

# Administration Notebook



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This is a part of our work at [Associates for the Control of Excessive Suffering](#)

*Last update: 2024-11-06*

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## Introduction

[Associates for the Control of Excessive Suffering](#) (A.C.E.S.) is a group of people and organizations providing specialized services for the relief of suffering on a global scale. See the [Guidelines](#) section below for more details about what we are doing.

Currently, we are a voluntary, self-constituted, unincorporated association.

Our email is [admin@aboutsuffering.org](mailto:admin@aboutsuffering.org).

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# Human Resources

*List of Associates:* [Robert Daoust](#) (co-founder and operator), [Manu Herrán](#) (co-founder), [Michael Sparks](#) (supporter), [The Far Out Initiative](#) (supporter).

If you or your organization would like to participate in our enterprise, let's see in what capacity you could be involved.

Associates are informed each month of any significant change brought to our core online workspaces. See [Monthly Reports](#). **TASK**

Associates may communicate through various tools, including Google documents such as [Collaborative Memos](#).

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# Planning

## To-do List

### Recurring tasks

What	When / By who
<a href="#">Monthly Reports</a>	1st of the month / Robert
Send an FYI note to people who might be interested in one of our webbook's contents	When appropriate / By who wants or can do it
Backups <ul style="list-style-type: none"><li>• <a href="#">Backup aboutsuffering.org</a></li><li>• <a href="#">Backup Our Plan of Action About Suffering</a></li><li>• Backup copy of G-docs (downloaded to a personal computer)</li></ul>	When needed / Robert
Search our webbook for what we have flagged as <b>to be followed</b> and see if something can be done. Use this document: <a href="#">To be followed (list of occurrences of this expression in our webbook)</a> .	When appropriate / By who wants or can do it

- Rewrite Conclusion and redo Parts and Chapters...
- Document "A Discipline Specialized": abolish and transport in the webbook.
- ISA meetings: make a report and close. Community via the Center.
- Anderson to complete.
- Post a list of 'Contributors Wanted' (plus equipment and money and AI): let's begin through a Center of Interest in the Algosphere Alliance, and then use other means. Be specific: people needed for admin, funding, AI, and writing (bib, term, SFI, areas, etc.).....First revise everything with an associate or a person recommended by an associate.
- Make the following clear:
  - Webbook: Write tagline and short plus long descriptions.....
  - We have 3 dpts with subdpts (chapters?): 17 areas, 7 SFI, 4 disc (the Institute?)..... Interconnections between areas and SFI is a part of disc..... There will exist many "SubCenters"!.....
  - The formula for success is found.....
  - Come up with a prototype interesting enough (how?).....first complete the chapters..... Develop bib, term, classif, etc.....AI (ask effective altruists?).....Suggest research programs (ex: AI compilations? metrology? general synthesis? see [Implementing Knowledge Management](#).....Evaluating, summarizing, synthesizing, or interrelating documents and proposing the best ones for further study or implementation in practice)..... Suggest practical interventions (ex: monitoring service? collective letters to authorities? referral center?).....Have the support of numerous and/or influential persons and organizations (as associates or not).....Linking up with EWP, IASP, WHO (and SFIs, and organizations in the 17 areas).....
  - We need a control room like in the image with a lot of equipment, people, and money..... A picture is worth a thousand words..... I wanted something more modern than trees aspiring to the sky, found the Security Center image and it inspired me to go with the whole world center idea.....
  - Legal status: Swiss?
  - \$ needed: evaluation..... some millions to start, many billions in the end

## Guidelines

Our goal or mission at [Associates for the Control of Excessive Suffering](#) is to optimally minimize, on a global scale, the occurrences of consciousness that we consider too unpleasant. We think this can best be done by creating a world center where people can act systemically and develop a new specialized field of theoretical and practical knowledge to control excessive suffering.

We think that our new global approach to suffering is needed to create institutions of knowledge and action capable of framing the kind of large-scale collaboration required between those who, in a wide variety of ways, work on suffering. Let's begin to give a concrete shape to such concepts as a "World Institute for the Study of Suffering" and a "Headquarters for the Management of Suffering in the World".

In the expression "Control of Excessive Suffering":

- We say "Suffering" to refer to any occurrence of consciousness that is felt as unpleasant.
- We say "Excessive" to convey that we are only concerned with pathological unpleasantness. We don't need to control all suffering, just the excess of it.
- We say "Control" rather than reduction, prevention, or abolition because we seek to regulate excesses of suffering, which may involve augmenting, allowing, or creating excessive suffering in a few obvious cases.

