

STEP NINE



RESPONSIBILITY AND TRIBAL LAW

HERDING GAZELLES

RESPONSIBILITY AND TRIBAL LAW

Many have a misconstrued notion that every event that happens on this planet is either your fault or your responsibility to fix it. If a tsunami happens it is because you drove your car to work. If someone else falls and trips on a curb you say, "I'm sorry." If someone dies, gets hurt, or sick, again you say, "I'm sorry."

Notice that you don't say, "I can imagine you are in pain," or "I am empathic to your loss."

No. You say, "I am sorry."

Taken literally I am sorry means I am a sorry person. It is my fault. I did not do enough to help, to stop, to make this better. It is a feeling of responsibility for everyone else's emotions, lives, and choices in the world. You become responsible for fixing the world with those three little words.

We learn cause and effect very early on in our childhood. We learn that within every action there is an equal and opposite reaction. We learn when we cry someone comes to feed or comfort us. We learn that if we hit an object like a button it moves or makes a sound. We learn if we hit a person they cry. We learn this cause and effect very early on. It is how we explore and experience our world. Our Tiny Little houses are full of blocks built on this idea. Even a whole childhood toy industry is based on this simple concept of touch and reaction!

As we grow up we are told by others what we are causing and what we are affecting. "Didn't you see your brother's feelings were hurt because you took his toys?" our parents say. "Why don't you give Grandpa a hug, it will cheer him up."

We learn our actions can affect other people's emotions and moods. This can lead us to believe that our actions cause other's happiness or sadness and that other's joys and pains are caused by us. This is a natural part of teaching empathy. Empathy is crucial to the survival of the group. To feel what other people feel and the need to want them to feel good helps bond, unite, and connect us as human beings. To be concerned with oneself only like

narcissist behavior is destructive to the tribe. Empathy is paramount to our survival, therefore we teach our kids and ourselves the value of understanding how other people feeling feel.

EVERYONE HAS THEIR OWN EMOTIONS.

What is not always taught is that everyone has their own emotions. We cannot make anyone feel anything! We cannot stop them from feeling anything either. Feeling is an internal response that is unique and individual to each person and it is that person's alone. Pain is a subjective response. What causes great pain for one person only causes mild pain for another. We cannot make someone feel joy or stop them from feeling pain. It might appear that way. Cause and effect tricks our brains.

We make a joke and someone laughs. We then think, *my joke (cause) caused them to laugh (effect) therefore they are happy, therefore they like me.* We like people to like us. It makes us feel good. It makes us feel useful. It makes us feel loved. It can make us feel like we belong. We are welcomed. It is the basis of all peer pressure and group mentality.

But what happens when we make a joke and that person doesn't smile? What if they are suffering from severe depression that has nothing to do with us? Do we then think, *they didn't laugh at my joke, therefore they don't like me, therefore they aren't happy, therefore I'm not happy, therefore I must make them happy for me to be happy?*

Yes. We do. All the time. We go through a daily back and forth of cause and effect looking at other people's emotions to gauge if our behavior is liked by the people around us. Why? Tribal law.

TRIBAL LAW AND GAZELLES

As a human being on this planet survival is one of our top priorities. In the interest of survival we learned basic tribe group dynamics. The best way to survive was to make sure of two things:

1. All others survived with you. (Safety in numbers.)
2. The people that survived with you liked you, so they would share their resources with you, mate with you, protect you, and not see you as prey or competition and want to kill you themselves.

This is how we survive in a group setting. Picture a herd of gazelles. They gather together. They stick together. They know that the one who is left on the outside has a greater chance of getting eaten by lions, cheetahs, hyenas, and the like. The young and lame are the most likely targets. So the gazelles gather together and herd each other into a group. They must protect the herd so they keep everyone together in order to save their species. If all the young died off there would be no more gazelles!

To be a part of the group equals survival. To be outside of the group means your own death, or even the possible death of the tribe. You might draw attention to the tribe. They may say you make them, "look bad." All of these things will deter the survival of the tribe and open them up to attack.

Human tribe/herds are varied. You have many over the course of your life. Your tribes might be made up of your family, your town, your religion, your race, your country, your

school, your friends, your sexual orientation, your hobbies, your work place, or even the world. They might have all been your Tiny Town tribes.

Survival is the reason after thousands of years most people in society, in the world, in this probable reality do every single thing they do from morning until night. You do too! Survival of oneself. Survival of the species. It is the basics of life. We are dependant on others for our survival. So it is actually critically important that people like us! If they don't like us, we don't survive. Cause and effect. Getting people to like us is not a frivolous thing. Peer pressure exists is for a reason. We herd for survival.

