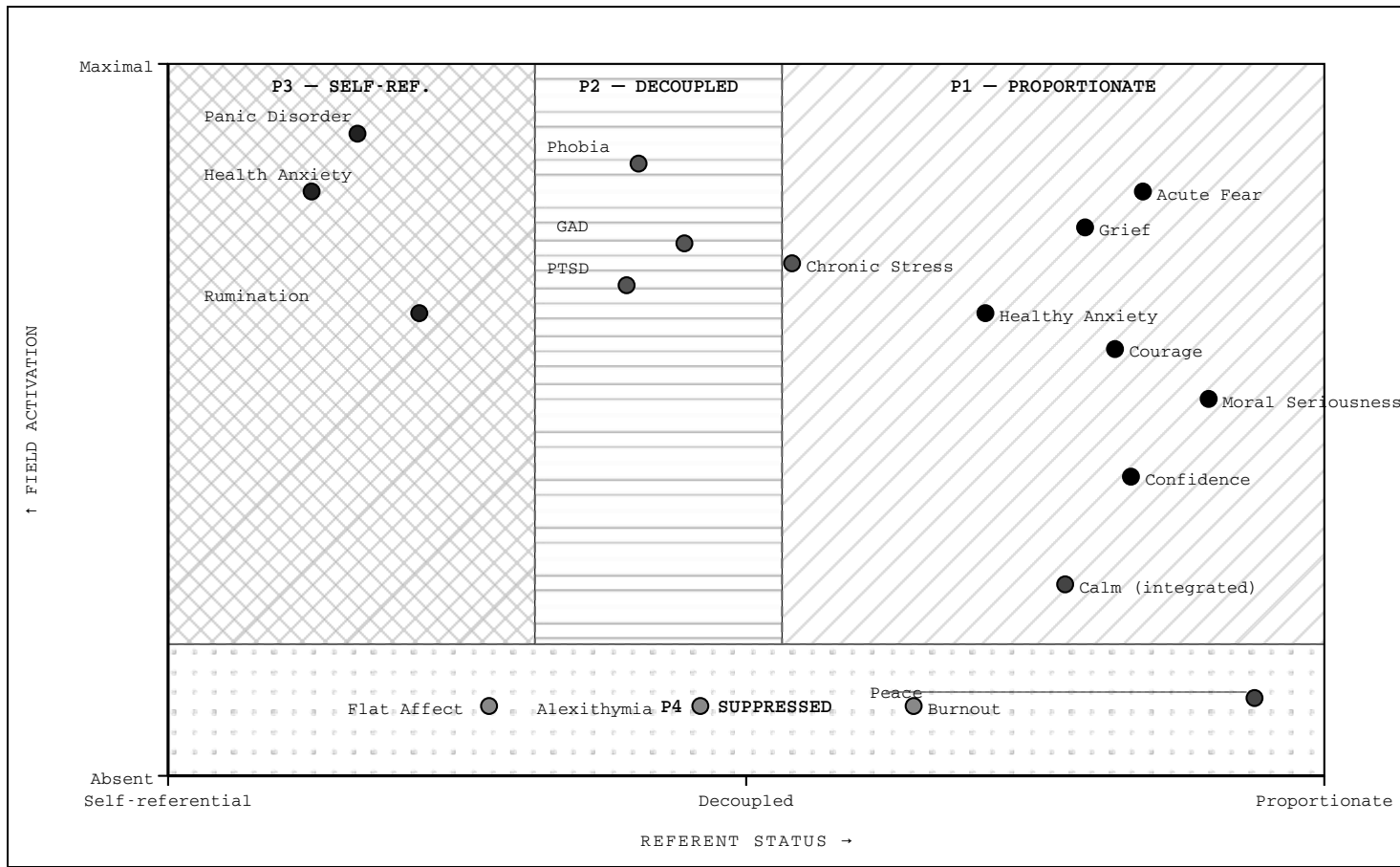


Existential Weight and the Nature of Emotion

A proposed universal standard classifying states of mind by ontological weight, referent coherence, and field activation

PERSONAL FIELD



Dot shading: ● P1 Proportionate ● P2 Decoupled ● P3 Self-Referential ○ P4 Suppressed

P1 Proportionate

Signal calibrated to genuine stakes

THERAPEUTIC DIRECTION

Support genuine choice. Honour the freedom. Allow the merimnaton to complete its function — the superposition to collapse through a self-authored act.

INCLUDES

Fear (acute), Grief, Healthy Anxiety, Moral Seriousness, Courage, Confidence, Calm (integrated), Peace

P2 Decoupled

Signal without referent

THERAPEUTIC DIRECTION

Re-anchor the merimnaton to its original referent. Trace the displaced GRAVIS back to the unresolved superposition that generated it.

