The sitting, and what it leaves behind

One five-minute practice, ended early, followed until every claim around it has an owner.

TARA · PRACTISE · CHAPTER 1 OF 5

Three things this chapter teaches, carried by one sitting ended at 239 seconds.

RUNNING EXAMPLE

Row two of the twelve-row course — The breath, observed, five minutes — opened, scrubbed to 239 seconds and ended, which the player reports as partially-completed.

LISTENING TIME

About 39 min · 28 slides

YOU WILL LEARN

1. **The clock is editable state**
   Elapsed seconds can be dragged; the finish label is computed from wherever they land.
2. **Two inserts, no transaction**
   A source row, then a canonical projection, in sequence and with no rollback between them.
3. **A later read answers something else**
   The room's done set, the canonical event and the streak are three questions, not one.

> By the end you can say what the player decided, what was written, and what a later read will show.

Choosing the sitting

A course row, the overlay that picks one, two indexes that disagree and the route that resolves it.

Section 1 of 4

1 Choosing the sitting
A course row, the overlay that picks one, two indexes that disagree and the route that resolves it.

2 Inside the player
An editable clock, an idle threshold, a finish at eighty per cent, and two text and two audio paths.

3 What starting and finishing write
One guarded request, three request results, two inserts without a transaction and a fixed projection.

4 Reflection, return and the next room
A label with no request, an offline branch, a mount that starts at zero and two kinds of link.

The invitation comes from an ordered overlay over a fixed path, not from a search.

One sitting, three separate outcomes

The running example, and the three owners it passes through between choosing and returning.

Illustrative case · inspected source behaviour

“Will Tara remember this sitting?”

Rows one and three are done. Row two is a five-minute invitation.

Choose a sitting

The room proposes the first row whose identifier is not in the completed set.

Finish in the player

A local position decides the completion label, and nothing else does.

Inspect the later read

Confirm the owning record before promising that anything was retained.

Illustrative member state; every code path in it is pinned and read.

> A local completion screen does not establish any of the later saved results.

The words this chapter borrows

Eight terms that each belong to exactly one owner, and are easy to hear as one word.

Elapsed
The player’s own count of seconds, which the transport controls also set directly.

First met on
the transport

Planned duration
The selected row’s declared length, which the finish ratio divides into.

First met on
the course rows

Completion state
In the player it is computed from the ratio; in the canonical insert it is the literal completed.

First met on
the finish threshold

Completion method
A canonical field fixed to audio-ended, whichever way the sitting actually ended.

First met on
the projection

Source row
The first of the two inserts: the member’s own start or completion record.

First met on
the write order

Canonical projection
The second insert, linked to the source row and keyed for conflict on its identifier.

First met on
the write order

Done set
The distinct sitting identifiers the member has any completion row for.

First met on
the overlay

Streak
A run of adjacent completion dates counted back from the newest one recorded.

First met on
the two readbacks

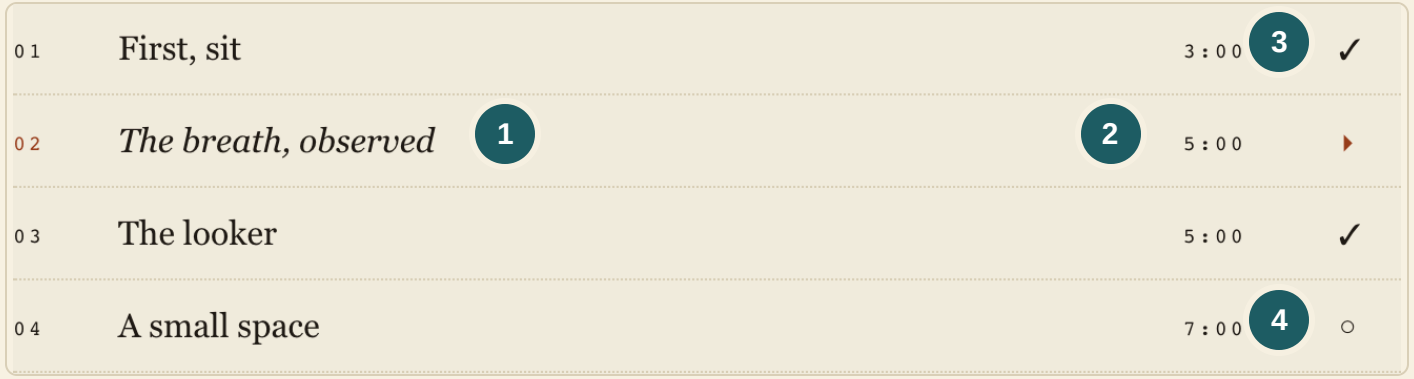
The chapter’s working vocabulary, with the owner of each term.

