

# Present Moment Orientation

## holons, patterns and pathways



Parmjit Nahil  
March 2025

Doug Breitbart offered up the phrase 'present moment orientation' which I resonated with. Finding the relationships between this and existing patterns around what is already working has helped me to get to more coherence around our collective inquiry into how to be of service to life, free of the dictates of the autocratic system we are born into.

Funny how the universe works isn't it?

1. PATTERNS AND PRINCIPLES	4
2. PRESENT MOMENT ORIENTATION AND THE UNSEEN	8
3. CASE STUDIES	12
4. THE SAME BUT DIFFERENT	16
5. THE BIGGEST CHALLENGE FACING CHANGE CATALYSTS?	18
6. WATERING THE COMMONS	21
7. WHAT IF..?	25
8. THE LAST PIECE OF THE PUZZLE FALLS INTO PLACE	27

## PRESENT MOMENT ORIENTATION

### 1. PATTERNS AND PRINCIPLES

Once I lived in a world called the 'real world'. It was all about going to work to do the same thing every day. I thought I was 'making a difference' but as I continued, I noticed how those things that provided us nurture, security and connection all seemed to be contracting, becoming ever more difficult to bring in and hold onto. We are told in sharp tones that we need to live there too. But do we really?

Now I'm interested in getting to a shared place where we can at least begin to discern the difference between the *actual* real world and the manmade 'real world'. So the choice is to continue to orientate according to manmade ideologies, together with the models and roles that feed manmade hierarchies or to find better patterns that enable us to thrive.

I don't have the answer. You don't have the answer. But we could get there if we started at the right place first. The right place to start is at the centre. Principles behind not 'ideas of' how to get there. Present moment orientation is where it's at. It's so fundamental, I've even granted it an abbreviation: PMO.

The most important thing we can do right now is to create spaces where PMO can be practiced and reflected upon, practiced and reflected upon, practiced and reflected upon, practiced and reflected upon, ad infinitum.... That is the starting point of real learning. As a collective, we can create what we need, to create the tools, to create more of what works.

Principles are natural laws of nature. They are fundamental truths and help us to orientate in the direction we wish to go. If we don't get that bit right, we are doomed to forever wander around entangled in complexity, becoming more entangled the harder we try to escape from it.

WINfinity was the first place where my old orientation was challenged. And I did find it challenging. But I also knew there was 'something there'. I started noticing some common patterns emerging from Community Assemblies British Isles (CABI).

Whilst contemplating the similarities, I realised that there was another space that used patterns and principles to great effect: the family constellation community. Here, I share my 'pattern harvest' in the hope it will shed some light in relation to the real world.

If you are a holistic healer, you will already be aware of patterns of energy in relation to you, your client and the space in between the two of you. There is coherence within the modality around what 'the map' looks like and how it can be used to facilitate healing shifts. Healing modalities share many of the same principles around how energy works.

This is because they are working more closely with Natural Law. Our bodies, follow proportions according to 'golden ratio' geometries also found in nature. We are nature, not apart from nature. It makes sense that healing modalities are an aspect of natural law - that which works.

It's no coincidence that at this time, the universe is sending out healing modalities at an unprecedented pace. We are changing and we are being helped to change because that's what we want. Our consciousness contains creator energy. We are already doing it.

Patterns can be understood as fractals and holons. Both repeat in different ways at different scales. Fractals are associated with shapes in nature. When we zoom in we see an aspect of the detail (the cell). We zoom out to see how the cells arrange themselves to carry out their function. We zoom out further and we see how they relate to other cells and functions and when we zoom out still further, we still see how the diversity and inter-relationships between the wider ecosystem works too support the whole. We see the same golden ratio proportions in nature as in our own bodies.

Holons are associated with social, psychological and philosophical ways that we relate to each other: So the first 'test' for a holon is can you discern a pattern or relational parts that hold an integrity along the line? Are the same basic principles being followed?

A holon is not about being and doing the same - that is not what nature would have us be and do. In fact it's the opposite. It's about providing an environment that enables us to be who we are, within a safe space and giving us a choice around how we interact and transact with other holons so that the collective, as 'we' operate as a healthy organism.

So life is not about perfection. People are messy. Learning to dial things up and down as needed, is a feature of a healthy ecosystem . Limits, boundaries and limitations helps us to create a healthy ecosystem inside of us and outside. I have found that just focusing on this one aspect, present moment orientation yields some interesting insights around the patterns and principles at work that help regulate our inner worlds as well as our outer worlds.

Finding a holon outside of the healing arena has been elusive: Indicators that we are getting close might include: Are the rules complicated? Do they need a 'manmade' expert so that we can follow what is going on or can anyone play? Do the rules change from day to day, and at each change of management and each election, (presenting a low level stress) or do they stay the same and afford you space, time and freedom to get on with your life?

The other thing about holons is that the DNA from one will work happily with the DNA of another to bring diversity and resilience to the whole. They don't split into factions but mutually supporting functions, yes.

I was born a Sikh, a young religion that sprung from the imperative of bringing diverse groups together in order to protect the weak. What has happened? We have split into factions. Sikhs mostly carry out good works for sure but I don't see a holon at play. That is because the ideology part is more prevalent than the holon potential. This is true of most religions - at this time.

The shape of things to come?

If diverse individuals agreed to practice in accordance to certain patterns that were proven to work (they follow a patterns in Natural Law) could we create a holon that would work for me, for my family and for my collective? Yes.

Do I and my family and the wider collective possess the ability (natural) or capability (learned) or power (structural) to dial element up and down as needed so that needs are balanced - starting now and continuing in real time? The answer is yes.

In any place where the ideology has settled in too comfortably, it becomes difficult to see things outside of it I go into patterns around the unseen and how it relates to the seen later.

Here, I present patterns that I found when I studied three community based collectives that are using present moment orientation to good effect. I begin with Community Assemblies British Isles (CABI) and WINfinity.

The first thing is the tone that prevails. A similar tone is apparent in the environments that both CABI and WINfinity seek to cultivate. It is about connecting not sabre rattling.

