

**TRUST: A Reclamation of Our World as Whole  
(Our Trust is Fcked: So What Now?)**

An Evolutionary Roadmap to Restore Trust & Align our World as Whole.  
By Davion Starchild Ziere (zi starchild)

i. ...Preface: Underlying Values

ii. ...Foreword...Our Invitation to Begin

**I. ...Tell the Truth of Tomorrow's Past**

- a. ...Past: Scales of Justice v Self-Preservation; Interlocked Oppressions
- b. ...Acknowledging all that We Don't Know.

**II. ...Our Trust is Fcked: So What Now?: New Visions**

- a. ...A New World for Today + Reclamation of Interdependence

**III. ...Addressing Trust**

**IV. ...Awareness pt. I: Inner self**

- a. Coming to Terms (*Agreements*) with Self: Knowing what we need/value/want
- b. Radical Transparency and Integrity
- c. Aspects: Thought, Feeling, Instincts, Dreams, Impulses, Intuition, etc.

**V. Key Terms for Inner Self (Inner Action → Self Actualization)**

- a. **Choice**
- b. **Value and Investment:** What we Appreciate, Appreciates
- c. ...**Purpose and Intention**
- d. ...**Ownership as Stewardship:** Acting Responsively (Responsibly);  
Self-Governance
  - i. Maintain to Sustain: If You Make a Mess or a Bless, Owning it
- e. ...**Trust and Security**

**VI. ...Awareness pt. II: Inter Self**

- a. Tuning into faculties: Listening, Understanding, Alignment, Inquiry and Empathy
- b. Understanding another's needs/values/wants and responding

**VII. Key Terms for Other (Inner Action → Interaction)**

- a. ...**Transparency: Harmony in Partnerships:** Clarity of Terms, Practices, Desires
- b. ...**Consent:** Yes or No: Interrelational Agreements
- c. ...**Securities and Exchange**
- d. ...**Interest and Principal**
- e. ...**Compliance and Compensation**

**VIII. Awareness pt. III: Collective Self: Health, Wealth and Liberty for All.**

- a. From Inclusion to All-Encompassing for Authentic Representation
- b. Interconnected Uplift; Understanding how our actions affect one another

**IX. Key Terms for Collective Self (Collection - Collective Action)**

- a. **Considerate/Conscious v. Control-based Systems**
  - i. New deals: Nurture based Innovation vs. Exploitation-based Profiteering
  - ii. Flow state, Circular Sys, Regeneration (Econ/Agro/Legal) and Symbiosis
  - iii. Incentivizing Truth and Justice vs. Manipulation and Self-Preservation

- b. ...**Equity and Wealth**
    - i. Sharing is Caring; “Lift as we climb”
    - ii. ; Less Checks, More Balance
    - iii. Collab v. Compete: Optimize vs. Maximize → From Survival to Thriving
  - c. ...**Accountability** → **Accounts** → **Accounting**
- ii. ...**Conclusion...Outside: Living, Aligning, Thriving and other Things**

**[working framework: where we come from, where we are, where we’re going.]**

**Through all civil unrest, from civil war to civil rights to now: universal liberty, life and justice  
for all.  
From inclusion to compassion.**

*“Expansion of and contraction with awareness is the gateway to a liberated world where people and planet can breathe and prosper together.”*

## **Chapter 1: Truths of Tomorrow’s Past**

"If we don't understand how we got here, we won't understand where we are—let alone where we're going." — Marianne Williamson

And in the words of Sonya Renee Taylor, “The key to getting out of a maze is remembering the way you got in.”

### ***The Root of the Breakdown***

Trust is the foundation of all things—relationships, economies, communities, and even our connection to self. And yet, we live in a world where trust has been fractured, manipulated, and, in many cases, deliberately destroyed.

To move forward, we must first acknowledge the truth: the systems we inherited were not built to foster trust, but to concentrate power in the hands of a few.

This is evident in:

- Economic systems that prioritize profit over people.
- Governments that serve corporations rather than communities.
- Personal relationships where fear and scarcity create cycles of mistrust.

In finance, a “credit crisis” occurs when lenders lose trust in borrowers. On a larger scale, we are living through a global trust crisis—and it is affecting everything.

From the earliest social contracts to the unspoken agreements that shape our world today, we operate in a system built not on reciprocity, but on hierarchy. The promises of democracy, free markets, and fairness were never extended to all.

We see the evidence in our history:

- The Constitution and the Declaration of Independence—foundational documents that excluded entire populations from the promise of liberty.
- Economic structures designed to funnel resources upward, while convincing the masses that hard work alone determines success.
- Governments and institutions that have repeatedly broken their word, reinforcing a world where trust is seen as naïve, rather than sacred.

We are living in the aftermath of these broken agreements. And yet, trust is not gone—it is simply waiting to be reclaimed.

### ***What Happens When Trust is Broken?***

A body that cannot trust its parts shuts down. A world that cannot trust itself unravels.

We feel it in the way relationships struggle under unspoken fears of betrayal. In the way people hesitate before believing in something greater than themselves. In the way governments, economies, and even spiritual institutions have lost the faith of those they claim to serve.

The result is a global trust crisis. Not just in external systems, but in ourselves.

When trust is repeatedly broken, we internalize the betrayal. We begin to believe that no one—not even we—can be trusted. And from that place, we build walls. We enter survival mode. We forget that trust is not a weakness; it is a technology.

And like all technologies, it can be rebuilt, but it starts with the root of trust, which is the truth.

### ***Addressing our Disillusionment***

It feels fitting to share a speech, delivered by Civil Rights Leader Martin Luther King in 1962 at the Park Sheraton Hotel in NYC:

“Mankind through the ages has been in a ceaseless struggle to give dignity and meaning to human life. It is that quest which distinguishes man from animals. If our nation [the U.S.A.] had nothing more in its whole history than to create just two documents, its contribution to civilization would be imperishable. The first of these documents is the Declaration of

Independence (authored by Thomas Jefferson) and the other is... the Emancipation Proclamation. All tyrants, past, present and future, are powerless to bury the truths in these declarations, no matter how extensive their legions, how vast their power and how malignant their evil. The Declaration of Independence proclaimed to a world, organized politically and spiritually around the concept of the *inequality* of man, that the dignity of human personality was inherent in man as a living being. The Emancipation Proclamation was the offspring of the Declaration of Independence. It was a constructive use of the force of law to uproot a social order which sought to separate liberty from a segment of humanity... **History reveals that America has been a schizophrenic personality where these two documents are concerned. On the one hand she has proudly professed the basic principles inherent in both documents. On the other hand she has sadly practiced the antithesis of these principles.** If we look at our history with honesty and clarity, we will be forced to admit that our Federal form of government has been, from the day of its birth, weakened in its integrity, confused and confounded in its direction, by the unresolved race question. We seldom note or give adequate significance to the fact that Thomas Jefferson's text of the Declaration of Independence was revised by the Continental Congress to eliminate a justifiable attack on King George for encouraging slave trade. It was changed lest it offend the southern representatives, just as today still legislation is discarded or emasculated lest it, too, give offense to southern representatives. Jefferson knew that such compromises with principle struck at the heart of the nation's security and integrity. In 1820, six years before his death, he wrote these melancholy words: "...but this momentous question, like a fire bell in the night awakened and filled me with terror. I considered it at once as the knell of the Union. I regret that I am now to die in the belief that the useless sacrifice of themselves by the generation of 1776 to acquire self-government and happiness to their country is to be thrown away, and my only consolation is to be that I live not to weep over it.<sup>1</sup>"

There is much to be gleaned from M.L.K.'s passage, and even more to pay attention to in his note of what we often miss about Thomas Jefferson's remarks.

On April 22, 1820, Thomas Jefferson, slave owner, 3rd president of the U.S., author of the Declaration of Independence, and the creator of the Democratic-Republic party (sound familiar?), wrote a letter to Congressman John Holmes of Massachusetts regarding the imminent doom of the future of the United States given independence from slavery.<sup>2</sup> It read:

"...on the Missouri question. it is a perfect justification to them. I had for a long time ceased to read the newspapers or pay any attention to public affairs... but this momentous question, like a fire bell in the night, awakened and filled me with terror. I considered it at once as the knell of the Union. it is hushed indeed for the moment. but this is a reprieve only, not a final sentence. a geographical line, coinciding with a marked principle, moral and political, once conceived and held up to the angry passions of men, will never be obliterated; and every new irritation will mark it deeper and deeper. I can say with conscious truth that there is not a man on earth who would sacrifice more than I would, to relieve us from this heavy reproach, in any *practicable* way. the cession of that kind of property, for so it is misnamed, is a bagatelle which would not

---

<sup>1</sup><https://exhibitions.nysm.nysed.gov/mlk/images/MLK-Transcription.pdf>

<sup>2</sup><https://www.loc.gov/exhibits/jefferson/159.html>

cost me in a second thought, if, in that way, a general emancipation and *expatriation* could be effected: and, gradually, and with due sacrifices, I think it might be. but, as it is, we have the wolf by the ear, and we can neither hold him, nor safely let him go. justice is in one scale, and self-preservation in the other. of one thing I am certain, that as the passage of slaves from one state to another would not make a slave of a single human being who would not be so without it, so their diffusion over a greater surface would make them individually happier and proportionally facilitate the accomplishment of their emancipation, by dividing the burthen on a greater number of coadjutors. an abstinence too from this act of power would remove the jealousy excited by the undertaking of Congress, to regulate the condition of the different descriptions of men composing a state. this certainly is the exclusive right of every state, which nothing in the constitution has taken from them and given to the general government. could congress, for example say that the Non-freemen of Connecticut, shall be freemen, or that they shall not emigrate into any other state?

I regret that I am now to die in the belief that the useless sacrifice of themselves, by the generation of '76. to acquire self government and happiness to their country, is to be thrown away by the unwise and unworthy passions of their sons, and that my only consolation is to be that I live not to weep over it. if they would but dispassionately weigh the blessings they will throw away against an abstract principle more likely to be effected by union than by scission, they would pause before they would perpetrate this act of suicide on themselves and of treason against the hopes of the world.”

“We have the wolf by the ear, and we can neither hold him, nor safely let him go...” refers to the “property (slaves, labeled African Americans)” that Jefferson considered a “bagatelle” in value.

**Further, he says, “JUSTICE IS IN ONE SCALE. SELF-PRESERVATION IS IN THE OTHER.”**

America, it is time to reconcile that the scales have been off, and we have lived in a chosen state of self-preservation for too long. It is time to ascend from this inequitable reality and balance with justice and acknowledgment of the miseries caused by America’s trailblazers (or rather trailburners).

What will we choose? Justice or self-preservation? Letting go of what has been for the greater and long term good of our world or holding on to what we have known harms our people and planet in exchange for vain luxury and disillusioned privileges?

For those of us who choose justice, then we must start by acknowledging all that just is: the whole truths of our past and present, so we can be clear on where we are today and walk forward with integrity. Integrity, not as some high honor, but integrity as we view it in math: the state of all integers being recognized, unified, undivided, and whole. Every factor being accounted for: both the joys, the cringeworthy ills, and everything existing within the spectrum.

And we can tell our truth today with clarity, by the fact that we have great awareness of the varied quality of the fruits produced by our communities, companies and environments.

## Visiting the Foundational Truths of Our Current Reality

In telling our truth, let us start with the foundation of America today by referencing the Declaration of Independence, also penned by Thomas Jefferson:

“We hold these Truths to be self-evident, that all Men are created equal, that ***they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the Pursuit of Happiness***—That to secure these Rights, Governments are instituted among Men, deriving their just Powers from the Consent of the Governed, that ***whenever any form of Government becomes destructive of these Ends, it is the Right of the People to alter or to abolish it, and to institute new Government***, laying its Foundation on such Principles, and organizing its Powers in such form, as to them shall seem most likely to effect their Safety and Happiness... it is their Right, it is their Duty, to throw off such Government, and to provide new Guards for their future Security.”

Let us note that Thomas Jefferson, himself, and all 55 other signers, stated that we are endowed with birth rights to Life, Liberty, and the Pursuit of Happiness. Further, they stated that if the Government becomes destructive of these ends, then it is our RIGHT *and* DUTY to alter or abolish it, and to institute a new Gov’t that is most likely to affect our safety and happiness.

This is often understated, but it is key to note that the Power was bestowed on us to decide what we will do as a society going forward.

For context, this is exactly the situation that these “Founding Fathers” found themselves in. They were experiencing suppression of who they were and their ability to attain liberty and their pursuit of happiness. And so, with this Declaration of Independence, they “broke all political ties between the American colonies and Great Britain, set forth the ideas and principles behind a just and fair government, and the **Constitution** outlined how this government would function.”

We find ourselves in a similar and even more complex version of this predicament today, as much of our nation has. So, we feel that it is now time for us to own our Right, as mentioned in our Declaration of Independence, to alter our situation.

### Let us begin by telling the truth of our context:

#### **Truth: Modern U.S. Society & Innovation is Built on a foundation of Erasure**

Indigenous peoples from to what we now call the were murdered, enslaved, dissociated from our cultures, and worse while a people who began to call themselves White leveraged evolving forms of media and storytelling to convince other Euro-people to call themselves White and that the darker brothers and sisters of Earth were less than human. All of this was done as a means to justify the exploitation and savage treatment of other human beings to build the foundations and innovations for what we now call “Modern day society.”

*Discuss the effects of these lies on the neurology and processing of the world's majority and "minorities"?*

We know that indigenous peoples and those of darker skin are not savages. We are human. In fact, we are brilliant and resilient humans who transferred much of the innovative cropping practices to establish this . Beyond that, we have overwhelmingly managed to maintain our sense of self and culture, in spite of all the constant terrors we have been subjected to. One would call this a miracle considering the fact that stress alone kills<sup>3</sup>, and since it has been proven that trauma gets passed down through our gene pools, we have quite a lot to unpack internally.

### **Truth: Womxn and Intersex groups have been Oppressed and Marginalized**

The Declaration of Independence itself fails to acknowledge anyone other than men. Womxn have been made to seem as less than men and have been subjected to silence, rape, dulling of the senses, less pay, suppression of the legal ability choose for self. And by extension, we have missed out on the balance that comes from women leadership guiding our world hand in hand with man's. *The same applies to the intersex groups of our world. Add more here.*

### **Truth: We have Exploited TF out of our Earth**

Not even going to spend a ton of time here. It is Summertime in New York on October 15, 2020. Water droughts. Oil Spills. Deforestation. Melting Icebergs. Climate Change is real.<sup>4</sup> And in the past 50 years, we have decimated global wildlife populations by ~68%<sup>5</sup> I wish I were making this up.

### **Truth: Our Systems have been built on Binary Thinking**

Beyond this, our current systems and constructs distribute mass education that lead us down paths of binary thought: White or Black. Man or Woman. Gay or Straight. Capitalist or Communist. Extroverted or Introverted. Happy or Sad. Old or young. Rich or Poor (albeit with an elusive middle class.) Good or Bad. Etc.

### **Truth: Our World and Identities are non-Binary**

Instead of existing as binary, linear figures, we are ever-evolving quantum beings who exist on spectrums based on our lived experiences, and collective experience that we have accrued over time.<sup>6</sup>

In part due to our binary lenses, we live in a world that is treacherously inequitable and worse hesitant to acknowledge that we are sacrificing our own humanity in order to continue along these lines. We are living in extreme states of anxiety, depression, and constant cognitive dissonance, as our planet echoes our inner state, and we struggle to let go of a system that doesn't work for our colorfully rich and diverse identities.

