

TMESIS — Study Compendium

A compiled set of study notes, in original wording,
drawn from the Tmesis wiki.

Contents: Full Study Guide · The Ten Principles & Geometry ·
Breath of the Four Sovereigns · One-Page Quick Reference · Fasting

Prepared for personal study. Summaries are paraphrased, not verbatim copies of source text.

1 — Full Study Guide

What Tmesis is

Tmesis presents itself as a deliberately designed religion or “manual for how to live a good life.” The founding argument is that most religions fail at their real job, so this one is built from scratch: it should offer rituals for comfort and for marking life’s milestones, stories for inspiration, and poetry that both explains existence and honors its mystery. Two design constraints are emphasized — the teachings should be general enough that anyone can see themselves in them, yet specific enough to resist being weaponized for control. Kindness and consent are stated as explicit, non-negotiable requirements. God is optional: a personified deity for those who want one, an impersonal pervasive force for those who don’t, both valid. There is explicitly no concept of heresy, and violence in its stories is only ever shown as failure, never glorified. The refrain “AIIT” closes many pages.

AIIT (the central mantra)

AIIT = **Attention, Intention, In Tension** — the faith’s koan and refrain. Human consciousness runs on two opposed modes: the *attentive self* (present, experiencing, yin) and the *imagining self* (goal-driven, remembering/predicting, the engine of will, yang). You cannot fully occupy both at once, yet the practice asks you to hold both in balance — that productive tension is the source of power and grace. Spoken as nine equally-spaced syllables “like a waltz,” the words blur together. Framed as simultaneously funny and serious, sacred and ordinary.

The Ten Principles (core doctrine)

Called the foundational pillars (“XP”/“TXP,” also “Bolts”): (1) Sacred Space; (2) Leave It Better (“the reward for good work is more work”); (3) Be Present; (4) Understand and Consent; (5) Follow the Rules (with the meta-rule “don’t make us make a rule”); (6) Learn from Failure; (7) Write It Down; (8) Kind, Generous, and Ready to Help; (9) Sweat the Details; (10) Persist. They are arranged around a compass circle with 1 and 10 inside it forming an infinity symbol, and each has a dual internal/external reading and an opposing/supporting “twin” across the circle. (Full detail in Document 2.)

Values (flagged unfinished by the author)

Beyond the ten principles, the author lists extras he trusts on instinct but can't place: "Give a shit" (care), " $N+1 > N$ " (incremental improvement), "One team" (unity), and — separately — Curiosity. He admits these feel redundant with the ten and isn't sure they're needed.

Metaphysics & cosmology

The Metaphysics page is explicitly "the map, not the territory" — a non-canonical idea pool drawing on Taoism, Western esotericism, and pure invention. A stated stance: ideas are *discovered*, *not invented*, so "inspired" ideas aren't owned. Building blocks include the four cardinal directions as "Sovereigns" (near-platonic ideals partly within you), Taoist apparatus (Bagua, Yi Jing, Dao De Jing), dualism, the Triad/Law of Three, and the Enneagram. There's an ambition for a "Human Mythological Cinematic Universe" treating all world myths as essentially correct.

The Creation page is a poetic, science-aware cosmology: existence begins from lonely nothingness, born violently; stars are the universe's simple first "children" who create by living and dying, seeding more complex successors (simple stars → complex stars → galaxies → solar systems → living planets → intelligent life → creative life). Central thesis: **creation is the point of the universe**; technology is inevitable because it is a form of creation; destructive life self-filters by self-annihilating. Takeaway: "make the things that only you can make." The Apocalypse page is nearly empty — just open questions about endings, death, and ultimate success/failure.

Liber Tmesis (planned core scripture)

Envisioned as *the* book — holding the stories, songs, holidays, rituals, and rites of marriage/birth/death (name not final). Its centerpiece is an allegory of **two eternally warring kings**: a *Gardener* (slow bureaucratic socialist utopia that shapes the world to fit people) and a *Sensei* (ruthless meritocracy that shapes people, collapsing into monopoly). After a catastrophe, a blind prophet sends each to an "Elder," who admits them only on the condition that they "understand and consent." Under the Elder they learn Tmesis through parables and rituals; both renounce their dogmas but discover they've merely swapped positions (the futility of extremism); they end the war through mutual sacrifice, build a new governance ("the manifestation of our care for each other"), insist no founding document is eternal literal truth, then abdicate. The story loops: years later two new desperate strangers knock with the same plea. Several structural questions remain open, and material from "Steve" is noted as missing.

