

I need the most safety and hopeful possibilities for myself and (*if applicable*) who I am attached to. And, 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." That might sound hard, but it is necessary and doable, as an individual and a global community.

Connect All

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

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Hello,

My name is 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, please 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. *(There are resources on pg__)*

Then a little about Connect All. I understand at present some suffering is unavoidable, but the current and possible cost of all we could address is beyond my ability to succinctly verbally communicate, if at all. We live in an overall illogical-disconnected world. I know that reality on a personal level to recognition of the differing degrees of it for all. Connect All is about what we need to do for each of the 7.8 billion individuals on earth, 2.2 billion under 18, and all of existence, to have the most safety and hopeful possibilities.

And I am a realist. I understand the magnitude of what is needed, and that it is both necessary and doable. We just have to approach it with logic and connection, and Connect All has it outlined for us to go through it step by step.

The steps are outlined from the foundation to the tough topics in three modules.

Module 1: Foundation and First steps – Takes us through the foundation for the approach, and where we start as an individual, and *(if applicable)* family. That foundation and where we begin, is also the foundation and first steps in creating the necessary global change.

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

Module 3: Now and Forward Frameworks, and Tough Topics - Gives frameworks that are realistic, based on: everything has to have an adjustable algorithm based on the data we have 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 having those frameworks, and our foundation from the other modules, we work through the tough topics the best we can.

It seems like a lot, and it is and isn't. As I said, necessary and doable.

For the most safety and hopeful possibilities,

Gwen, and on behalf of ~who I am attached to, every child, and all innocents.

MODULE 1

Foundation and First steps – The foundation for the approach, and where we start as an individual, and (*if applicable*) family. That foundation and where we begin, is also the foundation and first steps in creating the necessary global change.

Objectives

- Understand the known connection of our existence
- Understand logic-connection is the foundation
- Understand every moment matters
- Understand and be able to use “Five through the Filter”
 - An individual self-care framework, which leads to realizing our global need.
#5_Filter
- Have the foundation and start thinking about what’s next

Connect All

One goal:

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

Two motivations:

- I need the most safety and hopeful possibilities for myself and (if applicable) who I am attached to.
- 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."

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

Let's begin.

Base Logic

We begin with some 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.

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 stop there. We recognize our global efforts towards analyzing our existence, in some areas isn't being done, and in the areas analysis is being conducted, the efforts are not coordinated, synthesized, nor shared as we need them to be. Which if we start thinking through the why, it is actually a point of understanding why all that we could be addressing in the best way possible, we aren't. Which takes us to the next point. Note though, we will come back to how getting this need met is achieved along with all within our ability to address.

Logic and Connection are the Foundation

Logic and connection, understanding them and the best application of them, is the foundation of addressing all that can be addressed. To explain their foundational importance, let me start by defining them.

Logic - objectively thinking things completely through, considering all possibilities.

Then there are two areas of connection, internal and external.

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.

Neither internal nor external connection require emotion, but incorporate the emotional when applicable.

As to their foundational importance, if we analyze all that we can address for the most safety and hopeful possibilities (from every form of violence to all the areas we need answers), logic and connection are the foundation to them. And beyond regret, is something most of us haven't been appropriately taught, if taught at all, how to do. Let's go through that in more detail.

Basic impact of the lack of logic and connection -

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

- Being unintentionally dangerous to ourselves and others
- Not being able to do our best for ourselves, and contribute our best to our global community, for the most safety and hopeful possibilities.

Understanding the how, including full application, of logic-connection is foundational, for the most safety and hopeful possibilities.

And we see the lack of logic of logic-connection from us as individuals and a global whole.

The individual lack -

If on some level I am internally connected to myself, and externally (*if applicable*) to who I might care about (*friends, family, who/what that means to you*), without considering any other possible external connections to life, then I want to have the most safety and hopeful possibilities for myself, and (*if applicable*) them. And if I had been taught logic-connection and how to fully apply it, then I would have and be living the most logical approach to achieve that.

