# **Administration Notebook**

## Administration Notebook

This is a part of our work at the World Center for the Control of Excessive Suffering

Last update: 2025-08-07

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#### **Associates**

The <u>World Center for the Control of Excessive Suffering</u> is an enterprise whose mission is to optimally minimize, through coordinated action on a global scale, the occurrences of consciousness that are too unpleasant. Our Center is a voluntary, self-constituted, unincorporated group that is developed by us, its associates.

Current list of associates: Robert Daoust (co-founder, worker), Manu Herrán (co-founder, supporter), Michael Sparks (supporter), The Far Out Initiative (supporter), Adam Davis (supporter).

Associates are informed each month of significant changes to our core online workspaces. See Monthly Reports. TASK

Associates may communicate through various tools, such as <u>Collaborative Memos</u> using Google Docs. There is also a *Signal* group called *Excessive Suffering Notebook*.

Financially, following a donation in March 2023, our group owns \$1,800 USD set aside as a reserve fund. Robert is mandated to handle these assets.

If you or your organization would like to join us, please get in touch to discuss how you could be involved and in what capacity.

## Roadmap

Work at the Center is suspended pending the establishment of the <u>Startup Team for a Plan to Deal With Suffering</u>. If the Center and its related activities, such as algoscience and Al application, are to develop, it is essential that the idea proposed by Robert Daoust of dealing globally and systematically with suffering is first embraced by others who not only support the idea but also work actively to advance it.

#### **Current Tasks**

(Current tasks are temporarily suspended)

#### **Recurring Tasks**

(Recurring tasks are temporarily suspended)

What	When / By who
Monthly Reports	1st of the month / Robert
Search our website for what we have flagged as to be followed and see if something can be done. Use this document: To be followed (list of occurrences of this expression in our website).	When appropriate / By who wants or can do it
Send an FYI note to people who might be interested in one of our website's contents.	When appropriate / By who wants or can do it
Backups  • Backup aboutsuffering.org  • Backup copy of G-docs (downloaded to a personal computer)	When needed / Robert

#### Guidelines

Most of our enterprise's guidelines appear in our <u>Front Office</u>. We may add the following here below.

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 often in unexpected ways.

Each and every detail in our workspaces may be changed by a participant, but the final decision will likely depend on our co-founders. As we move forward, we will see how to organize our collaboration to everyone's satisfaction, how to give proper credit for everyone's participation, and how to modify, if necessary, ownership rights within our group.

People working with suffering need to take <u>self-protection measures</u> 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

Between <u>February 2023</u> and <u>November 2024</u> we pursued the *About Suffering* project, aimed at establishing for good a new theoretical and practical field of action concerning suffering. After many trials and failures, we have finally decided to transform the project into an enterprise, the *World Center for the Control of Excessive Suffering*.

## **Online Workspaces**

#### Website

The <a href="https://aboutsuffering.org/">https://aboutsuffering.org/</a> website is powered by WordPress, it is owned by Manu, and Robert is an administrator. The website is on a shared web hosting service, also owned by Manu. <a href="https://www.aboutsuffering.org">www.aboutsuffering.org</a> is a registered domain name owned by Robert at <a href="https://www.namesilo.com/">https://www.namesilo.com/</a>.

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 <u>WordPress Editors</u>: <u>Site Editor</u>, <u>Template Editor</u>, <u>and Page Editor</u> Explained.

admin@aboutsuffering.org and about@aboutsuffering.org are two email aliases (without mailboxes) created in Manu's account at justhost.com. It is presently impossible to use these aliases to send messages, and those sent to them are forwarded to aboutsufferingorg@gmail.com (see password in email from MH to RD). Note that aboutsufferingorg@gmail.com is a Google account administered by Manu and Robert: that account is not really used until now, and email messages sent to that address are presently being forwarded to Robert's account at daoust514@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 <u>Backup aboutsuffering.org</u>: copy pages on the site and paste them into the G-doc. <u>TASK</u>

#### **Google Documents**

List of our Google documents (all are presently in Robert's account at daoust514@gmail.com):

- Administration Notebook
- Monthly Reports
- Collaborative Memos 2023, Collaborative Memos 2024, Collaborative Memos 2025
- Al App for Dealing With Questions About Suffering
- Implementing Knowledge Management
- Preparatory Notes Drawn from Various Sources
- Suggestions from Contributors about the World Center
- Backup aboutsuffering.org
- Our Use of Pressbooks (Ended February 2025)

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, let's use the same kind of heading as the one at the top of this page. Add the new G-doc to <u>our list of Google documents</u>.

When creating a task in a G-doc, add the word TASK in red to highlight it, and report that occurrence in <u>Current Tasks</u> or <u>Recurring Tasks</u>.

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

About the new "Tab" feature in Google Documents, see <u>I'm a Google Docs power user, and this new feature is genuinely helpful</u>. But see also criticisms: <u>How do I disable tabs?</u>: <u>r/googledocs</u>.

### Facebook Group

Group created on 2025-01-20: <u>World Center for the Control of Excessive Suffering</u>. The group is presently inactive.

## Signal Group

We have a *Signal* group for collaborative meetings. The group is called *Excessive Suffering Notebook*.