Tara practice catalog and records

One recommendation becomes four linked records, and every link in them is a declaration.

TARA · FIND A PRACTICE · CHAPTER 2 OF 5

Three things this chapter teaches, carried by one five-minute recommendation.

RUNNING EXAMPLE

One recommendation: session sit-42, content breath-42, five minutes, a box-breathing hint. It becomes practice-sit-42 and a breathing session, and the chapter asks what each field in them is actually worth.

LISTENING TIME

About 42 min · 29 slides

YOU WILL LEARN

1. **Four arrays, linked by reference**
   One practice and exactly one content record per recommendation, plus one teacher.
2. **The builder decides a great deal**
   Subtype, modality, labels, identifiers and routes are chosen for you by ordered rules.
3. **A declaration is not a result**
   Rights, accessibility and media references are strings the builder wrote, not things it checked.

By the end you can say what the catalog builder has finished, and what it has only written down.

What one recommendation becomes

The shape of the returned value, who produced it, and how its records point at each other.

Section 1 of 4

1 **What one recommendation becomes**
The four arrays, who builds them, the identifiers that link them, and what repetition does.

2 **What the builder decides for you**
Subtype precedence, the content branch, normalization, modality inference and inferred labels.

3 **Where two answers disagree**
Rounding against banding, two duration policies, two cadence models, cycles against phases, two shapes.

4 **What a declaration still owes**
Teacher records, rights, accessibility flags, media references, contract invariants and the room itself.

The catalog is a projection of one recommendation set, and its links live in its fields.

One invitation, four linked records

Follow one five-minute recommendation into the catalog a caller actually receives.

Illustrative case · executed library behaviour

“What does this invitation become?”

sit-42 · breath-42 · five minutes · box hint

Practice record

Describes the catalog item and names its content by reference.

Breathing-session record

Carries the timing fields and its parent practice identifier.

Teacher record

Supplies the declared teacher identity and lineage context.

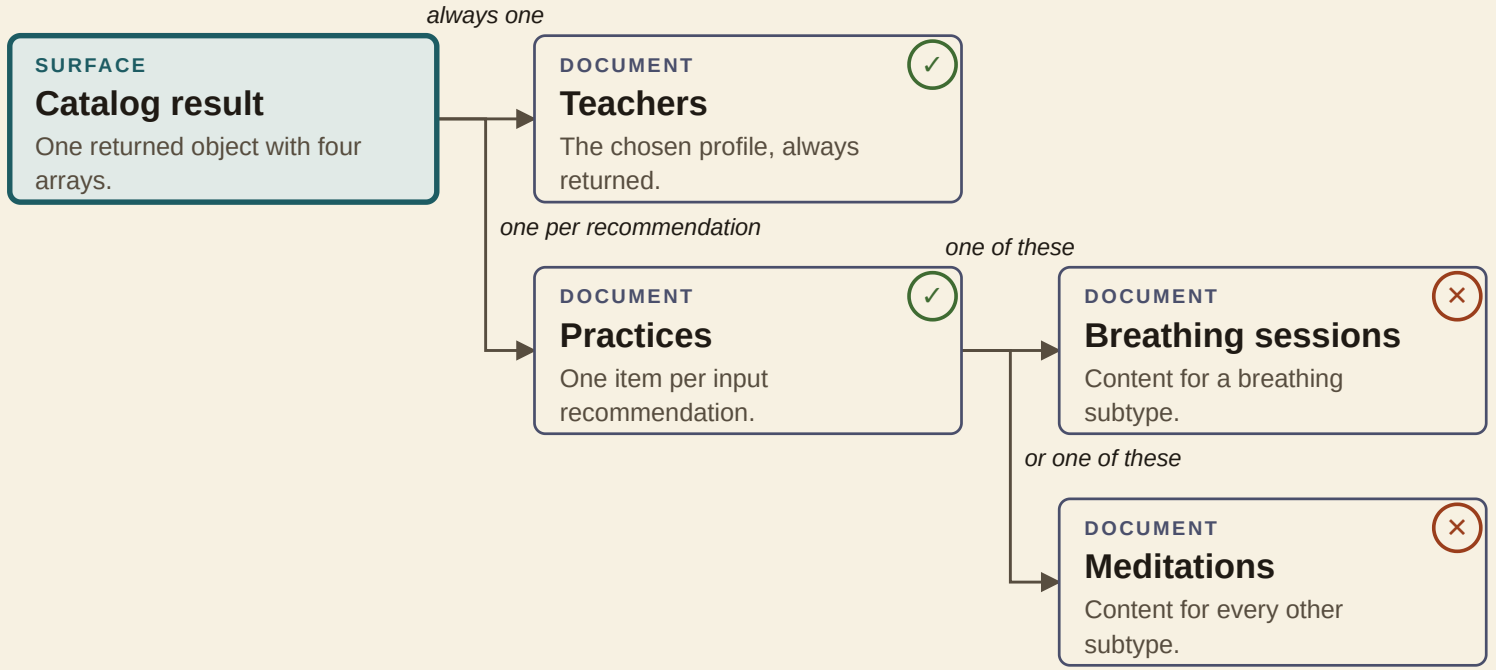
Declared source-model example; no member data and no resolved media.