But, let's say a few possibilities did arrive in your Tiny Town. You do the inner work to open your mind and your options. You begin to see the world differently. You begin to see the possibilities that exist outside of the tribe. It is all very exciting. You see survival is not all there is! Suddenly the fear of death dissipates. The fear of surviving or not surviving is replaced by a calm existence in the mindfulness of the present moment, no matter what dangers arise.

OUTSIDE THE TRIBE

If you are able to experience your I the Observer to the point of being that Tree in the Garden outside of unconscious existence, an interesting thing happens. You don't take death personally. You don't take anything personally! You don't worry if someone likes you or what they think of you. Your survival is no longer tied to them liking you!

Suddenly the topic of survival, cause and effect, and all its reasons leave you. Suddenly you begin to question the principles of the tribe and voice those questions. Suddenly your potentials have expanded. Suddenly this is not all there is and the world opens up to you! You leave the Tiny Town herd and walk out into the Sahara all on your own.

This can be a freeing thing. Life makes more sense without the shadow of death overhanging, without the fear, worry, and anxiety that come with needing to survive in a herd. One can do things that one never knew they could; at the same time the simple pleasures do become simple pleasures. It is freeing to be on the outside of the tribe looking in.

THE LOSS OF THE TRIBE

Not all can handle it. For some, for most, it is too much to handle. Leaving the security of the tribe is not a simple matter. There are consequences. When you step outside the tribe, you lose friends. You can lose relationships. Sometimes you lose homes, jobs, opportunities, even your identity! Being in this new open consciousness, one cannot exist as part of the tribe anymore. You get lonely. You might be the only the outside looking in.

But then you look around and see a few people who have opened up from their old tribes. You begin to look around to find others at the level of potential that you are. You form a group with these people. You form a new tribe and you stay there. New boundaries form. Old mixes with new and that's as far as most will go. This becomes comfortable. This becomes safe. This becomes your new Tiny Town.

In your new found tribe you form structure. What is acceptable and what is not. Unwritten rules are formed. Leaders emerge. It becomes in all ways a herd tribe again. It becomes comfortable, safe. Until?

Until you begin to feel fear again. It is not for survival as much this time. This time it is fear of loss. You do not want to lose this new tribe, this new feeling of togetherness. You might not even believe what this new tribe believes, but you say you do to belong. You want to be a part of the herd again, even if it is a smaller one. It feels natural. It feels right.

We are social beings. To be part of a group, to fit in, to belong, is a driving force in our lives! Most of our lives belonging to a tribe is a central focus of our world. But at a certain point, even this smaller herd can feel stifling. You find yourself compromising who you are to be one of the herd. You are in a group, a herd, a community, yet somehow you feel completely alone.

Yet, when you are alone by yourself away from the herd, you feel so alive! You feel at peace. You feel at one with yourself. It is a confusing and odd and all around interesting stage of growth. You no longer crave being a part of the herd. You stand apart. You stand alone complete in and of yourself.

This is when you become A Tribe of One.

A TRIBE OF ONE

To be a Tribe of One is truly freeing. The need to belong lessens. The feeling of needing to be liked lessens. You become more comfortable just being you. You become okay being your own tribe! When this happens you can be in any tribe, any group, any herd, any relationship, friendship, job or town, and still be you, no compromise. You are your own tribe. You are a Tribe of One.

If you are to take this journey and to open up to all that is fully and able, you must be a courageous soul. It is not for everyone. There is no society to catch you. You have to be able to handle the loss, handle the pain, handle the grieving, and be able to move forward. Many get stuck. There is no judgment of this. But this does explain why it takes society and humanity so long to change.

To let go of old ways is highly difficult. To go against the flow of the tribe, of humanity, and its consciousness is truly swimming up stream. It can be exhausting at times. But just like the salmon that can make it over the dam, once the pulling away is done it is done. Enlightenment as some call it, awakening, awareness, is a difficult, painful process at times. But once it is done it is done! You are here, alive, able to just be you! The possibilities are open. The world is open! The chance at amazing experiences and the ability to live amazing lives is open.

When you come to this stage, however, a strange thing happens. You do not want to be a helper anymore. The codependent ties to family break. The guilt over world events breaks. The idea of being a caretaker breaks. It can almost feel like total detachment. It can almost feel like total isolation.

