receiving support/nurture; gateway from chest to arms/expression. Moderate consensus.	Receiving and transmitting care/support.	Taking in support.	Offering support outward.	Pressure: support/nurture demand. Pain: lack/friction in support. Tingling: support exchange activating.
Armpits / axilla (lower consensus)	Protected relational vulnerability; hidden exchange between chest and arm.	Guarded heart-to-action interface.	Private vulnerability/need.	Vulnerability in outward action/relationship.	Pressure: guarded exchange. Pain: sensitive protection. Tingling: hidden connection activating.
Upper arms	Capacity to act, embrace, hold, and carry strength.	Strength and willingness to engage.	Internal strength/holding self.	External strength/holding others or tasks.	Pressure: demand to act. Pain: friction in action. Tightness: controlled action. Tingling: readiness/agency. Heaviness: burden of doing. Itch: urge to adjust.
Biceps	Pulling in, taking on, holding close; functional consensus from pulling action.	Drawing toward self; holding through effort.	Taking on internally.	Taking on externally.	Pressure: demand to act. Pain: friction in action. Tightness: controlled action. Tingling: readiness/agency. Heaviness: burden of doing. Itch: urge to adjust.
Triceps	Pushing away, extending, releasing, setting distance.	Extension/release; pushing into world or away.	Internal release/distance.	External pushing/setting distance.	Pressure: demand to act. Pain: friction in action. Tightness: controlled action. Tingling: readiness/agency. Heaviness: burden of doing. Itch: urge to adjust.
Elbows	Flexibility in action; ability to bend or yield. Common metaphysical association: inflexibility.	Adaptability in how action is directed.	Internal flexibility in self-action.	External flexibility with world/others.	Pressure: demand to adapt. Pain: stubborn/inflexible action. Tingling: action-flexibility activating. Tightness: unwillingness to bend.
Forearms	Applied effort, practical handling, carrying through.	Implementation strength; sustained handling.	Internal practical effort.	External practical work.	Pressure: demand to act. Pain: friction in action. Tightness: controlled action. Tingling: readiness/agency. Heaviness: burden of doing. Itch: urge to adjust.
Wrists	Flexibility and transition between intention and detailed action.	How freely intention becomes manual action.	Internal flexibility in handling.	External flexibility in doing/creating.	Pressure: demand on flexibility. Pain: action transition friction. Tingling: execution channel online. Tightness: controlled handling.
Hands	Doing, giving/receiving, contact, skillful interaction. High agreement in functional/reflexive maps.	Interaction with reality; implementation.	Receiving/handling inner truth.	Acting/handling external reality.	Pressure: demand to act. Pain: friction in action. Tightness: controlled action. Tingling: readiness/agency. Heaviness: burden of doing. Itch: urge to adjust.
Palms	Receiving, offering, exchange, healing/contact surface.	Open exchange; giving and receiving.	Receiving from self/source.	Offering/influencing outward.	Tingling: exchange available. Pressure: force in exchange. Pain: exchange friction. Heat: giving/healing intensity. Numbness: exchange disconnection.
Back of hands	Action surface, external presentation of doing.	How action presents outwardly.	Internal readiness made visible.	External doing/visibility.	Pressure: demand to act. Pain: friction in action. Tightness: controlled action. Tingling: readiness/agency. Heaviness: burden of doing. Itch: urge to adjust.
Thumbs	Grip, control, will, leverage; broad functional agreement.	Control/leverage; taking hold.	Internal control/grip.	External control/influence.	Pressure: grip demand. Tightness: over-control. Pain: control friction. Tingling: agency/leverage online. Numbness: loss of grip/agency.
Index fingers	Pointing, choosing, directing, identifying.	Selection and direction.	Identifying inner truth.	Pointing/directing outward.	Pressure: demand around details. Pain: friction in handling. Tightness: grip/control. Tingling: fine action online. Itch: urge to adjust. Numbness: detail-disconnection.
Middle fingers	Forceful assertion, boundary, rejection/defiance.	Central assertion or refusal.	Internal no/boundary.	External no/boundary.	Pressure: demand around details. Pain: friction in handling. Tightness: grip/control. Tingling: fine action online. Itch: urge to adjust. Numbness: detail-disconnection.

