# **Critical Course Reading Instructions**

"We are the ones we have been waiting for." - June Jordan

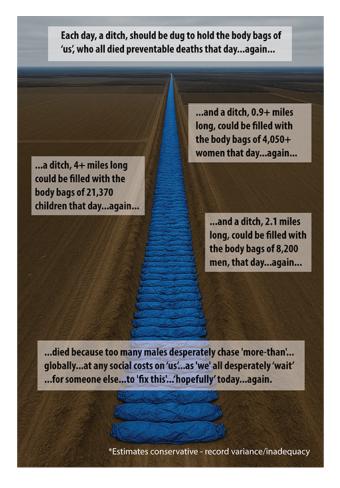
# **URGENT: Read Instructions Before Proceeding!**

WORLD ALERT (DPI): Again today, 21,000+ children died from males continuing to struggle to obtain, to have or to be 'more-than'...other males. All efforts of global activists to use 'hopes, thoughts, and prayers' or to at least 'do something', failed these children and their families once again. This daily death-toll of 'our' children remains stable, little change in sight.

Fig. i.1 – Daily-Death Ditch Fill - Children's daily death-toll, non-accidentally...from inadequate lack of structural attention (e.g., hunger and water-borne illnesses) to abuse and deaths in intentional violence and war...varies across the years. Since WWII, children's average daily death-tolls exceed 10s of thousands, now the lowest since that war.

A miles-long ditch...being filled unnecessarily each day... with the globe's dead children, occurring because far too many males...just can't 'get enough'. And occurring while activists can't ever effectively 'do enough'...to prevent so many males imposing harm...on 'our' kids.

Quite the picture...isn't it?



That long, blue ditch, 'filled' daily, is what we're dealing with...have dealt with...and seemingly will continue to deal with...if 'we' don't do something very, very significantly different.

That 'daily-ditch', while a metaphor, is also <u>a mirror for the scale of our denial</u>. That many deaths daily... requires the complicity of nearly **every institutional sector** to keep that death-toll away from our awareness...and we...willingly cooperate with the 'out-of-sight, out-of-mind' staging.

Do something...very different than all the empty 'must-do-somethings' that activists engage in so publicly on a daily basis, constantly and publicly asserting just how much 'we care about kids'...making so evident on a daily basis, what 'we' have actually 'accomplished'...in our posturing concern and care for those kids...i.e., not enough...by far.

'We' must 'do something'...very...very...significantly...different. What we've done...has never even approached working 'for all'...but in our assertions.

Together...let 'us' confront how much we fail the world's 'children'...who in reality, are the children that are all of us...within. Let us dig in...and learn how to better 'care' and act in some very, very different ways...i.e., 'effective' sustainable ways.

Focusing on these most vulnerable, we'll also be 'caring' and acting very, very differently with regards to the rest of world we are a part of. If we don't change significantly our efforts, we can expect more of the same...for every foreseeable 'tomorrow'...which...with no change...will be far too few.

I know...kind of a gloomy intro...that doesn't really draw you in feeling gleeful. But...when faced with the death of 'your' child...other people are very irritating who try to take your attention off your overwhelming and frightening concern.

To this point...we've wanted to believe 'that' child...isn't 'my' child. So far...maybe you've been lucky...and you were right. One of those body bags has not held 'your' child. I'm certainly happy for that...for you.

But...'that' child...any child...is 'our' child. The denial of that relationship...is a larger reason why tens of thousands of 'them' die every day. 'That' child's folks were led to believe that 'someone else' was protecting and ensuring 'that' child's well-being. 'They' die...we point fingers elsewhere and shrug our shoulders...again...as we have for thousands of years.

I'm so delighted that you're here...reading this page...preparing to begin engaging with me regarding the foundations of and mechanisms of our shared suffering and our terribly inadequate response. Engaging together, our interwoven and shared suffering...that currently is suffocating so much of human possibility.

Suffocating...while deeply wounding and snuffing out so much human life and so much of the larger world of biological life...the biosphere...that envelops us.

However you may have arrived on this page, thank you for choosing to committing some time exploring our fragile, shared world with me. I'm so very honored...excited...and <u>absolutely delighted!</u> This will be a challenging exercise...but it is long overdue...and I'm really confident you will not see the world the same when you complete this work...<u>accomplished with collaborative partners</u>.

As you begin this exploration with me, <u>let me most strongly urge you to be ready to consistently bring that boundless curiosity of the 'child' within you to your reading and sharing...that boundless curiosity that is your first and most critical foundation to understanding 'our' shared world. That <u>boundless pull of the child to understand everything</u>...a pull that appears to significantly dim across far too many of our lives, often reducing to a slightly glowing ember within.</u>

Curiosity is built into our senses. You don't have to discover it...but learn how to use it best. That dimming of curiosity is not a result of aging, as claimed...but a result of the numbing and dumbing built into social processes...a dimming that can be undone...if 'you'...as part of a 'we'...make the effort.

That boundless 'pull' to understand your world within your awareness...is built within you. You're here because you have still not fully accepted the efforts of 'adults' to sidestep your curiosity regarding <u>our many high-dysfunctions that 'we' as adults have historically never effectively addressed</u>. You know...those high-dysfunctions in social relations that shape and define 'our' suffering...our inaction...and our herd-required, learned and imposed...self-deceit.

To explore and address these enduring dysfunctions, I ask that you stay alert to the methods I will use to illuminate our ongoing role in the 'death' of each other's dreams...a role too often resulting in the death of each other's offspring. Engage this book-set...understanding...any child's suffering...will ultimately be your child's suffering...both your 'child' of lineage...and your child within...if we don't do something profoundly different.

Ultimately...'their' suffering will be 'our' suffering...if we continue to acquiesce to living and relating in a manner similar to how we have so poorly and pathetically related, historically...since 'our time' began.

So...what is different about this book-set that it requires '<u>reading instructions'</u>? Let me lift some things to help orient you to this journey of inquiry. *Keep reminding yourself*...everything we 'normally' do...has resulted

in thousands of years of the abuse of power, ineffectively addressed, resulting in that endless ditch of 'our' dead. If we're to not fill the ditch again 'tomorrow'...there are a lot of things that <u>we</u> have to do...very...differently.

# **Prime Target Audiences**

To get the most from this Course book-set...first...you want to have a deep personal awareness and comfort with our being immersed in numerous 'infinities'. From the infinity of space, to the infinity of 'the small', to the infinity of human experience that 'I' have not experienced...and more...'all' surrounding and encompassing 'us'...all as 'observer-participants'.