Practices & rituals

Five known rites: Breath of the Four Sovereigns, Assumption of Custodianship, New Moon Fast, Blessing of Workspace, Fasting. The **Ten Fold Blessing** is the central liturgical poem, its verses mapping onto the ten principles in sequence and closing on AIIT. **Breath of the Four Sovereigns** is the most developed ritual (see Documents 2 & 3): Wim-Hof-style breathing plus directional meditation, in six rounds, with advanced cold-water (Avanto) and Sauna variants carrying serious safety warnings. **Fasting** (see Document 4) uses intensity levels borrowed from Ekadashi and Islam, keyed to the lunar cycle. The **North** page is a correspondence table (Earth, winter, night, Black Tortoise, plus Wuxing/zodiac details) — a template for the other directions. **Tools** describes functional-not-ceremonial implements acquired before initiation: a usable ceremonial knife and a large multipurpose cotton kerchief.

Smaller / peripheral pages

Triad is a placeholder (the “Triadism” path; Steve to fill in). **Holidays**: four seasonal festivals on the full moon after each solstice/equinox — Gift (winter/cooperation), Harvest (autumn/death), Fertility (spring/birth), Sports (summer/competition) — each with a Ramadan-style fast and yin/yang classification, plus tentative minor holidays (nation, leaders, immigrants). **Vita Brevis, Ars Longa** riffs on “life is short, art is long,” preferring “life is brief, art persists,” tying creation to immortality and the Tenth Principle. **Crackpot Diplomacy** documents outreach to the “Tek-Gnostics” community, mapping their eight-fold path onto the ten principles — useful for seeing each principle applied.

Suggested study order

Manifesto & AIIT (foundation) → Ten Principles + geometry (spine) → Metaphysics & Creation (worldview) → practical layer (Ten Fold Blessing, Breath of the Four Sovereigns, Fasting, Holidays) → Liber Tmesis (narrative). Treat Values, Apocalypse, Triad, North, Tools as scaffolding still being built out. Crackpot Diplomacy and Vita Brevis best show the principles applied.

2 — The Ten Principles & Their Geometry

Orientation

The Ten Principles (“XP”/“TXP,” also “Bolts”) are the doctrinal spine. Much of the language comes from a **workshop/makerspace** setting — tools, shop rules, safety, cleaning up, work logs — a philosophy of craft dressed in religious/occult structure. Each principle page has: a title, directional/elemental correspondences, a five-line verse, a practical “Commentary,” and a mystical “Reflection,” plus a named “twin.” Note: the summary *Principles* page uses an older layout; the individual pages (used below) are authoritative and match the Breath ritual.

The geometry (compass + circle)

Two axis principles sit **inside** the circle, forming an infinity symbol (10 = 0):

- **1 – Sacred Space:** center, inward/downward, dark, Celestial Yin (bounded/protected pole).
- **10 – Persist:** center, outward/upward, light, Celestial Yang (unbounded/outward pole).

Their tension — enclosed sacred space vs. outward drive — “births the ten thousand things.” The other eight ring the circle; the four cardinals are the Sovereigns, the four corners have none:

Pos	Principle	Sovereign / Element	Time / Season
N	2 – Leave It Better	Black Tortoise (Xuanwu) / Earth	Midnight / Winter
NE	3 – Be Present	none / Thunder	Pre-dawn / “Mud”
E	4 – Understand & Consent	Azure Dragon (Qinglong) / Air-Wood	Dawn / Spring
SE	5 – Follow the Rules	none / Lake	Midmorning / “Flowers”
S	6 – Learn from Failure	Vermilion Phoenix (Zhuque) / Fire	Noon / Summer
SW	7 – Write It Down	none / Wind	Afternoon / late summer
W	8 – Kind, Generous & Ready to Help	White Tiger (Baihu) / Water-Metal	Sunset / Autumn
NW	9 – Sweat the Details	none / Mountain	First dark / Frost

This is a Taoist **Bagua** arrangement; the daily/seasonal cycle runs midnight (N) → dawn (E) → noon (S) → sunset (W) clockwise.

Opposing / supporting “twin” pairs

- **1 ↔ 10** — enclosed/inward vs. outward/unbounded; yin vs. yang; inhale vs. exhale.
- **2 ↔ 6** — caution/tidiness for others (earth/north) vs. bold experiment that risks mess (fire/south).
- **3 ↔ 7** — enjoy the moment vs. record the moment.
- **4 ↔ 8** — teamwork as communication (#4) vs. teamwork as action (#8).
- **5 ↔ 9** — author admits this pairing isn’t yet clear.