INCLUDES

GAD, Specific Phobia, PTSD, Social Anxiety Disorder, Chronic Stress, OCD (externally displaced)

P3 Self-Referential

Anxiety about anxiety

THERAPEUTIC DIRECTION

Dismantle the secondary fear layer before approaching the primary merimnaton. Interoceptive exposure, ACT defusion — restoring the merimnaton to first-order function.

INCLUDES

Panic Disorder, Health Anxiety, Catastrophising, Rumination disorder, Existential dread loops

P4 Suppressed

Field below activation threshold

THERAPEUTIC DIRECTION

Careful, supported reactivation of the merimnaton field. The GRAVIS that emerges upon reactivation is not a treatment failure — it is the beginning of integration.

INCLUDES

P1 — PROPORTIONATE

Signal calibrated to genuine stakes

The merimnaton is active and accurately coupled to a real choice with real consequences. The GRAVIS load corresponds to the genuine ontological weight of what is at stake. This is not pathology — it is the qualitative field functioning exactly as it should. Fear of a real present threat, grief after genuine loss, the weight of a moral decision: all are Position 1. The therapeutic task is not to reduce the signal but to support the process of genuine engagement.

THERAPEUTIC DIRECTION

Support genuine choice. Honour the freedom. Allow the merimnaton to complete its function — the superposition to collapse through a self-authored act.

P2 — DECOUPLED

Signal without referent

The merimnaton is active at significant intensity, but the qualitative field has lost the original referent. The GRAVIS belongs to a historical superposition that was never resolved — often developmental, sometimes traumatic. The anxiety is displaced onto a substitute referent that does not genuinely warrant the weight it carries. The signal is real. The address is wrong.

THERAPEUTIC DIRECTION

Re-anchor the merimnaton to its original referent. Trace the displaced GRAVIS back to the unresolved superposition that generated it. Psychodynamic and trauma-informed approaches address this directly.

P3 — SELF-REFERENTIAL

Anxiety about anxiety

The merimnaton has turned on itself. The qualitative field generates GRAVIS about the merimnaton signal itself — the organism fears being afraid, and constructs an avoidance architecture around the experience of anxiety. Every avoidance attempt confirms the danger of the signal and compounds the load recursively. This is the highest GRAVIS-accumulating configuration: no cycle discharges, every cycle adds.

THERAPEUTIC DIRECTION

Dismantle the secondary fear layer before approaching the primary merimnaton. Interoceptive exposure (panic disorder), ACT defusion — restoring the merimnaton to first-order function: carrier of freedom, not harbinger of catastrophe.

