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ARTIFICIAL INTELLIGENCE AND WELL-BEING

**AN INTEGRATED PHENOMENOLOGICAL
APPROACH AND A MULTI-AGENT SYSTEM
FOR PERSONAL DEVELOPMENT**





ISBN
979-12-218-2929-7

PRIMA EDIZIONE
ROMA 4 SETTEMBRE 2026

Table of Contents

Preface	11
Introduction.....	15
The Problem: The Fragmentation of Wellness and the Inadequacy of Classical Probability ...	15
The Proposal: An Integrated and Super-Additive Phenomenological Approach	15
The Quantum Extension: From Quantum Inspiration to QI-Happenability.....	16
The Computational Architecture: Wellness Evo-MAS.....	17
Scientific Foundation and Validation	17
Epistemological Positioning: Phenomenology and Rigor	18
Book Structure.....	18
Who This Book Is For	19
Chapter 1: A New Phenomenological Paradigm for Wellness	21
1.1 The Human Being as a Multiperspectival Energy System	21
1.2 The Principle of Integrative Super-Additivity	23
1.3 On the Choice of the Four Disciplines: Non-Exhaustiveness and Structural Complementarity	24
1.4 Epistemological Positioning: Phenomenology and Computational Rigor	26
1.5 State of the Art: AI in Holistic Wellness	27
1.6 Conceptual Map of the Book and Relationships Among the Chapters.....	29
Completed Exercises.....	32
Bibliographic References.....	35
Chapter 2: <i>The Epistemic Framework: Probability, Plausibility, Credibility, Possibility, and Accadability</i>	37
2.1 Foundations: From the Model to the Quantum Framework.....	37
2.2 The Four Epistemic Distributions: Formal Definitions	39
2.3 Accadability $A(p, t)$: Definition and Formal Properties.....	41
2.4 The Seven Aggregation Models	42
2.5 Accadability as a Function of Time and Person.....	44
2.6 From Decision Theory to Wellness: The Fundamental Mapping.....	46
Completed Exercises.....	48
References	51
Chapter 3: <i>The Four Perspectives on the Subtle Energy Plane</i>	53
3.1 Reiki: The Perspective of Bioenergetic Flow and the Distribution of Probability.....	53
3.2 Extended Cosmoenergy: The Cosmic Informational Perspective and the Plausibility Distribution	55
3.3 Teos Numerology: The Perspective of Archetypal Vibrational Patterns and the Distribution of Credibility.....	57
3.4 Reality Transerfing: The Intentional-Navigational Perspective and the Distribution of Possibilities	60

3.5 The Epistemic Complementarity Matrix: Synthesis of the Discipline-Distribution Mapping	62
Completed Exercises.....	65
References	67
Chapter 4: <i>Multi-Agent Systems and Large Language Models — Architecture, State of the Art, and Role in the Framework</i>	69
4.1 Fundamentals of Multi-Agent Systems.....	69
4.2 LLM-Based Multi-Agent Systems: A New Generation of Agents	71
4.3 The Role of the MAS in Computational Wellness: Orchestration, Personalization, and Fusion.....	73
4.4 Self-Evolving Agents and Learning from Experience.....	75
4.5 Interoperability Protocols: MCP, A2A, and Architectural Implications.....	77
Completed Exercises.....	80
References	82
Chapter 5: <i>Architecture of the Wellness Evo-MAS Multi-Agent System</i>	85
5.1 Overview: A Multi-Agent System for Epistemic-Phenomenological Wellness.....	85
5.2 The Six Specialized Agents and Their Epistemic Roles	87
5.3 Communication Topology and Orchestration	89
5.4 The MAS as the Engine of Achievability: Computational Workflow.....	91
5.5 Architectural Specifications and Formal Diagrams.....	92
References	97
Chapter 6: <i>Unified Ontology of the Subtle Energy Plane</i>	99
6.1 Ontology as a Shared Language Among Agents.....	99
6.2 Ontology Structure: From Primitive Concepts to Cross-Disciplinary Relationships	101
6.3 Negotiation Protocols and Super-Additive Fusion.....	104
6.4 Integration with Biometric and Physiological Data	106
6.5 Ontology Evolution and Knowledge Governance	108
Completed Exercises.....	110
References	113
Chapter 7: <i>The Personalization and Memory Engine</i>	115
7.1 Multidimensional User Profile	115
7.2 Memory System and Longitudinal Continuity.....	117
7.3 Adaptive Weight Update and Convergence.....	120
7.4 Adaptive Difficulty and System Calibration.....	121
7.5 Privacy, Ethics, and the Right to Be Forgotten in Personalized Memory	123
Completed Exercises.....	126
References	128
Chapter 8: <i>Software Architecture and Technology Stack</i>	131

