



**STAR ALLIANCE**  
FOUNDATION FOR UNIVERSAL VALUES  
• Since 1985 •

## • **PUBLIC WARNINGS FOR ALL** •

**Including The Young, Inexperienced, Naive,  
Innocent, & Otherwise Vulnerable of Any Age**

***EVERYONE IS AT RISK AT DIFFERENT LEVELS • THEREFORE: LEARN  
& PRACTICE ALL OUR “HIGHEST CIVIC IDEALS” • BE CAREFUL & WISE  
• STAY RESTED, HEALTHY, ALERT, & DULY CAUTIOUS • WITH THIS —  
& WITH ENOUGH STAR CITIZENS COMMITTED TO THESE VALUES — WE  
CAN & WILL EVOLVE SAFER CIVILIZATION EVERYWHERE & PRESERVE  
OUR PLANET WITH LOVE — TO ENJOY LASTING HAPPINESS & FULFILLMENT***

[©2017—>2023 STAR ALLIANCE (.org)—Latest Update-in-Process at 2023-12-18]

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## THE BIG PICTURE

***The unleashed power of the atom has changed everything save our modes of thinking, and thus we drift toward unparalleled catastrophe. — Einstein***

It is nothing particularly new to observe that We, the People of the Human Race, all ride around daily on one, precious global home, Planet Earth. But right now, we are also all going through an unprecedented period of converging dangers and opportunities. These require creative, transformational, personal and collective choices as never before.

We face steep evolutionary challenges to our very existence. As many know, these are frequently called *existential threats*.

By the mid 1950's or so, two nations on Earth had already developed enough Nuclear firepower to commit global suicide through an all-out hostile exchange. At least we thought that would be necessary. (Please see below.) Accelerating Climate Change now adds to machine-speed potentials for cyber-mischief, and even the growth of automated warfare.

One of the threats stands out among all the others for its potential to create sudden, irrevocable, mass negative consequences: *Nuclear Winter*.

Most people don't realize that it would probably take only a few tens\*\* of the *Really Big Nuclear Weapons* now extant actually going off in big cities, to produce enough thick, toxic smoke sufficient to spread out regionally and globally and block the sun's light and warmth to a lethal degree. (\*\* No one knows the exact number needed. Approximately 13,000 still exist.)

Aside from the horrible effects of gross radiation, those not instantly and mercifully killed by the initial blasts would soon die of the fires and radiation or, ironically, of the unbroken cold, whether to freeze or starve and die from food failures. (Reference Robert Frost's classic poem: *Fire and Ice*.)

Such a future is truly terrifying to contemplate, and it should be! Fear has an evolutionary purpose: To help us PREVENT the worst results. But in this case, no one is capable of simply running away. We are all at unacceptable risk. It is better that we should all “wake up” and face reality.

Murphy’s Law (Please see further discussion ahead.) and simple logic predicts that if something *can* go wrong, eventually, it *will*. If we wait long enough, while tolerating our present level of combined risks, the worst not only could, but eventually *will* happen.

We have to change our ways and evolve more harmonious mass attitudes, skills, structures, and habits for social harmony — *before* it is too late.

We need to do something “catalytically quick” about the danger to ensure our own survival and ultimately — growing happiness for our generation and our children’s children, far into the future.

Fortunately, humanity is also enjoying tremendous collective progress in technological and medical sciences, business, and social capabilities.

And there is hope about the threat of Nuclear Winter! On 2017-7-7 (*Beatle Ringo Starr’s* birthday, by the way) a conference of The United Nations voted 122 to 1 to adopt *The Treaty on the Prohibition of Nuclear Weapons* (TPNW.) In early 2021, the 50th nation ratified this historical turning point through its legislature, giving the Treaty the force of International Law. Many, many thanks are due to all the thousands of activists — and millions of citizens worldwide — who contributed to this landmark treaty.

What is necessary now is “*Voluntary Intelligent Simultaneous Alliance*” (“V.I.S.A.”) of all the actual Nuclear Powers (none of whom is party to the Treaty) facilitated by all our STAR ALLIANCE *Highest Civic Ideals*.

*[Note: You can see more detail about Nuclear Weapons history and the present, at Endnotes.]*

There is hope from another angle, too: scientific analysis of so-called “human nature.” Produced after a significant science conference in Spain:

[The Seville Statement on Violence \(1986\)](#), clearly states:

*It is scientifically incorrect to say that war or any other violent behaviour is genetically programmed into our human nature.*

It is possible for thought and political leaders, however, as we are seeing today, to whip their followers into a frenzy of violent potential and action. And, there is potential to react or overreact with such heavy violence, when first attacked, that it will sow the seeds for further, deep resentments and enmities, potentially lasting for more generations, while Climate Change marches ahead and threatens us all...even if more slowly than a Nuclear outbreak.

There is a particularly critical need now for more *good will* on Earth — and for mass practical understanding that *Good Will Comes Before Peace.*

Added to that, there is need to understand all the *contextual* values that proceed from good will, and for techniques and practices to help sustain or quickly recover individual and collective good will.

Thus, there is a critical need for exactly what STAR ALLIANCE wants to lead: *Universal, Cooperative Peace Values Education and Inspiration.*

*Values* are the principles and goals that people — individuals, families, school-related groups, companies, and entire countries and cultures — consider *valuable* and hold in high regard, both in mind and heart.

*Universal Values* are those values that, in theory, and if practiced by all, will be good for all!

Values are centrally important to the state of relationships, whole societies, and the whole world. Once internalized, *values proceed to influence virtually everything that everyone does from then on.* Direct and ripple effects keep spreading out across countless decisions, actions, reactions, and interactions.

Recall, too, that corporations and government institutions are staffed with individual people; and that people, including lawyers, activists, and specifically legislators (by definition) make up society's laws.

