

■ The All-Protocol

Axiom:

Because no one knows what is truly after life, the All can be whatever it is—even if it is nothingness.

Purpose:

To release what cannot be carried alone, to remain human in a cruel world, and to act with compassion without being consumed.

Principles:

1. Voluntary — Works only if freely chosen.
2. Non-extractive — Asks nothing: no money, no loyalty, no obedience. Only you benefit.
3. Scientific in spirit — A theory, not a creed. Test it: does it sustain you?
4. Distributed — No leaders, no institutions. Each person is sovereign.
5. Releasable — Anguish, grief, fear are acknowledged, then released into the All.
6. Compassionate — After release, act with kindness in some small way.
7. Open-ended — The All does not need definition. It can be cosmos, field, memory, or void.

Protocol (Steps):

1. *See* — Name the suffering, personal or collective.
2. *Hold* — Breathe it in for a moment; let it be real.
3. *Release* — Exhale it into the All: “This is not mine to carry alone.”
4. *Remain* — Ground yourself: “I am still here, choosing humanity.”
5. *Act* — Do one compassionate thing, however small.

This is not a religion, not a creed, not an organization. It is a human tool: ambiguous by design, voluntary by necessity, scientific in spirit, and compassionate in action.

It asks nothing. It gives you back to yourself.