8.1 Technology Stack and Architectural Principles.....	131
8.2 Configuration of LLM Agents.....	133
8.3 Orchestration and Function Calling.....	135
8.4 Persistence System and Vector Store.....	137
8.5 Security, Monitoring, and Deployment.....	139
Completed Exercises.....	142
References	144
Chapter 9: <i>The Reiki Agent — Probability Agent</i>	147
9.1 System Prompt and Knowledge Base of the Reiki Agent.....	147
9.2 Processing Pipeline: Input, Processing, and Output.....	149
9.3 Calculation of the P distribution: Reiki as a probabilistic ground state.....	151
9.4 Correlation with Phenomenological and Clinical Evidence	153
9.5 The Energy Graph and the Personalized Chakra Map.....	155
Completed Exercises.....	158
Bibliographic References.....	160
Chapter 10: The Extended Cosmo Agent — Agent of Plausibility and Quantum Inspiration ..	163
10.1 ICCF Channels Knowledge Base	163
10.2 The Quantum Extension: Faggin, Consciousness, and Quantum Inspiration.....	165
10.3 Channel Selection Algorithm and Multi-Criteria Matching.....	168
10.4 Calculation of the PI Distribution: Cosmoenergy as a Plausibility Estimate	170
10.5 Virtualized Session Protocols and Conscious Narration	172
Completed Exercises.....	175
References	177
Chapter 11: <i>The Numerology Agent — Credibility Agent</i>	179
11.1 Teos Numerological Calculation Engine.....	179
11.2 Analysis of Time Cycles and Personalized Energy Calendar	182
11.3 Calculation of the Cr Distribution: Numerology as a Credibility-Based Estimate.....	184
11.4 Cross-Perspectival Integration and Ontological Correspondences.....	186
11.5 Epistemological Limitations and the Credibility of Numerology.....	187
Completed Exercises.....	191
Bibliography	193
Chapter 12: <i>The Transerfing Agent — Agent of Possibility</i>	195
12.1 Computational Modeling of the Space of Variants.....	195
12.2 Detection of Energy Pendulums and Excess Potential	197
12.3 Calculation of the Po Distribution: Transerfing as a Possibilistic Estimate	200
12.4 Protocols of Intention, Visualization, and Navigation.....	201
12.5 Possibility as an epistemic horizon and closure of the quadruple	204

Completed Exercises.....	207
Bibliographic References.....	209
Chapter 13: <i>Integration Agent, Evolution Agent, and the Calculus of Happens-ness</i>	211
13.1 Super-Additive Fusion: From Aggregation to Accadability	211
13.2 Models for Calculating Accadability $A(p, t)$	214
13.3 Resolving Conflicts Between Perspectives.....	217
13.4 The Evolution Agent: Self-Reflection, Adaptation, and Longitudinal Updating	219
Completed Exercises.....	223
References	225
Chapter 14: <i>Application Scenarios</i>	227
14.1 Stress Management and Occupational Burnout.....	227
14.2 Career Transition and Critical Decisions.....	229
14.3 Spiritual Growth and Advanced Meditation.....	231
14.4 Recovery from Emotional Trauma	233
14.5 Optimization of Creative Performance	235
Completed Exercises.....	238
Bibliographic References.....	240
Chapter 15: <i>Validation Protocol</i>	241
15.1 Experimental Design.....	241
15.2 Evaluation Metrics.....	243
15.3 Validation of Super-Additivity and Accadability.....	245
15.4 Statistical Analysis and Limitations of the Protocol	248
Completed Exercises.....	252
References	254
Chapter 16: <i>Ethical Considerations and Limitations</i>	257
16.1 Complementarity with Conventional Medicine.....	257
16.2 Privacy and Sensitive Spiritual Data.....	259
16.3 Biases in LLM Models.....	261
16.4 User Autonomy and Risk of Dependence	263
16.5 Epistemological Status and Limitations of the Phenomenological Approach	264
Completed Exercises.....	268
References	270
Chapter 17: <i>Toward an AI Aware of the Subtle Energy Plane</i>	273
17.1 Integration with the Sophimatics Framework.....	273
17.2 Embodied Agents and Physical Sessions	275
17.3 Energy Digital Twin and Continuous Accessibility	278
17.4 Extensibility to New Perspectives	280