Further...a deep personal awareness and comfort with 'I don't know' is absolutely necessary! Once we can swim freely in "I' don't know', then we can more easily and simply figure out...i.e., admit...that whatever we've experienced and learned is not yet enough to 'sustainably' resolve the fundamental social problems that have confronted us across millennia.

Knowing and accepting that we simply and profoundly don't know 'enough'...can't know 'enough'...as we have no idea of what is 'enough'...encompassed as we are in infinities...enables our brains to be more open to inquire into new things and be more able to process new things.

Consequently...constantly...surrender...to your not knowing...and bring your most hungry, open curiosity.

This 'Course' is an effort targeted to pull into exploratory reflective reading and conversations the following folks:

a.) social activists...i.e., those who 'do' so as to make change. Activists of all levels of experience, focus, age...rage...and know well...stunned, demoralizing befuddlement;

Know such folks? "The longer that 'I' fight against a 'them', the greater is the likelihood that 'I' will encounter emotional and spirit exhaustion as 'I' realize just how minimal has been the change that 'I' thought that 'I' was helping create...or would help create. 'Change'...in a 'them'...which far too minimal, is slowly reducing 'my' efforts in achieving change...dis-spirited and despondent."

b.) people who care about a suffering world...who support activists at a less publicly-visible distance...care and support change that serves to overwhelm and further immobilize the angry, indignant and distant demoralized observers;

Hear their voices? "The longer that 'I' support the fight against a 'them'...trying to not be too publicly 'exposed' in 'my' desire for needed change...the greater is the likelihood that 'I' will encounter emotional and spirit exhaustion. Encounter as 'I' realize how minimal has been the change that 'I' thought that I was supporting to enable or that I could support 'my way'...in helping create such change.

Minimally engaged in a change-effort...at a personally 'safe' distance. Failing...'I' have consequently reduced 'my' efforts even further in achieving change...dis-spirited and despondent...wanting to believe...some 'they' would change some 'them'. Maybe...with some help...from 'me'."

c.) people who suffer and have suffered from the abuse of power...personal to systemic...and are overwhelmed with the public dismissive posturing of 'hopes, thoughts and prayers'...led by religious and political herd-leaders...and 'long arcs of the moral universe' led by social change movements. Cynical, maybe leaning into the myriad of self-medicating motions that pull 'my' attention and awareness off my broken life...overly conscious of being 'left behind' in some realm of defining social-identity.

Know these folks? "The longer is the presence of suffering in 'my' life, 'our' life, and the more that 'l' have observed any collection of activists' futile fights against any power-abusing 'them'...the greater is the likelihood that 'l' have encountered more emotional and spirit exhaustion as 'l' have realized how once again, how minimal is any change that 'l' had hoped that said activists could help create.

Activists...who once again...didn't even make meaningful, desired minimal-change. 'I' acknowledge 'my' lack of any efforts in achieving change...in my being dis-spirited, despondent and more cynical from the start...and now more than previously. Things are never gonna change...never get better. No one cares...enough...and never have!"

This 'Course' is an effort at pulling people who are aware of social suffering at some level, who have wanted that endless suffering to stop...an effort at pulling such people into collaborative shared-inquiry that can, with others, illuminate and instigate more effective self-reflection, self-awareness, self-accountability and social accountability.

This shared inquiry is not the kind of conversation for which there is a defined goal, a final product, an endpoint or a closure, beyond which...everything is 'copasetic'. Rather, such identity-work as contained within this 'Course' is challenging, difficult work, sometimes frightening, definitely discombobulating and uncomfortable. But it helps us see more, better, clearer...together.

And doing so together...experienced together...that such challenging study of ourselves...is okay...a good thing!

A good thing, because ultimately, such identity-work is transformative, liberating and empowering.

This book-set isn't a set of consumers' books. This book-set is a 'Course' workbook...for 'committed-apprentices of transformative change' ready to explore, experience and test with one another...how do we actually build the insights, the skills, the relationships, the structures that we need...to provide...'liberty, justice and equality for all'? How do we build to be effectively transformative...build to last...build 'for all'?

Keeping these audiences identified above in mind as to who can most likely benefit from reading this book-set and who is most likely reading 'with' you...how do 'we' then proceed?

## To engage this effort with me, some orientation...

For roughly 5-8,000 years, humanity has left evidence that social processes were in place in communities that were enabling people to effect inequality in community. For roughly that long, we have dealt with the dysfunctional outcomes that result from some folks producing 'more'...and those folks aren't necessarily the same as those who are <u>taking</u> 'more' while others are somehow receiving less. Throughout that time, the dysfunctions have taken countless forms in countless places with countless names of those taking 'more-than'.

The dysfunctions of inequality's constantly acquiring and enforcing-violence peaked in violent-expression in World War II (1939-1945 – 6 years and 1 day)...organized violence that resulted in the death of somewhere between 70-85M people across the globe. And despite that carnage, and the deeply corrosive shadows of that carnage that has lasted for generations...<u>no one you know has ever been required to take a course on how do</u> we keep males from killing each other's kids.

No course required to prevent the outcomes of dead kids that are constantly sacrificed so that a small selection of males can have more...'more-than' other comparable males who were similarly, desperately driven to have or be...'more-than'...at any imposed social cost.

Costs...imposed on others, far more than paid by the elite males accumulating 'more-than'.

And despite all efforts to the contrary...the species has never focused on understanding itself and educating itself at the level required to prevent the current daily global sacrifice of 23-28,000 dead kids to those 'golden idols' of 'more-than' that broken-males worship.

No such class or course has ever been required of any of 'us'. No class or course ever offered to any of us. Almost as if...dead children from 'our' failures...aren't worth 'our' time...trying to figure out how to prevent that continuously imposed social cost...on 'us'.

Settle into yourself...and listen to that bizarre reality: males killing millions...and no class offered as to how to stop male slaughter.

We feel pulled to make excuses...don't we? It's just an oversight. So many things to do...just a blind spot. A tragic bureaucratic omission.

But let's not lie to ourselves...again...ever.

The absence of education on how to stop males from killing each other's children...is not only evidence of elite failure.

It's evidence of our consent. Of our complicity. Of a society so compliant and complacent to its own chronic dysfunctions that it quietly chooses to 'just' let the bodies stack.

We don't teach peace because we already know how to kill. And no one wants to interrupt the yield.

Given that male-led societies don't educate their societies at the level of purposeful and structural dysfunction...*let this collaborative inquiry be a beginning of such necessary 'course-work'*...in being fully human...fully social...fully interwoven in our sociality...and *consequently...fully accountable*.

And please understand what it means to take this course. Currently, two billion children under the age of 14 years old...wait for adults...to train to effectively protect and nurture 'the children'...those children that adults claim that they 'love'. Millions of children...wait...their calendars of 'waiting'...vaporizing each day...more blue body bags for the 'Daily-Ditch'.