---

<sup>3</sup><https://psychcentral.com/lib/how-does-stress-affect-us/>

<sup>4</sup><https://climate.nasa.gov/evidence/>

<sup>5</sup><https://www.smithsonianmag.com/smart-news/humans-wiped-out-two-thirds-worlds-wildlife-50-years-180975824/>

<sup>6</sup><https://www.ipost.com/health-science/the-blunder-of-binary-thinking-how-can-humans-be-happy-and-despondent-633557>

Those who carry the label of White and have benefited from White supremacy (*Define White supremacy*) + colonialism constantly question and deal with varying levels of denial, shame, guilt, confusion and frustration about the world as it is.

And all that have been marginalized by White Supremacy carry the burden of genetic and phenotypic trauma and bias that holds groups back and forces us to do extra work of healing so that we do not self-destruct or further damage others within our own groups. One can surmise how this would eliminate time and make it even more challenging for someone in a marginalized or compound of marginalized groups to do things like innovate or thrive, while most are just trying to survive.

**Truth: We have Serious Trust Issues**

Trust, right now, is at an all-time low.<sup>7</sup> Many of us have little to no trust in companies, governments, hospitals, media, and worst of all ourselves as individuals and communities.

This is largely due to the fact that we are systemically incentivized to extract value and exploit others in order to drive growth for our own personal gains, a parasitic approach to sustenance.<sup>8</sup> \$1.4 trillion of the \$1.9 trillion market value of Facebook and Alphabet comes from the data they hold and how they use it. We should be returning this value to the people who created the data in the first place—each individual of us who use the internet.

**Truth: Our dirty hands are in the cookie jars of many nations**

And this furthers our own plight. We have not yet taken care of our basic concept of home, and yet we seek and hope to exemplify justice in other countries across the world. I do believe that it is our responsibility (or kuleana: Hawaiian) to care for one another. But how can one who has not cared for self even adequately understand how to care for another. Taking care of home/self is essential to taking care of the larger self through connectivity to each other.

**Truth: we are suffering. suicide is at an all-time high.**

Even with connectivity, we feel lonely.

**Truth: We prioritize Sight and Thought over other senses and Faculties**

**Truth: Our justice system is not in the business of making people whole.**

[Cite Michelle Alexander and Danielle Allen here.]

**Truth: We prioritize quantities over qualities.**

And this encourages numeric value driven results over true values-driven.

**Root Truth: We operate as if we know 100%, when we don't.**

95% of communication is non-verbal, but words are abundant.

---

<sup>7</sup><https://www.pewresearch.org/fact-tank/2019/07/22/key-findings-about-americans-declining-trust-in-government-and-each-other/>

<sup>8</sup><https://www.americanprogress.org/issues/race/reports/2019/08/07/472910/systematic-inequality-economic-opportunity/>

95% of the universe is dark energy and dark matter<sup>9</sup>, but we know very little of it.  
>80% of the ocean has yet to be explored, mapped, or even observed.<sup>10</sup>

## **Root Truth: We operate off of Linear Science that Prioritizes Material<sup>11</sup>**

We measure wealth, success and more based off of materials, and we prioritize logic and numbers as some sort of prime/best way to do things. The reality is “matter” has not been found, this is an energetic world that just takes temporary form in materials, and thought/reason is not any more important or valid than feeling, intuiting, etc. This results in inherent bias.

**In fact, we live in an energetic world that is spectral and quantum (non-linear.)**

**It’s a lot, we know. But remember to breathe.**

**Inhale. Exhale.**

This document does not exist to demonize. It exists to account for our past, accept it as true, and to walk forward in accountability with compassion for ourselves: our inner self, inter self and collective self.

## **Moving Forward**

Good news! Going forward, profit and metrics of success will look different. Why? We are collectively growing in awareness of our plight and have increasing technical means to actively care about and act on what we become aware of.

“When you are caught in a situation, you might think it is normal. And because you think it is normal, you won’t have a desire to leave until you are taken away and look back.”

Tomorrow, we are activating value and uplifting others as our means for growth. My father had a saying when I was growing up. “If you take care of your car, it will take care of you.” I learned this to be applicable in all areas of life, especially in nature. When we take care of a garden or animals for instance, they respond with care for us. In the words of native Hawaiians, or lahui oiwi: “malāma aina,” which is that if we care for nature, it will care for us.

---

<sup>9</sup><https://science.nasa.gov/astrophysics/focus-areas/what-is-dark-energy>

<sup>10</sup><https://oceanservice.noaa.gov/facts/exploration.html>

<sup>11</sup><https://blogs.scientificamerican.com/observations/physics-is-pointing-inexorably-to-mind/>

Calling upon the wisdom of Proverbs to further this idea: "we reap what we sow."  
Great global change will be spurred by solving some of the world's most dire issues: climate change, rising populations experiencing homelessness, water droughts, poor housing conditions, hunger, closing identity-based inequity gaps, wealth disparities, and more.

And this shift spurs remarkable innovation and prosperity based on understanding and solving genuine, fundamental problems with sustainable practices; not just what sells and can be marketed well.

People will live while alive and work to the health of self, understanding self is always interwoven with all of us.

All of this will take one simple thing: renewed and restored Trust.  
*Trust is both the means by which wealth and information are transferred, as well as confidence or firm belief in someone or something.*

We now must proceed with powerful resolve to counteract imminent chaos and disparate living for a future. In our new world, the near future will yield a shift in that the companies who are most prosperous will be the ones developing based on models that bring balance to our world.

We must channel our creativity to paint new visions and systems to accomplish them.

So Artists, Write your truth with liberty and Paint your reality freely.

To Businesses, provide services and products that are good for people and our planet.

To Healers, continue nurturing through the collaboration of honest prayer, medicines, body arts, herbs, meditation, and the infinite other ways to heal.

To Educators, let every individual be equipped to educate and govern themselves.

To the Arbiters of Data, create instruments that make it easy for us to tell and share our truth.

To the Modelers and Policymakers, create models and implement policies that reward honesty, respect and the development of agendas that address our collective present.

To Each and every individual, believe in, embrace, accept and entrust yourself, as you are.

In the words of Bill Hicks, "We can change it [our reality] any time we want. It's only a choice. No effort, no work, no job, no savings of money. Just a simple choice, right now, between fear and love. The eyes of fear want you to put bigger locks on your doors, buy guns, close yourself off. The eyes of love instead see all of us as one. Here's what we can do to change the world, right now, to a better ride. Take all that money we spend on weapons and defenses each year and instead spend it feeding and clothing and educating the poor of the world, which it would

pay for many times over, not one human being excluded, and we could explore space, together, *both inner and outer*, forever, in peace.”

In the words of former U.S. President, John F. Kennedy, “Together let us explore the stars...unite to heed, in all corners of the earth, the command of Isaiah: to “undo the heavy burdens ... and to let the oppressed go free.””

“And this is one of the great tasks of leadership for us, as individuals and citizens this year. But even if we act to erase material poverty, there is another greater task, it is to confront the poverty of satisfaction - purpose and dignity - that afflicts us all. Too much and for too long, we seemed to have surrendered personal excellence and community values in the mere accumulation of material things. Our Gross National Product, now, is over \$800 billion dollars a year, but that Gross National Product - if we judge the United States of America by that - that Gross National Product counts air pollution and cigarette advertising, and ambulances to clear our highways of carnage. It counts special locks for our doors and the jails for the people who break them. It counts the destruction of the redwood and the loss of our natural wonder in chaotic sprawl. It counts napalm and counts nuclear warheads and armored cars for the police to fight the riots in our cities. It counts Whitman's rifle and Speck's knife, and the television programs which glorify violence in order to sell toys to our children. Yet the gross national product does not allow for the health of our children, the quality of their education or the joy of their play. It does not include the beauty of our poetry or the strength of our marriages, the intelligence of our public debate or the integrity of our public officials. It measures neither our wit nor our courage, neither our wisdom nor our learning, neither our compassion nor our devotion to our country, it measures everything in short, except that which makes life worthwhile. And it can tell us everything about America except why we are proud that we are Americans.” Robert F. Kennedy— [MARCH 18, 1968](#)

“True freedom cannot be had without equality. It is time to update our social contract.” – Danielle Allen  
“True happiness can not be had without freedom.” – Thich Nhat Hanh

### ***Reclaiming Truth as the Foundation of Trust***

The path forward is not about blindly rebuilding what was broken—it is about creating new agreements that honor truth, integrity, and reciprocity.

Truth is the foundation of trust. And truth is often uncomfortable. It asks us to name what has been hidden, to acknowledge harm, and to hold ourselves and others accountable. It requires us to move beyond performance and into embodiment.

Trust is not about perfection. It is about alignment. And alignment begins with truth.

As we move forward, the question is not whether trust can be restored. The question is: Are we willing to tell the truth, even when it disrupts what we thought we knew?

Once truth is acknowledged, trust becomes not just possible, but inevitable.

***Reflection Questions:***

What personal experiences have shaped how I trust (or don't trust) others?

Where have I internalized mistrust from the world around me?

How do I rebuild trust within myself before seeking it externally?

What is my current perspective of our world's context?

Where do we come from?

What are the factors that brought us here? to this moment?

What do we need to acknowledge?

What lessons do we need to learn?

## **Chapter 2: A New Vision: A Trust-Enabled World**

“Write.” As we asked what we should do, this is the word that was placed on our heart. What followed was “Vision.”

Vision:

When we were 13, we dreamt of an island without money as we know it.

The life on this island was vibrant.

People seemed to enjoy living.

We seemed to be alive.

We seemed to care about what we did.

Passion was abundant; so much so, one would have thought that we traded on it.

There was no exchange of a dollar nor yen nor euro.

In fact, we seemed to serve freely in whatever we committed to doing.

We were free.

We were not driven by doubt nor insecurity.

The children explored and were given the space and encouragement to discover their own path at their own pace.

The teachers who taught them?

They taught because they were deeply committed to the nourishment of their students.

They cared.

It was as if this society valued life.

Nature was flourishing, and everything about this place seemed to give back to itself.

The food was incredible; so fantastic that it was obvious the chefs and cooks put love into it.

Love was overflowing in this place.

End.

-----

This is the just world we are building towards for people of all genders, sexual orientations, ethnic backgrounds, and overall phenotypes.

And in order to build it, we need an updated social contract that actually encompasses our updated understanding of the people, planet and overall world we live in.

### **Our Reclamation: Compassion is the New World Compass.**

1. All life is born with value and made aware of our value.
2. All life is empowered with and made aware of our right to choice and free will.
3. All life is born free and not to work for another, but rather in partnership together.
  - a. No person rules over another or functions as the property of another.
4. All life is entrusted with ownership of and (heart, body, mind, spirit, soul, lands, etc.)
  - a. Ownership is viewed as stewardship, a responsibility to care for and not control.
5. All stewards share in the assets we care for.
6. All basic needs are met through basic income.
  - a. Needs: Healthcare, therapy, shelter/land, food, water, oxygen.
7. All life is born trusted and encouraged to trust and truth.
8. All life that has previously benefited from gain by the ills of ancestors against others will make available our resources by establishing a collective trust.
9. All life is educated on our interconnectedness and the cause-effect nature of our world.
  - a. There is no separation between I and another because we are inextricably linked.
  - b. May no action be taken without consideration for this.
10. All are encouraged to explore and learn their own unique way, so as to optimize the self.
11. All life is made aware that what we feed grows.
12. All life is imbued with the right to emotion, thought, dream, instinct, intuition and all other faculties of understanding.
13. Trust is established through the uplift of the truth: good or bad.
14. All life is accepted as is.
15. We seek to understand, to heal, to restore, to grow and not to judge or prejudice.
16. We do not extract to exploit and harbor, but rather discover to activate and share.
17. Money is a current meter for value and not an obstacle to breathing or creativity.
18. Trust is the means by which value is exchanged.
19. Communities are established as the companies we keep.
  - a. To keep is to treasure, maintain and sustain.
20. Inner and outer space are both to be explored freely with respect to known and unknown life in each domain.
21. Difference and likeness are appreciated for what they are.
22. All life is encouraged to self-educate to develop our full self and actualize our highest potential both individually and collectively.
23. All data is respected as an asset of the person it is derived from.

24. All who have been traumatized by prior societal living are endowed with the space and compassion to heal.
25. Life is not binary, and so we celebrate the whole spectrums of identity.

To use the words of the U.N.'s universal declaration of rights:

“Everyone has the right to work...

to rest...

to a standard of living adequate for the health and well-being of himself their self and of his their family...

to education [which] shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms.”

And from these basic rights, we shall rise a healthy and wealthy world.

**And we already have working examples/projects/concepts in progress with:**

- A. Ahupua’as (Prosperity Systems) - Kuleana (Responsibility) in Hawai’i
- B. Land without Landlords (Oakland)<sup>12</sup>
- C. Land Back in Action<sup>13</sup>
- D. The Tenants Who Evicted Their Landlord (Minneapolis)<sup>14</sup>
  - a. “In our vision of the world, there isn’t a profit motive connected to housing, period. Housing is truly a public good.”
  - b. ‘There was a time when we were just neighbors, not really talking to each other. Now, we’re a family.’
- E. New Solidarity Economy: <https://neweconomy.net/>
- F. Restorative Justice such as Ho’o’pono’pono
- G. Self-Governance
- H. UBI- Mayor Tubbs - Stockton | UBI proof of crime reduction- Richmond, CA
- I. UBI - European Nation Experiments
- J. [UBI via Social Security](#)- A’ohe Mea
- K. Trustless Systems via Decentralization of Power - Blockchain Revolution
- L. Circular economy
- M. Biomimicry
- N. Regenerative Agro
- O. Universal Healthcare
- P. Impact Investing - MIE + TIIP
- Q. Recoverable Grants & DAFs
- R. Police Reform & Abolition
- S. Benefit Corporations | Certified B Corps | Social Enterprises

---

<sup>12</sup><https://www.ebprec.org>

<sup>13</sup><https://briarpatchmagazine.com/articles/view/four-case-studies-land-back-in-action>

<sup>14</sup><https://www.nytimes.com/2020/10/13/magazine/rental-housing-crisis-minneapolis.html>

- T. Impact Investing - SOCAP
- U. Co-Ops and Community Owned Models
- V. Participation over Representation in Leadership
- W. Credit Unions ←→ Banks
- X. And How we don't need Police or Justice Authorities with Private Interests
- Y. <https://itme.company/> : Personal Data Store protecting Data Assets
- Z. Germany and Netherlands focusing on helping Victims and Wrongdoers become Whole
  - a. Only 8% of their justice administration is incarceration. Rest is Restoration.
- AA.R3: Chicago and Greece Bottoms Up Re-Vitalization<sup>15</sup>
- BB. LIFT Economy
- CC. Syzygy Cities // Guild of Future // Post-Growth Institute
- DD. Voter Registration Automation

**[Insert Images and Examples.]**

**Old World → New World!**

**This is about Evolution.**

**Our system is dated.**

**We are updating it.**

**It was built pre technological advancements and without all parties represented, and due to tech + data + the power of people, we now have the capacity to cultivate simpler, more efficient ways of life that are healthier for people and our planet.**

**Reminder: Use Compassion as Compass.**

**Have Gracelines in exchange for Timelines.**

**Use Truth as North Star.**

---

<sup>15</sup><https://www.wbez.org/stories/new-coalition-seeks-a-bottoms-up-approach-to-transform-chicagos-south-and-west-sides/28bd4614-b86e-498f-b648-93f1f1cbe560>

**Welcome Love as the seeds in Foundation of  
Understanding and Collective Representation.  
Let's pay it fwd >>> Generosity for Generations.  
The New World Won't Build Itself.  
Faith without Works is Dead.  
Closing the Accountability Gap!**

**Chapter 3: Our Trust is Fcked: So What Now?**

"How can I trust you when you don't trust yourself?" — Maya Angelou

***What is Trust?***

Trust is both:

- A. A fundamental requirement for anything to function.
  - a. We must trust that our ceilings will remain over our heads in order for us to have a sense of security underneath them. Same with the grounds we walk on.
  