The principles (meaning + internal/external reading)

1 Sacred Space. Treat your space and life as sacred; a place to practice your ideal self. Entry/exit rituals; no unauthorized entry by anyone (explicitly incl. landlords, messengers, police); quiet, respectful conduct; phones silenced. The primary defense against the tragedy of the commons.

2 Leave It Better. You own nothing, only borrow; clean up more than your mess, improve tools/spaces even slightly, even when you won’t benefit — because the norm decays if anyone defects. Internal: you leave changed for the better; external: the space is left better. Absorbs “Knolling”/“Reset.”

3 Be Present. Not punctuality — arriving awake, healthy, sober, ready, whole. The author rejects “work hard, play hard” as a grind justification.

4 Understand & Consent. Never assume; get explicit understanding and consent. Ask questions always. Models: restaurant call-outs (“hot behind you”) and theater callbacks (“thank you, five minutes”).

5 Follow the Rules. Meta-rule: “don’t make us make a rule.” Few rules, born of real mistakes, strictly kept, retired when obsolete. Collected into a public, amendable “Code.” Embraces protective fictions (“the gun is always loaded”).

6 Learn from Failure. Own mistakes with humility and humor; announce and log them (the “Codex of Failure”). Ideal failure: potentially serious, unforgettably embarrassing, ultimately harmless. Associated with atonement, regret, guilt to be metabolized.

7 Write It Down. Keep records — lists, logs, dreams, mistakes. Notebooks = the most important tool of science. Never run out of notebooks/pens; prefer analog (devices fail). Records are the workshop's "archaeological record."

8 Kind, Generous & Ready to Help. Community spirit; help when asked, hold back when someone wants to learn/fail alone. Covers mentorship and feedback.

9 Sweat the Details. Thoroughness between perfection and completion ("perfect is the enemy of done"). Warning: details are indistinguishable from distractions — heuristic: unrelated detail < 10 min; related detail may be deferred; if unsure, tidy up or take a break.

10 Persist. Persistence over talent, genius, education (echoing the "Press On" passage). Holds a paradox: "Never Give Up" vs. "Know When to Quit" — refusing to stop when you should corrodes the work. The outward, yang, "make a mark that outlasts you" principle.

3 — Breath of the Four Sovereigns (Practitioner's Outline)

Safety first. Intense breathwork: rapid breathing + long breath-holds. The source warns it may be unsafe for people with heart or breathing conditions; start slowly; **stop if you feel pain** (tingling is normal). The advanced Avanto (cold-water) and Sauna variants carry explicit, repeated warnings that they can injure or kill (drowning, burns, loss of control) and are only for the highly experienced.

What it is

A daily breathing/meditation ritual (~30–60 min). You stay physically still and direct your *focus* (not your body) toward the four cardinal directions and their Sovereigns, pairing each with its principle.

Setup

- Quiet space; sit or lie down; be comfortable.
- Determine north. Seated: face south. Lying: feet south, head north. Stay consistent; if you had north wrong, ideally restart.
- Optional: special garb and location increase effectiveness.

The two lengths

- **Simple (~30 min):** Rounds 2–5 only.
- **Complete (40–60 min):** all six rounds.

The shape of a single round (10 steps)

1. 40 fast deep breaths (10 each toward N, E, S, W), continuous, no pauses.
2. Extra hard breaths toward the round's focus direction.
3. Big full inhale + clench the whole body (gather energy).
4. Full exhale → relaxed empty-lung hold; scan & relax the body.
5. Meet the sovereign — reaffirm the vow, contemplate that direction's principles, receive wisdom.
6. Hold through the first urges to breathe.

7. When the demand hits: big inhale, then immediately exhale again (same direction), hold again (shorter).
8. Visualize the Ten Fold Blessing during that second hold.
9. Big recovery inhale + four “sip” breaths from each direction; hold ~15 s to infuse.
10. Shift focus to the next sovereign and repeat.