### **CABI's mission statement**

*“we are not looking to create a revolution but to provide a firm foundation upon which we can build lasting friendships and work together to formulate missions and achieve a shared vision for a peaceful and cooperative parallel society in our communities, free from the dictates of the current autocratic system.”*

### **WINfinity's Purpose**

*“WINfinity provides a practice for cultivating collective choice for people who work together. We do this to catalyze a recognition of and respect for individual agency rooted in reconnection, working together, and being in service to life.”*

I hope it will be a useful integration of what I see is working and provide the impetus to continue:

- for existing CABI members it contains a cultural overview
- for those within CABI who are considering next steps for developing existing functions it contains ways of developing these kinds of pathways
- it may lead to others who are circling around the idea of starting up their own group who may or may not wish to be part of CABI
- those groups and individuals who have shown an interest in WINfinity principles so they can see concrete examples of the principles appear to be showing up in practice

Perhaps it may also be of interest to those who have been working on new tools and technologies and are wondering how best to introduce their offerings into the space.

**Do no harm** is the first natural law of Law as well as medicine and healing. This principle overlaps bridges the domain of healing and justice. It relates to literally *everything* from how we support or hinder our internal navigation, how we relate to one another, how we organise, how we provide resources and nourishment and most importantly how we show up from day to day.

#### **top three chronic tendencies - patterns that cause harm (and what has helped me)**

Do not push your own views, opinions and perspectives on to others unless permission has been granted to do so (move away from tv, ads, do less social media and learn to bite your lip)

Do not judge others based on their views, opinions and perspectives (it's part of the water we swim in)

Do not act out of fear, malice or revenge (take responsibility for regular clearing out trauma wounds).

Later, I bring in the work of the International Family Constellations Training Institute IFSC. Turns out this brings in more juicy insights. Although the IFSC is not about social change per se, I see it as belonging to the same 'family' of patterns and principles. Learning how to create the right environment is given a lot of importance and forms part of the practice.

The point of this is not to set out any of the patterns and principles in detail, only to demonstrate that it is the culture they bring to a space and it is the practice of the new culture that matters. Culture eats religion for breakfast they say. That's why focusing on connecting with the human is more important than focusing on understanding the knowledge, or the model or the next step. We have not ever worked in this way. It's very different. But it really works.

For many this will not register. For others, it may sound worth trying but then they don't have anything to model how it's supposed to be done. For me, I admit it took a few cycles of learning before it really landed. I have wobbled and fallen along the way but that's an even more salient learning experience.

I hope that the case study examples help us to see that it's not about growth, targets and standards, rallying the troops, finding the right model or enough money or enough information, none of that. Catalysing change is about providing places and spaces that help us to become responsive (in the right way) to each other, to play with information from the field and explore our world with joy and wonderment. We begin by using the resources we already have.

## **PUBLIC-PRIVATE ENTANGLEMENTS AS LEAKY GUT SYNDROME**

It is just as important as we take this journey, to focus collectively on defining private and public space in law. CABI has begun this journey, showing us how is possible to keeping to the principle of 'Do no harm' whilst testing our freedoms against what we can or cannot do within each space. This makes it possible for us, as a collective, to support the disentanglement of these spaces for claiming back lost freedoms due to a what I have called 'leaky gut' syndrome in our public-private spaces.

The more we practice, the more we embody our 'me' holon, the more we can resonate with and spot other holons at play. The more holons we aggregate together, the steeper the hockey stick of change becomes. Tools and technology will provide what we need as humans. We will be able to spot patterns that nurture us and those that just don't:

Zombie spotting and holon energising, that's the name of the game. Soon we will be the ones to see what happens when we let them out to play. (The holons not the Zombies)

Hold onto your hats people!

## 2. PRESENT MOMENT ORIENTATION AND THE UNSEEN

Change reside in the domains of our psyche, our cellular responses and in the collective responses to our world, but what does this mean for how we operate outside of our meditational space and into interactional spaces?

Most collectives end up with some form of dysfunction that has been inherited from the manmade paradigm. We often end up with the same kinds of dynamics and biases at play, despite best efforts to be different. That is to be expected. So how do we deal with this relationship to the unseen?

The act of slowing down and noticing things that are waiting to be noticed is a multidimensional one. Noticing what is showing up within us as well as outside of us: what is happening, what is not happening, what this means for me, what this means for you, what this means for the wider collective and how we relate to the environment outside of the collective. A systemic approach cannot afford to miss the unseen dimensions.



A healthy ecology of collectives such as CABI's private member associations will foster the capacity of its members to create healthy environments for each other and maximise the potential to interact and transact. These means scaling Present Moment Orientation (PMO) in ways that work for each individual and each variation of collectives amongst the parts.

Each case study in the next section shows us how Present Moment Orientation has been harnessed so that change can be truly catalytic.

This is not about high numbers of followers or participants or getting somewhere fast. It is not about being the most knowledgeable or most influential. We don't have to be the richest or the loudest. It's about the right interplay of structure and energy in our environment. PMO is the smallest unit of practice that goes into forming the bigger holon which then drives what we call Equity - in Natural Law. In manmade law, Equity is perceived very differently.

The key is repetition and practice of the things that impact on these domains - the psyche, cellular and collective. The right frameworks enable us to commit to cycles of learning activities that take context into account more than data. Our natural learning capacities are freed up when there is no pre-formed agenda and we make space to slow down and see what is there.

We are not looking to be the same or do the same. We are looking for what is authentic within us and animate the space. The difference between habit and ritual is the extent to which we are in present moment orientation. The same prayer for example can be a habit or a ritual depending on the extent to which we relate to the meaning and are prepared to work with the aliveness of the

moment. We can make our own rituals of course: Checking in and out of every meeting is a simple ritual that helps us bring greater focus and awareness of the energy and space we are in.

PMO brings in the awareness needed to discern between what is authentic from conditioned responses. With regular practice, we build flexibility and strength. This protects us. We allow in what brings us health, we allow what is toxic to be released. A healthy membrane regulates what is allowed in and what is released. Any structure whether it is organic like our skin and cellular membranes or whether it is an organisational structure, has a membrane. Being aware of present moment needs and having clarity around what is resourced and in what order means there is good stewardship happening, meeting the needs of the whole.

Our authenticity and ability to discern what constitutes reality 'out there' has been swallowed up in layers upon layers of conditioning. This keeps us from seeing much of the harm that we do - or that is done to us at so many levels, energetic and structural.

What is seen and unseen also plays out at an energetic level. It has much to do with trauma that operates systemically in the the water we swim in as well as those more acute trauma moments. Patterns that remain unresolved build on each other. They are handed down and keep going, through many generations until someone resolves them so the stuck energy can shift.