> Every term here is precise, and precise about something narrower than it sounds.

Four rows, three states, one link each

Done, here and next change the label and the styling; every row still opens a sitting.

Pinned source component · declared sample data



Pinned course rows · declared completions on rows one and three

1. **The first unfinished row**
   Absent from the completed set, so this row is here.
2. **Five minutes, from the row**
   Begin computes its minutes from this, not the eyebrow.
3. **Done is a set membership**
   In the completed set; no duration was consulted.
4. **Next still opens**
   Preview builds the same route and locks nothing.

Four consecutive source rows; the declared completed identifiers are one and three.

> A preview label is not a locked prerequisite.

The overlay decides which row is here

Twelve curated sittings in source order, with a set of completed identifiers laid over them.

Twelve curated sittings with completed identifiers for rows one and three.

Test Is this row’s identifier completed?
Match the row against the supplied set; an unmatched entry in the set does nothing.

- yes → **Admitted** Mark the row done
  Keep walking; the control reads Replay and the route is unchanged.
- no → **Test** Has an unfinished row been seen yet?
  Only the first unfinished row can be the invitation.
  - not yet — this is the first → **Try again** This row is here
    Its title and duration become today’s sitting; the control reads Begin.
  - one was already marked here → **Refused** Leave the row next
    The control reads Preview and opens the same route anyway.

One row at a time, against a set of completed identifiers and the order so far.

> The invitation comes from this ordered overlay, not from a mood search.

Two indexes that do not agree

The selected row and the reported session number are computed from different things.

NOTHING COMPLETED

The first row is here

The two numbers agree, which is why the disagreement is easy to miss.

SELECTED ROW · REPORTED COUNT

row 01 · session 1 of 12

ROWS ONE AND THREE DONE

The second row is here

The count is completions plus one; the selected row is the second.

SELECTED ROW · REPORTED COUNT

row 02 · session 3 of 12

ALL TWELVE DONE

No row is here

The builder falls back to the last sitting and keeps counting.

SELECTED ROW · REPORTED COUNT

row 12 · session 13 of 12

The same builder, three completion sets, and the pair of numbers each one produces.

> Inspect both the selected identifier and the count printed beside it.

Three Tara feeds, three different shapes

The web room loader reads one of them, and it is not the recommendation route.

ROOM FEED

Twelve rows and an overlay

Scripts, durations, states, and today’s sitting selected from them.

ACTUAL CONSUMER BOUNDARY

getTara reads the room endpoint

TODAY AND SITTINGS FEEDS

A fixed recommendation, and three items

Separate route-local definitions, with a streak overlaid when context exists.

ACTUAL CONSUMER BOUNDARY

not read by this page

RECOMMENDATION ADAPTER

A guarded route family

Recommended, continue and the rest, behind a domain authorization guard.

ACTUAL CONSUMER BOUNDARY

the other track’s subject

Three reads with the same product word and three different payloads.

> Trace the route the surface actually consumes before explaining its result.

The route resolves the row before mounting

A known identifier carries its own script and duration; an unknown one reaches notFound.

The sitting route opened with row two, then with an identifier the room does not contain.

Match Does a room row have this identifier?
Search the rows the room returned; no other catalog is consulted.

- yes → **Admitted** Mount with the row’s own content
  Identifier, title, duration, index, state and authored script.
- no → **Match** Is it today’s sitting instead?
  The second and last condition before the page gives up.
  - yes → **Try again** Build from today’s fields
    Look for a script on the matching room row; the generic transcript covers a miss.
  - no → **Refused** Return notFound
    No arbitrary catalog lookup happens here.

The route resolves content. It does not restore any elapsed player state.