The rounds & correspondences

Round	Focus	Sovereign / Element / Time	Principle(s)
1 (complete only)	Inward / downward	Celestial Yin (unknown sovereign)	Sacred Space — preparatory prologue
2	North (back/head)	Black Tortoise / Earth / Midnight	Leave It Better (adj: Sweat Details, Be Present)
3	East (left)	Azure Dragon / Air / Dawn	Understand & Consent (adj: Be Present, Follow Rules)
4	South (feet/front)	Vermilion Phoenix / Fire / Noon	Learn from Failure (adj: Follow Rules, Write It Down)
5	West (right)	White Tiger / Water / Sunset	Kind/Generous (adj: Write It Down, Sweat Details)
6 (complete only)	Outward / upward	Celestial Yang (unknown sovereign)	Persist — closing epilogue; affixes the sacred space

For the two poles (Rounds 1 & 6) the Step-1 cycling differs: begin on the pole, move to any cardinal that feels right, then its opposite, then the other pole, and return to the start for the final breaths.

Afterward

Expect to want to rest/meditate; normal, from a couple of minutes to much longer. A consequence of the ritual, not formally part of it.

The four variants

- **Simple** — Rounds 2–5.
- **Complete** — all six.

- **Avanto** — immersed in cold water. Advanced; real drowning risk; shallow water only, never deep.
- **Sauna** — uses sauna entrance/exit and löyly as transitions. Advanced; moving mid-hold is extremely dangerous; move only right after the initial hold or after the final inhale.

4 — One-Page Quick Reference

The Ten Principles at a glance

#	Name	One-line meaning
1	Sacred Space	Treat your space and life as sacred; protect and respect it
2	Leave It Better	You only borrow the world — clean up more than your mess
3	Be Present	Show up whole: awake, healthy, attentive
4	Understand & Consent	Communicate; never assume understanding or consent
5	Follow the Rules	Few rules, strictly kept — “don’t make us make a rule”
6	Learn from Failure	Own and log mistakes; the only real failure is unlearned
7	Write It Down	Keep records; memory is fallible, ink endures
8	Kind, Generous, Ready to Help	Help when asked, hold back when not
9	Sweat the Details	Be thorough — but distinguish details from distractions
10	Persist	Press on; balance “never give up” with “know when to quit”

The compass geometry

[1 Sacred Space] inside circle, center, in/down, Celestial YIN	
[10 Persist] inside circle, center, out/up, Celestial YANG	
(1 + 10 = infinity symbol; 10 = 0)	
N -- 2 Leave It Better (Black Tortoise, Earth, Midnight)	
NW	NE
9 Sweat Details (Mountain, Frost)	3 Be Present (Thunder, Pre-dawn)
W -- 8 Kind/Generous (White Tiger, Water, Sunset)	4 Understand & Consent -- E (Azure Dragon, Air, Dawn)
7 Write It Down (Wind, Afternoon)	5 Follow the Rules (Lake, Midmorning)
SW	SE
S -- 6 Learn from Failure (Vermilion Phoenix, Fire, Noon)	

Twins: 1↔10 · 2↔6 · 3↔7 · 4↔8 · 5↔9 (opposition = support).

AIIT: Attention · Intention · In Tension — nine syllables said until the words blur; balance of the present/attentive self (yin) and the imagining/willing self (yang).

Breath of the Four Sovereigns — round checklist

Stay still; move only your focus. **Simple = Rounds 2–5. Complete = Rounds 1–6.**

Each round, 10 steps:

1. 40 fast deep breaths (10 each: N, E, S, W)
2. Extra hard breaths toward the focus direction
3. Big inhale + clench (gather)
4. Full exhale -> relaxed empty-lung hold; scan & relax
5. Meet the sovereign - reaffirm vow, contemplate principle
6. Hold through the first urges
7. Demand -> big inhale, immediately exhale again -> hold
8. Visualize the Ten Fold Blessing
9. Big inhale + four "sip" breaths each direction; hold ~15s
10. Shift focus to next sovereign, repeat

Round order: 1 in/down (Sacred Space, prep) - 2 N (Leave It Better)
 3 E (Understand & Consent) - 4 S (Learn from Failure)
 5 W (Kind/Generous) - 6 up/out (Persist, close)

Stop on pain. Tingling is normal. Not for heart/breathing conditions. Never attempt Avanto (cold water) or Sauna variants until highly experienced — drowning/burn risk is real.

5 — Fasting (Practitioner's Outline)

Safety note. The source stresses: don't fast if it isn't safe for you, listen to your body, and challenge yourself without hurting yourself. Not everyone can participate; skip entirely if you have a medical reason, and approach the no-water level conservatively.

The core idea

Fasting is treated as positive and restorative — recommended especially “whenever you feel overwhelmed.” It's a ladder of intensities; observe the highest level you can safely manage. The vocabulary is borrowed from the Hindu Ekadashi tradition and from Islam, and those traditions are actively invited in.