We are beginning to address these energies that operate unconsciously in family ties and loyalties. I recently watched a presentation by Jack Kruse that shows how our nervous systems literally fail to develop the parts that are our psyche's don't wish to see. And there is no shortage of first hand experiences that backs it up in my private life and in my working life.

As my own layers have peeled away and I have seen the previously unseen, I have experienced frustration because no-one else can see what I'm pointing to. At the same time, I have experienced wonderment in what the unseen holds for us once we discover the authenticity that lies underneath all the layers of conditioning.

Once we change our own perception of ourselves and our relationship to the unseen, we change what the future holds. The universe throws up the next layer that we need to process. There is a pattern that almost everyone I hang around with nowadays recognises instantly: Synchronicities. These are becoming part of everyday parlance. Can we practice those things that actively magnetise us into that space?

It is something we cannot put a target or timescale on because we first have to be taught how to be responsive and adaptive to present need. If we introduce true rigour into this process, we must give time for our cellular responses and our psyches to adapt to new kinds of information. Yes I used 'have to' and 'must. (oops).

Our capacity to regulate our psyche is being weakened by heightening awareness of the poly crisis and excessive use of labelling. Polarisation and triggers seem to come come thicker and faster than ever before as we find ourselves being pulled into *this* camp or *that* camp despite ourselves.

A test: Here's a quick test for you to see the extent to which you have succumbed to this effect. I will present you with a word and I invite you to monitor your instant reaction to it. Ready....OK the word is.... Trump.

Now, whether you are for or against, chances are that you will have registered a reaction. Where did that come from? Yes there is much posturing in the pro and the against camp. But unless we can park it until a proper inquiry into all the different aspects of his actions can be recognised in full context (which means listening dispassionately but with interest), we have been drawn into an arena that has more to do with making us jump (in joy or in fright) more quickly and effectively than ever before.

At the same time our energy and attention is diverted away from collectively addressing present moment concerns like affordable food and energy, tax rises as well as the lack of accountability and lack of transparency for stewarding public resources.

At a deeper structural level some of us can see deceptions around legal fiction, how money is debt, how negotiable instruments drive the impetus for quick fixes, turning us into commodities on a conveyor belt to be stamped, tested, standardised, regulated, most of all ignored when we act as 'real people'. If you go down rabbit holes, like we do, this will make sense. If you are not a rabbit, you will have no idea what I'm are talking about.

And that's OK too because at the end of the day, we all need the same things - a feeling of safety, the ability to connect and a chance to contribute. What might that mean for how we see common ground, build common ground and define what happens on our common ground?

Orientating to the present moment helps us to respect each others boundaries - letting in what is nurturing, letting go of what brings fear and judgment, taking time to deal with hidden assumptions that always trip us further along the the road. We are learning how to do all of this so that we can address the things we care about instead of wasting time with things that are not relevant to the present moment.

When we find and systemically use the tools that allow the layers of conditioning to fall away, our true self is given rein for expression. The substructure that we feed and that in turn, feeds us, will allow us to generate what is needed. Right now we are learning to position ourselves consciously and subconsciously so we can step into our power and make our presence count..

Information which helps us to resonate with and play in the context and culture we find nurturing, enables us to grow the patterns that are inherent in natural law. These patterns can be manifested once the appropriate tones are learned and frequencies are tuned into - how much more useful is that than dry data? (IT people, AI programmers, are you taking down notes?)

Computer simulations predicting how long we have got to do *this* or achieve *that* have been wildly inaccurate in the past. This hasn't deterred those of us invested in number crunching solutions to continue to use them. The invisible remains unseen and the hidden remains hidden. The very solutions that would enable us to operate as self-generating units of value, in service to our communities are discounted. Once we bring out the diverse and natural gifts we possess, helped by present moment orientation, it won't be too long before the poly crisis shrivels into a tiny ball of fluff that we can blow off of our cuffs - whilst we get on with our Real Work in the Real World.

The next section highlights characteristics of where I see The Real Work already happening through supporting our capacity for present moment orientation in ways that feed the whole. Each case study helps us bring into focus a different element of the unseen. This opens the door wider as we weave it into how we practice.

Whilst we may continue to invest in pensions that fuel leaky gut syndrome in the so-called 'real world', there is no choice there, these collectives are connecting us to cycles of learning that enable exploration patterns and principles that work for everybody. Their application is being modelled in real time. I feel blessed to be part of these collectives that are leading the way for us.

I now introduce them to you so that we can all learn together.

## 3. CASE STUDIES

### 3A WINFINITY AND INQUIRY CLUSTERS

We carry a lot of conditioning in how we interact. By its nature we don't know we are conditioned: It shows up everywhere in knowledge-based and ego-based responses, dispensing opinions, ideology, advice or 'best practice'. They all impact present moment orientation negatively so we need to practice doing it differently. We experience heart-based resonating spaces that can build coherence and cohesion around things we all care about.

WINfinity through the stewardship of Trae Ashlie-Garen, holds a pattern integrity that encourages us to build present moment orientation as a default state. The dynamics of conversation culture are practiced inside a 'membrane'. With practice, new neural pathways develop that are able to receive more information and open participants up to genuine inquiry. A facilitator is someone who has experienced this enough to take it outside of the membrane and begin their own groups. Coherence and cohesion build rapidly under these conditions. A focus on values, not topics enable alignment of actions. This makes change easier to deal with.

1. So we begin with the holon that is 'me'. Each of us is energetically holding the intention.
2. The next holon is the pattern integrity that is practiced in cycles of small groups which prepares us for collaborative work and polishes up the 'me' holon.
3. The next layer are the principles around the order in which we have conversations. Most change catalysts don't know there is an order and this makes collaboration harder.
4. Finally, we have tools that dis-aggregate and rebuild actions, forming a critical path to the functions appropriate to the task at hand. (See section 6 for examples)

In this way WINfinity allows manmade egoic patterns and ideologies to be replaced by natural patterns of conversing, being and doing.

Through carefully layered practice, this space supercharges the capacity to build enabling frameworks for each other. There is a supportive mode which is conversation culture and a task directed mode which we call inquiry clusters. One set feeds into and is supported by the other. Each holon can work with another holon to identify and support needs.

There may never be a need for formal agreements and contracts but if there is a need, it is possible to develop and craft agreements that consciously take into account the specific needs and capabilities of who is there as well as being able to respond to emergent need and build resilience, flexibility into the social fabric.

