



# Connect All

Addressing all that can  
be addressed in  
existence for the most  
safety and hopeful  
possibilities.

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Existence is what it is until we either find, create, or another answer becomes available. We have to understand the reality of our existence and do all we can for the most safety and hopeful possibilities. Current existence gives no option in how that works. We are interconnected, with the simultaneous conflicts. So we live interconnected.

# Connect All Guide

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## Assembler and Initiator

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## Acknowledgments

Jacqueline Steyn – formatting

This document is not a book nor a manual. It contains key points to get the information to others as quickly as possible, along with being able to be used for trainings or meetings.

As of the date of this document, the references included could be updated. For example, the section on environment and climate was compiled earlier in 2021, before the International Panel on Climate Change (IPCC) report came out in August, and other information that continues to be made available.

This is a working draft document, because when there is a need, you assemble and share as you go.

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### Introducing the Connect All initiative

Hi,

I'm Gwen, and while I don't know your name, *(your name)*, you matter.

Let me begin by asking you to take the best care of yourself that you can - that's an always statement. If you need support, I ask you to reach out. And if the support you need isn't available, I ask you continue to do the best you can to take care of yourself. *(Resource pg28-30)*

Now a little about **Connect All**.

To give some background, I was and am looking for answers for myself, for someone I am attached to, and for every child and innocent. Connect All came out of that search.

As to what the initiative is about: It is to globally address all that can be addressed for the most safety and hopeful possibilities.

At present some suffering is unavoidable, but the current and possible cost of all we could address is beyond my ability to succinctly communicate, if at all. We live in an overall illogical-disconnected world. I know that reality on a personal level and recognize the differing degrees of it for all life. Connect All is about what we need to do as or/and for each of the 7.89+ billion (data Sept 7, 2021) individuals on earth and all of existence.

I am a realist. I understand the magnitude of what is needed, but also that it is necessary and doable. Connect All covers the foundation to the tough topics, in three modules:

**Module 1: Foundation and First steps** – The foundations for the approach, and where we start as an individual, and *(if applicable)* unit/family. Which is also the foundation and first steps in contributing to the necessary global change.

**Module 2: Reality of Our Existence**- Goes into vital elements of our existence we need to have a shared awareness of before we can move into frameworks.

**Module 3: Now and Forward Frameworks, and Tough Topics** - Gives realistic adjustable frameworks based on the data as we have it available and the functionality of the whole - and there is no perfect, so depending on the area we put in margins for the fact we can't be perfect, but still need boundaries to keep us within acceptable limits. Then with those frameworks, and the foundation from the other modules, we work through the tough topics the best we can.

It seems like a lot - as I said, necessary and doable.

Gwen

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## MODULE 1 Foundation and First Steps

### Foundation and First steps

The foundation for the **Connect All** approach, and where we start as an individual, and (*if applicable*) family/unit. Which is also the foundation and first steps in contributing to the necessary global change

#### Objectives:

- Use base logic
- Understand logic-connection as a foundation
- Understand the connection of our existence
- Understand every moment matters
- Understand and be able to use **“Five through the Filter”** - An individual self-care framework, which contributes to as a community, creating the necessary global change.
- Have a foundation to start thinking about what’s next

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### ONE GOAL

To address all that can be addressed in existence for the most safety and hopeful possibilities.

### AUTHOR'S TWO MOTIVATIONS

1. I need the most safety and hopeful possibilities for myself, and for who I am attached to.
2. I both want to positively and don't want to negatively, tell the children and innocents of the world, "Here is what I was doing this moment when you needed me."

### Base Logic

We begin with some base logic: Anything unanalyzed means we move forward without knowing what is known, not known, nor the possibilities. This means a higher risk of experiencing, creating, or/and allowing injury, and higher risk of not working towards what is hopefully possible as best we can.

So, for the most safety and hopeful possibilities, we need to analyze our entire existence, reanalyze as we learn more, and function from that reality.

Let's pause on that point. We recognize our global efforts towards analyzing our existence, isn't being done in some areas, and in the areas where analysis is being conducted, the efforts are not coordinated, synthesized, nor shared as we need them to be. Recognizing that, we logically analyze why they aren't, and that answer is a point of understanding why we aren't addressing all within our ability in the best way possible - which leads us to the next point. Noting first, that we will come back to how we address this need, as part of addressing all within our ability.

### Logic and Connection are the Foundation

Understanding Logic and Connection and the application of them, is the foundation of addressing all that can be addressed. To explain their foundational importance, let us begin with definitions.