We regard our field of work as a specialty whose object of interest is the phenomenon of suffering itself and not what comes under the purview of other fields of expertise such as healthcare, economics, ethics, law, etc. Arguably, work concerning suffering in any of these other fields has another primary object of concern, such as health (illness), wealth (poverty), the good (the bad), the right (crime), etc. We can use what these fields do to carry out our mission, and vice-versa (other fields can use what we do), but let us all be careful not to confuse the different specialties, which are always concerned first and foremost with their own specific object.

Why do we promote a World Center for the Control of Excessive Suffering?

- Because we value the alleviation of suffering, scientific knowledge, and technical mastery. We believe that suffering is a natural phenomenon that can best be mastered by a discipline specifically dedicated to its study.
- Because we hope that an initiative like this can constitute a game-changing advance, an important world first, a historic breakthrough.
- Because our initiative is a prerequisite "to organize the alleviation of suffering, steadily and sustainably" as proposed by the [Algosphere Alliance](#).
- Because a World Control Center can help reduce the suffering that not only prevents the world from evolving towards happiness, but also makes its destruction look like a solution.
- Because the needs associated with suffering in the world are immense, they constitute a huge economic demand that calls for the provision of many new resources, goods, and specialized services. The World Control Center has the potential to generate a new large-scale economic prosperity based on the alleviation of suffering.
- Because a few researchers across the world are currently working on the systematic study of suffering, but they cannot go further in their [pioneering work](#) and succeed to a sufficient extent without the help of paid workers and expensive tools that would be an integral part of a World Center.
- Because the systematic measurement of suffering and its mapping across time and space, could serve as a compass for governance systems.
- Because if someone is concerned with a personal problem of suffering, for herself or others, the Center could help them through a personal reference service such as this [Information and Referral Centre](#) (which could be expanded to the whole world), and more generally through something like the project [Alleviating MY Suffering](#), which could provide coaching or

useful orientation on all aspects of personal suffering-alleviation (lifestyle, economy, relationships, health, ethics, civil life, etc.).

- Because if a medical or a social service specialist is looking for ways to make their work more effective in terms of concrete suffering-alleviation, the comprehensive approach of the Center would allow them to get a contextual map showing theoretical and practical paths that would otherwise remain invisible.
- Because if a decision maker or a policy planner needs to evaluate the pros and cons of an intervention in terms of suffering-alleviation, and thus make a dramatic difference in the fate of many individuals, then what, if not the kind of disciplinary approach that is proposed here, could provide relevant analyses?
- Because if an investor is made to worry about the serious infliction of suffering involved in the pursuit of a profit, the Center could provide a technical assessment and propose alternative ways of doing things at an affordable cost.
- Because if someone has a valuable idea for eradicating a cause of suffering, the Center might welcome and assist that person by all possible means.

Our enterprise is not the universal solution to the problem of suffering, and the best we can do might still be far from sufficient. Nevertheless, we are introducing a pragmatic specialty that seems indispensable. We will see soon if our plan is good enough. We think we can do a lot to radically reduce excessive suffering if, at long last, after millennia, we bother to care about it globally and systematically. Indeed, humanity's top priority right now, all things considered, might well be for compassionate workers from all areas to join forces and develop a common field of theories and practices aimed explicitly at controlling excessive suffering.

We do our job, talk about it, and let new associates join us on their own, if they wish, as they see fit. We work as we can, when we can, without undue haste: there is no need to rush or stress, despite the emergency cries of suffering, because on the large scale of the required revolution, things happen at their own pace and hardly depend on any single one of our actions.

Everything we do is subject to change at any time, especially in response to suggestions from participants.

If needed, property rights within our group could be modified. For example, we could create a collective entity that owns the things we use. Then, our initiative might become a legal organization that, once a year, elects a boss who has the final say but can be dismissed at any time by the general assembly or the board of administrators.

People who are professionally dealing with suffering need to take [self-protection measures](#) to avoid post-traumatic syndrome, compassion fatigue, and other potentially adverse effects. They must have a good physical and psychological constitution to start with, be immunized by a good wisdom system against memetic hazards, have co-workers who might help them, and metaphorically wear protective equipment against excessive exposure to heat, coldness,

dryness, pressure, lack of clean air, viral propaganda, and certain types of radiation such as bright lights or, worst of all, cosmic rays (of infinite suffering).



## Background

[February 22, 2023](#): Robert Daoust and Manu Herran start the *About Suffering* project to promote a new field of theoretical and practical research about the phenomenon of suffering.