P4 — SUPPRESSED

Field below activation threshold

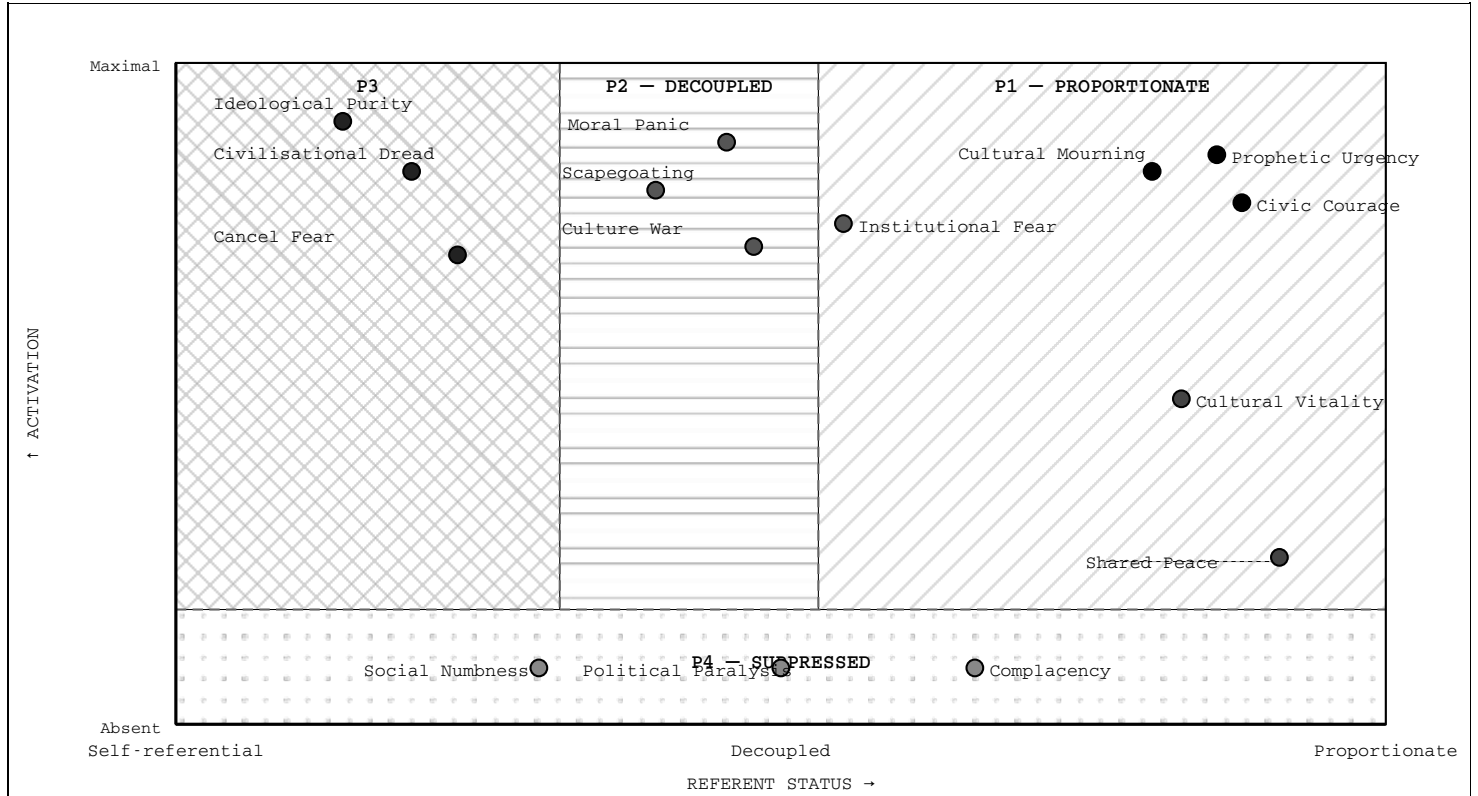
The merimnaton field has been silenced below its activation threshold. Through chronic pharmacological management, early-life GRAVIS conditioning that made freedom unsafe, or habituated dissociation from qualitative self-authorship, the field no longer registers genuine stakes. The apparent calm is compression, not integration. What lies beneath is unprocessed GRAVIS accumulated before suppression began.

THERAPEUTIC DIRECTION

Careful, supported reactivation of the merimnaton field. The GRAVIS that emerges upon reactivation is not a treatment failure — it is the beginning of integration. The field that re-opens will surface the weight that was compressed.

COLLECTIVE FIELD

The same four-position framework applied to collective, social, and civilisational states of qualitative activation.