Completed Exercises.....	285
References	287
<i>Conclusions</i>	289
Summary of Contributions	289
Open Questions.....	292
Roadmap.....	294
Completed Exercises.....	299
References	302
Appendices.....	305
Appendix A - Complete System Prompts for the Agents.....	305
Appendix B - Unified Ontology of the Subtle Energy Plan — Formal Specification.....	311
Appendix C - Catalog of Cosmoenergetic Channels	315
Appendix D - Teos Numerology Calculation Tables	317
Completed Exercises.....	321
References.....	323
Appendix E - Annotated Source Code	325
Appendix F - Validation Questionnaires	329
Appendix G - Proof of Structural Complementarity and Accadibility.....	333
Appendix H - The Extended Epistemic Framework — From the U(E) Quadruplet to Accadibility $A(p,t)$	335
Completed Exercises.....	339
References.....	341

Preface

This book stems from a rare convergence: direct experience of the subtle energy plane of the human being and the formal tools of contemporary computer science. It is the result of a journey that spanned two seemingly distant worlds — that of holistic disciplines and that of computational research — discovering between them not an abyss but a bridge, whose foundations were already present in the very structure of uncertainty.

As a computer science researcher at the University of Salerno, he has devoted years to studying decision-making processes under conditions of uncertainty and incomplete information. In 2020, together with his collaborators, he published a framework in *IEEE Access* that extended the classical notion of probability by introducing three additional complementary distributions alongside Probability: Plausibility, Credibility, and Possibility. These four functions — each capturing a different aspect of uncertainty — offered a multidimensional description of imperfect knowledge that probability alone could not fully capture.

At the same time, and for reasons that were initially purely cultural, he studied wisdom traditions such as Reiki, Cosmoenergy according to Emil Bagilrov's method, Roman Teos's Teos Numerology, and Vadim Zeland's Transerfing of Reality. Not as a scholar observing from the outside, but as a practitioner experiencing them from within. He experienced firsthand — both in himself and in those around him — the phenomena described by these traditions: the bioenergetic flow of Reiki, the action of cosmoenergetic channels, the archetypal vibrational patterns of numerology, and navigation through the space of variants in Transerfing.

The spark for this book was ignited when the author recognized — with the sudden clarity that accompanies authentic insights — that the four disciplines he practiced naturally mapped onto the four epistemic distributions he had formalized. This was neither a rhetorical stretch nor a suggestive analogy: it was a structural correspondence. Reiki, with its measurable biomedical correlations in heart rate variability and skin conductance response, behaved like the Probability distribution: the most rigorous, the closest to empirical evidence. Cosmoenergy, operating in a domain where evidence was insufficient for classical probability but where accumulated experience made the intervention plausible, aligned with the Plausibility distribution. Teos Numerology, rooted in tradition and in the archetypal structure of the person, expressed that minimal yet inescapable form of trust corresponding to Credibility. Transerfing, with its space of variants as an infinite-dimensional field of the possible, was literally the distribution of Possibility: the broadest, the most inclusive.

From this fundamental mapping, a function emerged that we have termed *Accadibility*: $A(p, t)$, a quantity that varies over time t and from person to person p , obtained by combining the four epistemic distributions. Accadibility captures the

individual's overall epistemic-energetic state at every instant: it is not probability in the classical sense, nor is it mere possibility, but an integrated measure that simultaneously accounts for what is measurable, plausible, credible, and possible for that person at that moment.

The formalization of this framework has generated a series of scientific articles to be published in international peer-reviewed journals. The work on *Entropy* (2025) extended the model to the quantum domain, introducing the paradigm of *Quantum Inspiration*: the use of the formalism of quantum mechanics — Hilbert spaces, POVMs, density operators — not to describe physically quantum phenomena, but to capture non-classical structures of uncertainty such as non-commutativity, contextuality, and interference. An article on Happenability demonstrated the validity of epistemic fusion on real clinical data, with formal guarantees of convergence. The work on Wellness Evo-MAS presented the multi-agent architecture as a modular epistemic ensemble, validating it against established machine learning baselines.

This book is the organic and comprehensive synthesis of this entire journey. It is not a collection of articles; it is the unified narrative of a vision. A narrative that begins with the human being as a multiperspective energy system, moves through the mathematical formalization of multidimensional uncertainty, constructs a computational architecture with six agents based on Large Language Models, and ultimately proposes a new paradigm for wellness: a paradigm in which artificial intelligence does not replace the wisdom of traditions but orchestrates it, personalizes it, and makes it accessible through the super-additive fusion of perspectives.