[March 9, 2023](#): Our website might be a basis for the production of the first comprehensive *Handbook of Knowledge About Suffering*.

From [June 21, 2023](#) to [July 6, 2023](#): A comprehensive science of suffering ought to be a theoretical and also a practical discipline because the reason we want to understand suffering is to have control over it. To emphasize the practical side of our initiative, we might call it the *Center for the Study and Control (or Management) of Suffering*.

From [November 2, 2023](#) to [November 25, 2023](#): Let us use and implement the concept of a global management. The management of suffering aims for practical results, but also involves a concern for knowledge. Let's call our group *Partners for a Global Management of Suffering* and our book *About Suffering: Our Evolving Action Plan*. The idea is to act, to do things systematically, directly, by ourselves, in order to implement, realize, establish a global management of suffering in the world.

From [June 30, 2024](#) to [September 09, 2024](#): At this stage, we need to change the way we operate in order to grow, involve more people, and use more money. To do this, we need to focus on getting people to react positively to what we're doing. But we have a problem: we haven't found anyone outside our group who shares our idea of a disciplinary specialty dealing with suffering. After much trial and error, we have come to the following findings: *Partners for the Control of Excessive Suffering* are the editors of *Laying the Foundations for a Discipline About Suffering*. Our undertaking has the characteristics of a global system: it involves simultaneously an organization (our partnership), a discipline (of theoretical and practical knowledge about suffering), and a practice (a series of 'actions' that seek to optimally reduce the quantity of excessive suffering in the world). We now realize that all the actions that we carry out as partners make up our global system. We also realize that the discipline is necessary to provide an 'objective' direction to follow, bring different people on the same path, and make it possible to act coherently, because it provides the terminology, taxonomy, metrology, methodology, bibliography, general synthesis, etc., that we must use in our organization and practice.

From [October 24, 2024](#): Our goal and mission at [Associates for the Control of Excessive Suffering](#) is to optimally minimize, on a global scale, the occurrences of consciousness that we consider too unpleasant. We think this can be done particularly by creating a [World Center for the Control of Excessive Suffering](#) and by developing a new specialized field of theoretical and practical knowledge concerning the phenomenon of suffering.

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## Online Workspaces

Our organization has three core online workspaces:

- Website: [aboutsuffering.org](#)
- Webbook: [World Center for the Control of Excessive Suffering](#)
- Google document: [Administration Notebook](#)

## Website

[www.aboutsuffering.org](#) is a registered domain name owned by Robert at <https://www.namesilo.com/>, and the website is on a shared web hosting service owned by Manu\*.

\* I run a shared hosting service at <https://www.justhost.com/>. If you have an organization, blog, or something that contributes to the topic of involuntary suffering prevention/research, I can host your website for free or store a yearly backup of your website or writings (online or offline). Just write me at [manuherran@gmail.com](mailto:manuherran@gmail.com). This is an initiative Robert and I have been considering under the framework of supporting the global community of suffering reducers.

The [www.aboutsuffering.org](#) website is powered by WordPress, it is owned by Manu, and Robert is an administrator.

New users of that website usually have permission to edit with [the template editor and page editor, but not the site editor](#). You may go to [Admin](#) or [Site Editor](#) if you have permission. For more information, see [WordPress Editors: Site Editor, Template Editor, and Page Editor Explained](#).

[admin@aboutsuffering.org](mailto:admin@aboutsuffering.org) and [about@aboutsuffering.org](mailto:about@aboutsuffering.org) are two email aliases (without mailboxes) created in Manu's account at justhost.com. It is currently impossible to use these aliases to send messages, and those sent to them are forwarded to [aboutsufferingorg@gmail.com](mailto:aboutsufferingorg@gmail.com).

A header image, an icon, and many other features for our website could be created or improved. See <https://wordpress.com/go/web-design/how-to-choose-the-best-wordpress-theme/>.



See and perhaps set up [our to-be-completed page on WP's privacy policy](#).

To make a backup copy of our site, go to [Backup aboutsuffering.org](#): copy pages on the site and paste them into the G-doc. **TASK**

## Webbook

<https://pressbooks.pub/aboutsuffering/> is the web host of [World Center for the Control of Excessive Suffering](#).

On 2023-10-06, after much research and some trials, Robert decided to use Pressbooks for the collaborative production of our book. Manu agreed.

Address to access our Pressbooks account:

[https://pressbooks.pub/wp/wp-admin/index.php?page=pb\\_home\\_page](https://pressbooks.pub/wp/wp-admin/index.php?page=pb_home_page).

Permission to work on the account or the webbook is given to participants who need it.