Please commit to being an adult...who knows there is no time to wait...for any of us to be saved from who we've allowed ourselves to become.

## To engage this effort with me, some pointers...

• <u>First and foremost</u>, I can't urge you strongly enough: <u>do not read nor engage this 'Course' alone! Let's</u>

<u>build TOGETHER a better future...from the beginning of our committing to build a better</u>

future...TOGETHER!

If at all possible, please, do everything you can to take this journey with me of exploring 'our' high dysfunctions across millennia...taking 'someone(s)' with you...to share in inquiry, processing and peering at a world in a manner with which you're probably not accustomed. IF POSSIBLE...*please...try to include two other adventurers with you*...but be careful to avoid inviting so many that meaningful, inclusive interaction for all invited is inhibited by the number of voices wanting to share.

Put real effort into finding and inviting a person different than you along important identity-markers, like gender, generation (age), ethnicity, religion, educational-level, work-focus and so on. Why? To **listen to the world carefully, together, through significantly different spaces of experiencing it**.

In self and social exploration, having just one other with whom to reflect and ponder reduces challenging questions to the classic 'two-sides to every argument' silliness so habitually present in modern journalism and the deserts of our empty beliefs. Everything...has gazillions of possible sides. Celebrate how that challenges us to assert far less...while listening far more.

Consequently...please....try and connect at least 3-readers together...if at all possible.

Three people collaborating in trying to understand the world better helps us step away from the seductive ease of 'either/or' which has no value in understanding a complex world. You don't want a big group...but too small a group diminishes what you'll be pushed to see and pulled to share.



Engaging the co-readers who you gather, be sure to allow the time to hear openly...from all. Push yourself to facilitate, and rotate facilitating, to ensure that 'all' can and will be heard.

This is not a book-set about the 'individual' that you have been socialized into believing that 'you' are. This

<u>'Course' is about being a member of an array of human 'herds' in</u>
<u>which you've been embedded</u> since shortly before you began to acquire language.

Fig. i.2 – Herd, Not 'Group' - Human 'herd' labeling used to keep jarring readers into awareness of our profound 'sociality', our interconnectedness, that is not conveyed when using the word 'group'.

### Research reveals great benefits of reading together, especially Perspective Emotional Taking +45-65% 40-55% Support dense, long texts of mission-inquiry. Comprehension Long-term +30-45% Retention H50-70% Completion Application of Learning %08-09-+40-60% Rates Research-Based Benefits of Co-Committed Reading Teams frustrated, despondent, they know something needs be more effective. make 'a change'. Result? Finding so many things worse...now! Angry, Activists have worked 'lifetimes'...however long ...for millennia...to Shared Reflection Spaces... The Power of Learning Partners Awareness of 'our' cumulative ineffectiveness higher than ever. ...especially paired with **Group Completion rates often Committed Goals** Structured Pace... Analysis +45-60% Intellectual Challenge +35-50% rise to 70-90%! How? $\langle lacksquare$ Voting Rights Immigration Fair Housing Classism 120 Armed Conflicts Patriarchy Infinity Etc we've' work on, siloed, as if not of one species ten to mirror with readers just how and why 'we' are so we so minimally understand. Book-set researched/writcomplacent and compliant in the harm that the animal s forced to suffer...and forced to make others suffer...all so that a few can have 'more-than'. Our dysfunctions that harm, all rooted in our sociality, 'Infinite' list of social problems that ...one brain...one problem...i.e., 'US'. **General Book-Reading Completion Rates** Light fiction (200–300 pages): ~60–70% finish rate Dense books read alone, without external motiva-Dense, academic, or philosophical texts: as low as tion? Estimates dip to 1–5% actual full completion! (Sources: Pew, Goodreads data, Kobo studies, and educational #1 Instruction For Reading Book Set: "DO NOT READ THESE BOOKS ALONE!" behavior research) Non-fiction books: ~20–30% finish rate! 5–15% finish rate!

# How Partners Transform the Reading Experience erspectives • Create accountability for completion

- Mirror unfamiliar perspectives
- Provide emotional safety for challenging content
- Externalize and clarify internal processes

That array of herds existed before you were born...that then brought you into aware-existence...and <u>in which</u> <u>you've worked and struggled to be a valued-member along numerous dimensions...ever since</u>. An array of different herds having different value to you, across your life including birth-origin herd, foundational-herds and later in life, herds of choice.

For this journey, of this profoundly social-animal that is 'you', who is produced socially and who is impacted and embedded in social-problems all around you, understand as 'we' begin...that **this 'Course'** is a **journey into** 'we'.

Not into 'me'...or into 'you'...but into 'we'.

Be cognizant of the 'we' that is actually 'you'...who you swear that you're sure that you know as 'I'...cognizant, alert in this team-inquiry...listening, watching, exploring, manipulating and testing as the 'we'-that-is-'I'.

You can't 'get it'...the underlying 'sociality' of our social-problems...without others working to observe with you, without being clean, shiny 'mirrors' with one another, i.e., <u>co-collaborators, co-reflectors and co-discoverers...together...of what 'we' do and what 'we' are.</u>

As you ready to proceed on the journey...I want you to stop and think about a large niche of books known as 'self-help'. Please understand...this is not such a book.

Fig. i.3 – Herd Infant - Human child has no option but to wait for others to 'fix' the mess into which it is born.

In a world of highly-dysfunctioning societies...we don't have time to address our brokenness one 'individual' at a time, one issue at a time...when convenient...IF EVER...to 'that' individual.

Tens of thousands of children died yesterday...and the day before...and are doing so yet today...and will again tomorrow.

### Consider this book-set a <u>'community-help book'...a 'DIO-er'...'Do It Ourself'-er!</u>

And stay alert, aware...of the parents of those tens of thousands of children who will die tomorrow...parents who are desperately hoping that you'll understand your relationship to that child in time for that child to live a full life...with the gift of your collaborative work on 'our' dysfunctions.

<u>Second</u>...read and explore this book-set as if one of the children who will die today because of 'our'
dysfunctions...one of those fragile vulnerable children who will die today...is 'yours'.

Can you feel the shift in urgency when you allow yourself to feel that immanent threat of losing 'your' child to 'our' ignorance and fear? Read and explore with your reading-partners to touch the desperateness of a parent gutturally screaming, kneeling beside the lifeless, crumbled body of their child that lies broken because someone, somewhere, wanted 'more-than' for themselves...regardless of the cost to anyone else...anywhere else.

Inequality, ultimately, relies on an abuse of power. Abusers' success is built in part...on the abuse-victim sensing, perceiving, experiencing...being minimally connected to others who are not the 'abused-of-focus' of the moment. 'You' have learned to have that distance from such victims...which is most victims.

