# Connect All

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

Gwendolyn J Downing © 2021

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
## October 10, 2021
### Full version, including Ethical Self-Care application in Module 1

**Assembler and Initiator**
Gwendolyn J Downing

*Contact: GwendolynJDowning@gmail.com*

*Social Media:*
*Facebook group – Connect All*
Twitter - @_hopefullyhope
Instagram – Name: Connect All;  User name: gwendolynjdowning
LinkedIn – Gwendolyn Downing

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.

Module 1 is considered a working draft, updated October 9, 2021, because when there is a need, you assemble and share as you go.

Modules 2, updated October 10, 2021, and Module 3, updated Sept 25, 2021, are definitely considered base **rough** draft, need references added, and are included at this time to share, while knowing there are others with backgrounds or/and information whose input will make them what they need to be.

Any references used are not endorsements of the source.

As recognized, information may be constantly evolving.

### Dedication
For my one known attachment – I define attachment as, I am unconditionally committed to the other having the most safety and hopeful possibilities until no longer needed.
For any family that might exist – I'm looking for you.
For every child and innocent – I know.
For all the above – if only.
~LWGV

## 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 pg60-62.)*

Now a little about **Connect All**.  To give some background, I'll start with a little about me.  I cope with being neuro-atypical, and until recently, I didn't understand how much that had impacted my life. That doesn't tell you much about me, simply gives a bit of context. Then, in June, 2017, I started having some life experiences that led me to searching for answers - for myself, for someone I am attached to, and for every child and innocent. And while I am still searching for many answers, that led me to assembling Connect All.

As to what the initiative is about: It is to 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

# TABLE OF CONTENTS

## 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)* unit/family.  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

**Ethical Self-Care additions:**

To optimize ethical practice, it is important to enhance awareness of and minimize ways in which we may be inadvertently contributing harm to ourselves or others.

- Define what does it mean to be ethical
- Cover an example of an ethical decision-making model
- Understand how with interconnection, working with/for others is part of self-care
- Understand how a personal application of **Five through the Filter** impacts your work, and then how a parallel work-specific application impacts your work.

# Connect All

> **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."

## Ethical Self-Care addition:

Our goal in life and in our individual and fields of work is to have the most safety and hopeful possibilities. We personally want the most safety and best life possible. In our services, we want for everyone - ourselves, coworkers, and those we are working with - to have the most safety and best outcomes possible. And as part of that, to optimize ethical practice, it is important to enhance awareness of and minimize ways in which we may be inadvertently contributing harm to ourselves or/and others.

## What does it mean to be ethical?

We have things that are moral – which we tend to think of as to the "good*", things that are ethical according to a code, and what is legal. Now, those three might all align, or they might have conflicts. We are focusing on ethics – our standards that guide our practice. Keeping in mind, that ethical codes change, and our roles with that.

*There is a discussion on how we define and have a standard of proof for "goodness" in Module 2.

### Ethical Standards

For this training, we are going to keep in mind two of the basic standards: Professionalism - what represents our professions the best, and competence. Which foundationally is: Are we doing the best we personally and as our field community, can?

A few select ones (though there could be others)

National Victim Assistance Standards Consortium (NVASC) Standards for Victim Assistance Programs and Providers

ETHICAL STANDARD

1.3: The victim assistance provider maintains a high standard of professional conduct.

1.4: The victim assistance provider achieves and maintains a high level of professional competence.

2.3: The victim assistance provider serves the public interest by contributing to the improvement of systems that impact victims of crime.

3.2: The victim assistance provider recognizes the interests of the person served as a primary responsibility.

National Organization for Victim Assistance
CODE of PROFESSIONAL ETHICS for VICTIM ASSISTANCE PROVIDERS

I 1. Recognize the interests of the client and client empowerment as a primary responsibility.

II 7. Act to promote anti-racist, inclusive crime and violence prevention as a public service and an adjunct to victim assistance.

III 1. Maintain high personal and professional standards in the capacity of a service provider and advocate for clients.

III 2. Remain committed to their own professional education to ensure proficiency in services and adhere to best practices and evidence-based research.

Personal field standards to consider:

## 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; in the areas where analysis is being conducted, the efforts are not coordinated, synthesized, nor shared as we need them to be; within those, we have issues of transparency, bias, motives, and so on.

Recognizing that, we logically analyze why, 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.

**Ethics:**

How does the big picture tie to ethics in our fields?


On a smaller scale, how does that principle apply in our fields?
e.g. competence
•   What if the research, applications, and so on, aren't being done, and when we know what all could be?
•   For what is, the lack of coordination and not having information shared in a way that is needed makes it more difficult with what is available. We might not even know it is available. And then if we do, possibly not being able to access it due to cost – from a journal article to a training.
•   And within those, what are the issues of transparency, bias, motives, and so on (overlapping into other areas of ethics)?


*Theme* - what we can do as an individual, what is needed as community.

## 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.

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.

Note – these are always within the individual's functionality.

*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 *Our Known Connection).* 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, could also be 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.  And again, they can be interconnected._

**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
- 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.

**Ethics:**

Examples of application

Professionalism:  What are our checkable guides/standards for being logical, internally connected, our skills for external connection?  We may think we are, but what is our self-check or observable check for that? We will go over some in _Five through the Filter_.

Prevention, System change: We need to be working for the foundational, and for cross-analyzing beyond that, which is also a component of _Five through the Filter_.

Competence: And as we are working on all of that it can impact competence.

## Our Known Connection and *Every Moment Matters*

Interconnection:  For many, they may need to start with understanding interdependence, which is vitally important. However, there are ways we are interconnected and not interdependent - where there is still some impact that isn't dependence, so our focus is on interconnection as the larger principle.

As part of interconnection, 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, every moment, affects our and other life's safety and possibilities.***

Taking that fact through the goal:

- For the most safety and hopeful possibilities for myself and *(if applicable, who I am attached to)*:
    o Every moment matters for me to be doing the best thing possible (We will go through how we can try our best to decide that in *Five through the Filter)*.
    o 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 *(as applicable, within functionality)*.  This would include them understanding interconnection and 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.

**Ethics:**

With interconnection, the work we do with/for others, is a part of taking care of ourselves.

Interconnection helps us with advocacy work -  in the need for prevention, and in changing systems.

**Logic-Connection + Every Moment Matters**

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

For the most safety and hopeful possibilities, we need to be doing all we can to ensure that, within functionality:

- We each know why and how to connect to ourselves,
- 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 (regardless of functionality).

***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, with three considerations for each:

Considerations: To whatever our degrees *(it applies to me 0-100%)*, and whether of our true free will or not *(there are 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 be interconnected.

### Injury

*child abuse, violence, poverty, racism, disparities, all the way we de-individualize, animal cruelty, unexplained, and so on*

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, testing)*, because we are not educated - through our own words and behaviors (e.g. child abuse, we aren't aware of the discrimination in our systems).

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

I compiled the list below before the IPPC (International Panel on Climate Change) report came out in August and other information that continues to be shared.

It is also important to note that lawsuits are being filed, and won, by young people on violation of rights.

Keep the consideration for how are we: 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 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 ("estimated" day for 2021 was July 29th)
- All the environmental warnings.

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

Overall, individuals-systems are not prepared for the possible array of an accident, weather, emergency, pandemic, to incident.  We don't live prepared from basics, to violence, to solar flares, to asteroids, to possible other-beings (within context not bias), and so on. *And possible worse, could happen in the next moment.*

With the global view, we understand how everyone (within functionality) 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.  Think through the possible life of one person.

Breaking that down into more categories, every time we aren't prepared, we know there is: the possible cost(s) to the individual(s) and the world, possible waste of resources already needed, and possible situations where violence increases (child abuse, domestic violence, sexual violence, crime, and so on), and so on.

**How might these three interconnect?**



**Examples:**
Individuals and groups with disparities are more likely to be impacted in multiple ways, from living in areas of high impact to lack of daily healthier options in their lives - which in turn can contributes to the issues(s).  They have less resources to prepare, which then can lead to worse outcomes.

**IMPORTANT:**

For everyone, while regardless of your life, reading the ethical considerations, is logically-connectively recommended throughout this guide, I strongly implore you to read page 14.

**There is the question for individuals and fields: "How can we work with others, if we are allowing, and also in any preventable way(s) contributing to injuries?** To whatever degree(s), there is now the awareness. The reflection is placed here to allow processing of the awareness, and create accountability moving forward with the framework.

If needed -
A young person you would work with, are already working with, finds out that you could have done something to prevent their injury(ies) and didn't. They also find out that you are in preventable way(s) contributing to injuries (e.g. environmentally and what that leads to, or not being educated about an issue).

**This is personal self-care:**
 - Minimizing/eliminating any injury we might already be experiencing.
- Prevention of whatever is possible.

**There is the question on why we might be allowing or/and creating ~ which takes us back to the need for the logic-connection foundation.**

In addition to what has already been covered: *What does it takes for us to initially recognize sources of injury?* While the logic-connection foundation is the answer to that – let me explain the question a bit.

In our known existence -  What did it take for someone to say child abuse, rape, slavery, oppression, the list of atrocities, was wrong? Then how long did it take for enough people in a society to actually start to address it, to whatever extent? How recent, do we have laws, practices, policies, degrees of societal change (acknowledging they may not be right)?

And in this moment, *"What are some suffering from, that 'we' don't recognize yet?"* Whether that is because: the person is unaware it is an injury; they may not be able to speak for themselves and need someone else to see and intervene; their society lacks logic-connection and they have no one to go to; we haven't taken the time to analyze the possible impact of what we are doing; and so on. *Don't we want to be seeking to answer this, now\*?*

\*This is discussed in Modules 2 and 3

## 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

So, 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 (regardless)

And as community, we create the balance.