Location	Consensus meaning	Center / midline	Left side	Right side	Sensation modifiers
Ring fingers	Commitment, bond, loyalty, relational/values attachment.	Bond/commitment.	Internal vow/value bond.	External relationship/commitment.	Pressure: demand around details. Pain: friction in handling. Tightness: grip/control. Tingling: fine action online. Itch: urge to adjust. Numbness: detail-disconnection.
Pinky fingers	Subtle trust, small agreements, delicate relational detail.	Small-but-meaningful contact/trust.	Private subtle trust.	Social subtle agreement/detail.	Pressure: demand around details. Pain: friction in handling. Tightness: grip/control. Tingling: fine action online. Itch: urge to adjust. Numbness: detail-disconnection.
Fingertips	Sensitivity, contact, precision, subtle perception through action.	Fine contact with reality.	Inner detail sensitivity.	Outer detail/contact.	Tingling: heightened sensitivity. Pain: detail/contact friction. Numbness: loss of fine contact. Itch: urge to adjust details.
Knuckles (moderate consensus)	Impact, resistance, force applied through detail/action.	Forceful contact; confrontation in handling.	Internal resistance/impact.	External confrontation/action impact.	Pressure: force ready. Pain: impact friction. Tightness: held aggression/control.

Chest, heart, diaphragm, abdomen, and back

Location	Consensus meaning	Center / midline	Left side	Right side	Sensation modifiers
Center chest	Heart, emotion, grief/love, value, connection. Very high agreement.	Core emotional truth; what matters deeply.	Receptive emotional truth.	Expressed/relational emotional truth.	Pressure: emotional force. Pain: emotional hurt/friction. Heaviness: grief/weight. Density: concentrated feeling/significance. Tingling: opening/contact. Warmth: compassion/love.
Heart area	Love, attachment, sacred value, compassion, relational truth.	Deep love/value/contact.	Private love/grief/attachment.	Love/connection expressed outwardly.	Pressure: emotional force. Pain: emotional hurt/friction. Heaviness: grief/weight. Density: concentrated feeling/significance. Tingling: opening/contact. Warmth: compassion/love.
Sternum	Central emotional structure; compressed grief/held heart expression in somatic language.	Structural support/protection of emotional truth.	Internal emotional holding.	External emotional presentation/protection.	Pressure: emotional force. Pain: emotional hurt/friction. Heaviness: grief/weight. Density: concentrated feeling/significance. Tingling: opening/contact. Warmth: compassion/love.
Left chest	Internal emotional life, receiving love, personal heart truth.	N/A - use center/side.	Inner emotional truth, vulnerability, receiving.	N/A	Pressure: emotional force. Pain: emotional hurt/friction. Heaviness: grief/weight. Density: concentrated feeling/significance. Tingling: opening/contact. Warmth: compassion/love.
Right chest	Expression of heart energy outward; giving, relational responsibility.	N/A - use center/side.	N/A	Outward emotional expression, giving/caring.	Pressure: emotional force. Pain: emotional hurt/friction. Heaviness: grief/weight. Density: concentrated feeling/significance. Tingling: opening/contact. Warmth: compassion/love.
Side chest / ribs	Protection of heart/lungs; boundaries around feeling and breath.	Protective emotional boundary.	Internal guarded feeling.	External relational boundary.	Pressure: protected feeling wants movement. Pain: boundary/friction. Tightness: guarded breath/feeling. Heaviness: protected emotional load.
Lungs / ribcage	Breath, grief, receiving life; TCM links lungs with sadness/grief.	Breathing life in; grief/release.	Internal grief/receptivity.	External breath/space in life.	Pressure: restricted breathing/feeling. Tightness: held grief or constricted life intake. Pain: grief friction. Airiness: restored space.
Upper back	Emotional support, carrying burdens, holding back love; strong metaphysical/somatic overlap.	Support behind the heart; carried emotional load.	Lack/need of inner support.	Support from/to others; external burdens.	Pressure: demand on support. Pain: support strain. Tightness: bracing. Heaviness: burden/load. Tingling: support coming online. Numbness: unsupported/disconnected.
Mid back	Support, past burden, guilt/being stuck behind oneself; moderate cross-tradition agreement.	What is carried from behind/past.	Internal past emotional load.	External obligations/past roles.	Pressure: demand on support. Pain: support strain. Tightness: bracing. Heaviness: burden/load. Tingling: support coming online. Numbness: unsupported/disconnected.
Lower back / lumbar	Support, security, survival/material support; common metaphysical association with financial/life support.	Foundational support for standing/moving.	Internal support/security.	External/material support/responsibility.	Pressure: demand on support. Pain: support strain. Tightness: bracing. Heaviness: burden/load. Tingling: support coming online. Numbness: unsupported/disconnected.
Spine - center line	Integrity, life support, vertical alignment; chakra/meridian/bodywork axis.	Central alignment and life support.	N/A - midline.	N/A - midline.	Pressure: alignment demand. Pain: structural integrity friction. Tingling: vertical energy/alignment online. Heaviness: life-support burden.
Diaphragm	Breath-emotion boundary; control, held emotion, power transition between heart and gut.	Regulation between feeling and will/digestion.	Internal emotional control.	External control of force/expression.	Tightness: held breath/emotion. Pressure: emotional force meets control. Pain: blocked release. Tremor: release of holding.
Solar plexus	Personal power, will, confidence, digestion of experience; high chakra/Ayurvedic agreement.	Will, self-worth, agency, power.	Internal confidence/self-power.	External confidence/action power.	Pressure: internal force/digestive-emotional demand. Pain: friction/unease. Tightness: control/holding. Nausea: rejection. Tingling: activation. Heaviness: undigested weight.
Upper abdomen / stomach	Digestion, worry, assimilation of life experience. TCM spleen/stomach linked with worry/overthinking.	Assimilating experience; digesting meaning.	Internal worry/assimilation.	External circumstances being digested.	Pressure: internal force/digestive-emotional demand. Pain: friction/unease. Tightness: control/holding. Nausea: rejection. Tingling: activation. Heaviness: undigested weight.