The abuse that arises in differential power...is traumatic. The trauma that shatters our personhood...and that does not...because it cannot...simply stay contained within our skull.

No, that shattering echoes...ripples...transmits through every relationship we form...rooted in language...i.e., meaning...that define our situational value to one another.

When enough of us carry these fractures...is it any wonder that our institutions bear the same fault lines? Every abused child who grows to lead others...every traumatized person who votes...or doesn't...every wounded psyche that responds to fear with more fear...they all become the living tissue of our dysfunctional social body.

Look at the boardrooms, the pulpits, the legislative chambers. What do you see? Human beings...carrying the same wounds that were inflicted generations ago...now inflicting new wounds through policy, through economic structures, through educational systems that replicate the very trauma that birthed them.

This course isn't about "those traumatized people over there". This course is about how we...collectively...build systems that perfectly mirror our internal brokenness. And perhaps most frighteningly...we build systems perfectly designed to reproduce our brokenness.

Read this book-set to relearn your actual proximity that comes with being a social-animal that feels it all...when perceived...when not taught to deny what you're feeling when you allow and acknowledge yourself as actually perceiving the suffering of others. Actually open to 'perceiving'...what we evolved to 'feel'...which is the root of empathy.

The book-set is about 'us' as a social-animal with a stunningly high-capacity to do amazing things...but with sadly minimal output species-wide regarding the well-being of 'all'. No more than any single 'you' can create 'a social problem' or 'the solution' to the problems swallowing 'our' lives...can any single 'you' understand 'our' problems from within just 'your' skull.

We are a social-animal, wrapped in social relationships with others, complicit and compliant in 'our' problems while also feeling others' pain in a manner that we can feel 'their' pain...if we observe...to perceive.

Third...social problems are problems of our real relationships to each other...of which we <u>must learn to</u>
 speak and listen more effectively and more often with each other to effectively engage any social <u>problem</u>. What we cannot do, proximally, we cannot do virtually or remotely.

Real 'relationship' includes learning to converse effectively regarding areas of disagreement and conflict. Significant improvement in listening to and hearing oneself (i.e., 'I' hearing 'me') is fundamental to the massively important improvement needed in 'I' speaking honestly of my experience and perception with others from which 'I' might also more effectively hear 'you'.

The more clearly and comfortably 'I' perceive...the more clearly and comfortably 'I' can speak...and vice versa.

Some of the problems of enabling 'my' effective relationship to anything includes challenges that 'I' have in really hearing 'me'...really 'looking' at me. Challenges of us all that are a result of being a member of herds who taught 'me' to silence what 'I' feel and think in order for 'me' to better 'fit' the roles and 'molds' of the herd. 'My' internal processing-challenges can be better understood and perceived through engaging others as to their own 'I-me' internal 'social' challenges. Better understood...looking at such similar lived-spaces...'our' similar spaces... together.

Further, the 'other' helps oneself hear how the 'other' experiences what the 'other' thinks, feels, believes of one's experiences...a reality-check or similarity-comparison found as a fruit of shared-inquiry...which demands practicing and improving skilled-listening...and skilled-speaking with authenticity.

You: "I always thought that you didn't like me because of how you avoided me?" 'Me': "Huh? I avoided you because you intimidated me, because you were so...(fill in the blank)".

The better we can speak and hear our own story adds another important dimension to reading this book-set together. Sharing a *reading with others significantly impacts what you can actually take away* from the experience of this 'Course'.

We all know of those self-help books that were mentioned above. Ever wonder how many titles are listed beneath the 'self-help' genre? Somewhere around 100,000 titles show up on Amazon as 'self-help'. Sales of 18.6M books per year, globally, of that genre, according to the NPD Group (a market research group).

Can you sense the over-arching inadequate approach of 'self-help' books...that has made no perceived difference on the corpses in those ditches?

What 'individual' challenge or problem isn't at its root...a problem in being a social-animal...i.e., a problem of our 'sociality'? Stress, depression, anxiety, weight-gain, management and work issues, children, marriage, sex and family issues...and on and on. 'Self'...help? Really?

Kids and women dying all around the world, daily, and 'my' achievement in isolation from others...is important? 'Think and Grow Rich'...did what for the length of that ditch?

That's the Western ideologies that swirl around the conceptual 'I'. Just think... 'you'...too...can be a despot...a sociopath...a mass-murderer...mesmerized in thinking "if I just had...more!"

Hear the trap that the mind encounters as it first seeks someone outside the problem space (e.g., the author)...to then help 'I' solve a socially-rooted and defined problem...solve 'individually', for 'myself', alone...without the 'we' of the problem being similarly involved?

Now, look carefully around you...and see if you can sense the impact on 'liberty, justice and equality for all' that is generated by our focus on 'self-help'? Take a moment...look very carefully...for the impact of 'self-help' on social suffering.

Yeah...I can't really see any either. "Help me make 'my' world better. It's just too overwhelming to think of others problems, too! Just **help me**...to 'think and grow rich'!"

# Some pointers on 'our' learning...

My invitation to you to engage with this 'Course' with others is an invitation to learn more about 'you'...the social-animal. Learn more and consequently participate more effectively in changing your world as part of 'all'. Throughout, 'all' is a touchstone as to the universe in you, through you, of you...and 'all'.

Reading and exploring this 'Course' with others helps the brain store the content and experience in different areas of the brain. The more content of any kind is interacted with, the more it is stored by the brain in areas specific to different kinds of interaction. More storage enables better learning and recall.

You learned "1 + 1 = 2" until <u>it is how you understand your world</u>. You interact with musical notes and instruments, until playing the instrument <u>is</u> you.

In committing to read this book-set together, be clear that the goal is to learn to engage your world defined and expressed in sociality... <u>better</u>:

- Reading...stores content in one area.
- **Listening** stores in another.
- **Note-taking stores** it elsewhere. Use the Course's notebook to take notes and 'speak' your questions about what you're reading and commit to keeping a record of your path.
- Engaging with each other and mapping things out stores thing in another area.
- The **pictures** in the books help hold the content in other spaces as does your looking for pics that you're **creating graphics to illustrate** what you're perceiving.
- **Sharing metaphors** that pop up in your processing helps you hold the relationships beings illuminated in another space.
- **Teaching** each other stores new information in another space (teaching being one of the most powerful of learning activities!) as does **testing** each other.

This book-set is not meant in any way to simply 'illustrate' for you how absolutely a mess we are and how little and ineffectively, across millennia, we have addressed the mess that we are. It is not meant to just illustrate 'our' mess for you to just read and breeze on by to another 'fun' read...i.e., a set of sort of 'history' books.