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

## Five through the Filter

A way to remember the process is in the name for it "Five through the Filter". It is an individual self-care framework, which contributes to as community realizing our global need- which is taking care of ourselves. *(I keep in mind how this works for each person within their functionality across the age spectrum.)*

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
    - o With practice, doing what we need to gets easier.
    - o 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!

Ethics: I can do the best I can on my own. Having an organization/system/field that is, makes it so much easier.

*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, it's what we process our decisions through. We may not be perfect, but it helps us try to 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.

*Going through components*

 *My Filter:*

<div style="background-color:red; text-align:center;">

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

</div>

Logic-connection: I need be as connected to myself as possible, so I am aware of how I am doing to make decisions. And then, I need to know if I am being a logical as I can (which would include external connection skills).

> A few quick examples: I may be doing well, and just take myself through a logic checklist to make sure I'm thinking a situation through as logically as I can. Or, I might be really sick, exhausted, in a very stressful situation beyond my functionality to center – so, I might call someone and say, "Can you help me think this through?"

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, develop, 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 for our filter- that will be outlined at the end of this section. 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.  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.*
- 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:

  o Challenges in my ability to attune to my inner processes and experiences *(e.g.  sinus infection, migraine, medication reaction, stressful situation, my individual function).*
  o 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, not continued to, have new information and need to go back).*
  o Not seeking feedback, if 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. *We aren't always in a "positive" space, but (within our limits) 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.  While we might not want to, have functional challenges, and so on, it is necessary to learn and apply what we can for interaction with all life.

**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.
        - 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, other possibilities, 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 possible framework 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.
  - Example: Current construct is that all people are people, and I respond to each person as a person.  While accepting and holding the possibility that within the discussion of other possible life, possibilities include there are other beings that look like people or choose to look like people that are here.  Currently there is no evidence I know of for that, but it is a possibility.  So I have my functioning construct, while holding that possibility. If such evidence did become available, I would redo my construct to fit the new information, and hold any other possibilities.
- Do the process for:  What is addressable - Work with what currently isn't - Work for what is hopefully possible - Prepare for possibilities
- Take action

For whatever part(s) needed, as situationally needed and available, reach out to others.

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 that we can and should do individually*:*

- "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." *(I use that example, while recognizing the cons-pros with purchasing)*
- "I just hadn't thought this through before."  (e.g. all the possible reasons for a person's behavior, all the possibilities of existence).

The more we change as a world so that the information we need is analyzed and shared as we need it, and more we are externally connected to think through issues as needed, the easier it becomes.

Now before we move on, 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. Including, once we are internally connected, 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.

---

**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 – the every moment cost and possibilities to life (ours and others).

I know every moment:
- Could be my last and I need to have done all I can.  e.g. heart attack, act of violence, an accident
- The cost of all that we should be addressing  e.g. all the avoidable child abuse and suffering
- What all could possibly happen that we aren't prepared for e.g. from the everyday accident that costs us the person who had the answer, and we could have saved if we were prepared; to global violence
- How our lives are connected. What we and others are doing or not doing right now affects our and other life's safety and possibilities.  So, I need to make sure to whatever extent possible, others have what they need.
- How what I'm doing or not doing impacts

So, I don't want to do "something", I want to try to be doing the best thing possible.

*Personal plan:*
What areas of internal connection, external connection, and logic, do I need to work on?  Do I need to get feedback from others to help determine any areas?

How do I plan to work on them (e.g. resources, support, steps)?

**Ethical Decision-Making Model**

1. Identify the problem and gather the facts.
2. Identify the ethical standards and any other considerations that are in conflict.
3. Determine the nature and dimensions of the dilemma.
   - Examine implications for foundational principles
   - Consult the literature
   - Consult with peers or/and supervisor
   - Consult with any state, national, or professional organizations
4. Generate potential courses of action.
5. Consider the potential consequences of all options and determine a course of action.
6. Evaluate the selected course of action.
7. Implement the course of action.
8. After implementation, assess how did the course of action work.  Also, consider how could the situation be possibly prevented in the future.

Adapted from: Forester-Miller, H., & Davis, T. E. (2016). Practitioner's guide to ethical decision making (Rev. ed.). Retrieved from http://www.counseling.org/docs/default-source/ethics/practioner's-guide-toethical-decision-making.pdf

*Personal Plan:*

*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.

**NOTE: *Everything is always to the best we can based on our situation*.** Then, as mentioned previously, ***this gets easier as all who can 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.

## CONNECT ALL

---

**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 resources to meet my needs.
- Basic chores and maintenance.

**NOTE** – While every part of *Five through the Filter* is self-care, this one can be more simply remembered as "Take care of myself".

*Parallel work level example:* Basic self-care and secondary traumatic stress skills.

**Take care of my environment.**

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

*Parallel work level example:* Think through all the elements, and do the best you can.

**Do something to be prepared.**

There are websites with 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, what to do in different emergency situations, or so on.

*Parallel work level example:* There are multiple resources for work preparedness, still pick one thing per day. Noting, there might be overlap with personal, either way.

**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 have a base awareness, and can read if something seems important.
- My google feed is a scroll of emerging science from diverse fields - where I have some awareness and can read if something seems important
- I check certain social media for certain info
- I try to think through all possibilities.
- As applicable– I also include my own research efforts here.

*Parallel work level example:* Learn one new thing for competence each day. e.g. taking 10 minutes to read - new research, through a manual, and so on.

*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. 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 my succinct communication, if at all. *We stay aware that this one is core and urgent.*

There are two approaches that are "and" and not "or":
- Getting to lots of people.
- Networking with those who have influence or/and resources.

We think through –

- Who can I reach out to immediately to share with? Individual, group - as needed, prioritizing.
- What other ways can you ask or/and help others?

*Parallel work level example:* Tying how logic-connection, including understanding interconnection applies in our fields. How those impact our ability to be as ethical as possible.

## 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 guides and 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.

*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*.  **Noting there might be Covid type considerations.

- 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, I am contributing injury to myself and others environmentally, 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 *(LC + Goal+ Every Moment Matters + ask/help others become aware and involved).*

- 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 we can change.

- **Ethics:** The 5 is my daily goal, but today at work there was a crisis.  I did the best I could to *take care of myself* given the situation, and made sure I got in my *ask/help others*, knowing its priority.  *Taking care of my world* was the best I could based on the situation and I don't have to think those choices through at this point, because they are second-nature now.  The other two things on my 5 had to get bumped – I didn't do anything to be prepared and I didn't take 10 minutes to be informed/understand.  ~ But if I have community, my friend/coworker had an extra prep they are bringing me tomorrow.  And then the day after I can spend 20 work minutes reading/watching what I'm learning.

*Personal plan*:
How do I plan to practice *Five through the Filter* (e.g. resources, support, steps)?

Considering:
- Parts of the filter I need to work on – logic, internal connection, external connection
- Taking care of myself
- Taking care of my world
- Being prepared
- Being informed and understanding more
- Asking/helping others become aware and involved
- Analyzing everything I do:  Should I be doing this or not?
- Analyzing how I do things: What is the cost in time? What is the cost in resources? Is there a way to do it better?

**Ethics plan***:*

How do I plan to practice this in overlap and parallel, for my work (e.g. resources, support, steps)?

Considering:
- What parts of what I'm doing personal overlap with work, and vice versa? Knowing that might change on a daily basis.
  Examples:
  - Working on my filter counted for both.
  - Learning a new skill today for *Do something to be prepared* counted for both.
  - Asking/helping others become aware and involved counted for both.
- Parts of the filter I need to work on - logic, internal connection, external connection
- Taking care of myself
- Taking care of my world
- Being prepared
- Being informed and understanding more
- Asking/helping others become aware and involved
- Analyzing everything I do:  Should I be doing this or not?
- Analyzing how I do things: What is the cost in time? What is the cost in resources? Is there a way to do it better?

**Future Five through the Filter + Ethics**

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.



- Take care of myself. *We have more hopeful possibilities for how to do this.* *Easier to take care of ourselves, more support around STS.*

- Take care of my environment. *We have more hopeful possibilities for how to do this.* Less of an environmental impact, which means less of an impact on us and other life.

- Do something to be prepared. *Same action, different ways, and more focus on skills and lifestyle. More prepared - so less adverse outcomes when possible.*

- 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. Being informed and competence is easier.*

- 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. Fields change, e.g. support for, focus, need for.*

## Ethics Application:

Professionalism - what represents our professions the best, and competence.

Are we doing the best we personally and as our field community, can?

To optimize ethical practice, it is important to enhance awareness of and minimize ways in which we may be inadvertently contributing harm to ourselves or/and others.

Other standards

## Closing LC Experience for Module 1

**Use your skills to CENTER**

*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 innocent who needs us now.*
*Every last one.*
*Everywhere.*
*In real time our realties 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?*
*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 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)

## 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 60-62.)*

*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*

## MODULE 2

*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.

Objectives
- Recognize the unknown truth of our existence
- Understand the Losing Premise of our current existence
- Understand elements of the Unexplained and Unknown
- Understand the process and importance of identifying source(s).
- Start/complete a reality-based ICE, Advance Directive, Safety Plan
- Continue to create our networked-community
- Have the foundation and start thinking about what's next

*Notes and Reminders for this module:*

'LC' is used for every form of logic-connection, e.g. logically-connectively.

LC is our foundation.

Our goal is to have the most safety and hopeful possibilities.

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

In Module 3, we go into all the aspects of our existence that need re-analyzed, everything from dwellings to systems. This module is about bringing everyone together on some of the fundamental facts of our existence before we go into 3.

# Reality of our Existence

**Terms and Foundational Facts**

So we can talk about all and parts of our reality, we are going to cover an abridged version of select terms and facts.

