

# Unified State Enchantment Wheel: A Multidisciplinary Exploration

**Unified State Enchantment Wheel (USEW)** is an interactive mindfulness tool that combines color selection, personal symbolism (“enchantments”), and a unique color-naming system to help individuals design a “unified” self-state each day. Below we provide an exploratory overview of USEW, examine its theoretical foundations (therapeutic, cognitive, and educational), and discuss its potential benefits for personal well-being, social communication, and human-AI interaction.

## Overview of the Tool and Its Purpose

**USEW at a Glance:** The tool presents a circle (wheel) divided into seven sectors, each corresponding to a layer of one’s personal experience or identity. The user assigns a color and an *enchantment* (a symbolic virtue or intent) to each sector, then the wheel computes a **unified color** (the average of all chosen colors) at the center along with a unified enchantment symbol (the aggregate of chosen virtues). In effect, the user “projects” a holistic state for the day by aligning multiple aspects of self with a coherent color theme and set of intentions.

- **Seven Personal Sectors:** From the most tangible to the most abstract, the sectors are: **Local** (e.g. footwear – one’s grounding or immediate presence), **Global** (legwear – one’s movement and interaction with the world), **System** (bodywear – core self/presentation), **Galactic** (headwear or hair – identity or mindset), **Universal** (symbolic accessory like a ring or watch – personal ideals or beliefs), **Multiversal** (virtual/media domain such as phone wallpaper or daily soundtrack), and **Infinite** (inner mindset or mood). Each layer gets its own color and enchantment, encouraging the user to consider every facet of their day – from literal clothing to mental attitude – and bring them into alignment.
- **Enchantments:** These are essentially *positive affirmations or qualities* represented by symbols (e.g. ☸ for Peace, ⚡ for Energy, 🔍 for Focus, ♥ for Protection, etc.). The user “casts” an enchantment on each state, reinforcing a specific intention or mood for that aspect of their self. This is akin to setting daily intentions for different life domains, a practice known to improve mindfulness and self-regulation (setting intentions helps keep actions aligned with values throughout the day <sup>1</sup>).
- **Unified Color and Mantra:** At the center of the wheel, the tool displays the **Unified Color** – an average of the RGB values of all seven chosen colors – along with a **unified enchantment** (an average or most common enchantment symbol). This single color is given a special *name* generated by a math-to-language algorithm (more on this below). The name, which is pronounceable and unique, serves as a kind of mantra or “audio tag” for the user’s unified state. The idea is that by remembering or even vocalizing this code word, the user can recall the entire set of chosen colors/intentions and thus re-center their mind during the day.

**What Problem Does it Solve?** In essence, USEW addresses the challenge of staying *psychologically unified and focused* amid daily chaos. Many people set positive goals in the morning (e.g. “I want to remain calm and clear-headed”), but lose track as stressors mount. This tool provides a concrete, multi-

sensory anchor for those goals. By involving visual choices (colors for each aspect of self) and symbolic affirmations (enchancements), it creates a personalized ritual that makes one's daily intentions tangible. Psychological research shows that such rituals and multi-modal cues can enhance commitment and reduce anxiety. For example, engaging in a structured **coloring activity with personal meaning can induce mindfulness and a sense of control**, which is known to lower anxiety and improve mood <sup>2</sup> <sup>3</sup>. The USEW effectively combines aspects of **art therapy, affirmations, and morning routine planning** into one unified exercise.