By focusing for nearly 40 years on careful planning and writing — to express positive values in an intellectually responsible, educational and inspirational way — the original STAR ALLIANCE (incorporated 1985-8-8) has positioned itself to be perhaps the single most *comprehensive and valuable charitable investment possible*, for the reasons encapsulated above.

Given team work with other established entities, to promote these values through institutional and popular channels, together we can catalytically aid the entire human race with surprising speed, comprehensive effect, and longevity. This will help us all to save ourselves and each other, at our collective time of maximum need; to invest those resources now drained away into hurtful conflicts instead into arresting Climate Change and tackling the other major challenges before us.

While this is all surely challenging to think about and achieve, the great thing is: The combined danger and opportunity of the present, historical moment really does hold the potential to empower a culture of genuine, inclusive, lasting peace and love.

*Stable, sustainable, fulfilling civilization worldwide! Imagine that!*

Philosopher Ken Wilbur has observed that many of our most intractable problems can only be handled at the level of the whole — in this case, our whole, planetary society.

Whole-Earth thinking — and holistic thinking in general — are no longer optional. They are imperatives for human survival and well being.

STAR ALLIANCE universal values, of course, won't bring an "instant fix."

Even when the *Highest Civic Ideals* are made widely available to the public, and taught worldwide in elementary and secondary schools, there will still be plenty of problems to go around — plenty of mistakes will be made... Nobody is "perfect!"

But these declared values, acknowledged and held in common, will help our whole humanity to a critical degree. They will help bring our societies together more quickly, efficiently, effectively, and sustainably — across many factional lines — while harmonizing, celebrating, and importantly: *enjoying* our legitimate differences much more!

*This is one of those times when only the visionaries among us will turn out to be practical men [and women.] — Louis Mumford*

STAR ALLIANCE predicts that once our instruments of education and commitment are "deployed" effectively to masses of people in any one

area — and especially throughout the world — there will be a catalytic, chain reaction of innumerable, positive “Butterfly Effects” for good.

Won't that be great? ...and highly PRACTICAL, too!

## **THE SPECIFIC NEED & DUTY FOR WARNINGS FROM STAR ALLIANCE**

The Original STAR ALLIANCE feels a distinct duty to warn all “consumers” of our positive Good Will Documents series, about some of the dangers that will undoubtedly persist to a highly significant degree — even after widespread, initial public dissemination.

However obvious this may seem, we have to come out and say it clearly: Just because *you*, dear reader/s, now have the opportunity to share this inspiring vision: Not everyone will yet be educated and especially *habituated* to practice these values — or even similar ones, supporting holistic social integrity and sustainability.

Even when most people are educated and empowered as STAR CITIZENS (those who learn and practice the declared values their best) in the future, there will always be opportunities for deviation from the ideals and their best, most suitable application in appropriate balance and proportion to each specific situation — at every level, and for every one!

*Therefore: Due caution is advised!*

Hearing about and reading the STAR ALLIANCE value documents for the first time — and reviewing them at periodic intervals — can produce a very positive, *You can feel it!*, mental and emotional *whoosh* of insight and inspiration. The experience can literally be life-changing for some people. It can fill a person, and even a community, with justified hope. And the values and writings can provide ongoing, practical guidance towards a better life for each individual — and all of us human beings — helping us all to move ourselves and our societies much faster toward a better life.

Expanded vision — a more universal and united social direction and principled guidance — are among the main benefits we offer!

Now let us take a closer look at why vigilant *caution* will always remain among the *Primary Peace Principles* that STAR CITIZENS must observe.

## THE UNIVERSAL TRIPLE THREAT

There is a constant *Triple Threat* inherent in life that naturally applies to everyone.

The *Universal Triple Threat* is really very simple to understand, once explained. It's pretty-well irrefutable.

There are many **Ways**, many **Actors**, and many **Times** whereby people's interests can differ, mistakes can be made (whether accidentally or "on purpose"); and things can go wrong to some degree or another — where outcomes become less than fully favorable for all concerned.

Let's list these again and elaborate just a bit:

- 1) There are many **Situations, and Ways**, for mistakes to occur. These could be simple slip-ups; differences of opinion, taste, and practical interests; acts of nature; and minor or major, accidental or premeditated decisions and actions, leading to serious conflict.
- 2) There are many **Actors**, too. You know: *People!* Sometimes we informally call them "players," as if in sports or other games. And: There are many **Systems** — families, relationships, groups, and associations; political systems; committees, companies, agencies, corporations; and increasingly, machines(!) All of these groupings, in addition to individuals, can make differing choices or outright mistakes compared to the ideal. You can probably think of many examples of personal, social, partisan-political, and structural (laws and procedures) differences that might lead to conflicts of one type and degree or another.
- 3) Finally: There are many **Times** — *occasions or chances* — for natural differences to arise, or outright mistakes to be made: day after day, week after week, month after month, year after year.

No wonder both minor and major conflicts can develop on a regular basis!

Now: Although it can easily seem otherwise, it is our observation that many, if not the great majority of breakdowns come about by innocent accident — or through passive neglect — *not by deliberate intention!*

*In any case, only a fraction of the time are breakdowns from most actors really "intentional" or "on purpose."*



That means we can avoid a LOT of UNNECESSARY, UNHELPFUL, and oftentimes quite INAPPROPRIATE blaming, suffering, and misery for all parties, IF one, or both, or all parties (with corresponding, increasing effects and ease of performance) will adopt an *innocent until proven guilty* attitude towards the actions of others, that at first impression, may easily *seem* to be deliberate, out of fear or other forms of psychological conditioning and assumptions, even with no proof.