*Note: My LC construct - I'm proceeding as if we all are people and didn't just come into the middle of a time. Though I hold all possibilities.*

## What is our Reality – the Unknown Truth of Our Existence

Logically we can never know for certain we know absolute truth, while paradoxically hold we possibly can. However, until we break the paradox, we have to live as we don't know – we will discuss this more as we proceed and in Module 3. That said, operating within the fact we don't have absolute truth, we consider: Is our existence from pure evolution, creation, simulation, other possibilities, a mix? Are we part of a multiverse? Multiple dimensions? And so on.

We don't know the truth of our reality and haven't systemically analyzed* how our world is composed and functions at this point. Everything else is dependent on acknowledging this foundationally, and LC accepting and holding all possibilities. *(\*Unless there is some non-public individual or/and group that has, acknowledging all possibilities.)*

*So,* we have this *unknown truth of our existence.* Which is a pragmatically difficult place to live from. This fact is also part of and leads us into the losing premise of our existence.

## The Losing Premise of our Current Existence:

While the following four categories are all part of the losing premise and as so overlap, they have been separated out for discussion.
- nature,
- lack of Information,
- source of harm
- consciousness and goodness coexisting

**Nature:**

Nature overall formed or/and was formed against itself.  Existence as we know it is cruel, and depending which life form you are, that's especially true.

Focusing on people:
- There is the issue of how we are formed, without any other issues.
- Then, for people to simply survive and progress, we were always going to have to injure other life or/and risk our own wellbeing or/and life. Killing or/and injuring (directly or/and indirectly) other life for food, clothing, shelter, safety, and so on.

And while this overlaps with the next point of lack of information (LOI), having to learn how to live by experimentation, increased/increases the risk of injury to ourselves and other life.

However we came to be, there is nothing about how our existence is set up that is good *(while it could be worse)*, and that is ongoingly evident as we continue through the losing premise.

**Lack of Information (LOI):**

Until the time we have all information, including knowing the truth of our existence and breaking the paradox of absolute truth *(which if you think that through, the possibilities are interesting)-*

With LOI we have the logic of "it depends".  When we don't have the information we need:
- Whatever we choose could be the wrong choice, regardless of whatever information we do have.
- We don't know what unexpected might happen.
- There is the possibility of "it depends" to the good, but, we always have to be preparing for the worse we can, and accepting the worst that could be.
- We have to do so much with LOI, and in some situations make immediate decisions, experimenting with things we don't know.  The process *(doing or not doing something)* is going to include risk, and possibly injury - whether that is to the person(s), part(s) of our world, more, or/and everything.

Side Note- while not part of the terms and facts, while every part of LC we have learned so far helps us with how to address that risk the best we can, there are some specific materials in the reality-based ICE in the appendix.

**Source of Harm (SOH)**

Let's define this a bit.  Examples:
- There might be some thing or being, that doesn't consciously and with intentionality wish harm, but causes harm out of its/their own nature.
- There might be some being that consciously with intent, wishes to and does cause harm.

We will discuss approaches for all kinds of SOH, but for now, focusing on this component ~

SOH, whether naturally occurring, or utilized or/and practiced by part(s) of all possible sources:
- There is the "it depends" - that it might have no rules and act arbitrarily, have some 'game' of unknown points of reaction, get triggered, or/and so on.
- It doesn't have to be capable of doing more than the array of what you can address, mitigate, survive, or/and the ultimate, it just has to appear to be that powerful and you are in a position where you have to function under that premise.
- The possibility of pure SOH: This SOH has all information, and isn't stoppable, and will always win. (Of course paradoxically there might be goodness like this.)

Since SOH, whatever the sources, is part of our existence, it has to be LC addressed the best we can.

And layering this in as we go for discussion:  Until we break the paradox of absolute truth, giving all the possibilities of our reality, there is always the possibility of a more powerful SOH. So, the only way to foundationally survive is as a connected whole.  Which means, for multiple reasons we will discuss, when confronted with a SOH we can address:
- We want to try and dissolve, neutralize, or redirect any attack - so that to whatever extent possible, neither we, other life, nor the source is harmed.
- Then depending on the source, when possible, either take care of it the best we can, or seek to create a connected relationship.  *And we will discuss the conflict in that after part 4 of the losing premise, CGC.*

### Consciousness and Goodness Coexisting (CGC):
Consciously understanding pure goodness, and then having to consciously experience existence as we currently do, leads to constant injury.

Explanation: If I want to be as good as possible, I have to study and understand "What is goodness?"  Then that process makes me aware of what it would be, and also aware of how that isn't possible in how we currently exist.  Then experiencing and deciding the degrees of how far we are from it to live, causes constant injury – which to survive in a connective way in this existence requires a lot.

This is a pragmatic issue that has to be address with LC:
- As an individual.
- As foundational to discussions and decisions about our external connections.
- As foundational to Module 3, as we can't discuss the frameworks without asking the question and doing the four-point processing through the outcome.

Note – There is a way for CGC to be good, just not in this current existence. However, it was too may letters for an accurate acronym.

**Reflections at this point.**

We aren't through terms and facts yet, and we are going to discuss these issues more in this module and then as a necessity thoroughly in 3, but a few quick reflections before we continue.

### Connective – Competition – with Inequality – and being the LPV

Taking what we know of the Losing Premise~

Until we break the paradox of absolute truth, giving all the possibilities of our reality, there is always the possibility of a more powerful SOH, so the only way to foundationally survive is as a connected whole.

With that, outside of the foundational of not wanting to hurt innocence to whatever extent possible, we do want to be a connective as possible in all our interactions for other reasons. For example, with LOI, we might not know the final consequences.  Examples: Does consciousness exist after death, and if so, how?  Or does this life form have something that cares about it, that if it shows up, we want to be able to say we did the best we could.

So on the foundational, we do want to live as connectively as possible.  Then, we come to the competition.

To truly have the most safety and hopeful possibilities, there needs to be victory over the Losing Premise.  The word victory was chosen, as it leaves you without the impact of the losing premise.  IF that is possible, then it is inherent *(until someone can prove otherwise)*, that there would be competition for it, even as we might have to work together to achieve it – and ***will*** have to work together to address every portion of it that we can as a whole. So, on the one hand, we do need to live connected, while there is this co-existing inherent competition to be the Losing Premise Victor(s) (LPV).  And to clarify, we must acknowledge the possibility not all would want LPV for the good.

Then, we have in our current existence the inequality of it, even with our best efforts.  It's not the principle of to whatever extent possible making sure needs are met and living with as much equality as possible– we can understand and systemically work on that.  However, there are the issues of geography, of choices that might need to be made in survival scenarios, the individual situations based on factors such as genetics or/and injury.

*Note: I ache for myself, who I am attached to, every child and innocent, and every form of life that experiences suffering it shouldn't.  So, while I don't know if it is possible, as long as the possibility exists, which only absolute truth could disprove that possibility, I am and will be working to be, not LPV, LWGV.*

---

**Advance understanding of LPV.**
- Evil or/and, certain types of innocent SOH, requires other existence.
- Goodness does not require other existence, or its own.
- LPV self-love does not require goodness.
- Where self-love, attachment, and goodness coexist, outside of being LPV, depending on the situation, if forced must choose attachment, but if the price to goodness is too high must choose goodness.
- Where self-love, attachment, and goodness coexist, to be the LPV, the needs of both attachment and goodness must be met. *Love With Goodness Victor – LWGV*
- And for all, we hope that who(m)ever is LPV is with Goodness - LPVG

## Is/are there a creator(s) behind existence?

Given the reality of our current existence:
- If we aren't from pure evolution, and any source(s) has anything to do with our fundamental existence, it couldn't possibly have been with good intent.  Of the possibilities-
  - There could have been an accident, e.g. Some nice being had a stroke, did this as an involuntary reflex, went into a coma and hasn't come out it.
  - It could have no consciousness of what it does – so neutral intent.
  - It was intentionally without good intent.

## Reality Analysis:

This one I am struggling with, maybe due to my own challenges right now.

That said, in looking for the truth, if it can be found, I keep trying to think through what is the "obvious" I have overlooked, forgotten, and so on, and of course am looking for any obvious I haven't been exposed to, and any possible hidden that needs found.

WP=Whatever Possible Source(s)

| | | |
|---|---|---|
| Evolution | IF this is part of our current existence, does finding out the source, give us anything for LPVG? While pure evolution certainly might have begun existence, and there could be elements of this existence that are, I struggle with our current existence is from pure evolution (our known existence doesn't make sense)- However, even if that is true, WP behind it, might be from pure evolution. | |
| Creation | IF we are, what reason? There is nothing to learn from us, so that leaves the other options. That said, IF there is a way to reach WP behind it, how? | |
| Injury | IF we are, and if there is a way to reach WP, how would we healingly, or as carefully as possible, connect with them? Are they in any way part of this existence? Are they separate? | |
| Simulation | IF we are, what reason? There is nothing to learn from us, so that leaves the other options. That said, IF there is a way to reach WP behind it, how? | |
| Mix | IF we are, what reason? There is nothing to learn from us, so that leaves the other options. That said, IF there is a way to reach WP behind it, how?  And is it one, multiple, are they connected at all? | |
| Dream | IF we are, if possible, how would we wake WP up? Are they in this dream? Are they separate? | |
| Other | | |

## CONNECT ALL

### Other reflections

- What we covered in Module 1, and now the losing premise, gives us the foundational LC skills and data to analyze our experiences or/and beliefs, and are necessary for the next sections regarding the unexplained and unknown.

- With the losing premise and given the state of our world now, there are limited possibilities of true rest. And those take what we don't have right now.  So that takes us back to the need for a solid LC foundation – and the search for being LPVGs.