**Why It's Useful:** The tool's usefulness spans several dimensions:

- *Mindfulness and Mental Alignment:* By deliberately choosing colors and enhancements for each part of one's self (from shoes to mindset), users perform a mindful review of their day's outlook. This encourages present-moment awareness and intention-setting, practices linked to reduced stress and improved self-regulation <sup>1</sup>. It's an active form of meditation – one is **designing their day with symbolic meaning**, which can foster a sense of inner harmony and purpose.
- *Emotional Self-Expression:* Colors and symbols provide a **nonverbal language for emotions and goals**. This can be therapeutic – similar to how patients in art therapy use colors to express feelings they can't put into words <sup>4</sup> <sup>5</sup>. The USEW gives individuals a private, creative outlet to "encode" their current state or needs. For instance, choosing a calming blue with a "serenity" enhancement for the "Infinite (mindset)" sector might express a desire for peace of mind, whereas a fiery red with "courage" in "Global (action in the world)" could signify gearing up for a challenging task. Such *externalization* of internal states is known to help people process and communicate emotions <sup>6</sup> <sup>7</sup>. It also promotes self-clarity – seeing all aspects unified in one visual can highlight contradictions or balance (if your headwear color clashes with footwear, is your mindset at odds with your foundation? The tool makes these reflections possible).
- *Daily Motivation and Continuity:* The act of "casting" enhancements on oneself can feel empowering or playful (almost like a game of self-transformation). By revisiting the wheel each morning, users may find a comforting sense of continuity and control. There's a therapeutic framework here: the wheel ritual can become a daily *grounding technique*. Much like morning journaling or prayer, it offers a familiar structure to start the day on a focused note. Research on **daily routines** and mental health suggests that consistent morning practices can reduce anxiety by providing predictability and self-efficacy at the day's outset <sup>2</sup> <sup>8</sup>.
- *Physical and Embodied Effects:* Unifying one's attire with one's mental goals could have real behavioral effects. Psychology has documented "**enclothed cognition**" – the influence that clothing exerts on the wearer's mind <sup>9</sup>. Simply wearing an outfit that one *believes* is aligned with a role or quality can boost confidence or cognitive performance. (A famous study found that people performed better on attention tasks when wearing a lab coat associated with doctors, symbolizing attentiveness <sup>10</sup> <sup>11</sup>.) In USEW, if you assign, say, the color green and the enhancement "Energy <math>\nearrow</math>" to your shoes (Local), those green shoes become a **symbolic reminder** of your intention to be energetic. The symbolic meaning "embodied" in the clothing can activate that trait in the mind <sup>12</sup> <sup>13</sup>. In short, *dressing with intention* – guided by the wheel – could positively influence how one feels and behaves, by leveraging the mind's tendency to link visual symbols with abstract concepts.
- *Social Sharing and Connection:* A longer-term potential is that people could share their wheels (or the resulting unified color name) with friends or a community. This creates a novel form of **human-to-human communication** about personal state. Instead of or in addition to text

journaling, one's daily "wheel" could be posted with a short note. Others might find it easier to *intuitively grasp a friend's colorful wheel than to parse a paragraph of text about their mood*. Color is a universal medium; studies in affective communication note that colors carry cross-culturally recognizable emotional signals (e.g. red for intensity, blue for calm) <sup>14</sup> <sup>15</sup> . A large library of shared wheels annotated with personal stories could become a rich resource – almost like a collective diary of how people feel and strive over time. It might foster empathy ("Today my colleague's unified color is a muted gray named *som-levuun*, indicating a low mood; I understand they might need support") as well as inspiration (learning new strategies from others' combinations). This aligns with trends in online well-being communities where visual self-expression (memes, art, mood boards) helps people connect without language barriers. Essentially, USEW opens a *new channel for social emotional communication*, one that is visual, succinct, and expressive.

- *Personal and Societal Perspectives*: On an individual level, using the wheel daily can enhance self-awareness and emotional intelligence. One learns to articulate "this part of me needs X today" in a creative way. Over weeks or months, patterns might emerge – for example, always leaning towards cool colors when stressed – which the user can reflect upon or even discuss with a therapist or coach. On a civilization level, if the concept were widely adopted, it could normalize mindful daily planning and destigmatize talking about one's mental state (since communicating via colors/symbols is often less fraught than direct emotion-talk). Imagine workplaces where morning check-ins involve sharing one's wheel briefly – it could humanize colleagues and flag who might need help, in a respectful, non-invasive way.

In summary, the USEW is useful as a **personal well-being toolkit** (melding art, intention, and embodiment) and has promising extensions for **community building and mental health** awareness.