Among other reasons, this is why we at STAR ALLIANCE feel that maintaining a good will, especially under conditions of stress and uncertainty, is likely to be the *Fundamental Moral Choice*.

If individuals can maintain an attitude of good will, that is: willing good towards others; wishing, then working toward good outcomes as a matter of habit — then mercifully, we can avoid a tremendous amount of unnecessary suspicion, doubt, worry, anxiety, resentment, stultification, and waste born of unnecessary distrust, hesitation, delay, and all manner of attending complications including social paralysis.

Please see the section on *Good Will, Peace, Conflict, & Integrity*, further below.

Admittedly: When deliberate ill intentions — or desires to hurt — are behind any given action, the resulting damage can be especially toxic.

It is extremely important in any case to realize what may be obvious to most people, but may *not* be obvious to all:

*Not everyone is yet educated and knowledgeable about — much less fully committed and habituated to — practicing ethical values — summarized as our declared STAR ALLIANCE of Highest Civic Ideals.*

Therefore: It is highly necessary to be duly cautious, to be aware of potential dangers (sometimes severe to the extreme); to be generally vigilant and acutely respectful of *Murphy's Law*. (Please see below.)

It is very important to remember this — what to some, but not all, is an “obvious” reality!

If all people were, or might someday be — *Oh Dream!* — educated in moral principles and so committed, so habituated; even then: It will still be



true that *no one can be perfect*, certainly not in every practical sense, situation, and time.

Therefore: It is imperative for the young, the inexperienced, the naive, and the vulnerable of any age — perhaps *most especially* those predisposed to greater good will and giving — to *toughen up their mental muscles of healthy caution, skepticism, and wise defense* — even as minds and spirits soar with new or refreshed knowledge of *Our Highest Civic Ideals*.

As we've already stated: These declared ideals, especially as expressed eloquently, and taken in as a set, naturally stimulate legitimate hopes, dreams, and aspirations for better lives and societies.

### **STAR CITIZENS™ • BEING AND BECOMING**

By our definition: All those who try their best to learn and practice all our declared *Highest Civic Ideals* (those *really* big and timeless stars) can be or become *Star Citizens*.

By each and all students and adult citizens concentrating efforts to improve and reinforce our own behavior and positive values according to these ideals, the responsibility for what happens in society will be most safely and effectively dispersed or *de-centralized*. That means: The burden of responsible behavior — to earn and sustain the freedoms we enjoy — will be more fairly spread out among all individuals and families, communities, institutions, nations, and ideally, entire populations, including the whole globe and someday, beyond.

Countless, positive, direct and indirect *ripple effects* will be generated from uncountable individual centers of influence on an ongoing, daily basis. These ripple effects will produce benefits for everyone — results that could never, ever be created by central leadership or direction alone.

### **MURPHY'S LAW**

However, there's just one catch, so to speak. Actually there are innumerable catches. We can summarize all this by understanding the simple truth and wisdom of *Murphy's Law*.

Many people consider *Murphy's Law* merely a joke. But while humorous in its seemingly pessimistic finality, it is definitely *not* just a joke. The core law states:

*If anything can go wrong, it will go wrong.*

The *Law* is blunt on purpose: to make an impact. And when you simply add the element of Time to your understanding, it becomes self-evidently true.

In other words: If it can go wrong — and you wait long enough — it will.

I once saw an impressive grand display of Murphy's Law and scores of detailed corollaries set up in a judge's Superior Courtroom in Alameda County, California. Properly understood, the law helps people achieve a sense of irony and maintain more than a bit of good humor, balance, and perspective while dealing with life's many annoying difficulties, big and small, that continually crop up.

*Major Edward A. Murphy, Jr.* was an accomplished United States Army Air Corps & later Air Force aerospace safety engineer!

The goal of his job was to design and test good systems, back-ups, and training so that people and machines would not fail. He was all about *preventing* difficulties. But to do that, he had to *anticipate* them!

Major Murphy has been quoted as saying (and we believe it):

*I never wanted to discourage people about life — I only wanted to prepare them!*

Everyone will do well to internalize *Murphy's Law* and practice being duly careful in order to develop habits of keen healthy caution and preparedness.

According to the Second Law of Thermodynamics in Physics: Left to itself, a system will always tend to decay from order to disorder, or "entropy."

Thus Civilization, which is ideally characterized by harmonious order — left completely alone — would (and apparently does!) naturally tend to decay. It needs constant positive input, and this is the role of education for Our Highest Civic Ideals, and vigilant practice of these ideals by living entities.

We, the People, must take very seriously the threats of Climate Change, *Nuclear Winter*, and so on, and actually do something about them at every level. Everyone has a part to perform.

To stay healthy and safe, we must think defensively. To stay positive and help guarantee positive outcomes and experiences, we must exercise our perception of negative possibilities, and try wisely to prevent those things from happening.

A great thinker and doer, the Maharishi Mahesh Yogi, founder of the Transcendental Meditation movement, told me, kindly and personally in 1972 (albeit in front of about 2,000 people on a special course):

*Negative on the negative is positive!*

We must think defensively in order to protect against our *own* unconscious (or consciousness) from ill will. Yes! Some form of ill will can easily creep in to our own attitude, and complicate things enormously and unnecessarily.

We must also do battle against our own lack of vigilance. Vigilance is necessary because most mistakes are born more-or less-innocently, of our own and other people's ignorance, fatigue, inattention, laziness; and the sheer, proliferating complexity of many situations in life.

As the quip goes: *Never un-expect the unexpected!*

We don't have to like Murphy's Law. But we do need always to respect it.

By giving vigilant respect to Murphy's Law while not getting *unduly* discouraged about life — and by cherishing the whole of Our Highest Civic Ideals, and trying out best — we can avoid much unnecessary suffering for ourselves and others, contributing our best to better, more successful and happy relationships, communities, and societies for all.