Location	Consensus meaning	Center / midline	Left side	Right side	Sensation modifiers
Navel / center abdomen (moderate consensus)	Centering, self-connection, life cord, personal center. Tie: vitality + identity center.	Personal center; inner cohesion.	Inner self-connection.	Outward centered action.	Pressure: internal force/digestive-emotional demand. Pain: friction/unease. Tightness: control/holding. Nausea: rejection. Tingling: activation. Heaviness: undigested weight.
Lower abdomen	Instinct, emotion, vulnerability, sexuality/creativity; sacral associations.	Primal emotional/creative life.	Inner emotional/sexual vulnerability.	External creative/relational movement.	Pressure: primal/life-force demand. Tightness: guarded sexuality/safety. Pain: vulnerability friction. Tingling: life-force activation. Heaviness: stored survival/sexual weight.
Side waist / flanks (lower consensus)	Flexibility, lateral support, protected personal space; lower consensus.	Side support and adaptability.	Internal side-boundary/adaptability.	External side-boundary/adaptability.	Pressure: demand on support. Pain: support strain. Tightness: bracing. Heaviness: burden/load. Tingling: support coming online. Numbness: unsupported/disconnected.

Pelvis, hips, legs, feet, and movement

Location	Consensus meaning	Center / midline	Left side	Right side	Sensation modifiers
Pelvis	Survival, sexuality, grounding, primal life force; high agreement in chakra/Reichian/somatic maps.	Primal base: safety, sexuality, life force.	Internal safety/intimacy.	External sexuality/action into life.	Pressure: primal/life-force demand. Tightness: guarded sexuality/safety. Pain: vulnerability friction. Tingling: life-force activation. Heaviness: stored survival/sexual weight.
Sacrum	Root support, ancestral/past holding, base stability. Tie: survival + life-force storage.	Rooted support and primal memory.	Inner rootedness/safety.	External grounded participation.	Pressure: primal/life-force demand. Tightness: guarded sexuality/safety. Pain: vulnerability friction. Tingling: life-force activation. Heaviness: stored survival/sexual weight.
Coccyx / tailbone	Root, survival, primal security, connection to earth/body.	Basic safety and grounding.	Inner safety.	External survival/security.	Pressure: grounding demand. Pain: blocked movement/support. Tingling: readiness to move/ground. Heaviness: rootedness or burden. Numbness: disconnection. Itch: urge to shift.
Hips	Movement forward, sexuality, freedom, major life transitions; common metaphysical/somatic link.	Capacity to move through life freely.	Internal permission/freedom.	External movement/relationship/sexuality.	Pressure: primal/life-force demand. Tightness: guarded sexuality/safety. Pain: vulnerability friction. Tingling: life-force activation. Heaviness: stored survival/sexual weight.
Groin	Intimacy, vulnerability, sexual boundary, primal exposure.	Threshold of intimacy and vulnerability.	Private sexual/intimate vulnerability.	External intimate engagement.	Pressure: primal/life-force demand. Tightness: guarded sexuality/safety. Pain: vulnerability friction. Tingling: life-force activation. Heaviness: stored survival/sexual weight.
Glutes / buttocks	Power to stand, push, hold ground; support and propulsion.	Grounded power/support.	Internal holding power.	External propulsion/stance.	Pressure: grounding demand. Pain: blocked movement/support. Tingling: readiness to move/ground. Heaviness: rootedness or burden. Numbness: disconnection. Itch: urge to shift.
Thighs - general	Major movement, strength, forward life direction.	Power behind movement.	Internal motivation to move.	External forward action.	Pressure: grounding demand. Pain: blocked movement/support. Tingling: readiness to move/ground. Heaviness: rootedness or burden. Numbness: disconnection. Itch: urge to shift.
Front thighs / quadriceps	Advancing, stepping forward, active drive.	Initiating forward movement.	Inner readiness to advance.	External push forward.	Pressure: grounding demand. Pain: blocked movement/support. Tingling: readiness to move/ground. Heaviness: rootedness or burden. Numbness: disconnection. Itch: urge to shift.
Back thighs / hamstrings	Holding back, braking, support behind movement.	Regulation of forward movement.	Internal restraint/pace.	External caution/holding back.	Pressure: grounding demand. Pain: blocked movement/support. Tingling: readiness to move/ground. Heaviness: rootedness or burden. Numbness: disconnection. Itch: urge to shift.
Inner thighs	Intimacy, vulnerability, protected movement, closeness.	Vulnerable movement and intimacy.	Internal intimate vulnerability.	External relational/sexual closeness.	Pressure: primal/life-force demand. Tightness: guarded sexuality/safety. Pain: vulnerability friction. Tingling: life-force activation. Heaviness: stored survival/sexual weight.
Outer thighs	Boundaries in movement, personal space, external stance.	Boundary around moving through life.	Internal movement boundary.	External space/defense while moving.	Pressure: grounding demand. Pain: blocked movement/support. Tingling: readiness to move/ground. Heaviness: rootedness or burden. Numbness: disconnection. Itch: urge to shift.
Knees	Flexibility, humility, pride/ego, ability to bend; strong metaphysical agreement.	Yielding/flexibility in movement.	Internal humility/flexibility.	External willingness to bend/adapt.	Pressure: demand to yield. Pain: inflexibility/pride friction. Weakness: lack of support. Tingling: readiness to bend/shift.
Shins (moderate consensus)	Forward protection and momentum; vulnerability in advancing.	Protected forward movement.	Internal caution about progress.	External vulnerability while advancing.	Pressure: grounding demand. Pain: blocked movement/support. Tingling: readiness to move/ground. Heaviness: rootedness or burden. Numbness: disconnection. Itch: urge to shift.