> Selected sitting content and today’s path metadata come from different places.

Inside the player

An editable clock, an idle threshold, a finish at eighty per cent, and two text and two audio paths.

Section 2 of 4

1 Choosing the sitting
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One guarded request, three request results, two inserts without a transaction and a fixed projection.

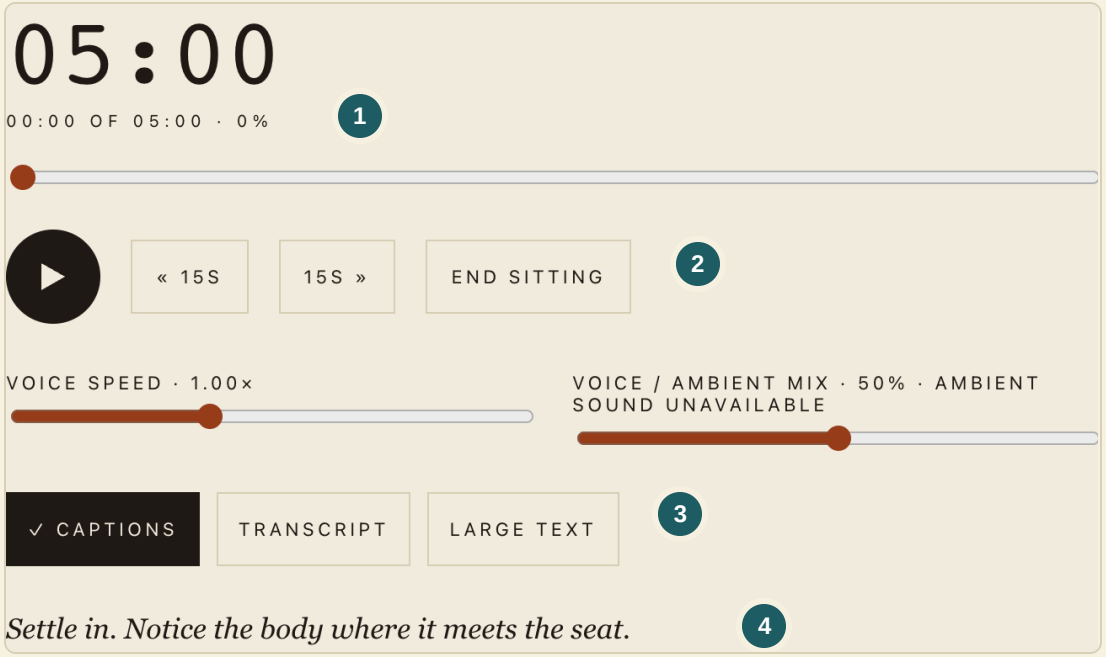
4 Reflection, return and the next room
A label with no request, an offline branch, a mount that starts at zero and two kinds of link.

> Everything this section describes is local state; none of it is a measurement of listening.

The position is an input, not a measurement

A range input and two fifteen-second buttons move the same number every label is computed from.

Pinned source component · declared sample data



Pinned player · five-minute sitting · ambient response is a declared 503

Actual player crop from a declared five-minute fixture with a failed ambient fetch.

