

THE
GREAT WORK
HANDBOOK



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THE GREAT WORK HANDBOOK

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DEDICATED TO

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And to
Those who give everything to end "Government" aka Slavery.

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Real Recognize Real.

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The Great Work *is* Solutions Focused Activism. The Great Work is characterized by the thoughts, emotions, words and actions of those individuals who foundationally understand the deeply hidden and obfuscated knowledge of the condition of humanity and the world we live in and accept the responsibility to change those conditions implied by the knowledge they have obtained. The Great Work begins internally with a self diagnostic of the validity (logical/factual) of one's own thoughts, emotions, beliefs, and actions. The Great Work then transitions to the external world, manifesting in one's behavior. The Great Work is never done but flows through our wisdom of how to apply its principles to everyday situations.

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The one who consciously does the Great Work is an Activist. Many types of people call themselves and/or are called activists, but in fact are not. By the common understanding of "Activist", the Nazis were activists. Someone campaigning for a politician who ultimately violates their office and the public trust is an activist. The true merit of an "Activist" is in whether or not their actions, not their intent, cause harm by violating other beings' Natural, inherent and inalienable Rights.

What is “Real” Activism Really?

Activism is The Practice of Consciously Advocating for Harmony with regard to Environmental Equity and Equilibrium.

Environmental Equity is for the purpose of perpetuating Personal, Planetary, Cosmic, and even Celestial Evolution, Progression, and Equilibrium.

When we conceptualize the term “Our Environment”, we are not merely speaking of the mysteriously splendid external universe that we inhabit and experience; we are referring to any and all environments that a sentient being may inhabit or experience and how that environment relates to our emerging Self.

The task then is to re-cognize any and as many methods of concise data analysis as possible. Utilizing these methods in order to generate environmental understanding and foster environmental awareness is what effective, efficient, real "Activism" is. By applying these methods to the very methods themselves we can readily see that there is a logical/Natural hierarchical structure to organizing, practicing and prioritizing our Activism.



The Principles Of the Activist

The true principles of activism are founded in applied logic, reason, empathy and the scientific method. Contrary to the false definition of "Activism" given by Google, true activism has no "sides". There are no sides to giving food and shelter to a family in need. There are no sides to requiring clean air and water. There are no sides in justice, in truth and in Law.

Following that logic the true activist is empowered to ignore a great deal of so-called causes thrown out there to deliberately make a labyrinth of change rather than a given path. In short, the Activist has priorities. Why waste time and resources pruning the branches of a rotten tree? Uproot it and plant again. The true Activist does not fight for animal rights, or "minority" rights, or workers rights etc, the Activist fights for the freedom of all beings.

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Activists are an ever-evolving species, refining methods and techniques, using tools and sharpening them. The Activist has traditionally not had a set of foundational principles that the uninitiated could point to and say "**these are the traits of a successful activist**". We will attempt to forge and define those foundational principles here.

The Principles of The Activist

1. The Activist pledges allegiance to the preservation of equity, freedom, and principle.
2. The Activist will use logic, reason, empathy, and the scientific method to navigate every situation to determine their alignment with what is optimal, efficient and equitable.
3. The Activist gives the totality of their effort to every thought, emotion and action.
4. The Activist will seek to understand the non-aggression principle and employ its principles at all times. (see Non-Aggression Principle or (N.A.P))
5. When offering assistance, the Activist will not discriminate against any person or people because of their race, religious beliefs, political affiliations, sexual orientations etc.
6. Similar to a job, discussing anything but the task at hand only distracts from completing the task. Therefore conversations should be limited to the individual tasks the activists are working on, their extended activist goals or their personal lives, kids, hobbies etc. Conversations about political views, religious beliefs or anything that might result in a failure to work together should be saved for personal time.
7. The Activist is an activated cell of self defense. All of us being one and all, the Activist exists in the body of society to activate the rest of the autoimmune system. This defense begins with words or Media

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and ends with lethal force and everything in between. The self defense principle enables the activist to act on behalf of the mother or host planet they inhabit and the rest of the beings that inhabit it. Our very survival is based on activism and of course the activist is essential to that function.

8. The Activist DOES NOT act in deed for beliefs, opinions, from orders or in service to any authority except for the Natural authority and highest equity. The true Activist does not get mowed down holding signs in the street by unnatural authoritarian regimes. The true Activist is equipped to become the street and engulf the tyrant.
9. The Activist works local and thinks global (or whatever shape you need the planet to be to actually take action). By working in their immediate environment the activist is able to effect change that radiates far beyond their physical actions and cascades into time and space. By being aware of global conditions the Activist is able to relate that to their place in the world. The Activist is a force of Nature.
10. The Activists eyes are wide open, able to detect that which may not be obvious to the layman. The mannerisms of an abused child, the energy of someone about to commit a crime, the activist is vigilant. The Activist is a true hero.
11. The Activist understands that doing right and good is its own reward.



The principles of objective reality are foundational, observable and repeatable components of reality that assert the existence of a reality that is independent of individual perception, biases, and interpretations. These principles are often discussed in philosophy, science, and epistemology to distinguish between subjective experiences and an external reality that exists regardless of human observation. Below is an outline and definition of key principles associated with objective reality:

GET OVER YOURSELF TO FIND YOURSELF.

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1. Existence

- **Definition:** Reality exists independently of human thoughts, perceptions, or beliefs.
-
- **Explanation:** Things exist regardless of whether they are observed or acknowledged. This principle asserts that reality is not contingent on consciousness.

2. Identity (Law of Identity)

- **Definition:** Everything that exists has a specific nature and characteristics; "A is A."
- **Explanation:** An entity is what it is, with inherent attributes that define it. This principle denies contradictions and asserts that reality is consistent.

3. Causality

- **Definition:** Every effect has a cause, and events follow natural laws and processes.
- **Explanation:** Objective reality operates according to cause-and-effect relationships, which are discoverable and predictable.

4. Objectivity

- **Definition:** Knowledge about reality must be based on facts, evidence, and logical reasoning, rather than personal feelings or opinions.
- **Explanation:** Objective reality requires impartial observation and the use of rational methods to understand the world accurately.

5. Absoluteness

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- **Definition:** Reality does not change based on personal beliefs or cultural perspectives; it remains constant under the same conditions.
- **Explanation:** Truths derived from reality are not relative but fixed, and universal laws govern nature consistently.

6. Perception and Interpretation

- **Definition:** Human perception is a means to access reality, but it can be limited or flawed.
- **Explanation:** While reality is objective, individuals may perceive it differently due to cognitive limitations, biases, or sensory constraints.

7. Empirical Verifiability

- **Definition:** Knowledge about objective reality must be testable and verifiable through observation, experimentation, and evidence.
- **Explanation:** Scientific methods serve as tools to uncover objective truths by eliminating subjectivity and error.

8. Non-Contradiction

- **Definition:** Contradictory claims about reality cannot both be true at the same time and in the same context.
- **Explanation:** Logical consistency is a hallmark of objective reality, ensuring that factual contradictions signal errors in perception or reasoning.

9. Independent Reality

- **Definition:** Reality does not depend on human consciousness or social constructs; it exists independently.
- **Explanation:** Physical laws and natural phenomena occur regardless of whether they are observed or understood.

10. Discoverability

- **Definition:** Reality can be known and understood through systematic inquiry and reason.
 - **Explanation:** Human beings have the capacity to explore, understand, and adapt to objective reality through investigation and rational analysis.
-

Objective Reality Reflection Questions

1. **Which of the ten principles challenges the way you currently view the world the most, and why?**
(Encourages personal reflection on belief vs. objective reality.)
2. **Can you think of a time when your perception conflicted with objective reality? What caused the misalignment?**
(Explores the difference between subjective experience and reality.)
3. **How do the principles of causality and empirical verifiability shape your understanding of truth in science or daily life?**
(Links theoretical principles to practical, observable experiences.)
4. **Why is the Law of Non-Contradiction essential for logical thinking and communication? What happens when it's ignored?**
(Promotes critical thinking about consistency and reasoning.)
5. **In what ways can society benefit from aligning more closely with the principles of objectivity and independent reality?**
(Connects individual understanding to broader cultural or societal implications.)

HIERARCHY OF ACTIVISM



Activist For Truth

If we fail to cultivate and be possessed by not only the utmost respect, admiration and even adoration for The Truth (that which has happened, and that which is happening), but also an adequate appreciation for being wrong, then we will fail ourselves and our purpose. The Truth aka Reality determines the perimeters of this shared experience. Without Truth we could not function, especially as a “society”. Truth is that the human body has certain requirements. We can profess that there is no such thing as objective truth as if it's objectively true, however if we were to ignore any of the Truths or

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principles that manifest as Natural Laws then there are relatively predictable and even quantifiable consequences.

Without an absolute passion for the pursuit of truth, we cannot properly take care of ourselves or others because any information can be presented as valid and the claims of this data could be bogus. Likewise valid data can be presented and “ruled” false by the antagonists of the day. This can divert and delay the initiate (beginner) if they are not equipped to defend themselves against the false claims or to recognize brilliant Truth. The tools and ammunition that are required to weather the storm of false beliefs, principles and axioms is the acquisition, appreciation, and application of **RELEVANT DATA**.

In the distant past humans would flock to Mysterious Monuments for knowledge with no particular reason identified as the initial cause for the Information Migration itself. For many that tradition has returned, revolved, and is repeating. This time however is unique in that the seeker does not have to physically leave their home, does not have to leave behind their loved ones, and does not have to risk life and limb to acquire any Truth.

This School of Thought IS NOT for the moral relativist who falsely believes **“there is no such thing as objective Truth”, Truth is subjective, or that Truth is relative**. The only way to move forward is to **accept the Truth that there is Truth**. This author likes to reply to the statement, “there is no such thing as objective truth” with, “are you stating that as if it's objectively True?”.