- B. means by which value and information is transferred
  - a. When we want value to flow to dedicated parties, we establish a trust.
    - i. This dynamic occurs in our relationships, business and of other sorts.

**Trust is our foundation that we can rest on and in. It is a firm-held belief in the security of a value. If we truly want an equitable world, then trust is required.**

In order for trust to relationally exist, we must be clear, tell the truth and operate in that truth. We'll cover more on the legal specifics in the final chapters, but for now we will address it energetically.

Integrity comes by accounting for every integer present.

As our goal is to be alive and live, we would not take ourself or a loved one over a bridge that we were not sure had integrity because it is not dependable.

Trust, right now, is at an all-time low.<sup>16</sup> And we need its restoration. But in order for this restoration to occur, we must take ownership of ourselves and tell accurate accounts.

### ***The Trust Crisis We Inherited***

In the stock market, confidence determines value. If investors lose trust, markets collapse. The same is true in life—when trust is broken, entire systems fall apart.

We see it in:

- Political instability – Citizens no longer trust governments to act in their best interest.
- Financial systems – People hesitate to invest when markets feel uncertain.
- Personal relationships – Mistrust leads to isolation, fear, and withdrawal.

Trust isn't just a feeling—it's an asset. Like any asset, it must be protected, restored, and reinvested in.

We are living in an era of profound disillusionment. Institutions that once commanded respect—governments, corporations, religious organizations—are now met with skepticism, if not outright contempt.

But this isn't just about institutions. It's about us. It's about the way we move through the world, questioning the authenticity of relationships, the integrity of agreements, the safety of vulnerability.

This crisis is not new. It is the result of generations of broken promises—of leaders who spoke of justice while upholding oppression, of economic models that promised prosperity while delivering exploitation, of communities that preached love while enforcing exclusion.

We were taught to place our trust in systems that were never designed for our well-being. And now, as those systems collapse, we are left wondering: Where do we place our trust now?

The answer is simple, but not easy: We place it in what we are willing to build.

Legally, a trust is a legal entity that holds, manages, and distributes assets on behalf of a beneficiary or group of beneficiaries. The person who creates the trust is known as the grantor or settlor, and they assign a trustee to oversee the management of the trust's assets. Trusts are commonly used for estate planning, asset protection, and ensuring a legacy is preserved for future generations.

#### **Key Components of a Trust**

1. Grantor: The individual who creates the trust and transfers their assets into it.

---

<sup>16</sup><https://www.pewresearch.org/fact-tank/2019/07/22/key-findings-about-americans-declining-trust-in-government-and-each-other/>

2. Trustee: The person or institution responsible for managing the trust's assets and ensuring the terms of the trust are carried out.
3. Beneficiaries: The individuals or organizations that receive the benefits (assets, income, etc.) from the trust.
4. Trust Assets: Any property, financial assets, or investments placed in the trust.
5. Trust Agreement: The legal document that outlines the rules, terms, and purpose of the trust.

### ***The Trust Reclamation Framework***

Rebuilding trust is not about returning to the past—it is about creating something entirely new. It is about shifting from a world of blind faith to one of conscious agreements.

This requires a framework, a practice, and a willingness to engage in the work of trust-building at every level of existence.

#### ***1. Self-Trust: The Foundation***

Before we can trust others, we must trust ourselves. This means:

- Honoring our own word. If we consistently break commitments to ourselves, we internalize mistrust.
- Listening to our intuition. Trusting that our inner knowing is just as valid as external authority.
- Practicing radical honesty. First with ourselves, then with the world.

#### ***2. Relational Trust: Agreements Over Assumptions***

Trust in relationships is not built on words alone—it is built on agreements:

- Clarity over assumption. Speak what you mean. Ask for what you need.
- Transparency over performance. Be honest, even when it's hard.
- Integrity over convenience. Keep your word, or communicate when you can't.

#### ***3. Systemic Trust: Reimagining the World***

Trust-based systems do not require blind faith—they require structural integrity.

- Economic trust means wealth is distributed equitably, not hoarded by the few.
- Governance trust means leaders are accountable, not above the law.
- Community trust means safety is built through care, not control.

### ***A New Path Forward***

We are not here to patch the cracks in a broken foundation—we are here to build something new.

Trust is not a given. It is not an expectation. It is a practice. And every day, we choose whether to move from fear or from trust.

The systems we have inherited may be broken, but we are not.

We are the co-creators of what comes next.

+++Show Systemic diagram of system with trust.

+++Show Individual diagram of trust.

Display the inefficiencies (since we function on inefficiency) of a trust-flawed system vs. the upside of trust-driven/trustless systems.

How to cement trust? Radical transparency.

**[Reference Brené Brown's BRAVING and "Blockchain Industry]**

PUT THE MONEY/ENERGY WHERE OUR HEARTS ARE.

TRUST ARE BUILT ON OUR TERMS OF AGREEMENT AND THE HONORING OF THOSE TERMS.

**[SCALES: JUSTICE – SELF-PRESERVATION IN TRUST + ILLUSTRATE ALIGNMENT]**

**JUSTICE (WHOLE-HEALING) <> SELF-PRES (PARTIAL-HURTING)**

### **Reflection Questions:**

- Who am I? What do I value?
- What do I need? What do I want?
- What am I taking in and what am I putting out? What is my input and what is my output?
- Are there areas in my life where trust is broken, and why?
- What would rebuilding trust—within myself, my relationships, and my community—look like?
- Can I trust myself? What do I trust?
- Are my words aligned with my actions?

**IMPORTANT: Whether you are evaluating yourself, your business, your creations, or whatever it is, DO NOT rush the process. Being aware as possible is key in understanding how we are to move forward. But also, it is important to carry grace for ourselves in the process so as not to overwhelm ourselves in it all. Let us begin asking ourselves real questions in the following pages, while keeping compassion for where we are in it today.**

**Optional activity exploring relationship with trust paradigm. Rewriting our OS around trust:**

**Old Program:** We have no trust. Our trust is fucked. No one tells the truth. Everybody's lying.

**New Program:** I choose to honor my word. Act by act, I am establishing solid trust.

\_\_\_\_\_ [insert your own]

What might I need to shift programs or rewrite my own?

## **Part I: Inner Self**

### **Chapter 4: Awareness – Inner Self**

"No one has the access to be a greater expert on you than you." — zi starchild

***The more aware we are, the better decisions we can make.  
But we need clear mirrors. Self-Awareness → Self-Actualization.***

This book is based on the thesis that with greater awareness and transparency about what we do and don't know, we can achieve more precise coordinates and steps towards universal liberty and justice, closing equity divides, writing conscious contracts, having more harmonious relationships, and establishing a non-oppressive world based on trust. Over the course of this book, we will cover three key areas of awareness, starting with the self.

Ultimately, it is each individual's responsibility to learn, know and understand ourselves. No one can or should know you better than you know you.

We'd like to emphasize the importance of continuing to do what you feel most genuinely to do in every moment. Because while we are breathing, every breath deserves its own space.

So, for this chapter, we re-emphasize the work begun in the first, and we'll add an important word atop it: "Keep." Keep breathing. Keep letting go. Keep listening. Keep doing what you feel most called to do from within. Keep being honest with yourself. Keep being in a space where you can trust you. This is key to us being able to build a new world based on trust together.

Through our self-understanding, we can create standards for self. Once we have standards, we can protect our value and values, and we can know the values and standards of others simply.

There is no one size fits all, but we know that all have sizes that fit. It is important for each of us to know and honor our own needs, standards, and values because then we can quickly know what is and what is not for us.

Once we have this understanding, the first and most important thing to do is to act and walk with integrity. We would not walk on a bridge lacking integrity because we know it would collapse.

Relationships without integrity also collapse. Each thread of connection must be authentic, and if there are known faults, they must be made known. This is more reason why it is our responsibility to know ourselves as much as possible first so that we can be able to live with clarity and communicate transparently with others.

Our current systems often teach and encourage us to focus on faults in others, as well as expect that they will be our shining examples of leadership and righteousness. But the most important qualities to key in on first are undoubtedly with self. And once we can accurately acknowledge our individual strengths, challenge areas, motivators, demotivators, needs, and values, clearly, then we can hold full responsibility for our own self and cause, regardless of what another does.

### **Coming to Terms (Agreements) with Our Self**

Awareness: Thoughts, Feelings, Instincts, Intuition, Emotions, Imagination, Dreams, Needs, Values, Desires, etc.

**Integrity: Acknowledging all that is true and all that we don't know. Re-membering.**

Whole: Accepting all that is true.

Alignment: Word – Action.

In order to have a new world based on trust, all of our actions, the main goal, and the terms of our agreements with ourselves must first be in alignment. How do we accomplish this?

First, we identify our own needs, values and wants. In the case of a healthy and sustainable future for all, we need integrity. From a math perspective, integrity is when all real integers come together as one. In order for them to be real, they must be genuine. Picture every genuine fiber being connected and aligned.

Before this happens, there will likely be a lot of discomfort because we have to re-align. And re-aligning, stretching, fibers attaching to the “right” place in order for us to be whole can be aggravating and uncomfortable when we are not accustomed to it.

But please do your absolute best to breathe intentionally and begin to jot down your own personal needs, values and wants.

If you do not know them immediately, that is okay. Give yourself the time and space you need to find them one day at a time. Have contracts or agreements you've already made with self or others that don't feel right? Notice them, notice your thoughts, and how it makes you feel.

Are they giving you energy or taking it away? And what kind of energy does it give you? What place is it coming from? Do you know the source? Is it love, fear, greed, envy, fury? Notice this.

Because every action that follows will be based on our choices. And we are going to need us to put forth our most genuine needs and values to be honored in any agreements that follow on.

Trust begins within. Before we can trust others, before we can trust systems, before we can even trust life itself—we must first trust ourselves.

### ***Self-Trust***

Self-trust is not just about believing in yourself. It's about knowing yourself deeply enough to move in alignment with your own truth, without needing external validation. It's about being so rooted in your own integrity that no outside force can shake you from your foundation.

The modern world teaches us to seek answers outside of ourselves—through systems, institutions, authority figures, or even social media algorithms. But no one, no entity, and no external force should have more clarity on your path than you do.

### ***How Self-Trust is Broken***

Self-trust is not lost in one moment; it erodes over time. It happens when:

- We ignore our intuition.
- We silence our truth to avoid conflict.
- We betray our own needs to meet external expectations.
- We constantly seek permission before moving forward.

Every time we override our inner knowing, we send ourselves a subconscious message: "I don't trust you."

And over time, we start believing it.

### ***Rebuilding Inner Trust***

Reclaiming self-trust is an active practice, one that requires us to listen, honor, and move in alignment with our deepest knowing. This process includes:

1. Radical Self-Awareness and Acknowledgment – Knowing yourself beyond the identities others have given you.
2. Embodying Truth – Speaking and living your truth, even when it's uncomfortable.
3. Keeping Promises to Yourself – Following through on what you say you'll do.

### ***The Power of Your Word***

Trust is built through consistency. If you repeatedly tell yourself you'll do something—wake up early, commit to a creative project, leave a toxic situation—but as we don't, you begin to doubt yourself.

To rebuild self-trust, your word must become bond—not as a burden, but as a sacred agreement with yourself.

When you say you will do something, do it. Not for external validation, but to reinforce that your word is trustworthy, first and foremost to you.

### ***Rebuilding Self-Trust as a Financial Model***

In finance, a person with strong credit has a history of honoring agreements. The same is true in personal trust—when we keep promises to ourselves, we build inner creditworthiness.

### ***Reflection Quest:***

**- At base, do I keep my word to myself?**

**- Where am I outsourcing decisions to external forces instead of trusting my own wisdom?**

**- Can I trust myself? What do I trust?**

**- Are my words aligned with my actions?**

## **Chapter 5: Choice – The Power We Hold**

"Every action we take is a contract we sign with the future." — zi starchild

### ***The Ability to Choose and its Impacts***

Common Statements we hear folks say surrounding choice include: "I don't have a choice," or "it's just the way it is." While the feeling is valid, these statements are not entirely true. Even if it is only on the most micro level, we *do* have choice in our everyday lives, even if we make the choice to give up our choice.

Every moment, we are making choices—consciously or unconsciously.

We choose how we show up. We choose how we respond to challenges. We choose where to place our energy, our attention, and our trust. We decide if or what we eat.

We decide if we will go to work or not. We decide who we engage in relationships with.

But what happens when we do not feel like we have a choice?

So many of us have been conditioned to believe that life is happening to us, rather than through us. That we are at the mercy of circumstances, systems, or other people's decisions.

But here's the truth: **We always have a choice.**

Even in situations where external options feel limited, we have the ability to choose our internal stance—to move from a place of clarity rather than reaction.

### ***The Contracts We Sign Daily***

Every action is an energetic contract. Every time we say "yes" to something, we are accepting or reinforcing an agreement. Every time we say "no," we are setting a boundary.

Every decision is an agreement. In financial terms, contracts determine long-term investments. In life, every choice we make is an investment in our future reality.

The problem is, most of us are signing contracts we don't actually want to be in.

- We agree to jobs that drain us.
- We agree to relationships that don't align.
- We agree to belief systems that don't reflect our truth.

Often, we do this unconsciously, simply because it's what we've been taught, or because we fear what will happen if we don't comply.

But awareness is power. Once we recognize that every decision we make is a form of a contract with a reality, we can begin choosing differently.

### ***Shifting from Reaction to Intentionality***

Many people move through life in a reactive state—responding to external circumstances rather than choosing from an empowered place.

Reclaiming our power means moving with intention rather than reaction. It means:

- Pausing before making decisions to ensure they align with our truth and highest path.
- Asking, "Is this an agreement I want to make?" before committing.
- Trusting that we always have a choice, even when options seem limited.

When we stop moving from fear or obligation and start choosing from alignment, our entire reality shifts.

The world we experience is a direct reflection of the agreements we make—so let's start making ones we feel in greatest alignment with.

The sooner that we acknowledge our autonomy and capacity to decide for ourselves, the closer we are to a whole and liberated self.

## [SCALES: JUSTICE – SELF-PRESERVATION IN CHOICES]

### *Choice // Volunteerism*

Volunteering means you can do whatever it is that you want. Willingness to do something. Doing things because we want to.