Location	Consensus meaning	Center / midline	Left side	Right side	Sensation modifiers
Calves	Propulsion, momentum, continuing movement.	Drive to keep moving.	Internal momentum.	External progress/follow-through.	Pressure: grounding demand. Pain: blocked movement/support. Tingling: readiness to move/ground. Heaviness: rootedness or burden. Numbness: disconnection. Itch: urge to shift.
Ankles	Flexibility in direction, balance, transition between ground and movement.	Directional adaptability and balance.	Internal direction flexibility.	External course correction.	Pressure: forced adaptability. Pain: direction inflexibility. Tingling: movement options online. Weakness: unstable direction.
Heels	Ground contact, support, persistence, foundation.	Contact with support/base.	Inner foundation.	External support/stance.	Pressure: grounding demand. Pain: blocked movement/support. Tingling: readiness to move/ground. Heaviness: rootedness or burden. Numbness: disconnection. Itch: urge to shift.
Soles	Grounding, receiving earth/support, contact with life path.	Receiving ground/support.	Inner groundedness.	External contact with path/world.	Pressure: grounding demand. Pain: blocked movement/support. Tingling: readiness to move/ground. Heaviness: rootedness or burden. Numbness: disconnection. Itch: urge to shift.
Arches	Support structure, flexibility of foundation.	How support is held and distributed.	Internal support arch.	External support structure.	Pressure: demand on support. Pain: support strain. Tightness: bracing. Heaviness: burden/load. Tingling: support coming online. Numbness: unsupported/disconnected.
Balls of feet	Readiness to move, springing into action, forward launch.	Immediate readiness to step forward.	Internal readiness.	External launch/action.	Pressure: grounding demand. Pain: blocked movement/support. Tingling: readiness to move/ground. Heaviness: rootedness or burden. Numbness: disconnection. Itch: urge to shift.
Toes - general	Fine direction, future steps, balance in movement.	Details of next movement.	Inner next-step sensitivity.	External next-step direction.	Pressure: demand around details. Pain: friction in handling. Tightness: grip/control. Tingling: fine action online. Itch: urge to adjust. Numbness: detail-disconnection.
Big toes	Main direction/will in movement.	Primary direction of path.	Inner path direction.	External life direction.	Pressure: grounding demand. Pain: blocked movement/support. Tingling: readiness to move/ground. Heaviness: rootedness or burden. Numbness: disconnection. Itch: urge to shift.
Second/third toes (lower consensus)	Balance and detail in direction; practical step adjustment.	Fine-tuning path.	Internal path details.	External practical details.	Pressure: demand around details. Pain: friction in handling. Tightness: grip/control. Tingling: fine action online. Itch: urge to adjust. Numbness: detail-disconnection.
Fourth toes (lower consensus)	Relational/commitment detail in path; lower consensus by analogy with ring finger.	Bond/commitment in movement.	Inner loyalty/path tie.	External relationship/path tie.	Pressure: demand around details. Pain: friction in handling. Tightness: grip/control. Tingling: fine action online. Itch: urge to adjust. Numbness: detail-disconnection.
Little toes (moderate consensus)	Subtle balance, vulnerability in movement, small course corrections.	Small but important balance detail.	Inner subtle balance.	External subtle adjustment.	Pressure: demand around details. Pain: friction in handling. Tightness: grip/control. Tingling: fine action online. Itch: urge to adjust. Numbness: detail-disconnection.

Source basis used for consensus synthesis

- Chakra/yogic subtle body maps: crown/higher connection; third eye/insight; throat/expression; heart/love; solar plexus/power; sacral/creativity-sexuality; root/safety-grounding.
- Traditional Chinese Medicine: organ-emotion correspondences such as heart/joy, liver/anger, spleen-worry/overthinking, lung-grief, kidney-fear; meridian/organ patterns used only for broad overlap, not medical claims.
- Reflexology/zone maps: hands and feet treated as interfaces and maps of contact, support, action, and body-system reflection; used for broad symbolism of extremities.
- Reichian/bioenergetic/somatic psychotherapy: ocular, oral, cervical, thoracic, diaphragmatic, abdominal, pelvic segments; chronic holding as defense, expression, bracing, emotional flow, and life-force movement.
- Metaphysical symptom dictionaries and body-symbol systems: recurring themes such as shoulders/burdens, back/support, knees/flexibility/pride, throat/expression, jaw/unspoken anger/restraint, chest/grief/love.
- Functional anatomy and embodied metaphor were used only to resolve ties or fill low-consensus small subregions such as knuckles, individual toes, side waist, and roof/front of mouth.

Selected web sources consulted: chakra overview sources; TCM organ-emotion summaries and classical Zang-organ emotion descriptions; Reichian segmental armoring summaries; reflexology/zone therapy summaries; somatic psychotherapy/body armoring summaries; metaphysical symptom dictionary excerpts. This directory is intended as a consensus symbolic quick-reference, not a medical diagnostic resource.

Geometric Forms for Embodied Movement

A physics-based reference for treating shape as an organizational operator

Purpose

This document is a geometry-only source reference for later analysis of yoga, ritual posture, dance, mudras, martial movement, or other embodied forms. It does not assign meanings to body parts. It asks a narrower question: when a geometric relation is instantiated in a physical system, what kind of transformation does established physics show that relation can impose on fields, waves, forces, flows, currents, stresses, or allowed modes?

Central premise: geometry supplies constraints and transformation rules; the substrate supplies the specific physical manifestation. This is strongly established in wave physics, electromagnetism, mechanics, fluid dynamics, acoustics, photonics, and metamaterials. [1-6]

Evidence scale

- A - strong cross-domain support: the operator recurs in multiple physical domains.
- B - strong physical support but more context-dependent, or demonstrated especially well in one or two domains.
- C - compound form: physically consequential, but no unique universal operator is established beyond its simpler components.