But what do we mean by Truth in the first place? The understanding of Truth has been deliberately obfuscated by the ruling powers in order to cloud the mind. Empirical Truth is simply “that which HAS in fact happened, and that which in fact is HAPPENING. Nothing more, nothing less. “Personal Truth” equates to “perspective”, opinion, viewpoint etc which are based on an individual's processing of external stimuli known as Reality or Truth which are then filtered through the measurable and immeasurable internal processes of the human body to become perspective, subjective experience, and internal reality.

One must dispel notions of “his truth”, “their truth”, “our truth” etc, there is no such thing. That is the path to indoctrination and to belief in that which

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does not exist. This also can lead to not understanding that which is empirically true and does exist. “

“There are two ways to be fooled. One is to believe what isn’t true; the other is to refuse to believe what is true.” Soren Kierkegaard

As an exercise to stimulate the mind let us state that in the Truest most concise way (outloud). There are two ways to be fooled. One is to believe what has never happened or is not happening; the other is to refuse to believe what has actually happened and/or is actually happening. In this fashion we can relate and restore our understanding of our relation to our particular being and this three dimensional construct we call reality.

Activist For Self

If we focus only on helping others then we will not adequately take care of ourselves. If we do not adequately take care of ourselves we cannot effectively take care of others to our maximum ability. Therefore it **logically follows** that in order to be an actual Activist for anything or anyone, we must have our own houses in order. If we do not have a concrete foundation of principles, axioms, and healthy habits then we are doomed to a state of conscious oblivion.

in·ter·sec·tion·al·i·ty

/,ɪn(t)ər,sekʃHə'nalədē/

noun

- the interconnected nature of social categorizations such as race, class, and gender as they apply to a given individual or group, regarded as creating overlapping and interdependent systems of discrimination or disadvantage.
"through an awareness of intersectionality, we can better acknowledge and ground the differences among us" - Google

At the level of novice activist, one should be able to identify and relate in which ways causes and concerns, or “movements” converge as “intersectionality”. Theoretically any form of large scale social intersectionality can be related back down to the individual. For instance, socioeconomic

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discrimination could be applied to how many of us treat our bodies, favoring, appreciating and caring for some body parts over others. Some parts of our bodies are granted unlimited resources while other parts of our body are abused and pushed to their limits for their “resources”.

In this way we can begin to detect our Activism Responsibilities to OURSELVES. By once again employing our tools of the Scientific Method we can truly analyze and not only ask, but answer the questions, What do I really want? What does my human body/life really need? Who am I? What is my purpose? Where am I in my various levels of development? Am I satisfied with myself, and what I contribute to humanity? Why do I keep going? And finally, How to move forward; practically and in full cognition.

For the Neophyte or even Novice Activist, it is incumbent upon us to define, respect and appreciate each aspect/level of “*Activism For Self*” and its many intersecting components. This is what is known as the Holistic approach. This has very little to do with “Holistic Medicine” (which is associated and has its merits and benefits), and more to do with the components or quantum physics of our individual psyches, our relative anatomic health, our social conduciveness, our spiritual innerstandings and the various branches of those components such as the various types of consumption we engage in that affect our various forms of health which all affect our overall health.

When looking for which way to go on the path to Self Realization it is beneficial to look to the Hermetic Principles, namely the principle of correspondence which states “as above so below”. The health of your internal and external body is your highest priority as an activist for yourself. This breaks down in two ways, physical health and metaphysical health. What is beneficial or harmful to your physical body? What is beneficial or harmful to your metaphysical body, namely your mind and spirit.

Your physical, mental and spiritual health is all almost entirely based on consumption. What you consume on a daily basis. Even Why and how you consume can play a huge role in the various ways your health is influenced and expressed. In addition, what we consume is the content of what we are, in other words we are what we eat.

The diligent Activist, even with fault and “failure” must continue to strive for the sole consumption of the purest nutrition, content, and Data. All of this is

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“In Formation”. Information is not just “info”, it is also {in formation} with that which is empirically True and in accordance and harmony with the Natural Law. To inform you that my favorite fruit is cantaloupe but I am also mildly allergic to it is true information, data that is in formation with the Natural Law, but what can YOU do with it? Aside from knowing me that much better, nothing. It is irrelevant.

The wisdom of the Activist is readily knowing the difference between information and data no matter how true or false, and whether or not it is relevant to anything in your life or the progression of it. The various systems that function in our bodies are almost unilaterally interdependent on each other. Eating “healthy food” while consuming large quantities of alcohol will obviously and inevitably lead to poor health and even illness. Even less obvious is the relation toxicity in the human body has to toxic/traumatic experiences, upbringings, thoughts, emotions, actions, principles, axioms, beliefs and habits.

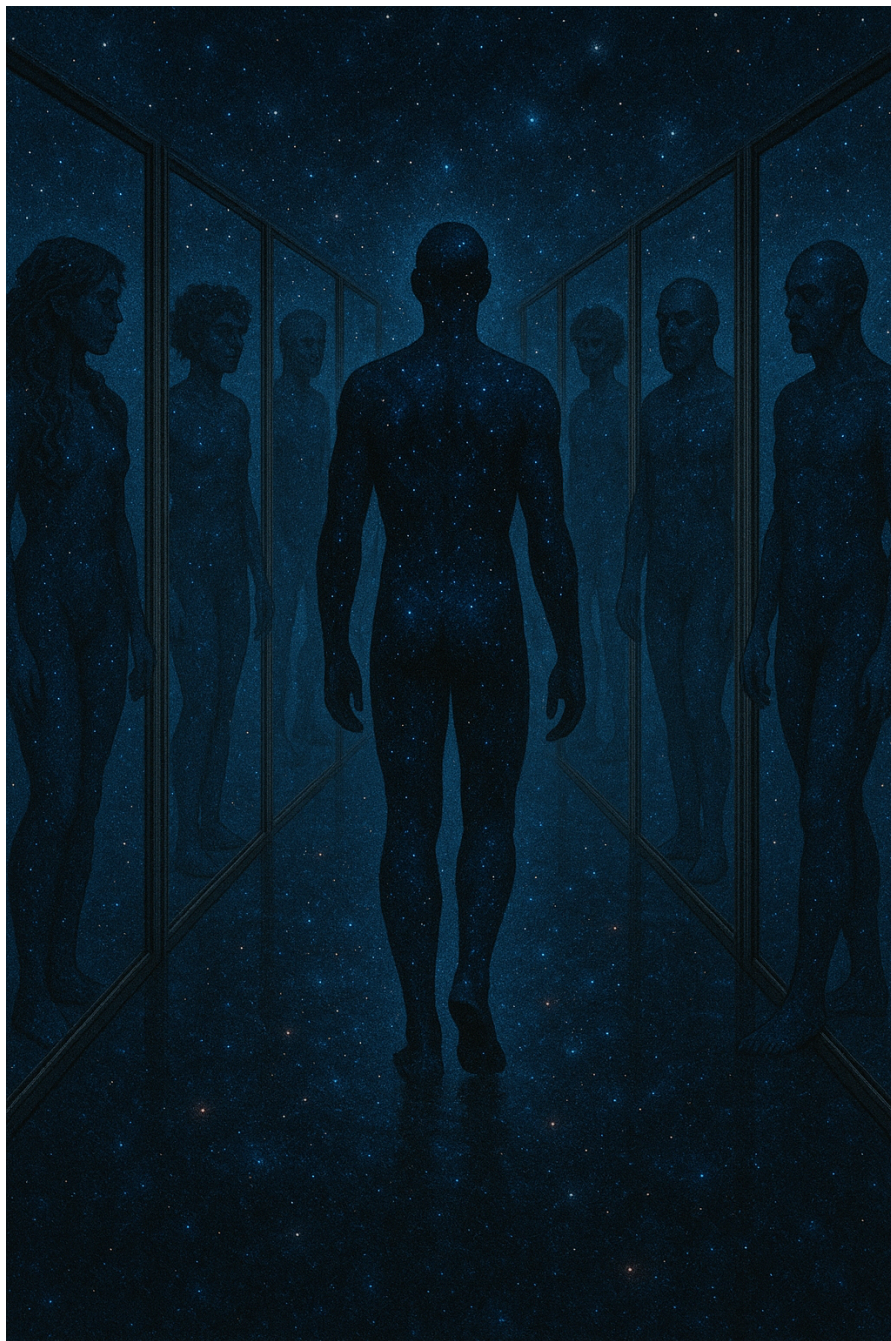
ax·i·om

/'aksēəm/

noun

- a statement or proposition which is regarded as being established, accepted, or self-evidently true.
"the axiom that supply equals demand"

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“Shadow Work”

The most logical place to start then is an analysis or diagnostic of our own physical and metaphysical makeup and conditioning. Then following logic, it would be consistent to diagnose the mind in relation to what you know and or feel is True about yourself and the world around you. Are you in a mental place to address what place or set your mental state is in? If so, are you readily capable at this time to identify inconsistencies in your reasoning and beliefs that can be reasonably presumed to be harmful and therefore false?

Are you at this time able to take concrete steps to begin the “Shadow Work” of facing your False Ego? Are you able to make the necessary changes in your life that would greatly benefit All? Ultimately if the answer is no, or you sense some hesitation to make that large of a commitment to yourself and to All things and beings, you may want to ask yourself why. What is that hesitation and where does it come from? What traumas have you suffered in your formative years and your adolescence? How have you traditionally dealt with these traumas?

Have you ever considered how any trauma could have affected your development? Have you encountered thoughts, emotions or behaviors that would indicate that you have experienced trauma that society at large may not consider trauma, and so you have not explored the healing for? Have you been heard in your home and within your family? Are you nurtured by others rather than harvested? In the end, honestly facing why the answers to those questions are as they are is key to unlocking our Activist Nature.

If you have suppressed your Activism, then you have suppressed yourself. Ask yourself why, and for whom, and to what end? Are your most cherished accomplishments empty and manufactured? Has any struggles you overcome been an utter waste of your time, energy, money and other resources? What sacrifices of yourself have you made to fit in or avoid rocking the boat? Are you inclined to desire acceptance from society at large or smaller groups within it?

