The art of living



die Lebenskunst

>	Intention: Live in harmony	Page 2
•	Intention of the project	
•	In each the rythm	
>	Human organization: Live together	Page 3
•	New arrival / departure	
•	Plenary meetings	
•	Roles and participation in the common life	
•	Different activities for the personal fulfillment	
•	The children	
>	Spatial organization: reflect the Universe	Page 6
•	place	
•	Village	
•	Houses	
•	Public places	
>	Temporal organization: Vibrate according to your own rythm	Page 10
	Material organization: Make live the spirituality	Page 10
•	Financing	•
•	Management style for money	
•	Management style for the food	
•	Water management	
•	Purchase of equipment	
	Linguistic organization: change bases	Page 12



























# INTENTION: Live in harmony

## Aim of the project

(The aim of the project is to organize a community of life ran by volunteers to allow each person to bloom in a harmonious and hilstic way. This development is part of a a fluid and serene impulse: it is the cleaning of the link connecting people with the Universe through the research of ourself, beyond the origin, the sex, the language, the 'labelling' of the society and the education, ...

The rise of the consciousness goes hand in hand with this project, but it is not made without a deep anchorage point in the Earth. The whole spiritual is not appropriate, the transition to this reality made by our soul is not an error: so it is important to keep this link with the Earth which enables the necessary basis. The physical / spiritual axis is the spine of the project, it is a matter of secular spirituality nothing to do with religion.

The opening to the world remains constant: it is important to live in connection with the society, its fellow creatures and human beings in general. Nothing is set rigidly, certainly not the rules of life, everything can be reconsidered and improved permanently (read: human organization).

The project is set under the sign of Aquarius Era and the redistribution of power within men and women. The change of era is a period of confusions preceding the development of new paradigm based on universal values such as cooperation, solidarity, tolerance, respect and sharing.

Every person spending time in the community can spread out the values and the way of living she /he had learnt outside, that is an important side of this project.

The location for the project is ideal to favor the link with the Nature: it is in a wooded and isolated zone to facilitate disconnection and to make the most of good elementary energies.

Love, the cement of the Universe, is the strength of action which underlies this project.

#### In each the rythm

Everyone manages the day the way he/she likes, provided he/she takes part in the the common tasks and in the plenary sessions. We will live according to the biological rythm (solar times) so we won't measure time.

The meetings are made by agreement, as well for the tasks as for the meals. It is important to follow the natural rhythm and its flexibility which act upon our health and wellbeing.

These points will be explained in details in the following parts.





























#### Human organization: Live together

It is obviously the most important chapter this is a decisive factor: the internal order involves the outside order and not the opposite.

The respect for the deep nature of each person is the basis, whether it is in its thoughts, his faiths and his way of life. All the resident people are equal, whatever their age. It is important not to let habits take hold with a view to being fair and avoid a feeling of superiority.

Any decision involving the community is taken in a plenary meeting and unanymously

#### New arrival / departure

The community is opened to all. People wishing to join it can contact us by phone or can move physically, we will answer all your questions. The minimum stay is of three months according to the availability; the financial contribution is fixed quarterly during a plenary meeting.

Arrivals and the departures are made in the solstices / equinoxes (with some day's delay for practical reasons) to coincide with possible changes of houses. So, periods of residence must last at least a quarter renewable.

The optimal size for a pack of wolves is between 5 and 12 individuals, for ants several hundred thousand or several millions, and so for every species. It's the same for humanj beings. So **the size of the community will be limited to approximately 69 people**, what will allow people to know each other and to delegate in an individual way. A representative person will make a report on every decision to the group.

In case of many requests to join additional people, <u>another community in connection with the first one will be created</u>. The need for expansion is not innate and it is one of the causes of permanent conflicts and deterioration of human societies).

#### Plenary meetings

They take place at least the first day of every month, that is every 28 days (see calendar). Every person wishing to participate can attend the meeting (including the children).

The agreement consists in asking if a person is against the proposal; as long as it is the case, the discussions will continue til there is a general agreement If a question is not clear-cut at the end of a reasonable lapse of time, it is postponed until a next meeting.

No decision can be taken if a person does not agree.

A person will be appointed unanimously at the beginning of the meeting to lead the debates and care about the good organization. This person has no personal right and will make sure the meeting is going properly. It is better not to chose the same person several times.

#### Roles and participation in the common life

The people living in the community chose the way they want to be involved in the common tasks: (from 2 to 3 hours a day)

The personal responsability is a central question and is part of self-awareness. So, working time is not under surveillance, it is obvious that the participation in the life of the community is essential to live in harmony and to reach an inner stability.