> The constructor finishes its own job completely, and its output still needs a launch and a media path.

Four arrays, and what holds them together

The returned value is one object; the relationships in it are fields, not rows.

Returned catalog shape · pinned source model



Knowledge Evidence

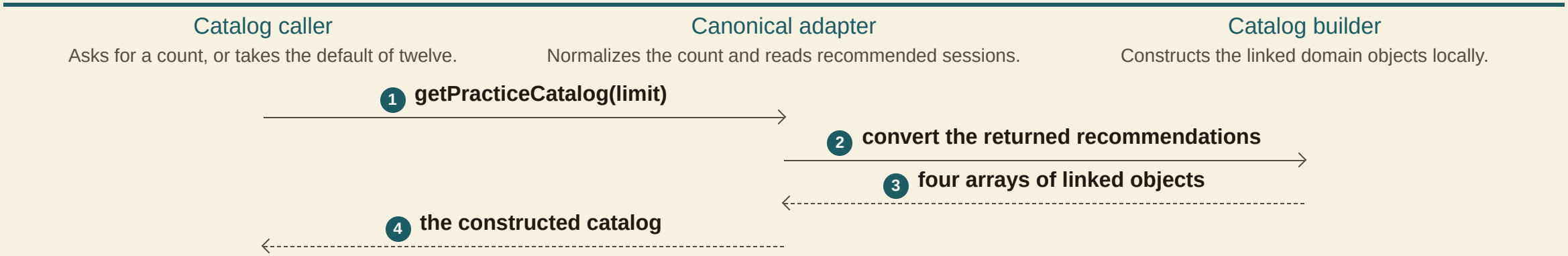
One returned object with four arrays. Each practice is accompanied by exactly one content record, in one array or the other.

> Array containment is the shape of a return value; it is not persistence and not authorization.

Who reads what, and who builds what

A catalog call is a read of recommendations followed by a local construction, in that order.

Catalog read · recommendation-backed construction



One catalog call. The upstream recommendation read happens inside the adapter, before any construction.

> A catalog read transforms its input; it never becomes an inventory of everything Tara holds.

Three identifiers, and none is the others

The source session, the content and the teacher each have their own identity and their own role.

Source field specimen · no member data

Worked links · source fixture

Parent practice	`practice-sit-42`	Assembled from the source session identifier.
Content reference	`breath-42`	Named by the parent reference and by the breathing record.
Teacher relationship	`tara-editorial-guide`	Held in the practice array and in the content field.

The breathing record links back through its practice identifier, practice-sit-42.

> Follow the reference fields; a readable name is not a contract identity.

Repetition survives; identity is not enforced

The loop appends once per recommendation, so array length is not a count of distinct practices.

