



PUTTING LOVE INTO PRACTICE

A practical action guide to the ten principles of LOVE

*Begin personally. Build together. Scale what proves useful.
Keep dignity, consent, truth, and care at the center.*

ALL NATURALLY TALENTED INDIVIDUALS COMMUNITY

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LOVE becomes real through repeatable acts

The ten principles describe a whole vision of human flourishing: nourishment, health, home, ethics, freedom, learning, livelihood, joy, sustainability, and self-realization. The task is not to solve all ten at once. It is to turn one principle into a trustworthy practice, learn from the people affected, and let demonstrated service earn the right to grow.

THE CORE MOVEMENT Personal practice → mutual aid → durable program → wider partnership or policy.

How to use this guide

1. **Listen before choosing.** Ask people what would make life more nourishing, free, beautiful, or hopeful. Do not assume the answer.
2. **Choose one visible need.** Start with the principle where the community already has trust, skills, and a reachable partner.
3. **Run a small pilot.** Define one activity, one owner, one safeguard, one date, and one measure of usefulness.
4. **Review with participants.** Ask what helped, what harmed, who was missing, and what should change.
5. **Repeat or stop honestly.** Continue only when the work is useful, wanted, safe, and supportable.

A promise for every project

- Nothing about people without meaningful participation by the people affected.
- No help conditioned on belief, loyalty, publicity, or unnecessary personal data.
- No claim of success without a result people can see, feel, or verify.
- No expansion that outruns safeguarding, accountability, or the capacity to care.

Language source. The ten names and parenthetical promises in this guide follow the wording published by ANTI Community. [View the source page.](#)

The ten principles form one connected system

A community cannot flourish through one domain alone. Food supports health; housing supports learning; freedom requires ethics; joy and enlightenment deepen the reason to protect one another and the Earth.

No.	Principle	Promise
01	Loaf Of Vital Eats	Good Food for all
02	Lots Of Vibrant Energy	Health Care for all
03	Life Of Villa Earth	Beautiful Housing for all
04	List Of Verifiable Ethics	Solid Morals for all
05	Life Of Veritable Emancipation	Real Freedom for all
06	Learning Of Virtuous Education	Steady Growth for all
07	Loop Of Value Economics	Motivational Income for all
08	Luxury Of Visceral Entertainment	Great Happiness for all
09	Leverage Of Viable Environment	Best Sustainability for all
10	Life Of Valuable Enlightenment	True Self Realization for all

Recommended starting point: Choose one principle whose need is urgent and whose first project can be completed within ninety days. Use the other nine as a whole-system check, not as ten simultaneous programs.

01

Loaf Of Vital Eats

Good Food for all

Treat nourishing food as a shared foundation for dignity, health, culture, and connection—not as a reward for income or status.

BEGIN WITH PERSONAL PRACTICE

- Plan one affordable, nourishing meal each week and teach the recipe to someone else.
- Reduce avoidable food waste; redirect unopened surplus to a trusted local pantry or community fridge.
- Learn whose food traditions and dietary needs are missing from local programs, then invite their guidance.

BUILD IT TOGETHER

- Host a recurring shared table where everyone may eat and everyone may contribute money, food, time, or welcome.
- Create a neighbor-to-neighbor pantry, produce exchange, or grocery-delivery circle with discreet access.
- Pair food distribution with cooking skills, nutrition education, and culturally appropriate choices.

SCALE WITH PARTNERS

- Partner with grocers, farms, restaurants, schools, and food-rescue groups to move edible surplus quickly.
- Support school meals, fair food-worker pay, urban gardens, and public benefits that make nutritious food reliable.
- Publish simple monthly results: meals shared, repeat participants, surplus rescued, and gaps still unmet.

STARTER PROJECT The LOVE Table: one monthly meal in an accessible location, designed with—not merely for—the people who will attend.

First measure. A useful first proof is that people return, feel welcomed, and can name one new source of dependable food.