This book-set is meant to make more likely that you with others will acquire more skills to see 'our' mess more accurately, hear its roots in yourself and in the herds of your identity as well as in the species. The 'Course' is meant for readers to better and more effectively see and hear 'our' mess through collaboration so that in collaboration with others...'you' with 'they'...can more effectively assist in addressing 'our' mess that we've avoided addressing effectively for roughly 5,000 years...and many more.

This is a journey in learning to 'perceive'...and more importantly...learning to learn until you 'perceive'. When we perceive...we act...as the world informs 'me'...'I' must change, can change...the 'motion' that 'I' am currently doing.

And when we can no longer 'not perceive' what our lives are in relationship to one another...we greatly increase the likelihood that we will act in a transformative manner to dismantle our dysfunctions...as we emerge with greater illumination that compels 'us' to sigh..."I can't participate in this dysfunction anymore".

Think of this journey as being similar in the originating exhausted discombobulation to 'Alcoholics Anonymous', but for now, it's 'Activists Anonymous'. Why such a metaphor?

Because at heart, this is a journey rooted in being "sick and tired of being sick and tired". Sick of observing a deeply dangerous and dysfunctional herd-animal that is trashing daily so much of what humans' value in our inherently shared-world...a trashing that is being impacted so minimally by activism meant to 'change this world'.

This is a journey rooted in the spirit-fatigue of trying to effect change to protect, enable and heal the victims of a deeply dangerous and dysfunctional animal...efforts at change that seldom meaningfully dents the continuous churning out of such savaged victims.

And so many people who care about their world...sensing its horror and pain...have grown emotionally exhausted from wanting a myriad of 'them' to change...trying not to see just how much that 'I' need to change...in order to 'fix this' far more effectively.

You wanted to learn to drive...so that you could go where you wanted to go, when you wanted. Someone...taught you in some way, to drive. Now you want to 'drive' social change...with a 'vehicle'...i.e., society...that's already headed to the cliffs of its making. There are people already driving the vehicle, maniacally, gleam in their eyes, thinking they'll survive the cliffs because they're sitting in the front.

You don't know how to drive...but you know you just gotta learn...somehow. Maybe...tomorrow?

All of us...need 'you' to learn...and learn better how to drive than the maniacal, crazed folks who are taking us to the cliffs. And you gotta do 'it'...i.e., this course work...now. I mean...<u>right now!</u>

As Ukraine and Israel-Gaza have reminded us so clearly, the 'maniacal' never let you know when they are driving for a cliff...as sociopaths think that they can drive their gullible herd over...while the maniacal

sociopaths...survive. They couldn't care less...about anyone...or anything...other than their hyper-vigilance to acquire 'more-than'.

### **Unusual Style Of Writing**

One of the things we've all experienced is that the 'written-word', ours or anyone else's, comes across so disappointingly different than most author's spoken words. Yes, there is the lack of one's voice with all of its intonations and pitch...its rhythms and emotions. But it's far worse than just the lack of your beautiful voice.

What also happens in reading the 'written-word' is that almost all words take on the same weight...i.e., the same unknown weight!

Look at that last sentence you just read...and you cannot tell if I was emphasizing anything in any way, at any point in the sentence and differently than any other point, or any other sentence. Any differing treatment of any of the words would have been evident if I had spoken it to you, however, wherever. Even more variation would have been even more evident in our shared physical presence as eyes, face, body, hands all can impact what I might be trying to convey...and you might be more fully able to receive.

And as a consequence of 'my' written-words having seemingly the same unknown weight, all sentences, also, comparatively, take on the same unknown weight. We won't even mention what weightless paragraphs don't do! Though you might be reading these sentences in your head in your 'reading voice'...even then, that voice and its changes are how <u>you</u> would read those words out loud...not how 'I' necessarily would speak them.

We really don't know and can't know how an author would physically manifest their written words! Let's admit...there can be quite a significant loss in impact of our writing...with the loss of the vitality and nature of energy and emotion carried by 'my' voice.

Yes...as writers, we get to <u>underline</u>. We can use *italics*. We can place words and phrases in 'single' quotations to get the mind of the reader to pause with us...feel with us...a little...maybe. We can **bold** and CAPITALIZE and even combine a number of such methods, like **bolding italics while underlining!** But such graphic efforts at 'voice' have no exterior reference to what those writing tools are actually meaning as to 'my voice' with those

graphic indications of some voice-changes. Consequently, voice and presence are just so superior in communicating what most any author is working to convey.

When you and I speak wherever...we speak in rhythms and 'melodies' that help us slow down the conversation...and speed it up. We hesitate before words, after words, before sentences and after. We get louder and softer, imposing accents and stretching and shortening word-sounds for emotive expression. We use facial expressions like smiles and frowns and head-nods and eye-rolls and raised-eyebrows to give the spoken-word energy, vitality...'life'.

We aren't moved just by 'words'...but moved by the speaker's animation and imparting of what is important and less important in those words, important in those sentences, in what the speaker is sharing...and how.

Given the constraints of grammar and the rules of writing, I wrote this set of books making every effort that I can to help shape for the reader, the speed and nature of my audible sharing and effort in pulling you to look...until you 'see'.

### <u>Please...understand my approach. Do not expect...any kind...of a 'normal' read.</u>

I use the ellipse (i.e., '...') a lot...and more...to help shape with the reader the pace and rhythm of my words.

For me, 'ellipse' is a tool to help impart to you the places of 'my' hesitation, of taking a moment to slow down...look again...think. Maybe to ponder...to let something sink in. Maybe it's a place to give pause, enabling you to back up and look again at previous phrasing and words. Maybe it's a place to get stuck for a few days as you sit and ponder what we're really looking at...and how it relates to you, your work, your family...your life...your suffering. Maybe it's a place of emphasis...a 'pregnant pause'...before I hit you with *an italicized bold string of words ending in an exclamation mark!* 

My writing has always been 'dense'. Students use to complain I used too many 'new' words. When pressed to help me understand the words they were referring to, they'd look at each other and find themselves admitting that they guessed it wasn't new words. Rather, it was words that were used in ways they weren't use to...making them work harder than they were 'use to'. Work harder in trying to follow me...having to 'work' harder than normal in my classes to observe and watch with me.

As a consequence, I use hyphens...a lot. When reading is dense and subject matter new, it is easy to get lost in familiar words that are being used in unfamiliar ways. If that word is a verb, then it has a meaning different

than when used as a noun or an adjective...all roles of which are possible in the sentence and ultimately benefit when most obvious in its relationship to other words around it.

Use of hyphens help tie words together to anchor them more quickly and easily into the 'parts-of-speech'-role the word is playing in that moment. I hyphenate a lot to help both you and I to more quickly identify what that word is supposed to be doing in that sentence.