The global whole lack -

Child abuse, violence, poverty, racism, inequality, *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 and its full application is either the cause of or/and the reason it's not being addressed as it could be. This point will become even clearer as we go into the section on Every Moment Matters.

As to the overall lack, we have the evidence of it, and to re-emphasize that, it's even in our communications - we say "They are illogical", "They don't care" or/and "They are biased" or "The system is illogical" and so on. But the logical-connective approach is to ask "Why?" And the answer is, we don't know why and how to fully practice-live being connected to ourselves, connected to others, and logic. Even the fact we haven't taught this as it has needed to be and needs to be, again shows the lack of logic-connection.

All of that, brings us to the fact, that for the most safety and hopeful possibilities for ourselves and others, we need to be fully given all that is available for us to be as logical and connective as possible. And anything lacking, we are looking for. Logic and connection are our foundation.

And with logic-connection, let us continue to understand what else is needed to address all that can be addressed.

Every Moment Matters

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

I want you to read that again - *Whether of our true free will or not, what we and others are doing or not doing right now affects our and other life's safety and possibilities.*

Now, taking that fact through the motivations for the goal:

- For the most safety and hopeful possibilities for myself and who I am attached to:
 - o Every moment matters for me to be doing the best thing possible (*We will go through how we decide that in Five through the Filter*).
 - o Because what we are each doing or not impacts each other, I need others to:
 - Whatever extent possible have what they need, to decrease the risk of them being unintentionally dangerous, and them be able to contribute their best to our world.
 - Understand how every moment matters.
- For the children and innocents of the world, I both want to positively and don't want to negatively say, "Here is what I was doing this moment when you needed me."

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

Logic and Connect + Every Moment Matters

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

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

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

Now, before we get to *how we address all that can be addressed*, we have one more component to understand.

Three Areas that Need Addressed

The world has so many issues that are within our ability and we have to address. And we know for the most safety and hopeful possibilities, we have to address all of them, and do so with logic-connection. But how can we do that as an individual, (*if applicable*) family, and as a global whole? Let's start by breaking them down into 3 primary categories:

To whatever our degrees (0-100) and whether of our true free will or not, we are:

- Experiencing, allowing, creating injury (child abuse, violence, poverty, racism, inequality, all the ways we de-individualize, animal cruelty, unexplained, and so on.),
- Destroying our bodies and world (all the environmental impacts),
- Not prepared for possibilities, including possibly imminent worse.

The first two could go together, but are purposefully separated out. Let us go through each of them a bit more. Remember for each it is: *to whatever our degrees (0-100) and whether of our true free will or not.*

Experiencing, allowing, creating injury

Child abuse is base line, but there is the list, including whatever category we ourselves might be experiencing ~ violence, poverty, racism, inequality, all the ways we de-individualize - including all the issues with adequate physical and mental health care, some unexplained, and so on.

Keeping child abuse as the focus, at minimum we are allowing child abuse when we aren't each doing all we can as effectively as we can as if each child was ours. And remember, that connection between us and each child and innocent is there with what are we doing or not doing. So until no child or innocent is being abused, in need, or living any way less than we can address, we don't stop.

And then, we also might be unknowingly contributing to it, e.g. through purchases, or, because we aren't educated, through our own words and behaviors.

Destroying our bodies and world

All the data on climate and environmental impact – we are experiencing, allowing, creating: (*This section I will write out more fully later with the references, but bullet points for now*)

- Potential changes in male biology/physiology and fertility issues in both sexes.
- 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, us/others shipping our trash

- How Covid was impacted by our treatment of the environment and possible future pandemic implications.
- People being impacted in utero to dying from pollution
- Forced migration due to climate change
- By 2070 1/3 of people might be in unlivable heat
- We are in our 6th extinction for the first time due to people
- We are using more resources than the earth has
- All the environmental warnings.