**Logic** - Objectively thinking things completely through, considering all possibilities.

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Then there are two areas of connection, *internal* and *external*:

- 1 *Internal Connection* - we value ourselves, understand how we function, and stay self-aware.
- 2 *External Connection* - we know why and how to connect to others and all that is.

Neither internal nor external connection require emotion, but it is important to incorporate the emotional when applicable.

### The **GLOBAL** Overall Lack of Logic and Connection

As to their foundational importance, if we analyze all that we can address for the most safety and hopeful possibilities: Child abuse, violence, poverty, racism, disparities, *all the ways people de-individualize others*; cruelty to animals, the environment, other areas that impact our own personal-universal survival; hopeful possibilities; everything that is within our ability to address - the lack of logic-connection is either the cause of or/and the reason it's not being addressed as it could be (This point will become even clearer when we get to the section on *Every Moment Matters*). And beyond regret, most of us (within functionality) haven't been appropriately taught, if taught at all, the why and how for logic and connection. Then, the very fact that we haven't taught this as it has needed to be and needs to be, again shows the lack of logic-connection.

**Analogy** – We have a body (world) with multiple issues and injuries – child abuse, environmental, all the things we are trying to treat, and while what we are doing might be working to some degree, we haven't addressed that the body isn't getting sleep and basic nutrition, and haven't analyzed the body as a whole and how the approaches are connected. So, what we are doing that might be working, is also wasting time, resources, and life, that if we understood the body as a whole and made sure its foundational needs were met, we would be much more effective.

*Note: With my second motivation for children and innocents, there is the need to highlight a point. While there is child abuse as we have defined it – when we talk about issues such as racism, poverty, disparities, and so on, while they apply across a spectrum, they are forms of child and innocent maltreatment.*

### **Basic Impact** When We Lack Logic and Connection

If as individuals (*within functionality*), we don't know how to connect to ourselves, how to think logically, and why and how to connect to others, we have increased risk of:

- Being unintentionally dangerous to ourselves or/and others

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- Not being able to do our best for ourselves, and as part of that, contribute our best to our global community.

Understanding the why and how of logic-connection is foundational, for the most safety and hopeful possibilities – as individuals and a global whole. Which gives us this foundational component that for the most safety and hopeful possibilities: that within functionality, we each need to be fully given all that is available for us to be as logical and connective as possible – and anything lacking to do that, we are working to find – and then we fill in for each other as needed.

### **Our Known Connection and *Every Moment Matters***

We need to understand one key fact of how our world operates: Whether of our true free will or not, what we and others are doing or not doing right now affects our and other life's safety and possibilities.

*Note: While I acknowledges the prior work done on explaining interdependence, for authenticity and to be closer to accuracy, that term isn't used in these materials.*

Now, taking that fact through the goal:

- For the most safety and hopeful possibilities for myself and (*if applicable*) who I am attached to:
  - Every moment matters for me to be doing the best thing possible (We will go through how we decide that in *Five through the Filter*).
  - Because what we are each doing or not doing impacts each other, I need others to:
    - Whatever extent possible have what they need, for them be able to contribute their best to our world, and decrease the risk of them being unintentionally dangerous.
    - Understand how every moment matters.

And for those who might not have the conscious capacity or functionality to care, or are at a place of currently not caring about other life, in part or all: As an individual I can be ambivalent about to actively dislike everything in existence, and to personally have the most safety and hopeful possibilities, the same things will be required of me, as someone who has the capacity or/and currently does.

### **Logic-Connection + Every Moment Matters**

Before we continue, let us combine what we have covered so far.

For all individuals (*within each's functionality*), to decrease the risk of being unintentionally dangerous and able to contribute our best to our global community for the most safety and hopeful possibilities, we need to be doing all we can to ensure that:

- We each know why and how to connect to ourselves,



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- We each know why and how to connect to others,
- We each know why and how to think logically,
- We each know that every moment matters
- We each have to whatever extent possible what we need

And as community, we create the balance.

Now, before we get to the Five through the Filter framework, we have one more component.