Quick reference

Form	Core geometric operation	What established physics supports	Evidence	Refs
Straight line / axis	Preserves a single direction; provides an oriented path or baseline against which redirection can be measured.	Straight channels and waveguides constrain propagation along an axis. It is best treated as the baseline form rather than a strong active operator.	B	[1,2]
Parallel lines	Maintains alignment while preserving separation.	Opposed parallel conductive plates can create a nearly uniform electric field between them away from edges. Parallelism therefore strongly supports ordered, co-directed separation, but the specific effect depends on material and field conditions.	B	[7]
Acute angle / sharp vertex	Compresses a large directional change into a small spatial region.	Sharp corners and notches can create localized stress singularities; high-curvature conductive regions can also intensify local electric fields. Angle is best treated as the magnitude/abruptness of redirection, not a fixed symbolic meaning.	A/B	[8,9]
Right angle	Imposes a 90-degree redirection between axes.	Corners change propagation, load paths, reflection/scattering, and stress distributions. The robust property is orthogonal redirection, not a universal energetic state unique to 90 degrees.	B	[1,8]
Obtuse angle	Imposes a broader, less abrupt directional change than an acute angle.	Opening angle changes stress fields and other boundary responses. It is best treated as a redirection parameter rather than an independent operator.	B	[8,9]
Curve / arc	Continuously redirects a trajectory instead of changing direction abruptly.	Curved channels create curvature-dependent pressure and velocity redistribution; curved/spiral microchannels generate Dean secondary flows. Biological systems also detect and respond to curvature.	A	[10-12]
Concave arc / U / cup	Directs geometry toward an interior region while remaining open.	Concave boundaries can focus or collect trajectories under appropriate wave/flow conditions. As a structural relation, concavity creates an interior-facing geometry and can support gathering or focusing.	A/B	[10-12]
Convex arc / arch	Directs geometry away from an interior region; presents an outward-facing curvature.	Convex curvature commonly produces outward redistribution or deflection rather than inward focusing, although the exact response depends on the physical medium and boundary conditions.	A/B	[10-12]
Closed loop / circle / oval	Creates closure and recurrence; distinguishes inside from outside.	Closed current loops reorganize magnetic fields; toroidal closure can largely confine magnetic field to the interior. Closed boundaries also determine resonant modes. Ovals preserve closure but break circular directional equivalence through aspect ratio.	A	[1,13,14]