As Thomas Jefferson said:

*Eternal vigilance is the price of liberty.*

## **GOOD WILL, PEACE, CONFLICT, & INTEGRITY**

Like many words, we generally take the meaning of "good" for granted. As a result, most people never think about it much. Wonderful clues can often be derived, quite literally, from word derivations. In the English language,

“good” derives from roots meaning, essentially: *fitting*. Those things that fit well together are good! Also: a fitting purpose or end result is good.

The famous German philosopher Immanuel Kant asserted:

*There is nothing in the world — or even outside of it — that can be said to be good without exception — except: a good will.*

I think what he meant was: With all the variable circumstances in the world and universe of possibilities — with all the complexities of life and society, and all the shades of gray between right and wrong in practical applications of various interacting principles — the only 100% pure good is really the *intention* to do good. Now *that* can be purely good.

We at STAR ALLIANCE assert that *Good will comes before peace*. We believe this is simple and logical, because its opposite, ill will, is the desire to harm; and this desire obviously precludes a lasting state of peace in any relationship. Furthermore, pretty much all the other virtues tend to flow or follow naturally out of a desire to do good in relationship to others. If you really don't want to hurt others, you will also avoid lying, cheating, stealing, and basically, not doing to others what you would not want done to yourself. Or put in the positive: Behaving toward others as you would want them to behave towards you. (The universal “Golden Rule.”)

A certain level of conflict is an inevitable part of life. There are just too many competing interests to avoid conflicts entirely. It is best to accept this reality, while at the same time trying our best not to let conflicts go on and on unresolved.

Conflicts large and small can actually serve as engines of growth and improvement — *if* they are handled well on all sides. Facing up to conflicts and resolving them fairly creates durable security — and much better qualities of life for both individuals and the larger society. But it takes active good will and participation from both or all sides to accomplish this good and great goal.

Part of the skill of preventing conflicts when possible — and transforming them when they do arise — is to maintain or quickly recover a *good will*, that is: *a wish for good outcomes*.

But integrity is also required. Communication and cooperation depend on truth, and follow-through on promises made, or they quickly become exercises in dysfunction.

Despite good intentions, people may not be capable of much integrity when they are severely injured. (And even minor injuries, when repeated enough, can constitute severe injury.)

It can be argued that good will comes first in the order of social priorities — even before respect, integrity, and other vital values — because good will is crucial to allow for the practical healing and transformation of injuries. Such healing may be necessary to allow the injured party to become competent again, and gain or regain integrity in action.

An active good will in the social climate allows more psychological space for people to BE or BECOME good and behave better after sustaining injuries.

We can train and habituate ourselves to maintaining a good will towards others while remaining alert, wise, balanced, and adequately self-defensive. But virtually no one can or even should maintain a perfect good mood at all times, under all circumstances. A touch of temporary ill will or righteous indignation occasionally has its value.

*Negative on the negative is positive!*

However: The habit of *cherishing* an underlying good will, and *wishing for good outcomes* as soon as possible, and in the end — even while we feel bad about an unresolved situation — is much preferable, and ultimately more practical, than the conscious or unconscious habit of *cherishing* ill will (hating.) The latter tends to make us expect the worst of others — to impute ill *coming at us* when there may have been no ill will intended!

However: It is true that we must protect ourselves from conscious or unconscious ill intentions on the part of others.

Good will can be a very powerful form of *defense* — in that it is very difficult for another to maintain anger in the face of a genuine wish and expression of support for their lasting welfare! This is a highly practical attitude that is capable of cutting short the enormous waste that occurs when relationships end badly and lapse into alienation.

Obviously, our society is not yet regularly enlightened enough to realize or experience this — certainly regularly enough.

You, an individual, can be a leader in practicing and promoting this idea.

A modern civic adaptation of an ancient concept:

*All things work together for good — for those who intend to do good!*

All in all: Living with greater good will is a much better, safer, more efficient, helpful, socially evolutionary, and *pleasant* way to live

## **UNDERSTANDING THE CO-EXISTENCE OF OPPOSITE VALUES — AND BALANCING THEIR APPLICATION**

The “mental muscles” analogy or metaphor we cited above is useful to understand the importance of honoring and strengthening both sides of “opposing value sets,” like trust and caution.

A general principle for successful navigation of complexity is:

*The Co-existence of Opposite Values.* Awareness of this principle implies the need for balance and good judgment in their application.

Developed intelligence has the capacity to integrate and harmonize opposing values.

*If we are well-prepared and habituated in this way of understanding, we will suffer much less.*

Think about it. Muscles can only contract and pull. Muscle fiber doesn't expand or push. Therefore, Nature has arranged our muscles in opposing groups, on either side of our bones, to give us balance and control over our movements. What often seems like a “push” onto one side is actually a *pull* from the other! If we had only biceps and no triceps in our upper arms, for example, we could only move our arms one way. What good would that do?

While we read and mentally absorb all the *Highest Civic Ideals*, it is important and useful to be aware of the need to balance our application of complementary, sometimes directly opposite values.

A balance of good will and generosity — along with complementary and somewhat “opposite” values like wise caution and defensiveness — is necessary. In fact, they can help each other!

*Complementary value* pairs like Freedom and Responsibility; Trust and Caution; Flexibility and Consistency — values which seem to be opposite each other on the surface — must each be employed to achieve sustainability in any healthy, whole social system.

To cite a concrete, visible, personal, and universal example using the human hand: The fingers, while wonderfully free to move around separately at the edge of the system, our bodies, must also — to be sustainable — stay reliably rooted in the whole; limited in length and function, and *responsible* to hand, body, and brain: the very source of their nourishment and support.