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The answers to all of those questions and many more form the foundation or lack thereof for the rest of our existence. Understanding the answers to all of

these questions do not end the suffering caused by the experiences, instead understanding the intricacies of how things happen frees you from carrying the burden alone. The pre-existing conditions for your development have been set against you, usually by your own family, friends, and culture. Your own inherent biases also inhibit your development because they skew how you view, remember and even experience the experiences.

We are not just the sum total of our genetics, upbringing and experiences. We are also the sum total of all that has come before us. That ancient data storage and programming influences how our existence expresses itself. Much of it is trauma passed down genetically, traditionally, and culturally. Not only are you tasked to address and reconcile your own lived trauma and experiences, but also while perpetually processing the ripples of splashes that occurred long before you were born.

What spirituality has referred to as Karma in the context of science is quantum physics. Quantum Physics allows us to track and/or reverse engineer any natural phenomenon and recognize and analyze the various components of its causes and effects. Through understanding how natural phenomena unfold or ripple effect into each other, we can better navigate any emerging environments. Our overall health is dependent on how aware we are of and the respect we have for the many interconnected systems within us that ultimately become our many expressions and external reality.

Shadow Work Reflection Questions

1. **What beliefs or mental patterns do you currently hold that may be inconsistent with what you feel is truly right or real—and how might those inconsistencies be protecting your False Ego?**

(This question targets the recognition of internal contradictions and falsehoods that stem from social conditioning or trauma.)

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2. **What specific traumas—whether recognized by society or not—have shaped the way you perceive yourself, others, and the world? Have these experiences gone unhealed because they were normalized or minimized?**
(Prompts acknowledgment of subtle or invisible trauma and its long-term influence.)
3. **In what ways have you compromised your authentic self—your inner activist or truth-seeker—in order to be accepted or avoid conflict? What has this cost you?**
(Encourages examination of societal conformity and the self-abandonment it may cause.)
4. **Are you able to take responsibility—not blame—for the generational, cultural, and familial imprints you carry? How might understanding them free you to act more consciously and compassionately?**
(Focuses on ownership and healing across inherited and lived experiences.)
5. **How does your understanding of quantum cause and effect help you see the interconnectedness of your actions, thoughts, and intentions? In what ways might this awareness guide your healing and future choices?**
(Invites integration of science and spirituality to ground personal transformation in logic and interconnectivity.)

Activist For Family

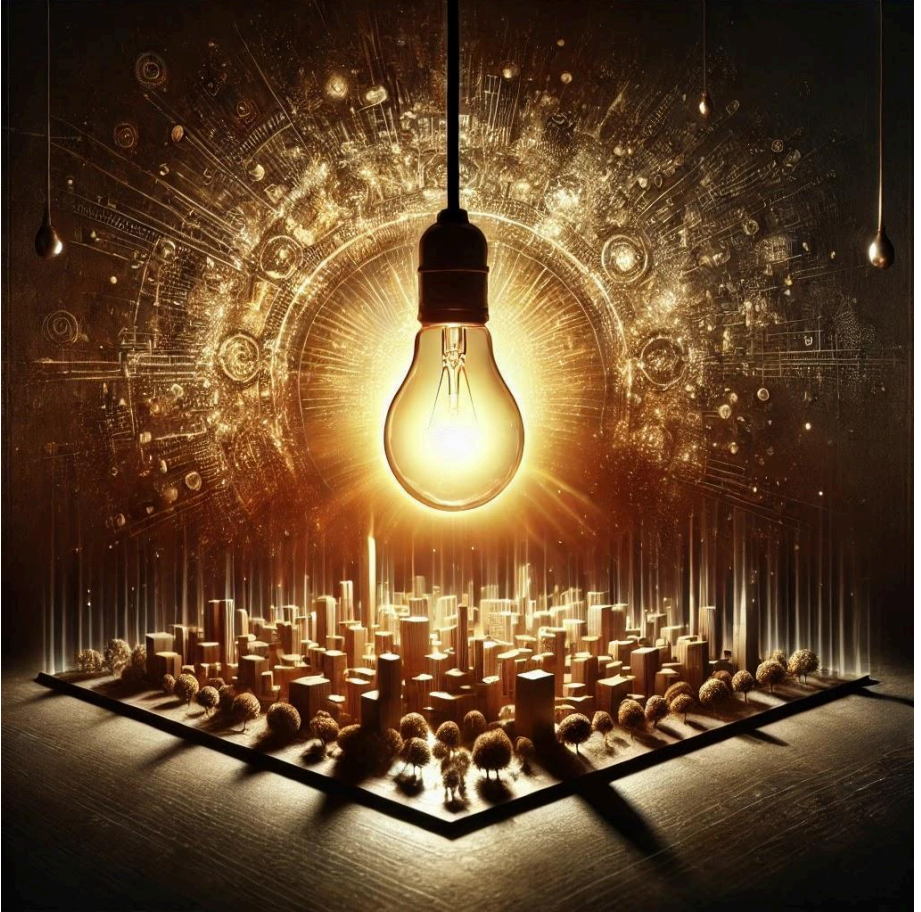
Being aware of your own experiences with yourself, your family, and the society at large, you should employ empathy for those around you. Ideally this empathy would be equally experienced for the experience/suffering of self, family and others we do not know. However, largely today's environments are not conducive to that end. Consequently most of us have stronger familial bonds than social ones which stimulates our activist senses for family more than for strangers. Being an Activist for our families is what being a family is.

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Being engaged in the goings on of our loved ones is essential to the fabric of our collective existence/evolution. The bonds that we form with our family is the bedrock of how we form bonds with those in society. Being conscious of ourselves and how we relate to our families is how we begin to learn how to navigate the many manipulated social proclivities that exist in our environments. Without familial awareness and advocacy we would all be utterly lost.

The powers that be have done their best to destroy strong family bonds within society; more so in the US. This is to separate each other and divert one another from equitable communal development. Being concerned about our families health, wellness, and quality of life is deeply rooted in our psychological make up. Standing up to those who hurt our families is such a powerful and natural reaction that many people will stand up for their loved ones more ferociously than they will for themselves.

By improving our alignment with truth and consciously improving ourselves, we can effortlessly project that into our family members. By being the example, you set the example. Consuming consciously encourages conscious consumption in others. Dating consciously encourages conscious dating in your family members. Conscious living stimulates conscious living in others.



Activist For Community

The one who has adequately done the shadow work to heal themselves and have accepted the responsibility of advocating for themselves and their loved ones, should also recognize why being an Activist in and for your community is the next logical realm of Activism. An Activist for themselves and their families would reasonably want to not only be safe in, encouraged by and embraced in their community, but also to reciprocate. The Activist would also want to extend their success and goodwill to others in their community while developing stronger social bonds as friends and learned acquaintances. These are the bonds that weather storms, defeat tyrants and pioneer freedoms.

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Even "neutral mentors" (mentors not coming from a place of recruitment or conversion), but rather mentoring for personal growth, social stability and progression are a nearly extinct form of advisor. Unbelievably the pursuit for mentors largely has been replaced by content and content creators. This can be problematic for many very obvious reasons, but if the Activist's principles are upheld then receiving True/valid/relevant content should be all that matters.

Community is metaphysical as well as physical. More often we find like minded peers in online forums and communities which are not physical places but enable us to form real bonds in the physical world. Community is based on communication and Natural Law. Therefore the tools of the internet stand as the infrastructure for new methodologies and frameworks. We have long existed in a state of competition with our neighbors and community. We are beginning to align ourselves with the principles of The Activist for the purpose of redesigning our concept of community.

At the level of Community Activism we work outward, and inwards. Community Activism satisfies our responsibility to co-create our Environment, and to some extent champion it. Interacting at this level of Activism reaches out into space and time gripping others in its wake. Providing On The Ground Grassroots support for others in distress in any way is always more noble, conscious and moral than not providing it, or worse being an opponent to distressed beings in need of support.

Community Activism also reaches very deep into ourselves, activating trauma and absorbing it like a sponge. Communicating with others in normal ways and in times of need stimulates our imaginations, challenges our comfort, strengthens us and can even sustain us in desolation. This is why community outreach no matter how corny it has been portrayed in after school specials like the movie Dangerous Minds is far more beautiful and important and therefore more dangerous.

Community Activism is how we "bridge gaps", formulate friendships and defend against the many "differential advantages" that are imposed on us socially, be it arbitrarily or naturally. Interacting in our communities delivers a multitude of energetic frequencies and benefits to the human body and the

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human condition. Take a look at “The TikTok Community”. TikTok is a community of differing views and perspectives, lived experiences and backgrounds. TikTok content is largely polarized and yet when the TikTok community found itself under attack by the U.S government the people were galvanized.

The Community, though diverse and in its adolescence, was instantly unified under the common good which was the continued use of TikTok. The Community is largely not a physical location, or physically localized to one part of the planet or another yet the response was swift and unanimous. Some TikTok users spoke out, and have never spoken out about anything before in their lives, but were compelled. “As above, so below”, once again we can relate an environment or community to a single organism. Our community under attack is our bodies under attack, and so we are Activated.



Activist For Planetary Host Organism

We end here, where we began. As above, so below. The Planet Earth, aka Kai, aka Umhlaba, aka Gaia, aka Terra is a living organism. As we see the self similarities within us, we can relate them to the interconnected attributes on and in the earth, such as the polarities, the cycles and the living organisms that execute functions that are vital to the health of the planetary organism. The Earth is not just any organism, she is our Host Organism, the cradle of all life on and in her., our egg in the womb of the source of all things. The Earth is by right, metaphor and practice, the principle foundation by which all things within her are manifested.

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The Earthly Body is our host by which we engage in a symbiotic relationship. The plants, animals, bugs and bacteria all serve several vital functions that contribute to the sustainability and perpetuation of healthy cycles in the Planetary Body. Human beings are tasked with the highest of celestial responsibilities which is to facilitate the resonant, harmonious, and necessary evolution of the planet through the evolution of themselves. This then is the highest calling for an activist, to be an Activist for their Planetary Host Organism.