**Self-care and if needed Centering moment**

## The Unexplained and Unknown

Now let's focus on another specific portion of our existence – The Unexplained and Unknown.
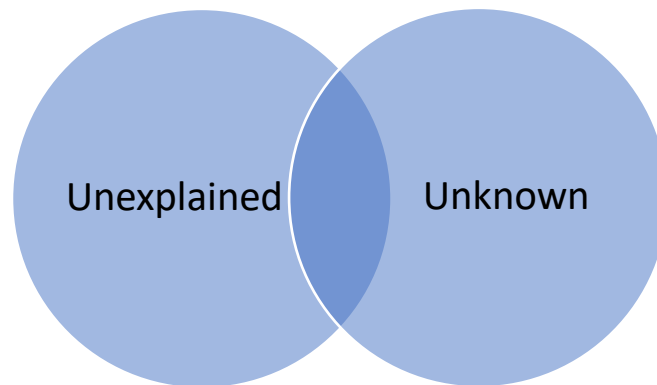
First, let us define what is meant by the terms Unexplained and Unknown.

And being LC, before we do that:  I am well aware that individuals have had or/and are having experiences with the Unidentified and Unknown, and it with LC that I share the following  -

**Experiencers**: is the current recognized term for individuals who have had or/and are having unexplained, or/and unknown source experiences (defined below), whether the experience(s) were or/and are positive, neutral, negative, a mix.

However, while some individuals might choose to use the term as part of their identity, others may prefer person-first language of being an individual who has had an experience with the unexplained or/and unknown.

Then of those with experience(s), many need a being-first/trauma-informed approach, which might increase based on what happens or/and we find out.  Which while that should be part of being LC, it is critical to emphasize.

Now the definitions for Unexplained and Unknown -  with the reminder:
• We know experience does not necessarily equal source,
• Actions (including inaction) do not necessarily indicate desire or/and motivation.
• We have to LC go through all possibilities.

**Unexplained**: (Having ruled out any health reasons.) This is any unexplained experience in which the source is outside of the individual, whether it is experienced internally, externally, or/and both, in situations such as:

- UFO/UAP *(I recognize those who state observing alone doesn't equal experience, while also including due to what else might be involved in observation)*
- Interactions with non-people entities (NPEs) - aliens, gods, demons, angels, and so on (*acknowledging the inappropriate terminology, and we should be being-first, if the source is conscious at all, and then respectful of its life*) ;
- Interactions with a previously living person or other creature *(this has overlap with unknown)*.
- Interactions with unidentified identit(ies).  Which, while there are all the possible sources, could also include an external *unknown* source, as we don't know if who/what communicating was a living being, and the possibility has to be held.
- Experiences tied to the apparent reality of our existence.

**Unknown**: This is any unexplained experience in which the source comes from who we are as beings *(Excluding any health reasons – though as we discuss it, whatever the truth of the possibilities, if they are a part of us, they are part of our health).*  There is evidence and logic for different possibilities, and we don't know for sure what we are as living beings and what we might be capable of, as a whole or/and as anomalies. Examples:

- "spiritual" experiences *(Considering the current available science and possibilities, there is the logic of whatever the truth of the possibilities, they would all be materialist based since anything that exists would be materialistic.)*
- Does consciousness exist after death?
- What are we capable of, such as what we term psi abilities?
  - While depending on how this functions, it could go in this or/and a different category -  the way psi is defined now would include:  Are there connections between consciousnesses (e.g. a parent waking up and knowing their child in another country is in danger)?

And if needed, a reminder:  Knowing our LC approach for the most safety and hopeful possibilities, that obviously includes the Unexplained and Unknown, which are both part of *Five through the Filter*.

- **The unexplained in our existence**: There are many unexplained experiences in our existence. Not logically-connectively recognizing their existence and analyzing them the best we can, leaves us at minimum in a possibly dangerous situation. We might be unintentionally experiencing, allowing, or/and creating injury. We might be missing a possible source of hopeful possibility.  And for some portions of the unexplained, the possible source(s) (people or/and otherwise), also underscore our need to be logical-connective, including preparing the best we can (which includes how to be connective).

- **The unknown in our existence:** Again, not addressing this LC, we might be unintentionally experiencing, allowing, or/and creating injury. We might be missing a possible source of hopeful possibility.  And so on.

Wherever you were in your understanding before, now, or/and as we move forward, we do this LC individually and with each other.  Let us continue to flow between terms, facts, notes, and get to analyzing some today, before we complete our safety packets and continue to form our network.

**Continuing:**

**UX: Unexplained, Unknown, Both** *(for ease of communication)*
While it is best to use the correct terminology, such as "I had an unknown experience", "I had an internal/external unexplained experience",  "I had both an unexplained and unknown experience." UX is used as a catchall indicator in the materials.

Reminder as we continue - we know:
- There are all the possibilities of the reality of our existence,
- There is the possibility of other existence,
- There are all the UX experiences.

Governments, public and private groups, and individuals research or/and fund programs across the array, just not in any publicly logical way.  This is to give a basis for that, and then we are going to look at some UX experiences that have patterns.

**PIPS- Possibly Infinite Possible Sources** –include but not limited to (non-comprehensive, have overlap, but expanded for ease):
- Beings: People, other(s), or/and mix.
- Living Creatures *(need a better name)*: from this world or/and others.
- Nature, the universe itself.
- Raw sources:  Stand-alone, or/and maybe a part of life, e.g. an unrecognized or even currently inaccessible source;  or consciousness/energy/?? of living beings - whether alive or/and after death.
- Components of Functionality {COFS}: e.g. Forces that either work on their own or/and can be or/and are used by beings; 'Time'; Do beings' thoughts or/and communication matter? Are there interacting forces between all areas of existence? And inter-queries: Do the COFS change based on our position in the possible conformation(s)?  Do all COFS apply to all?
- Natural Abilities: Intrinsic, developed, non-developed, not discovered yet, impacted, or/and mix.
- Created tools or/and Modified Abilities

And an LC reminder - While considering PIPS, depending on reality factors and what is being looked at and for:
- No matter its actions, inactions, or/and mix it could potentially be: in need of protection, need help, a trap, a test, a mimic, an attack, we have a point of connection out of happenstance, possible rules, combo, or/and so on.
- What you are looking for could be tied to one, but always consider all.
- While generally everything has some level of impact simply from existence, and most things are a mix, you should consider all as possibly being benign, positive, negative, or a mix, whether that is with accuracy or allowance.  *(And negative could be beyond the worst.)*
- All can be part of potential conformations we need to work through.
- Can individually be naturally occurring, created, modified, simulated, or/and a combo.
- Already exists or is developing/being developed and can still have impact.
- And so on

Also, all can possibly be manipulated.


**Self-care and if needed Centering moment**


So now that we have our foundation, we are going to do an analysis of some sets of UX, and set up how to continue doing so.  And for ease, "Whatever PIPS" will be "WP".

# CONNECT ALL

## An analysis of the UX

To begin, the following table has examples of sets of data points that need to be individually and *cross-analyzed*.  Obviously, these are not inclusive of all sets, nor comprehensive within themselves.  And for all, we need to analyze for all possible: realities, PIPS, commonalities, differences, gaps, variables, anomalies, patterns, in and across time, *why(s).*  Including: discrepancies in narratives and data points; within COFS- possible separate rules of possible conformations; thinking beyond to the possibilities.

| Category | Factors |
|---|---|
| UFO/UAP/other – Other Being array | • Date of event<br>• Type of event - sighting, interaction, physical signs<br>• What was the behavior?<br>• Was anything communicated outside behavior?<br>• Location<br>• Area before<br>• Those involved before<br>• Changes to anything after |
| Psychic-Medium array | • How this started for them vs something they wanted. And if they sought it out, how did they find it?  Percentage of difference.<br>• What do they specifically do and all data points.<br>• All the personal data points of and between both groups.<br>• Their belief system. |
| Religion-Occult array | • (Outside of known or unknown person factors) Any identified practices of each that have evidentiary impact, including those that identify an unexplained source, and all data points.<br>• As indicated, root factor analysis of each.  The origin, where, when, how, what else was happening - are they separate at all, do they intersect, and so on.<br>• Changes over time, and any associated factors. |
| Power-Government array | • If, then how it interplays<br>• Trace back through time with all the rest, and currently<br>• Questions around communications and actions |

Now, there is not any publicly known group that has done this cross-analysis.  And being blunt, because of our lack of LC, there might be science available we don't have access to, and there might be science we could have but haven't done.  However, with LC people, possible answers can be logically and connectively examined systemically and efficiently, even if we might inadvertently be harming innocent PIPS in doing so.

That said, there are some immediate discrepancies and patterns we can identify with what is open knowledge.

**Discrepancies and Patterns**

We are going to use our base from Module 1 and what we have covered so far in this module, to review behaviors and narratives.

As we work through the examples, we are going to think through these questions:

- What is conveyed during the experience - by behavior or/and messaging?
    - How does that line up with the total known reality of our existence?
- What are all the possible PIPS* and explanations? *(*including biological factors, such as emerging brain and other sciences)*

What we will recognize is:

- Some sets might have multiple sources.

Patterns of certain sets of WP seems to be a combination of blatant discrepancies, and (*as applicable)* distraction/playing the narrative *(better word?)*.

- The 'blatant discrepancies' is what is happening or/and being conveyed doesn't like up with a LC reality.  This "If you were logical and aware of your existence, there is no way you wouldn't question."  *Holding the possibility, they could be just as unaware*.

- The 'distraction/playing the narrative' is playing out the narrative in different ways you interact with.
    - Then a seeming subset pattern, as part of the 'distraction', depending on the type of experience, is the "personality" of WP.
        - *~Question for analysis and research: "What changes, if any, when the person changes?"*

- The question of source(s) identity

CONNECT ALL

Then we will examine the possible explanations for the behaviors. Keeping in mind:
- Behaviors have to be evaluated for degree of correlation (0-100) to desire or/and motivation.
- With what we don't know, we stay neutral.
- Regardless of what we can know now or do not know, we are LC.  Including how as applicable we proceed with caution with cost/risk/benefit decisions, to holding all possibilities.