The term *phenomenological* is chosen with specific intent. The approach of this book is not reductionist: it does not claim to explain Reiki or Cosmoenergy in terms of particle physics. Nor is it uncritically eclectic: it does not accept every assertion without scrutiny. It occupies a third space, where practitioners' experiences are accepted as primary phenomenological data, formalized with computational rigor, and evaluated based on the model's internal consistency, its predictive capacity, and users' experiences. It is an approach that has the courage of epistemological transparency: it states its assumptions, makes its limitations explicit, and invites dialogue with both the scientific community and the community of practitioners.

One aspect we wish to highlight is the notion of *super-additivity*. The integration of the four disciplines is not an accumulation: it is not a matter of simply adding together Reiki, Cosmoenergy, Numerology, and Transerfing. The integration produces emergent properties that no single discipline possesses. Just as in information theory the joint channel can carry more information than the sum of the individual channels, so too does the simultaneous observation of the human being through four complementary lenses generate an understanding that transcends the sum of the partial understandings. This is super-additivity, and Accadibility is the function that measures it.

The book is organized into five parts. The first establishes the theoretical foundations and phenomenological framework. The second presents the Wellness EVO-MAS integrative framework. The third delves into the technical implementation of the six agents. The fourth offers application scenarios and validation protocols. The fifth looks to the future: integration with the Sophimatics paradigm, embodied agents, and the energetic digital twin.

This book is written with the awareness that it proposes something unusual. A computer science professor discussing chakras and cosmo-energetic channels. A Reiki practitioner discussing POVM and Hilbert spaces. A researcher who publishes in engineering journals while also practicing Theos Numerology. Yet it is precisely in this unorthodoxy that the value of this contribution lies. It is not a matter of legitimizing one with the other, but of recognizing that human reality is richer than any single perspective can capture, and that the task of 21st-century computer science also includes the creation of tools that honor this richness.

Artificial intelligence tools were used in the creation of this work to assist with translation, document research, and stylistic editing of the text. The author personally verified, reviewed, and gave final approval to the text.

Readers are asked to be willing to set aside, at least temporarily, their usual categorizations and return to a humanistic vision — a time when interdisciplinarity was a structural requirement rather than an afterthought, when one discipline served as a stimulus for another. The territory we explore together belongs neither entirely to science nor to tradition: it belongs to that intermediate space where both can engage in dialogue. Dialogue, as super-additivity teaches us, always produces more than the sum of its individual parts.

Gerardo Iovane
Fisciano, 2026

Introduction

The Problem: The Fragmentation of Wellness and the Inadequacy of Classical Probability

The application of artificial intelligence to wellness and health has expanded rapidly over the past decade, with systems ranging from clinical decision support to personal health agents based on wearable devices. However, nearly all of these systems operate within a strictly biomedical paradigm, relying on probabilistic models anchored to measurable physiological data. These systems fail to capture the multidimensional nature of holistic wellness, which encompasses dimensions that do not readily lend themselves to standard probabilistic quantification.

Decision theory has long recognized that probability alone is insufficient to model uncertainty in complex environments. Dempster-Shafer theory, Zadeh's theory of possibility, and their unification proposed in our 2020 framework provide four complementary measures of uncertainty with decreasing epistemic strength: Probability, Plausibility, Credibility, and Possibility. Each captures an aspect of uncertainty that the others cannot express. Probability, the most stringent, requires repeatable empirical evidence. Plausibility incorporates accumulated experience as an upper bound. Credibility expresses the minimum level of support rooted in tradition and expert judgment. Possibility, the broadest, defines compatibility with known constraints.

The crucial point is that the human being — in its subtle energetic dimension — is a system that exists simultaneously on multiple planes, each observable through different lenses. No single discipline, however profound, can fully encompass this complexity. And no single probabilistic model, however sophisticated, can capture it. What is needed is an approach that is both multifaceted in its perspectives and rigorous in their integration.

The Proposal: An Integrated and Super-Additive Phenomenological Approach

This book proposes a new paradigm for computational wellness based on three pillars.