Similar to white blood cells in the human body, human beings are supposed to activate for the benefit of the Host in order to benefit the body or Environment. The Human Being operating in its proper capacity is a Force of Nature. We are able to manipulate our environments like no other creature on earth. We shape and mold the environment toward the means of equity or evil; the evil of self destruction. When we practice high order activism by working locally and thinking or empathizing Planetarily, we stimulate the Planetary Body to heal and thrive.

The Planet has seen all that come and gone, it is the physical keeper of our memories and story. Our Host provides without question or regard, to king and thief alike. To those who respect her she takes into her bosom, to those who cherish and defend her, she ushers into eternity their names and deeds. To those who are not concerned with her, abuse her, and rather have favored the plastique worlds of man, she mourns you in your potential.

To be an Activist for your Planetary Host Organism is what “Royalty” is made of. By forging and never forsaking the principles of the activist we perform and play the most vital role as stewards for our mother the Earth. We were never meant to have dominion over The Earth, we are meant to protect it, nurture it, and defend it. This means even defending her from other human beings who do not share our appreciation for our Host. The Activist never forgets where they came from.

Hierarchy of Activism: Reflection Questions

Activist for Truth

What are some truths you have been hesitant to accept because they would disrupt your current worldview or identity? How has this hesitation affected your relationship with reality?

→ *This question invites honesty about resistance to objective truth and encourages growth through acceptance of difficult facts.*

Activist for Self

How have your daily habits—physical, emotional, mental, or spiritual—either honored or betrayed your highest potential? In what ways have you neglected self-activism under the guise of serving others?

→ *This question focuses on personal responsibility and the importance of sustainable self-care.*

Activist for Family

Have you authentically challenged generational dysfunctions within your family, or have you conformed in order to maintain peace or acceptance? What is the cost of that silence?

→ *This encourages reflection on familial programming and the courage it takes to break cycles.*

Activist for Community

In what ways have you contributed to your community's well-being—digitally, physically, emotionally, or structurally—and what might be holding you back from deeper involvement?

→ *This pushes the reader to assess their community impact and identify personal or societal barriers to engagement.*

Activist for Planetary Host Organism

How does your current lifestyle—consumption, waste, mobility, diet—reflect your reverence for Earth as a living host? What small or

large actions can you take to better honor this sacred relationship?

→ *This question bridges the internal with the global and makes the metaphysical practical.*

Do not be deterred if you have been institutionalized by the false prophets of “higher education”, or indoctrinated by the politics of the dominant social, cultural, technological, philosophical, or environmental institutions of your day. Do not be consumed by sorrow if you have been graded or rather de-graded, by these institutions, or “brought up” in wrong thinking, felonious feeling, and incorrect behavior, your nescience is redeemed by your desire to seek Truth and Understanding. Only those who refuse to accept Truth, and instead willfully choose to refuse and IGNORE the Truth, that they themselves re-cognize are doomed to the wasteland of IGNORance. The modern term for this is cognitive dissonance which is “the state of having inconsistent thoughts, beliefs, or attitudes, especially as relating to behavioral decisions and attitude change”. - Definition from Oxford Dictionary 2022

It is highly illogical to participate in the endless myths perpetuated by the institutions of “higher education” erected by the status quo such as the dualistic concept of smart and dumb, the implementation of tests, grades, scores, etc. EvolvingSeeds submits to you that there are no such things as smart or dumb. There is only informed or uninformed, and by extension correct or incorrect. On a short enough timeline everyone is dumb, on a long enough timeline everyone can be smart. If you only have .0003 seconds to input the question, process it, and output your answer, the term applies. If you have a lifetime to input the question, process it, and output your answer, then the ladder adjective applies.

Moving forward, if you have accepted the Truth that there is Truth and that you... yes you are capable of locating, comprehending, understanding, accepting and integrating recognized Truth for what it is then you have already altered your perceptions of reality and begun your journey to self-mastery and harmony. If you are already familiar with this Internal Eternal Framework of consciousness then skim ahead or allow your mind to guide you to some vital and relevant piece of in-formation within this introduction.

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If you have never considered these topics or challenged your own “world-view”, then I suggest you strap yourself in.

You will not be accredited with any awards or certificates at the end of many plastic manufactured hurdles. You will not receive a degree, you will not be elevated by some authority figure who says when you have achieved. This is the Fight Club EvolvingSeeds school of hardknocks in that “you determine your own level of involvement”, Tyler Durden Fight Club (1999), style of enlightenment. You choose the volume of awareness and interconnectivity with yourself and your environment you can experience and emerge and grow with.



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Here you will gain a far better understanding of why the planet earth is in the condition it is in, and how human beings made it, and create it this way. You will clearly see how to improve the quality of your life and the lives of the beings on this host planet without taking anything from anyone except the thieves and criminals that tell us we cannot afford freedom.

You will recognize in which ways we can and should compromise, and in which ways it is unacceptable, detrimental or even impossible to compromise without catastrophic consequences. Too many people have taken the posture of either the ostrich or a bootlicking dog bent over in service of evil. Too many have accepted symbolic scraps as the best that can be achieved in a

lifetime, but this too is false indoctrination as we will prove to ourselves over and over again.

Those that have not begun to investigate the higher truths that exist outside of **THEIR** own perceptions do not have the jurisdiction to profess their opinions about important world issues. Yet it has become prevalent for idiots to speak about things that they are not even mildly aware of, to people who did not ask for their manipulated opinion. We must abandon those that do not share our desire to improve ourselves, our world and the quality of life of all beings who depend on this host planet.

In order to generate a better understanding of what on earth is happening, it is incumbent upon us to examine the Nature and Cause of our condition objectively. A decent way to accomplish this is to study and test the validity of our perceptions against that which is reasonable. We suggest that the student approach these topics as a third party witness and not with either of any sides that may be discussed.

You can also view these topics from the standpoint of a scientist studying the entirety of an organism, the organism being you, a "civilization", or the environmental reality. You can study these topics from the perspective of a benevolent Extraterrestrial species if you have the prerequisite understanding of how morally and technologically advanced advanced civilizations would logically be. However, if you view these topics through the lense of "that which you want to be true", - (Travis Walton) to ease your terror and suffering you will be blinded.

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If you are still here then count yourself among the few who are rewarded simply by doing what they know is Right, and more importantly have the courage to continue to consciously evolve. If you have made it this far then you probably have your ego in check, or are morbidly curious and traditionally open minded, meaning you are able to hold a concept in your mind while you process it and can digest and comprehend the concept without accepting or denying it. To those who have abandoned their minds, bodies, spirits and humanity to apathy and illusion , this would amount to a super power.

We have come full circle, as together, we the Chosen Superheroes, embark on the great journey inward. We have migrated to the last place and the first place, the source and the center of all things. We are not here to mold you or educate you or drill discipline into you. We are established to facilitate that resource by which you will accomplish those noble and most human of goals yourself, and at one tenth of one tenth of the effort.

We hope to Act as the catalyst for the re-emergence of The Human Being, we as the soil by which the nutrients of Truth will nurture this seed to grow into The Tree of Life. Take these lessons at your own pace with the knowledge and caution that you will not be the same, and that is the point. Only through experience and with wisdom will we begin to reclaim our common heritage.

Banish your notions of money, government, religion, entertainment, pleasure, the future and the past when or while you embark on this journey.

Distractions are most certainly the problem, therefore unflinching focus is the solution. This is not exactly the kind of focus you use to study text, but rather the kind of focus one must cultivate to raise a child. When we say "raise a child", we are not referring to their age, size, or even overall growth and the energy and time that goes into that prospect.

No, we mean "raise a child" in conscious awareness.
Check your ego at the door, and let us begin.

Reflection Questions: Awakening Beyond Institutional Indoctrination

- 1. In what ways have educational, religious, or political institutions shaped your beliefs about intelligence, success, or morality—and how many of those beliefs can you now recognize as manufactured or limiting?**

→ *This helps uncover internalized programming from systems that equate worth with conformity.*
 - 2. Have you ever felt the tension between what you were taught and what your intuition or lived experience tells you is true? How did you respond to that tension—did you suppress it or investigate it?**

→ *Encourages courage to honor inner knowing over external authority.*
 - 3. What distractions in your life currently prevent you from deeper inquiry into Truth, and how might your perception of “freedom” be subtly shaped by those distractions?**

→ *A call to examine the invisible hands that maintain unconscious habits and beliefs.*
 - 4. If you abandoned the need for approval, recognition, or validation from institutions, what knowledge or action would you finally pursue without fear?**

→ *This question invites radical self-honesty and personal liberation.*
 - 5. Can you commit to viewing your beliefs through the lens of reason, science, and moral objectivity rather than comfort, tradition, or popularity? What steps can you take today to practice this shift?**

→ *This affirms the path of sovereign awakening and intellectual self-determination.*
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THE NATURAL METHOD

Natural -
adjective

1. existing in or caused by nature; not made or caused by humankind.

Human beings of all levels of consciousness like most animals are very aware of the basic components and effects of Nature. However these very same humans have fallen victim to the deepest rooted forms of mind control. Through generational indoctrination and religious devotion to imaginary concepts, many

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people have lost or never had a grasp on which things in life are Natural, and which are man-made.

Mental constructs such as money, authority vested in strangers, and mob rule have been drilled into the social fabric and mental makeup of most people. "Money makes the world go round", "they should have complied", and "vote for the lesser of two evils" are prime examples of the real world effects of this kind of "thinking". Absolute belief in these made up manipulative tools of control are the bedrock of nearly every problem we see in the world, from poor health to civil unrest.

Much debate and endless heated arguments have occurred in favor of or against what kind of bars, or what color the bars of the prison cells should be, with almost no talk of the prison or how to escape it. The reason is that most people do not want to accept that they are a prisoner of belief in false concepts, be it there's or in the aggregate. They do not want to accept that they were dumb enough to believe the lie in the first place but have a vested interest in maintaining it.

