

Abbreviated Synopsis of Logic for Framework

Goal: The most safety and hopeful possibilities

I need the most safety and hopeful possibilities for myself and for who I am attached to, so, how do I do that? I start with base logic.

Base Logic

Anything unanalyzed means we proceed without knowing what is known, not known, nor the possibilities; illogically risking experiencing, creating, or/and allowing injury, and not working towards what is hopefully possible as best we can.

Ergo, for the most safety and hopeful possibilities, we need to analyze our existence and reality, reanalyze as we learn more, and function from that reality.

And while there are many things I understand about our reality, here are two very key points :

- how every moment matters
- how life is interconnected

Every Moment Matters and Interconnection

Whether of our true free will or not - Every moment, what we and others are doing or not doing, affects our and other life's safety and possibilities.

Ergo, every moment matters:

- For me to be doing the best thing possible (*how I do/try is the Filter*),
- For to whatever extent possible, myself and others, have what we need; to decrease the risk of being harmful to ourselves and other life, and able to contribute our best to the world.

So why are we not already living this way?

Logic-Connection is the foundation

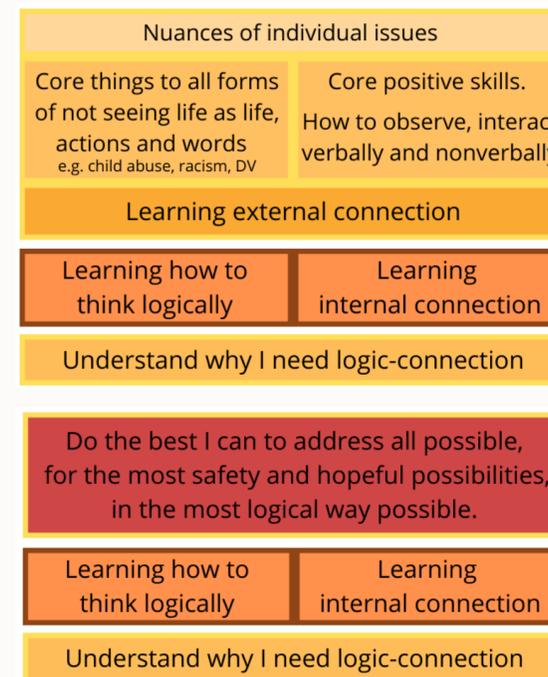
if we analyze all we can address, from child abuse to all the areas we need answers, the lack of logic-connection (LC) is either the cause of or/and the reason it's not being addressed as it could be.

Ergo, we need to do all we can to ensure we and others know why, how, and practice being as LC as possible. This is teachable and measurable.

We start with this foundation to all we can address, then individually and globally address:

- what can be directly
- synthesized commonalities beyond, then any nuances

Examples:



As part of that, we have a daily self-care framework to equip each person to/try to do our best. For that framework, let's add the following.

Three areas:

Our reality has so many issues we must address; we start with three categories, with three considerations for each:

Categories:

- Injury (e.g. child abuse, poverty, racism)
- Environment and climate injuries, to our bodies, lives, and world
- Not prepared for possibilities

Considerations:

- Am I experiencing, allowing, or/and creating?
- To whatever degree (0-100%) true for me.
- Whether my true free will or not.

All of this, leads us to our self-care framework, *Five Through the Filter.*

(see next page for synopsis)

Definitions:

Logic: To objectively think things completely through, considering all possibilities.

Internal-Connection: Know my value, know how I function, stay self-aware.



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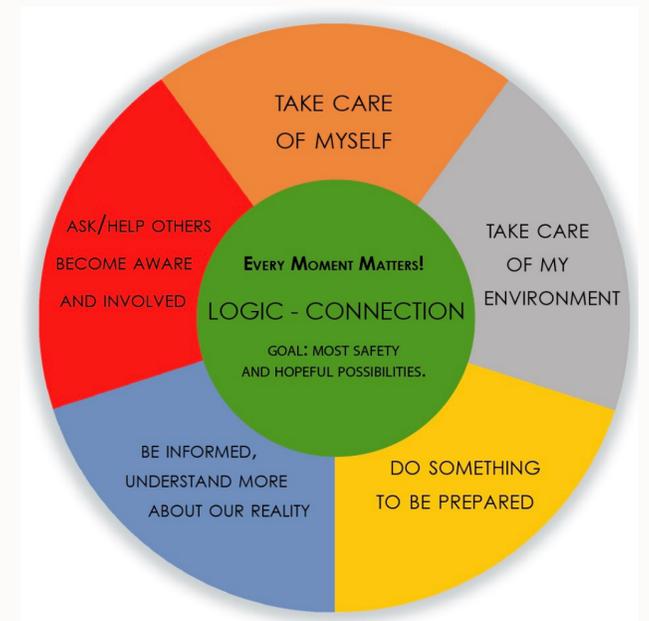
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Five Through the Filter ~ Synopsis

Our self-care framework, that equips me to/try to do the best I can as an individual, and equips us as a community to achieve our global needs.
A measurable standard to hold ourselves and others accountable.

The Filter is my “decision making processor” through which I take my *Five daily actions*:

- **Logic-connection (LC) as foundation:** I live with the most LC I can. I use logic - objectively think things completely through, considering all possibilities; I’m internally connected - know my value, know how I function, stay self-aware
- **The goal:** Being LC, every decision I make is for my goal, “What leads to the most safety and hopeful possibilities?”
- **Every Moment Matters:** Being LC, I must be aware of the value of every moment, the cost and possibilities to life (mine and other).



Five daily actions:

- **Take care of myself, and if applicable, those I’m responsible for:** All that keeps me healthy and connected as possible: using logic; my internal-connection; skills for external-connection (knowing why and how to connect to other life); making sure I have income or/and resources to meet my needs; sleep; nutrition; hygiene; physical conditioning; health care; relational needs; basic chores and maintenance.
- **Take care of my environment:** I think sustainably, and healthy, for our bodies, lives, and world. Some possibilities include: refuse, reduce, reuse, repurpose, upcycle, repair, recycle, identify a new way for something to be made or done, rot (compost).
- **Do one thing to be prepared:** I add an item, take an action, or learn a skill.
- **Be informed and understand more:** I need to be informed and understand my world the best I can, so, I strategically do a little each day.
- **Ask/help others become aware and involved to the need for a global logic-connection approach:** *Daily advocating or teaching someone else the Connect All approach, is how we achieve the global change we need.*

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