Once these practices have become embodied and integrated into the wider world, WINfinity will dissolve. It has not modelled itself around a business structure or charitable entity. It is a space holder that has provided the mould for agenda-free inquiry.

Where you start and the pace you go, is up to you. But each step further takes you a layer further in to 'know yourself' and at the same time, further out to the 'I see you'. Once we systematise *that*, we are on our way,

### **3B FAMILY CONSTELLATIONS AND MULTIDIMENSIONAL ENERGY FLOW**

Family Constellations follow a pattern based on the Orders of Love, universal laws of life that apply to us all. This pattern has been adopted by Bert Hellinger from ancient Zulu practices and it continues to form a firm foundation around which practitioners have evolved their own practices.

These basic principles have spawned a huge range of ways they can present themselves, each operating successfully according to the personality and chosen focus of the practitioner, blending in with existing modalities as appropriate.

Family Constellation practices inform the field and take information from the field. Where energies show up as a 'stuckness': a tricky family issue or a physical symptom, present moment awareness is harnessed and stewarded to allow a shift in the stuck energy. It is practised 1:1 or more traditionally in a group.

This way of exploring emergence brings us to a whole new way of appreciating the interplay of each of us with the wider universe: how the incarnation in our present family is part of an ongoing story of entanglements that we can help resolve or leave to continue expressing in future generations. Its multidimensionality can be perceived in different ways.

1. the impact of a trauma on one person is passed down through generations
2. addressing a moment in the past brings relief for tensions in present day relationships, not only for the client, but the whole room feels the benefit of the resolution
3. enabling capacities for acceptance and non-judgement that energise the field for emergence
4. self-directed exploration is happening around different themes in different contexts and ways in groups and individually, spawning diversity in practitioners and themes focused on
5. giving and receiving information from the field in this way brings more clarity to the energetics operating behind the themes as well as the 'realness' of the principles themselves
6. Practitioners are building their own structures for support, training and taking responsibility for regulating what is emerging as it emerges - This puts it in a particularly interesting position from an ecosystem point of view: It is (perhaps the only one) on a fast track to autopoiesis. This is when the pattern can be independently replicated as well as adapted and regulated.
7. I have been fascinated to observe how each energetic strand that is disentangled supports the other strands as in 2. The value I have personally got from it is huge and includes the understanding of trauma and the multidimensional nature of it. In addition, I have gained insight into invisible ties and what we might call the greater soul and its relationship to unity.

The multidimensionality, the diversity, the growing clarity and self-regulation that is happening in a self-directed way all indicate to me that holons are being energised and new ones generated. It is quite an amazing achievement in less than 50 years to get to autopoiesis.

### 3C COMMUNITY ASSEMBLIES BRITISH ISLES (CABI)

One of the most valuable things that CABI offers the ecosystem, is orientating us towards an invisible membrane that surrounds what we see as 'the public' and what we see as 'the private' . There is an ALMIGHTY confusion around this. It would win the Oscar for the biggest unchallenged assumptions that we operate around. The problem is in the word 'assumption' - this makes it invisible therefore difficult to evidence that you and me are pointing to the same thing.

By bringing up rabbit holes, it runs the risk of triggering people very quickly and/or creating fear.

Nevertheless: The private and public have been entangled in dangerous ways that are toxic to the whole ecology, just as a leaky gut pours the waste and toxicity into the cellular system and weakens it over time, unhealthy entanglements between the public and private spheres have the same effect. These entanglements are supported at several levels in several ways. They are nourished at the substructure level. We can't do anything about it because we all see symptoms manifest in different symptoms at different times, some never get to see anything at all so they cast it off as 'yet another government cock-up'.

So, we never get to coherence. How to do this without seeming to push conspiracy theories and triggering people? Do we push egoic knowledge-based approaches onto people who have no idea what you are talking about? Or do we do what CABI is doing in Cornwall: test the system beginning where both those 'inside' and those 'outside' of the membrane can cohere around a principle in action. If done through our heart centre, the universe will give us a helping hand.

The peacekeeper training in the Kernow Assembly with their established Kort Ownder (as part of the Cornish Stannary System of Law) has introduced a coherent way of navigating community law. Through building relationships with local police and with the wider community, Peacekeepers have managed to do regular rounds in the community, wearing a uniform to indicate that they operate on shared values that are peaceful.

Their training means they can help others to orientate the boundaries that exist around the public space (the council, the police and courts) and the private space (their home and rights under Private Member Associations). This 'getting the ducks in a row' gives them the power to call the police when the bailiff comes knocking and stand in their power in their private space. Before, it used to be the bailiff that would call the police which intimidated the poor householder even more.

The Stannary System of Law began with Tin Miners and has never been overridden - as Cornwall has never formally been incorporated into the UK. So it has enabled those in Cornwall to open the door to community law being practiced in a fair, equitable way.

More than the bricks and mortar of the court (Kort Ownder) that has been gifted to the community, it is about instilling confidence in how we stand on our private space - and that has to be learned and practiced. CABI householders now see the police as allies whereas non CABI householders continue to allow themselves to be intimidated by procedures because they haven't been taught about the first principles of law.

I see the following elements to this as being significant in providing a pathway for the energy to shift in the right direction:

1. More than the uniform, it has been the ability of Peacekeepers to embody CABI values, that has given them the power to form collaborative relations between the police and the

community when neither were operating under natural law before. The uniform represents 'the container' of the training

2. Peacekeepers, normal people like you and me have trodden a path that attracts in other CABI members and more people are now learning to stand in the power and be supported by the police - a pyramid is being inverted
3. More than the bricks and mortar, the court, represents a symbol that there is such a 'thing' as Common Law that can be exercised in community courts
4. This helps the inversion of the pyramid because when the community who are educated reach a tipping point, then they will have more power than the present judiciary who operate the old system that has been corrupted by entanglements over time and there is a building to support their lawful judicial power
5. As we have observed in family constellations, when one entanglement is addressed, giving and receiving from the field with no judgement, it impacts on the other entanglements too.

It's not so much about counting how many people have been arrested, charged, and all those wonderful things in the world of data. it's about

- careful curation that clarifies the principles that people act on.
- providing experience of how the principle works in action
- collecting the information that leads us to the wisdom - and sharing *that* - not the data
- providing opportunities for people to opt in or out
- keeping the container free of contamination (screening intakes, clarifying and resolving harms deemed to be done in real time)
- being watchful so that if another natural law principle presents itself, maybe through a practice or protocol, a pathway, a piece of software or a training that proves useful in that liminal space between the present and the future, keeping the collective informed as part of cycles of sharing within CABI and with partners e.g it could be added to the list of Xs and Y's in the last section.