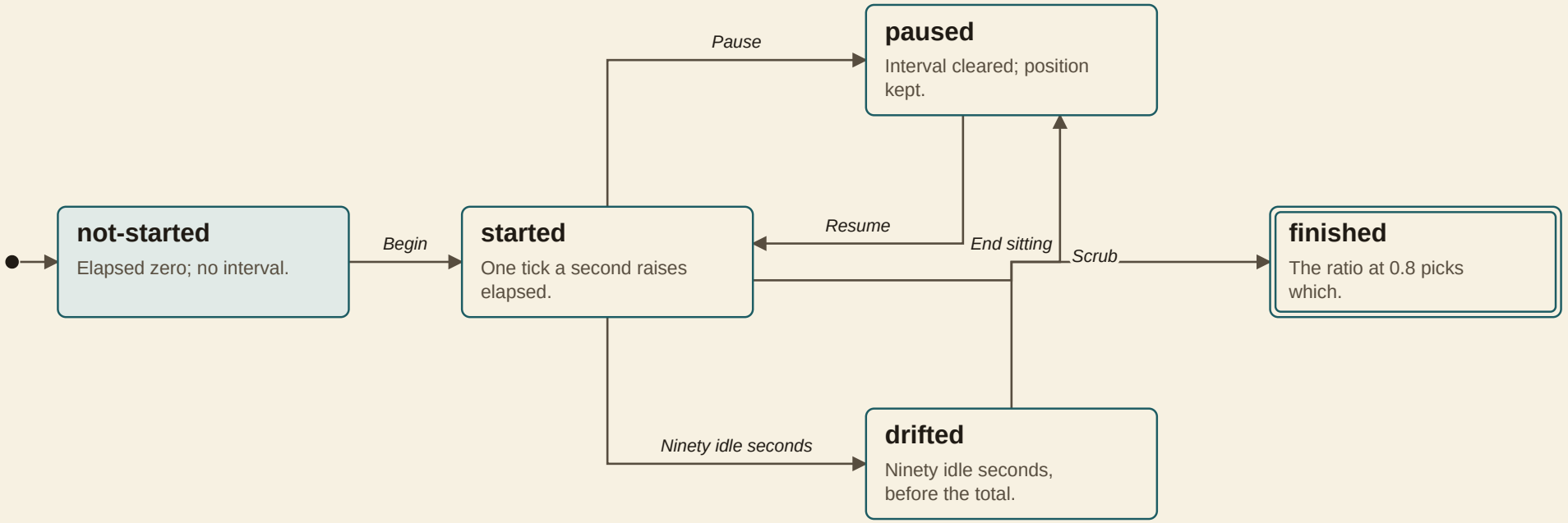
1. **Position, and the input that sets it**
   The range input beneath this line moves elapsed seconds directly.
2. **Fifteen seconds, clamped**
   End sitting reads the ratio at whatever position the member left.
3. **Three text controls**
   Captions, transcript and large text change writing, not audio.
4. **A caption chosen by position**
   One of five fixed lines; the sitting's own script is elsewhere.

> Treat transport position as editable state, not measured listening.

A quiet player pauses itself

The tick checks the full duration before it checks the idle threshold, and that order decides the state.

Inspected web-player state paths · not persisted ritual history



The player’s own state names, and what moves a sitting between them.

> The idle clock observes certain controls; it does not observe attention.

Two hundred and forty seconds is completed

One second earlier is partial, and the input is the current position rather than time spent.

A five-minute sitting scrubbed to 239 seconds, then to 240, and ended.

Comparison Is elapsed ÷ planned at least 0.8?
Planned total 300 seconds; a zero total gives a ratio of zero.

- yes → **Admitted** Local state completed
  240 of 300 is exactly eighty per cent, and the threshold includes it.
- no → **Refused** Local state partially-completed
  239 of 300 is below it; the reflection surface opens either way.

Both endings open the reflection surface; neither of them proves a server write.

> The calculation reads the position, including a position the member dragged.

The transcript is the sitting’s own script

Captions are five fixed lines chosen by position; this is the authored text the row carries.

Pinned source component · declared sample data

Settle the body first; let the chair or floor take your weight. 1

Find the breath where you feel it most plainly — the belly, the chest, the rim of the nose.

Watch one full breath from its first touch to its last trace.

Do not improve the breath. Observation is the whole task. 2

If counting helps, count exhales to five, then begin again at one.

End by widening attention to the whole body breathing. 3

1 **Authored, per sitting**
The room builder gives each of the twelve rows its own script.

2 **All of it, at once**
No position selects a line here; the whole script is printed.

3 **A fallback exists**
A row with no script renders six generic lines instead.

Pinned transcript disclosure · the selected sitting’s own script

The selected row’s own six-line script, rendered by the transcript disclosure.

> Text controls do not establish synchronized spoken guidance.

Three audio controls, one connected path

The ambient WAV is fetched and played; the guidance endpoint is never called and the speed slider reaches nothing.

AMBIENT SOUND

Fetched, looped, mixed

A ninety-second WAV becomes an object URL and a looping Audio element.

WHAT IT REACHES

a real media element; a failed fetch is disclosed

GUIDANCE ENDPOINT

Opening, midpoint, closing

Requires authentication and a configured voice client, or returns unavailable.