“...climate change wasn’t just an environmental issue – it’s a threat multiplier. It takes the most serious humanitarian issues confronting climate change today – hunger, poverty, lack of access to clean water, injustice, refugee crises and more – and it makes them worse”

As John Holdren once said, “We basically have three choices: mitigation, adaptation, and suffering. We’re going to do some of each. The question is what the mix is going to be. The more mitigation we do, the less adaptation will be required, and the less suffering there will be.” Source: <http://www.katharinehayhoe.com/biography/>

Not prepared for possibilities, including possibly imminent worse

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

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

And even if it wasn’t anything “out of the ordinary” every time we aren’t prepared, we know there is the possible waste of resources we already need, to how violence increases (the impact from natural disasters to Covid on child abuse, domestic violence, sexual violence, crime, and so on) and the cost to the individuals and the world.

~~How we address all that can be addressed~~

Five through the Filter

Knowing the foundational pieces and taking our issues in those three categories, we now have what we need for how we can individually to globally address all that can be addressed. A way to remember the process is in the name for it “Five through the Filter”. ***It is an individual self-care framework, which leads to realizing our global need.***

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

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

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

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

My Daily Five –

- Take care of myself, and (if applicable) those I’m responsible for.
- Do something to be prepared.
- Take care of my environment.
- 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.



My Filter:

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

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- My Goal- The most safety and hopeful possibilities.
- Every Moment Matters - Knowing the cost and possibilities to life (ours and other) in time.

My Identity - I live with the most logic-connection I can.

Let's start 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.

Then depending on our own 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. It would not be practical for me to try and incorporate all the information we have available in this guide. And the hope is as you go through this module and after - you would either be linked with, have access to, or we would 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, so that we are all on the same page and can understand the tool at the end for this part of our filter. We are going to start with connection, then logic, then put the two even more together to have a process for using them.

Connecting Us

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

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

Keeping in mind:

- What we don't know is more than we do (*e.g. It was just in 2020 they discovered a new organ in the body <https://www.livescience.com/new-salivary-gland.html>. No one can say they understand 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.*)
- We can have individual differences (*We are all individuals, and might have different ways we are conformed or/and function. Including, sometimes there are just anomalies.*)
- Our own journey (*with compassion*)

Let us start ~ From fertilization, there are the parts of us that are "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 know and are self-aware of everything that makes us us, and act out of a place of understanding.

So as I can, to the best I can:

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

Examples:

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

Then, external connection is also sometimes a process, and there might be factors that make it impossible to have genuine empathy or/and emotional connection, but that is where logic fills in the gap and we can cognitively still want or/and know the importance of those connections and practice what is needed.

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?
 - 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 looking at all that is possible, to be clear, we have to 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 even more for costs, risks, benefits. Again listing what is known, what is not known, and all possibilities.
- We accept and hold all possibilities. For example: Our existence might be from evolution, creation, simulation, or a mix. We might be part of a multi-verse. There might be multiple dimensions. And so on. We don't know. So while we continue to research and study 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 our identity and goal for how to:
 - Do what is addressable
 - Work with what currently isn't
 - Work for what is hopefully possible
 - Prepare for possibilities
- Take action (including doing nothing).

Logic-Connection:

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

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

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

Now, an important note!! You are going to read these words over and over throughout the rest of this guide, because for so many parts - **THIS ALL GETS EASIER AS MORE INDIVIDUALS ARE DOING IT!** For example, we do need to analyze everything for every possibility - and there is no current way for one person to discover, have, sort, the data as we really need it, so getting the system where we need it, and having connection to others in the interim is best. Then we do need to constantly check for any bias or/and internal disconnect – but there are all the reasons for that to be challenging, and we might have different ways we all function, so we need others to fill in those gaps as or/and when needed. And so on with the different points as applicable.

But none of that takes from, for our goal and motivations, we do our best on our own.

And one other note on Logic -Connection, before we move on: Once we are as internally connected as we can be, then logic is easier to practice, if sometimes hard to cope with. When we start practicing the logic of thinking through everything, which means accepting and holding all possibilities, that awareness might affect us in ways that make it hard to function, unless we stay centered and have a foundation for our construct. So while having logic-connection is foundational for us to be our best us and achieve the best possible for ourselves, it is both work and there is pain in it. It's still the best way, but I want to be clear the challenges with it.