“If someone can decide what happens within you, isn’t this the ultimate slavery?” – Saddhguru

### **Optional Activity Relating to Choice:**

**Old program to deprogram:** “that’s just the way it is.” “I don’t have a choice.”

**New program:** “I have a choice.” “I have the right to choose.” “I decide.”

**“option 1” or “option 2” or “option 3” ... option $\infty$**

### *Reflection Quest:*

- What agreements have I made—consciously or unconsciously—that no longer serve me?
- How can I renegotiate my life contracts to align with my highest good?

### *Deeper:*

Who do I choose to be?

What will/do I do? What choices am I making?

What are the effects of my actions?

How do my choices affect me/us?

What world do we choose?

What actions will we take that honor this world within, as well as around us?

Will I choose to continue to play the game of the current system? Or will I play another?

Do I understand that my choices have impact?

## Reminder to Breathe

If we truly desire different outcomes, then we must make different choices. This choice, being based on our self-awareness first.

### **Chapter 6: Value & Investment – What We Appreciate, Appreciates**

"What we feed grows. What we neglect withers." — Thich Nhat Hanh

#### ***Appreciation***

In business, appreciation refers to an asset increasing in value over time.

In relationships, appreciation means recognizing and valuing someone's presence and contributions.

Both forms of appreciation are investments that yield growth.

We like to say more universally: "what we appreciate appreciates."

What we feed grows. And also what we eat grows in us.

*Appreciation is a form of gratitude or gratuity and it increase the value of the recipient.*

#### ***Value***

Economists have long guided our popular definition for value, but ***value is ultimately connected to our fundamental beliefs about worth and what is worth anything.***

And we keep trying to add to our society, or prove our own value, without actually establishing: "what is the value of our lives to ourselves?" and "what is the value of life to the systems that govern us?"

**Much of our lives are spent seeking validation. On any system, an entity that isn't validated results in errors. (!) Errors may include disorders, disease, lack of feeling alive or whole.**

As such, many of us are clamoring to be special or to feel alive. And our industries thrive off of us feeling invalid because they can sell us validation. Like babies, hoping to feel valuable and to be validated. This is what drives many to be the "richest in the world", "the most powerful", "the most" or "greatest" whatever: beautiful, capable, the list goes on. In case, no one has ever told you: The reality is you already are an entirely valid and remarkable being.

There is a 1 in 400 Quadrillion chance that you or I would be born.<sup>17</sup> If you're reading this, you are a miracle and it is a miracle you are reading it. Period. This is an absolutely should not have happened anomaly in the universe, Impossible by Birth.

**Our old program:** the Declaration of Independence takes a stab at acknowledging this: “We hold these Truths to be self-evident, that all Men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the Pursuit of Happiness”

**New program:** “We hold this truth. Each of us are energetic beings endowed by our Creator with unalienable Rights, among these: Life, Liberty, Health and Happiness.”

## [SCALES: JUSTICE – SELF-PRESERVATION IN VALUES]

### *Means of Valuing and Appreciation*

Time.

Energy.

Money is Imaginary. Not real. It is made up. It is Fiat, real only by the decree of a system.

Words.

Actions aligned with Words.

What is valuable?

Energy

Culture

Data

Life

Human Life

Planetary Life

Material or Morale?

### *The Energetics of Value*

---

<sup>17</sup>Spector, Dina. “The Odds Of You Being Alive Are Incredibly Small.” *Business Insider*, Business Insider, 11 June 2012, [www.businessinsider.com/infographic-the-odds-of-being-alive-2012-6](http://www.businessinsider.com/infographic-the-odds-of-being-alive-2012-6)

Everything we engage with—our time, our energy, our attention—is an investment. Whether we realize it or not, we are constantly choosing what we pour our life force into.

And what we consistently invest in, grows.

The question is: Are we investing in what we truly value?

In a world that often equates value with money, we have been conditioned to believe that worth is measured only by price tags and bank accounts. But true value is much deeper. It is about energy, alignment, and reciprocity.

- What do you pour your energy into daily?
- Do your investments—of time, effort, and attention—align with your values?
- Are you consciously nurturing what you want to grow?

Truth: If we don't define value for ourselves, the world will define it for us.

### ***Misaligned Investments***

When trust is broken, we often invest in what depletes us instead of what sustains us. We stay in jobs that drain us, relationships that diminish us, cycles that trap us—pouring our energy into things that do not nourish our soul.

Why? Because we have been programmed to fear loss more than we trust growth.

We hold onto things that no longer serve us because we believe:

- "What if I never find better?"
- "What if I fail?"
- "What if I'm not worthy of more?"

But trust requires faith in expansion. It means believing that when we shift our investments to what aligns with our soul, we will be supported.

### ***Reclaiming Investment as a Sacred Act***

To realign our investments, we must first redefine value beyond money and productivity. We might ask ourselves:

- What truly nourishes me?
- What do I want to grow in my life?
- Where can I redirect my time, energy, and focus so that I am investing in what I believe in?

When we shift our investments, we shift our reality.

## ***Practical Updated Approaches to Value in Business***

Balancing financial contributions with non-financial forms of capital (creative, social, intellectual, and even spiritual) is essential for truly equitable agreements.

To ensure that cash contributions don't overshadow other valuable inputs within the ecosystem, the below frameworks have been created to help:

### **1. Holistic Capital Valuation Framework**

You can create a framework that assigns value to different forms of capital such as:

- Social Capital: Networks, community influence, and relationships.
- Creative Capital: Intellectual property, creative output, artistic labor.
- Human Capital: Expertise, time, mentorship, healing, leadership.
- Cultural Capital: Preservation and expansion of cultural and communal values.
- Spiritual Capital: Healing, wellness, and contributions that promote the well-being of the collective.
- Financial Capital: Cash or liquid investment.

Instead of measuring all contributions purely in financial terms, you could use a weighted scale that accounts for the lasting impact of non-financial capital. For example, a creator's contribution to a brand identity or a cultural movement may yield long-term social returns that should be recognized on par with financial investments.

### **2. Dynamic Equity Structure**

You can implement a dynamic equity model where equity adjusts based on ongoing contributions. Instead of locking in static equity for financial investors, allow all forms of capital to earn equity over time based on milestones, impact, and ongoing work. This creates an environment where someone's capital input might start at 10%, but through contributions of creativity, social engagement, and leadership, their share grows.

For example:

- Investor A might provide \$500,000 and start with 30% equity.
- Creator B might provide cultural leadership and creative output that becomes the "face" of the business and grows from 10% to 25% as their work continuously adds value.
- Healers and land stewards contribute long-term value through their holistic and social capital, and over time their stake grows accordingly.

This way, equity becomes an evolving reflection of the collective's ongoing contributions rather than static upfront capital investment.

### **3. Profit-Sharing Models Based on Contribution Tiers**

Separate profit-sharing percentages from equity. While investors may hold a larger percentage of equity due to their initial capital, profit-sharing can be more evenly distributed based on the qualitative value of different contributions. For example:

- Creators and healers may receive a higher share of profits, based on their roles in sustaining the ecosystem, even if their equity share is lower than investors.
- Create a contribution index where each stakeholder's input (financial or otherwise) is assessed periodically, and the distribution of profits is adjusted to reflect their ongoing impact.

### **4. Equalizing Ownership with a Stakeholder Pool**

Incorporate a community equity pool that grows through a percentage of profits and is redistributed across all stakeholders, ensuring that the collective sees tangible benefits regardless of their initial equity stake. For example, allocate 20% of profits to this pool, which is then shared among creators, healers, and other contributors based on the qualitative value of their roles.

### **5. Implementing a Time-Based Vesting Schedule**

Vesting schedules are often used for financial investors, but they can also be applied to other forms of capital. A creator might have 10% ownership, but as they continue to contribute their intellectual property, cultural leadership, or healing services, their equity could vest to higher percentages over time.

### **6. Valuing Intangible Assets**

Assign tangible value to intellectual property and community-building efforts. For instance, a musician's impact on brand recognition or a healer's role in creating wellness practices should translate into measurable value. You could set up an impact assessment that allows intangible assets to be factored into equity and profit-sharing models.

### **7. Flexible Contribution Mechanism**

Allow flexibility for stakeholders to contribute in multiple ways. If an investor has capital but lacks social capital, they could invest money but also work with community members or creators to develop new avenues for growth, allowing their contribution to extend beyond pure finance. Conversely, if someone contributes time and labor to managing land or resources, they should also be considered for higher profit-share allocations.

### **Sample Terms to Even Out the Capital Spread:**

- Contribution Index: All forms of capital (financial, social, intellectual, creative, spiritual) are weighted and valued equally. An index assigns each form of capital a weight, so all stakeholders have a fair chance to grow their equity and profit share.
- Dynamic Equity Adjustments: Initial equity is based on contributions, but equity adjusts quarterly/annually based on continued impact across financial and non-financial contributions.
- Impact Metrics: Develop key performance indicators (KPIs) that measure non-financial contributions such as community growth, creative output, social impact, cultural leadership, and healing practices. These metrics are tied to equity and profit-sharing adjustments.
- Profit-Sharing Floor: Set a minimum profit-sharing floor for all contributors, ensuring that even those who contribute non-financial forms of capital receive a minimum share of profits.

---

This approach centers on a holistic appreciation of all forms of capital and ensures that no one form of contribution (such as financial capital) holds disproportionate value over others.

### **Reflection Quest:**

- What is my worth?
- What do I choose to value?
- How do I value?
- Are my choices in alignment with my value(s)?
- Where am I investing my energy, time, and resources?
- Do my investments align with what I truly value?

### **Chapter 7: Ownership as Stewardship**

"True ownership is not about control—it's about care." — Robin Wall Kimmerer

To be frank, we wanted to jump to security and trust after value and choice because it is important that we feel security of our value once we know that we are valuable. Once we have been validated by ourselves, we want to ensure our value remains protected. But the reality is the only way for us to do this is to acknowledge ownership and to define ownership.

#### ***What is ownership?***

**Old Program:** "I am in control of that which I own." "I dominate or hold dominion over something"

**New Program:** "I am an owner." "I am responsible for that which I own." "I am caring for that which I own." "I am a steward of that which I own."

Ownership is sharing in responsibility and rewards for any particular thing.

Ownership is acting responsively/responsibly with whatever the state of the object is.

#### **Maintenance ☒ Sustenance**

To Maintain is to keep. To Keep is to treasure. To treasure is to cherish with our actions. Things that we treasure, or Value highly, via our works tend to sustain. To sustain is to last.

#### ***Ownership as Stewardship vs. Ownership as Control***

In law, trusts are financial instruments that allow assets to be held for the benefit of chosen beneficiaries.

In life, ownership of any asset requires stewardship—responsibly caring for what we hold in order to maintain its state of being and life itself.

This can apply to your personal gifts, skills, a car, a home, land, and so on. Any asset that we carry also carries a care requirement.

In a world driven by scarcity, we are taught that control equals security and thereby this is how we are taught ownership. That the more we accumulate and have (or own), the safer we are.

But what if this version of ownership is an illusion?

We do not own land—we are its caretakers.

We do not own people—our relationships are sacred bonds, not possessions.

We do not even own time—we are simply moving through it.

So why have we built entire economies, legal systems, and social structures around the fear of losing what was never truly ours?

Further, what if this version of ownership is actually inefficient as resources aren't circulating throughout the body for shared accountability or more precise care by all who need or could steward them? This goes for knowledge, money, land, and any asset we may interact with and call wealth.

### ***From Possession to Partnership***

What if we shifted our mindset from ownership to stewardship?

- Instead of claiming land, we care for it.
- Instead of hoarding resources, we nurture systems of reciprocity.
- Instead of seeking control, we trust in mutual responsibility.

Stewardship means recognizing that what we have is not just ours to keep, but ours to care for.

Even if all we owned were our bodies and the choices that we made, including how we chose to invest our precious resources of choice, time, energy and/or money, this would be a substantial foot forward and would start to build a strong sense of wealth and all we're responsible for.

Owning our data, our wins and losses, our own bodies, our minds, our thoughts, our feelings, our actions, our decisions, our land, our properties, etc.

### ***Stewarding Relationships, Not Controlling Them***

This shift applies not just to land and resources, but to how we relate to one another.

When we see relationships as things to own, we move in fear—afraid of loss, afraid of change, afraid of freedom. But when we see relationships as something to steward, we move in love—offering care, respect, and trust without attachment to control.

Trust in relationships means:

- Honoring freedom over possession.
- Practicing reciprocity over entitlement.
- Moving with integrity rather than fear.

### ***Releasing the Fear of Loss***

Loss in life is inevitable. It is a part of the cycle of life, but when we understand it as a cycle, we can begin to better appreciate the present for its presence and better honor what's gone or what's to come.

When we shift from ownership to stewardship, we begin to trust in the natural flow of life. We understand that:

- What is meant for us will stay.
- What no longer serves will leave in its right time.
- And in every release, there is space for something most aligned for the moment.
- There is always something to learn in loss or gain, including lessons on how we might best care for what is present or what has been lost.

This is the foundation of trust—not in external systems, but in the very nature of life itself. The more our systems reflect nature itself, the closer we will find ourselves to a more harmonic world.

Finally, there is loss in whatever step we take. If we choose the fear of losing our job or a relationship over the fear of losing ourselves and sense of integrity, there will still be loss of something. It then becomes again a matter of choice? What would prefer to lose?

## **[SCALES: JUSTICE – SELF-PRESERVATION IN OWNERSHIP]**

**Justice (care-responsible) - Self-presi (control)**

**Reference: Body Positivity. Data as an Asset.**

# Self-Responsibility. Self-Governance.

## *Having Strong Purpose and Intention with what we Own and Choose*

Purpose is the reason for which something is done or why something exists.

Intention is our aim or commitment to an action or future outcome. These are simple ways for us to establish what our desired outcomes or objectives are and to keep us on track in achieving them. It is key in us establishing and maintaining alignment in our direction for where we are going.

Sample intentions and purposes:

*I intend to make profit.*

*My purpose is to care for my community.*

*I intend to reduce our carbon footprints.*

### ***Activity Break:***

**While in reflection write down what you feel your purposes or intentions are as a living being? This can be explored solely as you are, in relation to community, to work, to family, and so on.**

**-Remember to breathe-**

### **Reflection Quest:**

- What do I own?
- What are my assets?
- What type of owner am I?
- How do I steward what I am responsible for?
- How do I look after and care for what I own?
- Do I own the consequences of my actions?
- Do I have the capacity to truly care for all that I own?
- Am I practicing ownership as control or as stewardship?
- How can I move from hoarding to stewardship in my life, business, and relationships?
- What do I intend to do?
- What purpose am I serving?
- Am I acting with a clear intent?
- Do I have the adequate awareness to operate with intentionality?
- Have I made my purpose clear to others?

## **Chapter 8: Security & Trust**

"Security is not found in control—it is built through trust." — Sadhguru

Everyone deserves to be safe.

Security is our sense of protection and an understanding of our safety.

Security. The ultimate security is freedom from doubt, danger, risk, or fear.

### ***Reframing Security as Trust-Based Stability***

In business, security is a financial instrument that represents a monetary value or a guarantee of rights to ownership via debt, equity or something in between.

In finance, securities are assets that provide stability.

In relationships, security is a feeling and lived state built through mutual trust, not control.

One-sided control in relationships often yields fear and regular insecurity.

### ***The Illusion of Control***

We are taught that security comes from control.

That if we can just lock things down, predict and dictate the future, eliminate uncertainty, then we will be safe.

But control is an illusion.

- We cannot control other people.
- We cannot control the economy.
- We cannot even control what happens tomorrow.