Form	Core geometric operation	What established physics supports	Evidence	Refs
Convergence / V / funnel	Transforms a broader spatial distribution toward a smaller region.	Converging geometries can concentrate trajectories, flux, or flow. In nozzles and transformation-based wave/heat systems, changing cross-section or coordinate geometry changes velocity, pressure, or field concentration.	A	[5,15]
Divergence / flare	Transforms a concentrated region into a broader spatial distribution.	Diverging geometry spreads or expands trajectories. In compressible flow, a divergent nozzle can expand a supersonic flow; the exact energetic result depends on the medium and direction of travel.	A	[15]
Spiral	Combines continuous rotation with radial progression and repeated spatial proximity to earlier portions of the path.	Spiral/curved channels generate secondary vortices; coiled conductors increase repeated magnetic flux linkage; spiral geometries repeatedly redirect and recouple a progressing path.	A	[10,13]
Helix / three-dimensional twist	Combines rotation with translation along an axis and introduces handedness.	Helical antennas can produce circular polarization along their axis; chiral/helical structures interact differently with opposite handedness or propagation direction in photonic systems.	A	[16,17]
Wave / sinusoidal path	Creates periodic alternation around a reference or equilibrium.	Sinusoidal forms are natural solutions of many linear oscillatory and wave systems; periodic spatial structure can also select or suppress propagation bands. The strongest invariant is repeated alternation, not a fixed emotional meaning.	A	[3,18]
Figure eight / lemniscate	Couples two closed recurrences through a shared crossing or central region.	Figure-eight electromagnetic coils create more focal induced fields than simple circular coils because the paired loops reorganize field addition around their junction. Broader cross-domain universality is plausible but less established.	B	[19]
Cross / intersection	Forces previously separate trajectories to share a common region.	Intersections permit coupling, mixing, scattering, exchange, or transfer depending on the medium. The invariant operation is opportunity for interaction at a common point/region.	A/B	[1,2]
Branch / fork / Y	Transforms one pathway into multiple pathways, or multiple pathways into one if direction is reversed.	Branching networks distribute flows and signals; network geometry strongly affects transport and routing. Branch geometry controls how distribution occurs, but branching itself supplies the one-to-many relation.	A/B	[20]
Bilateral or radial symmetry	Makes specified directions or sides equivalent under transformation.	Symmetry constrains allowable physical states and transitions; engineered symmetry produces selection rules in optics and other systems.	A	[21]
Asymmetry / symmetry breaking	Removes equivalence and introduces differentiation, preferred directions, or newly allowed behaviors.	Symmetry breaking changes electrical, optical, magnetic, mechanical, and topological responses and can unlock behaviors forbidden in a symmetric state.	A	[22]
Repetition / periodicity	Repeats a relation at a common spatial interval.	Periodic structures create band structure and can permit or prohibit selected wave frequencies. This is one of the strongest examples of geometry selecting allowable states.	A	[3,18]
Nesting / hierarchy / self-similarity	Places geometrical organization inside geometrical organization, coupling behavior across scales.	Hierarchical and fractal-inspired metamaterials can redistribute stress, activate different deformation mechanisms, and couple local and global behavior across scales. Repetition across scale is not automatically beneficial; function depends on how levels are coupled.	A/B	[23,24]