The fingers are all bound in unity and responsibility — to be free!

Awareness of this unique principle: *that developed intelligence requires a balancing of opposite and complementary values* — helps us understand and unpack many a riddle in the quest for practical success in peace, love, conflict resolution, transformation — in life.

Maintaining balance is also a key technique for preventing conflicts, or keeping them at very low levels. Balance in the application of opposite values helps us avoid a lot of unnecessary and debilitating stress, resentment, alienation, and waste.

Conflicts generated by the *Triple Threat* we have described are complicated by differing interests among stakeholders: differing levels of education and competence in peaceful relationships — not to mention differing levels of power and know-how in the specific matters at hand.

Differences in preparation, potentials, and power are all part of what we need to be aware of — to guard against, resolve, and transform conflicts as efficiently and pleasantly as possible. With good will, we can aim for an ultimate social ideal: *lasting benefits for all*.

Remember: The success of each finger in any hand is the success of the whole community. It's the same in society to achieve common benefits, just at a much higher level of complexity.



## DISCLAIMER OF PERFECTION

We at STAR ALLIANCE try our best to uphold the ideals we stand for. But we feel far from perfect as a group. The fact is, we have sustained multiple injuries ourselves, both individual and as an organization. In the aftermath, we have been chronically under-resourced for years and have been unable to perform well and follow through on many opportunities, while never losing our ultimate vision of effective community for all.

We feel a keen duty to *disclaim* any claim to perfection that people might *assume* we pretend because of the ideals we express. No one is perfect. Those who have sustained serious and repeated injuries may have a particularly hard time living up to high standards, but you can likely help us do better.

The aforementioned injuries occurred in the context of largely unfair economic realities, and a legal system which, at least in the past, did not allow us to obtain proper representation when we needed it most, to recover promptly. As a result, there are many things we have wanted to do and ideally *should* have done by now that have *not* yet happened, and many slip-ups in ideal performance.

We sincerely apologize for our part in collective social failings which are not all our fault by any means, although we have certainly made mistakes. We regret any damage or disappointment that may have affected anyone by our lack of “response-ability” — literally: our *ability* to respond, to date. Speaking from the core of our organization and to the best of our knowledge and ability: This have never been from an active *intention*. We live in hope and resolve to heal, progress, and perform admirably, actually catalytically, in the public service; and we invite *your* kind good will and helpful support that we may do so for the benefit of all.

The founders, volunteers, citizen-signers, official signers, supporters, celebrity stars, and others associated with STAR ALLIANCE, we feel sure, join us in the spirit of these comments and intentions.

## ALCOHOL & DRUGS

This is an area where the uninitiated, the untrained, and the unwise can really get hurt. In both obvious and hidden ways: Alcohol and drugs can take a heavy toll on both users and the many people they influence, directly and indirectly.

Mind-altering substances are certainly not entirely bad under all circumstances. Even modern science is informing us of significant benefits in *some* cases and special circumstances, with careful use. But generally, even with some benefits, alcohol and other substances can reduce clarity of thinking, sensitivity, good judgment and decision-making, effective action, and the ability to communicate and respond clearly and appropriately.

Mind-altering substances often allow people to think to themselves — and often to speak and act — with an impressive *semblance* of normality that can profoundly deceive other users, themselves, and even sober observers. One can easily think, falsely, that everything is normal and “OK” with mental understanding and communication when it is decidedly *not*.

People — especially the young, the less experienced and more gentle, naive, and sensitive among us — must take great care, therefore, to avoid undertaking serious discussions, decisions, actions, and especially anything involving *danger* while under-the-influence yourself *or while interacting with others who are under the influence!* Even when straight sober, it is very easy to fall victim to very confusing, unreliable, and outright damaging influences from those who are speaking, acting and emoting while not.

Children and others at risk should have this danger explained to them, early and repeatedly, by 100% sober, responsible parents and adults.

Please leave your skepticism on high whenever you know or even suspect that someone else — especially a whole group of people — might be “high.” Try very hard not to take any pronouncements and promises seriously at those times, and take immediate and ongoing precautions for your physical, psychological, emotional, and social safety.

Things may sound “normal” — and perhaps at some level they can be, or appear that way, within acceptable limits. But often the next day, not to speak of days, weeks, months, or years later — those who were speaking and acting on serious topics while influenced may hardly remember what was discussed, promised, or done at all — no matter how much great sincerity they *felt* and *expressed* at the moment. Many important details may be lost to memory even a day later, much less a long time, and at worst, there may be complete functional blackout.

## A FEW WORDS ABOUT FRESH FOOD

Please be careful about what you take into your body and mind. Pay close attention to the quality of daily food, and even non-alcoholic drinks. Think: *fresh, fresh, fresh!*

The whole fresh food movement is a wonderful trend, and we support it heartily.

A particular point may seem counter-intuitive to many, but in our opinion, it needs to be discussed and further researched. That is: The difference between fresh milk on the one hand, and cheese and cheese products, not to mention other “food” products which have been allowed to *grow old and decayed on purpose*.

The problem with cheese is that the *waste products* of the *culturing* process — from millions of bacteria and little “cheese mite” creatures, in many varieties (Please look at online images of cheese mites, magnified under a microscope.) remain right there in the mixture that used to be fresh, pure milk. These waste products, and even dead microorganisms, build up more and more as a cheese culture gets older and older, and sometimes this goes to an extreme. The result includes some “interesting” tastes and smells, to say the least, and producers often charge steep extra money from hapless consumers, conditioned to think that all this is somehow great and healthy. Better trust your nose and what it’s really telling you, informed by this knowledge.

Need we say more? It stands to reason that along with any positive effects, regularly eating cheeses, especially the “sharper” varieties, can create some very negative influences for both body and mind.