The first pillar is *the integrated phenomenological approach*. Four disciplines — Reiki, Cosmoenergy, Teos Numerology, and Reality Transurfing — are integrated not as an exhaustive taxonomy of holistic practices, but as a synergistic composition of distinct perspectives on the energetic human being, selected based on their structural complementarity. Each discipline illuminates a specific dimension of the subtle energy plane: Reiki illuminates the somatic-bioenergetic dimension, Cosmoenergy and te the informational-cosmic dimension, Teos Numerology the archetypal-temporal dimension, and Transurfing the intentional-navigational dimension.

The second pillar is the *discipline-epistemic distribution mapping*. The fundamental novelty of this work lies in the rigorous correspondence between the four disciplines and the four epistemic distributions defined in our theoretical framework: Reiki is mapped onto the Probability P distribution, Cosmoenergy onto Plausibility Pl, Teos Numerology onto Credibility Cr, and Transerfing onto Possibility Po. This mapping is not arbitrary: it is justified by the structural correspondence between the epistemic properties of the four distributions (decreasing strength) and the phenomenological properties of the four disciplines (decreasing measurability). The epistemic orthogonality among the channels has been formally verified using conditional mutual information.

The third pillar is *Accadibility*. The combination of the four distributions generates a function $A(p, t)$ that varies over time t and from person to person p , capturing the individual's overall epistemic-energetic state. Happenability is not a simple average: it is the result of a super-additive fusion in which integration produces emergent properties that transcend the sum of individual contributions. Seven aggregation models have been formalized, with proofs of normalization and monotonicity, and person-specific adaptive weights with convergence guarantees via the Robbins-Monro stochastic approximation.

The Quantum Extension: From Quantum Inspiration to QI-Happenability

The framework is enriched with an additional dimension through the *Quantum Inspiration* paradigm, developed in our paper published in *Entropy* (2025). The fundamental idea is that the formalism of quantum mechanics — Hilbert spaces, POVMs (Positive Operator-Valued Measures), density operators — can be adopted not to describe physically quantum phenomena, but as a mathematical framework for capturing non-classical structures of uncertainty. This position is consistent with the program of quantum cognition, which applies quantum formalism to cognitive and decision-making processes without asserting that cognition is physically quantum.

In the context of wellness, different assessment perspectives constitute *incompatible observational frames* in the sense of quantum measure theory: performing an assessment from one perspective can alter the result of a subsequent assessment from another perspective. This is precisely the phenomenon of non-commutativity central to quantum cognition. QI-Happenability extends classical Happenability by incorporating ordered interference terms that capture non-commutative and contextual effects invisible to classical models. Empirical validation using real clinical data has demonstrated a significant improvement over the classical framework.

This extension resonates deeply with the vision of Cosmoenergy, where cosmic channels can be reinterpreted as quantum states of conscious information. The inspiration drawn from Federico Faggin's work on quantum consciousness — the proposal that consciousness is an irreducible quantum phenomenon, not emerging from computational complexity but rooted in the very structure of reality — enriches

Cosmoenergy with a depth of interpretation that the classical ICCF level alone could not achieve.

The Computational Architecture: Wellness Evo-MAS

The computational architecture that translates this framework into an operating system is Wellness Evo-MAS: a six-component Multi-Agent System, each based on Large Language Models. The architecture comprises four prospective agents — the Reiki Agent (Probability Agent), the Extended Cosmo Agent (Plausibility and Quantum Inspiration Agent), the Numerology Agent (Credibility Agent), and the Transerfing Agent (Possibility Agent) — plus two cross-cutting agents: the Integration Agent, which calculates Accadibility through super-additive fusion, and the Evolution Agent, which longitudinally updates adaptive weights based on historical effectiveness.

The choice of a multi-agent architecture is not a purely technical decision: it is the computational translation of the book's fundamental epistemological principle. Understanding the energetic human being requires multiple perspectives — none of which can be reduced to the others — whose combination produces emergent properties. A single model, however powerful, cannot simultaneously maintain all four perspectives with the necessary depth. The MAS allows for the separation of responsibilities: each agent has its own system prompt, knowledge base, and tools, optimized for its specific discipline. The Integration Agent is not a simple aggregator but an epistemic fusion engine that calculates Accadibility. The Evolution Agent is the cross-cutting observer that, by monitoring historical effectiveness, enables the system to learn and improve over time.