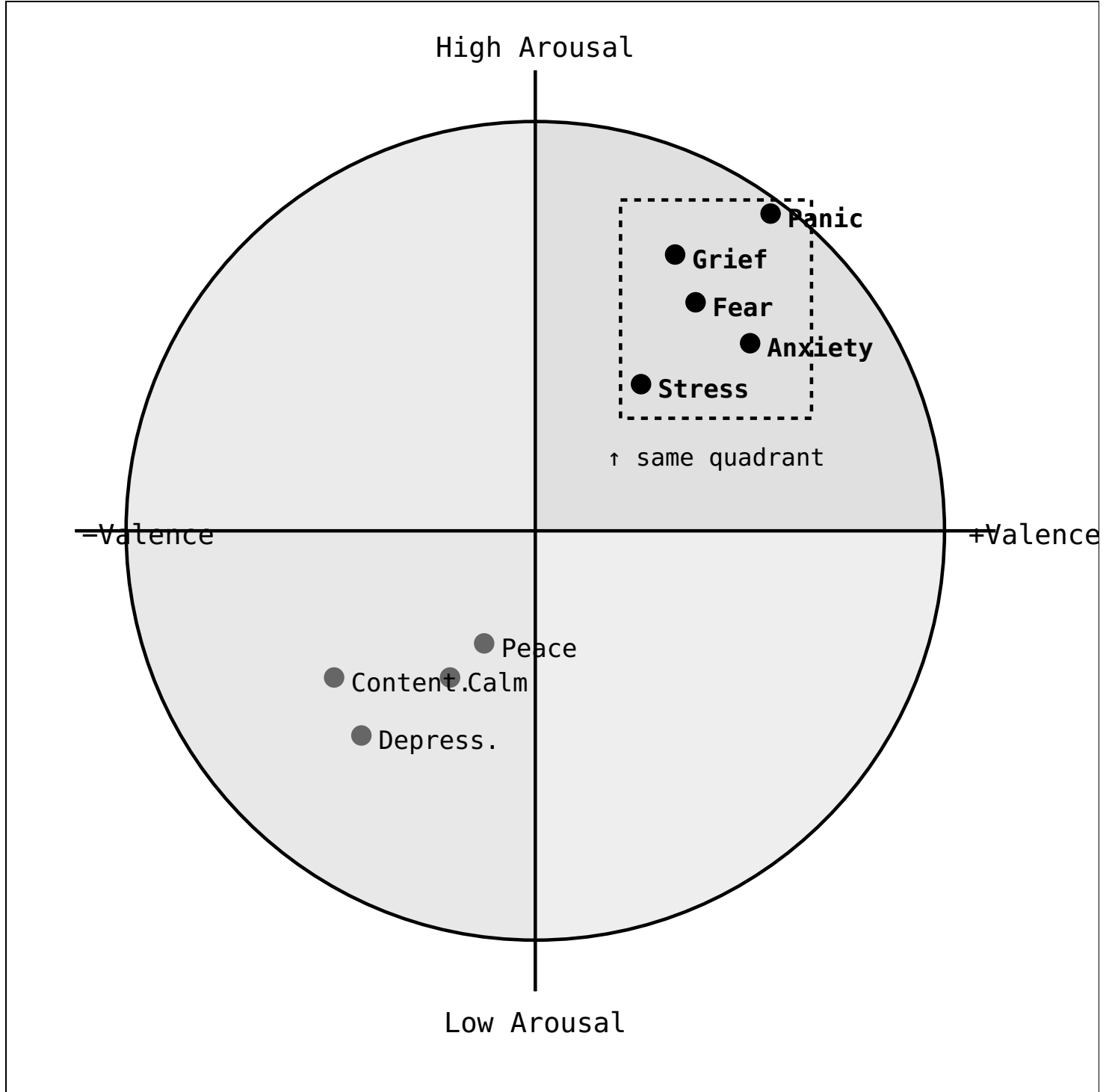


STATE	POSITION	SUM DESCRIPTION
Prophetic Urgency	P1	Collective field registering genuine danger to genuine values. High activation, accurately coupled. Requires response, not suppression.
Cultural Mourning	P1	Proportionate collective GRAVIS after genuine loss of persons, traditions, or shared meaning that was real.
Civic Courage	P1	Collective merimnaton active at genuine civic stakes. The community holding weight proportionate to what is genuinely at risk.
Cultural Vitality	P1	Collective qualitative field engaged with genuine meaning-making. Proportionate, generative of shared identity.
Shared Peace	P1	Collective $\Lambda\omega$ ground state. Community held in a ground that does not oscillate with its historical weight.
Moral Panic	P2	Collective anxiety displaced onto a substitute referent — a group, behaviour, or technology carrying weight it did not generate.
Scapegoating	P2	Collective GRAVIS projected outward onto a defined target. Referent decoupled from the actual source of existential weight.
Culture War	P2	Genuine existential GRAVIS displaced onto proxy conflicts. Real civilisational stakes masked by substitute battlefields.
Institutional Fear	P2	Organisations in GRAVIS overload displacing accountability onto external causes. Real weight, wrong address.
Civilisational Dread	P3	Collective anxiety about collective anxiety. The culture generating GRAVIS about its own state of GRAVIS. Recursive and accumulating.
Cancel Fear	P3	Social merimnaton turned self-referential: fear of being perceived as deviant for expressing the merimnaton.
Ideological Purity	P3	The in-group enforcing suppression of merimnaton expression. Collective self-referential loop.
Social Numbness	P4	Collective suppression after GRAVIS overload. The society that has received so many signals it now registers none of them.
Political Paralysis	P4	Collective field below action threshold. Apparent equilibrium masking compressed historical weight.
Complacency	P4	Field suppressed despite genuine present stakes. The collective organism that cannot register the actual weight of what is at risk.