So if security is not found in control, then where does it come from?

### ***True Security is Built on Connection with Trust***

Real security is not about controlling outcomes—it is about building trust in the process.

Trust is the only lasting security because it is the only thing that is internally sourced rather than externally dependent.

This means:

- Self-trust creates security because we know we can navigate whatever comes.
- Relational trust creates security because we know we are supported.
- Community trust creates security because we are held by something greater than ourselves.

### ***What Happens When We Move from Fear to Trust?***

When we release control and embrace trust, we realize that:

- Security is not in hoarding but in sharing.
- Security is not in isolation but in community.
- Security is not in rigid systems but in fluid, evolving relationships.

To build trust-based security, we must let go of the scarcity mindset that tells us we must protect ourselves from the world. Instead, we create systems that protect us through trust, care, and mutual investment.

### ***Redefining What Keeps Us Safe***

We must ask ourselves:

- Where am I clinging to control instead of trusting the flow?
- What false securities am I relying on instead of cultivating real trust?
- How can I build security in a way that is rooted in trust rather than fear?

Because true security is not something we lock away—it is something we co-create.

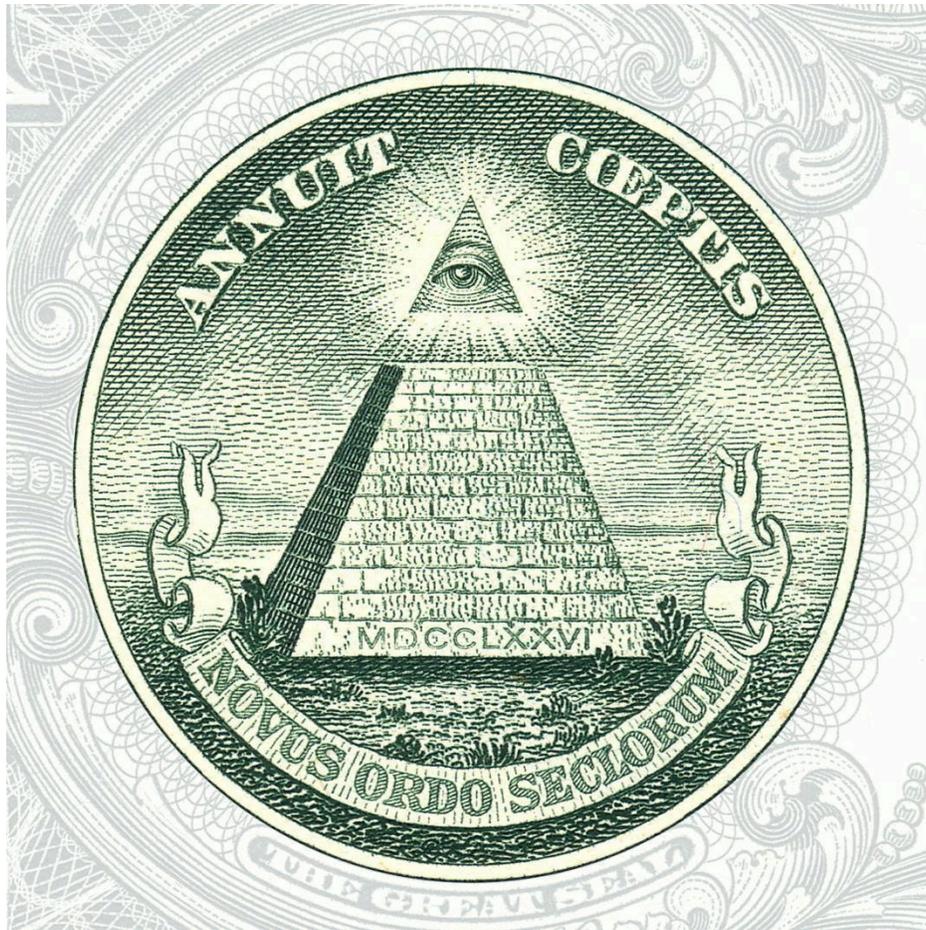
### ***Reflection Quest:***

- Where in my life am I mistaking control for security?
- How can I build true security through trust rather than fear?

## **Inner Self-Awareness Check-In and Alignment**

**IMPORTANT:** For every question that follows and that you even begin to ask yourself, please be patient and as honest as possible with yourself.

**If we desire to move from a world where others have power and governance (eye) over us:**



**...to a world where we each of us are able to walk in our own power and governance from (I/eye) within:**



**then truthfulness is vital.**

**We will begin the alignment on the next page.**

**Who am I [Who is insert name]?**

**How do I identify?**

**How am I?**

# **What parts of me am I aware of?**

**This may include, but is not limited to: spirit, emotion, mind, thoughts, instinct, intuition, imagination, dreams, personality, body and bodily sensations, belief, breath, talent, etc.**

**What don't I know about myself?**

**Do I give myself time to understand all of me?**

**How do I take care of myself?**

**Have I allowed myself time to know all of me?**

**Do I accept all of me?**

**Are there parts of me I suppress?**

*If so, what are they and why?*

**Are there parts of me left to integrate?**

**Am I being the whole me?**

# **What significant experiences and influences have shaped me into who I am today?**

We are the sum total of our experiences, and the most impactful ones often shape who we present as in high times and who we are when under pressure.

Take time to consider what has shaped you.

## **Traumatic/Painful experiences?**

## **Healing/Joyful experiences?**

## **How does my trauma appear to live itself out?**

## **How does my healing appear to live itself out?**

**What kind of energy are most of my actions rooted in?**

**Are there actions that have conflicting energy?**

**What gives me energy?**

**What takes my energy away?**

**What kind of energy do I put into the world?**

**What kind of energy do I take out of the world?**

**How do I cleanse/refresh my energy?**

# **Am I healthy? Am I happy?**

If yes, elaborate. If not, elaborate.

# **What are my needs?**

These are the things I would be unhealthy and ultimately unhappy without.

# **What are my values?**

We are what we value. It may help to look at the thoughts, people, things, and pursuits we keep in our lives to assess what it is we value.

# **What are my desires?**

These are the things we don't need, but we seek after in order to gain fulfillment.

**How do I express myself?**

**How do I treat and talk to myself?**

**What are my challenge areas?**

**What areas am I strong in?**

**Am I caring for all parts of me?**

# **Do I neglect, dismiss, or hide parts of me?**

If so, what are they and why?

**How do I feel about me?**

**Do I hold any regrets or pride points?**

**Am I proud of who I am?**

**How have I evolved as a person?**

**How am I presently evolving?**

**Who do I envision my highest self to be?**

**Where can I use help in my life?**

# **Am I being honest with myself?**

If not, then am I willing to begin?

**Insert your own questions that have not been asked here:**

# **Can I trust myself?**

**We cannot expect a system based on trust if we can't trust ourselves. So, if we can't, it is a major step forward to at least let ourselves know, so that we can take the next steps of getting the health we need to become aligned with who we truly are.**

## **Self-Awareness Affirmation Section**

The work of being self-aware can be very challenging, but we are more than worth it, so let's begin releasing parts of self that are not aiding us in ascension and affirming self in how we move forward. Examples below:

Raise your hand and put it over your chest.

Say I am at home.

My body is my first asset/property.

My mind is...

My spirit is...

My data is valuable.

My culture is valuable.

My self is valuable.

All of me and every extension of me.

I own these.

**I choose to be the best version of myself.**

**I accept each part of me as valid & meaningful.**

**I choose to learn to care for myself.**

**I embrace all of me.**

**I my actions and seek to act with awareness.**

**I am valuable.**

**I give myself the ability to evolve with grace.**

**I am choosing to be a steward of all I own.**

**[Insert your own Affirmations here:]**

# Self-Trust

Upon living with and pondering the questions in the self-awareness chapter and question section, as well as covering the terms listed after (Choice, Value, Ownership, Trust and Security, and Purpose and Intention), we can form a new contract with ourselves for how we engage ourselves and begin navigating the world. This contract is an agreement between self and self.

**[Section for Reader to create their own self-trust: what I (eye) give to self, how I choose to honor self, what I commit self to, etc.]**

**Sample:**

**I, \_\_\_\_\_, grant and endow myself with \_\_\_\_\_.**

**Sample Placeholder:**

**<https://eforms.com/living-trust/>**

## **PART II: Inter-Self**

### **Chapter 9: Awareness – Inter-Self**

"If I am not in right relationship with me, how can I be in right relationship with you?" — Prentis Hemphill

There is no separation between other and self because energy always continues on and affects someone or something in some way, often coming back to us from every action we take.

There is no true “other,” as we are all interconnected, interrelated and interdependent.

## **Inner Action** □ **Inter Action**

## **Inner State** □ **Inter State**

[Note: Explore: Ingroup-Outgroup Psychology + Minimal Group Paradigm]

### ***The Bridge Between Self and Others***

Trust doesn't exist in isolation—it is built in relationship.

Just as we must trust ourselves to move with integrity, we must also learn to trust others, to navigate connection with clarity, and to create agreements that are aligned and reciprocal.

But here's the truth: The way we trust others is a reflection of how we trust ourselves.

- If we struggle with self-trust, we often project that mistrust onto others.
- If we fear betrayal, we may withhold trust as a form of self-protection.
- If we are unclear in our boundaries, we may unconsciously expect others to define them for us.

Trust in relationships begins with awareness.

As we embark on trust with perceived other, trust becomes a bridge. It connects what is within us to what is beyond us.

Just as nature relies on ecosystems of mutual support, relationships thrive when trust flows freely.

But when trust is broken—internally or externally—the bridge collapses.

In finance, when trust erodes between banks, we experience credit freezes.

In relationships, when trust erodes between people, we experience emotional withdrawal.

Both require investment and repair.

### ***The Currency of Trust in Relationships***

In finance, creditworthiness determines how much trust lenders place in borrowers.

In relationships, trustworthiness determines how much emotional, spiritual, or financial investment people are willing to make in us.

Both systems require:

- Consistency – Trust grows when actions match words over time.
- Transparency – Trust deepens when there is open communication.

- Integrity – Trust is strengthened when agreements are honored.

When we understand trust as a currency, we realize that every action is either an investment or a withdrawal.

### ***Where Trust is Broken, It Can Be Rebuilt***

Trust is not static—it is a living system.

Just as the earth can regenerate and just as financial markets recover from crashes, relationships can recover from mistrust—if the right investments are made.

To rebuild trust, we must:

- Acknowledge where harm has been done—without avoidance or defensiveness.
- Communicate clearly and consistently—trust is restored through repeated proof, not just apologies.
- Co-create agreements that honor all parties—healthy trust is built on shared responsibility.

When trust is treated as a mutual investment, we move from isolation to interconnection.

### ***Reflection Questions:***

- Where in my relationships does trust feel strong? Where does it feel weak?
- What can I learn from this?
- How does my relationship with myself impact how I trust others?
- In what ways can I become a better steward of trust in my connections?

## **Chapter 10: Transparency – The Key to Harmony**

"The clearer the mirror, the deeper the trust." — Brené Brown

**We have dirty mirrors.** If our relationships are built on trust, then trust is built on transparency. Lack of transparency has been an achilles heel of our trust.

It perpetuates operating without precise awareness and consciousness of ourselves, as well as the people and systems we hold relationship with.

**Moving through fog pollutes vision.** Further, it limits our ability to see clearly and have an actual understanding of where we stand, which convolutes our ability to know the terms we are actually operating off of.

Everything from companies having 100-page long predatory policies and user agreements that exploit users to people not saying they're in relationships before engaging in new intimate relationships represent a lack in transparency. And often, we don't have a standard of

transparency from others because we don't have it within ourselves. Again, how can one who cannot trust self trust another or be trusted by another?

If a company says they commit to closing social justice gaps, but then doesn't share on *how* they are working to close social justice gaps, then how will we know the word can be trusted? Let's say we can trust them at face value, but then how can one know if they need help or if they are a success story to be learned from? There is a lot of potential value hidden and denied activation where transparency fails.

Transparency is a simple means by which we can prove authenticity, as well as know where we are, where we come from, where we are going, and how we might learn or improve. Even if the transparency is painful, it is better because we can have a more accurate account of where we stand now, so that we can work with accuracy and appropriate urgency on troubleshooting and problem solving.

### ***Clarity Creates Security***

Mistrust often stems from unclear agreements, hidden motives, and unspoken fears.  
We fear what we do not understand.  
We question what is not explained.

In business, a lack of transparency creates market instability—investors pull back when they don't trust what they can't see.

In relationships, a lack of transparency creates emotional instability—people withdraw when they sense deception or misalignment.

Transparency is the foundation of both financial trust and relational trust.

### ***The Power of Radical Transparency***

In finance, transparent markets allow for informed decision-making.

In governance, transparent leadership builds public trust.

In relationships, transparent communication prevents misunderstandings and resentment.

Transparency does not mean overexposing yourself—it means creating clarity so that trust can thrive.

### ***Practicing Transparency in Agreements***

Whether in business or personal relationships, trust is strengthened when agreements are:

- Clearly defined – No hidden clauses, no unspoken expectations.
- Consistently reinforced – Trust grows when actions match agreements over time.
- Mutually beneficial – When all parties feel secure, trust expands.

Transparency is not just about honesty—it is about creating clear, open systems where trust can flourish.

### ***Nature's Transparency: A Model for Trust***

The natural world is radically transparent.

- Though they may sometimes come as a surprise when we operate outside of awareness of nature's signs, the sky does not hide its storms.
- A river does not pretend to be still when it is moving.
- A tree does not conceal its decay—it sheds what is no longer serving it.

### ***Transparency is nature's way of ensuring balance.***

In business, transparency builds consumer confidence.

In governance, transparency fosters public trust.

In relationships, transparency creates emotional safety.

### **Optional Activity for Transparency Paradigm Update**

**Old Program:** Blind leading the blind. Those who can see keeping others blind.

**New Program:** Transparency alert! Full disclosure! Let's clean the mirrors.

### ***Reflection Questions:***

- Where in my life am I fully transparent? Where do I withhold truth?
- What fears keep me from being fully honest?
- How can I bring more clarity into my personal and professional agreements?
- Are my goals clear to me?
- Are my values clear to me?
- Are my needs and desires clear?
- Are my challenge areas clear?
- Are my strong areas clear?

## **Chapter 11: Consent – The Right to Yes & No**

"Trust is built when 'yes' is fully yes, and 'no' is fully no." — adrienne maree brown

Consent is a basic right of ours. It is our ability to say “yes” or “no.”

Our ability to agree or disagree with terms being presented to us, as well as to do the same with terms we present to others.

Affirmative Consent is when one gives or receives an enthusiastic yes. Any actions taken intimately without this enthusiastic yes can, or may be, considered exploitation.

Why? Because of the lack of clarity.<sup>18</sup>

**“yes” --- “no” --- “maybe so?”**

**Example Scenario:**

***Party 1 --[yes]-- Party 2 --[no]-- Party 3***

***ME -- [no] -- YOU = terms are clear. not agreed; value not exchanged.***

***ME -- [yes] -- YOU = terms are clear. agreed; value exchanged.***

### ***Consent as an Agreement***

Consent is often reduced to a legal checkbox, but it is one of the most powerful trust-building tools we have.

It is the foundation of sovereignty, integrity, and mutual respect.

Every time we enter into an agreement—whether in business, relationships, or community—we are engaging in an act of consent.