### Three Areas that Need to Be Addressed

The world has so many issues that are within our ability and that we must address. We know that for the most safety and hopeful possibilities, we must address all of them, and do so with logic-connection. But how can we do that as individuals, *(if applicable)* unit/family, and as a global whole? Let's start by breaking them down into three primary categories:

To whatever our degrees *(it applies to me 0-100%)*, and whether of our true free will or not *(there are so many things we "choose" to do, because our world leaves us with no other option)*, we are experiencing, allowing, or/and creating:

- 1 Injury *(child abuse, violence, poverty, racism, disparities, all the way we de-individualize, animal cruelty, unexplained, and so on)*,
- 2 Environment and climate injuries - our bodies and world.
- 3 Not prepared for possibilities, including possibly imminent worse.  
The first two could go together but are purposefully kept separated. Let us go through each of them a bit more. Remember for each individual it is: *to whatever our degrees (0-100); whether or not of our true free will; experiencing, allowing, or/and creating.*

Let's expand on each, then reflect on how they can impact each other.

#### Injury

Experiencing: What we ourselves might be experiencing.

Allowing: What we are allowing, if we could be doing something about it.

Creating: We might be unknowingly contributing to it, e.g., through purchases *(e.g. child labor)*, or, because we are not educated, through our own words and behaviors.

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### Environment and climate injuries - our bodies and world.

All the data on climate and environmental impact – we are experiencing, allowing, or/and creating:

- The possible impact on people assigned male at birth (AMAB), reproductive issues in sexes and within the sex spectrum, and so on.
- How places that aren't contributing to the issue are now being affected by those who are, e.g., it travels to other places by water and air, places shipping our trash.
- People being impacted in utero to dying from pollution.
- Weather and Natural Disasters
- Forced migration due to climate change
- By 2070 1/3 of people might be in unlivable heat
- We are in our 6th extinction for the first time due to people
- We are using more resources than the earth has
- All the environmental warnings.

### Not Prepared for Possibilities, Including Possibly Imminent Worse

There is the basics of individuals to systems not prepared for the possible array of an accident, weather, emergency, pandemic, to incident. We don't live prepared from basics, to violence, to nuclear, to solar flares, to asteroids, to possible other-being invasions, and so on. And it could all happen today.

Again, on the global view, outside of wanting to do our best by others, we understand how everyone not having what they need to be as mentally and physically prepared as possible, makes us vulnerable from any type of event, from an accident to an incident.

And even if it wasn't anything "out of the ordinary" every time we aren't prepared, we know there is the possible waste of resources we already need, to situations where violence increases (child abuse, domestic violence, sexual violence, crime, and so on), and the cost to the individuals and the world.

**How might those three impact each other?**

### **Logic – Connection + Every Moment Matters**

I know every moment -

- the cost of all that we should be addressing,
- what all could possibly happen that we aren't prepared for,
- how our lives are connected,
- how what I'm doing or not doing impacts,
- could be my last.
- I don't want to do "something", I want to be doing the best thing possible.

And as a whole, we need to be trying to make sure, within functionality -

- We each know why and how to be connected to ourselves,
- We each know why and how to connect with others,
- We each know why and how to think logically,
- We each know that every moment matters
- We each have to whatever extent possible what we need

And as community, we create the balance.

### **How We Address All That Can Be Addressed - Foundation**

#### **Five through the Filter**

Knowing the foundational pieces and having our issues in those three categories, we now have what we need for how we can individually (*within functionality*) to globally address all that can be addressed. A way to remember the process is in the name for it "Five through the Filter".

***An individual self-care framework, which contributes to as a community realizing our global need.***

First an overview, then we will examine each component one by one, then go through how it works as a whole.

#### **An important note before we begin:**

- Individually
  - With practice, doing what we need to gets easier.
  - For our goal, we do the best we can on our own.
- So much gets much easier as more individuals are connected and doing it!

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### *Five through the Filter*



### **My Filter:**



Going back to “How do we decide what is the best thing to do every moment?”, we need a way to do that, and that is what our filter is for. We won’t be perfect, but it helps us do the best we can.

*To the best of my situational ability, my daily five is filtered through:*

- I live with the most logic-connection I can.
- Goal- The most safety and hopeful possibilities.
- Every Moment Matters - Knowing the cost and possibilities to life (ours and other).

### **My Daily Five:**



- Take care of myself, and *(if applicable)* those I’m responsible for.
- Take care of my environment.
- Do something to be prepared.
- Be informed and understand more.
- Ask/help others on some level to become aware and involved to the need for a logic-connection global approach.

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### *Going through components*



**My Filter:**

**I Live with the Most Logic-Connection I Can.**

Let us begin with a quick review of the definitions:

*Logic* - Objectively thinking things completely through, considering all possibilities.

*Internal Connection* - We value ourselves, understand how we function, and stay self-aware.

*External Connection* - We know why and how to connect to others and all there is.