NO RECOMMENDATIONS

One teacher, nothing else

The chosen teacher is still returned; no practice and no content.

ARRAY COUNTS RETURNED

teachers 1 · practices 0 · breathing 0

ONE BREATHING RECOMMENDATION

One linked pair

A practice and its breathing session, and no meditation record.

ARRAY COUNTS RETURNED

teachers 1 · practices 1 · breathing 1

THE SAME ONE TWICE

Two records, one identity

Both copies are appended, carrying the same assembled identifiers.

ARRAY COUNTS RETURNED

teachers 1 · practices 2 · breathing 2

Three input sets and the records each produces. These are in-memory counts, not database inserts.

> Count the records and the distinct identifiers separately; nothing in this builder makes them agree.

What the builder decides for you

Six ordered rules choose the subtype, the branch, the identity, the modality and the labels.

Section 2 of 4

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> Every one of these choices is deterministic, and none of them is an assessment of the member.

A precedence, not a vote

Conflicting hints do not participate equally: the first rule that matches wins outright.

FIRST

A declared subtype

If the recommendation names one, nothing after this is consulted.

WORKED RESULT

guided stays guided despite a box-breath hint

THEN

Breath, sleep, transition

Three structured hints, tested in that order, first match wins.

WORKED RESULT

a breath pattern beats a sleep mode

LAST

Signals, then guided

Normalized kind, category and tag matches; otherwise the default.

WORKED RESULT

an unrecognized recommendation becomes guided

Source precedence decides the content kind; it does not assess suitability.

> A declared subtype beats every hint; after that, the order of the hints is the whole answer.

One branch decides which array

Breathing gets its own record kind; sleep and transition stay meditations with their subtype intact.

The subtype has been resolved and the parent practice created.

The question the loop asks Is the subtype breathing?

The resolved value decides, not an audio label.

yes →

Admitted Append a breathing session

With the supplied pattern, or coherent by default.

no →

Refused Append a meditation

Guided, sleep or transition, with the subtype retained.

One recommendation makes one practice and exactly one content record.

A subtype and a modality describe different things, and only the subtype picks the array.

Trimmed here, not trimmed there

Identity, slug, tags and route are four separate normalization steps, and they disagree.

Source field specimen · no member data

Normalization example · declared input

Input identifier	`“ p 42 ”`	What the constructor was handed, spaces and all.
Returned identifier	`p 42`	Only the surrounding whitespace is removed.
Route identifier	`%20p%2042%20`	Composed from the original input, before that trim.

The quoted input carries a leading space, an internal space and a trailing space.

> Normalization is field by field; one clean field is no evidence about the next one.

Two constructors, two modalities

The direct builder reads the title; the catalog conversion supplies one from the subtype.

	The direct practice builder Infers from title and summary when no modality is supplied.	The catalog conversion Supplies its own modality from the resolved subtype.
“Breath and mantra”	breathwork-coherent — the breath check runs first.	guided — no title inference runs at all.
“Singing bowl”	sound-singing-bowl — the sound phrase is recognized.	guided — the subtype is not breathing, so guided is supplied.
A box-breath hint	breathwork-box — the specific phrase precedes the general one.	a breathwork modality derived from the pattern.
An explicit modality on the input	used as given; the inference is skipped.	not consulted; the subtype still decides.

> The same words produce different modalities depending on which constructor ran, so the field describes the path as much as the content.

Three declared inputs, answered for both construction paths.

> Ask which constructor produced a record before reading its modality as a description of the content.

Supplied is reused, missing is inferred

A taxonomy object you hand in is kept by reference — not parsed, not cloned, not reconciled.

A constructor has been handed content fields and, perhaps, a taxonomy.

The question the constructor asks Was a taxonomy supplied?
The constructor tests only whether the argument exists.

yes →

Admitted Keep that same object
No clone and no contract parse happens here.

no →

Try again Build one from the content
Mood, themes, band, tradition and outcomes from signals.

One question, asked once per constructed record.