WHAT IT REACHES

no call from this component

VOICE SPEED

A number and a label

The slider updates local state and the displayed multiplier.

WHAT IT REACHES

no playbackRate on any element here

One fetched and played element, one endpoint nobody calls, one slider that changes a number.

> Follow the media request and the element before promising playback.

What starting and finishing write

One guarded request, three request results, two inserts without a transaction and a fixed projection.

Section 3 of 4

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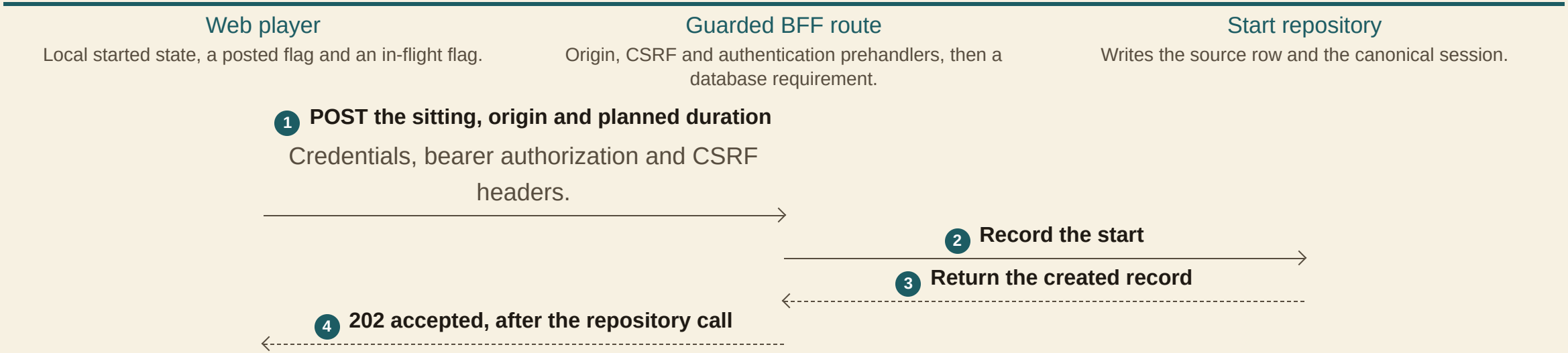
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A label with no request, an offline branch, a mount that starts at zero and two kinds of link.

Two helpers post from the same component, and only one of them reads the response.

Starting also asks for a start record

The local timer begins before the request returns, and nothing waits for the receipt.

One start request for the five-minute sitting, with an origin from the query string.



The start round trip. Local playback state can advance before any of it returns.

> Keep the visible started state separate from the returned start record.

Three request results, one visible finish

The completion effect never inspects the response, so only a thrown failure is noticed.

THE RESPONSE SUCCEEDS

Nothing is read back

The effect does not open the body or use the returned record.

WHAT THE COMPONENT DOES

the finish was already visible

HTTP 503

Indistinguishable from success

The fetch resolves, and no response.ok check follows it.

WHAT THE COMPONENT DOES

no retry entry is written

THE REQUEST THROWS

A local key is attempted

A network or header-preparation failure reaches the catch.