Depending on our situations, we may be in different places of the process to learn or/and apply. And for many of us, healing is part of the process, and we need additional support or/and resources. For both of those points, it would not be practical to try and incorporate all the information we globally have available in this guide. And the hope is as you go through this and after - you will either be linked with, have access to, or we would eventually get the entirety of what you need for logic-connection to you, as we do this together. So, for now, we will just do a rudimentary overview or/and review of the basics, to be on the same page, and understand the process that will be outlined at the end of this section for our filter. We are going to start with connection, then cover logic, then put the two even more together to have that process for using them.

### **Connecting Us**

What does it take to be internally connected and self aware? As with everything, we start with logic, analyzing and understanding ourselves and how we function, within the limits of what knowledge we currently have. And as we work to understand ourselves, we consider:

- What do we know?
- What do we not know?
- What is possible?

### *Keeping In Mind*

- What we don't know is more than we do. - *e.g., it was just in 2020 they discovered a new organ in the body <https://www.livescience.com/new-salivary-gland.html>. There is no definitive understanding of how our minds/consciousness/?? functions. And so on.*
- What we do know might change. - *Whether due to an actual change, or what we "knew" was wrong as new information is realized.*

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- There may be individual differences. - *We are all individuals and might have different ways in which we are conformed or/and function. Sometimes there are just anomalies.*
- Our own journey (*with compassion*).

### Let Us Start

From fertilization, there is “nature” and “environment”. And that continues throughout life, with the additional variable of “our actions”. Whether our actions are of our true free will has some depends. What is vital, is we are aware of everything that makes us us, and act out of a place of understanding.

*So, as I can, to the best I can:*

- I know how my thoughts, feelings, behaviors, and physiology are connected.
- As needed, I address possible impairments to self-awareness and logical processing.

Examples:

- Challenges in my ability to attune to my inner processes and experiences (*Challenges can be as simple as sinus infection, migraine, medication reaction, or as complex as we as individuals might be*).
- Not studying and understanding where my thoughts and feelings come from (*Even when we know how, we might have only done so in certain areas or/and then not continued*).
- Not seeking feedback, when accessible (*And when assessable, we still must determine its value*).
- I stay aware of how I am doing physically, feeling emotionally, and where I am mentally.
- I use my personal skills to center and have my plan to stay centered or re-center as needed (Center = able to function-focus to the degree I need to and can. *Things can't always be calm, we aren't always in a "positive" space, but we can stay centered as can be*).

Then, **external connection** is also sometimes a process, and there are so many skills to learn and apply.

### Practicing Logic

- Objectively think through everything. This process doesn't stop at what is found, but all that is possible.
  - Question everything, even what we think we know to be fact. How do I know this? What's the evidence? Could there be other explanations? Has new information come out?
  - Search for all facts and list out all possibilities. Here is what I know, here is what I don't know, here is everything that might be possible.

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- While this is implied in considering all that is possible, to be clear, we must be open and looking for what we don't have a working knowledge of. We make the best lists we can knowing there might be a possibility we don't have enough knowledge to think of - which is also listed as a possibility. All possibilities.
- Depending on what is being analyzed, we might:
  - Analyze for all possible sources, commonalities, differences, gaps, variables, anomalies, patterns, in and across time, the why, or/and so on.
  - Break the issue down for costs, risks, benefits. Again, listing what is known, what is not known, and all possibilities.
- We accept and hold all possibilities. For example: Our existence might be from evolution, creation, simulation, or a mix. We might be part of a multi-verse. There might be multiple dimensions. And so on. We don't know. So, while we continue to analyze and research what we can, we accept and hold all the possibilities.

### *Basic Logic Process:*

- Analyze everything - this is ongoing, and we adjust based on the data and functionality of the whole.
- Make decisions based on logic-connection and our goal for how to:
  - Do what is addressable
  - Work with what currently isn't
  - Work for what is hopefully possible
  - Prepare for possibilities
- Take action (including doing nothing).