## Therapeutic Applications and Benefits

One of the strongest cases for the USEW is its alignment with therapeutic techniques, especially those in **art therapy, mindfulness-based therapy, and positive psychology**. Here's how the wheel can contribute to mental and even physical health:

**1. Stress Reduction and Anxiety Management**: Engaging with colors in a focused, creative task can produce a calming, meditative effect. Clinical research on *coloring therapy* – for example, having patients color mandala patterns or drawings – shows significant reductions in anxiety levels <sup>16</sup> <sup>2</sup> . In a controlled trial with generalized anxiety disorder patients, adding 30–120 minutes of coloring activity per day led to greater decreases in anxiety and negative mood compared to standard treatment alone <sup>16</sup> <sup>3</sup> . The USEW leverages a similar mechanism: by drawing the user into the process of picking and adjusting colors on the wheel, it induces a state of **relaxed concentration**. The user is not passively ruminating on worries, but actively shaping something beautiful and personal. This immersion in a coloring-like activity provides "psychological security" and can shift the brain into a calmer state (increased alpha brainwaves, indicating relaxation, and reduced beta waves associated with stress) <sup>17</sup> <sup>18</sup> . In essence, **the wheel serves as a form of mindfulness meditation**, where attention is anchored to color and design, giving the mind a reprieve from anxious thoughts.

*Plutchik's Wheel of Emotions illustrates how colors can be used to represent and organize human feelings. The USEW similarly employs a circular color layout to map internal states, grounding abstract emotions in visual form.* <sup>15</sup> <sup>19</sup>

**2. Positive Mood and Depression Relief:** Beyond anxiety reduction, creative color exercises have been linked to improvements in mood and even depressive symptoms <sup>20</sup> <sup>21</sup>. By choosing *personally uplifting colors* or enchantments, a user may be practicing a form of **behavioral activation** – deliberately introducing positive triggers into their day. For instance, if someone is feeling down, they might consciously pick a bright, warm color (like yellow or orange) for one of the sectors and assign an enchantment “Joy” or “Energy” to it. This is analogous to techniques in cognitive-behavioral therapy where patients schedule pleasurable or value-aligned activities to counteract depression. The wheel makes it a **visual and symbolic scheduling** of positivity. Even the small act of seeing a favorite color can spark a bit of joy or comfort (color psychology suggests that *bright, saturated colors can lift alertness and positive affect*, whereas very dull or dark palettes might sustain a low mood <sup>22</sup> <sup>23</sup>).

Importantly, the *narrative* a user builds around their color choices can help reframe their mindset. For example, framing one’s day as “*wearing courage ( ) and creativity (☞) in my personal galaxy*” is a reframing that emphasizes strengths and hopeful qualities, which resonates with **positive psychology interventions** (these often use guided imagery or imaginative play to increase optimism and resilience). Over time, repeatedly focusing on positive enchantments could reinforce a more positive self-schema. There is neuroscientific evidence that **self-affirmations** (reminding oneself of one’s values or strengths) activate brain reward pathways and improve emotional regulation <sup>24</sup>. Choosing enchantments like *Courage, Harmony, Wisdom* is essentially an act of self-affirmation. The wheel integrates this with visual cues, possibly boosting its effectiveness by engaging multiple senses.

Moreover, creating one’s wheel is an act of *expressive art*. According to art therapy research, expressing oneself through color and design can alleviate depressive feelings by externalizing and transforming emotional pain <sup>25</sup> <sup>26</sup>. One study noted that patients who used their preferred colors and patterns to depict stressful events felt relief and also provided therapists with insights to tailor treatment <sup>25</sup>. In the context of USEW, while it’s not explicitly about drawing a scene, a user’s choices could still reflect inner struggles (e.g., consistently choosing very dark colors might indicate low energy or sadness). By recognizing these patterns (perhaps journaling alongside the wheel about why they chose those colors), the individual can gain insight, and if they share it with a counselor or friend, it opens a dialogue. In sum, **the wheel can be a therapeutic mirror**, revealing emotional states and progress in a visually accessible way.

**3. Grounding, Control, and Coping:** Many therapeutic techniques for anxiety and trauma emphasize *grounding* – focusing on present sensory details to break free from racing thoughts or flashbacks. The USEW acts as a grounding tool: whenever the user feels overwhelmed during the day, they can recall their unified color name (a unique word) or glance at the color (if they saved it on their phone or are literally wearing it). This serves as a mental “safe point” or anchor, bringing them back to the intention they set in the morning. In cognitive-behavioral terms, it’s a conditioned cue associated with a calm and deliberate frame of mind. Over time, the ritual of setting the wheel each day can classically condition relaxation and confidence responses (much like how the smell of a certain tea might calm you if you drink it during meditation every morning).