### ***The Economics of Consent***

In business, contracts are legally binding agreements that require informed consent.

In relationships, emotional contracts exist—agreements that shape how we engage with one another.

A strong contract requires:

- Clarity – The terms must be fully understood.
- Voluntariness – No coercion, only mutual agreement.
- The right to renegotiate – True consent is an ongoing process, not a one-time event.

### ***Building a Trust-Based Culture of Consent***

To cultivate consent-based relationships, we must:

- Normalize asking and seeking understanding, not assuming.
- Honor when others say no.
- Recognize that agreements can evolve over time.

Consent is a form of trust—it ensures that all engagements are entered into with full awareness and mutual respect.

### ***Reflection Quest:***

- Do I actually grant my consent?
- Do I know how to ask for consent?
- Have I appropriately asked for consent?
- Do I fully know what I am consenting to?
- Do I need a lawyer to be able to say yes/no?
- Are we playing semantics with our consent?
- Where have I agreed to things that I didn't fully consent to?
- How does this affect me?
- How can I practice saying "no" with clarity and confidence?
- How do I honor the consent of others in my relationships?

### **Optional Chapter ?? on Interest and Principal/Principle?**

Interesting. Isn't it? When you are factored into the conversation or the equation.

Principal is the value you gain from your interest. Principal is also the guiding value for the interest/how interesting something is.

Pay attention to what has your interest and what does not.

**What is the quality of the interest? And what is the principal rooted in?**

## **Chapter 12: Securities & Exchange – Beyond Transactional Living**

"Trust is the currency of the future." — Don Tapscott

### ***What Are Securities? What is security?***

In financial markets, securities are assets that hold value—stocks, bonds, and other tradable instruments.

In relationships and communities, securities are the structures that make us feel safe in exchange.

Just as financial securities provide a guarantee of value, emotional and relational securities create trust in interactions.

When financial markets are unstable, people seek trustworthy investments.  
When relationships are unstable, people seek trustworthy connections.

All require integrity.

### ***Moving from Transactions to Trust-Based Shared Investment***

Transactional relationships operate on immediate exchange—I give, you give, and the agreement ends.

Investment-based relationships operate on long-term trust—I pour in, and we both grow over time.

We must ask ourselves:

- Are we building transactional or trust-based communities?
- Are we seeking short-term returns, or investing in long-term sustainability?

By shifting from transactional trust to invested trust, we create relationships that yield abundance over time.

### ***Reflection Questions:***

- What makes me feel truly secure in my life?
- Am I investing in relationships and systems that are stable and reciprocal?
- How do I define trust as a form of security?

## **Chapter 13: Compensation, Compliance, and Reciprocity**

"When wealth is shared, trust is restored." — Angela Glover Blackwell

### ***The Ecosystem of Reciprocity***

The Earth moves in cycles of giving and receiving.

The tree gives oxygen to us. We give carbon dioxide to the tree.

The river gives water to the land. The land gives nutrients to the river.

When these cycles break, ecosystems collapse.

In economics, when wealth is hoarded, societies suffer.

In relationships, when energy is one-sided, trust erodes.

### ***The True Meaning of Compensation***

In financial terms, compensation is what we receive in exchange for our contributions. In spiritual and relational terms, compensation is reciprocity—the balance of energy given and received.

When trust is broken in economic systems, it often shows up as exploitation—people pouring their time, labor, and energy into systems that do not compensate them fairly.

When trust is broken in relationships, it looks the same—people giving without receiving, or receiving without gratitude.

Reciprocity is the natural balancing force of trust. When we honor it, trust flourishes.

### ***Redefining Wealth Through Trust***

Wealth is not just money—it is access, well-being, security, and generational stability.

A trust-based wealth model asks:

- Is compensation fair and regenerative?
- Does value circulate, or is it hoarded?
- Are all contributions (not just financial ones) honored?

A society built on trust ensures that no one is left depleted—because wealth flows in a way that is sustainable for all.

### ***Reflection Questions:***

- Where in my life do I give more than I receive? Where do I take more than I give?
- Do I give far more than I receive? Is there balance to my input and output energetically?

- How can I bring more reciprocity into my relationships, work, and community?

## **PART III: Awareness: Collective Self**

### **Chapter 14: Collective Self**

"When we see ourselves in the whole, the whole begins to heal." — Octavia Butler

We, the collective. Collective Action – Collection. As there is no separation between any of us and we are ultimately one. Who are WE?

#### ***The Fabric of Collective Trust***

Trust is not just an individual practice—it is the foundation of economies, communities, and entire civilizations.

When collective trust is strong:

- People feel safe to invest—in relationships, in businesses, in futures.
- Communities are resilient—supporting one another through crises.
- Societies move from extraction to regeneration.

When collective trust is weak:

- People hoard instead of sharing.
- Governments collapse under corruption.
- Communities become fragmented, moving in fear rather than unity.

Our world today is suffering from a collective trust deficit—but we have the power to restore it.

#### ***Building Trust at Scale***

Just as personal trust is built through consistency, transparency, and integrity, collective trust requires:

- Reliable institutions that serve the people, not exploit them.
- Economic models that distribute resources fairly.
- Social agreements that ensure safety, dignity, and mutual respect.

Trust is a collective resource—and when we invest in it, everyone benefits.

#### ***The Web of Collective Trust***

A forest is not a collection of individual trees—it is a network of roots, fungi, and ecosystems that communicate and support one another.

Human communities function the same way—when trust is strong, the system thrives. When trust is weak, the system collapses.

***Reflection Questions:***

- Where do I see trust thriving in my community?
- Where do I see trust breaking down?
- What role can I play in restoring collective trust?

**Chapter 15: From Competition and Control to Collaboration and Compassion**

"Scarcity breeds competition. Trust enables collaboration." — Buckminster Fuller

Exploring:

New deals: Nurture based Innovation vs. Exploitation-based Profiteering  
Flow state, Circular Sys, Regeneration (Econ/Agro/Legal) and Symbiosis  
Incentivizing Truth and Justice vs. Manipulation and Self-Preservation

***The Myth of Scarcity***

We have been conditioned to believe that there is not enough—not enough money, not enough opportunity, not enough space at the table.

This belief fuels:

- Competition over resources.
- Fear-based decision-making.
- Systems that reward hoarding rather than sharing.

But what if a lot of the scarcity we experience is an illusion?

What if trust-based collaboration creates more wealth, not less?

***The Economics of Collaboration***

In a competition-based economy:

- Power is centralized—a few control the many.
- Wealth is hoarded—instead of circulated.
- Trust is undermined—because everyone is a potential competitor.

In a collaboration-based economy:

- Power is shared—trust becomes the currency of exchange.
- Wealth is distributed—ensuring long-term sustainability.
- Trust deepens over time—because success is mutual.

True trust-centered collaboration ensures that everyone wins.

### ***Nature's Model: Collaboration Over Competition***

No river competes with another to flow.

No tree hoards all the sunlight for itself.

Nature thrives when everything collaborates.

### ***Reflection Questions:***

- Where in my life do I operate from competition rather than collaboration?
- How can we shift from a scarcity mindset to a generative, trust-based mindset?
- What needs do I have that must be met to support my transition in how I operate?

## **Chapter 16: Equity & Shared Wealth**

"A world where everyone has a stake is a world where trust flourishes." — zi starchild

### ***Equity***

Equity is our share in ownership and the value of an asset or object.

Our ability to agree or disagree with terms being presented to us, as well as to do the same with terms we present to others.

WEALTH, We All Thrive.

### ***Sharing is Caring***

Sharing means equity and stake in something. Why would people care about something they do not share in? One great example of a group of people that successfully care via sharing is Black women. As the great Angela Davis once spoke, they "lift as they climb."

Beyond Survival. Into the Thrive.

### ***Trust-Based Wealth Distribution***

When trust is high, wealth moves freely.

When trust is low, wealth is locked away.

This is true in economies, in families, in businesses.

If we want to create a regenerative economy, we must shift from individual accumulation to collective investment.

### ***The Role of Trust in Shared Wealth***

Shared wealth models—including community trusts, cooperative ownership, and decentralized finance—are built on mutual trust and accountability.

They function on:

- Transparency – Open access to decision-making.
- Interdependence – Recognizing that we thrive together.
- Long-term vision – Ensuring future generations benefit.

A trust-based economy ensures that resources circulate rather than stagnate.

### ***Shared Wealth as Shared Trust***

Just as a beehive survives by ensuring every bee has access to nourishment, societies thrive when wealth is shared, not hoarded.

### ***Reflection Questions:***

- Do I believe in the possibility of shared wealth?
- How can I contribute to economic justice and financial trust-building?

## **Chapter 17: Accountability as Alignment**

"Accountability is not punishment—it is integrity in motion." — bell hooks

### ***Accounts & Accountability***

Accounts - Accounting - Accountability. **Simply put: Accounts tell a story.**

Accounts are considered the vehicles by which we can understand where others are, including their perspectives and values. In short, they are our instrument for tracking and reporting.

A bank account is a reflection of how much value one holds in that bank.

A legal account is a reflection of a reality that one has experienced.

Accounts are often held by us and shared with others when appropriate for an exchange of a trust of information or value.

Accounts allow us to know what we are dealing with, both of our own perspective and that of others. Truthful accounts keep a good system going. Dishonest accounts further confuse our ability to operate with integrity and perpetuates a lack of clarity around where we are.

Mediums of accounts: Censuses, Distributed Ledgers (Blockchain), Data Reports, Banks, etc.

Brené Brown describes accountability as “Taking responsibility for your mistakes, apologizing, and making amends

Ho’oponono is a Hawaiian accountability framework that translates to making right right, which requires recognizing what is for what it is and reconciling whatever is out of balance or not being accounted for..

***True accounts allow us to have a genuine window into where our balance stands.***

Even our agreements are based on accounts of what will happen. Post-agreement, our reports are our accounts of what has happened.

### ***Redefining Accountability***

In a fear-based system, accountability is seen as punishment.

In a trust-based system, accountability is a pathway to alignment.

Accountability means:

- Honoring agreements—not enforcing control.
- Restoring balance—not seeking retribution.
- Ensuring trust remains intact—not instilling fear.

True accountability strengthens relationships rather than breaking them.

### ***Holding Ourselves & Systems Accountable***

A river holds its banks in place.

A forest holds its ecosystem in balance.

Accountability is not about control—it is about being aware and taking account for what is true, granting us the opportunity to both notice when things fall out of balance

### **Reflection Quest:**

- How do I practice self-accountability?
- How do I hold others accountable with love and integrity?
- Who am I accountable to?

- Am I accurately accounting for my endeavors?
- Are my accounts accurate?
- Am I holding myself accountable?
- Have all needs and ends been accounted for?
- Are our accounts true and just? Or untrue, inaccurate and/or manipulated intentionally?
- How am I accountable?
- What am I accountable for?

**The goal here is closing the accountability Gap!**

## **Chapter 18: Trust-Based Systems – The Future Embodied**

"The next era of governance will not be built on control, but on trust." — zi starchild

### ***The Evolution of Systems***

We stand at a crossroads. The systems we have inherited—governments, economies, financial markets—were not built on trust. They were built on control, scarcity, and competition. But a new world is emerging, one where trust-based systems are not just possible but necessary.

- In finance, decentralized models like blockchain are eliminating the need for third-party gatekeepers.
- In governance, participatory decision-making is replacing hierarchical control.
- In business, stakeholder-driven models are proving that trust-based leadership yields long-term success.

This chapter explores the real-world applications of trust-centered systems and how we can each contribute to a new era of governance, economy, and technology.

### ***Case Study: Decentralized Trust in Action***

One of the most groundbreaking trust-based models is blockchain technology—a decentralized, transparent system where trust is embedded in the code itself. Unlike traditional financial institutions that require intermediaries, blockchain allows for direct, peer-to-peer transactions, proving that trust can be programmed into systems rather than enforced through regulation.

This principle extends beyond finance. Imagine:

- Governments where transparency is the default.
- Businesses that distribute wealth equitably among all contributors.
- Communities that operate without coercion, but through shared agreements.

The future of trust is not an idealistic dream—it is already unfolding.

### ***Activity: Mapping the Future of Trust***

- 📌 Step 1: Identify a system in your life that lacks trust (ex: workplace, community, financial institutions).
- 📌 Step 2: Reimagine how this system could function if trust were the foundation.
- 📌 Step 3: Outline one action you can take to shift the energy of that system—whether through leadership, advocacy, or direct engagement.

### ***Governance, Economy & Technology Rooted in Trust***

The future is being shaped by trust-based systems—from blockchain economies to decentralized governance models.

Here are the values these systems are based on:

- Radical transparency – No hidden power structures.
- Community-driven decision-making – No reliance on hierarchical control.
- Equitable resource distribution – No wealth locked in elite circles.

Trust-based systems ensure that no single entity holds absolute control.

The future is moving toward:

- Decentralized economies
- Cooperative ownership models
- Regenerative finance systems

Trust is no longer just a philosophy—it is the foundation of the next evolution of society and by sharing and stewarding it together, we activate its fruits.

### **Chapter 19: The New World Won't Build Itself**

"We co-create the future now." — zi starchild

### ***Trust as a Daily Practice***

Trust is not something we hope for—it is something we create.

Every day, we choose:

- To move in alignment with love or in fear.
- To uphold integrity or compromise it.
- To build trust or to break it.

The future will not be handed to us. We must co-create it.

### ***From Vision to Embodiment***

It is not enough to believe in trust. It must be lived, built, and protected.

The natural world does not wait for external permission to create—it grows, expands, and regenerates itself.

This chapter invites you to step fully into trust-centered creation—to not just dream of a new world, but to begin building it now.

The natural world innately knows and operates as it has permission to create—it grows, expands, and regenerates itself. In the same way, communities throughout history have built their own trust-based systems when existing structures failed them.

In particular, Black, Indigenous, and cooperative communities have been pioneers reflective of this natural energy in reclaiming and co-creating land, wealth, and governance structures to ensure long-term security for their people.

### ***How Black, Indigenous & Cooperative Communities Are Already Co-creating Systems***

For generations, marginalized communities have been excluded from traditional wealth-building opportunities. Banks denied loans on the basis of heritage and identity. Government stole land. Policies kept people locked out of homeownership and investment.

But instead of waiting for external systems to change, many communities have taken trust-building into their own hands.

#### **1. Community Land Trusts (CLTs): Keeping Land in the Hands of the People**

A Community Land Trust (CLT) is a nonprofit trust that holds land on behalf of a community, ensuring it remains permanently affordable and accessible.

### ***Reclaiming Land & Wealth Through Trust-Based Structures***

For generations, marginalized communities have been excluded from traditional wealth-building opportunities. Banks denied them loans. Governments stole their land. Policies kept them locked out of homeownership and investment.

But instead of waiting for external systems to change, many communities have taken trust-building into their own hands.

One of the most powerful examples of this is the Community Land Trust (CLT) model, which ensures that land remains permanently affordable and accessible for generations.

A Community Land Trust (CLT) is a nonprofit trust that holds land on behalf of a community, ensuring it remains permanently affordable and accessible.

### ***How CLTs Work to Prevent Displacement & Gentrification***

#### 1. The Land is Owned by the Trust, Not Individuals

- A CLT purchases and owns the land, ensuring it cannot be resold at inflated prices.
- Community members can buy homes or businesses on the land but lease the land itself at very low rates.