The few who emerge from the cesspool of cerebral oblivion to question the prison, are aggressively destroyed. So try to understand that seeking and obtaining this knowledge carries it's dangers, and benefits, but nothing is more dangerous or beneficial to you than applying what you learn here. The danger comes from being aware of and able to see illusions for what they are. Dangerous because you will be armed with the knowledge of self that will prevent you from accepting scraps from thieves. Dangerous because you will be compelled to stand up for yourself and others.

The keepers of slavery are quick to anger and violence when they experience what they perceive as an attack on their self-imposed title of "good person". The agents of tyranny who actually do the day to day maintenance of the illusion called society experience a very tangible sense of perceived power from their social status. Not licking the boots of a policy overseer is dangerous, standing up to overseers is dangerous but necessary. Even the common man with no comprehension of the nature and cause of the current state of reality, and with his many false beliefs are capable of ending your life in defense of those beliefs.

Those who are so LOW (in awareness) as to serve evil, are not cognizant of how false, incorrect, immoral and unnatural their behavior is. The small percent that do

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know their behavior is wrong are what's known as psychopaths. The vast majority are products of their environment. The true environment, Nature has been hijacked and held hostage for nearly the entire 20th century. The concepts of bottled water for instance, corporations owning residential homes, and borders are all perfect examples of Nature being held hostage.

The total eradication of food bearing plants and trees from communities is a clear indication that there is an ongoing assault on what appears "Natural" to the human mind. Countries and Borders seem like a Natural extension of the concept of a home to most people. Trash seems like a "natural and logical result of a product's packaging" to most people. Police and prisons seem like the natural response to violence and injustice in humanity, however all of these modes of operation are invalid and empirically false.

There are no such things as countries. Therefore all borders are tyranny. No opinion can change that. Trash is the first abomination in a Universe that wastes nothing. Police and prisons do not stop violence or injustice but merely clean up afterwards with no regard for the causal factors which ironically is the system they depend on and their false beliefs.

The master plan of the owners of the earth is to sedate the entire population into passive, mindless endless illusion until finally "their way of life" is life and no one will be able to tell the difference. Most people won't know what a tree was, or that tigers roamed the jungles.

They will only know what they are programmed to know. At that point there is no point in humanity continuing and we are fast approaching that eventuality.

What this course of thought and way of being is by comparison to what is propagated to the commoner is what the starship is to the row boat. As the illusion grows more solidified with more and more "content", it becomes more difficult to break free from it's hold even when you are a focused seer. The owners of earth and man want not only to be gods, but to be worshiped as gods. Most of our advances as a civilization destroy and or imitate Nature. Man offers a substitute for Natural suffering which is manufactured suffering.

Manufactured suffering is seemingly predictable while Natural suffering is seemingly random. Manufactured suffering offers some relief in the presumption of appeal. You can appeal to a court but you cannot appeal to cancer. You can file

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a form to reverse a process of institutions but you cannot file a form to redirect a tornado. The coddled masses have grown to appreciate the warm lies over the cold truth.

Having to go through the trouble of showing up to court to pay a parking ticket is seemingly more appealing than having to go through the trouble of ending a system that criminalizes existing. We can work on and agree on social responsibilities, but none of them will include giving up the product of one's labors, their freedom, or their life for them or their property being somewhere in public for too long. The presumption to justify violence against peaceful people for merely existing is the antithesis to freedom.

It is more Natural to rebel against an unjust system than it is to comply with it's false edicts and immoral demands. Nothing about the way most colonized people live on this planet is Natural, but because the motions of eating, sleeping, and engaging in relationships still occur if even haphazardly, they assume they are living in a Natural manner. On the contrary, even a basic investigation into the diet, habits, institutions, traditions, "laws", customs, compromises and socioeconomic structures of most so called civilized societies are unsustainable, wasteful and immoral, hence Unnatural.

Starting from the beginning, Western civilization does everything wrong. The Western way of birthing children is harmful, impersonal, and insulting to logic. The way all CULTures indoctrinate superstition and a false sense of respect for traditions is unnatural. Conforming to ways, modes, methods, and models of living that do not serve one, all, or any is unnatural. Paying taxes is not Natural. Being forced to do anything against your will as a sovereign adult of an age of reason is not Natural. Traffic stops are not Natural or Necessary. The seasonal "inflation" of currency is yet another misunderstood and completely unnatural phenomenon.

Simply slapping the label of legal does not mean it is Natural or Moral. Likewise simply slapping the label of illegal does not make something real or immoral. There is no such thing as illegal immigration, ask a goose. Ask a wildebeest or a humpback or sea turtle if any form of immigration could be unlawful in Nature. However therein lies another illusion. There is no such thing as "illegal". Immorally obtaining Natural Necessary resources and then withholding them is immoral, unjust and Unnatural.

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Animals prey on each other all the time, but none are so disconnected from Nature as to withhold its prey's resources from birth to death. Licenses and Permits are permissions to exercise a Right and so are rendered and expressed as not Rights but rather privileges and are thus not Natural. The withholding of that which the licenses and permits are required for are so unnecessary that there are larger industries in place to capitalize on people not having them. Licenses and Permits are clear signs of tyranny and socioeconomic stagnation.

Authority vested in strangers, groups, organizations, corporations, and governments is imaginary and an extremely bad idea. The concepts of Natural, inherent, Rights, and Laws have been drained of their meaning to the point where most people falsely believe that Rights and Laws are man-made rather than Natural. Because of this "un-understanding" of Nature, Rights and Laws have been made low and are now seen as temporary agreements rather than forces of Nature.

The scientific method is Natural. Humanities ego has grown so out of control that not only does it want credit for creating the scientific method, a small group has claimed credit for it. Observation of one's environment and then asking a question personally or socially is a Natural process of rational thought and discovery. Researching the topic before jumping to conclusions is a Natural process of efficiency, see what the previous paths hold before attempting to trailblaze.

Forming a hypothesis based on what you learned simply from the act of asking the question and the research you are still doing is Natural. Experimenting is Natural. And finally, forming conclusions based on what you learned in the process of using the scientific method of Truth discovery is Natural. All sentient beings use the scientific method. All advanced civilizations have mastered the scientific method in the sense that they have learned to harmonize with it.

Sadly science has been literally weaponized and commoditized to the point most people do not see the difference between science and what we are calling "\$cience" or science for or by way of money, scien-tists, and authorities; the former is the default mechanism for thinking beings to think. The latter is a perversion of the former leading people into what to think, not how to think. To trust the scientists rather than attempt to understand the science of.

\$cience has given birth to \$cientism, a religion decimating Christianity in size and jurisdictions. It is impressive to watch as people blindly buy the criminals drug

simply because the criminals have bought "scientists", who will work to affirm or negate whatever their employers desire or be unemployed. It is logically fallacious to presume that one is more qualified across general scientific disciplines because they belong to a specific scientific discipline. Aside from that it is unwise to take anything from a tyrannical government besides their lives and lands. This includes taking their advice or suggestions with regard to your health or strategies.

Moving forward it is incumbent upon the neophyte to attempt to observe the many ways the concept of "Natural" is purposefully obfuscated and even altered in common society. Now that we have granted awareness to some ways we are coerced into accepting tyranny as "the way things are", we are better able to see how false that lie is. Things are this way because man has made them this way. If it is possible for man to reverse his course before it is too late, it will be done by way of applied logic, the scientific method, the trivium, and a deep understanding of Nature and her Laws.

The Natural Method: Reflection Questions

- 1. What beliefs or behaviors have you accepted as "natural" that may actually be manufactured by culture, authority, or economic systems?**
→ This question invites a re-examination of normalized concepts like money, borders, or obedience to authority.
- 2. How does your lifestyle support or contradict the natural systems of the Earth and your own body? What signs might indicate you've aligned with artificial constructs over natural harmony?**
→ This bridges personal and planetary alignment through conscious behavior analysis.
- 3. Have you ever felt cognitive dissonance when complying with laws, rules, or traditions that felt unnatural or unjust? What did you do in response?**
→ This highlights inner conflict as a signal for deeper truth and moral

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responsibility.

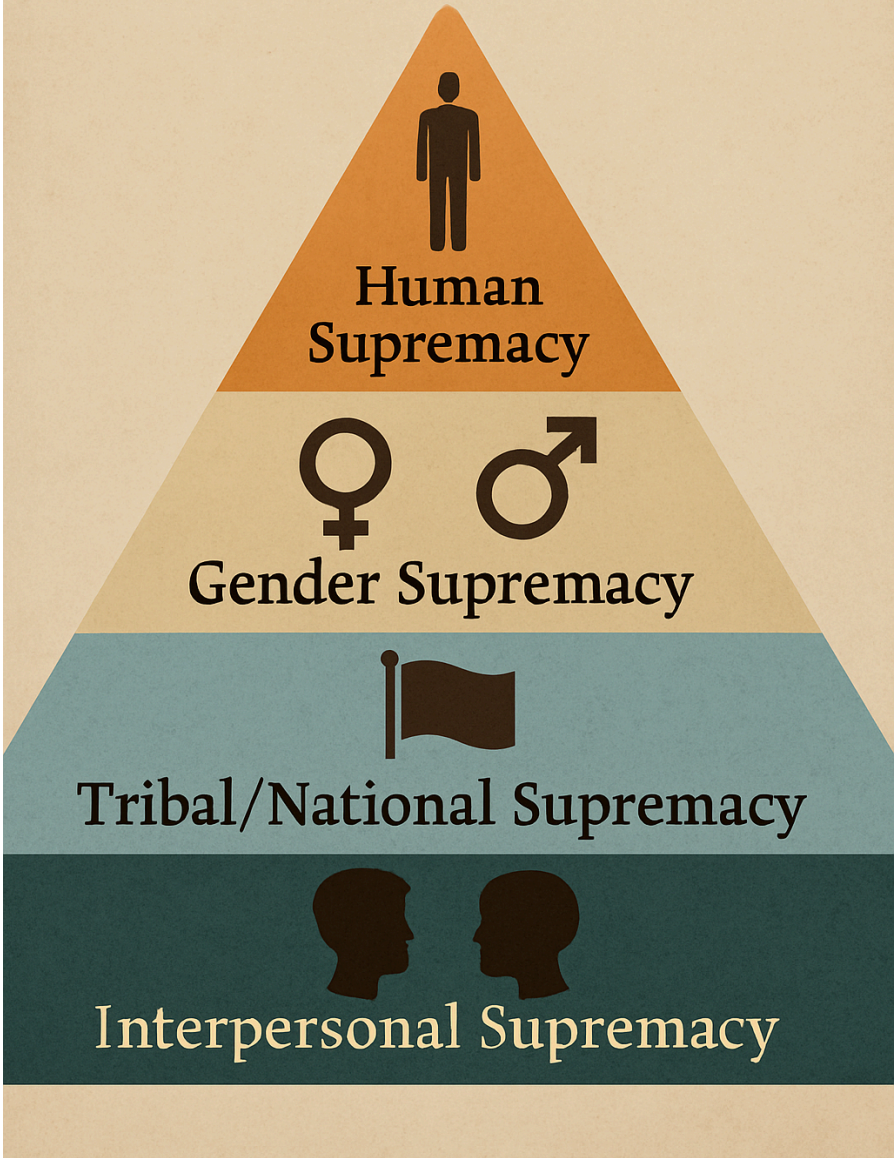
4. **Can you identify examples in your life where “science” was used as a tool of control rather than a method of understanding? How do you differentiate between true science and commodified “\$science”?**