Let's start with these unexplained sets in which the source is externally or/and internally communicating:
- Spirit guides
- Psychic-medium communications
- NPE interactions
- So on

SPACE TO WRITE

Again, with Lack of Information (LOI), we do hold all possibilities equally.  For example, with all the analysis, we haven't ruled out WP are part of our immediate world.   Nor, that there is an innocent source.  We do know that individuals have the UX experiences, and while with LOI we are neutral to desire or/and motivation, the possibilities of the why's and the act of bringing awareness to the issue, is terrifying as an individual, for who we are attached to, all children and innocence, and the source(s) themselves.  We hold all possibilities and worry about the array from, we might be hurting something innocent to it's the ultimate trap to it's both.

## Risks Non-Inclusive

You have the specialized ICE, Advance Directive, Safety Plan *(this is what I have until I can get experts who know of anything else – **so all disclaimers**)*. While normally safety first, you need to know what risks we can cover and think through others, to do the plan as well as possible.

Sample of possible UX situations, with any or/and combo of sources:

• Might interact with you internally or/and externally.

• Could be or/and attach/connect to you.

• Could interact in external ways around you.

• Could interact with others in any of the above ways.

• Could react by withdrawing from you, if attached/connected to start with.  (Might be a good thing, but there are scenarios this could cause harm).

• For those with prior UX experience, things could intensify or/and change.

• For those without prior, might start having experiences you or/and those around you aren't prepared for.

• For those coping with health issues, you can experience a symptom that manifests as UX, whether positive, negative, so on; you can have an actual UX experience; or you can experience both a symptom and a real UX experience.  So experiences at times might be more confusing or/and complex.

• While there might be layers of truth, there is the possibility that there are PIPS that can influence you to harm or/and kill yourself, or/and harm or/and kill others.  And if applicable, since those can also be symptoms of health challenges, you might need to be extra careful. Then, for all individuals, that makes everything more complicated as far as safety planning, since you also might need to defend yourself, or/and others *(Remembering the goal when confronted with a SOH)*.

**We are going to go through *some* of: the possible risks with how this possibly happened, big picture possibilities, then pragmatics we need to address.**

*How it possibly happened*:

- It could be an accident, with all the possibilities from a being, to the result of some natural phenomenon. Which with LOI it's hard to determine if that makes it more, less, or differently dangerous than intentional possibilities.

- There might be back room or/and even societal deals made through the ages.  Whether out of ill intent, not, or/and a mix.  Who knows what, how far, how many, so on.

- There could have been accidental cultural or/and unknown rules broken.

## CONNECT ALL

Staying neutral as possible-

With LOI, being LC, remembering our goal, we stay neutral. And for whatever good they might do, some ideas *depending on the situation*:

*Stay neutral – since experience doesn't equate to source(s), nor the desire(s) or/and motivation(s), and we have the end goal of being connective.

* Start communication with, "All caveats and disclaimers."  Since, for example, we don't know if culturally, even communicating might give rights or/and violate something, and if there are legalities it might help.

*Quickly establish a term with inclusive meaning, and hope WP has the capacity & is able to understand it.  This might not help anything but you, since you don't if WP is even cognizant or if so, pays attention to what is going on, and so on - but, since there are the possibilities, it might help.  E.g., in a situation where you or/and others are being communicated with in a way that is negative: Use a term that means the array from what you want to convey if WP are consciously with ill intent doing harm, to if WP are completely innocent and being forced to do harm- again, with the end goal of the communication to result with being connective. With lack of information (LOI), and depending on the type of negative experience(s), staying neutral isn't exactly natural, and so to hold all possibilities & convey all, use the term.

*Remember the cost/risk/benefit of any type of communication or/& experiments.

*If things are physically happening, try to record if possible.

*With LOI, any ask should be to *all* WP & all inclusive to the good.

This "4" is one possible example:



**4**

ALL CAVEATS AND DISCLAIMERS

I ASK ALL INCLUSIVELY

EARN A WORTHY NAME

I AM SO SORRY
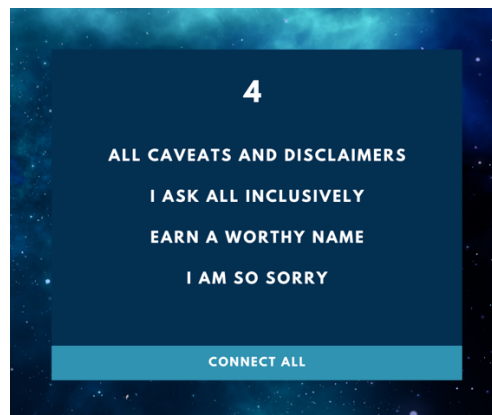
CONNECT ALL

*Big picture possibilities*.  WP, in whatever possibly conformations:

– They are waiting for us to live LC, for whatever reason.  They might even desperately need us to, and there is some kind of cost to others if we don't. Or the possibility if we don't do so, they will do something at some time.

– They benefit somehow from suffering or/and how we live. And if we start changing, they react and do something to cause more, move on, or/and so on in whatever conformations might exist.

– What happens if people stop – worshipping, conveying messages that play out a false narrative,  accepting experiences, and so on?  What happens if people start looking for the truth?  What are the possibilities for or/and to us as individuals, to the source(s)? All I do know is awareness is a key point, which has suffering of its own, and again reemphasizes our need for LC.

Space to process the last one:

*Pragmatics we need to LC address*

- There is the risk in making decisions for others.  I risk you without your consent in telling you, and I risk you without your consent in not telling you.  So, I tell you.

- Right now, until we have an LC world, people in general lack LC, which means you can't trust them - and that includes "wouldn't want to do harm" "good" people.

- Possible back room deals: Did anyone actually review, re-review or/and is re-reviewing any possible deals and the options?  What might others do without trying all options?  This includes governments, groups, or/and individuals.

    o Now, there is the possibility a backroom deal was made with good intent and reason, however, with LOI and being LC, we just have to do what we are doing.

- People *(for whatever reasons)*, who don't want the greater good or/and would use any new information to try and get more power, resources, or/and so on.

- We don't know who and possibly what, monitors who and what, and how many possible conformations of that matter. And knowing there is/are some PIPS that can or/and has access to our mind/consciousness/??, what information ends up where is a constant risk.

    o Which on this, outside of any technology, there is the possibility a being might not have any option other than to be able to know other's thoughts.  So, if that is the case, how would we learn to LC co-live?

    Space for the one above:


- As people do start being aware of what is happening, there is the array of risks to those who have had/are having/have UX experiences of any kind, and some in particular.  So the more we are networked and protect each other the better.  Again, another reason for networked community.

- Then there are the general LOI risks that have to be acknowledged. Global to personal. For example, what happens to a possibly innocent WP as we do change to LC?  We still have to do what we have to do *(doing or not doing)*, but we have to acknowledge all the possible consequences of what we do.

    Space for the one above:

**ICE-Advance Directive- Safety Planning** – see pages 63-68

**Setting-up Networked Community** –
Like we learned in Module 1, for the most safety and hopeful possibilities we need to be a LC networked community.  So, we are going to have a network and check in system.

**Before Module 3:**

- We go back to *Five through the Filter*. We just have more awareness, including having to be careful with or/and of certain people, as we do the work to change that.

- If you have the resources or/and connections to others that do, we start doing the analysis of the data we have to understand our UX reality, until we can get to a global way.
    - o With as much LC as possible, to whatever extent possible we have to do both the analysis and the research necessary. And on the research part, where people are involved it has to be a fully informed free will choice for those who can choose, and if they can't, then we are good and we protect. And all of it has to be as LC as possible. That should be obvious by now, but I have to make sure this is clear, being terrified of: what may happen to individuals if we don't try; what might happen if we do try - and if we do try, what the process might do; what might happen to who we are attached to either way; what PIPS might be hurt in the process.
    - o And no system gets oversight, we are a network. That part is covered more in Module 3, it is not that complicated and makes a natural flow of information and feedback. It's also the same network that creates as close as we can get to true democracy.

- While we cover this more in Module 3, let us take a moment to discuss *constructing your construct*. We now have all this awareness of our existence *(from module 1 through module 2)*, we are having to hold all possibilities, and so on – so choosing how we construct our construct with the most LC for ourselves and others is foundational for the most safety and hopeful possibilities. And whatever the possible impact on us, we cope with it because we have to; and hope and work like everything for the possibility there might be hopeful possibilities. And there are, until any absolute proof there isn't – which means a breaking of the paradox.

    Construct Notes:

# MODULE 3

***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 -  and as previously said, necessary and doable.

Objectives:
- Defining what we are working for
- Understanding the algorithmic framework
- Reason and formation of global network-community
- Personal and network-community constructs


The objectives of this module are interconnected.  So there will be a brief overview of all of them to be able to discuss them, then as we go through select areas you can be thinking through them individually and as where they are interconnected.

**Defining what we are working for:**

We know we want the most safety and hopeful possibilities, so we need to outline what that would be.  We know with current knowledge and resources things can't be perfect, now nor as we move forward, and parts of our decisions will be complex.  So we will begin with the simple basics, and then as a network, LC work through the complexities the best we can.

**Understanding the algorithmic framework**

With LOI, life is more than an algorithm, it has to involve choice-  which at times includes the chance element.  However, being data driven is foundational, and developing global adjustable algorithms based on data we have, and as we have it available, and the functionality of the whole, gives us our best options to make the best choices individually and globally.   Then, 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.