The *sense of control* offered by designing one’s wheel should not be underestimated for mental health. Psychologists have long noted that a feeling of agency can reduce stress; even small choices and rituals help reaffirm that one is not helpless. In a chaotic environment, choosing your “colors of the day” is a gentle act of asserting control over what you can (your attire, your mindset), which can improve coping. Studies on **intention setting** and routines indicate that these practices increase self-efficacy and can lower the impact of daily stressors by providing a buffer of deliberate calm <sup>27</sup> <sup>1</sup>. The USEW essentially formalizes intention-setting into a visual form.

**4. Educational and Cognitive Benefits:** There's also a therapeutic benefit in *learning* and cognitive stimulation. For individuals struggling with certain mental health issues, engaging the intellect and curiosity can be healing (it diverts from negative loops). USEW's built-in **color naming algorithm** can spark curiosity and a learning mindset. The tool doesn't just say "Unified color: #D7D7D7"; it might call it "*JoM-zifouo*" (an example format). This nonsensical word actually encodes the hex value in a pronounceable way <sup>28</sup>. Figuring out or even just reading about how this works can shift the user into an analytical or playful mental mode, countering depressive rumination. The naming system was inspired by *Proquints* (pro-pronounceable quintuples) and ensures every 24-bit RGB color gets a **unique, human-readable name** <sup>28</sup>. It splits the color into two 12-bit chunks and maps them to syllables, then adds letters for lightness and a checksum vowel <sup>29</sup>. The result is a "word" that looks oddly natural; in fact, the distribution of syllables was tuned to mimic real language frequency (obeying Zipf's law) <sup>30</sup>. For a user, this means the unified color name is not a random jumble but something they can *say and remember*. This name can be used as a **mantra** – repeating it internally or aloud engages auditory memory and focus, reinforcing the visual anchor. (From a cognitive science perspective, this is a clever use of *dual coding theory*: the color is stored both as a visual memory and a verbal memory, which can improve recall and impact <sup>28</sup> <sup>30</sup>.)

Therapeutically, having a personalized mantra that's jargon-free and generated from one's own input can be more impactful than using generic calming phrases. It feels *unique to that person on that day*, enhancing the personal relevance which is key for emotional salience.

Finally, the **educational aspect** cannot be ignored: USEW can teach users about color theory and emotional associations in a hands-on way. As they experiment with hues, they may learn how mixing colors works (since the unified color is essentially the "average" – an implicit lesson in additive color averaging). They also learn about their own emotional responses to color ("I realize I always choose green when I need comfort"). In group or classroom settings, the tool could be used to facilitate discussions on psychology, art, or even computer science (the underlying algorithm and coordinate system for colors has connections to encoding, as outlined on the project's site <sup>31</sup> <sup>32</sup>). This educational usage doubles as therapeutic: learning new skills or perspectives is associated with improved mental well-being (it builds a growth mindset and optimism).

## Cognitive Science, Color Psychology, and Mindfulness Foundations

The design of the Unified State Enchantment Wheel draws on several well-established principles in cognitive science and psychology:

**1. Color Psychology & Symbolic Meaning:** Colors are not just physical wavelengths; they carry *psychological and cultural meaning*. Research has shown that colors can systematically influence mood, arousal, and even performance <sup>14</sup> <sup>33</sup>. For instance, longer-wavelength colors like red and orange tend to feel "warm" or arousing, whereas blues and greens often have calming associations <sup>34</sup> <sup>33</sup>. People also form associations through social learning: **red** might evoke excitement or urgency (think of red alarms or romance), **blue** might suggest serenity or sadness depending on context (a "blue mood") <sup>15</sup> <sup>35</sup>. The USEW allows individuals to tap into these associations deliberately. If someone needs energy, they might intuitively pick a bright yellow or red for a sector; if they crave peace, perhaps a soft blue or green. By doing so, they are leveraging color-emotion links that psychological theories like *color-in-context* have documented (i.e. colors can carry positive or negative connotations depending on the situation, and when applied to objects like clothing they can extend those effects to the wearer <sup>36</sup> <sup>37</sup>). Additionally, because the tool involves *wearing* or surrounding oneself with the chosen colors, it invokes the earlier mentioned **enclothed cognition** and related phenomena of embodied cognition. In

cognitive science, the embodied mind theory argues that our bodily experiences (including what we see and wear) shape our cognitive processes <sup>38</sup> <sup>13</sup> . Thus, wearing a color with a strong symbolic meaning can trigger that mental schema (e.g., black clothes might trigger feelings of formality or seriousness, while a neon accessory might make one feel trendy or bold).

