

Life. Understood.

In the pain lies the gold
Carl Jung (1959)

Variability & Stability

Steward summary:

Variability = how calm the line is around your baseline. Calm fields make clean windows; noisy fields scatter energy.

The 3 checks

1. **Wiggle test (last 6h):** Did the line stay mostly within a finger-width on your chart (\approx ~10 Hz)? → Calm if yes.
2. **Spike count (today):** ≤ 3 spikes = fine; > 3 = don't add load.
3. **Mood/physiology:** Easy breath, clear mind, low urgency = steady.

Traffic light

- **GREEN:** Calm wiggle + ≤ 3 spikes + steady mood.
- **AMBER:** One of the above is iffy → lighter gates; add recovery.
- **RED:** Two or more are off → hold gates; rest; simplify inputs.

How to calm a noisy field (quick fixes)

- Water + brief sunlight/nature + 5–10 min easy walk.
- Close cords; quiet the room/site; reduce media.

- One honest service act; stop stacking catalysts.
- Prioritize sleep.

Micro-ritual (10s)

*“I choose steadiness over spectacle.
Let my window be clean and my timing kind.”*

What to jot down (1 line)

Date • Node • Wiggle: calm/medium/noisy • Spike count • Mood: steady/edgy • Next action

Analyst Notes (optional)

- **Stability Index (SI 0–100):** $100 - (2 \times \text{MAD}_{24\text{h}}) - (\text{Range}_{6\text{h}}) - (5 \times \text{SpikeCount}_{24\text{h}}) - (10 \times \text{MeanT}_{\frac{1}{2}} \text{ in hours})$ (clamp 0–100).
- **Read SI:** 80–100 excellent, 65–79 good, 50–64 caution, <50 unstable.