Dried nuts, seeds, and grains are a different story. Raw nuts and seeds maintain their vitality and freshness and will often grow when planted and watered. Grains are generally cooked to release the food value from the cellulose (woody) cell walls.

When it comes to the safest, healthiest food possible, just keep thinking: *Fresh, fresh, fresh!*

## **ECONOMIC DISCRIMINATION vs. EQUALITY BEFORE THE LAW**

We wish to draw particular attention to a pervasive, systemic social weakness that needs to be widely understood and corrected as soon as possible: *Economic Discrimination Before the Law* — particularly *civil* law, as we have experienced.

The law is supposed to be the great equalizer. In noble theory, it is there to protect everyone, at least in democratic societies. But when a system regularly allows one economic class the privilege of skilled *legal representation* — and regularly denies it to another, less fortunate class; this, we could say, is *patently unfair!*

*Economic Discrimination Before the Law* is a reality under *civil* as well as *criminal* law. In many ways, it is more so under civil law, because ever since the famous Supreme Court case of *Gideon* in the United States, we have instituted a system of guaranteed (albeit nominal in many cases) legal representation for the poor who are accused of a crime.

However, there is no such general guarantee for those poor, injured souls who have been hurt financially or otherwise under civil law and must prosecute a case to regain the damage done to them. Although in theory, the law is there protecting everyone equally; in practical reality, it is not.

There are many cases, particularly involving poor people, where the injured cannot attract a so-called “contingency” lawyer. In order to do so, as elaborated below, plaintiffs have to have a pretty clear-cut and *provable* case; with deep pockets and/or adequate insurance coverage on the other side, and there has to be enough money at stake to attract the lawyer’s “strictly-business” interests. Most cases of the poor *cannot* qualify on all three of these points. In the main, poor people and institutions that may already be reeling from an injury are unable to negotiate complex laws and procedures without actual, trained, and *contracted* legal representation which they cannot afford, and they cannot attract representation through the contingency system.

Fortunately, things are getting much better in recent years. Many time-consuming tasks are now much easier to pursue on the Internet, and wonderful initiatives like *We The Action* and others match up lawyers and

nonprofit organizations. But it is still VERY easy to fall through the cracks of our legal system!

When money is the only real difference, and not the merits of a case; that is a *major social problem that eats away at the very fabric and foundations of society*. Sooner or later, this problem affects everyone, directly or indirectly.

Because of the nature of the original STAR ALLIANCE endeavor — which stands to benefit virtually everyone on Earth — this form of system-wide discrimination has arguably affected everyone, already, in our combined cases. And in many ways: *Justice delayed is justice denied*.

## **RX: A UNIVERSAL RIGHT TO CIVIL COUNSEL & OTHER COMMENTARY**

The opposite of this form of discrimination — and an ideal societal goal — will be a *Universal Right to Civil Counsel*. The lofty and important practical ideal of *Equality Before the Law* must include *Economic Equality Before the Law*. That doesn't mean that everyone should be at the same level of wealth in life, regardless of talent, effort, or even luck. It just means that economic power should, ideally, make no difference in the administration of justice. Right now, however, it surely still does.

Until this pervasive systemic problem is really set right, the public should be aware of this great collective danger. For the poor or economically modest: Thinking you will be able to attract a civil lawyer, without significant sums of money, may make you triple your own damages by chasing after a contingency deal while injured and overwhelmed, with no practical hope of success. Lawyers who decline to take your case may write you a polite letter of decline or even referral. (But Legal Aid agencies have extremely limited areas of coverage. And often declining lawyers will not tell you what they see clearly: that none of their colleagues are likely to take the case either. *Please beware of this trap!*)

Fortunately, there are now coalitions of lawyers working toward *A Universal Right to Civil Counsel*, and we wish them every success.

All society will enjoy benefits from instituting such a right. These benefits will proceed from countless individual cases where justice is served and not effectively, perhaps unintentionally, *thrown under the bus*. Successfully

prosecuted or defended, many cases where justice *is* served will improve the entire social and economic fabric of our civilization.

Even with incremental progress towards this ideal, the self-correcting nature of evolutionary, business, and social systems will start functioning better. Damages will decrease, and the higher interests of all society will better thrive.

A renewed, lasting, and expanding commitment to *Our Highest Civic Ideals*, meanwhile — in a growing population of STAR CITIZENS and original STAR ALLIANCE foundation members — will also be good for all of society. It will raise legitimate hopes, provide guidance where it has been missing or incomplete, reduce social waste, and unlock the very resources need to provide better legal guarantees and quality of life, ultimately for all.

*Star Citizens*, following the ideals to their best ability, will automatically be working for a better, safer, and happier society.

Try your best to follow the law. But also: Be alert and aware of the law's limitations as well as its protections for you. The law evolves over time and can change significantly. And it can be very different in different geographic areas as well.

Just because something is legal does not mean that it is wise or morally correct. And everything that is wise or morally correct is not necessarily yet enshrined in the law.

You may have legal rights you are unaware of. Check up on these rights carefully. When in doubt, seek legal knowledge: perhaps starting for free over the Internet, or via professional legal counsel if you can afford it.

Know that there is a *huge* practical difference, when the chips are down, between informal and free legal advice on the one hand, and on the other: Actual, focused, responsible legal *representation*.

With legal representation, a trained lawyer is contracted and obligated to guide you, analyze for you (in the context of laws and legal procedures, which can be quite different from everyday life and common sense); write for you, and speak effectively for you in defense or prosecution — often much more so than you can do for yourself while under stress and duress.

