

THE RASTA Z MANIFESTO

Light. Flow. Good Mind.

We begin with **light**. A small flame.

Not worshipped. Not owned. Simply observed—a mirror of our inner state.

Before belief. Before action. We **check in honestly**.

Where am I? Where do I need to go?

We choose **adaptability over dogma**.

Structure, balance, and flow are not rules—they are states. They change as life changes.

We cultivate **good mind and natural flow**:

clear thought, honest speech, grounded action, without inner resistance.

We don't fight duality. We learn from it.

Balance is not stillness— it is **intelligence in motion**.

We gather without hierarchy. **Circles over institutions**.

Reasoning over preaching. Presence over performance.

We honor the body and the earth through simple nourishment and natural rhythm.

Nothing forced. Nothing excessive.

We resist oppression quietly and consistently—through coherence, clarity, and refusing to be distorted.

We remain **portable**. The practice fits wherever life happens—home, street, work, silence, movement.

We remain **open source**.

Adapt it. Remix it. Simplify it. No permission required.

Rasta Z is not the answer. It is a **mirror** and a **match**. You bring the rest.

Light something small.

Check in honestly.

Flow where it leads.



A Minimalist Syncretic Path

Light, Flow, and Good Mind in a Chaotic World

Blending Zoroastrian Truth-Ethic, Rastafari Joyful Resistance,
& Taoist Effortless Harmony into a Portable, Personal Practice