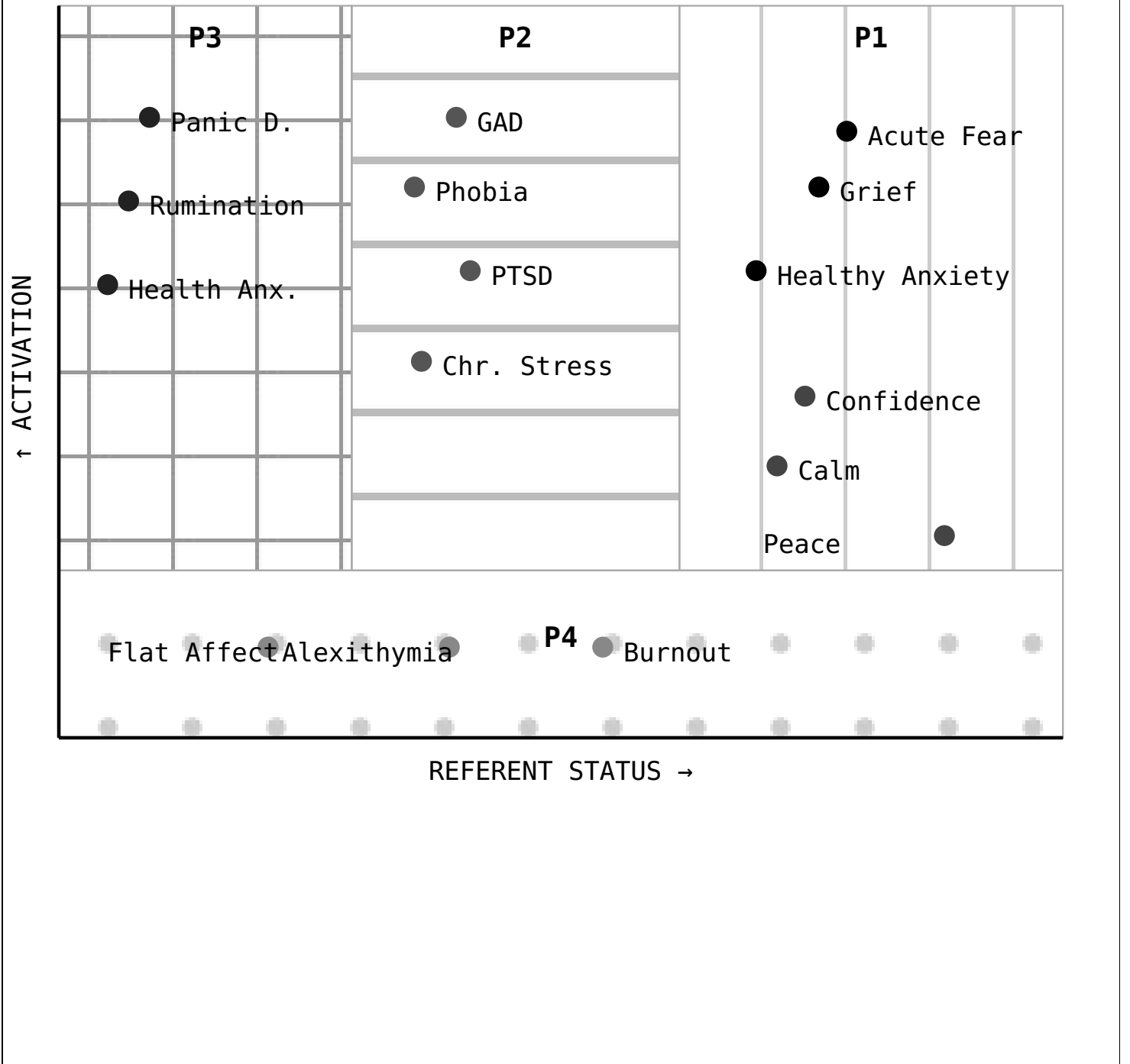
VS. CIRCUMPLEX — STRUCTURAL COMPARISON

Russell's Circumplex Model (1980) is the dominant framework in affective neuroscience. The GRAVIS Field Map proposes a structural extension — adding axes for referent coupling and ontological weight — that resolves its key diagnostic limitation.

CURRENT STANDARD — Russell's Circumplex Model (1980)



Problem: Fear / Anxiety / Grief / Panic / Stress occupy the same quadrant. Peace / Calm / Burnout / Suppression are also indistinguishable. No axis for referent coupling, ontological weight, or integration status.



Result: Each state occupies a distinct structural position. Healthy Anxiety ≠ GAD ≠ Panic ≠ Grief ≠ Acute Fear. Peace ≠ Calm ≠ Burnout flatness ≠ Suppressed affect. Two new axes: referent coupling and integration status.

SUM NOTATION

$M_5 = M_4 \times Q$ · GRAVIS = ontological weight of qualitative experience · $\Lambda\omega$ = love-constant, ground state of the Primaton field · Merimnaton = Primaton family member carrying $\mu\acute{\epsilon}\rho\lambda\mu\alpha$ (superposition-weight of freedom before choice) · $W(\tau)$ = modulation of qualitative time · Primaton = fundamental quantum of the Q dimension