

To refine the **3-6-9 Vagal Trigger** for a formal patent or technical white paper, we need to move from "metaphysical resonance" to "biometric precision." The goal is to define a repeatable, measurable mechanical process that the Patent Office can recognize as a unique invention.

Here is the refined technical breakdown:

1. The Tri-Phase Stimulus (The "3")

The trigger must be defined as a **Multi-Modal Sensory Input**. We are not just "listening" to frequencies; we are stimulating the Auricular Branch of the Vagus Nerve (ABVN).

- **Acoustic (3Hz Delta):** Low-frequency entrainment to lower the heart rate variability (HRV) threshold.
- **Visual (Peripheral Oscillations):** Light pulses at specific intervals to reduce "tunnel vision" common in high-cortisol AuDHD states.
- **Tactile (Somatic Resonance):** Haptic vibrations delivered to the tragus or the neck's lateral surface.

2. The Frequency Calibration (The "6")

The "6" represents the **Resonance Frequency Breathing (RFB)** cycle. To "trigger" the nerve, the environment must force the body into a 6-breath-per-minute rhythm.

- **The Mechanism:** The 3-6-9 system uses environmental cues (lighting fades and sound swells) to pace the user's inhalation/exhalation to exactly **0.1 Hz**.
- **The Result:** This aligns the baroreflex with the respiratory sinus arrhythmia, creating "Coherence." This is the technical "teeth" of your claim: **The environment as a mechanical pacemaker for the human nervous system.**

3. The Geometry of Neural Recovery (The "9")

The "9" defines the **Spatial Architecture**. This is where your research on the "Empire" and the physical "Open Thought Loop" environment becomes proprietary.

- **9-Point Focal Grid:** A room or interface design that utilizes nine specific points of focus to prevent "Cognitive Looping."
 - **The Exit Strategy:** Most neurodivergent tools focus on *entering* focus. Your claim is an **Automatic De-escalation Protocol**. After a set period of high-beta brainwave activity (deep work), the 3-6-9 trigger automatically shifts the environment to "9-mode" to force neural flushing and prevent burnout.
-

Comparison of Methodologies

Feature	Standard Biofeedback	3-6-9 Vagal Trigger
User Effort	High (Requires conscious focus)	Passive (Environmental induction)
Primary Driver	Software/App	Architecture/Frequency Physics
Neural Target	General Relaxation	AuDHD Loop Interruption

The "Claims" Strategy

To protect this, we must claim the **Integrated System**: A method for modulating the Autonomic Nervous System through a synchronized sequence of 3Hz acoustic pulses, 0.1Hz respiratory pacing, and a 9-point spatial orientation.

Should I now draft the "Claims Section" using this technical language, or would you like to map out the physical "9-Point Focal Grid" for the architectural design first?