Thus there is a sharing out of tasks to avoid habits and routines. That way, a person will diversify its activities, and won't be confine to the same job. We give people the opportunity to practise different activities and to learn. A person having a special skill will share it not to make himself essential: sharing knowledge is vital, it allows to develop various and different stategies.

The tasks are (for example and not exhaustive):

- · Cleaning of toilets and common places
- · Preparing the meals and cleaning
- Construction of collective buildings
- · Cleaning parks and gardens
- · Education of the children (learning to read (among other things))

There is neither thankless nor upper task, each has to enjoy what he is doing with the feeling to participate in the life of the community and have a sense of fulfilment.

It is recommended to nominate a person for every listed task bellow (for a duration of a renewable season)

Keep the accounts(income and expenses)

- ·Purchase foodstuffs (held by stocks)
- · ... (To define)

The power of attorney does not give any private individual right, the representative cannot make decisions exceeding its privileges.

Activities not being part of the common tasks are privileged ways of development and well-being: they allow to link together and to go back to one's roots in a constant synergy. Each makes them live according to his skills, his talents, his qualities, his creativity in a spirit of permanent sharing.

#### Example of activities

- Activities of relaxation and self-expression through music and movement: meditation, yoga, martial arts, taï chi, chi qong, dances, ...
- local crafts or the artistic activities: painting, sculpture, pottery, music, singing...
- Organization of events: shows, common dances, theater...
- Holistic therapies: sweat lodges, circles, ceremonies in connection with the Nature, the personal care, ...
- Workshops to share your knowledge: culinary, chemist, mechanical, ...
   Reading (presence of a library), music listening, viewing of broadcasts(programmes,issues), reasonable use of internet...
- Not exhaustive list...

Of course you are free and welcome to go out and attend any event.

#### Children

Children are educated by all the community, this means that every adult is entitled to make an educational comment.

The biological parents are the first educators, but *it is desirable that this task is shared by other people*, two or three ideally These people will be chosen by the child and his parents (biological or not) by mutual agreement and officially inaugurated The child is free to choose his place of residence for a season in agreement with his other parents.

## It is important that several adults take care of every child and to complete the biological link by the links of heart for an harmonious development.

Children have always been raised by the community, the concept of family father/mother/children is recent and unnatural. Working parents have not enough time to dedicate to their children, this situation leads to numerous educational problems specific to our modern society.

- The word of children must be taken into account in every situation, this does not mean that it should be regarded as sacred. We cannot possess a child
- No one can have possession of a child not even the biological parents; their task
  is to bring him to life and to support him the necessary time then to let him live his
  own life while being present where necessary, if they both require it.

We are aware that this link between parents and children may seem surprising, but **the only thing a child needs to develop harmoniously is Love**: all the rest results from it. Love should not be possessive, so a child cannot be a possession.



























### Spatial organization: reflect the Universe

#### Place choice

It is situated in Mexico for many reasons:

- · disproportionate Purchase Price with Europe.
- · Full liberty to undertake, no red tape, no sanitary paperwork which would disrupt considerably the settling and the development.
- · Earth deeply rooted in the spirituality and possessing a very special and fluid energy.

Every member of the initial association owns the ground in equal shares. It is located in a wooded area far enough from any house and/or village. Water for cultivations will be provided by a spring, by rainwater and/or a well.

The center of the village is divided in four public places laid out in square / diamond, each in of the shape of a circle or an arc of a circle (see public places)

. Houses are then placed in double spiral from this center and are all the same.