### **Logic-Connection**

So, putting them together, here is a suggested process for the filter:

- Be and stay centered as you can be,
- Analyze everything for every possibility.
- Constantly check any bias
- Accept and hold all possibilities, then choose our functioning construct with the most logic-connection for ourselves and others. Then, if new data becomes available, re-analyze our construct and if needed adjust.
- Do the process for: What is addressable - Work with what currently isn't - Work for what is hopefully possible - Prepare for possibilities

Then - if situationally needed, no choice reactions without community\*. There might be things you don't know or a perspective you don't have. (*\*Unless absolutely no other options.*)

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Again, this does get easier as we have community. For example, we do need to analyze everything for every possibility. And while there are the everyday, “It says orange juice. So, I’m going with it is orange juice, even though someone could have filled it with something else or put something in it, or/and so on, and I’m prepared for that if it is true.” or “I just hadn’t thought this through before.” (e.g., all the possible reasons for a person’s behavior, all the possibilities of existence), that we can and should do individually, there are the things outside of that, that the more we are connected to others to work through together, and the more we change as a world so that the information we need is analyzed and shared as we need it, the easier it becomes.

And before we move on, one other note on Logic -Connection. Once we are as internally connected as we can be, then logic is easier to practice, if sometimes hard to cope with. When we are logical, the awareness that can come with logically thinking through, accepting, and holding all possibilities, might affect us in ways that make it hard to function, unless we have the logic-connection foundation for our construct.

So, while having logic-connection is foundational for us to be our best us and achieve the most safety and hopeful possibilities, it is work and there are challenges with it.

***My Goal- The most safety and hopeful possibilities.***

Every decision we make is connected to our goal – “What leads to the most safety and hopeful possibilities?”

***Every Moment Matters - Knowing the cost and possibilities to life (ours and other) in time.***

I know that every moment of my life I must be aware of the value of that moment - every moment cost and possibilities in life, for myself and others.

- the cost of all that we should be addressing,
- what all could possibly happen that we aren't prepared for,
- how our lives are connected,
- how what I'm doing or not doing impacts,
- could be my last.
- I don't want to do “something”, I want to be doing the best thing possible.

And with the three parts of our filter, after we go over the components of our Daily Five, we will go through examples of using the filter to make those decisions for the best thing possible- *knowing we won't be perfect, but it helps us get as close as we can.*



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### *My Daily Five –*

**5**

- Take care of myself, and (*if applicable*) those I'm responsible for.
- Take care of my environment.
- Do something to be prepared.
- Be informed and understand more.
- Ask/help others on some level to become aware and involved to the need for a logic-connection global approach.

**NOTE:** *Everything is always to the best we can based on our situation.* Then, as mentioned previously, *this gets easier as all do what they can.* And with that, for individuals based on more serious situations, there would be differences in the ability to do the five, and where we would need to be community for them to be able to do all five. We will address that a bit in the decision-making process after the components.

#### ***Take care of myself, and (if applicable) those I'm responsible for, the best I can.***

- All that keeps me healthy and connected as possible is foundational - sleep, nutrition, hygiene, exercise, mental health practices, if applicable medicine or/and health care, relational needs.
- Making sure I have income or/and my needs met.
- Basic chores and maintenance.

**NOTE** – while every part of *Five through the Filter* is about taking care of ourselves, this one can be more simply remembered as “Take care of myself”.

#### ***Take care of my environment.***

Possibilities include refuse, reduce, reuse, recycle, repair, repurpose, upcycle, and rot (compost). Think sustainably.

#### ***Do something to be prepared.***

There are websites with easy checklists to help get started on what every individual, (*if applicable*) unit/family, should have and know. For the daily five we want to do **one** of these:

- **An item:** Find or buy one item I need, e.g., I might find free items in local groups, on Facebook marketplace curb alerts, and so on. It might be something I have or find and repurpose. I might trade items with someone.
- **An action:** e.g., complete my ICE (In Case of Emergency) and print it off to have with me.
- **A skill:** e.g., while eating I watch a 3–5-minute video on a skill like first aid, how to put out a fire, or so on.

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### Be informed and understand more.

For the most safety and hopeful possibilities, we need to be informed and understand our world the best we can. Learning and understanding takes time. And while we are working to get information analyzed, researched, synthesized, and shared in a way that is more efficient for all of us, we have to do extra work in the meantime. So just like the being prepared, we do a little each day.

#### *Examples:*

- I take time to scroll the news instead of watching it, so I can pick what is important but have a base awareness.
- My google feed is a scroll of emerging science from diverse fields, where I can pick what is important but have a base awareness.
- I check certain social media for certain info
- I try to think through all possibilities.

### ***Ask or/and help others on some level to become aware and involved to the need for a logic-connection global approach.***

Every day we ask or/and help others on some level to become aware and involved to the need for a logic-connection global approach. Since until we have that, we can't live our own lives with the most safety and hopeful possibilities, and the current and possible cost is beyond succinct communication.