Particularly when you have sustained an injury or are under economic or physical threat: Try as you might, you will probably have a very hard time doing all the necessary tasks effectively for yourself. The lawyer will be unaffected by your injury and able to think more clearly and objectively about it. He or she will be trained in selecting the proper “legal theory” to pursue and how to prove it. They will be aware of technical procedures and deadlines that can otherwise, be intimidating or functionally overwhelming, when you are untrained, in need of recovery, or otherwise distracted.

Realize that some laws are poorly written, some conflict with each other, and others, while needed, may still be absent. That is why lawmakers are continually making new laws. And there is an ongoing need to simplify and integrate laws. (Some pioneers are already researching the application of Artificial Intelligence to this good purpose. One such organization is one of our affiliates: *The Science of Laws Institute*. Please look them up.)

If you see something that seems clearly unjust, please report it promptly to some authority, preferably in writing. If something bad seems to be happening to you (whether suddenly or over a period of time) start taking notes and recording your point of view. Keep dates and times and descriptions of events as they happen. You can always file away some record in your computer, properly “tag” it, and never feel the need to use it. But if you do, it may be like gold. Memories of important, undocumented details not promptly recorded may soon fade after the event, contributing to added complexity, confusion, and unhealthy, unresolved conflict/s.

*A stitch in time saves nine.*

## **CONCLUSIONS**

### **THE IMPORTANCE OF ALL THE STAR ALLIANCE IDEALS FOR ALL THE PEOPLE... AND WHY YOU MATTER!™**

By this extensive writing, we are hoping, at least partially, to fulfill our duty to warn the young, the innocent, and the inexperienced — the naive and vulnerable of any age, about certain broad categories of pitfalls in life and society. To do our best, we must remain wisely defensive against these pitfalls, while still reaching for all the *Highest Civic Ideals*.



In no way is this warning complete. But it may surely be for many young people, especially, a good start. And so much better than no warning at all! We hope it will encourage you to think for yourself.

In general: BE CAREFUL about extending full, or even partial trust to those whom you do not yet know, and have good reason to trust. At the same time: Be wisely cautious, without losing your humility and openness to new knowledge, acquaintances, and the input of others. Avoid overconfidence while working through unknown situations. Do not let anyone bully and coerce — or even plead and inspire you, even in the name of righteousness and love — into betraying your own health and well-being by getting grossly overtired, for example, or by doing something you feel is risky, wrong, or otherwise hurtful to *you* and those you care for, while helping *them* meet *their* special needs.

Be willing to stand up, say something, and do something — *nonviolently* — against things that are wrong at any level of society.

*“Negative on the negative is positive!”* (Maharishi Mahesh Yogi, 1972)

Rest — as deeply and peacefully as possible — on a regular basis. This is not only important, it is crucial! Rest consciously as well as unconsciously.\*

When you come to engage in decision-making and actions in the world, keep vigilant and alert to those who may be ignorant of the ideals, values, and principles we declare together at [STAR ALLIANCE.org](http://STARALLIANCE.org).

Read and take heart, too, from the great *UNITED NATIONS Human Rights Documents!* They are a tremendous legacy of positive support for all of humanity. Don't miss them!

At least read [The Universal Declaration of Human Rights](#).

Remember: There may be many who are subject to economic, social, situational, and personal motivations and forces working against the positive principles we declare.

Be alert to your own unique vulnerabilities, and to the tendency in yourself and others — whether conscious or unconscious — to “cherry pick” from the values declared; that is: To selectively choose from the values,

according to their convenience and advantage to you, while ignoring the rest.

But in the end, *all* the values are important for best, most healthful, sustainable relationships and qualities of life. No one value — or subset of them — should be used like a feather to deflect, or a club to defeat: other key values, which are also important to the whole, healthy individual, family, group, or society.

\* \* \*

Due to the *Universal Triple Threat* we have described, life will surely continue to be plenty challenging enough, even if and when (*Oh Dream!*) everyone is educated and committed to our *Highest Civic Ideals* in their wholeness. There will always be plenty of ways for things to break down from the ideal and become, at the very least, “*interesting!*” It is the ongoing *Challenge of Peace*.

All in all: try habitually to be wise and wary of potential dangers, while simultaneously keeping a good will and good cheer as much as possible.

We invite each reader and member of society to join in this great endeavor: to play your best part to establish awareness, learning, and competence in learning and practicing our declared, positive principles of peace and love, as sincerely and consistently as possible.

The more you can learn and share STAR ALLIANCE values with others — from friends and family to teachers, employees, supervisors, and colleagues at work; and to local, national, and international leaders — the more positive the accumulating effects will be. You will help create and enjoy “breathing” a better social atmosphere! It will really pay you in growing quality of life to help *spread the word* for our *Highest Civic Ideals*.

And here’s one more more tip: An important source of solace, support, nourishment, and healing, while pursuing this universal quest, with all its challenges, joys, and dangers — is that you (and in theory, everyone) can enjoy daily the deep, benevolent rest and wonderful, relaxing benefits of *transcendental pure consciousness*. This is a level of life and potential awareness which resides deep within everyone. By its very nature, it can be hidden. Yet it can also be experienced easily, and nourish a level of inner freedom beyond all relative differences. (Quite a refreshing relief!)

A technique to approach, and increasingly to reach this experience is easily available.\* Perhaps needless to say: It is of tremendous value.

With pleasant and highly-beneficial *experiential* knowledge — combined with learning, *commitment*, and loyalty to all the *Highest Civic Ideals* — and with the combined positive efforts of many others — we can take much legitimate hope for realizing safer, better, happier societies at every level of life, from family to globe, and someday, beyond.

Things can and surely *will* get radically better as We, the People of the World, turn the massive, evolutionary corner we are currently negotiating; as more and more people become aware, educated, and committed to being and doing their individual best: for healthy relationships in a healthy society; as we reach, and reach together — towards the stars of truth, beauty, and goodness every day; sharing and practicing with love and resolve...