GUARDRAIL Protect dignity: no public proof of need, no unwanted photographs, and no requirement to accept a belief or message.

02

Lots Of Vibrant Energy

Health Care for all

Build the conditions for physical, mental, and social well-being while connecting people to qualified care when they need it.

BEGIN WITH PERSONAL PRACTICE

- Learn basic first aid and keep an accurate list of local urgent, preventive, mental-health, and crisis resources.
- Practice one sustainable health habit—sleep, movement, nourishment, or stress care—and invite companionship rather than competition.
- Check in consistently with someone who is isolated, without trying to diagnose or fix them.

BUILD IT TOGETHER

- Create a verified health-resource directory with costs, eligibility, languages, accessibility, and appointment steps.
- Organize walking groups, rest circles, peer listening, caregiver respite, and health-literacy sessions.
- Invite licensed professionals to offer screenings or educational sessions and clear referral pathways.

SCALE WITH PARTNERS

- Partner with clinics, pharmacies, public-health teams, and transport providers to close practical access gaps.
- Advocate for affordable preventive care, mental-health support, disability access, and paid time for recovery.
- Track whether referrals are completed—not merely whether information was handed out.

STARTER PROJECT A Community Wellness Day combining movement, quiet space, verified resources, and optional professional screening.

First measure. Count completed referrals and ask participants whether the next step felt clearer and more reachable.

GUARDRAIL Keep health information private. Volunteers should never replace licensed care or give individualized medical advice.

03

Life Of Villa Earth

Beautiful Housing for all

See a safe, stable, accessible, and beautiful home as part of human flourishing. Beauty here means care, belonging, and livability—not luxury pricing.

BEGIN WITH PERSONAL PRACTICE

- Care for shared spaces and notice barriers that make a home unsafe, inaccessible, or dehumanizing.
- Offer practical help—moving, minor repairs, furnishings, or documentation—through trusted channels.
- Learn local tenant, shelter, accessibility, and housing-assistance pathways before a crisis occurs.

BUILD IT TOGETHER

- Build a vetted repair-and-furnishing network with skilled volunteers and clear safety standards.
- Create a housing navigation team that helps people gather documents, compare options, and reach qualified advocates.
- Include residents in decisions about color, gardens, common areas, accessibility, and neighborhood identity.

SCALE WITH PARTNERS

- Partner with housing nonprofits, land trusts, tradespeople, legal-aid groups, and local government.
- Support housing-first responses, accessible design, energy-efficient retrofits, and permanently affordable homes.
- Measure housing stability and resident control, not only the number of beds or units touched.

STARTER PROJECT A Home Dignity Day: complete a small number of resident-chosen safety, accessibility, and beauty improvements.

First measure. Record completed resident priorities and check back after thirty days to confirm the improvement still works.

GUARDRAIL Obtain consent, use qualified trades where required, protect addresses, and never photograph a home without permission.

04

List Of Verifiable Ethics

Solid Morals for all

Make ethics observable through transparent decisions, honest accounting, consent, repair after harm, and equal standards for leaders and members.

BEGIN WITH PERSONAL PRACTICE

- Write a short personal code covering truthfulness, consent, conflicts of interest, stewardship, and repair.
- Pause before high-impact decisions: Who benefits? Who bears risk? Who has not been heard?
- Admit errors promptly and make a specific repair instead of defending intent.

BUILD IT TOGETHER

- Adopt a plain-language charter of rights, responsibilities, boundaries, and consequences.
- Publish how money is received and spent, how leaders are chosen, and how conflicts are disclosed.
- Provide a confidential concern process with independent review and protection from retaliation.

SCALE WITH PARTNERS

- Use rotating oversight, accessible records, and community review for major commitments.
- Evaluate partners against the same ethics promised internally; decline money that compromises the mission.
- Report decisions, dissent, corrections, and unresolved questions in a regular transparency note.

STARTER PROJECT An Ethics Covenant Workshop that produces a one-page charter and a clearly owned concern-and-repair process.