Furthermore, the inclusion of **symbols** for enchantments (like ✧ for Clarity or 🌿 for Serenity) taps into the brain's capacity to handle abstract concepts through concrete imagery. This relates to *conceptual metaphor theory* – the idea that we often understand abstract ideas via metaphors grounded in sensory experience <sup>15</sup> . In our case, an icon like a mountain 🏔️ for “Resilience” gives a mental image of stability and endurance, which reinforces the abstract notion of resilience. This multi-sensory metaphor approach (seeing the icon, visualizing the concept) can enhance the cognitive impact of the chosen enchantment.

**2. Mindfulness and Focus:** The process of using USEW closely parallels mindfulness practices. In mindfulness meditation, one often sets an intention and uses a focus (like the breath, a mantra, or a visualization) to anchor the mind. Here, the *focus object* is the color wheel and its elements. The user's attention is gently guided to colors, names, symbols – keeping them in the present moment as they decide what “feels right” for each sector. This cultivates introspection and deliberate, slow thinking (as opposed to the hurried, distracted mode we're often in). Mindfulness research indicates that such focused, intention-driven activities can decrease mind-wandering and stress <sup>17</sup> <sup>18</sup> . One might consider the wheel as a kind of **mandala** – traditionally, mandalas are circular designs used in Hindu and Buddhist meditation to center the practitioner. In fact, modern therapeutic findings show that **coloring mandalas** can lower anxiety and induce a meditative state in participants, sometimes more effectively than unstructured coloring <sup>39</sup> . The wheel, with its symmetric circular form and personal symbolism, functions like a high-tech mandala that the user creates anew each day. By focusing on it, users may enter a *flow state* – a state of absorption which is known to be rewarding and stress-relieving in itself.

Additionally, the wheel encourages the practice of **nonjudgmental awareness** – a core tenet of mindfulness. There's no “right or wrong” color for a feeling; users are invited to explore what each color means to them. This can help build a more compassionate self-understanding, as one observes “today my heart (bodywear) feels a bit gray, and that's okay” rather than criticizing oneself for feeling down. The very act of observing and labeling (with a color/enchantment) what one feels in different domains is akin to the mindfulness technique of noting feelings (“name it to tame it” is a common phrase – by naming an emotion you can reduce its grip). Here we name it with a creative twist (color & enchantment), making the practice potentially more engaging.

**3. Memory and Cognition (Dual Coding & Mantras):** We touched on this earlier, but to elaborate: the unified color name leverages cognitive principles for memory. **Dual coding theory** posits that information is better remembered when encoded in both verbal and visual forms. The unique color name does exactly that – it pairs an *unusual word* with a *visual color*. The word itself is derived from the color's RGB value, ensuring a one-to-one link. So when the user hears or recalls the word, it's a prompt to visualize that exact color; conversely, seeing the color can prompt the word. This bidirectional cueing can reinforce the recall of the intended state. If the unified color is meant to represent the user's “*balanced, unified self*” for the day, having it encoded in multiple ways strengthens the mental association. Repeating the mantra (which the tool even facilitates via a text-to-speech link) adds an auditory dimension, engaging yet another sense.

There's also an aspect of **novelty** and fun – humans are generally better at remembering novel, surprising terms than bland ones. A made-up mantra like “*Lum-kiveut*” (to use the site's example <sup>28</sup> ) is

something the brain finds curious, possibly invoking a mini puzzle: “What does that mean? Oh yes, my color.” This mild cognitive arousal can keep the intention salient. In contrast, if one simply said “my goal is balance” every day, the phrase might become rote and lose power; but a pseudo-word generated fresh each day avoids habituation.

**4. Human-Computer Interaction (HCI) Design:** The USEW is a fascinating case from an HCI perspective because it integrates affective computing principles. *Affective computing* is about systems that can relate to or influence human emotions <sup>40</sup>. Colors and light are known to be fundamental channels for emotion in HCI <sup>40</sup> <sup>19</sup> – think of ambient lighting that changes with your relaxation level, or apps that display your mood on a color gauge. Here, the computer (or rather the software tool) is essentially reading the user’s emotional/cognitive input (via color choices) and then providing a synthesized output (the unified color and enchantment) that the user, in turn, responds to. It’s a tight human-AI loop focused on emotion. The design acknowledges that “*light and color are ubiquitous factors influencing humans*” and makes them a central modality for interaction <sup>40</sup>.