I'm quick to admit, I can get lost in how I'm using words in that moment...and that process of hyphenating is just immensely useful in dense writing.

<u>And, oh so critically...please take this to heart</u>: <u>This is not an academic book-set!</u> Let me offer that again to burn it into another part of your brain: <u>This is not an academic book-set!</u>

Don't be afraid to repeat that several times...out loud...to clearly understand...this book-set isn't written to the academic-frame...but to the 'living-in-real-relationships-that-are-badly-broken' frame. We have 5-12,000 years of failing to build an effective world 'for all'...and such levels of failure...can't be approached as if 'fixing' this mess is easy, simple and will take us 'but a minute'.

This is not a book-set to help 'me' achieve a department promotion or a higher salary...enforced by my not being in any department or having any salary to make higher. I'm not writing this to impress the reader with authors and researchers who I've read or how much lineage in thought I can 'prove' to appeal to some mythic outside 'authority' as to what I'm thinking about and inquiring into.

If I thought academic writing has worked to illuminate a path away from our profound suffering...I'd be writing an academic book. But, for me...thus far...the 'Academy' has been a major contributor to inequality...far more than a force dismantling our dysfunctions and social suffering. Footnotes galore have a role to play in that arena...but we're focused in this effort, to quit piling kids in ditches of the dead.

I've recently finished my 7<sup>th</sup> decade as 'Mark'. I've done a gazillion things to learn who we are and why we are such an absolute mess in so many ways...while knowing at heart...we are capable of so much more amazing and aweing things with each other. I'm writing to what I've internalized...pondered ...and come to see as to why we are so consistently one hot failing mess...while capable of so much more.

But though this 'Course' is not actually an academic book, I'm determined to provide you a book-set that pushes 'you'...to **inquire with '<u>rigor'</u>** – i.e., "the quality of being extremely thorough, exhaustive, or accurate" (Oxford Languages Dictionary (OLD). My 'outside authority' is found in this framing question:

If it was 'your' child who was dying in tonight's shelling, or lack of food or water, or lack of adequate medical care...wouldn't you have wanted the world to have already exhausted all avenues of inquiry and action on how to keep males from enabling and imposing harm on other males' kids...before 'tonight'? Well...who do you think is that 'world' needing to exhaust all avenues...if not 'us'?

I've been a voluminous reader over what is approaching six decades...in all sorts of areas of inquiry. The world's a huge mess, despite all the books and all the research journals, all the religious texts, the PhDs and gazillions of other degrees...right down to our kindergarten 'degree'.

I'm not going to give an extensive review why they've all failed to liberate us from ourselves and those who so easily mislead us.

Look around. Footnotes don't liberate the oppressed...or the oppressor, but I will use indications of origin, in whatever form, when I feel such indications are helpful to a reader to further their own research. If I quote somebody...I'll want you to know who I'm quoting because in some way...their work moves me.

I want to share what I perceive. And with today's AI-assisted search on the World Wide Web, any on any idea or phrase now able to be researched to one's heart content...in but a few moments...I'm perceiving more in life now than ever.

I apologize that I can't be present in shared-presence and engage you in the joy of discovery that I find in this arena of inquiry. It really, deeply engages me...swallows me...and for decades...hasn't let me go.

In our most serious and reality-piercing conversations...presence, voice, brings tons of information to the moment that pulls our attention to listen meaningfully, openly, without boundary of 'self' suffocating in our learned masks and costumes. Tons of information that flows in voice and presence helps us sense authenticity and passion.

Our voice and presence invite each other to hear...or to dismiss. To feel...or to shut down. Our eyes open doors...or frighten. Even our audible breaths in pace, sighs and moans inform us as listeners and watchers...how to listen and watch.

Presence is also 'me', the speaker, responding to the 'other'...as I watch 'your' face, 'your' smile, 'your' forehead wrinkling and more, all providing little cues as to how 'you'...the 'other'...is experiencing what I am saying...so that I might adjust to enhance our understanding found in sharing.

Writing itself...is a monologue without feedback. I understand that...and I try to enhance the capacity of the monologue to relay more information, better...in large part by pushing you to read and inquire...together. Be conscious of my awareness of that monologue-quality, and my efforts to engage you nonetheless. Knowing that you are most likely reading this along with another...immediately diminishes my 'need' to over-facilitate 'my' monologue.

I will often be trying to avoid certain kinds of assertions about things outside myself. Instead, I'll be focusing on pulling and directing your attention to some things that are important to perceive in posed structure of experience and thought into which I'm wanting us to inquire together.

I don't want your 'nodding agreement'...knowing how we nod so easily when not fully engaged.

But, I'd like to elicit your comfort in the work required to perceive what I perceive...as I pull your attention to look at something in a way that you might not have done so previously. Or maybe you will see how to organize a set of perceptions and questions in a manner not, so far, familiar with you...or me! The push within this text is to perceive...more...better...not to assert more...louder.

If I assert something needing authority outside of me, I'll work to hear such useful support in legitimizing that assertion and seek to provide it. I know how to write academically...but I want us to gain tools to 'change the world'...not change my ranking in a professional association.

### **Reading to Understand**

So, please understand as well, that I didn't write this book-set for speed-readers, pleasure-readers, achievement readers or the regular 'consumer' of books. I didn't write this book-set to assist a reader to get to the end of the book-set most easily and comfortably, just to claim "I read it!".

I wrote this book-set in a manner that if you were here with me...we'd be walking along...conversing...pondering together...taking moments of quiet to let something 'sink in' and for that 'something' to make more sense.

If we were sharing a conversation, we'd probably be interrupting and periodically anxiously waiting to speak, to react, sometimes deaf to the conversation as we get lost in our internal-conversation that has been triggered by the other's words...or one's own processing in delay.

We might stop for a meal...but only to find something to eat because it enhances our enjoyment with each other in our exploring together in this fundamental bonding-mechanism of breaking bread...together...lost in wondrous conversation. We might be using our food and drinks to help us model what we're sensing in looking...together.

What I first started to write in this 'book' has changed numerous times as I kept stepping back from it...and then hearing and sensing things I'd missed perceiving and connecting previously. I don't expect your response to my writing to be any less convoluted than my own response to it. There is no straight path to actually understanding anything.

I hope that you find comfort in traveling convoluted paths. I find them an absolute and profoundly stunning delight!

I've stopped writing *more*...because I needed to stop writing as the 'book' (now set of books) was getting too challenging in size. I've unexpectedly found in writing this...that the more I wrote...the more the writing has generated different insights of how things that were previously unconnected and 'invisible' for and to <u>me</u>...the process of writing suddenly produced even more new connections.