The builder either reuses your object or builds one; it never checks the one you gave it.

Labels about content, not about anybody

The inferred mood, theme and outcome describe the practice; the member has not been consulted.

Source field specimen · no member data

Box example · inferred metadata

Mood label	`scattered`	Derived from the breathing subtype and the box pattern.
Theme and band	`breath · short`	Content labels for a five-minute input.
Intended outcome	`stress_relief`	A declared tag, not an observed result.

The member’s current mood and any safety path need their own inputs and their own consumer.

> Keep content metadata and a reading of somebody’s state in separate sentences.

Where two answers disagree

Five places where the same record carries two values that were computed differently.

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A record can be internally inconsistent and still be exactly what the constructor meant to return.

Rounded down, banded up

The stored minutes and the duration band are computed from different values, in different directions.

INPUT 2.4 MINUTES

Stored as 2

Two minutes is inside the micro range.

BAND THE RECORD CARRIES

short

INPUT 10.4 MINUTES

Stored as 10

Ten minutes is inside the short range.

BAND THE RECORD CARRIES

standard

INPUT 60.4 MINUTES

Stored as 60

Sixty minutes is inside the long range.

BAND THE RECORD CARRIES

retreat

Three declared inputs. The stored value is rounded to nearest; the band is computed upward from the original.

> Read the stored duration and its band together; the builder never compares them.

The contract lookup does not round

It searches literal ranges, so a fractional duration between two of them has no bucket at all.

A practice declares a duration and the schema refinement resolves its bucket.

The question the lookup asks Does a range cover this value?
Literal bounds, searched in order, no rounding.

yes →

Admitted Return that bucket
2 minutes is micro; 3 minutes is short.

no →

Refused Raise a range error
2.4 minutes is in neither, so the parse raises rather than fails.

One lookup, three declared durations. The helper searches ranges; it does not round.

A converter has to choose a duration policy before validation, because the contract will not choose one.

Four phases here, three fields there

The feature taxonomy and the domain record describe the same breath with different structures.

	Feature cadence · four phases inhale, hold, exhale, hold after exhale.	Domain record · three fields inhaleSeconds, holdSeconds, exhaleSeconds.
Box	4 / 4 / 4 / 4 seconds.	4 / 4 / 4; there is no final-hold field.
4–7–8 · extended exhale	4 / 7 / 8 / 0 seconds.	4 / 0 / 8, under the canonical 4–7–8 label.
Coherent	5 / 0 / 5 / 0 seconds.	5 / 0 / 5; no final-hold field.
A box input with an explicit 4–7–8 modality	names a 4 / 7 / 8 / 0 cadence.	returns the 4–7–8 label with 4 / 4 / 4 timing.

> A label and a set of numbers can be taken from different models in one record, so only the numbers describe the clock.

Order is inhale, hold, exhale and final hold where one exists. Source values, not practice guidance.

> Read the timing fields the player consumes, not the label the record carries.

Thirty cycles, and where they came from

The default cycle count is multiplied out of the minutes, not divided out of the phases beside it.

Configured values · read from libs/oshun/domain-tara/src/practice-models.ts

30 cycles

Default cycle count

Input minutes multiplied by six, rounded, with a minimum of one.

12 seconds

Sum of the three phases

Inhale four, hold four, exhale four; there is no fourth field.

360 seconds

Implied by cycles and phases

Against a declared duration of three hundred seconds.

Arithmetic over the returned fields of the five-minute box example. No playback was observed.

> A declared duration and a timing-derived duration are two numbers, and this record holds both.

Two shapes with the same name

A constructed domain practice is not a contract practice, and the names do not make it one.

	The constructed domain practice What the catalog builder returns.	The independent contract practice What the schema requires before it will parse.
Identity	A practice identifier and an object kind, assembled as strings.	An id field that must be a UUID.
Lineage	A compact binding: identity, tradition and source references.	A full lineage taxonomy, with its syncretism declarations.
Taxonomy	One mood, a theme list, a tradition and intended outcomes.	A primary theme, arrays, a duration bucket and context tags.
Passing one straight in	Constructed successfully, with every field populated.	Rejected with validation issues on the fields above.