First measure. Confirm that members can explain where to raise a concern and can see how at least one decision was made.

GUARDRAIL A code without enforcement protects appearances. Apply rules consistently, especially when a leader is involved.

05

Life Of Veritable Emancipation

Real Freedom for all

Expand people's practical power to choose, speak, participate, move, learn, work, and believe without coercion or preventable barriers.

BEGIN WITH PERSONAL PRACTICE

- Learn the difference between persuasion and pressure; ask before advising, recording, sharing, or speaking for someone.
- Strengthen digital safety, financial literacy, and knowledge of basic rights.
- Notice accessibility barriers and remove the ones within your control.

BUILD IT TOGETHER

- Offer rights-navigation sessions with qualified legal, benefits, employment, and disability partners.
- Create accessible participation options: captions, translation, transport support, childcare, and remote access.
- Build peer support that increases choice rather than dependence on the group.

SCALE WITH PARTNERS

- Support institutions that protect civil liberty, worker voice, privacy, accessibility, and freedom of conscience.
- Audit community technology for data minimization, informed consent, and meaningful opt-out choices.
- Invite people affected by a policy to co-design the response and hold decision-making power.

STARTER PROJECT A Freedom Clinic: a recurring, private navigation session staffed by vetted professionals and trained hosts.

First measure. Track resolved barriers, successful referrals, accessibility improvements, and participant control over next steps.

GUARDRAIL Never condition help on loyalty, disclosure, recruitment, spiritual agreement, or surrender of personal data.

06

Learning Of Virtuous Education

Steady Growth for all

Make lifelong learning available, useful, ethical, and connected to service. Education should increase judgment and capability, not merely information.

BEGIN WITH PERSONAL PRACTICE

- Choose one skill to learn and one skill to teach; set a small weekly practice for each.
- Pair every new tool—including artificial intelligence—with source-checking, reflection, and responsibility.
- Keep a learning journal: what changed, what remains uncertain, and how the lesson serves others.

BUILD IT TOGETHER

- Run skill exchanges, reading circles, mentorship pairs, and project-based learning across generations.
- Offer foundational support in literacy, digital skills, critical thinking, communication, and civic life.
- Pay or recognize teachers fairly and make materials reusable, accessible, and affordable.

SCALE WITH PARTNERS

- Partner with libraries, schools, universities, tradespeople, and community experts.
- Create learning pathways that lead to a demonstrated skill, service project, portfolio, or recognized credential.
- Measure confidence and practical application as well as attendance or course completion.

STARTER PROJECT The LOVE Learning Exchange: a monthly gathering where every participant may offer a lesson or request one.

First measure. Count completed learning matches and ask what participants applied in life, work, or service within thirty days.

GUARDRAIL Distinguish evidence, interpretation, and belief. Invite questions and never punish respectful disagreement.

07

Loop Of Value Economics

Motivational Income for all

Circulate value so that useful contribution, care, creativity, and initiative are recognized—and no one is exploited in the name of service.

BEGIN WITH PERSONAL PRACTICE

- Buy from fair, local, cooperative, or mission-aligned providers when practical.
- Name and appreciate unpaid care, organizing, teaching, and emotional labor.
- Share skills, tools, referrals, and opportunities while respecting the right to fair payment.

BUILD IT TOGETHER

- Create a needs-and-offers board, time bank, tool library, or cooperative purchasing circle.
- Fund small member-led projects through transparent microgrants and simple reporting.
- Define paid roles clearly; publish rates and separate volunteering from work that should be compensated.

SCALE WITH PARTNERS

- Develop worker-owned ventures, community investment pools, or procurement agreements with fair employers.
- Partner with financial coaches and reputable institutions to improve access without predatory terms.
- Track who creates value, who decides, who is paid, and where benefits circulate.

STARTER PROJECT The Value Loop: a community board matching ten concrete needs with skills, tools, paid work, or microgrants.

First measure. Record needs fulfilled, contributors compensated, value retained locally, and whether opportunities reached those often excluded.