From a usability standpoint, the wheel format is intuitive (circular layouts are often used for holistic representations, as in the **wheel of emotions** image above or “wheel of life” assessments in coaching). This taps into an innate cognitive preference for organizing complex information spatially and cyclically. By segmenting life into seven slices, it reduces the cognitive load of reflecting on “everything” into a manageable structure. Seven items is within the realm of classic human working memory capacity (Miller’s law suggests people can hold  $\sim 7 \pm 2$  items in mind), which perhaps is coincidental but convenient – the user can mentally iterate through local, global, ..., infinite without feeling overwhelmed. In contrast, asking someone “tell me how you are doing in all aspects of life” is far too vague and taxing; the wheel provides a scaffold.

Lastly, the friendly user interface (color picker, drag-and-click on wheel) lowers the barrier to entry for therapeutic self-reflection. Many people who might resist writing a journal or filling a therapy worksheet might happily play with a color wheel app. By disguising self-care as a creative game, the tool embodies the HCI idea of **persuasive design** – encouraging positive behaviors through engaging experiences rather than force or dull tasks.

**5. Communication (Human-Human and AI-Human):** Communicating one’s internal state is notoriously hard – it’s the challenge of qualia and personal experience. The USEW creates a *common reference point* (colors and symbols) that humans can share. This is somewhat analogous to how emojis or mood boards serve as visual communication of feelings. In fact, one could think of a completed wheel as a personalized emoji set for the day. Each sector’s color and icon communicates something specific yet leaves room for interpretation in a graceful way. This ambiguity can be useful – it invites discussion (“I see you chose a lot of blue today; do you feel calm or sad or something else?”) and personal storytelling, rather than shutting it down with a single label. From a social psychology view, sharing one’s wheel could increase vulnerability and trust among individuals, since you’re effectively sharing a piece of your inner world encoded visually. As noted in art therapy literature, when clients share their color-based creations, it often leads to *rich dialogues and increased empathy* from others <sup>4</sup> <sup>41</sup>. The wheel could act as an **ice-breaker for emotional conversations** that might otherwise never happen.

On the AI-to-human side, one can imagine AI systems utilizing a similar format to convey information or to read user signals. For example, a future AI wellness coach might present the user’s emotional trend as a wheel or suggest color-enchantment combinations (“It seems you’ve been low on energy. Shall we try adding a bright *yellow*  $\nearrow$  *Energy* to your day’s plan?”). Because the format is user-friendly and emotionally resonant, it could improve adherence and engagement in AI-driven therapy or coaching. The structured data of many users’ wheels could also train AI to recognize patterns (“people who

choose very desaturated colors for all sectors report feeling disengaged – maybe that’s a red flag for depression that the AI can proactively address”). In HCI research, there’s interest in *transparent AI* that explains itself; an AI might even express *its* current operation state via a color wheel metaphor (for instance, a home assistant could have a wheel indicating which systems are active – local, global, etc. – using colors that imply normal or warning states). While speculative, these ideas show the versatility of the framework in facilitating clearer communication between humans and complex systems, by leveraging our innate response to color and symbol.

## Perspectives for Daily Life and Broader Usage

**Daily Personal Life:** Integrating the Unified State Enchantment Wheel into one’s morning routine can be seen as adopting a healthy habit. Just as people do morning yoga or write gratitude lists, “wheel-casting” can prepare the mind for the day. It offers a moment of *self-connection* before external demands hit. Users might find that it increases their intentionality – they move through the day constantly reminded (by that blue shirt or that particular shade on their phone background) of the mindset they chose. This can reduce the feeling of being “tossed around” by circumstances, as one carries a visual reminder of their inner stability. Over time, it could improve self-discipline (since you set out goals and are then accountable to the aesthetic you created) and even productivity, insofar as aligning actions with intentions tends to reduce internal conflict. There’s anecdotal evidence and some research that **setting daily intentions improves self-control and attention** <sup>27</sup>. The wheel makes intentions not just a sentence you write, but something you *wear and see*, arguably a more constant reinforcement.