WHAT THE COMPONENT DOES

a sitting-scoped entry nothing drains

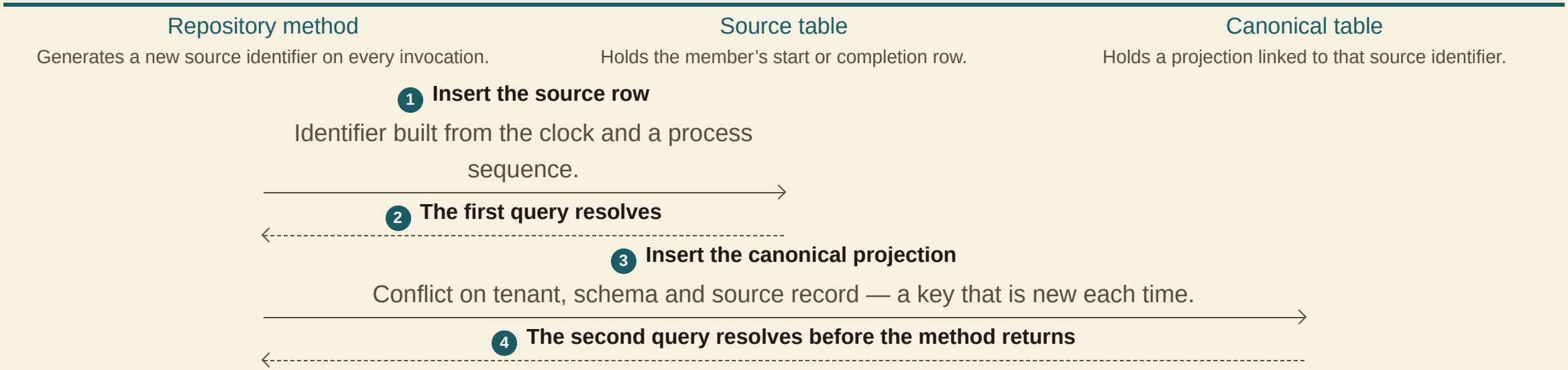
One effect, three outcomes, and the same finished screen behind all of them.

> A completed screen is not an acknowledgement check.

Two inserts, in sequence, with no transaction

The source row lands first; a failure in the second leaves the first behind.

One completion write for the five-minute sitting, and the same write repeated.



Two sequential pool queries. No transaction and no stable per-request key.

> A second-write failure can leave the first record in place.

The projection fixes what the player varied

Completion method and state are literals in the insert, and the partial finish has no field to land in.

Source field specimen · no member data

Canonical completion insert · fixed fields

Completion state	`completed`	A literal in the insert, whatever the player decided.
Completion method	`audio-ended`	Also a literal, including after an early finish.
Session and plan	`sessionId null · plannedDuration null`	The start identifier returned earlier is not attached here.

Member, sitting, elapsed duration and reflection are copied; the rest is supplied.

> Inspect the emitted record instead of assuming the interface vocabulary survives.

Two reads of one table, two questions

The room asks which sittings exist in the record; the streak asks how the dates run.

	The room’s done set Feeds the completion overlay on the twelve rows.	The reported streak Overlaid on the today feed when context exists.
What it selects	Distinct sitting identifiers for the member.	Distinct completion dates in UTC, newest first.
What it filters on	Nothing else — not duration, not completion state.	A limit of 365 dates, and nothing else.
The rule applied after	Membership: the identifier is in the set or it is not.	Extend while adjacent dates differ by at most 36 hours.
Does today matter?	No — a row from any date marks its sitting done.	No — the newest date is never compared with today.

> Neither read can tell you whether the member practised today.

One table, two queries, and two numbers a member is likely to read as one.

> A historical run is not automatically a current daily streak.

Reflection, return and the next room

A label with no request, an offline branch, a mount that starts at zero and two kinds of link.

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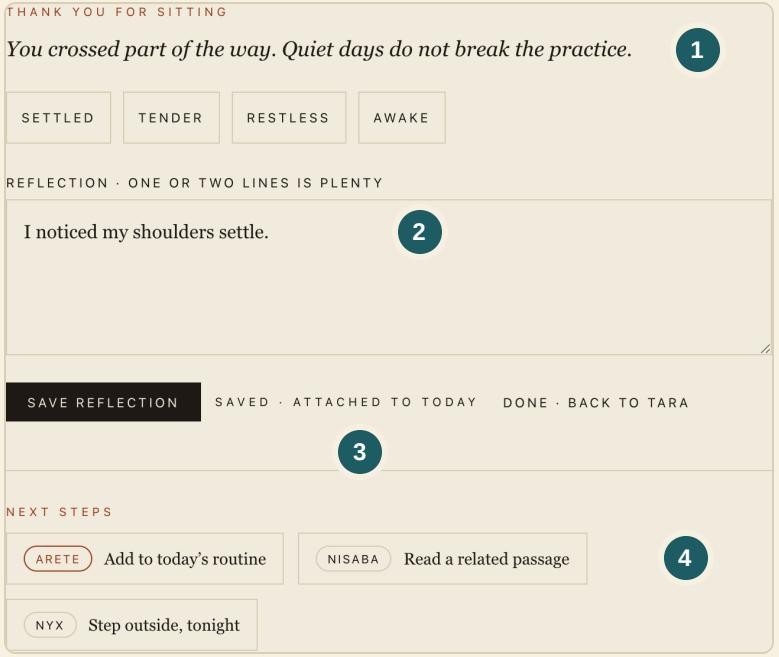
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The last surface a member sees makes the chapter’s largest claim on the least evidence.