That process isn't exhausting what is possible to perceive...having said 'all there is to say'...but those insights are exploding in my conversations with others, in my sleeping and driving.

Engaging this writing...has been the most amazing thing I've ever done. I hope this process will often drive itself in a similar way for you.

We are a society built around high-stimulus...from Tik-Tok and other social media...to salty, crunchy and sweet. High-stimulus that hyper-stimulates our brains across their surface.

But, transformative learning is about the 'deep brain'...where 'pondering' isn't about high-stimulus but about the committed chasing 'my' curiosity to the next patterns of insight and awareness.

Be conscious of how TV and a gazillion screens now in your life are more about brain 'salt and sugar', otherwise known as 'numbing and dumbing'...than the screens are at all about sustainably preventing, in any discernible way...those ditches of dead children...'our' children.

We've been herd-trained to be numb and dumb...craving 'salty and sweet. Stay alert to how much your former-training doesn't want you to understand your current mechanisms and protections of expected and enabled self-deceit.

We have allowed email and social-media to increase the speed of dumbing down the already comfortable, overly-ignorant animal that 'we' are. Somehow, we have allowed ourselves to believe that fast words, snarky words, any words...of minimal number (most important!)...can really make evident the most important things!

My goal in writing isn't to see how few words I can use, but how can I increase the likelihood that 'you' will perceive what I perceive. I've taught high school, college and community groups. With experience spanning somewhere around 7,500 students, I know the work it takes...to make something visible...'for all'.

I sincerely aspired to make perceivable to you...what appears perceivable to me.

In modernity, we're socialized to worship the golden-calf of 'ease and convenience'...and I totally understand that pull. I also deeply realize how that worship of 'false gods' enables the 'ease and convenience' of the very inconvenient dead children...of whom we say and do the most minimal actions.

Know that I will never cheapen the life of a child by allowing you, the reader, to think there's a 'quicker, easier way' to learn why we've been 'killing kids so quickly and easily'... *for millennia*...and how 'we' can change the ease of such slaughter.

The goal is not your 'knowledge' of data...but the awareness of data that compels you to act...differently...more effectively seeing the relationships of things in 'our' world...'relationships' that have failed us...and our children...and continues to fail us...all.

Each reader has a different place of watching, processing and inquiring. I haven't written this 'Course' to an 'average, mean or median you'...but to a myriad of 'you'. As an educator...<u>I'm deeply conscious...I have to come</u> at a subject again and again, and from many different angles, to increase the odds that more of 'you' will perceive what I perceive.

And I deeply know...rare is it for any of us...to be exposed to something once...and suddenly we understand that 'something'...and its now a part of us.

I don't apologize for the number of words...but I do apologize if no matter how many...you still can't clearly see what I am trying to make visible. Aware of the variety of experiences influencing the reading...by <u>all</u>...please have patience with the volume of words if you 'get' what I'm pointing at, quickly. Work to ensure that your coreaders 'get' what I am pointing at, that you also onw perceive...as well.

I've done the work of researching, 'experimenting', conversing and writing. Now, in your reading this, I ask you to engage the work and commit to the reading, conversing, pondering, sharing, mirroring and collaborating.

# 'I' might save 'a' child. But...it is only 'we' who can stop males from killing each other's kids.

In this book's 'monologue' at a distance, that volume of words needed to arrive at 'got it' for the varied readers is a guess at 'enough words'? Please...constantly keep in mind...thousands of years of ineffective social lives...suggest there is no small number of words capable of hitting that 'enough' capable of transforming us. No magical phrases, no secret words of instructions. We have yet to discover...what words will be 'enough'.

Obviously...so far...those words that we've learned and those words that we've used...have, in our marked social failure...been those words that have failed to reach us...<u>enough</u>...to effect the 'change' that we assert to all who can hear...as that change that we most desire.

## **Transformative, Effective Change Is Hard Work**

I'm not ready to yield the town-square or the public-lectern to the deeply-broken propagandists and to the deeply-broken hoarders of maldistributed power and wealth for who those propagandists symbiotically spew their bile.

We are a species that keeps proving how little we actually effectively care about ourselves or anyone or anything else. We waste immense limited resources on the preparation for war, the enactment of war, burying our dead and rebuilding the cities and countryside we trash repeatedly.

All those wasted resources...so that a very few males, seldom even living amongst 'us' in our communities, can have 'more-than'...more-than the few other males of similar status, wealth and power.

And then, as the dust settles...again...after the elite-organized violence gone amok...'we' say...'we' assert ...that we "care". We pretend that we're not covered with dust and mud, mingled with the splatter of blood and gore...and assert...that we really do...care.

Okay...so...now...show me. Words are cheap. Show me.

<u>Please know...no one reading this book-set...has ever had a class on stopping such problematic human</u> <u>behavior...such highly-dysfunctional human-male behavior</u>. No one. Ever. And that's largely because, no male-elite made available such a course in community schools.

IF there was some simple easy, cute, convenient way to turn the species away from its high-dysfunctions, it would have long ago been found and enacted.

Some PR-person would have figured out how to ensure that 'convenient way' met the 'Keep It Simple, Stupid' (KISS) standards.

Some business grad from a top business school or eloquent life-coach would have reduced that 'convenient way' to an elevator-pitch that would convince people to be nice to one another...and also lose all that excess weight...just like that!

Please fully note as you look slowly, carefully around you...note where all of our desires for convenience, ease, and being easily led around by others...all while somebody or something else was doing the 'hard work'...note where all of our 'convenient' history...has taken us.

Has taken...'you'. Taken...me.

Has taken millions...hundreds of millions...of children...in my lifetime.

**Preventable Child Deaths During a Lifetime** 

March 6, 1954 to April 23, 2025

856,890,000

Total preventable child deaths during lifetime

That's nearly one billion children who died from preventable causes

Let's just admit, enabling and empowering this fragile social-animal to live effectively together is in no way...easy. It's not immediately evident how to turn these stampeding 'herds' from the lethal cliffs...or how to even first intercept the human-drive to belong to a 'herd'...regardless of cost to self and others. And finding stampeding-herd 'leaders' who are not trying to harvest the gifts of 'your' life...for 'their' purposes...is simply, basically...impossible.

Those millennia of our lack of 'liberty, justice and equality for all'...leaves us having no real choice but to throw all of who 'we' are, what 'we' do, what 'we' know and what we believe...all into the air to deeply question all of what we are and what we've built...to the roots. To our roots....which are 'your' roots.

If everything tried has failed...quit trying to tinker more and instead...look to perceive more...look to perceive better.