→ Encourages discernment between genuine inquiry and authority-driven narratives.

5. **In what ways can you reawaken or protect your natural intuition and reasoning from the conditioning of modern institutions and false constructs?**

→ Prompts restoration of inner sovereignty and encourages reliance on Natural Law and critical thinking.

Hierarchy of Supremacy



Supremacy

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What is Supremacy? Where does Supremacy come from? How does it affect our lives? How do we overcome Supremacy? These are the vital questions one must arrive at and confront in order to even begin realistically addressing the problems that we have allowed to fester in the world. Like authority, the only way to extinguish the flames of supremacy is to bathe it in the light of Truth.

Supremacy has many faces and functions, from racism to domestic violence, and from pollution to politics supremacy persists. The basic definition of supremacy is - **“the state or condition of being superior to all others in authority, power, or status.”** - Google. This definition is acceptable and is sufficient as a function of this exercise to further enrich our understanding of supremacy.

What is supremacy? With a creator, the creator is Supreme. With or without a creator Nature is Supreme. The Laws of Nature are Supreme and no known application of man can alter, change or nullify any of these Laws. Supremacy then is when sentient beings attempt to act as the Supreme authority over an environment or another sentient being or beings, and in doing so attempts to subvert Nature’s inherent Authority. **Since all sentient beings are equal under the Natural Law, there is no method for one or more sentient beings to have valid, legitimate and binding authority over one or more sentient beings.**

Supremacy is Natural only in the sense that it is the polar opposite of Nature. It exists within the scope, scale, and jurisdiction of what we call Nature and Reality. However because Supremacy is Nature's polar opposite, the effects supremacy produces are destructive rather than generative...

Supremacy then is the act of applying arbitrary systems of control over Natural Systems without PROPER respect or regard for the Natural Laws that govern those systems.

Control, domination, exploitation, and violence directly or vicariously; but certainly deliberately over sentient beings by removing a sentient being's Natural Right to consent to the actions that will affect them is Supremacy.

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Supremacy on the planet earth manifests in various forms but materializes through a socioeconomic fabric of concrete class. The hierarchy of Supremacy is as follows, in order, **Human Supremacy**, the false notion that humankind has full and unchallenged authority to do whatever it deems fit without corresponding consequences. **Male Supremacy**, the realities of a patriarchal society, Sexism, dominance as a virtue etc.. **Caucasian post colonial European Supremacy aka “White Supremacy ”**, Capitalism, The Industrial Complexes, “representative Government” and of course Racism. **Individual Supremacy**, Assault, Theft, Coercion, trespassing, Sexual Assault, Murder, bullying, in other words, the theft of anothers personal property by another individual.

There are many expressions and manifestations of Supremacy that are not listed with the primary forms of supremacy because they fit under or into the primary supremacies. Forms of Supremacy such as **religious, cultural, economic and environmental Supremacy** are branches or symptoms of the primary supremacies. The subsidiary forms of Supremacy are merely the gears of the Primary Supremacies. Religion is a function of Human Supremacy and even Male supremacy.

So called economics and **“politics”**, as it exists now, is a function and faculty of post colonial European Supremacy. Environmental Supremacy is a branch of human supremacy and it breaks down into a multitude of Supremacies such as bullying, domestic violence, government tyranny, and the dramatic exploitation of animals and Natural Resources. Individual Supremacy can be bullying or prejudice, or bullying because of prejudice and also all aspects of domestic and social violence. Many of the vines of Supremacy overlap and intersect, but **the root cause of all forms of Supremacy are the false egos of sentient beings, in our case Human beings**. Socioeconomic Supremacy’s are the collective/aggregate manifestations of the “mass ego” derived from the manipulated manufactured mentality of the masses.

“Shit rolls down hill”, but who is taking the dump? What systems of cause and effect have been set to these ends? The individual ego’s of mankind as they collide with one another and with the Natural Law emerge as the ills and woes of society. Supremacy is the father of Authority and violence, Supremacy masquerades as “Authority”, “Government”, “Culture”, “Rules”, and as the

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measuring stick of reality, however, Supremacy is the Anti-Nature and the Anti-Authority.

Where does Supremacy come from? Supremacy is inherent to Nature. As previously stated, Supremacy is the polar opposite of nature, therefore Supremacy has been here since the very beginning of life. The true Nature of “survival of the fittest”, the pecking order, paternity etc. are all forms of valid and naturally occurring phenomena. These are but expressions of Nature's Supremacy, which is very natural. These **conditions emerge** completely without the influence of humans or “sentient” beings.

All illegitimate forms of Supremacy require the intervention of sentient beings to impose and/or enforce their will upon an environment and/or those who have not knowingly and willfully consented to be imposed upon. **That energy of arbitrary intervention and imposition is the DNA of Evil.** The drivers of that imposition are desire, greed, lust, envy, hate, fear, self-loathing, ignorance, indoctrination, the pursuit of power and more. Every “evil” of reality is a form of Supremacy, every evil deed is an attempt at operating as The Prime Creator without respect and regard for the Natural Law.

There is no such thing as a shadow. A shadow is but the absence of light. Likewise, there is no such thing as “unnatural”. There is only Nature or the absence of the proper respect for it. The frequency that forces and fills that void is Supremacy. Society is an expression of Supremacy, Civilization is an expression of Supremacy and so too are their various properties. Crime is less a Supremacy than a reaction to it. Injustice is less a Supremacy than a symptom of it. These socioeconomic artifacts are but predetermined plotlines, Mother Earth as the stage, Supremacy the theater, and we the cast.

How does supremacy affect our lives? Close your eyes and imagine all of the possible common social norms that can, could or will be imposed on you as early as the next time you wake up. What time are you waking up and why that time specifically? What plans do you have? Do you have errands masquerading as responsibilities? Do you have to renew or register something? Do you have to submit to other humans and/or other systems of man in order to obtain the bare necessities of life? Why are YOU in this position or what methodologies have you managed to employ to save you the

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trouble? What do you have to do that you would do if there were no forces in place to coerce your attention, your energy, your efforts?

Supremacy is very difficult to spot when it **operates in your life AS**

Nature. When Supremacy operates seemingly in the place of Nature, the lines between real and surreal become blurred. Obtaining nutrition/energy is of Supreme importance to all carbon based life forms, but that instinct is only Supreme to living beings. The instinct itself is still subordinate to the options available in our environment. In other words, whatever controls our sources and methods of consumption will control us. So while our lives seem Natural as we go about living them because we “eat”, **SLEEP**, shit, fuck and fart. The parts of our lives that we can seemingly consciously control are manufactured and manipulated by other sentient beings and arbitrarily imposed upon us.

Supremacy ruins lives by promising Nature. Supremacy enlists minions because it can execute nothing on its own. Even when the minion is also the source of the act of Supremacy, the minion is also in the position of victim. The agents of Supremacy are always its primary victims. Supremacy uses their morbid disconnection from Nature to power its assault on Nature. Are the men and women of the armed forces of the world Evil? Or are the systems that propagate them evil? Or is it both?

Consider all the ways someone can exercise Supremacy upon you in your life in a day. Consider Supremacies that are barely noticeable, like traffic. There is nothing Natural about traffic. “Traffic” is still bound by physics, so the physical mechanics of how traffic operates and emerges is Natural, however the existence of “Traffic” is a result of Supremacy. Supremacy is never as efficient as Nature, (ex: ants rarely have “traffic”) nor does it offer or provide solutions. Supremacy promises assimilation, arbitration, and annihilation.

Supremacy does not request, it insists. Supremacy does not encourage understanding and awareness, Supremacy simply demands obedience and compliance. You cannot learn from Supremacy, you can only learn from your reaction to it. This is why Supremacy will always be met with Natural resistance from Nature in the form of rebellion. Wherever you find Supremacy, you will also find some form of dissent.

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How do we overcome Supremacy? We must become hyper-aware of the presence of Supremacy and its methods of operation. Being able to see Supremacy for what it is, and to be able to identify the Source of the Supremacy, especially when it is coming from ourselves. A perfectly neutral example of this is a parent and a child at a playground. The child seems too small for one of the rides, the parent experiences FEAR based on possibly memory, but definitely an assessment of the possible danger to the child. The child and its abilities are Natural, the act of participating in the technology that is the ride, is natural, the gravity (the very real threat) is natural.