Now for the second part of the filter, it's much briefer ☺

My Goal- The most safety and hopeful possibilities.

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

That’s it. Told you it was briefer. And so is the next part.

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

For the most safety and hopeful possibilities for myself, *(if applicable)* who I am attached to, and all:

- I know that every moment of my life I have to be aware of the value of that moment ~ the every moment cost and possibilities in life, for myself and others.
- Then, I don’t want to do “something”, I want to be doing the best thing possible.

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

My Daily Five –

- Take care of myself, and *(if applicable)* those I’m responsible for.
- Do something to be prepared.
- Take care of my environment.
- 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 be the best we can based on our situation.* Then, as mentioned in logic-connection, this gets easier **AS ALL DO WHAT THEY CAN.** And with that, there would also be differences in the ability to do the five for individuals based on more serious situations, and where we would need to be community to for them to be able to do all five. We will also address that a bit in the decision making process after the components.

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

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

Note – while every part of Five through the Filter is about taking care of ourselves, it is simply easy terminology to make this one “Take care of myself”.

Do something to be prepared.

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

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

Take care of my environment.

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

Be informed and understand more.

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

Examples:

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

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

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

There are two approaches:

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

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

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

The Need for a Logic-Connection Global Approach

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

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

Individual Level:

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

Global level:

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

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

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

Using the Filter and Daily Five together

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

- It is always to “The best of my situational ability.”
- We analyze everything we do— Should I be doing this or not?
- We analyze how we do things – What is the cost in time (impact to life)? What is the cost in resources?
- We think through how the five might intersect and if they conflict how to prioritize.
- We deal 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 also saves money that can help with *taking care of myself, doing something to be prepared, or asking/helping get others involved*.
- How we prepare our food ~ We think through things like “Should I heat this?” “Add spice?” for the time taken (*every moment matters*), and the energy and resources used (*taking care of my environment+ money for other areas*). Then we also consider how that impacts our self-care (*taking care of myself*). So, while a routine is to not heat or use spices as much as possible, sometimes it needs heated more and certain spices are used to help our body.
- Repurposing ~ When we consider items we can repurpose (*taking care of my environment*), 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 have to do what else is needed, e.g. “I am experiencing avoidable injury, there are children and innocents who need me now, something worse might be about to happen, I have got to reach out to_____” (*ask/help others become aware and involved*).
- While we want to be an educated consumer on: What is this doing to my body? The world? Is this from wrong testing? Is this from any type of labor that shouldn’t be? And then if so, what happens if I stop, do they have to do something worse? There can be the reality of both our finances/resources and for sure what is the best use of our time. If we can know, or absolutely need to know (e.g. allergies), “great!”, but the better use of our time is focusing on getting the system changed, so those are not even things we have to investigate and might not be able to make any better decisions about based on our situation (*Every Moment Matters + LC + Goal*).
- Everything matters. For example, having a long email address. There is the cost to life and possibilities from the time to type, more resources used during that, and then more storage which also has an impact. It might not be best to change that now, but what are other small areas like that I can change.

Let's work through some of your examples together:

Closing LC Experience for Module 1:

Use your skills to CENTER

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

Picture all of existence.

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

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

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

Every last one.

In real time our realities are connected.

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

And they know we are here.

With that connection, we think~

What would we be doing this very moment?

Would anything stop us?

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

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

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

All of them.

Everywhere.

Be a part of their realities.

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

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

We are capable of making the choices and doing what is necessary to reach each of them it is not be 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 is ours to care for that way. And if it was you or me, we wouldn't understand the rest of us. And then there are our own needs. And all of that is on us.

Whatever our rationalizations, they were immoral. Whatever our reasons, even the most innocent ones, we have all been part of what could have and has to be addressed. So we have to deal with that and do what we have to 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.

Two motivations:

- I need the most safety and hopeful possibilities for myself and (if applicable) who I am attached to.
- 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."

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

Let's begin.

Closing and transition 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.

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

Resource List up to date 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:** _____

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 deal 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: