Consciousness Points as a Framework for Recording Perceived Gains Losses and Feedback

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Abstract

Background. Consciousness Points is an author-developed model describing perceived gains, losses and changing capacity through nodes and feedback.

Objective. To define a recordable unit of experience while preserving the distinction between a conceptual point and a physical measurement of consciousness.

Approach. Documentary synthesis of the founding dossier and related Expandia teaching materials, followed by an editorial proposal for cognitive interviews and prospective event diaries.

Evidence status. No participant dataset or experimental findings are reported. Cellular, subatomic and Fibonacci interpretations remain separate hypotheses.

Conclusion. The immediate research task is to establish whether people understand and use the recording vocabulary consistently before testing broader explanatory claims.

Keywords: consciousness; appraisal; self report; diary methods; feedback; conceptual model

Introduction

In the author's framework, an experience of gain or loss can redirect attention and influence a subsequent decision. The plus and minus signs express perceived direction, while the spiral and infinity images express movement, return and continuity [1]. This paper organizes that proposal as a language for documenting experience. It does not define consciousness as a quantity that can be bought, depleted or inferred from financial success. A loss can carry meaning without indicating personal failure.

Source basis and conceptual definitions

The founding dossier supplies the core point-and-network account [1]. The teaching materials contribute the requirement to label measured, reported, inferred and hypothetical information [2, 3]. The operational definition proposed in this manuscript is editorial: a point is one time-stamped record linking a described event, the person's appraisal and a subsequent response. It should not be retroactively attributed to every historical version of the method. A node represents such a record; an edge represents a relationship explicitly reported by the person or produced by a declared analysis rule. Neither is a measured neuron or synapse.

A proposed recording procedure

A prospective record would retain the event in the person's own words, time of event, time of recording, context, perceived gain and perceived loss, intensity, interpretation and intended action. Gains and losses may coexist and should therefore be recorded separately. A later entry would document what action occurred and whether the original interpretation changed. Missing entries would remain missing. Retrospective reconstruction would be flagged rather than merged with contemporaneous reports. Prospective sampling has an established methodological literature, including ecological momentary assessment [4]; that literature informs recording design without validating the new construct.

Evaluation and analysis plan

Begin with cognitive interviews asking participants to explain what each field means and to classify ambiguous examples. Revise unclear wording before freezing the first research version. A subsequent observational diary could assess completion, time burden, reasons for missing entries and whether contextual notes help interpret ratings. Sampling schedule, sample size, duration and recruitment would be justified before data collection; they are not settled by the present materials. Within-person trajectories should precede any aggregate ranking. If a numerical index is later introduced, its formula, direction, missing-data rules and measurement properties must be specified and tested separately.

Hypotheses and alternative explanations

A Fibonacci claim needs a predeclared numerical variable, expected relationship, tolerance and competing models. Drawing a spiral does not demonstrate that sequence in observations. Likewise, locating the model in particles, cellular nuclei or a circulating energy circuit would require physical variables and independent instruments. The present event diary cannot supply those observations. Changes in reporting can arise from expectations, recall, changing circumstances or increased attention to the diary itself. A conceptual network can organize these possibilities without choosing a biological explanation in advance.

Discussion and conclusion

The contribution is a candidate vocabulary connecting events, appraisals and feedback while keeping the underlying records accessible. Its limitations include source dependence, unvalidated categories and potential interpretive overlap with ordinary reflective journaling. No superiority over another diary or effect on health is established. The next useful output is a reproducible recording form and a comprehension study. The broader theory remains available for later investigation through distinct, falsifiable questions.

Conceptual sources and lineage

The author identifies Neuroakashico®, el gran observador and Neuronas dinero as antecedents of her vocabulary of observation, gain, loss and expansion [5, 6]. De Akashico a Neuroakashico documents the conceptual progression from perception and intention to the proposed wellness ecosystem [7]. These works establish the author's conceptual lineage; they are not independent measurements of neuronal change or financial outcomes.

Declarations

Ana Silvia Lara develops the concepts, methods and products discussed and is associated with the publisher. No independent editorial assessment, funding award or institutional endorsement is claimed. No participant dataset was analyzed for this draft. Proposed studies have not been conducted through this work. The author is responsible for the final work. © 2026 Ana Silvia Lara. All rights reserved in protectable original human-authored contributions.

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