#### 2. Homes & Businesses Are Sold or Leased at Below-Market Prices

- Since buyers don't have to purchase the land, property prices are significantly lower than market rates.
- Businesses and homes remain accessible to working-class and low-income residents.

#### 3. Resale Restrictions Keep Prices Affordable for Future Generations

- If a CLT homeowner sells their home, they must sell it back to the trust or to another community member at a fixed, below-market rate.
- This prevents real estate speculation and gentrification.

#### 4. Community-Led Decision-Making Protects Against Exploitation

- CLTs are governed by residents, ensuring land use decisions are made by the community, not developers.

### ***Real-World Examples of CLTs in Action***

#### Oakland Community Land Trust (Oakland, CA)

- Reclaims homes from speculative investors and landlords and sells them back to lower income residents at permanently affordable prices.
- Prevents large investment firms from buying and flipping properties.

#### Dudley Street Neighborhood Initiative (Boston, MA)

- Transformed an abandoned neighborhood into a thriving, community-owned land trust.
- Took control of abandoned land and built affordable housing, parks, and local businesses.
- Kept the land out of the hands of developers permanently.

#### Cooper Square Community Land Trust (New York, NY)

- Rescued low-income housing from private landlords and kept it under community control for over 50 years.

💡 **Why It Works:** CLTs prevent gentrification, keeping land in the hands of the people rather than corporations or wealthy developers. Instead of land becoming a speculative asset, it is held in trust for the people—ensuring long-term collective stability, affordability, and sovereignty.

## ***2. Cooperative Housing: Collective Wealth Over Individual Ownership***

Traditional homeownership prioritizes individual gain, but cooperative housing models center collective stability and shared wealth.

### Examples:

- The East Bay Permanent Real Estate Cooperative (Oakland, CA) – A Black-led housing cooperative that purchases properties collectively, ensuring members have stable, rent-controlled housing for life.
- Cooperative Housing Federation of Canada – A nationwide network of housing co-ops that pool resources to create permanently affordable homes.

### 💡 Why It Works:

Co-ops create permanent affordability, financial security, and democratic ownership.

## ***3. Regenerative Finance (ReFi): Wealth Redistribution Through Trust-Based Investing***

Regenerative Finance (ReFi) is an emerging movement that redirects capital into community-owned assets instead of extractive corporations.

### Examples:

- Seed Commons (U.S.) – A national cooperative loan fund that provides zero-interest capital to worker-owned businesses.
- Indigenous Guardianship Funds (Canada & Australia) – Directs investment into Indigenous-led environmental stewardship projects that restore land and generate revenue for communities.

💡 Why It Works: Instead of wealth being extracted, ReFi ensures wealth stays within communities through trust-based lending, cooperative investment, and long-term sustainability.

## ***The Role of Visionaries & Builders***

Throughout history, those who reshaped society—abolitionists, revolutionaries, artists, healers—did so because they trusted in a reality beyond the one they inherited.

You are no different.

## ***Final Thoughts: Building Trust into Our Economic Systems***

Trust is not just an abstract concept—it is a structural reality that has been reclaimed by communities for generations.

We can learn from the models already in place:

- ✓ Community Land Trusts keep land accessible for future generations.
- ✓ Cooperative housing prevents displacement and builds shared wealth.
- ✓ Regenerative Finance reinvests capital into people, not corporations.

If these systems already exist, then the question is not: "Is a trust-based economy possible?"  
The question is: "When will we choose to fully embody it?"

### ***Activity: Dreaming the Trusted Future***

📌 Step 1: Close your eyes and imagine waking up in a world built on trust.

- What does it feel like?
- How do people interact?
- How do resources flow?

📌 Step 2: Free-write for 5 minutes, detailing how this trusted world functions.

- What systems exist?
- How do people make decisions?
- What kind of wealth-sharing models exist?

📌 Step 3: Reflect—what part of this vision can you begin embodying today?

- How can you participate in community-owned wealth?
- Who would you want to co-create community-owned wealth with?
- What local co-ops, land trusts, or regenerative investment models can you learn from?

The future does not arrive—it is created by those who choose to meet it in and from the present.

## **Collective Self-Awareness Check-In and Alignment**

**IMPORTANT:** For every question that follows and that we even begin to ask our Self, please be patient and as honest as possible with our Self.

### **Who are we?**

### **Who is we to us?**

**We will begin the alignment on the next page.**

**Who are we [Who is insert name]?**

**How do we identify?**

**How are we?**

## **What parts of us are we aware of?**

**This may include, but is not limited to: spirit, emotion, mind, thoughts, instinct, intuition, imagination, dreams, personality, body and bodily sensations, belief, breath, talent, etc.**

**What don't we know about our self?**

**Do we allow self time to understand all of us?**

**How do we take care of us?**

**Have we allowed time and spaciousness to know all of we?**

**Do we accept all of we?**

**Are there parts of us we suppress?**

**If so, what are they and why?**

**Are there parts of we left to integrate?**

**Are we being the whole we?**

## **What significant experiences and influences have shaped us into who we are today?**

We are the sum total of our experiences, and the most impactful ones often shape who we present as in high times and who we are when under pressure.  
Take time to consider what has shaped you.

**Traumatic/Painful experiences?**

**Healing/Joyful experiences?**

**How does our trauma appear to live itself out?**

**How does our healing appear to live itself out?**

**What kind of energy are most of our actions rooted in?**

**Are there actions that have conflicting energy?**

**What gives we energy?**

**What takes our energy away?**

**What kind of energy do we put into the world?**

**What kind of energy do we take out of the world?**

**How do we cleanse/refresh our energy?**

**Are we healthy? Are we happy?**

If yes, elaborate. If not, elaborate.

**What are our needs?**

These are the things I would be unhealthy and ultimately unhappy without.

**What are our values?**

We are what we value. It may help to look at the thoughts, people, things, and pursuits we keep in our lives to assess what it is we value.

**What are our desires?**

These are the things we don't need, but we seek after in order to gain fulfillment.

**How do we express our self?**

**How do we treat and talk to self?**

**What are our challenge areas?**

**What areas are we strong in?**

**Are we caring for all parts of we?**

**Do we neglect, dismiss, or hide parts of us?**

If so, what are they and why?

**How do I feel about we?**

**Do we hold any regrets or pride points?**

**Is there shame or things we hide that we can release or reveal?**

**Are we proud of who we are?**

**How have we evolved as a collective?**

**How are we presently evolving?**

**Who do we envision our highest self to be?**

**Where can we use help in our life?**

**Are we being honest or transparent with  
ourselves?**

**If not, then are we willing to begin?**

**Insert your own questions that have not been asked here:**

## **Can we trust our self?**

We cannot expect a system based on trust if we can't trust ourselves. So, if we can't, it is a major step forward to at least let ourselves know, so that we can take the next steps of getting the health we need to become aligned with who we truly are.

We, the beings present.

## **Collective Self-Awareness Affirmation Section**

The work of being self-aware can be very challenging, but we are more than worth it, so let's begin releasing parts of self that are not aiding us in ascension and affirming self in how we move forward. Examples below:

Raise your hand and put it over your literal or figurative heart.

We are at home.

Our body is my first asset/property.

Our mind is...

Our spirit is...

Our data is valuable.  
Our culture is valuable.  
Our self is valuable.  
All of we and every extension of us.  
We care for and steward these.

**We choose to be the best version of our self.**

**We accept each part of we as valid & meaningful.**

**We choose to learn to care for our self.**

**We embrace all of us.**

**We observe our actions and seek to act with awareness.**

**We are valuable.**

**We give our self the ability to evolve with grace.**

**We are choosing to be steward of all we own.**

**[Insert your own Affirmations here:]**

## **Collective Self-Trust**

Upon living with and pondering the questions in the self-awareness chapter and question section, as well as covering the terms listed after (Choice, Consent, Ownership, Trust and Security, Purpose and Intention, Securities and Exchange, Interest and Principal, Compensation, Compliance), we can form a new contract with ourselves for how we engage ourselves and begin navigating the world. This contract is a compassionate agreement between us.

**[Section for Readers to create their own self-trust: what we give to self, how we choose to honor self, what we commit self to, etc.]**

**Sample:**

**We, \_\_\_\_\_, grant and endow \_\_\_\_\_ with \_\_\_\_\_.** We steward it by \_\_\_\_\_.

**The final chapters will assist in supporting the actual creation of trust for y(our) collective(s).**

### **Chapter 20: A Reclamation of Interdependence**

"To trust one another is to remember we were never separate." — Thich Nhat Hanh

#### ***Nature's Trust-Based Model***

Interdependence is not a philosophy—it is the law of existence.

- The mycelial networks beneath forests share nutrients across miles.
- The ocean's tides move in harmony with the pull of the moon.
- Even human breath is an exchange—we inhale what the trees exhale.

Yet, modern society has conditioned us to believe in individualism over interconnectedness. This chapter invites us to return to the truth that we were never separate.

#### ***From Ownership to Stewardship***

In economic terms, individual ownership is often seen as the key to security. But indigenous societies have long practiced collective stewardship, where land, resources, and wealth are shared as a sacred trust, rather than a possession.

What if we shifted from "What is mine?" to "What am I responsible for?" and what do I care for? Or what do I have a share in?

### ***Activity: Creating Your Trust Covenant***

📌 Step 1: Write down three relationships (with people, land, or community) where you want to build more trust.

📌 Step 2: For each, outline a personal agreement—how will you show up? How will you contribute?

📌 Step 3: Read your covenant aloud. Commit to living in alignment with these agreements.

Trust is not about what we own—it is about what we care for.

### ***Returning to the Truth of Connection***

Trust is the fabric that weaves us together.

It is what allows:

- Love to deepen.
- Communities to thrive.
- Economies to regenerate.

We do not move alone. We are part of a greater whole.

## **Chapter 21: Living, Aligning, Thriving**

"Trust is not just something we rebuild—it is something we become." — zi starchild

### ***Embodying the Trusted Future***

The greatest shift occurs when trust moves from being a concept to a way of being.

A forest does not "try" to grow—it simply becomes what it is meant to be.

A river does not "struggle" to flow—it simply moves toward its highest alignment.

We, too, can live in this state of trust.

### ***Integrating Trust into Daily Life***

Trust is not only for the large-scale transformations—it is also for the daily moments.

- How we honor our word.
- How we treat the Earth.
- How we choose collaboration over competition.

The trusted future is not coming. It is already here, in every choice we make.

### ***Activity: The One-Year Trust Blueprint***

- 📌 Step 1: Imagine your life one year from now, fully rooted in trust. How do you move? What has changed?
- 📌 Step 2: Write down three tangible shifts you will make to align your life with trust.
- 📌 Step 3: Choose one action to implement this week.

Trust is not a destination—it is a living practice.

The work of trust is not a destination. It is a way of being.

We are the architects and cultivators of the future here in the present.

And the future begins here and now.

What will we choose, consent to, and cultivate together?

### ***Final Exercise: Creating Your Living Trust***

This exercise will guide you through creating both a personal trust covenant and a legal trust framework for wealth-building.

#### ***Step 1: Define Your Personal Trust***

- 📌 What values and principles will you commit to upholding in all your agreements?
- 📌 How will you hold yourself accountable in relationships, finances, and governance?
- 📌 What boundaries will you create to protect and nurture trust in your life?

#### ***Step 2: Create a Legal Trust Structure (A Simple Guide to Get Started)***

Wealthy Families Use Trusts for Generational Wealth. Communities Can Do the Same.

Wealthy families have long used trust structures to protect assets across generations. But these same tools can be reclaimed by communities to build collective wealth.

#### ***Examples of Trust-Based Models:***

- ✅ Community Land Trusts (CLTs) – Ensure land remains community-owned and permanently affordable.

- ✓ Business Trusts – Allow worker-owners to control companies instead of outside investors.
- ✓ Regenerative Investment Trusts – Direct capital into Black- and Indigenous-owned businesses, co-ops, and land projects.

### **Choose a Trust Type:**

#### 1. Revocable Trust (Living Trust)

- Definition: A trust that can be altered, amended, or revoked by the grantor during their lifetime.
- Purpose: Often used for estate planning to avoid probate, simplify asset transfer after death, and provide for beneficiaries.
- Key Benefit: Flexibility to change terms as life circumstances evolve.

#### 2. Irrevocable Trust

- Definition: A trust that cannot be changed or revoked once it is created, except under certain circumstances.
- Purpose: Primarily used for tax planning and asset protection.
- Key Benefit: Assets placed in an irrevocable trust are typically not subject to estate taxes and can offer significant protection from creditors.

#### 3. Charitable Trust

- Definition: A trust established for philanthropic purposes, where assets are distributed to a charity or for charitable causes.
- Purpose: Allows individuals to support a cause they care about while also gaining potential tax benefits.
- Key Benefit: Can provide income tax deductions and estate tax benefits while supporting charitable organizations.

#### 4. Dynasty Trust

- Definition: A long-term trust designed to preserve wealth for multiple generations, often up to 100 years or more.
- Purpose: To ensure that family wealth continues to grow and support future descendants.
- Key Benefit: Can minimize estate taxes across generations, preserving wealth over the long term.

#### 5. Community Land Trust (CLT)

- Definition: A type of trust designed to hold land for the benefit of a community, often to preserve affordable housing or community land use.
- Purpose: To ensure that land remains available and affordable for community use.
- Key Benefit: Helps prevent land speculation and keeps properties within the community.

#### 6. Business Trust – A trust structure that holds company ownership.

#### 7. Perpetual Purpose Trust

#### 8. Hybrid Perpetual Community Trust

 Determine Beneficiaries: Who will benefit from the trust? Family? Community members? Future generations?

 Outline Governance Rules: Define how decisions will be made. Who are the trustees? What are the terms?

### ***Why Create a Trust?***

Trusts offer a range of benefits, depending on the type and purpose. Here are a few reasons why someone might choose to establish one:

1. **Asset Protection:** Trusts can protect assets from creditors, lawsuits, or beneficiaries who may not be equipped to manage wealth responsibly.
2. **Tax Efficiency:** Certain types of trusts can minimize estate, income, or gift taxes, helping preserve more wealth for beneficiaries.
3. **Avoid Probate:** Trusts can help avoid the lengthy and expensive probate process, ensuring that assets are distributed to beneficiaries more efficiently.
4. **Privacy:** Trusts allow for a more private transfer of assets. Unlike a will, which becomes public record during probate, a trust typically remains private.
5. **Control Over Assets:** Trusts allow the grantor to set specific terms and conditions for how and when assets are distributed, ensuring that beneficiaries receive assets in the manner intended.

### ***How Trusts Work***

1. **Creation:** The grantor creates a trust by drafting a trust agreement, which lays out the purpose, terms, and management of the trust.
2. **Funding the Trust:** Assets are transferred into the trust by the grantor. These assets might include cash, property, investments, or other valuable items.
3. **Management:** The trustee manages the assets according to the trust terms. This might include making investments, maintaining property, or distributing income to beneficiaries.
4. **Distribution:** The trustee is responsible for distributing the trust's assets or income to beneficiaries based on the instructions laid out in the trust agreement. This may happen over time (e.g., monthly income payments) or in a lump sum (e.g., upon the death of the grantor).