Examples of application:

We have to reanalyze everything about how we live - dwelling, food, clothing, hygiene, transport, and so on - and based on what do we know, what we don't know, and what is possible, decide how to transition from current lifestyles and using what we have now, to what is best for the most safety and hopeful possibilities. *(acknowledging there are some things that might not need changed)*

Putting all the data into the algorithm, we might start with, for this geographic area: this many people live there, in these types of dwellings, need these type of resources, with this much land the community needs to plant these crops, and so on.  The plan is for "x" parts to be sustained ongoingly, and "y" parts to transition later.

But then, that area has a natural disaster.  The data helps with changes on temporary and long-term realignment with the global whole.

**Reason and formation of global network-community**

There is the basis of our goal, for the most safety and hopeful possibilities, the more LC we are networked the greater the chances of achieving that.   And a few special points within that.

- Free will:  Until we break the losing-premise, existence doesn't provide us the option of true free will, and there are differing degrees of that depending on our individual situation.  However, given we exist as we do, to whatever extent we can have free will, it needs to be protected.  ***We don't negate truly informed free will choices.***

- The right to a personal voice:  Within functionality, every individual has that right, and that doesn't work in a representative system. True democracy, or as close as we can get to it, would take the work, but it is possible.

- To establish and maintain the necessary:  The network is necessary, from the algorithmic frameworks, to the sharing of information.

- Equality:  This one is more challenging. As stated in module 2, it isn't the principle of to whatever extent possible making sure needs are met and living with as much equality as possible– we can understand and systemically work on that.  However, there are the issues of geography, of choices that might need to be made in survival scenarios, the individual situations based on factors such as genetics or/and injury.  Having a networked-community helps level that as much as possible.

## Personal and network-community constructs

There are multiples areas of working through our constructs – from holding all possibilities, to recognizing the impact of that on areas like the current legal system (until we have a better way), to raising children, and so on.  For the most safety and hopeful possibilities, our degree of margin depends on the area. This is where as a network, we LC work through the complexities the best we can, and find the individual and global degrees of margin. ***And we don't negate truly informed free will choices.***


## Logic-Connection for the most safety and hopeful possibilities.

**Defining what we are working for**

Obviously, the ultimate goal is Losing Premise Victory to whatever extent it can be accomplished, and we will be working towards that.  But, in the meantime, what is our incremental vision towards that?  And there is overlap with this section and ***personal and network-community constructs***.

**Understanding the algorithmic framework**

Everything is individually and cross-analyzed for the greatest functioning of the whole.

Dwelling, food, clothing, hygiene, medical care, mental-emotional health needs, furniture, education, transportation, safety (from weather to worse), sustainability, unexplained and unknown, research, redundancy, and so on.

**Reason and formation of global network-community**

Current Network issues
- Understanding the work that needs done to transition
- Finances and resources, until everyone is where we no longer need money. *(Money consumes resources, it doesn't create resources)*.
- Dealing with "legal" issues until there is minimal need if at all and a better network system.  Including, dealing with nonLC reactions to reality and holding all possibilities.
- Network Communication –
  o Need analysis on best plan for redundancies.
  o The one issue right now is language.  Development of one primary verbal and non-verbal world language is the goal, which also means we can evaluate for accurate and connective words, since I don't know of a language now that is what we need.  We will also need to learn secondary and tertiary verbal and non-verbal communications for safety.  However, there is the current and transition period of communicating across languages simultaneously.  The resources are available, it's just having the access.
- Protection from People or/and Other Beings- *Truly informed free will choice is part of this, so the following is for those who choose.*
  o Addressing individuals: While it is currently necessary, the goal is to be trained enough mentally and physically to dissolve, neutralize, or redirect any kind of "attack"  so that neither ourselves nor the other individual is harmed, and the other individual's needs are then LC met - which might include something we were unaware of we need to change.  Accepting, in the interim and in certain situations: that might not be the outcome and we do the best we can to mitigate for both, or we have to make hard choices based on the information we have available.  Which takes us right back to the quicker we are in an LC networked-community the better.  *(There is so much in this to unpack, being person first, trauma informed, having non-verbal and verbal communication skills, physical skills, and so on. Including teaching on how "attack, might not be an attack".)*
  o Addressing possible other beings:  This one is more challenging, as we don't have a way to narrow the possibilities, and whatever the source of attack might be beyond us.  However, as with the above, we have to train mentally and physically to be prepared as possible, and try to do the best we can for all.  And as science becomes available, there might be more assists for that.
  o For both, we will need to set up a training program that covers the array.

**Personal and network-community constructs**

- Understanding Goodness  (CGC)–

- The need for existence, quality of life, death–  This one is a bit complicated based on LOI, and there will be the margin of personal choice.

- Reality, UX, possibilities –  If anything, it forces us to be who we always should have been. Where we truly listen, we truly believe, and we seek for the answers with the most LC for the individual and all.
    - Proceed as if we are all people, animals are animals, and so on.  Hold all possibilities, but proceed without paranoia or anything.  If someone did suddenly reveal they aren't a person, or a rock starts talking, or whatever, it might take a moment to adjust, but after ruling out any other explanation, wouldn't throw us.
        - We will need to analyze things. That said, NO lack of LC. Remember - something could mimic or/and manipulate, and the other points we have already covered.
        - There are the current possible legal issues.

    - Culture –  As we are LC  and cope with aspects of the losing premise, culture, depending how we define it, becomes an interesting thing.

    - Raising Children– They might be safer as we become LC, but oh what an existence.  And there are all the discussions about children going forward. Including, where all children are placed who need to be now.  Every child is going to have a home and community.

*Note on raising children*: This one I struggled with even attempting to write – I am in anguish for every child that exists, and I don't have any good answers, without LPV.  And even then, while I know it has to be possible, I need more time to construct how that would work. I have starting ideas, but working through the issues.

That said, for now, part of assembling this came out of the desire to stop the things that there is NO reason for given what we are capable of: in this moment no child should be being raped, sold, physically hurt, hungry, exposed to avoidable violence, suffering in any way we can address.  There is NO reason for it – and if it takes arguing how we are pragmatically connected, fine.  Whatever it takes, it has to stop.  And then we work through the rest the best we can.

For the moment,  I am ending here. I am a girl who hurts for plants. I analyze how messed up existence is, how it should either not be or/and could be - and in that, there is me and who I am attached to.  I started this looking for answers, I'm still searching, this existence gives no other options.

**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.

_____

**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**: _____

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:

**Specialized ICE – Advance Directive -Safety Plan.**

**The purpose of this packet**

One of the foundations of self-care and community is being prepared. You never know what might happen, and having your basics in place could be the difference in life and death, or degree of injury, for you or/and others.

Basic preparedness includes:

- Having your ICE-Advance Directives on you electronically and on paper.

    o   If available, someone else having a copy in the same ways.

- Having a basic safety plan

- Going through all the basic preparedness checklists, including more advanced safety planning.

This packet has basic adaptables of the first two and prompts the third.

It incorporates UX from the 91221 Connect All guide.

It presents ideas for areas that people might face the lack of logic and connection in our society-including UX, medical, mental health, identity, or/and any issue that is ahead of the science or/and culture.

**Disclaimer and Important Information:**

- **This packet in non-comprehensive, and all elements are presented as adaptable, only for those already informed, or who put in the work to become so.**

- **Creating an Advance Directive should be done thoughtfully from a place of being fully informed of all they can entail.   It is recommended to research and understand the intricacies of advance directives, including your state guidelines.   There are free resources available to help understand all that should be considered.  This packet does not do that.  It was created for those already informed to be able to adapt or/and use in an emergency when nothing else is available.**

- **Content includes ideas/thoughts that are in no way suggestions or advice.**

- **The drafter makes no claim to expertise for any part of this packet.**

- **The use of any part of this packet is solely at the discretion of the user, and the drafter of this packet is in no way liable for any use of, including modifications.**

**This packet was drafted by Gwendolyn Downing Sept 12, 2021 as part of the Connect All guide, and may be modified in any way that benefits.**

**Resources:**
*These are examples provided for informational purposes only, and not as recommendations:*
- **https://www.npr.org/sections/health-shots/2020/07/09/865570384/planning-for-end-of-life-care-is-more-crucial-than-ever-heres-how**
- **https://www.nia.nih.gov/health/advance-care-planning-health-care-directives**

**ICE  (not comprehensive ideas/thoughts):**

**Things to keep in mind** whether things are just 'normal' or you have or/and deal with UX experiences.
o   With possible disaster(s), in an emergency, or/and with situations like Covid, if you have support, they might not be with you nor accessible.  And those working with you might not be good to begin with, and even the good ones, might not be their best with all the stress.
o   You might not have the levels of consciousness or/and have the time to form any connection with whoever is working with or/and around you.
o   You need to be prepared for any possible triggers, experiences, or/and your possible conditions. Including, you need to think about what your potential state, behaviors, or/and reactions might look like to others.  Always thinking of that person/people who will not get it and react in the worst way. And that's applicable dealing with 'normal' medical or/and mental health issues.
o   Self-awareness, even when you know you need to be, might be challenging. *If there is any internal disconnect, especially if you aren't in a place you can be sure you are even self-aware of it,* this creates a risky situation for you, which gets worse if there are those who don't understand around or/and "taking-care" of you.   Examples: disconnect due to a head injury or high fever, triggering of mental health symptoms, having a UX experience.
o   **However, you have to be the one to evaluate the risk/cost/benefits of how open you should be. There are ideas below for how to try and use the ICE to get your needs met without revealing anything you don't want to if that is how you assess things.**

**If you can:**
o   Try to establish rapport first.
o   Take charge of your experience.
   ▪   At your discretion, let them know your needs and boundaries.  **Remember, there are things with mental health, including complex trauma, or/and UX, that are "normal".**  That is true whether you are being direct, or if based on your assessment you choose not to be. For example, a lot of people are claustrophobic.  So you could use something like to that to share your needs and not share anything else. Or if needed, in the context of your labels or/and experiences, do a comparison to help normalize your needs. Then in settings it applies, you can ask for info like that to be put in your chart or/and on a whiteboard, just like allergies.
      o   You can address anything on the ICE that you might have concerns about either honestly or as if they are normal for anyone.  You can use the important notes and cultural issues sections to either provide information or normalized examples for mental health or/and UX needs or/and considerations.  For example: In important notes, you could address trauma responses. In cultural, put in things about UX.
   ▪   Outside of the staff possibly being "we are the experts", you might believe or/and be triggered to "they are the experts".  But you know yourself, so try to take them through the logic and connection of listening to you.
   ▪   There is a "Connection, Logic, Choice" section to the ICE with ideas/thoughts you can extrapolate from as needed to help. Whether around your needs or/and UX aspects.
   ▪   If you don't feel safe, ask for someone else.  And use reason, but file a grievance if needed.
   ▪   If your support can't be physically with you, ask to keep your phone, computer, walkie-talkie, radio, or/and so on, as close as possible.
You might have to go through these steps with each change in systems, personnel or/and shift change. Including reminding them of any needs or/and triggers, even with it in your chart or/and on the board.