> The two families are different shapes, so compatibility is a conversion somebody has to write, not a property either of them has.

One constructed practice, read across the three concerns the schema rejects it on.

> Name the conversion and validation boundary before claiming that these two families are compatible.

What a declaration still owes

Teacher records, licences, accessibility flags and media references are all things somebody wrote down.

Section 4 of 4

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Every field in this section is a claim the builder made and nothing has checked.

A profile is a record, not a credential

The catalog uses one supplied teacher or its editorial default, and constructs the rest.

Source field specimen · no member data

Editorial default · source metadata

Profile identity	`tara-editorial-guide`	Returned once in the catalog’s teacher array.
Lineage binding	`tara-editorial-secular-mindfulness`	A domain binding with teacher and source references.
Fallback timestamp	`2026-05-08T00:00:00.000Z`	Used whenever a creation time is omitted.

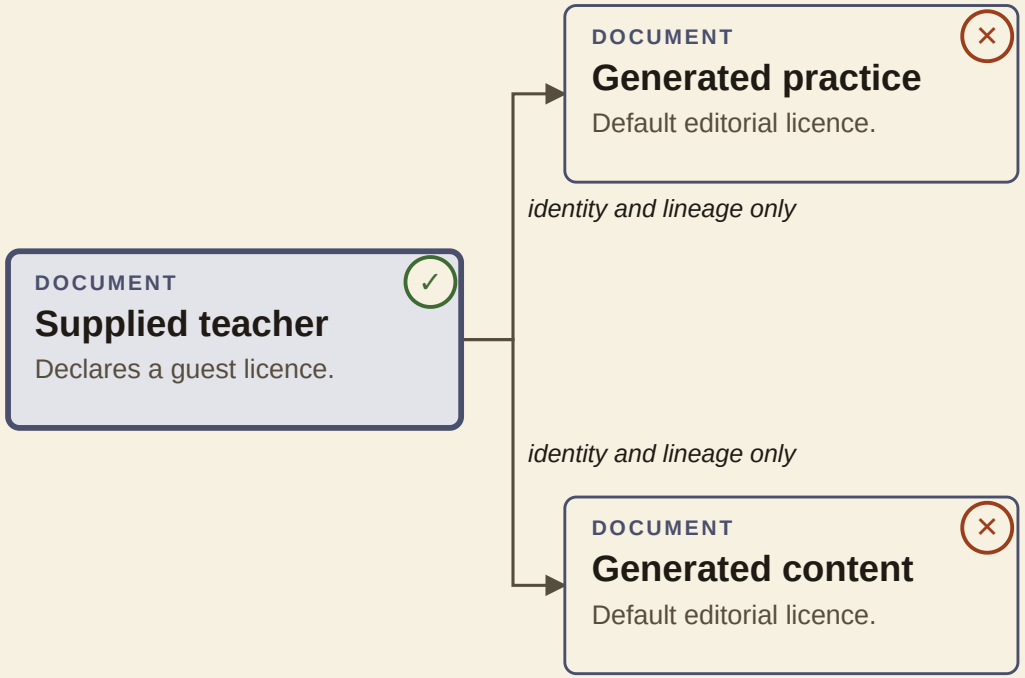
These are constructor defaults, not a newly performed editorial review.

> A profile record establishes what was written down; credentials, consent and review are elsewhere.

Identity travels; rights do not

The loop forwards the teacher’s identity and lineage, and gives the child records the default licence.

Executed fixture · explicit guest licence on the teacher



Evidence

What the catalog loop forwards from the teacher, and what it does not.

> Inspect the rights on every emitted object; nothing inherits them from the teacher.

Flags default to true; assets default to null

Availability is declared by the builder, and the thing it declares available may not exist.