GUARDRAIL Do not disguise unpaid labor as spiritual duty. Make compensation, ownership, and decision rights explicit.

08

Luxury Of Visceral Entertainment

Great Happiness for all

Treat joy, play, art, celebration, and wonder as necessities of a full human life—not indulgences reserved for the fortunate.

BEGIN WITH PERSONAL PRACTICE

- Protect regular time for restorative play, music, movement, nature, storytelling, or creativity.
- Invite someone who is lonely or excluded into a low-cost shared experience.
- Consume entertainment intentionally: choose what renews connection rather than what leaves harm or numbness.

BUILD IT TOGETHER

- Host accessible arts nights, games, dance, film discussions, nature outings, and intergenerational celebrations.
- Give local artists and performers a fair platform, clear credit, and compensation where possible.
- Design events with quiet options, sober options, mobility access, and welcome across ages and incomes.

SCALE WITH PARTNERS

- Partner with parks, libraries, arts groups, venues, and cultural organizations to remove cost barriers.
- Support public spaces, public art, and community-owned cultural programs.
- Measure belonging and repeat participation—not only audience size.

STARTER PROJECT A LOVE Night: a free or pay-what-you-can evening of music, food, games, art, and quiet connection led by local talent.

First measure. Ask whether people felt welcome, connected, and eager to contribute to a future gathering.

GUARDRAIL Joy should not depend on exclusion, humiliation, unsafe behavior, or appropriation of another community's culture.

09

Leverage Of Viable Environment

Best Sustainability for all

Use human creativity and community power to restore living systems while making sustainable choices affordable and fair.

BEGIN WITH PERSONAL PRACTICE

- Repair, share, reuse, and reduce before buying new; focus first on the habits with the largest practical effect.
- Lower avoidable energy, water, and material waste without turning sustainability into purity or shame.
- Learn whose health and livelihood bear the cost of local pollution or climate risk.

BUILD IT TOGETHER

- Run repair cafés, tool libraries, composting, native planting, cleanup, and home-efficiency projects.
- Map heat, flooding, pollution, shade, transport, and food-access concerns with residents.
- Prioritize projects that lower household costs and improve health as well as environmental outcomes.

SCALE WITH PARTNERS

- Partner with environmental-justice groups, utilities, schools, municipalities, and responsible businesses.
- Adopt purchasing, travel, energy, waste, and event standards; publish progress and trade-offs.
- Support clean energy, resilient infrastructure, biodiversity, and a just transition for affected workers.

STARTER PROJECT Repair, Reuse, Renew Day: repair useful goods, share tools, collect hard-to-recycle items, and identify one neighborhood resilience project.

First measure. Track items repaired, waste avoided, household savings, participants trained, and the next collective commitment.

GUARDRAIL Avoid greenwashing. Report actual outcomes and include communities most affected in leadership and benefit.

10

Life Of Valuable Enlightenment

True Self Realization for all

Create voluntary paths for reflection, wisdom, service, and self-knowledge while honoring each person's conscience and tradition.

BEGIN WITH PERSONAL PRACTICE

- Practice a daily pause for prayer, meditation, journaling, gratitude, or honest self-examination.
- Choose one relationship in which to listen more deeply, apologize where needed, or offer service without recognition.
- Test insight by its fruit: greater compassion, courage, humility, responsibility, and freedom.

BUILD IT TOGETHER

- Host interfaith and nonreligious reflection circles with equal dignity, shared agreements, and no pressure to conform.
- Pair contemplation with practical service so inward growth remains connected to human need.
- Train facilitators in listening, boundaries, referral, conflict care, and spiritual humility.

SCALE WITH PARTNERS

- Build partnerships across spiritual, philosophical, educational, and service communities.
- Create retreats, mentoring, creative practice, and study that remain accessible regardless of income.
- Share stories of transformation only with informed consent and without presenting one path as universal.