In families, one could use the wheel as a fun group activity – e.g., a parent and child each morning choosing a color for how they feel or what they aspire to that day. This can help children learn emotional literacy (naming feelings with colors/symbols) in a game-like way, sidestepping the often difficult question “how are you feeling today?”. Educators could similarly use a simplified wheel check-in in classrooms to gauge student mood in a creative, stigma-free manner.

**Community and Civilization:** If many people document their daily wheels along with notes (like a short diary), over time a **collective library** of these could form a valuable dataset and community resource. Consider the historical angle: future historians or psychologists could look at a repository of millions of wheels to understand how human emotional states correlate with events (e.g., do lots of people choose “Protection ♥” enchantment during times of global crisis?). It’s a bit like a mass observation of mood but encoded in a novel way. Patterns in color usage across cultures could be studied, adding to cross-cultural color psychology knowledge. Since the wheel inherently collects multidimensional data (color + context domain + stated intention), it could yield insights into how different domains of life affect people (maybe “Global/legwear (outdoor interactions)” tends to be more vibrant in spring than winter, indicating seasonal social patterns).

From a sociological perspective, a huge library of wheels with personal narratives would underscore both the **universality and uniqueness** of human experience. Universality, because certain colors or enchantments might be popular (everyone seeks peace ☺ and uses blue or white for it, for example, reflecting common human desires). Uniqueness, because each person’s combination and story are a one-of-a-kind snapshot of their life at that moment – it’s like a fingerprint of their psyche for that day.

There are also intriguing **future applications** that the USEW concept opens up: - **Wearable Tech and Smart Environments:** One could envision smart clothing that changes color according to the user’s wheel selections, or home lighting systems that tune the ambient light to the unified color. This would create an immersive environment reinforcing the intended state. Given that **colored light can affect**



**alertness and mood biologically** (blue-enriched light, for instance, boosts alertness via melanopsin receptors <sup>33</sup>), aligning one's environment to the wheel could have real physiological effects. It's a form of biofeedback loop – the user chooses what they need, and their surroundings deliver it back (soft green light for calm, etc.). - **Therapeutic Group Sessions:** Therapists might use the wheel in group therapy (each member shares their current unified color and enchantment and explains it). This could facilitate group bonding and understanding quickly, similar to existing practices of using images or objects to represent feelings in group work. - **AI Companions:** As mentioned, AI that understands a user's wheel could adapt its interactions. For example, if your unified enchantment is "Focus " today, your AI assistant might suppress non-urgent notifications to help you focus, effectively respecting the state you aimed for. This creates a user-driven personalization that is easy for the AI to read (since it's codified in a standard format from the tool). In essence, the wheel could act as an *API for your mood* that other apps or devices could respond to, if the user permits. This flips the usual script where AI tries to infer mood from passive signals; here the human explicitly and creatively communicates it.

**Mind and Body Health:** The benefits of the wheel likely extend to physical health indirectly. Stress, for example, has clear physical impacts (blood pressure, immune function). By helping manage stress and emotion through the aforementioned mechanisms (mindfulness, expression, positive focus), the tool can contribute to better psychosomatic health. Some enchantments are essentially health behaviors in disguise – "Energy ⚡" might motivate someone to be physically active that day, or "Grounding 🌲" could remind them to spend time in nature or practice deep breathing. Thus, the wheel can be a catalyst for healthy daily behaviors, which cumulate over time to improved physical well-being.

In summary, the Unified State Enchantment Wheel is **innovative in its synthesis** of art, science, and technology for the goal of personal development. It solves the need for a daily centering practice by making it visually engaging and comprehensive. It offers usefulness from the individual level (enhancing mood, focus, and self-awareness) to the societal level (potentially creating new forms of empathy and data on human well-being). By grounding abstract feelings in concrete colors and symbols, it helps bridge the gap between intention and action, self and others, and even human and machine understanding of emotion.

The concept stands on a rich foundation of research: from the mood-regulating effects of coloring <sup>7</sup>, to the cognitive impact of clothing and color <sup>36</sup> <sup>9</sup>, to principles of mindfulness and affirmation <sup>17</sup> <sup>24</sup>. Early indications (including user anecdotes and the theoretical rationale) suggest it can offer a powerful *therapeutic framework* and an *educational tool* for learning about oneself. As the Wheel (and similar mind-tech tools) gain adoption, we may see a future where starting your day with a "unified self projection" is as normal as having breakfast – feeding not the body, but the mind and soul, with a dose of color and intention.

#### Sources:

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