Saved, after a timer and no request

The online handler waits three hundred milliseconds and changes a label; nothing leaves the browser.

Pinned source component · declared sample data



1. **The partial branch's own words**
   Below eighty per cent, and the copy is deliberately not shaming.
2. **Typed after the request went**
   The completion effect captured the text at the transition, which was empty.
3. **Saved, after a timer**
   Three hundred milliseconds, then a status change, and no fetch.
4. **Three room roots**
   Labels invite a routine, a passage and a walk; the links carry none of them.

Pinned reflection surface · partial finish · the Saved label has no request behind it

Actual reflection surface under a declared online fixture; no persisted-reflection claim.

> A confirmation label needs evidence from the operation it claims to confirm.

Offline writes a key, or keeps a draft

One branch reaches browser storage and one stays in component memory, and only one survives the tab.

Save pressed while navigator reports offline, once with storage available and once without.

Check Does localStorage accept the write?
A key built from the sitting identifier, unscoped by member.

- yes → **Admitted** Queued in the browser
  Text, mood and a timestamp survive the tab; nothing drains them.
- it throws → **Try again** Held in component memory
  Reported as memory-queued, with a warning to copy it before leaving.

Neither ending delivers anything; they differ in what closing the tab destroys.

> Explain where the draft exists and what has not been delivered.

Opening it again starts at zero

Three resume models exist in the codebase and this component imports none of them.

WEB SITTING MOUNT

Zero, and not-started

No local key, no adapter and no manager is read on mount.

ACTUAL STATE BOUNDARY

the position a member actually gets

CANONICAL CHECKPOINT

Resume seconds, or five per cent

Selects restart, resume, reflect or replay inside a recent window.

ACTUAL STATE BOUNDARY

a separate helper, not imported here

SHARED AUDIO MODEL

Tracks, markers, engine updates

The caller supplies media, persistence and seek behaviour.

ACTUAL STATE BOUNDARY

its consumers are native surfaces

Three separate implementations whose names suggest a connection they do not have.

> A shared resume model does not prove that this page restores anything.

Two links out, one with a payload

The room’s reading cue names a passage; the completion surface offers three room roots.

Illustrative case · inspected source behaviour

“Read what the sitting refers to.”

The room cue and the completion invitation enter Nisaba with different information.

The room’s passage cue

Carries a passage, an origin and today’s-sitting context in the query.

The completion surface’s link

Opens the Nisaba root with nothing selected.

What the destination owes

Resolve the target, or let the reader choose again there.

The Arete and Nyx completion links also open room roots; no cross-domain write happens here.

> A navigation label does not establish a cross-domain write.

Say what was kept, and where

The running example resolved: one local state, one request, two rows and a later read that disagrees.

Illustrative case · inspected source behaviour

239 seconds · partial in the player

A later done row and a saved reflection are two separate claims.

What the screen decided

A ratio below eighty per cent, and copy chosen from it.

What the write would hold

A source row with 239 seconds, and a canonical event reading completed.

What the next surface sees

A done row, a streak that ignores today, and a player at zero.

The chapter characterises pinned source; it asserts no live member save.

> Name what was retained, where it lives, and what is still unconfirmed.

What to carry out of this chapter

Three habits that outlast the specific numbers: the label, the response, and the projection.

REMEMBER

1. **A label is not a receipt**
   Saved, completed and done come from three owners, and one of them made no request.
2. **Read the response before believing the post**
   One of these two helpers checks it; the other cannot tell a 503 from success.
3. **Name the projection**
   The done set, the canonical event and the streak are three reads of one table.

NEXT · CHAPTER 2 OF 5

Tara ritual sessions and recovery

Next: Tara ritual sessions and recovery — the contract behind the words this chapter borrows. →

> Every screen in this chapter is accurate about itself and silent about everything else.