Meanwhile, the Administrative function (where founder, John Gilbert sits in a place of service to the whole, not leadership), seems the natural place for sharing to take place. If John could find a way this could be augmented or supported with a small admin team and perhaps some IT tools, he may have time for a cup of coffee and some sleep from time to time. I wish that for you John.

Inside of CABI, this kind of sharing makes two kinds of scaling possible:

- exchange of knowledge within the different area assemblies so that whatever the members resonate with, they can access based on mutual informal agreements. There is no expert but a collection of experts providing peer support and acting in the moment depending on what is resonating. This will expand energies inside of the projected space. Healers are loving it!
- what comes from this may introduce synergies between the functions that other assemblies have been working on. Regional collaborations can set about addressing how these might best serve the network. It's emergent, not planned.

The work being done inside of the membrane will, in time, help the communities outside of the membrane to follow nurturing pathways set down.

## 4. THE SAME BUT DIFFERENT

The practicing of principles at whichever level of the vertical plane is what helps us to 'see' the principles more clearly and then we can apply them with even more rigour. It is not about amassing large amounts of knowledge as much as how it is practiced. These cycles create the active elements that feed the soil as they are practiced 'in situ'

We find that the supporting parts that are needed show up, maybe not in the order you expected or in the way you expected: Somebody gifts you a building, a bank offers you a way to open 2 accounts to support your PMA or a tech person develops an app that would have cost hundreds of thousands. The universe gives you a helping hand.

Each part is a holon - the same but different and different things are emerging in real time.

Each case study offers opportunities to learn and respond in real time. It is not about numbers and growth but maturing so that our ability to respond (response-ability) is appropriate to the task at hand. Our ability (natural) or capability (learned) or power (structural) and the choices we generate allow us to steward resources we already have more equitably. It's about the practice of it from day one.

The first requirement is simply to ask *'Can we acknowledge and validate who is in the space sufficiently so that the connection we have energises the space?'* This the most important science, art, personal attribute that we can begin any work with. It is the starting point where the spiritual rubber hits the road. It's what Natural Law would have us do.

Our containers are protected from designated leaders, funders or any other such external influencers, many of whom still operate in the realm of standardised targets, presentations that fit pre-set boxes, competing for funds and signing agreements that serve bigger agendas outside of the organisation or the community impacted.

CABI operates as an unincorporated entity in the private domain - in other words, you haven't entered into anything (other than an agreement not to do harm). Within this container, crafted by those conversant with common law, people are learning about what it means to be a Private Member Association and how it differs from a Trust. They can then set up the relevant organisational structures for their missions.

It's about learning what is working as you practice at each level. CABI has found that providing a framework with shared principles rather than a constitution brings more flexibility as a high degree of consent is not necessary for every decision. Also, it means that only those voting 'Yes' for following an initiative proposed need to be involved in that initiative. They can change their minds further down the road if two people within the initiative accept their request to join in.

All of this serves to reverse the pyramid hierarchy that currently operates in the public realm and aggregates actions according to need. (see next section)

We know when we are on the right path when the other principles within your pattern integrity fall into place naturally as a result of digging sufficiently into one principle. I hope I have demonstrated this already by focusing on present moment orientation and how it is incorporated in many kinds of pathways, stewarding psychic, energetic and material resources.

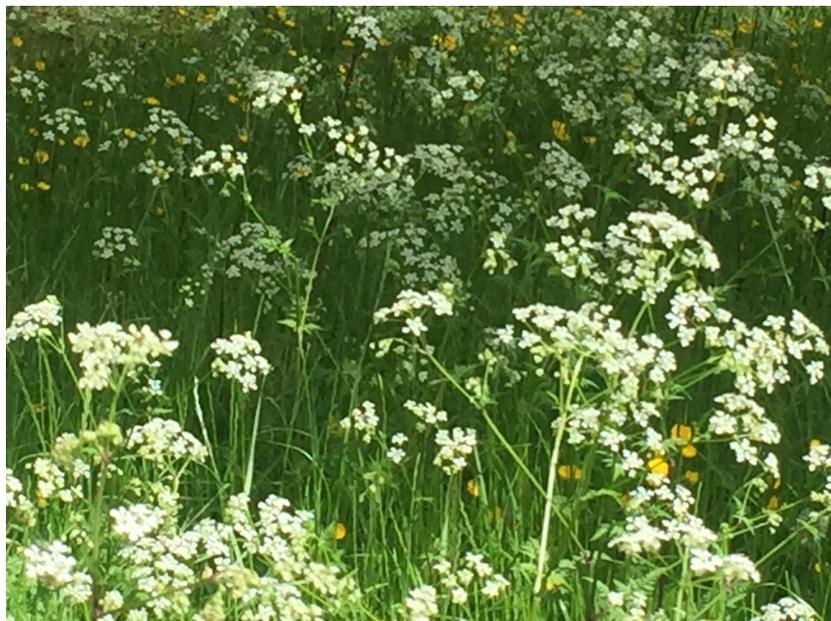
Natural Law works from any perspective - Law, Health or Justice - when we get it right. It represents the over-arching holon of Life. Truth is pretty much embedded into the whole. When we get it right, things fall away: the jumble of disparate set of shapes and the uncomfortably bolted on ideologies, complicated formulas and miles of sticking plaster and paperwork.

We see the organic emergence of something simple to understand and apply.

There is no shortage of examples. As long as we don't put too much emphasis on doing it 'our way' with our model or our ideology. As long as we don't exclude on the basis of your own pre-judgement of other collectives, we may be rewarded with an unexpected loophole in the justice system; we may find the bank that allows you to have two different accounts, one for your pma and one for the rest of your transactions. Pre-judgement is different from discernment, one the universe will respond to.

Each of the case studies increase the potential for exploration and flexibility without introducing a hierarchy. Individuals are supported to find their own power and follow actions that they are called to follow.

That, my friends, is how we create a parallel society which is cognisant enough of what harm is... to do no harm.



## 5. THE BIGGEST CHALLENGE FACING CHANGE CATALYSTS?

So you meet an old man as you go walk through the woods and you get talking. The old man seems very wise. He asks you a question:

“If you were on a journey that involved navigating many forks along a road but you had to pick a side left or right and always go that way, what side would you pick? Would you choose the right: dis-aggregation, agreements and relationships or would you choose the left: aggregation, voting and transactions?”