TRANSCRIPT AND CAPTIONS

Both default to true

Set by the builder whenever the caller says nothing.

EVIDENCE STILL NEEDED

The meditation’s transcript asset identifier can still be null

REDUCED MOTION

Defaults true, override kept

An explicit false is preserved rather than overwritten.

EVIDENCE STILL NEEDED

A declaration does not render a fallback

VIBRATION PACING

True for breathwork

False for ordinary guided meditation, by the same default.

EVIDENCE STILL NEEDED

No device is involved anywhere in the builder

Default and explicit-override outputs of the pinned accessibility builder.

> Verify the asset or the device behind each flag; the flag itself is set by a default.

The contract checks the reference, not the file

Two conditional rules require an identifier to be present; neither one resolves it.

A guided record with null asset identifiers parses; each change is applied to that record.

The questions the schema asks Is the modality a sound one?
Sound content is the first conditional rule.

- yes, and no audio id →
  - **Refused** An audio reference is required
    A sound modality with a null audio identifier is rejected.
- no, or the id is there →
  - **The questions the schema asks** Is transcript availability true?
    The second rule applies to every modality.
    - yes, and no transcript id →
      - **Refused** A transcript reference is required
        The flag without an identifier is rejected.
    - no, or the id is there →
      - **Admitted** The record parses
        Every named reference is present, and none of them was resolved.

One meditation record, checked against the two conditional media rules.

A non-null identifier is a reference check. Nothing here fetched, decoded or read anything.

What the schema does check

Membership, uniqueness and one duration consistency rule — all of them about the declaration itself.

MEMBERSHIP

The primary theme is one of the themes

The binding has to contain the theme the practice leads with.

OBSERVED BEHAVIOUR

A primary theme absent from the array is rejected

MEMBERSHIP

The modality is one of the modalities

The practice modality has to appear in its own taxonomy binding.

OBSERVED BEHAVIOUR

A modality absent from the binding is rejected

CONSISTENCY

The bucket matches the minutes

The declared bucket is compared with the lookup for the declared duration.

OBSERVED BEHAVIOUR

A wrong bucket is rejected; a fractional gap raises instead

Three invariants, each exercised by changing one field of a valid fixture.

> These checks make a declaration self-consistent; they resolve nothing it refers to.

The room a member opens is not this

Twelve sittings with durations and states, and no recommendation set produced any of them.

Implemented UI · source 1ceae52 · two completed sittings



Tara room · the sitting path · pinned component

Three things the row list shows, numbered in the order a reader should visit them.

1. **A state, computed each time**
   Done, current or ahead is overlaid from declared completions when the room is built.
2. **A length that is a string**
   The row prints a duration from the curated record; nothing has resolved an asset for it.
3. **Twelve rows, one curated path**
   The list is declared in the service that serves the room, not produced by this catalog.

> The catalog and the room are two different sources; neither is evidence about the other.

What would still have to be true

Close on the running example and name every result the constructor has not produced.

Illustrative case · executed library behaviour

practice-sit-42 → breath-42

The linked metadata exists; readiness is a separate result.

Resolve the linked records

Confirm the parent, the content and the teacher references point at something.

Reconcile and validate

Choose the governing duration and cadence, convert, and inspect the owning evidence.

Follow the actual consumer

Find the supported route and see what it loads.

Declared fixture; no live service, database, media or device acceptance.

> A practice is usable when its launch, its content and its access path are established — not before.

Tara practice catalog and records

Three things to keep, and where the track goes next.

REMEMBER

1. **A declaration is not a result**
   Licences, availability flags and media references are fields the builder wrote.
2. **A record can disagree with itself**
   Two durations, two cadences and two cycle answers, none of them reconciled.
3. **One name, two shapes**
   Compatibility is a conversion somebody writes, not a property either family has.

NEXT · CHAPTER 3 OF 5

Tara web search and result navigation

The member’s other way in: how search works in this room, and what a result can claim about what it found — chapter three. →

Ask what produced a field before reading it as a fact about the world.