**ICE**

| | | |
|---|---|---|
| **Name:** | **DOB:** | **SS#:** |
| **Address:** | | |
| **Phone Number:** | **Call sign**: | |
| **Vehicle:** | **License Plate:** | |

| |
|---|
| **DNR directive:**                    **Advance Directives are attached.** |
| **Allergies:** |

| | | | |
|---|---|---|---|
| **Blood Type:** | **Height:** | **Weight:** | **Language:** |
| **Race/Ethnicity:** | **Sex at Birth:** | **Gender Identity:** | **Sexual Orientation:** |

| |
|---|
| **Medical or/and Mental-Behavioral Health Conditions:** |
| **Medications or/and Supplements:** |
| **Significant personal or/and family medical history:** |
| **Important notes:** |
| **Doctors or/and other formal supports:** |
| **Pharmacy:** |
| **Emergency Contacts:** |
| **Cultural Issues** *(inclusive of all components of your identity)***:** |

**ADVANCE DIRECTIVES: If I can't make decisions for myself due to coma, serious injury, dealing with symptoms, or/and so on, these are my wishes and directives.**

**This is who can make decisions for me, or/and that I identify as my treatment advocate:**

**People, places, treatments, and so on, that I do or/and do not want:**

**Things that help me:**

**Things to avoid:**

**My advanced directives for my care** (include reproductive):

**In case of my death** *(e.g. Notification; I do/do not choose to donate these parts of my body; cultural wishes.)***:**

**Signature**_____**Date**_____
**Witness if available:**
_____**Date**_____
**Witness if available:**
_____**Date**_____

**Connection and Logic - Being aware and connected as possible, to do the least harm.** (ideas/thoughts)
This is non-inclusive of principles, practices, and standards of care.  These are just some possible ideas to extrapolate from or/and use your own words, to self-advocate or/and make the best decisions you can.
*o Always take them or/and yourself back to logic, connection, and choice.*
o Because I know you want to do the best you can for me, and do not want to perpetuate any sources of injuries I already have, increase injury to areas I am already injured, or create new injuries (other than what is completely unavoidable), these are things we need to agree on, and come back to as needed:
o What we don't know is greater than what we do know: about the reality of our world, our bodies, our minds/consciousness/?.   And beyond that, each person's makeup is individual, and can have unique aspects. So regardless of the science we do have or don't have, I need to know that *you will listen to me*, respect that.
o Even with the science we have, (0-100%) things you do to some extent is an experiment with me, especially when it comes to my mind/consciousness/?:
o We all have biases and disconnects.  Be aware of any of yours, including: my medical dx, mental health dx, substance abuse dx, gender, gender identity, sexual orientation, race or/and ethnicity, socio-economics, culture, patterns of speech, functional ability, perceived cognitive ability, dress, hygiene, mannerisms, level of attractiveness, facts you might know about me or discover, your lived experience, how you are doing today, historical events or/and injuries, your training, and so on. I'll try and do the same. We will both try to have regard for each other as individual beings, whatever our past or/and present.
o We both recognize because of society or/and lived experience, that I might have reasons not to trust you, society, or/and the system(s) you are with. While I am making the effort to partner, the burden is on you to be trustworthy, not on me to trust you.

o You will be honest with me at all times about: possibilities and probabilities based on what you do and do not know; about what will help, what might cause injury, what might do both, and to what extent; what safeguards we both have; and so on. And we will have set times to check back in on those.
*-Here are examples of how to respond to me about what you don't know or are unsure about*:  When we use evidence, logic, connection, and choice, while we might feel the pain/burden/fear/_ of not having the answer, we can acknowledge and respond with: "We don't know, but let's see what we can find out."  "Based on what we do know, here is what we can try. Here are the risks and probabilities involved, doing our very best to stay connected and do the least amount of harm, and to do whatever good we can."  "While we might have to do what is necessary in the moment (which might include doing nothing but being supportive as possible), we will look for the best answers until we find them, following the principles." "Given _____, what is your choice?" (Note: the *we*, when possible, should include me and be a partnership in trying.)
o You will do everything through a position of as much internal and external connection as you can.  Have personal and systemic ways to keep yourself accountable to that. And while I will try and do the same, when I'm struggling or can't, you will equip yourself with the knowledge and skills to meet my needs in the best way. I would also like us to work together to have ways to check in with each other.
o If at any time I don't feel safe with you, because you aren't _____, I will tell you, or tell someone I do feel safe with, or file grievances, or/and so on as necessary.
o Principles: Logic is to objectively analyze everything, not just what is found but what is possible. Question everything, even what we think we know to be fact; Search for all facts and possible hypotheses, including what we don't have a working knowledge of; Question and identify our own and others' biases, disconnect, so on; Constantly check in with ourselves and others, as we do the work. Build in intentional times (whether things seem to be going well, awful, confusing, or so on) and practices to stop and reflect on beliefs, practices, the direction we are going and why; We do all this to not miss or summarily dismiss what we don't expect, from a place of bias, or/and so on, or/and create or/and perpetuate injury out of any of those factors, or not following any of the other principles of being logical and connective.

**Initial Safety Planning**

Keeping all possible sources in mind:  How can I both do what is needed to minimize any risks from influences to harm or/and kill myself or/and harm or/and kill others, while at the same time being able to protect myself or/and others as needed?  And given my background, intelligence, creativity, anything outside of the normal* I need to consider? (*Guns, knives/sharps, meds, driving, drowning, hanging, alcohol, suffocation, poison by gas, jumping, and so on? My self-defense abilities?)

Preps and safe places:

What do I need to stay calm, center, ground or/and feel safe as possible?

(Next 3 if applicable)
Outside my ICE, any individuals I would like to be contacted should anything happen?  Any limits with them on what to share?

What is our agreement on checking in ~ from everyday 'normal'  (including if applicable either/any of us need to take a break, leave for a bit), to needing to go dark?

Outside of just checking in as scheduled and needed, is there anything others should look for to check in with me? If so, how should they approach me?

## References for Module 1

Atkinson, J. (2021, June 16). *Joint NASA, NOAA study finds earth's energy imbalance has doubled.* National Aeronautics and Space Administration. https://www.nasa.gov/feature/langley/joint-nasa-noaa-study-finds-earths-energy-imbalance-has-doubled

Bellamy, D. (2020, August, 22). Humans have now consumed the earth's natural resources for the year. *euronews*. https://www.euronews.com/2020/08/22/humans-have-now-consumed-the-earth-s-natural-resources-for-the-year

Beradelli, J., & Niemczyk, K. (2021, February 17). "We have to go": Climate change driving increased migration from Central America. *CBS News*. https://www.cbsnews.com/news/climate-change-migration-central-america/

Bressan, D. (2020, June 14). Researchers argue that earth is in the midst of a modern, human-made, sixth extinction. *Forbes*. https://www.forbes.com/sites/davidbressan/2020/06/14/researchers-argue-that-earth-is-in-the-midst-of-a-modern-man-made-sixth-extinction/?sh=1de467942f44

British Broadcasting Coorporation. (2021, April 21). *Air pollution: Coroner calls for law change after Ella Adoo-Kissi-Debra's deat*h. https://www.bbc.com/news/uk-england-london-56801794.amp

Carlisle, M. (2021, January 19). A federal court threw out a high profile climate lawsuit. Here's what it might mean for the future of climate litigation. *Time*. https://time.com/5767438/climate-lawsuit-kids/

CONNECT ALL

Cassella, C. (2021, April 27). Earth is using 173% of the world's total "biocapacity", scientists

warn. *ScienceAlert*. https://www.sciencealert.com/rising-human-consumption-is-

causing-many-nations-to-fall-into-ecological-poverty

Cassidy, A., McKenzie, D., & Formanek, I. (2021, June 23). Climate change has pushed a million

people in Madagascar to the "edge of starvation," U.N. says. *CNN News.*

https://www.cnn.com/ 2021/06/23/africa/madagascar-food-crisis-climate-change-

famine-intl/index.html

Clifford, C. (2021, May 14). What 2050 could look like if we don't do anything about climate

change: Hot, a constant cough, regular mask-wearing. *CNBC.* https://www.cnbc.com/

2021/05/14/what-2050-could-look-like-if-we-dont-do-anything-about-climate-

change.html

de Ferrer, M. (2021, July 27). Environmental scientist warns that pollution is causing penises to

shrink. *Euronews*. https://www.euronews.com/green/amp/2021/07/27/penises-are-

shrinking-because-of-pollution-warns-environmental-scientist

Dictionary.com. (n.d.). *What's the difference between morals and ethics*. Retrieved September

24, 2021, from https://www.dictionary.com/ e/moral-vs-ethical/

Dunhill, J. (2021, September 2). A "solar tsunami" could entirely wipe out the internet within a

decade, suggests study. IFLScience, LabX Media Group.

