



INSTRUMENT DOCUMENTATION

The FP20 Fundamental Peace Scale — Instrument Documentation (English & Spanish)

Luis Miguel Gallardo [ORCID 0009-0005-3222-6092](https://orcid.org/0009-0005-3222-6092)

World Happiness Foundation · Mindful Diving Institute Research Lab · Shoolini University · Universidad de Zaragoza

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Measured, not assumed

The FP20

The Fundamental Peace Scale — the instrument behind Pillar 6.

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WHAT FUNDAMENTAL PEACE IS

Fundamental Peace is a precisely operationalised neuro-experiential state — stable yet flexible, serene yet fully engaged; not the absence of pain but the transmutation of its energy into love and compassion; integrated regulatory capacity.

HOW IT WORKS

Large-scale brain networks — the default mode, executive control and salience networks — reorganise away from rigid self-processing and toward integrated regulation. That capacity is trainable through contemplative practice and through the ocean, and it is measured before and after, never assumed.

THE RESPONSE SCALE

20 statements · 1 Never true → 7 Always true · 0–100

1 · Never true

7 · Always true

THE TWENTY STATEMENTS

1. Flexible attentional control

The capacity to direct attention with ease rather than strain — focused yet open, without needing to forcefully suppress distractions.

- 1 I can direct my attention to what matters without forcing it.
- 2 I notice distractions without being pulled away by them.
- 3 My attention feels steady yet open, not rigid or scattered.
- 4 I can return to focus easily after interruptions, without effort.
- 5 Attention feels natural to me, not something I have to sustain through willpower.

2. Emotional coherence across self-states

The experience of inner continuity even as emotions shift — without dissociation or fragmentation of experience.

- 6 I experience a continuous sense of self even when my emotions shift.
- 7 I can hold contradictory feelings without fragmenting or becoming overwhelmed.
- 8 Different parts of me — the struggling, the wise, the playful — feel connected rather than at war.
- 9 When I look back on past emotional experiences, they feel integrated into who I am.
- 10 I can access a full range of emotions without losing my center.

3. Reduced self-referential rigidity

Freedom from repetitive ruminative loops — a flexible sense of self that adapts without clinging to fixed concepts.

- 11 I am not trapped in repetitive self-critical thoughts.
- 12 My sense of who I am feels flexible and open to growth.
- 13 I can observe my own thoughts without identifying rigidly with them.
- 14 I rarely ruminate on past events or worry about the future.

15 I can let go of fixed self-concepts when life invites me to.

4. Compassionate self-awareness

The capacity to observe one's own experience with genuine kindness — self-compassion as the natural expression of a serene mind.

16 I observe my own experiences with kindness rather than judgment.

17 When I fail, I respond to myself with the compassion I would offer a friend.

18 I can acknowledge difficult emotions in myself without being overwhelmed by them.

19 I see my strengths and limitations with clarity and warmth, without inflation or deflation.

20 My inner voice tends to be supportive rather than critical.

SCORING

Average the five responses within each component and the twenty overall, then convert to 0–100: $(\text{mean} - 1) \div 6 \times 100$. Report the total and the four component scores together — the shape matters more than the number.

READING THE TOTAL

Emerging — The water is moving today. Nothing here is a verdict — it is a reading of one moment, and the practice begins exactly where you are.

Settling — Something is already steadying. Keep returning — attention, like buoyancy, becomes easier the less you fight it.

Deep — There is depth here — stable and still flexible. Hold it lightly, and let it show in how you meet the next person and the next dive.

HOW WE USE IT

☐ Free for every diver, always.

☐ Guests answer anonymously and with consent — nothing identifies them.

☐ Centers only ever see group aggregates.

☐ A reflection instrument, never a diagnosis.

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The evidence behind the instrument lives in the Research Hub: library, state-of-the-field review and open agenda — mindfuldivinginstitute.com/research

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