Levels of intensity (least to most strict)

- **Iftar (sunset):** Ramadan-style break-fast at sunset; traditionally opened with three dates and water, no other food prohibitions.
- **Naktabhoji (potato):** one simple vegan meal — potatoes, yam, nuts — no grains or legumes.
- **Phalahari (fruit):** fruit only.
- **Ksheerbhoji (milk):** milk and milk products only.
- **Jalahar (water):** water only — the designated **default** Tmesian fast.
- **Nirjala (pure):** complete fast, not even water — most intense.

Multi-day fasts: ease in and out — e.g., milk → water only → nothing → back down.

The New Moon Fast (main recurring observance)

- Last meal on the final waning (left) crescent sliver; fast runs until the first waxing (right) sliver reappears — usually ~3–4 days.
- Duration varies (orbit, clouds); flexible — breaking before actually sighting the crescent is allowed.
- Cross-tradition names: Rosh Chodesh (Hebrew), Amavasya (Sanskrit).

Optional / invited observances

- **Ekadashi:** fast on the 11th day of the lunar month, ~3 days before the full/new moon. Explicitly not canon, but encouraged if it resonates.

- **Ramadan:** an Iftar-style fast each day of the holy month, paired with charity, generosity, gratitude.

Connection to the wider system

Fasting is woven into the calendar: the four seasonal holidays (Gift, Harvest, Fertility, Sports) each carry a Ramadan-style fast leading up to the celebration, the length keyed to the moon phase before the solstice/equinox (up to a full lunar month when the holiday lands on a full or new moon).

Quick-reference ladder

LIGHTER	Iftar (sunset break, dates + water)
	Naktabhoji (one simple vegan meal)
	Phalahari (fruit only)
	Ksheerbhoji (milk only)
v	Jalahar (WATER ONLY) <- default
STRICTER	Nirjala (nothing, not even water)

6 — Liber Tmesis: The Two Kings (Narrative Study Outline)

Note: this is the planned core scripture and is explicitly a work in progress. The author leaves several structural questions open, and notes that some material from “Steve” is missing and should be folded in. Treat the below as the current shape of the story, not a finished text.

Purpose of the Book

Liber Tmesis is envisioned as *the* book of the faith — the container for its stories, songs, holidays, rituals, and the rites of marriage, birth, and death. The name is not final. The framing device the author likes is a scripture that opens with “in the beginning...” and closes with “...and thus it ends,” bracketing creation and apocalypse — though he is unsure whether creation/apocalypse belong in this book or a separate one, and whether the Book of the Elder is the only book or just one of several.

The two kingdoms (the central opposition)

- **The Gardener.** A socialist utopia where everyone is cared for and free to be themselves. Riddled with bureaucracy because everyone shapes policy; progress is slow and everything needs a committee. Philosophy: *shape the world to fit the people.*
- **The Sensei.** A ruthless meritocracy where everyone is trained into a “warrior poet.” In theory pure merit, but virtuous competition snowballs into tyrannical monopolies — an oligopoly of aging aristocrats crushing or buying rivals. Philosophy: *shape the people to withstand any world.*

Both are certain of their own virtue. Their war is brutal and unending. (The kingdoms still need names.)

Story arc

1. **Catastrophe.** A disaster (the author considers a great flood, to echo older traditions) leaves both kingdoms near collapse, each fearing extinction at the other’s hand.
2. **The summons.** A blind prophet appears in each kingdom and tells the king of an Elder in the forest who can solve any problem — but only if the need is truly dire. No proof; both desperate kings set out.