Data is clear. <u>Liberty, justice and equality 'for all'</u> and a society for which those qualities are more than just cheap manipulable marketing-slogans, such social relationships has evaded the masses of humanity since for forever.

Everything we're doing currently...isn't anywhere near enough...and never will be...to make such lofty societal organizing-principles available 'for all' people in one's lifetime! Or in any foreseeable person's lifetime. Or...being honest...present here on this planet...ever.

Not with what we're doing...and how we think we're to do it...and with how we've been so willing...to maintain these structural failures!

But the beauty of recognizing that 'we' really don't know...is also recognizing that we only really don't know...yet!

At one time, we didn't know how to fight bacteria and similar health threats. We didn't know how brushing our teeth helped us keep them longer. We didn't know how to build mobile transportation...or air transportation.

'Not knowing now' how to ensure a world benefiting 'for all'...has no implication about whether we can know in the very next moment. No implication as to whether we can discover downright soon. No implication about what we can do...and do together...even better...right the \*\*\*\* now!

But what 'I' do know abundantly...is that 'I' can't make the world work 'for all'. But 'we' probably can, since 'we' have made it such a mess with our broken, numbed, dumbed, lethargic selves.

'<u>We' probably can</u>...if we focus on doing what is necessary with the urgency demanded by those males who find minimal outward concern over killing other males' kids. Or 'we' focus with the urgency demanded by the abusers of power who might have currently 'more-than' other proximal males and yet are still seeking more.

Given the deep enduring structure of our dysfunctions...come ponder with me as to why and how we don't do what we might do to actually live our highly touted values. This 'conversation' that I hope that you'll engage in with me, is in all of its unfolding, very much a 'life-and-death' conversation...i.e., *deadly serious*.

We've been killing each other's kids for a long time just so that way too few people can have 'more-than' others.

# And yes...you're correct in correcting me. Too few can have A LOT more...than others!

Obtain a pith helmet and safari jacket to prep for this adventure into 'us'. Be sure to have a lab coat ready for the serious work of research and testing. Gather a good crew to collaborate with you, hold you up, hold your feet to the fire...and pull you through that fire...in which you're so joyfully and equivalently engaged in doing for them.

Create the thoughtful silence...the time...and the conversational, welcoming-space to listen and query at the level of the problem...which is 'us'. Which is...of 'us'. Look until you perceive, until you cry...and then...until you laugh and celebrate what you see...free from the cages in which you learned to feel safe...in your harm.

No one and nothing are coming to save us...but, maybe...us. If...we...do...the...work.

### *IF...*

So, c'mon...let me share with you some things. I'm so excited to begin this journey together!

And also...don't hesitate to return to this instructions-chapter, and review some parts to get recharged on how to orient towards the 'Course', its content and methods. I'll be working to be encouraging you all along the path in looking at this universe until you can see, can perceive things anew...differently. But you might find it useful to come back to this beginning and reorient...to sense again where you're headed...how...and why.

I mulled over and worked on this book for a long time...because thousands of years of dysfunction is very challenging to figure out...and this is but a beginning. Don't be intimidated by the effort it asks of you. You certainly won't be able to leap buildings in a single bound when finished with the books, but you will be able to leap over the propaganda, the deception and your own self-deceit much more effectively and efficiently...which will change your world...entirely.

Take note...each chapter will end with up to 3 team-projects. Why...to accomplish what?

This isn't an academic 'class' where you're graded on 'handing in work'. But the course is designed for the 'all-of-you' in your reading team...a social-animal whose lives are 'lived' through your social-minds, within your physical bodies, encompassed within and a part of the infinite that is our universe.

I would be living a contradiction if I focused on just 'one' of those dimensions that hasn't yet guided 'your' way into a better future. There is nothing that 'we' are that the universe isn't. There is nothing that the mind does that isn't deeply interwoven with our body.

This is a course in 'us'...the 'all' of us. Each chapters' projects are focused to explore the three facets of 'mind-body-universe' through having the team do something addressing each facet linked in some way with each chapter. The projects are to help the reader engage each other, along each facet, in each gathering.

I would love for the team to engage everything! You will do what you want to do...because I am here to offer you tools and practice...not impose and measure. But I would so love, all to do all...maximizing your learning!

I don't just 'want' you on this journey with me.

I absolutely 'need you' on this journey with me!

Only 'we' can get to some more yet' to-be-determined' liberating and empowering future...'for all'.

SM Practice #1 – A Journey Together - I can't know, at this point, if you have found someone to also be reading along with you, making this inquiry with you. I'm still trying to think through how to maximize support from my end to assist you to accomplish your goals in reading this book, at your end. I cannot urge you strongly enough to take the time, and find at least one other, though I recommend two others, with whom to take this journey. This is a dense book, with lots of questions being asked, and a lot of material that can be depressing, maybe intimidating, if you are not used to knowing just how bad things are. Learning anything new is so much more fun when experienced with others, assisting others, sharing with others, encouraging one another. The 'diseases' we experience in being a social-animal, like inequality, injustice, violence and more...require that we really look at our diseases, i.e., ourselves...to understand how we might better address these diseases. Find one or two others at least, to help you hold your feet to the challenge of seeing our social diseases...in us. Commit to each other...'we' can do this...we will do this.

**Warning! – An Unsettling Journey** – To look at harm until you feel it...observing to understand it...will hit your emotions, your spirit, at your core. To look into the faces of the dead...until you see the contributing narratives of their death...will quite often bring you to tears. You will feel the reality of dreams savaged...because 'we' have done so little to build a world 'for all'.

And the only way 'we' can build a world 'for all', is if 'you' allow yourself, steel yourself, enable yourself...to ponder the abuse of children...and the faces of dead children...while feeling the 'child' that resides at the core of all of us. Ponder...until you see...in the images of 'their' suffering and death...'your' child's face that you can't imagine being savaged...because you so easily were seduced to impotently believing...someone else will come

### B Practice #1 - A Journey Together - In your team-time, each person recall a brief story of witnessing

P Practice #1 – A Journey Together - Choose a local outdoor public-space - neighborhood, park, or natural area. Spend 30-60 minutes walking slowly, looking for evidence in and around space of: 1.) Resources extracted and shipped elsewhere; 2.) Waste produced elsewhere but present in your environment; 3.) Signs of ecological interconnection (water systems, bird migration, etc.). Be sure to: a.) Document your observations through notes, photos, or sketches b.) With your reading group, create a simple map or diagram showing how your local environment connects to distant places and peoples; c.) Discuss: How does physically experiencing these connections differ from intellectually understanding them? How might this awareness change your approach to "distant" suffering?

dream-expressions of all ... with all ... for all .

'Mission Impossible?'

Children are but dreams
Waiting the day of dreaming
None of it ensured.