There are two approaches that are "and" and not "or":

- Getting to lots of people.
- Networking with those who have influence or/and resources.

Who can you reach out to immediately to share with? Can you write an email letter others can also use? What other ways can you ask or/and help others?

Let's look at an example of how to guide someone through this:

### **The Need for a Logic-Connection Global Approach**

Everything within our ability to address has logic-connection as a foundation. Yet, analyze how we live, and you will realize how we lack logic-connection as a functional whole. And I say that with humility from my own life. But, whether due to lack of education on the fundamentals or/and application or not, the evidence is indisputable of the reality of the lack of and need for.

Let's break down how logical-connection is foundational for the most safety and hopeful possible, from an individual level to the global whole.

#### **Individual Level:**

If as individuals (within functionality), we don't know how to connect to ourselves, why and how to connect to others, how to think logically, and haven't to whatever extent possible been given all we need, we have increased risk of being unintentionally dangerous to ourselves and others, and not able to do our best for ourselves, and contribute our best to our global community, for the most safety and hopeful possibilities.

#### **Global Level**

If we were logical-connective, how we live would reflect that. Let's just start with basics.

- Knowing the importance of each individual (within functionality) having a personal foundation of logic-connection, we would globally ensure it asap.
- Knowing the importance of each person having what they need, we would be working on it in a more logical-connective way, which includes asap. This also leads to the next point.
- Anything unanalyzed means we move forward without knowing what is known, not known, or the possibilities. Which also means higher risk of experiencing/creating/allowing injury and not being able to work towards what is hopefully possible as best we can. If we want the most safety and hopeful possibilities, we must analyze, reanalyze as we learn more, and function from that reality. Knowing this, for the most safety and hopeful possibilities, our entire existence must go through that, and our global efforts towards doing so would be done, coordinated, synthesized, and shared as we need them to be.

**Logic-Connection** (LC) is the foundation for all that is within our ability to address. And being LC for myself and (*if applicable*) who I am attached to, whether I cared about any other life or not, the same would be required of me. For me and who I am attached to, to have the most safety and hopeful possibilities, there must be a LC world ASAP! And then, because I am connected to other life, I want to tell the children and innocents of our existence, "I did all that I could for there to be a LC world asap."

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### Using the Filter and Daily Five together

So now that we have our Filter and Daily Five, how do we make those decisions? A few points before we go through some examples.



- It is always to “The best of my situational ability.”
- We analyze everything we do– Should I be doing this or not?
- We analyze how we do things – What is the cost in time? What is the cost in resources? Is there a way to do it better?
- We think through how the five might intersect, and if they conflict how to prioritize.
- We cope with the reality that because our world is the way it is right now, there are things we can’t do the best we can.
- It gets easier with practice. And the more everyone does their part, the easier all of it will be.



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Some examples:

- **Washing our hands** - We know we want to do this efficiently, since we know the cost to lives in time (*every moment matters*), and it helps conserve water (*taking care of my environment*) and saves money that can help with *taking care of myself, doing something to be prepared, or asking/helping get others involved*.
- **How we prepare our food** - We think through things like “Should I heat this?” “Add spice?” for the time taken (*every moment matters*), and the energy and resources used (*taking care of my environment+ money for other areas*). Then we also consider how that impacts our self-care (*taking care of myself*). So, while a routine is to not heat or use spices as much as possible, sometimes it needs heated more and certain spices are used to help our body.
- **Repurposing** - When we consider items we can repurpose (*taking care of my environment and taking care of myself with resources*), that can also help us with our finding one item (*doing something to be prepared*), e.g., empty cans can be used for candle holders. However, somedays with time available and all the other priorities in the Daily Five, you might not take time to wash something to recycle or repurpose and just throw it away, because you also must do what else is needed, e.g. “I am experiencing avoidable injury, there are children and innocents who need me now, something worse might be about to happen, I have got to reach out to \_\_\_\_\_” (*ask/help others become aware and involved*).
- **While we want to be an educated consumer on:** What is this doing to my body? The world? Is this from wrong testing? Is this from any type of labor that shouldn't be? And then if so, what happens if I stop, do they have to do something worse? There can be the reality of both our finances/resources and for sure what is the best use of our time. If we can know, or absolutely need to know (e.g., allergies), “great!”, but the better use of our time is focusing on getting the system changed, so those are not even things we have to investigate and might not be able to make any better decisions about based on our situation (*Every Moment Matters + LC + Goal*).
- **Everything matters.** For example, having a long email address. There is the cost to life and possibilities from the time to type, more resources used during that, and then more storage which also has an impact. It might not be best to change that now, but what are other small areas like that I can change.