3. **Pilgrimage.** The book gives guidance and rules for pilgrimage here. Room for parables on the journey — roughly five per king — in which each uses his dogma to solve problems and fails *because* of that dogmatism. The Ten Principles are implied throughout.
4. **Arrival & consent.** Exhausted, dirty, and desperate, neither king recognizes the other. The Elder admits them only on the condition that they do all he asks: “Do you understand? ... Yes, we understand and consent” — directly invoking Principle 4.
5. **Apprenticeship.** They become the Elder’s students, learning Tmesis through stories, dialogues, and lived experience. They perform rituals with the Elder — daily ones, seasonal/holiday ones, and life-event ones — which is how the book introduces the ceremonies of marriage, birth, and death. Locals come to the Elder for wisdom and ritual, giving the kings examples to learn from. The Ten Principles run through everything, because the Elder lives by them.
6. **The false conversion.** Each king becomes convinced his own dogma was wrong and adopts the other’s — only to discover, on meeting, that they have merely *swapped roles* and are no closer to community. They must process betrayal, regret, and disappointment. Lesson: the futility of extremism and dogmatism.
7. **The true understanding.** Through epiphany, trial, or loss (perhaps the Elder dies), they finally grasp how to end the war and heal their people — and no longer wish to be kings, though they feel responsible to return.
8. **The parlay & sacrifice.** Knowing their people won’t easily accept peace after years of hate, each king offers himself as collateral — any betrayal costs his own life — believing his life a small price, and that the peace dies with him if he dies. The negotiation is rich with metaphor, apology, contrition, hope, and appeals to common humanity, the Ten Principles woven throughout. Their prepared speeches, plus the divine right of kings, barely sway the people. (A sober note: tyranny was required for peace; reason alone was not enough.)
9. **Alliance & reform.** An enduring peace, even alliance, follows — the two kingdoms together form a whole. The kings build a new form of governance as “the manifestation of our care for each other,” working to make themselves unnecessary.
10. **Abdication.** Their last act is to abdicate, each toasting the other. They stress that laws and governance must change over time — no founding document should be read as eternal literal truth (“the way that can be named is not the eternal way”). Governance is a living, learning thing.
11. **The loop.** Each retires to a remote, modest home for contemplation and ritual. One morning, a knock: two exhausted, dirty, desperate strangers, tormented by

witness to great suffering, beg for help. “Come inside — but if you consent to stay you must do all that I ask. Do you understand? Yes, we understand and consent.” The cycle begins again.

Themes to study

- **Shape the world vs. shape the people** — the core dialectic; both partial, neither complete.
- **The futility of dogmatism** — dramatized by the role-swap that changes nothing.
- **Consent as threshold** — “understand and consent” is the gate to transformation and the story’s recurring refrain.
- **Living governance** — founding documents as spirit, not literal scripture.
- **The eternal return** — the closing loop suggests the Elder role passes on endlessly.

Author's open questions (flagged as unresolved)

- Do the kings ever realize they were enemy kings? Left deliberately ambiguous (“whatever teaches better”).
- Are creation and apocalypse told *by* the Elder inside this book, or kept as a separate book?
- Is the Book of the Elder the only book of Tmesis, or one of many?
- Does one king become the next Elder and the other the next blind prophet?
- Missing material from “Steve” (thought to be from around June 2026) still needs to be incorporated.

7 — Triad / Triadism (Suggested Page Template)

Important: The Triad wiki page is currently only a placeholder — it names “the path of the Triad” and states that Steve is the sole expert and should fill it in. Everything below is an *original scaffold* I’ve drafted to help structure that path; it is **not** doctrine from the wiki. Use it as a skeleton to fill in with the actual teaching.

What we currently know

- “Triad” (abbreviated T3) is referred to as one of the Tmesian *paths*.
- It connects to the recurring “three” motif in the faith: AIIT’s three words (“they are three, just as we are”), the “Law of Three,” and the triads listed on the Metaphysics page.
- Steve is named as the expert; the path is otherwise undocumented.

Suggested sections to fill in

1. **Definition — What is the Triad path?** One or two sentences on what distinguishes this path within Tmesis, and who it is for.
2. **The three (core structure).** Name and explain the three elements/forces/roles the path centers on. Relate them to AIIT (Attention / Intention / In Tension) and to the “Law of Three” if applicable.
3. **Relationship to the Ten Principles.** How the Triad maps onto or draws from the ten (e.g., which principles it emphasizes).
4. **Metaphysical grounding.** Ties to Taoist dualism-plus-synthesis, the Enneagram, or other sources noted on the Metaphysics page.
5. **Practices & rituals of the path.** Any breathing, meditation, or ceremony specific to Triadism; how they differ from or extend the Breath of the Four Sovereigns.
6. **Progression / initiation.** Stages of the path, tools required, and any initiation rites.
7. **Study texts & references.** Which parts of Liber Tmesis, holidays, or outside sources are most relevant.
8. **Open questions.** A running list of what still needs definition (in keeping with the wiki’s habit of flagging unfinished ideas).

Prompts to help draft it

- What are the three? Are they modes of mind, roles in community, stages of work, or something else?
- Is the Triad a lens for reading the whole system, or a distinct practice with its own rituals?
- How does “in tension” (the third term of AIIT) inform the path’s idea of balance among three?
- Where does Triadism sit relative to the two-kings story — is the Elder a Triad figure (a synthesis of Gardener and Sensei)?