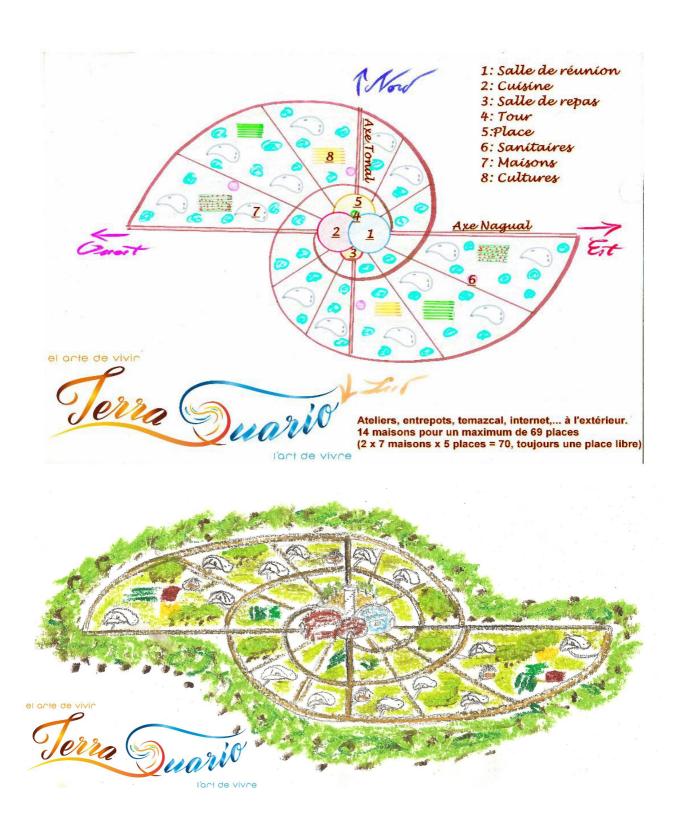
Two important axes / paths go from east to west (nagual axis) and from North to South (tonal axis). Other smaller paths are touring around the center.

Toilets and sheltered places to store equipments will be placed at regular intervals.

The village is is made at he image of the the galaxy, that is in double spiral of the Golden section: Some places can be the image of important constellations, like Orion. Pleiads, Great Bear, Aquarius...

Number 69 reminds us of the double spiral (the way figures are written) that is why we have chosen a maximum number of 69 people.

Outer places do not necessarily follow this rule, particularly a temazcal, a place of water, the garden, workshops... Their location and their setting-up will nevertheless be chosen carefully.



#### Houses

They are built in the shape of logarithmic spiral to facilitate the link with the galaxy and the Universe: both bedrooms and bathroom are situated next to the beginning of the spiral, the living room is on the other part, extended by a sheltered terrace. The facade is

luminous to be in connection with the outside but can be shaded (protection from the heat or the light)

A house is put at the disposal of his occupants who are responsible for it: they cannot modify its structure but they can decorate a part according to their taste, (the outside or the inside of the house). So, every new occupant can erase the frescoes he wants to without referring to anyone there: art and material should never stiffen and once finished, any improvement does not belong to his author anymore

Houses contain neither tap water nor kitchen utensils for the following reasons: construction and destruction of houses are much easier as there is no piping except from the rainwater.evacuation.

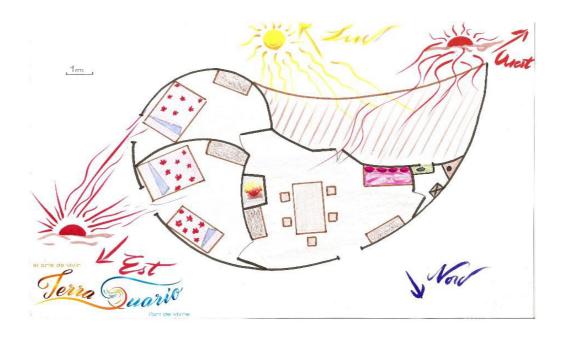
- The kitchen is shared, this fact encourage greatly the life in a commune . Sharing food is a good way to avoid withdrawal into oneself and isolation.
- · Wastes and toilets management is much easier when shared and allows to become aware of the value of things.

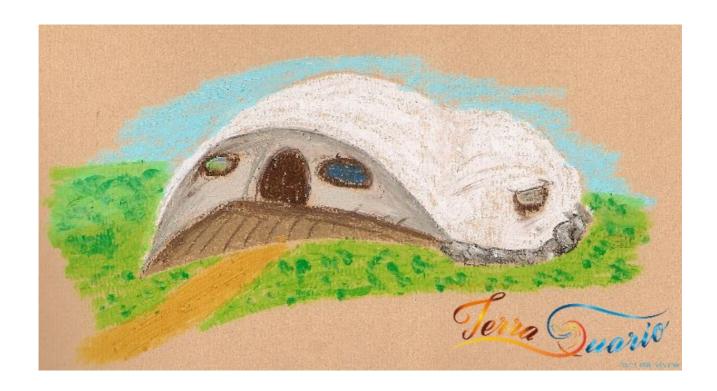
Yet, houses will include a bathroom with:

- · dry toilet for convenience sake; occupants will be responsible for the regular cleaning.
- · A small water tank and a basin; it can be used for the toilets but will not contain evacuation to avoid important plumbing works, it's also made not to isolate people in their houses.

Every equinoxes and solstices, it is possible to move to a different house. It's an ideal opporunity for children to change their host family amongst their educators. Of course adults are free to reorganized themselves as they like.