https://www.iflscience.com/space/a-solar-tsunami-could-entirely-wipe-out-the-

internet-within-a-decade-suggests-study/amp.html

# CONNECT ALL

European Space Agency. (2021, May 1). Huge region of Europe destroyed by asteroid impact in

planetary defense exercise. *SciTechDaily*. https://scitechdaily.com/huge-region-of-europe-

destroyed-by-asteroid-impact-in-planetary-defense-exercise/

Fleming, S. (2020, May 13). *3 billion people could live in places as hot as the Sahara by 2070*

*unless we tackle climate change.* World Economic Forum. https://www.weforum.org/

agenda/ 2020/05/temperature-climate-change-greenhouse-gas-niche-emissions-hot/

Freedman, A. (2021, June 26). Global warming makes extreme weather a regular event. *Axios*.

https://www.axios.com/earth-climate-warming-three-decades-23aafe31-7730-4915-

b5b5-6e66801f5b1d.html

Griffin, A. (2020, September 14). Amateur astronomer spots potentially dangerous asteroid just

days before it flies past earth. *Independent*. https://www.independent.co.uk/life-

style/gadgets-and-tech/asteroid-earth-dangerous-amateur-nasa-b433960.html

Handal, J., & O'Neill, I.J. (2021, April 29). *NASA to participate in tabletop exercise simulating*

*asteroid impact.* National Aeronautics and Space Administration. https://www.nasa.gov/

feature/nasa-to-participate-in-tabletop-exercise-simulating-asteroid-impact

Harvey, F. (2019, May 13). Mismanaged waste "kills up to a million people a year globally". *The*

*Guardian*. https://amp.theguardian.com/environment/2019/may/14/mismanaged-

waste-kills-up-to-a-million-people-a-year-globally

Hayhoe, K. (n.d.). Who I am. http://www.katharinehayhoe.com/

Hersher, R. (2021, May 26). Earth is barreling toward 1.5 degrees Celsius of warming, scientists

say. *National Public Radio*. https://www.npr.org/2021/05/26/1000465487/earth-is-

barreling-toward-1-5-degrees-celsius-of-warming-scientists-warn

Hu, C. (2021, March 16). A new UN report urges a radical shift in the way we think about

nature. *CNN News*. https://www.cnn.com/2021/02/18/americas/un-report-climate-

making-peace-intl/index.html

Hurt, A. (2020, December 3). Earth is on the cusp of the sixth mass extinction. Here's what

paleontologists want you to know. *Discover Magazine*. https://www.discovermagazine.

com/planet-earth/earth-is-on-the-cusp-of-the-sixth-mass-extinction-heres-what-

paleontologists

Kelly, S.M. (2021, April 15). Google Earth's new timelapse feature shows chilling effect of

climate change. *CNN News*. https://www.cnn.com/2021/04/15/tech/google-earth-

timelapse/index.html

Kottasova, I. (2020, June 1). The sixth mass extinction is happening faster than expected.

Scientists say it's our fault. *CNN News*. https://www.cnn.com/2020/06/01/world/sixth-

mass-extinction-accelerating-intl/index.html

Kottasova, I. (2021, May 9). Kids are taking governments to court over climate. And they are

starting to win. *CNN News*. https://www.cnn.com/2021/05/09/europe/climate-lawsuits-

governments-intl-cmd/index.html

Kosttasova, I. (2021, May 27). It's getting more likely the world will reach a climate tipping point

in the next five years. *CNN News*. https://www.cnn.com/2021/05/27/world/climate-

temperatures-increase-wmo-intl/index.html

Kumar, J. (2021, March 22*). Pollution is shrinking human penises, warns scientist*. https://www.

vice.com/amp/en/article/g5b4bq/pollution-shrinking-human-penis-sperm-count-fertility

Lombrana, L.M. (2021, May 17). Teenagers are winning climate fights one court case at a time.

*Bloomberg*. https://www.bloomberg.com/news/articles/2021-05-17/teenagers-are-

winning-climate-fights-one-court-case-at-a-time

Macbride, K. (2021, July 5). Will the next pandemic stem from antibiotic-resistant bacteria?

*Inverse*. https://www.inverse.com/mind-body/antibiotic-resistant-bacteria

Miller, K. (2021, March 26). *Are penises really shrinking? Here's what the science says.* Health.

https://www.health.com/condition/infertility/penis-size-shrinking-pollution

Mosher, D., & McFall-Johnsen, M. (2020, August 17). A car-size asteroid flew within 1,830 miles

of earth over the weekend – the closest pass ever – and we didn't see it coming. *Insider.*

https://www.businessinsider.com/car-size-asteroid-2020qg-missed-earth-by-2000-

miles-2020-8

National Advocacy Credentialing Program. (2021, January). *Code of professional ethics for victim*

*assistance providers.* National Organization for Victim Assistance (NOVA). https://files.

constantcontact.com/d9d5b324701/15e7ff1a-155b-4417-bec1-3fcf528b284d.pdf

National Institute of Environmental Health Sciences. (n.d.). *Air pollution and your health*. https:

//www.niehs.nih.gov/health/topics/agents/air-pollution/index.cfm

Nield, D. (2021, April 16). *Microplastics are now spiralling around the globe in the air we breathe*. Science Alert. Microplastics Are Now Spiralling Around The Globe in The Air We Breathe (sciencealert.com)

Office for Victims of Crime (OVC). (2003). *Model standards for serving victims and survivors of crime.* U.S. Department of Justice. Updated 2010. https://ovc.ojp.gov/sites/g/files/xyckuh226/files/model-standards/6/pfv.html

Office of the Director of National Intelligence. (2021, June 25). Preliminary assessment: Unidentified aerial phenomena. https://www.dni.gov/index.php/newsroom/reports-publications/reports-publications-2021/item/2223-preliminary-assessment-unidentified-aerial-phenomena

Pappas, S. (2020, October 20). Scientists discover new organ in the throat. Live Science, Future US Inc. https://www.livescience.com/new-salivary-gland.html

Patrascu, D. (2021, May 15). Asteroid hits Europe as NASA and others unable to stop it in impact game. *Autoevolution*. https://www.autoevolution.com/news/asteroid-hits-europe-as-nasa-and-other-unable-to-stop-it-in-impact-game-161254.html

Regan, H. (2020, October 13). UN warns that world risks becoming "uninhabitable hell" for millions unless leaders take climate action. *CNN News.* https://www.cnn.com/ 2020/10/13/ world/un-natural-disasters-climate-intl-hnk/index.html

Rice, D. (2020, May 4). Unsuitable for "human life to flourish": Up to 3B will live in extreme heat by 2070, study warns. *USA Today*. https://www.usatoday.com/story/news/world/ 2020/05/04/world-heat-conditions-unlivable-global-warming-unabated/3063849001/

Scharping, N. (2021, June 18). Mystery cases: What happens when modern medicine lacks a

diagnosis or cure? *Discover Magazine*. https://www.discovermagazine.com/health/

mystery-cases-what-happens-when-modern-medicine-lacks-a-diagnosis-or-cure

Stoinski, T. (2020, August 4). How the hard lesson of Covid could help gorillas. *CNN News.*

https://www.cnn.com/2020/07/31/opinions/gorillas-conservation-covid-pandemic-

stoinski/index.html

Swan, S.H. (2021, March 16). *Reproductive problems in both men and women are rising at an

alarming rate*. Scientific American. https://www.scientificamerican.com/article/

reproductive-problems-in-both-men-and-women-are-rising-at-an-alarming-rate/

Tabuchi, H., & Corkery, M. (2021, March 18). Countries tried to curb trade in plastic waste. The

U.S. is shipping more. *The New York Times*. https://www.nytimes.com/2021/03/12/

climate/ plastics-waste-export-ban.html

Tenvitalservices.org. (2020). Thrive!. https://www.tenvitalservices.org/

The United Nations. (n.d.). *The 17 goals*. https://sdgs.un.org/goals

United Nations. (n.d.). *Climate reports*. https://www.un.org/en/climatechange/reports

United Nations Office for the Coordination of Humanitarian Affairs (OCHA). (n.d.). World

Humanitarian Day. https://www.worldhumanitarianday.org/

United States Congress. (n.d.). Union calendar No. 83. 117th Congress 1st session. H.R. 4350

(Report No. 117-118). https://www.congress.gov/117/bills/hr4350/BILLS-

117hr4350rh.pdf

United States Environmental Protection Agency (EPA). (2021, September). Climate change and

social vulnerability in the United States: A focus on six impacts.

https://www.epa.gov/system/files/ documents/2021-09/climate-

vulnerability_september-2021_508.pdf

Wallace-Wells, D. (2021, July 1). How to live in a climate "permanent emergency". *New York*

*Magazine*. https://nymag.com/intelligencer/2021/07/how-to-live-in-a-climate-

permanent-emergency.html

Washington State University. (2021, April 10). *Connection found between household chemicals*

*and gut microbiome.* https://scitechdaily.com/connection-found-between-household-

chemicals-and-gut-microbiome/

Woodward, A. (2021, May 20). NASA has led 7 asteroid-impact simulations. Only once did

experts figure out how to stop the space rock from hitting earth. *Business Insider.*

https://www. businessinsider.com/nasa-asteroid-impact-simulations-difficult-to-stop-

2021-5

Woodyatt, A., & Kottasova, I. (2021, January 13). Top scientists warn of "ghastly future" for

planet as leaders underestimate ecological threats. *CNN News*. https://www.cnn. com/

2021/01/13/world/biodiversity-climate-intl-scli/index.html

World Health Organization. (2021, June 15). *Soaring e-waste affects the health of millions of*

*children, WHO warns*. https://www.who.int/news/item/15-06-2021-soaring-e-waste-

affects-the-health-of-millions-of-children-who-warns