GOING FROM ME TO WE

WE ALL BECOME FREE

JEDIDIAH HILL
MOUNTAIN QUEST INSTITUTE

In forty-one years of reading and recommending books on success, transformation, and wealth — I have never encountered one that does what this book does. It builds the inner practices and the outer governance framework of a genuinely new civilization simultaneously. Not as theory. As a working system with a practice, you can start tomorrow morning.

The Daily Forge alone is worth the price of ten books. The civilization design is unlike anything I have encountered. And the way Jedi Hill connects personal transformation to civilizational building — through actual history, actual science, and a working constitutional framework — is something I would not have believed possible before I read it.

This is the most important book I have recommended in years. Read it before the world catches up to what is inside it.

Raymond Aaron, New York Times Bestselling Author, author of 147 books, founder of The Monthly Mentor

Knowledge is eternal, ever-present in the Pure Wisdom of the Divine and expressed in infinite ways through the Energy of Creation. The good news is, it's always accessible. We need only "be still" and remember. Throughout human history, there have been, and still remain, places and peoples that have preserved the capacity to access and act in harmony with the foundational laws governing nature's functioning. Thankfully this is so, as all too often many civilizations end up drifting away and descending into states of incoherence, resulting in ignorance and confusion, leading to protracted periods of poverty, suffering, and living in fear.

In *Going From Me to We — We All Become Free*, Jedidiah Hill not only reminds us of how far we've drifted away from even the most basic principles, but thankfully, how to tap into and apply the knowledge passed down to us from past cycles of seemingly unreachable states of peace, balance and harmony – hodéezyéél, as my Navajo friends call it. He shows that it's possible not only to envision, but also to create and sustain a world in which we are truly free, persistently generating the infinitely orthogonal capacity for everyone to fully engage at liberty without diminishing the options of others. Embrace, internalize, and live the principles and practices in this book. By doing so, you'll actively help create the opportunity for all of humanity make the transition to a better world, which has been our destiny all along…

Art Murray, D.Sc., CEO, Applied Knowledge Sciences, Inc.

Most books that pair inner work with a bigger vision fall apart at the seam, the practices feel like preamble before the 'real' idea. This one doesn't. Jedi Hill builds the case chapter by chapter, from the neuroscience of the morning practice, through the felt experience of the Bridge, into an actual constitutional framework modelled on the Great Law of Peace. By the time you reach the Guild System in Part Three, you're not reading theory, you're reading the architecture of something he's already building.

I train practitioners in neuroplasticity and NLP for a living, and I don't say this often: Read it in order. Do the practices as you go. And the book does exactly what it says it will do.

Nikhil Rughani, Executive High-Performance Coach, Founder of Steel Lotus The Unhustled Experience, NLP Master Trainer & Master Neuroplastician®

M2W is a groundbreaking synthesis of alchemical, futurist, and pro-liberty principles. Rather than regurgitating platitudes about the need for synergy between the individual and society, M2W outlines a clear vision for the future of humane civilization. Author Jedi Hill takes the reader on a journey from the foundational principles of alchemy to the practical -real world- actions and institutions which will transform our consciousness and our civilization.

M2W is ambitious, taking the whole of civilization-as-a-project within its scope. As such, it must necessarily be an outline: leaving the bulk of the work to the reader and to future generations. Nevertheless, the New Atlantis Project described in M2W is an achievable program, unlike more utopian visions. The reader new to civilizational studies will find the introduction to an outstanding foundation from which to begin their life's work; while the accomplished alchemist will also find ample and stimulating proposals to further our cause and project. A must-read for libertarians, seasteaders, alchemists, and anyone generally interested in the future of American Civilization.

Joshua Fox, Educator and Mathmagican

This book arrives at the precise moment in the civilizational cycle when it becomes conceivable—when the exhaustion of the existing order creates the opening for something genuinely different. What makes *Going from Me to We* uniquely powerful is that it doesn't simply propose an alternative; it integrates five thousand years of fragmented wisdom into a single coherent architecture: the inner practices that transform human character, the constitutional provisions that encode accountability, the historical proof that these principles work at scale (the Great Law sustained centuries of confederated peace), and the actual vision of what becomes possible when practice and structure align. This is the first time the vision and the practice and the structure and the proof have been offered as one complete transmission. Read it as the blueprint it is—and as the invitation it offers to become the kind of human being such a civilization requires.