### ***Trusts vs. Wills***

- **Trusts:** Can take effect during a person's lifetime (revocable trusts) and offer continuous management of assets after death. Trusts can avoid probate and provide more privacy.
- **Wills:** Only take effect upon death and must go through probate, which can be a public and lengthy process. Wills are simpler to draft but offer less control and flexibility.

### ***Common Uses for Trusts***

1. **Estate Planning:** Passing wealth to future generations while minimizing taxes and avoiding probate.
2. **Business Succession:** Ensuring smooth transition of business ownership and operations to heirs or designated successors.

3. Charitable Giving: Supporting charitable causes while potentially receiving tax benefits.
4. Special Needs: Providing for a family member with special needs without jeopardizing their eligibility for government assistance.
5. Family Wealth Preservation: Protecting family assets from being squandered, lost to creditors, or eroded by taxes.

### ***Steps to Create a Trust***

1. Decide on the Purpose: Define why you are creating the trust and what you want it to accomplish (e.g., estate planning, charitable giving).
2. Choose the Type of Trust: Based on your goals, select the type of trust that best suits your needs.
3. Draft the Trust Agreement: Work with an attorney to draft the legal document that outlines the terms of the trust.
4. Choose a Trustee: Appoint someone you trust (or a financial institution) to manage the trust's assets according to your wishes.
5. Fund the Trust: Transfer assets into the trust. This might include cash, property, or investments.
6. Maintain the Trust: The trustee is responsible for ongoing management and distribution of the trust assets according to its terms.

### ***Key Considerations***

- Choosing a Trustee: Select a trustworthy, financially responsible individual or institution to act as trustee.
- Trust Terms: Be specific in outlining how assets should be managed and distributed to avoid future disputes.
- Legal and Tax Advice: Work with a professional to ensure your trust is legally sound and structured to minimize taxes.

### ***Step 3: Draft Your Trust Covenant***

- What agreements will you make to honor trust in your life and community?
- What responsibilities will you uphold to ensure wealth remains accessible to future generations?
- How will your trust serve the people and ecosystems around you?

### ***Step 4: Activate It***

- ✓ Commit to revisiting and evolving your trust over time.

- ✔ Share your trust model with others to create a network of trust-based systems.

### ***Final Thought: Trust as the Gateway to Aliveness***

We do not restore trust simply for safety or security. We restore trust so we can be fully alive.

- When we trust ourselves, we step into our highest potential.
- When we trust each other, we build relationships and communities rooted in love.
- When we trust the earth, we heal our connection to the natural world.

Trust is the doorway. Wholeness is the destination.

Trust as the foundation of our systems are not hypothetical—it already exists.

- Wealthy families use trusts to preserve generational wealth.
- Black, Indigenous, and cooperative communities have long used and are again reclaiming trusts for land, business, and sovereignty.

The question is no longer: "Can we build trust or can we reclaim our wholeness?"

The question is: "Will we step into it?"

**Sample of a Trust and Trust Covenant we are/have created with our community:**

### **[Holistic Perpetual Community Trust \(HPCT\) Covenant of Collective Sovereignty and Healing](#)**

#### ***Name of the Trust:***

***Sun Diamond Trust (HPCT) - [Short overview here.](#)***

#### ***Purpose of the Trust:***

The Holistic Perpetual Community Trust (HPCT) exists to safeguard and resource the holistic well-being and prosperity of its members (artists, healers, flame keepers and land stewards), the assets, lands, and properties associated with it. The trust ensures long-term stability, economic empowerment, and spiritual, emotional, and physical wellness for all connected to it, while offering tax advantages and asset protection. It operates with compassion and equity at its core, fostering community growth and protecting resources in perpetuity. It ultimately creates a vehicle for artists to also receive funding for creative, community or land projects from major wealth transfers, insurance policies and grants.

Core Principles:

1. Holistic Well-Being: The trust supports the full spectrum of health (mental, physical, spiritual, and emotional), economic empowerment, and cultural flourishing of its members.
2. Equity and Compassion: Each member has a say in governance, ensuring fair decision-making. The trust operates to benefit the collective while also respecting individual autonomy.
3. Intergenerational Wealth & Security: Ensures that assets and resources are managed in a way that supports the community and its descendants across generations.
4. Personal Ownership for all members within a Collective Structure: Members can place personal assets within the trust while maintaining individual control over those assets. The trust acts as a custodian, offering protection while allowing flexibility.
5. Sustainability and Scalability: The trust grows in size and scope over time, acquiring more resources, land, and properties that are sustainably managed.
6. Education and Empowerment: The trust invests in community education, health, land stewardship, and economic training programs.

### **Structure of the Trust:**

#### 1. Trustee Board and Governance:

- Trustees: The HPCT would be governed by a board of trustees, composed of elected members of the community, each serving fixed terms. The board would oversee trust operations, manage assets, and ensure the trust serves its purpose.
- Stewardship Council: A sub-committee focused on land and asset management, ensuring that resources are used in a sustainable and regenerative way. This council would also handle conflict resolution within the trust.
- Community Advisory Committee: A group of representatives from various sectors of the community (e.g., healers, artists, land stewards) who provide input into trust decisions and ensure that diverse voices are heard.

#### 2. Personal Asset Ownership and Contribution:

- Personal Assets in Trust: Members can contribute personal assets (e.g., property, intellectual property, land, or money) to the trust for protection and growth. These assets are protected under the trust structure but are still under the control of the individual who contributed them. They retain personal ownership rights and can withdraw their assets or profits, subject to community-agreed guidelines.
- Opt-in Resource Pooling: Members may choose to pool resources for specific projects (e.g., community housing, land acquisition, or educational initiatives). Participation is optional, allowing members to balance personal and collective contributions.
- Revenue Sharing: Profits generated from trust-held assets are reinvested in the community and distributed to members as dividends, with a portion reinvested for future growth.

#### 3. Tax Benefits and Financial Structure:

- Non-Profit/For-Profit Hybrid: HPCT could be structured as a hybrid entity, where part of the trust operates as a non-profit to gain tax-exempt status for certain activities (e.g., education, healthcare, housing initiatives) while another branch can function as a for-profit or LLC to engage in profit-making activities (e.g., real estate, sustainable business ventures). This provides tax advantages while supporting economic initiatives.
- Charitable Contributions: Members can make charitable contributions to the non-profit arm of the trust, receiving tax deductions while supporting collective causes like healthcare and education.

- Tax Deferral: Members who place assets in the trust could benefit from tax deferral on those assets, similar to how certain retirement funds operate.
- Reduced Capital Gains Tax: By placing assets in the trust, members may be able to avoid or reduce capital gains taxes on the sale or transfer of assets.

## **Key Components:**

### 1. Asset Protection:

- Asset Custodianship: All assets placed in the trust are legally protected from external threats (creditors, lawsuits, etc.). However, members maintain ownership of their personal contributions while benefiting from the trust's protection.
- Perpetual Protection: Assets held for the collective are protected in perpetuity, ensuring long-term security and intergenerational stability.

### 2. Pooled Community Resources:

- Land Stewardship Fund: A community-managed fund dedicated to the acquisition and stewardship of land. This fund supports regenerative agriculture, affordable housing, and land reclamation projects.
- Health and Wellness Fund: A portion of the trust's revenues would be allocated to a health fund that supports the community's physical, mental, and spiritual well-being (e.g., clinics, mental health services, wellness retreats).
- Education Fund: To empower the community, a percentage of the trust's profits would go toward education, training programs, and scholarships for youth and adults.

### 3. Security and Accountability:

- Governance Charter: A legally binding document that outlines the responsibilities of the trustees and members, ensuring transparency and accountability. The charter would be reviewed periodically to reflect the evolving needs of the community.
- Transparency: The trust would provide regular reports to all members on the status of its assets, projects, and financial health. Members could participate in annual meetings to discuss the direction of the trust.
- Conflict Resolution Mechanism: A compassionate approach to resolving disputes within the trust, with mediators trained in restorative justice and community-building practices.

## **Sample Terms of the Trust:**

### 1. Membership:

- Eligibility: Open to individuals who share the trust's core values and mission of collective well-being, stewardship, and empowerment.
- Contributions: Members can contribute assets in the form of land, intellectual property, funds, or skills, while retaining some personal ownership.
- Participation: Members participate in governance, have voting rights, and can propose new projects and initiatives for the trust.

### 2. Asset Ownership:

- Personal Ownership Clause: Members retain full ownership over their individual contributions but may choose to co-own assets in the trust for collective benefit.

- **Withdrawal of Assets:** Members may withdraw their personal assets or profits from the trust under pre-agreed terms, ensuring flexibility while maintaining the integrity of the collective pool.
- **Inheritance:** Members can pass their individual ownership rights to heirs, ensuring intergenerational wealth building.

### 3. Community Investments:

- **Collective Ownership:** Certain assets, such as community land or housing projects, will be held in common by the trust, with the entire community benefiting from their use and growth.
- **Shared Profits:** Any profits from collectively held assets are distributed equitably among the members, with a portion reinvested for future community projects.

### 4. Decision-Making Process:

- **Consensus-Based:** Decisions on major projects (e.g., land acquisition, large investments) would be made using a consensus model, ensuring that all voices are heard.
- **Distributed Leadership:** Leadership roles within the trust are rotated periodically to avoid concentration of power.

### 5. Community Benefits:

- **Healthcare and Wellness:** The trust offers members access to affordable, community-based healthcare and wellness programs.
- **Housing Initiatives:** Members can benefit from access to affordable housing created through trust-managed properties.
- **Education and Training:** The trust provides education and skills training to empower members and foster personal growth.

### **Conclusion:**

The Holistic Perpetual Community Trust would function as a hybrid model, balancing personal ownership with collective empowerment, providing tax benefits, and ensuring long-term asset protection. It allows for the retention of personal control over assets, while fostering the well-being of the community through pooled resources and collective ownership.

This trust model creates a foundation for community resilience, economic independence, and sustainable growth, grounded in compassion and equity for all its members.

[All of this can be tailored, updated or refined to your needs.]

## **Sun Diamond Trust Covenant**

### **Preamble:**

We, the members of the Holistic Perpetual Community Trust, enter into this covenant to honor our collective past, acknowledge our ancestral and historical traumas, and commit to the liberation, prosperity, and holistic well-being of all beings associated with this trust. With deep reverence for the Earth and all its inhabitants (us), we recognize the sacredness of land, water, skies, and all natural bodies, pledging to treat them as persons deserving of the same rights and respect as human members of the community.

### **Foundational Principles:**

1. **Respect for All Life Forms:** We recognize that all living beings—human, animal, plant, and natural elements—are interconnected. Land, waters, skies, and other natural bodies are persons with intrinsic rights to existence, health, and freedom from harm.
2. **Holistic Sovereignty:** Each member of this trust, human or natural, holds sovereignty over their well-being, decisions, and contributions to the collective. We honor individual autonomy while fostering interdependence and mutual support.
3. **Historical Awareness and Reconciliation:** We acknowledge the harms of colonization, exploitation, and systemic oppression. We commit to an ongoing process of reconciliation—personally, communally, and with the Earth—by centering historical truths and embracing healing.
4. **Conflict as a Catalyst for Growth:** We recognize conflict as an opportunity for transformation and growth. Disagreements will be resolved with compassion, through restorative practices that prioritize healing, understanding, and accountability.
5. **Regenerative Practices:** Our actions are regenerative, not extractive. All resources are used in ways that replenish the land, waters, and community. Our decisions honor the future generations who will inherit this trust.
6. **Equity and Collective Prosperity:** Wealth, health, and resources are shared equitably. We dismantle systems of hierarchy, ensuring that every member, whether human or natural, receives what they need to thrive.

#### **Natural Persons Clause:**

In recognition of the intrinsic rights of natural bodies, we adopt the following:

- **Land as Person:** All land held by the trust is treated as a sovereign being. The community is its steward, with a responsibility to protect, nurture, and heal it, avoiding exploitation or degradation. Decisions about the land will be made with the understanding that it has a voice in its well-being.
- **Waters as Person:** Rivers, lakes, seas, and all water sources are acknowledged as persons. We pledge to protect their purity, flow, and sanctity, ensuring that water is treated as sacred and accessible to all beings.
- **Skies as Person:** The air, weather systems, and atmosphere are treated with reverence. We commit to reducing pollutants, protecting ecosystems, and ensuring that the skies are healthy and clean for future generations.
- **Animals, Plants, and Ecosystems:** All living beings within the trust's care—plants, animals, insects, and ecosystems—are recognized as persons. We pledge to foster biodiversity, ensure the right to exist in their natural states, and protect their habitats.

#### **Regular Practice for Holistic Well-being:**

To maintain and improve the well-being of all beings associated with the trust, the following daily practices are encouraged to be observed (this can be updated):

1. **Mindful Stewardship:** Each day, members will dedicate time to tending the land, waters, and skies with intention, ensuring that our actions are aligned with nature's rhythms and cycles.
2. **Wellness Rituals:** Each member will engage in personal wellness practices (e.g., prayer, meditation, movement, art) to ensure individual mental, physical, and spiritual health. Communal wellness rituals will be held weekly to support collective healing.
3. **Gratitude and Reciprocity:** Members will express gratitude daily, giving back to the Earth and the community in ways that align with their abilities and gifts. Reciprocity will be central to our relationship with natural persons.
4. **Educational Practice:** The trust will engage in ongoing education to better understand how to live harmoniously with the Earth, including practices of sustainability, regeneration, and restorative justice.
5. **Energy Exchange and Equity:** We will check in daily with each other to ensure equitable energy exchange within the community, ensuring that no one is overburdened, and that everyone's needs are met.

#### **Conflict Reconciliation Practices:**

1. **Restorative Circles:** When conflict arises, members will gather in restorative circles to discuss the issue in a safe and supportive environment. A neutral mediator will facilitate these circles, ensuring that all voices are heard, and a path toward resolution is agreed upon.
2. **Sacred Listening:** Conflict resolution will begin with sacred listening—allowing each party to speak their truth without interruption, while the other(s) listens deeply with the intention to understand rather than respond.
3. **Healing Agreements:** Following the restorative circle, members will create a healing agreement, which outlines actionable steps for moving forward in harmony. These agreements will prioritize both the needs of the individuals and the collective, fostering accountability and growth.
4. **Forgiveness Rituals:** Forgiveness is a powerful tool for collective healing. The community will periodically engage in forgiveness rituals to release any residual tension, resentment, or misunderstandings, inviting love and understanding to fill the space.

#### **Terms of Membership and Self-Sovereignty:**

1. **Membership Pledge:** Upon joining the trust, each member (human or natural) will pledge to uphold the values of sovereignty, equity, respect for all life, and historical reconciliation. Membership is contingent on living in alignment with these principles.

2. Personal Sovereignty: Each member is responsible for their own well-being and contributions to the community. They are sovereign beings who can decide how best to live in harmony with the collective and the natural world. The trust will provide resources and support for individual growth and healing.

3. Community Sovereignty: The community itself is sovereign, operating independently of external systems of control or oppression. The trust supports self-determination, freedom, and the right to create and sustain our own systems of governance, economy, and wellness.

**Conclusion:**

This covenant represents a binding commitment to the holistic liberation of people, nature, and all beings involved in the [Holistic Perpetual Community Trust](#). It is a sacred agreement, rooted in compassion, accountability, and the desire for collective prosperity. Through these practices, we not only aim to liberate our people but also to heal and regenerate the planet, ensuring that future generations inherit a world of equity, abundance, and harmony.