Here I present a list of things where there is an imbalance of power **because we aggregate in the wrong way**. I then go on to suggest questions that I have begun to frame, labelled as X and Y that I'd love to have further input on, together with the context you are providing them.

- 1, The present way social profiling and social media gather 'big data' to market things to us and puts us at a disadvantage
2. The way in which we vote presents us with a set of actions we may not agree go together
3. The way we buy phones and computers on which we rely for.. well just about everything, means we have the things that tech giants have decided go together, we haven't been presented with a choice
4. The way our food is produced is through agreements around monoculture and bulk contracts to supermarkets produces a lot of waste as well as highly processed food
5. There is concern around the lack of transparency around the provenance of our food - is it genetically modified? What do all the numbers mean?
6. There is a lot of concern that a few people in our food supply chain get to control the price, the means of growing, storing and distributing it. As a result the quality, storage and distribution, profit sharing and setting of prices is open to abuse.
7. Health services focus on illness which creates incentives such as mass vaccination programmes and increased use of drugs, research around drugs, marketing of drugs rather than looking at...errr....*health services*.

**Qu 1 Space:** How do we shift from a space where we are buffeted from pillar to post and have little control over any of these things into a space where the individual feels valued, has choices, increased the ability to give and receive, learns according to readiness, finds the right responsibility at the right time, has the autonomy to find what works for them and create what works for them?

**Qu 2 Tools:** How do we shift from using the tools we have to using the right tools? Things such as contracts, voting, prioritising, decision-making and transactional agreements, fiat money and the use of our signature?

**Qu 3 The integration:** How do we make the patterns and principles visible from

- 'registering it' energetically (what is your body telling you?)
- 'registering it' as a 'thing'? (let's find another way to look at agreements/ do Common Law etc)
- registering it as a practise (have you seen how the farmers are forming contracts with local outlets?)

- helping others to make the connections that exist between different forms of agreement, conscious and unconscious; how Common Law springs from Natural Law; the value of PMO etc

In my view, the equivalent of the collective being aware of how to evolve healthy boundaries in our physical spaces... that reflect the healthy boundaries of our cells... that reflect the healthy boundaries of our hearts and minds requires that we learn the basics about what is deemed to be public space and what is deemed to be private space, supported by robust principles of Natural Law.

Whilst coherence is quickly gathering around hearts, minds and cells, the public spaces vs private spaces remains challenging for change makers to cohere around. I believe this is the main barrier to making the shifts needed. If we don't know where the boundaries and membranes are, how do we define the space and bring in relevant energies, resources, assets, actions?

Even if it not acted upon, a basic coherence once shared will become part of 'packing the snowball' activity ready to let it roll down the hill and gather pace and more snow. This is Trae's analogy, Kylie's being a composite seed ball at the top of a pyramid that breaks up and showers the nodes below it with it like a weird pin ball animating all it touches.

A fractal seedball or snowball? Either way, the point is that once this composite ball of patterns and principles makes sense to enough collectives - inside the protected membranes - because it incorporates Natural Law in the same way that they already resonate with - then it will be easier to influence those on the outside of the protected membrane who perhaps 'see' less of what we see. It can form part of the explorations 'out there' - conversations can be had, seeds can be dropped and resonances can be magnified.

Example one: Where there is coherence around the relationships between different levels of a contract (links up to soul contract and links down to doing equity on a 3D plane) we can begin, as a collective, to be exposed to good contracts, look for them, begin to create them.

Example two: When we become aware that CABI is creating its own community court and training Peacekeepers and existing harmoniously with the Police, we can begin to place out attention on ways that we can develop that pathway or something similar.

Example one is a vertical movement, example two is a horizontal spread. These are properties you would expect from holons that interact on both planes.

The ways in which we can use them will diversify and multiply as we find ways in which to communicate and model the relevant parts according to what shows up in the space.

We manage to protect the rest - the physical substructure part that is feeding the emerging structure because, as a collective, we know enough about PMA's trusts and contracts. We have an energetic substructure - a strong energy of integrity that is maintained through following proven practices. I have placed agreements in a vertical hierarchy overleaf to illustrate the continuum that exists between the different practices follow an underlying pattern based on consent:

### Agreements listed as vertical plane from energetic to '3D'

In family constellation work in general, we remain non-judgemental when a 'No' shows up to a suggestion. It is seen as more of a 'Not yet' in terms of how closely two 'me' holons can connect. We try something else until we find an energetic movement that enables what is possible at that moment.

An aspect of agreements that has made it's way into the space is the work of Sarah Peyton who helps us to identify energetic contracts that we have made unconsciously that remain unresolved in the present, creating relationship issues. These are often the result of ancestral ties and loyalties, demonstrating the multidimensional nature of energetic contracts.

Sarah Peyton is just one of the burgeoning family constellation community. From my observations they seem to be the most further along the road in terms of organisational culture. They work with consent and so grow sensitive to the boundaries around consent - remember my top three chronic tendencies in section 1? They have been successful in finding their own ways of building consensus and have created self-directed ways of offering and receiving support. I continue to observe the patterns with interest...

WINfinity fosters conversation culture based on 'orders of conversation'. A pace and tone is used that enables people to practice being aware of all the signals around them from what their body is saying to what's alive in a general sense. These orientate us to the field. Here, a 'No' in the individual or in the collective signals a need for further listening to get to common ground. Dissenters are seen as providing further potential enrichment because they offer up a different perspective which helps in dealing with hidden assumptions that often derail collective working.

WINfinity crafts conscious contracts as a physical document that expresses the energetic dimensions around values, purpose, stewarding the energy present and enabling the emergent to be woven in as and when it shows up. In this way everyone contributes their best work, according to their unique attributes, without being constrained by timescales, outcomes and expectations.

CABI offers safe spaces where people can offer to others their begin to dis-aggregate the kinds of things listed and build relationships on the ground. They have voting structures that allow for a yes, no or abstain. Not voting is always a 'no'. CABI is very much about getting out there and creating healing hubs, offering Peacekeepers training and helping communities to coalesce around whatever else they may feel a resonance around contributing to their community at a local level.

The bottom of the table represents energetic movement in the denser planes where we are dealing with physical assets, equity and earthly jurisdictions. The top relates to energetic movement in the higher realms, soul unity and personal healing. Any one of them would ultimately feed into and support the other.