**...THE WHOLE OF OUR HIGHEST CIVIC IDEALS!**

\* A simple-to-learn, easy-to-practice method is available to help virtually anyone feel their best daily. It provides healthful, deep, conscious rest as well as stress-reduction and natural development for mental creativity. It requires no faith or belief. The Transcendental Meditation® technique is available separately, at [www.tm.org](http://www.tm.org). Highly recommended.

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***Integrative Author: Mr. Peter Bruce DuMont***

— Please see the latest STAR ALLIANCE Declaration & Pledge Sets for our *Highest Civic Ideals*, and other support documents posted at our website, [STARALLIANCE.org](http://STARALLIANCE.org), generally on the menu page:  
*Good Will Civic Values*

[File created 2017-5-5 • Last updated 2023-12-18, including the first End Note section below, only.]

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[Please see notes below, as time allows.]

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## ENDNOTES

With weapons of real mass destruction that parts of humanity have made and paid for, historically, our species has been living on borrowed time for the majority of the Atomic Age.

Let us look clearly at the reality of the persistent Global Nuclear Threat.

By the mid-1980's, there were some 70,000 Nuclear Weapons on the planet, roughly half and half between the United States and the Soviet Union. Taking 100 big Nuclear explosions as a reasonable estimate required for Nuclear Winter, that would be approximately *700 times planetary overkill!*

Thanks to historic political leadership and activism (the latter including key catalytic influences, we believe, from The Original STAR ALLIANCE foundation, since 1985), “only” about 13,000 such weapons exist today.

*Now that's substantial progress to celebrate!*

*Unfortunately, We, the People, can't afford to drop our guard.*

13,000 / 100 still equals approximately 130 times *planetary* overkill potential, still today!

The word “evil” derives from roots meaning “exceeding proper limits.” Obviously, this situation still and much more than “qualifies.”

It can be argued that the only fully acceptable number of Nuclear Weapons is ZERO.

Marked improvement of relations and worldwide democratic structures — with proportional representation by populations everywhere, instituted at the global level — may, as a practical matter, need to come before the successful, complete and overdue elimination of Nuclear Weapons.

### **Why do we say “Highest Civic Ideals?”**

STAR ALLIANCE uses this term to capture the sense that the principles and values we declare, teach, and promote, are not involved directly with

specific issues of the day. We name and cherish them in their pure form, as “points of value” or “stars” that exist above the fray of competing interests, in applied situations, “on the ground,” as it were, and often is.

In this way, the human race can all commit to the principles and ideals in their pure form, and then work together as much as possible to apply them with most intelligence and fairness in the world of often divided interests.

Because the STAR ALLIANCE approach to values instruction is rooted in common sense — and although the principles we espouse are found in all the great traditional religious traditions that have taken root on Planet Earth — we do NOT concern ourselves with un-provable theories about the afterlife, or engage in promoting specific beliefs about God.

We do believe in people’s collective effects on each other, which is only reasonable. And we will remain open to new social theories, consistent with science, and backed by scientific research and testing.

The STAR ALLIANCE approach to values instruction, unlike traditional religious approaches, should be tax-supportable around the world. Public programs can be implemented in schools, prisons, and other projects with the comprehensive reach of government.

Educational and other systems, already in place throughout the world, can efficiently incorporate STAR ALLIANCE values and programs. Thus virtually everyone will have the opportunity to learn the Highest Civic Ideals early in life. With this, individuals everywhere can be the beneficiary of best chances for ethical social support, wherever they go.

## **More on the Legal System**

Background: Whereas the ideal of universal health insurance is already achieved, or at least coming into focus in many developed nations; real, practical equality under the law, as a civil right, seems largely to be sleeping, still. This is at least partly due to a major myth. The myth goes something like this: *If your civil case is just, you will be able to cut a deal with a lawyer on a contingency-fee basis. If you can’t do that, your case is must not really be that good or important.*

Wrong!

This myth heavily favors the rich, or rather, excludes the poor. Trouble is: Unless a case involves ALL THREE of the needed elements, you simply won't be able to find a contingency fee agreement, no matter how just and important your case may be to you (and society!), and no matter how hard you try. It must have:

- 1) Sufficient money damages to attract a lawyer's *strictly business* interests;
- 2) Clearly collectible "deep pockets" on the other side; and
- 3) Clear proof that can be entered as official evidence.

**EDITOR'S NOTE: INTEGRATE / CONSOLIDATE THE FOLLOWING SECTION INTO THE "IMPORTANCE OF ALL THE IDEALS" SECTION (OMIT REPETATIVE PARTS)**

It takes tremendous vigilance even to approach observing or following ALL the declared ideals — and to do this all the time — even in just one close relationship, not to speak of the many kinds of relationships most people enjoy and engage in, for one reason or another in their families, schools, jobs, and social life.

Fortunately: Life can and *will* get much easier and better — with much less unnecessary suffering and stress — the more each of us learns and tries our best to practice all the principles and develop good habits of responsible behavior. There will be a tremendous additive and geometric collective effect of improving the social atmosphere.

That is very good news, indeed; something very well worth hoping and working for!

Everyone influences everyone else, to some degree or another, through their thoughts, speech, actions, and the ripple effects of all these. Our collective community consciousness — from locality to globe and beyond — influences everyone existing within it. A holistic interactive, emotional, psychic, and physical influence is going on all the time — whether we are aware of it and acknowledge it or not.

That is why we at STAR ALLIANCE are specializing in this civic approach to social change and improvement. Values and attitudes influence *everything* people do; every decision they make.

Our universal, STAR ALLIANCE, civic approach can be accepted across widely divergent cultural, political, and economic lines.