STARTER PROJECT Reflection and Service Circle: one hour of silence, dialogue, and intention followed by one concrete act of local service.

First measure. Measure participation, belonging, continued practice, and service completed—never claim to measure another person's enlightenment.

GUARDRAIL Keep participation voluntary. Do not replace mental-health care, claim spiritual authority over others, or exploit vulnerability.

A shared method keeps ideals accountable

Whatever principle you choose, use the same five-part discipline. This makes the work easier to trust, compare, improve, and hand to new leaders.

1 LISTEN Hold short conversations with people closest to the need. Record themes without collecting unnecessary personal details.

2 CO-DESIGN Invite affected people to choose the goal, shape access, identify risks, and define what “useful” means.

3 PILOT Deliver the smallest complete version. Name an owner, partner, budget, safeguard, date, and measure.

4 LEARN Review outcomes and unintended effects. Publish a brief, honest note including what did not work.

5 STEWARD Repeat, revise, transfer, or stop. Growth is justified by usefulness and trust, not attention alone.

Five roles for a small action team

- **Community steward:** keeps purpose and relationships aligned.
- **Participant voice:** holds real decision power from lived experience.
- **Operations lead:** owns dates, logistics, money, and follow-through.
- **Safeguarding lead:** owns consent, privacy, boundaries, and escalation.
- **Learning keeper:** tracks results, stories with permission, and improvements.

AI WITHIN THE METHOD Use artificial intelligence to summarize public information, translate drafts, organize ideas, or explore options. Do not let it replace human consent, lived experience, professional judgment, source checking, or accountability.

The first ninety days should prove one useful thing

A focused first cycle builds credibility and reveals the community's real capacity. The aim is not a grand launch; it is a complete act of service that people want repeated.

Timing	Purpose	Evidence of progress
Days 1–14	Listen and map	Talk with 10–15 people; identify one specific need, existing services, likely partners, risks, and who should share decision power.
Days 15–30	Choose and design	Select one starter project. Write the outcome, audience, access plan, budget, owner, safeguard, partner, and one primary measure.
Days 31–60	Deliver the pilot	Recruit a small team, confirm permissions and resources, invite participants clearly, and complete the whole experience.
Days 61–75	Review honestly	Gather participant feedback, compare the result with the intended outcome, and name failures or exclusions without defensiveness.
Days 76–90	Improve and share	Repeat with one meaningful improvement, or stop and explain why. Publish a short transparency note and invite the next group of contributors.

A one-page pilot brief

Principle and local need _____	People sharing decision power _____	One result by day 60 _____
Project owner and partner _____	Budget and donated resources _____	Consent and safeguarding plan _____
Primary measure _____	Review date _____	Repeat, revise, transfer, or stop decision _____
DECISION RULE Do not scale because the project was inspiring. Scale when participants found it useful, the team can deliver it safely, and the next cycle has a clear owner and resources.		

Measure service without reducing people to numbers

Use a few measures that help the community learn. Pair counts with participant voice, report limitations, and never measure dignity, worth, faith, or enlightenment as if they were scores.

Lens	Question	Simple evidence
Reach	Who participated?	Total; first-time; repeat
Access	Who could not participate?	Cost, language, time, mobility
Usefulness	Did the project meet the named need?	Participant rating + comments
Outcome	What changed afterward?	One principle-specific result
Equity	Who held voice and power?	Co-designers; paid roles
Safety	Were concerns raised or harms observed?	Concerns; response; repair
Stewardship	Can the work continue responsibly?	Owner, partner, resources
Learning	What will change next time?	One published improvement

Close every cycle with four sentences

1. We intended to... _____
2. Participants experienced... _____
3. We learned... _____
4. Next, we will repeat, revise, transfer, or stop by... _____

FINAL INVITATION Let LOVE be recognized by the life it nourishes, the freedom it protects, the truth it can verify, and the care it sustains. Begin with one person, one place, one promise, and one completed act.

LEARN MORE AND JOIN THE CONVERSATION

<https://anti.community/>