Each of these represents a different but connected way of how we work with the field towards unity. As one layer falls away, we find ourselves focusing on the next within each level as well as between them.

## 6. WATERING THE COMMONS

So far I hope I have succeeded in

- bringing us onto the same page when it comes to the importance of patterns and principle and gaining more coherence as we practice them.
- indicating the importance of working with the field/universe both as a 'higher realm entity' and a physical here and now thing. The more space in your heart, the more the two will connect and our resonances and impulses gain greater traction.
- conveying that doing this creates all kinds of energetic movements from resonances and impulses to magnetising all kinds of things into the space: people, websites, loopholes, exceptions to the rule, cracks in the matrix. We call these synergies or coincidences. When the relationship between the holder of a holon-based approach and the universe is clear of agenda these types of synergies happen more.
- emphasising the importance of dis-aggregating and re-establishing what constitutes 'the private' and 'the public'. This is a key conceptual piece to get our heads and hearts around.
- Once we can articulate what defines the private and what defines the public what defines the space in between, what defines the living membrane with more collective coherence, we can begin to water it (with the right nutrients too).
- as natural law covers every part of a living system, chances are that the answer will be something around the psyche and relational energy as well as how we build frameworks for transactional access to what we need. There is a right order.

For example: CABI is doing pioneering work in the field of community law and justice. I don't believe this is coincidence. It's really needed as a foundational shared concept. I offer up some aspects or trains of thought that CABI collectives be interested in considering, as well as others who may feel drawn into the space:

- A. Can we evidence that we are working with a pattern, fractal/holon?
- B. Are we building coherence around the principles of Equity/harm?
- C. Are we creating cohesion through building resonance within and between groups?
- D. Do we have tools that help us align with the principles?
- E. Can the learning be tested out in real time through action?
- F. Are we bringing clarity around 'unseen aspects?' that are impacting us in the moment? (public and private jurisdictions for example)
- G. Are the spaces being protected/supported energetically? (sufficient coherence, cohesion, rituals for grounding and connection with higher realms)
- H. Have we agreed where and how a fully capable judicial team (CABI and non CABI) can make independence judgments in areas where Peacekeepers and the authorities have different points of view?

- I. Are we building relationships that can respond appropriately to unexpected impacts - good or not so good?
- J. Are we asking what is emerging from the field at each level of present moment orientation?

The energy packed into the starting matters. Based on the three successful case studies here, I offer what I see as some conditions for starting. I've labelled them as O:

Does O

- i. Hold a pattern or holon that helps us act in accordance with an aspect of Natural Law?
- ii. Offer cycles of learning to practice and embody that natural law?
- iii. Attract in others who recognise the naturalness of the elements at play?
- iv. Remain curious and open to what is emerging from the field?
- v. Remain neutral as to the path that is being forged?

In formulating a path wherein our actions are likely to make an impact, I have noted down some elements of what has emerged in this study. In line with WINfinity methods, they have been presented as single yes/no 'particles' that are denoted through X.

The sharing of such 'particles' can allow other communities to do the work of dis-aggregating, making agreements and building relationships of their own. These build commitment to the pathways they want to build, not to targets and timescales.

Logarithmic scales of change at the foundational level would speed things up because we are not computers but living conscious being working with the field. This is how disaggregation can help us aggregate in the right way. Below are suggestions I use to demonstrate this principle. It is not a definitive list:

#### **Does X connect**

- X reinforces connection to self
- X reinforces connection to other
- X provides space and time to listen deeply
- X helps me to practice reflecting back
- X helps me to respond from the heart
- X helps me to see my unique value
- X helps me to define the values I hold
- X helps me to see values that others hold
- X helps me to find others so our work can build more potential

#### **Does X simplify**

- X simplifies through curation through to first principles
- X helps me to connect first principles between disciplines
- X takes away distraction
- X creates ways to simplify the world and its navigation

#### **Does X operate in the right jurisdiction**

- X helps discernment of natural law and man-made law
- X helps me with defining of space that is public in relation to my private space
- X shares the emergence of the definition of public vs private

- X helps us to focus on what we care about
- X shares information about relevant shifts
- X operate according to the law of the jurisdiction in which it sits
- X enable others to operate within the law with discernment
- X protect those learning to operate within their private jurisdiction
- X allows public access to shared resources that is equitable
- X reinforces the value of consent

### **Does X enable**

- X allows me to show up as I am
- X enables expression of authenticity
- X helps me to identify my own values
- X preserves my personal boundaries
- X provides a space for practising PMO
- X enables embodied learning
- X protects brave spaces where needed
- X helps me to agree boundaries
- X helps me to define my limits
- X helps me to see when a boundary has been crossed -
- X helps me to practice responding when my boundaries have been crossed
- X helps me to express dissent
- X generates agreements based on who is in the room
- X enables needs in the present to be expressed
- X enables needs in the present to be fulfilled
- X enables us to work according to agreed cycles of commitments
- X helps us to find common ground
- X allows robust and ongoing inquiry

### **Does X make room for emergence**

- X deals with what emerges in real time
- X allows a different aspect of a power differential to show up
- X can help me identify where there is common ground
- X help us generate new possibilities based on what is showing up
- X helps me to contribute according to my unique value
- X helps to build protocols for decision making between members
- X allows me to in a safe space

Continual feedback is a feature of a living system. Contextual information, not just data. This will allow us ensure that the system is stable enough to be passed on to the next stage of development.

After several cycles of X throwing up more clarity around what is nurturing, the next stage, might be around how protect the space of living boundaries and interstitial fluid that is needed for the whole system. This might be seen as Y as a function of allowing X's to aggregate together.

This might be X-Y or Y-Y depending on whether it relates to specific functions (like court documents) or general functions (like control of our own information). This is new territory for us. The first areas are likely to be those related to informational power.

Does X-Y or Y-Y support the disentanglement of private space and public spaces

1. for generating different types of information
2. for placing that information
3. for sharing that information
4. for creating clear jurisdictional boundaries around information flow

Enabling a foundational shift in how the back door architecture of the internet would be the most enabling factor for this stage to have the flow and volume of information required between researchers.

The 'awakening' process is one where we understand the value of what has been lost in an embodied way and we would be on the way to understanding how to reinstate it. This is when we would be cooking on gas.