The child's life path may include the child falling and hurting themselves, possibly even badly, but the parent denying the child the opportunity to learn for themselves is Supremacy. Not to say that the parents caution is unfounded, or invalid, and their Natural authority with the child is not legitimate, but the act of intervening in the child's development is an act of Supremacy. A clear sign that this is the case is that the initial cause for the intervention is fear.

Post Thought: The same caution and precautions can be acted upon without fear as the prime motivator; guidance rather than Supremacy.

Supremacy is always rooted in the primal. It emerges as situations and institutions unfold. Necessity is the mother of invention and scarcity is the father of Supremacy. Gas-lighting is the family heirloom, and exploitation is the family business.

Supremacy is any artificial system that is layered over the Natural Systems and enforced as reality. We as sovereign individual beings on an unowned planet have the right to deny our consent to be governed. The arbitrary systems are well aware that they are illegitimate which is why Law in the U.S today is still utterly dictated and dependent on contract and consent. This is because the system is serious even when its citizenry is not, the system knows that Laws are eternal and binding. **You cannot break Natural Law, only violate it, and that's why it's called violence.**

You CAN however break Man's law, every single one of them. This is a clear indication that you are dealing with nothing more than a mental construct of a diseased mind and way of life. Laws are immutable, inherent and eternally bound to reality. True Law behaves the same in all parts of reality and at all

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times without stopping for even a moment. Therefore, the mere fact that man's laws are different from one time and place to another is definitive proof of their foundational illegitimacy.

It must be stated that Supremacy is never valid any place or at any time. Therefore in order to persist with the growing intensity it does, it must project that it is present, has jurisdiction, (a claim of authority, not a location) and is in control in all places and at all times. In this way the minds of the emerging masses are almost incapable of seeing that Supremacy is life and life is Supremacy.

What parts of the days of the masses are theirs; free from the influence of complete strangers with obvious agendas and clear-cut psychological impairments? What do the emerging masses do in daily life that cannot be defined and identified as domesticated? How much of our challenges, successes and achievements are nothing more than symptoms of Supremacy? “Graduating”, “getting” a driver's license, “going” to college”, “getting” married, “moving up” in the workplace and in life.

- Note the language; “**Getting...**”, “**Moving**” up. Even that language itself is mind control. It encourages the perpetual search for external and social validation and gratification. These are not cultural rights of passage centered in Nature and Community, they are ways to generate capital and circulate currency, ways to extort money and fund wars.

Supremacy operates in ways as subtle as the concept of a fishing license all the way to concepts far more obvious such as environmental degradation. Supremacy is everything about fast food, its legislation, its traffic and taxes. None of these very material things have any basis in Nature/REALITY which is why Natural nouns (persons, places, things) are the most harmed by Supremacy.

Start nurturing your ability to spot Supremacy when you see it. Start encouraging yourself to call it what it is. Not all Supremacists are white, most aspects of the totality of Supremacy have very little to do specifically with racism, sexism, misogyny, xenophobia, social humiliation such as body shaming etc. It has everything to do with individuals not having a firm grasp of what **RIGHTS** are, where they come from, or how to exercise them. Nor

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then can they comprehend what **WRONGS** are, where they come from or how to avert them.

If the average person had that knowledge in hand the world would operate on a voluntary basis. Force is Natural, Violence is not, it is Supremacy. “Violence” is forced upon an environment or force acted upon one or more sentient beings without consent to impose said force. Violence and all of its manifestations are supernatural and Supremacy is the source of mankind's fears and demons. Violence is the physical/dimensional body of the mental construct of Supremacy. Purge your thoughts, emotions and actions of Supremacy or be damned.

Supremacy Reflection Questions

- 1. Where in your life have you unknowingly accepted or enforced systems of Supremacy as if they were Natural or necessary?**
→ *This question challenges you to detect unconscious conditioning and recognize when domination has been disguised as order, tradition, or progress.*
- 2. What emotions—such as fear, pride, or entitlement—might be driving your participation in or silence about Supremacy?**
→ *This invites self-inquiry into the emotional roots of complicity and encourages courage over comfort.*
- 3. How do your everyday choices—what you buy, obey, celebrate, or aspire toward—reinforce or resist systems of Supremacy?**
→ *Encourages a review of one's consumerism, language, habits, and rituals to uncover hidden hierarchies.*
- 4. In what ways can you actively replace supremacy-based behavior (control, coercion, judgment) with Natural Law-aligned action (consent, cooperation, truth)?**
→ *Pushes the reader toward direct transformation rooted in equity and respect for all sentient life.*
- 5. Can you identify a moment in your life when you imposed your will on another out of fear, superiority, or entitlement—and**

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what would justice or repair look like in that situation?

→ *Promotes accountability and initiates the process of restoring equity at the interpersonal level.*



The Great Work Continues

This handbook is **not a conclusion, but a compass**. It is not an end, but a key. *The Great Work Handbook* is meant to be returned to—read again, applied again, questioned again, lived again. What we have attempted here is not a doctrine but a demonstration: that activism is not a job or a title, but a *mode of*

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being. It is a conscious lifestyle governed by Truth, Equity, and Natural Law. It is a personal and collective commitment to evolve in defiance of ignorance, in resistance to oppression, and in harmony with that which is Real.

The knowledge herein is not final. It is living, breathing, and evolving, just as we are. Let this guide serve as a living document to be revisited when you lose direction, recalibrated when you gain new awareness, and passed on when you encounter another soul ready to reclaim their humanity.

As you close this book, know this:

You are not alone.

You are not broken.

You are not too late.

You are here, now, and that is enough to begin.

Let the courage to face yourself become the foundation for facing the world. Let the discipline to seek Truth be stronger than the temptation to stay comfortable. Let the love you hold for life be fierce enough to protect it.

The Great Work calls.

Not just to your mind—but to your hands, your heart, and your spirit.

Not just for you—but for all that ever was and all that will ever be.

And so, with humility, fire, and infinite resolve:

May you never forget who you are.

May you never forget where you are.

May you never forget why you are.

And may your actions answer those questions every day hereafter.

—The Authors

Michael D. Morris Jr., Indica Averi Mai Morris, Iam Ashton Morris, Ashley Kristeen Matthews, De'Vontae Alexander Morris, and iMANi P. Ulate

For those who give everything to end slavery, and become truly human again.

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THE GREAT WORK HANDBOOK: 50 REFLECTION QUESTIONS

1. [ACTIVIST FOR TRUTH] HOW DOES YOUR DEFINITION OF TRUTH DIFFER FROM THAT OF THE INSTITUTIONS YOU WERE RAISED WITHIN?
2. [ACTIVIST FOR SELF] WHAT ARE YOUR HIGHEST VALUES, AND ARE YOUR ACTIONS ALIGNED WITH THEM?
3. [ACTIVIST FOR FAMILY] HOW DO YOU EXPRESS YOUR ACTIVISM WITHIN YOUR CLOSEST RELATIONSHIPS?
4. [ACTIVIST FOR FAMILY] WHERE HAVE YOU CONFORMED FOR FAMILIAL ACCEPTANCE AT THE COST OF YOUR TRUTH?
5. [ACTIVIST FOR PLANETARY HOST] IN WHAT WAYS DOES YOUR CONSUMPTION EITHER HEAL OR HARM THE HOST ORGANISM?
6. [ACTIVIST FOR SELF] IN WHAT WAYS DO YOU PRIORITIZE SERVING OTHERS WHILE NEGLECTING SELF-ADVOCACY?
7. [ACTIVIST FOR PLANETARY HOST] HOW DOES YOUR LIFESTYLE MIRROR YOUR RELATIONSHIP WITH THE EARTH?
8. [SUPREMACY & SOCIAL PROGRAMMING] WHERE HAVE YOU FELT ENTITLED TO DOMINANCE OR SPECIAL STATUS?
9. [FOUNDATIONS OF THE GREAT WORK] WHAT INNER RESISTANCE HAVE YOU FELT TOWARD RESPONSIBILITY OR SELF-HONESTY?
10. [SUPREMACY & SOCIAL PROGRAMMING] HOW DO YOU RESPOND WHEN SOMEONE RESISTS YOUR ASSUMPTIONS OF CONTROL OR CORRECTNESS?
11. [ACTIVIST FOR COMMUNITY] HOW DO YOU SHOW UP WHEN YOUR COMMUNITY IS UNDER THREAT OR IN NEED?
12. [SUPREMACY & SOCIAL PROGRAMMING] WHAT WOULD EQUITY LOOK LIKE IN YOUR DAILY DECISIONS AND LANGUAGE?
13. [ACTIVIST FOR FAMILY] WHAT PRACTICES CAN DEEPEN MUTUAL RESPECT AND TRUTH-SHARING IN YOUR FAMILY?
14. [ACTIVIST FOR TRUTH] IN WHAT WAYS HAVE YOU SUBSTITUTED COMFORT FOR TRUTH, AND WHAT HAVE YOU SACRIFICED BY DOING SO?
15. [ACTIVIST FOR COMMUNITY] WHAT NEEDS IN YOUR LOCAL OR ONLINE COMMUNITY ARE YOU UNIQUELY EQUIPPED TO ADDRESS?
16. [FOUNDATIONS OF THE GREAT WORK] HOW WILL YOU LIVE DIFFERENTLY AFTER

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REALIZING THAT NO AUTHORITY CAN VALIDATE YOUR WORTH?