Scientific Foundation and Validation

The framework presented in this book is not a theoretical speculation: it has undergone rigorous validation through multiple converging approaches. The validation includes synthetic Monte Carlo experiments involving 500 users over 52 weeks, systematic comparison with established soft computing methods (Choquet integral, Sugeno integral, OWA operators, Belief Rule Base systems), validation on real clinical data from the UCI Diabetes dataset, robustness analysis under misspecification scenarios, and formal verification of epistemic orthogonality via conditional mutual information.

The results are significant. The adaptive M3 model (weighted average with person-specific weights) achieves the best mean absolute error among all soft computing competitors on real data. The quantum extension QI-Happenability further improves performance by 17.4% compared to the classical framework. The Wellness Evo-MAS architecture achieves performance competitive with the best machine learning baselines (Random Forest, XGBoost, deep neural networks), with the fundamental advantage of intrinsic epistemic interpretability: the decomposition reveals what type of evidence drives each evaluation — a capability not available in monolithic models.

Epistemological Positioning: Phenomenology and Rigor

This book occupies a specific epistemological space, distinct from both scientific reductionism and uncritical eclecticism. The phenomenological approach adopted treats practitioners' experience as primary data, formalizes it with computational rigor, and proposes a framework whose validity is measured by three criteria: the model's internal consistency, verifiable predictive power, and usefulness to the user.

We make no metaphysical claims: we do not assert that the chakras exist in the sense of particle physics, nor that the cosmoenergetic channels are electromagnetic waves measurable with conventional instruments. We assert something different and more precise: observing human beings through the lenses of Reiki, Cosmoenergy, Teos Numerology, and Transerfing yields consistent, complementary, and computationally processable information patterns, whose super-additive integration generates a predictive and therapeutic value superior to that of any single perspective. This is an empirical claim that is verifiable and falsifiable.

Book Structure

The volume is organized into five parts, eighteen chapters, and eight appendices.

Part I (*Theoretical Foundations and Phenomenological Positioning*, Chapters 1–4) introduces the phenomenological paradigm, formalizes the epistemic framework of the four distributions and of Accadibility, presents the four perspectives on the subtle energy plane along with their epistemic mapping, and contextualizes multi-agent architecture within the state of the art.

Part II (*The Integrative Framework: Wellness Evo-MAS*, Chapters 5–7) describes the architecture of the multi-agent system, the unified ontology of the subtle energy plane, and the personalization and memory engine.

Part III (*Technical Implementation*, Chapters 8–13) delves into the implementation details of each agent — the Reiki Agent as the agent of Probability, the Extended Cosmo Agent as the agent of Plausibility and Quantum Inspiration, the Numerology Agent as the agent of Credibility, the Transerfing Agent as the agent of Possibility — and introduces the Integration Agent and the Evolution Agent with a detailed calculation of Accadibility.

Part IV (*Use Cases and Validation*, Chapters 14–16) presents concrete application scenarios — from stress management to career transition, from spiritual growth to creative optimization — along with the experimental validation protocol and ethical considerations.

Part V (*Future Vision and Conclusions*, Chapters 17–18) looks to the future: integration with the Sophimatics paradigm and complex time $T = a + ib$, embodied agents for physical sessions, the energetic digital twin as continuous monitoring of Accadibility, and the development roadmap.

The **Appendices** provide the complete technical materials: agent system prompts, formal ontology specification, catalog of cosmoenergetic channels, numerological calculation tables, annotated source code, validation questionnaires, formal proof of structural complementarity, and the complete mathematical derivation of the extended epistemic framework.

Who This Book Is For

This book is intended for a diverse audience: researchers in artificial intelligence and soft computing interested in multi-source epistemic fusion; practitioners of holistic disciplines who wish to understand how their practices can be formalized and computationally integrated; computer science and engineering students curious about the intersection of AI and wellness; and anyone interested in exploring a genuinely new territory, where scientific rigor and experiential wisdom find a common language.

Each chapter is written to be accessible to readers with diverse backgrounds. Mathematical formalizations are accompanied by intuitive interpretations; descriptions of holistic disciplines are accompanied by their computational translations. Readers are invited to follow the book in its entirety, but may also access the chapters on a modular basis, guided by the table of contents and numerous cross-references.

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The journey we propose begins with an act of epistemological courage: taking seriously, simultaneously, the language of the chakras and that of Hilbert spaces, the experience of bioenergetic flow and the calculation of epistemic distributions, the millennia-old wisdom of Reiki and the power of Large Language Models. Not because they are the same thing, but because their combination — their super-additivity — produces something that neither world, on its own, could have generated.

This something is Happensibility: a measure of what can happen for you, here, now. And this is where we begin.