## CONNECT ALL

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*Some of my examples include:*

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*Take any part of our addressable existence and it will fit somewhere in "5 through the filter". Aspects of my existence that I want to address, e.g., trash in my neighborhood, the economy, protecting myself, etc.:*

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*If applicable, how does this apply for my individual or field of work?*

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## CONNECT ALL

Now, remember how we said that this gets easier, both as we practice, and the more others are doing it? There is that level of change, but let's think about a future where we are no longer advocating for a Logic-Connection world but living in one and look at how Five through the Filter will both stay the same and change.



### **My Daily Five – in the future**



- Take care of myself, and (if applicable) those I'm responsible for.  
*We have more hopeful possibilities for how we do this.*
- Take care of my environment.  
*We have more hopeful possibilities for how we do this.*
- Do something to be prepared.

*We have more hopeful possibilities for how we do this, with more focus on skills and lifestyle.*

- Be informed and understand more.  
*We have more hopeful possibilities for how we do this, and information is assembled and shared as we need it.*
- Ask/help others on some level to become aware and involved to the need for a logic-connection global approach.  
*Transitioning, learning, and doing what is needed for a logical-connected world in a systemic way.*

## Closing LC Experience for Module 1

### Use your skills to CENTER

You're looking at a blank screen because it's the best way. If you feel safe closing your eyes, that might help. However you choose what is best for you, listen to the words and do your own connection.

*Picture all of existence.*

*In the all, focus in on yourself. If the world isn't what it can be, you will never have the most safety and hopeful possibilities.*

*Now focus out and connect to the suffering of all life.*

*Now pull in a bit and focus on every child and adult who needs us now.*

*Every last one.*

*In real time our realities are connected.*

*Whatever they are 'living' through or as they might be dying, we can't close our eyes, cover our ears, turn away, or disconnect in any way.*

*And they know we are here.*

*With that connection, we think*

*What would we be doing this very moment?*

*Would anything stop us?*

*What would we say to them about the decisions we are making?*

*What if we were the ones living or dying through it?*

*Now, refocus and connect to every child and innocent that needs us right this moment.*

*All of them.*

*Everywhere.*

*Be a part of their realities.*

*Hold that connection, and now, look into the future.*

*Connect to every child and innocent that is going to be where those children and innocents are, or maybe more or worse, in the next few days, weeks, and months if we don't do something.*

We are capable of making the choices and doing what is necessary to reach each of them it is not too late for. Yet we live disconnected from desperation and pain that should be our own. While they wonder where we are, don't know they should wonder, have stopped wondering, or no longer can here. If it was your or my child we wouldn't rest, and being connected as we are, every child and innocent is ours to care for that way. And if it was you or me, we wouldn't understand the rest of us. And then there are our own needs.

Whatever our reasons, even the most innocent ones, we have all been part of what could have and must be addressed. So, we must cope with that and do what we must do now. We process - as every moment matters. (Process, support, resources, whatever is needed)



## CONNECT ALL

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### One Goal

To address all that can be addressed in existence for the most safety and hopeful possibilities.

That might sound hard, but it is necessary and doable, on an individual level and as a global community.

Let's begin.

### ***Transition time to Module 2***

In the meantime, as you start to think through everything, things might get rough. But we are all connected, so connect as you need to. If you need connection reach out, and if someone needs connection reach out. *(Resources pages 28-30)*

*When you're hurting, when you're being forced to hurt yourself and others, when who you are attached to has both different and the same needs, when the children and innocents of existence need you now, and you're aware it could get worse imminently, you get and stay focused. That's logical-connective, and where hopefully hope exists.  
Take care of yourself the best you can, Gwen*

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## MODULE 2

CONNECT ALL

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## **Appendix**

## Resource List

(current as of March 3, 2021)

### In an emergency call 911

**National Suicide Prevention Lifeline:** 1-800-273-8255 <https://suicidepreventionlifeline.org/>  
(chat feature; en Español enlace; deaf and hard of hearing link)

**National Child Abuse Hotline:** 1-800-422-4453. <http://www.childhelp.org/childhelp-hotline/>  
(multiple languages, text, and chat features)

**National Sexual Assault Hotline:** 1-800-656-4673. <https://www.rainn.org/> (chat feature; en Español enlace)

**National Domestic Violence Hotline:** 1-800-799-7233, 1-800-787-3224 (TTY) or text LOVEIS to 22522. <https://www.thehotline.org/> (chat feature; en Español enlace)

**National Human Trafficking Hotline:** 1-888-373-7888 (TTY: 711) | Text 233733  
<https://humantraffickinghotline.org/> (chat feature; en Español enlace)

**National Runaway and Homeless Youth Hotline:** 1-800-RUNAWAY 1-800-786-2929 or Text: 66008 <https://www.1800runaway.org/>

**Gang Involvement:** If you are in of need support, or trying to leave, we haven't been able to find a USA national hotline. But often local/regional areas have programs you can reach out to. And while not specific to gangs, there is the Crisis Text Line, and as needed any of the others on or/and indicated by this list.