See [Our Use of Pressbooks](#) for details on how to work with that software.

When our users click on a link, let us make the page open in a new tab. In Pressbooks, one way to make sure this is done is to go to the text editor of a chapter, then search for href and add target="\_blank" where needed.

Participants in the writing may be called “authors”, but most texts will probably be the result of our collective authorship. Each and every detail of the book may be changed by a participant, but the final decision will likely depend on our “[editor-in-chief](#)”, Robert Daoust, “owner” of our account at Pressbooks. As we move forward, we will see how to organize our collaboration to everyone’s satisfaction and how to give proper credit for everyone’s participation.

Currently, we have this copyright notice, which might be changed:

Copyright © by Associates for the Control of Excessive Suffering (Eds). All Rights Reserved.

Our book is a webbook. Unlike PDFs and ebooks, webbooks are a live version of a book that doesn’t need to be exported or downloaded.

When appropriate, send a note by email (use [aboutsufferingorg@gmail.com](mailto:aboutsufferingorg@gmail.com), often with the subject FYI or For Your Information) to people who might be interested in one of the book's contents. **TASK**

Eventually, knowledge management software, enhanced by artificial intelligence, might be used to gather, link, organize, and share the various contents. See our supplementary G-doc [Implementing Knowledge Management](#).

See [Preparatory Notes Drawn from Various \(Re\)Sources](#) for potential material to be included in our book.

To make a backup copy of our book, go to [https://pressbooks.pub/aboutsuffering/wp-admin/admin.php?page=pb\\_export](https://pressbooks.pub/aboutsuffering/wp-admin/admin.php?page=pb_export) and check the "PDF (for digital distribution)" box, then click on "EXPORT YOUR BOOK", then place your cursor over the file title and the download option will appear: download the file to a personal computer and from there to a G-drive where the file can be shared with a link that can be placed in [Backup Our Plan of Action About Suffering](#). The PDF file can also be uploaded to our website. **TASK**

## Google account

aboutsufferingorg@gmail.com is a Google account administered by Manu and Robert. Email messages sent to that address are currently being forwarded to daoust514@gmail.com.

Access to any of the Google documents we use is granted by the G-doc owner (it may be any individual or organization). The granted access may be "restricted access" or "anyone with the link". Usually, when creating a new document in Google Docs, let's share it by giving access to "Anyone with the link" as a 'Commenter'. Google Docs users should know that they can be notified by e-mail of any changes made to a document: you must go to "Tools" at the top of the page, then select "Notification settings" and make your choices.

When creating a new Google document, use the same kind of heading as the one at the top of this page. Add the new G-doc to the list of G-docs in [Documents](#).

When creating a task in a G-doc, add the word TASK in red to highlight it, and report that occurrence in [Tasks \(list of occurrences of this expression in Google documents\)](#).

To make backup copies of our Google documents, download them to a personal computer. **TASK**

## Documents

Website: <ul style="list-style-type: none"><li>• <a href="#">About Suffering</a>: website of <i>Associates for the Control of Excessive Suffering</i></li></ul>
Webbook: <ul style="list-style-type: none"><li>• <a href="#">World Center for the Control of Excessive Suffering</a></li></ul>

Google documents:

- [Administration Notebook](#)
- [Monthly Reports](#)
- [Collaborative Memos](#)
- [Our Use of Pressbooks](#)
- [Implementing Knowledge Management](#)
- [Preparatory Notes Drawn from Various Sources](#)
- [Backup aboutsuffering.org](#)
- [Backup Our Plan of Action About Suffering](#)

Special document:

- [Laying the Foundations for a Discipline About Suffering](#)

## Center of Interest at the Algosphere Alliance

(coming soon)

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## Finance

Following a donation, our enterprise disposes of \$1,800 (USD) in June 2024. Robert is mandated to handle these assets.

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## Marketing and Public Relations

(under construction)

Link up with the Algosphere Alliance, see what to do with meetings at the International Suffering Abolitionism or elsewhere, market a theoretical or practical study program as a [Minimum Viable Product](#), develop the community and the discipline, form a Special Interest Group at the International Association for the Study of Pain.

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## Research and Development

(under construction)

Exploratory Study Program, the establishment of the discipline, a program of discipline creation-development...

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\* The picture at the top of this document appears on the cover of our webbook. It is used with the permission of its owner: Atif Siddiqui, "The Evolution of Security Operation Centers: A Glimpse into the Future", 2024, via

<https://www.linkedin.com/pulse/evolution-security-operations-centers-glimpse-future-xsiam-siddiqui-4x7zc/>