Triangle	Combines closure, three vertices, three edges, and - when equilateral - threefold symmetry.	Triangles are physically consequential, but current evidence does not support one unique triangle-specific operator beyond enclosure, sharp vertices, symmetry, and directional orientation. Treat as a compound form.	C	[1,2]
Square / rectangle	Combines enclosure, four corners, parallel opposed sides, and orthogonal axes.	Squares and rectangles strongly shape resonant and mechanical states, but their effects are compositional: closure + parallelism + right-angle corners + aspect ratio. Treat as a compound form.	C	[1,2]
Cone / taper	Changes cross-sectional area continuously along an axis; becomes convergence or divergence depending on direction.	Nozzles demonstrate that taper geometry changes pressure, velocity, temperature, and flow state. A cone is therefore a strong compound implementation of progressive convergence/divergence.	A	[15]

Modifiers that must be recorded separately

Angle: How far and how abruptly a direction changes. Acute/right/obtuse should not be treated as independent universal meanings; they quantify redirection.

Ratio / proportion: Relative dimensions alter resonances, mode structure, stresses, flow, and mechanical behavior. Ratio is a powerful parameter, but no single proportion is universally privileged.

Scale: Determines which wavelengths, material lengths, and forces can interact strongly with a form. Same geometry at different scales can behave differently.

Orientation: A shape gains up/down, inward/outward, axial, gravitational, polarization, or field-relative meaning only in relation to an external reference or field.

Direction of traversal: The same form can reverse its operation: inward spiral vs outward spiral; convergence vs divergence; branch vs merger.

Handedness / chirality: Left- and right-handed three-dimensional forms can interact differently with chiral or polarized systems; handedness is deeper than the viewer-dependent labels clockwise/counterclockwise.

Rate and repetition: Static geometry, slow transformation, rapid transformation, and oscillation are different physical situations even if they pass through the same shape.

Material / substrate: The geometric operator can persist while the manifestation changes: fluid, stress, sound, electromagnetic field, tissue, or light each obeys its own equations.

Best forms to prioritize for a body-position analysis

For a yoga- or movement-based geometry project, the strongest starting set is: straight axis; acute/right/obtuse bend; concave U; convex arch; open vs closed loop; convergence/divergence; circle/oval; spiral; helix/twist; wave; figure eight; cross/intersection; parallelism; branching; bilateral/radial symmetry; asymmetry; repetition; and nested geometry. Triangle, square/rectangle, cone, and other recognizable shapes should then be decoded as compounds of these simpler operators.

Interpretive rule for the later body analysis

Do not begin with traditional symbolic meaning. First identify the geometry and its physical operator. Then identify modifiers such as angle, direction, symmetry, orientation, scale, and movement. Only after that should the body-position analysis ask whether the posture could plausibly instantiate the same organizational relation in a living system.

The strongest pre-testing universality claim supported by current science is therefore: certain geometric relations repeatedly impose recognizable classes of organization across different physical substrates. The manifestation changes with the medium; the relational transformation can persist.

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