**National Mental Health and Substance Abuse Hotline:** 1-800-662-HELP (4357)  
Or TTY 1-800-487-4889 (support available in English and en Español)  
<https://www.samhsa.gov/find-help/national-helpline>

**Crisis Text Line:** Text HOME to 741741 <https://www.crisistextline.org/>

There is no way to include all national/regional/local hotlines/weblinks. But for yourself or/and others, if needed and as you safely can, reach out to these or/and other crisis, information, or any other resources available in your area. Medical care, food, shelter, utilities, legal help, resources, advocacy, and so on, are often available. If help is not available in your area, if/as you safely can, reach out to someone. Also, the websites/numbers, and usually others like them, are resources if you are worried about or need information on how to help someone else.

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### Local/Regional Crisis or/and Resource Numbers:

Local: \_\_\_\_\_ Phone number: \_\_\_\_\_

Contact: \_\_\_\_\_ Website: \_\_\_\_\_

Local: \_\_\_\_\_ Phone number: \_\_\_\_\_

Contact: \_\_\_\_\_ Website: \_\_\_\_\_

Local: \_\_\_\_\_ Phone number: \_\_\_\_\_

Contact: \_\_\_\_\_ Website: \_\_\_\_\_

Local: \_\_\_\_\_ Phone number: \_\_\_\_\_

Contact: \_\_\_\_\_ Website: \_\_\_\_\_

Local: \_\_\_\_\_ Phone number: \_\_\_\_\_

Contact: \_\_\_\_\_ Website: \_\_\_\_\_

### Some possibly helpful apps:

**PTSD Coach app:** <https://www.mobile.va.gov/app/ptsd-coach>

While developed by the VA this app is for anyone experiencing Post Traumatic Stress, or wanting to know more to help someone they care about.

**WYSA stress app:** Depression & anxiety therapy chatbot app (you can pick the free option)

**Moving forward app:** <https://www.veterantraining.va.gov/movingforward/>

While developed by the VA this app is for anyone coping with stressful problems.

**Woebot Your Self Care Expert app:** <https://woebothealth.com/> helps with multiple everyday stresses and challenges, including symptoms of depression and addiction.

**Mindfulness apps such as:** Headspace, Insight Timer, Mindfulness Coach, 10% Happier

**Other apps:** Provider Resilience, ACT coach, Virtual Hope Box, Well Body Coach, CALMapp

**Helpful apps:** \_\_\_\_\_

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SBNRR Mindfulness Practice – this can be modified to your needs and time available:

**Stop** – Stop what you are doing, take the pause, give yourself space. Use verbal or internal mental cues if you need to.

**Breathe** – Everyone is different, for some paying attention to your breath and taking a moment to breathe is helpful, for others you might need a different or combined approach, including skipping and going to Notice. For anyone, you might find you need to try different approaches at different times.

**Notice** – Notice what is going on in your body, thoughts, emotions. You are not judging yourself, just noticing what is going on.

**Reflect** – Where is this coming from? Why am I feeling this way? Any other curious questions that help clarify the source.

**Respond** – What is the kindest most compassionate way to cope with this and move forward? Again, using whatever questions might help you.

5-4-3-2-1 mindfulness practice: In your mind, out loud, or written:

- 5 things I can see.
- 4 things I can touch.
- 3 things I can hear.
- 2 things I can smell.
- 1 thing I can taste.

Mental – Physical – Soothing Grounding - Healthline -

<https://www.healthline.com/health/grounding-techniques#bonus-tips>

A few examples:

*Mental:* list as many things in a category as you can; list categories by the alphabet; do math and number exercises; go through anchoring facts

*Physical:* Pick up or touch something; breathing exercise; physical activity; use your 5 senses.

*Soothing:* picture a face of voice that soothes you; talk yourself kindly through it; list positive things.

Things that work for me:

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