The world continues with its old survival pattern, but you are not a part of it. There is so much of you now that just doesn't care about that stuff anymore! It can feel as if you have gone over a cliff and everyone else, even those on the edge, do not know you have gone. It can feel as if you are a ghost, invisible as you walk through the worlds you used to be so comfortable engaging in. It can feel as though you are the only one. You are not.

There is a mass movement toward breaking away from the old today. It is seen and felt in every section of every society. It is filling up the airwaves with rebellion and blowing up social media with its audaciousness. It is time for change. It is one of the potentials for mass consciousness that has arrived.

New possibilities being formed right now within the new generations that will make this world look unlike any world ever before on earth. The ideas in movies and shows will look like child's play! Those who are open can adjust to the changes and create new realities and new worlds. Those who are not will be in great pain as the changes occur at even more of a rapid rate than ever before.

STUCK IN A TINY TOWN HERD

Those stuck in the herd mentality will fight the new ideas, the new way of living. They don't like mutual respect and cooperation. They have been trained and lived for a very long time in a win all situations. They will get very scared with the new ideas. They will fight and kill and die for their old ideals. They will not move into the new quietly. They will try to get you, others, into their rally for engagement of right and wrong, fear, and anger. They will try.

But you will stand, Lighthouse ready, in awe of the process, in awe of the human mind, brain, body that is creating the reactions within them. You will observe and not engage. You will stand a Tribe of One.

It will all feel very strange at first. It will feel very much as going against the tribe, even your own tribe self! For you are going against the tribe mentality. You are moving beyond. You are moving above. You are standing outside the herd.

To stand outside the tribe takes courage. It takes bravery. It is now, however, easier than ever before. There is no more Tiny Town. It is now one big world. And as the big world opens up, those who want to, who are ready to, will find the cracks and openings and ideas that will burst forth to create new possibilities for this world.

TRIBES OF ONE TOGETHER

Instead of one tribe, one herd, there will be many Tribes of One with people more loosely able to connect and communicate with others in herds many miles, countries, and even languages away! Instantaneously they connect. But they are not a group. They are individuals with individual ideas and a common ability to see beyond. It is a new world and a new way of looking at the world. They are all their own Tribes of One coming together in commonality of purpose, interests, joys, and shared connections. It is a time to be Tribes of one Together.

This is a new concept, but one that soon will be as normal as breathing. To truly move into the world and be ready for all its possibilities, new generations will begin to understand that they can be alone their own Tribe of One and be together with other people who are their own Tribes of One! They are truly and freely Tribes of One Together.

To be Tribes of One Together is recognizing we are all alone in this world with our own I the Observers, and in that we have different perspectives and views and feelings that are all our own. And that is okay! That is more than okay. It is the new way of being that will lead to the new survival of our species. It is the ultimate state of empathic respect for one another.

This relationship is a unique one and one that is rare and profound to experience, but when you see it, you recognize it. They are your best friends, your greatest mentors, and your favorite Strangers in Tiny Town. The traits are simple. Even if you know the other person may still be Stuck in their Tiny Town tribe mentality, you can still act as if they will be your Tribe of One Together. These traits appear the same.

1. Respect one another.
2. Have the courage to be honest with each another. (This also means first being honest with yourself.)
3. Celebrate each others successes, without jealousy or competition.
4. Find common ground.
5. Respect each other's differences. Learn about each other. Celebrate one another!
6. Know there is not one who is better or more, we are all on our own paths and those are non-comparable.

In respecting and honoring each other's paths, we learn that we can walk alongside each other, not pushing each other one way or another just to stay in a herd for survival. We all can walk tall on our own paths in our own ways. That is the ultimate strength and reward in being Tribes of One Together. From marriages to friendships, parenting to work, school, business, support groups, even governments (it is possible, not always probable in that tribe!) we can find the way to move forward in respect and honor for each other.

We can all be Lighthouses for each other. Tribes of One Together.

A NEW WORLD

To move into the state beyond the tribes we belong is a big one on The Possibility Path. To really embrace personal responsibility and Personal Possibility for yourself means leaving behind a lot of the old: your old beliefs of self, of others, and of the world. One must tear down to build up. But it will open you up an insane amount of daily wonder and awe never seen before! It will transform your life and the lives of those who love you.

The world you live in today you could not have imagined twenty, thirty years ago, but someone did. Someone was out there, in their garage, making, creating, and inventing the products that have changed your life today. The same is true with possibility.

This is time of a possibility evolution. You are at just at the cusp! Each step along the way filled with insights and potentials. Each moment filled with possibilities. Are you ready for yours? Of course you are! Why you are part of the human tribe. We are always looking for what comes next. And that concept? Comes next.