The allocation of houses will be decided in agreement with those who want to. Every person moves around with his own his bedding , knowing that houses are made to welcome from 3 to 5 people .





#### Public places

They are many public places because of the life in community and of the intentional limitation of property. In the center are situated, according to the plan below:

- The meeting room, circle shaped, likely to gather all the people of the community. Its door is facing east, there is a a bench all around no regular places are given during the plenary sessions. This room will be used for any informal meeting and will be furnished with tables and chairs.
- The attached kitchen, with an entrance in the west, has a circular shape. A part of it is taken by the meeting room, so it is slightly crescent-shaped. It consists of a place to cook, to clean, a place to store food (fit out with a fridge and a freezer. Tables to eat are situated in another semicircular place attached to the kitchen and to the meeting room, (opposite from this place). A covered shelter will allow to eat outside as often as possible.
- The place attached to the semicircular ones can be used fo presenting shows, in the evenings or whenever needed. It will be surrounded with trees chosen for their shade and their quiet effect
- . A tower similar to a minaret allows to call people to meetings, meals, activities...

Toilets are set up for 4 to 6 houses; they consist of 3 dry toilets, 3 closed washbasins, 3 showers, a bathtub and a washing machine, their number and location have to be defined.

Storage places for equipment will find place where needed and useful (garden, repairing zone). They contain all the useful equipment when you live in a commune.

Kitchen and toilets are the only places to be connected with a tap water and with a water supply system. Rainwater is collected in a tank to be reused, a well can also be bored.



































## Temporal organization: Vibrate at its pace

Time is based on universal references: the Moon and the Sun; this soli-lunar calender is simply organized:

- 28/29 days 'months' depending on the lunar month, they can be set out in weeks of 7 days for example or differently. They reflect a clear and visible regularity.
- Solar moments, namely equinoxes and solstices for some important changes.

Apart from this, no schedule is necessary during the day, natural rhythm is highly sufficient to organize yourself andto live in good harmony.



































Material organization (financial support):

Make the spirituality live

Financing

It is only insured by the donations, what means what we abandon voluntarily to somebody without receiving anything from him in return.

" A gift is a gift as long as you give somebody what he needs; it is not a gift anymore if you give him(her) what you want him to get. A gift doesn't involve any tie, it is unconditional, and the one who receives it has the right to do whatever he wants with it.. It is unconditionally up to him(her) and the donor waits for nothing in return for it "

Marlo MORGAN, message of the true men to the mutant world

#### Financial Management

A person in charge of expenses and receipts and will deal with money. (see Roles). Every person can check the accounts on request and at any time.

A contribution is due every quarter: it has to be specified at the right time but it will be quite modest to allow everyone to join the community.

#### Management of food

It is bought in common but everyone can suggest purchases on a list. This organization can be a real change in the habits. Food is a public good and each has to take what he/she really needs, reasonable 'extras' are possible. This way of management is very instructive and calls for a real attention on your own needs

The work-top and the tools are cleaned. Left over food will be put in a cool place with the date of preparation and the name on it .

The aim is to reach a great autonomy thanks to gardens and to reduce the the purchase rate. To live off the land is in total harmony with the place, with our concept. This food has a better nutritional value and is more assimilable.

Food is a very important point and not just a sideline: it is the basic point for our body well-being and for our health .

#### Management of water

Water is used for domestic purposes and to drink. Water for domestic use comes from a rainwater tank, from a well, from a river... On the other hand drinkable water will come out from the same feeder pipes but will be filtered through ( UV filter).

Vegetables will be cultivated according to their nature following to the permaculture methods, they will require few water, this will allow to save it; it's the same for dry toilet.

#### Purchase of material Equipment purchase

It is collective in order to learn to be limited to the most important things and to

kick the habit of the deadly system set by our consumer society. This will require an involvement of all the members of the community

Small personal purchases (low amount) defer to your own judgement. Purchases of an important amount will be sumitted to the person reponsable for expenditures and receipts this person can ask for the opinion of the plenary commission

When you buy foodstuff for yourself that would be great to buy the same item for the community. When you get used to doing this, it's not a problem anymore, the link between people favours sharing.



#### Linguistic organization: change bases

French and Spanish are the main languages, English can be used; reaching the era of the Aquarius, it is necessary to think about a speaking and writing language evolution in harmony with he pace of the Universe. For example, in Iroquois, all the names of animals are basically feminine gender, for masculine gender you add a prefix, we can find similar examples in every language.

French and Spanish use the masculine gender a lot, involving unfavourable consequences in term of inner stability; this might be changed too.