It would support the disentanglement of private space and public spaces for

- I. having clear frameworks around generating assets (other than information)
- II. fair distribution of... (whatever assets are in the pot)
- III. clear agreement around tax laws
- IV. cohering around what constitutes private freedoms
- V. identifying where lawful functions sit

This is the point at which we could realistically begin to act in terms of a whole healthy organism in a whole healthy ecosystem and rabbit holes would just be...rabbit holes.

## 7. WHAT IF..?

What if...

'The best medicine' was how we chose to talk to one another?

We got better at energising our holons?

We got better at talking about things we care about?

What if we explored those in spaces that cared about what we cared about?

What if we began digging in until we got to the common ground?

What if we collected patterns that emerged around the common ground?

What if we began to see similar needs emerging?

What if we dialled down some of our targets and thought about building pathways?

What if our pathways were built with a menu based on those things represented as X?

What if we evidenced what was happening as a result?

What if we built pathways around decision making based on this evidence?

What if we began to explore ways of disaggregating resources held in the public sector and thinking about what they represented?

What if we built newly aggregated functions based on need?

What if we felt our sense of response-ability rise as a result of all this?

What if our law and education practices began to teach the shared principles around what worked based on what was working?

And then...

What if our law and education centres began to function as holons with or within other holons?

What if collections of holons created our frameworks for 'top down' information flows?

What if decision-making groups became our idea of 'bottom up' information flows?

What if AI became programmed to understand the principles that were being formulated in the space in between?

And then

What if we created money around principles based on putting things in the right order.

We are so much more powerful than we think. Just building our present moment awareness can build logarithmically to build relationship bridges so that we can put things in the right order

- in the right order according to how we learn
- in the right order according to how we heal
- in the right order according to how we allocate resources
- in the right order according to how we structure organisations that educate us, heal us and protect us in law.

We can re-structure bit by bit the functions and where tho they sit - in the public state or in the private state? It will evolve according to the consciousness of who is in the space and how they relate to the landscape.

It is no co-incidence that the family constellation space is the one with the strongest characteristics of autopoiesis at this place in time. The holon they work with is one that is definable, shareable, it works and so the logarithmic effect builds, healing, growing compassion and awareness inside and out.

Now add the frequencies that we are already using to supercharge the natural healing power of light, sound, water requiring minimal technology.

Mind blown yet?

## 8. THE LAST PIECE OF THE PUZZLE FALLS INTO PLACE

I'm going to end with a true story. It's about synchronicity and happened as I wrote this.

I was walking around the park a few days ago. I saw a man I usually see sitting on the same bench he usually sits on. He is easily identifiable as Punjabi because of his beard, turban and loose form of dress. We usually salute each other - it's a sign of respect.

So this time we got talking. I was not prepared for what followed. He told me that the whole world was in his heart. He had spent time in India with a saint and now he had magical powers to heal others. He could turn crows white and make trees bear fruit. Was this ego or authenticity? I wasn't sure why he was telling me all of this. I noticed other park users were saluting him too as they walked by.

He told me that he had once met a park user who told him of his brother dying of cancer in hospital. He had touched this park user and instructed him to go touch his brother. Even though the Sikh could hardly speak a word of English, the man had understood and had followed the instruction. His brother had healed instantly.

Now he was asking me what I wanted to know, what did I wish for? What would you have wished for in my place? How would you have answered his question?

The question was an intriguing one to me whether or not the wish could be granted. Would I want him to heal people I knew or to do something around systemic change? I certainly didn't have the language to explain the public-private leaky gut issue and he (probably) didn't have the conceptual framework for it. I seemed to remember that our holy book said that everything in this dimension is false.

As I was thinking about all of this, who would show up but the very man he had been telling me about who had had an ill brother. He was a tall Rastafarian and he was with a petite lady who I had already met in events held by the intentional community. The man was delighted to see my Punjabi friend again. I felt straight away his warm, authentic energy.

When asked what he would wish for, the Rastafarian quickly answered, "I wish a long life for you my friend". What a wonderful reply!

Louie, it turned out had done lots of work with the Jamaican community, helping them to access funding from government bodies such as Advantage West Midlands. Now government funding bodies were very rare and funding was drying out.

He confirmed that the story about his brother's miraculous recovery was true. I expressed that I would love to talk more with Louie. We left it to another chance meeting such as this one.

I've been thinking about the meaning of this encounter: If my Punjabi friend and others holding potent ways of healing people, healed everyone they could, what would that mean? It would mean that many people would be healed. But we would still need money, or something that represented the role of money. I would not be able to explain that the reason there is no money in our communities is because money is man-made and the way that the banks, the economy and the law worked was not in alignment with Natural Law. It was the opposite.

These are big concepts, invisible and hidden but at the same time, we assume experts can explain to us what is going on and experts assume they can because that's what they studied.

No, relying on 'magical healing' in a world that keeps your consciousness low does not provide safety, security or equity in the long run. There are too many factors working to maintain the false grid. This requires us to dis-aggregate each piece and rebuild according to what works.

Once things are in the right order in a way that enables natural cycles of learning and growing, giving and receiving, that's when we will find the peace and stability we know is possible.

I thought about my years of working with government agencies and being ignorant of the substructure operating; the emergence of this knowledge in slow steps at first and then seeing it *everywhere* in all kinds of ways; I thought about the Wordpress site where I tried to share what I was seeing hardly able to contain the sense of frustration that bubbled over into the writing; my frustration that people couldn't see it.

My holon still held intention energy for sure but even after the frustration curve self-regulated, I felt like I was still like walking around with a tiny piece of grit in my shoe. The universe led me to WINfinity and then to family constellations so that the 'me' holon could become even stronger.

That, together with learning about the reasons why people see or don't see things helped the grit to disappear. Now I choose grace as my default energy. I offer you grace. It's been quite a learning journey.

Thank you for the lessons, universe.



**About me**

I'm very interested in whole systems, always have been, even when it wasn't a 'thing'. We are only just beginning to collectively appreciate multidimensional nature of our existence. I am learning about what that means for how we relate to everything around us: our emotions, our connections, our past, our present and our future. That is some whole system to get our heads and hearts around isn't it?

I have been contemplating (with others)...what would it take...to water the commons and to create healthy substrates. By this I mean create tools, technologies and cultures that help us align with what affirms us and what helps us to learn. This is the best foundation for co-creating a world where we can each thrive with nature and as nature. It's a very interesting exploration.

Have I mentioned nature? Three times? hmmmnn....

Parmjit Nahil  
Community Emissary  
WINfinity