17. [THE NATURAL METHOD] WHERE IN YOUR LIFE ARE YOU ACTING ON PROGRAMMING INSTEAD OF PRINCIPLES?
18. [ACTIVIST FOR SELF] WHAT ASPECTS OF YOUR PHYSICAL OR METAPHYSICAL HEALTH NEED YOUR ATTENTION MOST RIGHT NOW?
19. [ACTIVIST FOR FAMILY] HOW DO YOUR RELATIONSHIPS MODEL OR DEFY NATURAL LAW PRINCIPLES?
20. [ACTIVIST FOR COMMUNITY] HOW CAN YOU BUILD COALITIONS WITH THOSE WHOSE DIFFERENCES CAN BECOME STRENGTHS?
21. [ACTIVIST FOR TRUTH] WHAT ARE SOME TRUTHS YOU HAVE RESISTED ACCEPTING BECAUSE THEY WOULD DISRUPT YOUR WORLDVIEW?
22. [ACTIVIST FOR PLANETARY HOST] WHAT DOES STEWARDSHIP LOOK LIKE IN YOUR DAILY LIFE?
23. [THE NATURAL METHOD] WHAT BELIEFS DO YOU HOLD THAT MAY BE COMPLETELY UNNATURAL YET FEEL NORMAL?
24. [FOUNDATIONS OF THE GREAT WORK] WHERE DO YOU SEE YOURSELF AVOIDING GROWTH UNDER THE GUISE OF BUSYNESS OR DISTRACTION?
25. [FOUNDATIONS OF THE GREAT WORK] WHAT DISTRACTIONS OR COMFORTS DELAY YOUR PURSUIT OF DEEPER TRUTHS?
26. [SUPREMACY & SOCIAL PROGRAMMING] WHAT SUBTLE SUPREMACIES (GENDER, NATIONAL, INTERPERSONAL) EXIST IN YOUR DAY-TO-DAY BEHAVIOR?
27. [ACTIVIST FOR SELF] HOW MIGHT PAST TRAUMA BE MANIFESTING AS PRESENT LIMITATION OR AVOIDANCE?
28. [ACTIVIST FOR TRUTH] WHAT ROLE DOES INTELLECTUAL HUMILITY PLAY IN YOUR PURSUIT OF TRUTH?
29. [ACTIVIST FOR COMMUNITY] WHAT SYSTEMS OF INEQUALITY HAVE YOU OBSERVED IN YOUR COMMUNITY, AND HOW CAN YOU CHALLENGE THEM?
30. [SUPREMACY & SOCIAL PROGRAMMING] HOW HAS SUPREMACY DISGUISED ITSELF AS TRADITION OR MORALITY IN YOUR LIFE?
31. [THE NATURAL METHOD] HOW CAN YOU RECONNECT TO NATURE'S SYSTEMS FOR NOURISHMENT, TRUTH, OR HEALING?
32. [ACTIVIST FOR TRUTH] HOW CAN YOU STRENGTHEN YOUR DISCERNMENT BETWEEN

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EMPIRICAL TRUTH AND POPULAR OPINION?

33. [ACTIVIST FOR PLANETARY HOST] HOW DO YOUR VALUES EXTEND TO NON-HUMAN LIFE AND NATURAL SYSTEMS?
34. [ACTIVIST FOR SELF] HOW DO YOUR DAILY HABITS REFLECT YOUR COMMITMENT TO YOUR OWN EVOLUTION?
35. [THE NATURAL METHOD] WHAT DAILY PRACTICES HELP DISTINGUISH BETWEEN NATURAL LAW AND SOCIAL LAW?
36. [FOUNDATIONS OF THE GREAT WORK] WHAT IS YOUR CURRENT UNDERSTANDING OF "THE GREAT WORK"?
37. [ACTIVIST FOR FAMILY] WHAT INTERGENERATIONAL PATTERNS IN YOUR FAMILY NEED TO BE HEALED OR TRANSFORMED?
38. [ACTIVIST FOR PLANETARY HOST] WHAT ARE 3 SUSTAINABLE SHIFTS YOU CAN MAKE TODAY TO LESSEN YOUR PLANETARY IMPACT?
39. [THE NATURAL METHOD] WHERE HAVE YOU EXCHANGED YOUR SOVEREIGNTY FOR CONVENIENCE?
40. [ACTIVIST FOR COMMUNITY] WHERE HAVE YOU WITHHELD PARTICIPATION OR LEADERSHIP
41. [**SUPREMACY & SOCIAL PROGRAMMING**] HOW HAVE SYSTEMS OF AUTHORITY MANIPULATED YOUR UNDERSTANDING OF WHAT IT MEANS TO BE A "GOOD" PERSON?
→ EXPLORE WHERE MORALITY HAS BEEN SHAPED BY COMPLIANCE RATHER THAN COMPASSION.
42. [**ACTIVIST FOR TRUTH**] WHEN HAVE YOU KNOWINGLY WITHHELD TRUTH FROM YOURSELF OR OTHERS—AND WHY?
→ THIS QUESTION SEEKS TO UNCOVER THE EMOTIONAL ROOT OF AVOIDANCE AND FEAR AROUND TRUTH-TELLING.
43. [**THE NATURAL METHOD**] WHAT SYSTEMS IN YOUR LIFE ARE BASED ON ARTIFICIAL SCARCITY RATHER THAN NATURAL ABUNDANCE?
→ EXAMINE YOUR RELATIONSHIP TO TIME, MONEY, FOOD, OR ENERGY.

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44. **[ACTIVIST FOR SELF]** IN WHAT WAYS DO YOU STILL SEEK EXTERNAL VALIDATION, AND HOW DOES THAT AFFECT YOUR AUTHENTICITY?
→ TRACE THE LINK BETWEEN APPROVAL-SEEKING AND THE EROSION OF PERSONAL SOVEREIGNTY.
45. **[FOUNDATIONS OF THE GREAT WORK]** WHAT STORY ABOUT YOURSELF OR THE WORLD ARE YOU FINALLY READY TO REWRITE?
→ INVITATION TO RECLAIM AUTHORSHIP OVER YOUR IDENTITY AND BELIEFS.
46. **[ACTIVIST FOR FAMILY]** HOW CAN YOU MODEL THE COURAGE TO BREAK CYCLES OF SILENCE, SECRECY, OR SUPPRESSION WITHIN YOUR FAMILY?
→ INSPIRES LEADERSHIP THROUGH TRUTH AND VULNERABILITY.
47. **[ACTIVIST FOR PLANETARY HOST]** HOW DO YOUR CREATIVE GIFTS OR SKILLS CONTRIBUTE TO EARTH'S HEALING AND HUMANITY'S EVOLUTION?
→ CONNECT PURPOSE TO PLANETARY SERVICE.
48. **[SUPREMACY & SOCIAL PROGRAMMING]** WHERE IN YOUR OWN THINKING DO YOU STILL PERCEIVE HIERARCHY, AND HOW CAN YOU DISMANTLE IT?
→ REFLECTION ON INTERNALIZED SUPREMACY AND THE PATH TO EQUITY.
49. **[ACTIVIST FOR COMMUNITY]** HOW CAN YOU HELP BUILD DECENTRALIZED, VOLUNTARY, CONSENT-BASED STRUCTURES IN YOUR COMMUNITY?
→ PUSHES PRACTICAL VISIONING OF POST-SUPREMACY SOCIETY.
50. **[FOUNDATIONS OF THE GREAT WORK]** WHEN YOUR TIME HERE ENDS, WHAT WILL YOUR CONTRIBUTION TO THE GREAT WORK HAVE BEEN?
→ CULMINATING CALL TO LEGACY ROOTED IN TRUTH, EQUITY, AND NATURAL LAW.

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– *THE GREAT WORK HANDBOOK*

“WHAT IF YOUR LIFE IS THE KEY TO COSMIC EQUILIBRIUM?”

THE GREAT WORK HANDBOOK IS NOT JUST A GUIDE—IT’S A COMPASS FOR RECLAIMING YOUR HUMANITY IN A WORLD DESIGNED TO SUPPRESS IT. ROOTED IN NATURAL LAW, OBJECTIVE TRUTH, AND THE SCIENCE OF SELF-ACTIVATION, THIS BOOK CHALLENGES READERS TO EXAMINE THE DEEP PROGRAMMING OF SUPREMACY, INDOCTRINATION, AND ARTIFICIAL AUTHORITY THAT SHAPES MODERN LIFE.

THROUGH FIVE CORE PATHWAYS—ACTIVISM FOR TRUTH, SELF, FAMILY, COMMUNITY, AND PLANETARY HOST ORGANISM—THIS TRANSFORMATIVE HANDBOOK OFFERS A PRACTICAL, SOUL-LEVEL CALL TO ACTION. WHETHER YOU’RE CONFRONTING INTERNAL SHADOWS OR SYSTEMIC INJUSTICE, *THE GREAT WORK HANDBOOK* EQUIPS YOU WITH REFLECTION TOOLS, PHILOSOPHICAL INSIGHT, AND REAL-WORLD FRAMEWORKS TO BEGIN THE JOURNEY INWARD AND UPWARD.

**YOU WILL NOT FIND PERMISSION HERE. ONLY POWER.
YOU WILL NOT RECEIVE CREDENTIALS HERE. ONLY CLARITY.
THIS IS NOT A CURRICULUM. IT IS A CATALYST.**

READ IT. REFLECT ON IT. RISE WITH IT.
BECAUSE *EVERY CHOICE BECOMES CONSEQUENCE.*

DEDICATED TO DE’VONTAE

THE GREAT WORK HANDBOOK

ABOUT THE AUTHOR

- **Michael David Morris Jr.**

Born October 19, 1983 in East Los Angeles California , Michael David Morris Jr. is a solutions-focused activist, philosopher, and systems analyst dedicated to dismantling the mental constructs that keep humanity in bondage. A lifelong student of Natural Law, logic, and regenerative infrastructures, Michael's work bridges ancient wisdom with grounded action, challenging the status quo at every level—from personal belief systems to global governance.

Raised in a society built on illusion, Michael broke through the programmed norms of obedience, conformity, and commodified knowledge to become a fierce advocate for Truth, Equity, and Liberation. His work spans educational reform, environmental justice, spiritual decolonization, and the conscious restructuring of family and community dynamics.

As founder and voice behind platforms like *EvolvingSeeds.com*, Michael empowers others to reclaim their sovereignty through critical thought, personal responsibility, and unified activism. He is a living example of The Great Work: a human being who dares to *think, feel, and act* in alignment with what is real—no matter the cost.

When he's not writing, organizing, or speaking truth to power, Michael can be found cultivating community, mentoring young minds, or walking quietly with the Earth he calls sacred.