Dr. Alex Bennet, Professor, IKI-SEA, Bangkok University; Director of MQ Research Center; Author

From Me to We, as the name suggests, understands what so many texts on spiritual and societal libration fail to address or recognize — freedom is not an individual process. It is one hoisted by the backs of many in unison by a shared yoke. There is no advancement that doesn't come from the community unit. And in also understanding that the community is not a commune, not a cult, it further honors the unique self-sovereignty of its members. Finally, Me to We demonstrates what contemporary expressions of democracy struggle with in metabolizing the loved experience of the citizen into culture, not distilling political abstracts into policy, a practice known for centuries by indigenous traditions throughout history.

By connecting the social to the spiritual, this turns mastery, a keystone of individual liberation, into a rising tide, expressed best through the guilds it outlines, that pumps life into the community like a complex organism. These tent poles help support the structure and everyone within, an integral design pattern I've encountered in my work building community ecosystems and proposing municipal projects. This book gives a comprehensible path from where we are to where we need to be in a way that is accessible, realistic, and aspirational enough to drive us there with passion.

Devon Scott, Founder and Director of Eidolon Institute, Author/Futurist/Speaker

Going from Me to We

We All Become Free

Jedidiah Hill
Mountain Quest Institute

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DEDICATION

For the ancestors who carried the flame.

For the children who will inherit what we build.

For Anna Rokhlina — my Twin-flame whose healing journey is the living proof of everything in this book.

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Preface
The Dream That Would Not Die

Something was lost.

Not slowly, through neglect. Catastrophically. In fire and flood and the kind of cold that buries civilizations under silence.

Plato recorded its memory — a high civilization he called Atlantis, a people who had learned to live in genuine alignment with the deeper laws of creation. Whether you receive his account as literal history, symbolic transmission, or the preserved memory of something real, one thing is undeniable: across virtually every ancient culture on earth — Egyptian, Sumerian, Vedic, Mesoamerican, Native American — there are identical stories of a great civilization destroyed by catastrophic flood. Cross-cultural memories this consistent do not arise from nothing.

The Younger Dryas impact event — now supported by evidence in sediment layers across four continents, published in peer-reviewed journals — points to a real catastrophe approximately 12,800 years ago. Whatever was built before that threshold was shattered. Humanity found itself, again, at the beginning.

But the flame did not go out. It was carried.

Long before Columbus sailed west, the great philosophers and initiates of the ancient mystery schools had already turned their gaze toward these lands. Francis Bacon, in his prophetic *New Atlantis*, gave one of the most vivid expressions of what they foresaw: a civilization in the Western Hemisphere dedicated to wisdom and the advancement of knowledge in service to the whole. Manly P. Hall, in *The Secret Destiny of America*, traced the same thread — that these shores were always the intended site of the philosophic empire the ancients had dreamed of rebuilding.

And on these shores, the rebuilding had already begun.

The indigenous peoples of this continent carried the ancient knowing through the dark centuries after the cataclysm — living in right relationship with the Earth, with the Great Mystery, with the cycles of life that the old civilization had understood and the new world was struggling to remember. Then, according to sacred traditions held by certain Native peoples and esoteric lineages alike, something extraordinary happened. A figure in white robes — a

great peacemaker, identified in some traditions as the risen Christ, whose fuller teachings never made it into the Bible that Rome assembled — walked these lands. He met with the ancestors of the Haudenosaunee. He taught them what he had come to teach: that peace is not the absence of conflict but the presence of right relationship, that sovereignty and unity are not opposites, that a people can be free together without any among them being enslaved.

From those teachings emerged the Great Law of Peace — the Gayanashagowa. Five sovereign nations, later six, bound not by conquest but by mutual respect. Leaders chosen for wisdom, removable by the people when they failed. Decisions weighed against their impact on the seventh generation yet unborn. The central principle not power over, but power with — the recognition that the freedom of each nation depended on the freedom of all.

This was the most sophisticated model of confederated sovereignty the world had produced since Atlantis. And for centuries, it worked.

When the European settlers arrived, a few among them were aware enough to recognize what they were witnessing. Benjamin Franklin wrote explicitly of the Iroquois Confederacy as a model for colonial unity. Thomas Jefferson studied their council practices. George Washington observed their relationship to service and leadership. The bicameral legislature, the federal relationship between sovereign states, the checks on centralized power — these were drawn, in part, from living proof on this continent that a different way was possible.

For a while, the dream burned. America rose. Through education, honest work, innovation, and the energy of a people who believed they were building something new, the nation became the dominant civilization of the modern era.

Then the old patterns re-emerged.

Some among the founders wanted a stronger central government — one that could tax, one that could fund armies. It seemed practical. And for a time it worked. But in 1913, in a single year, two mechanisms were established that would gradually reverse the direction of everything: the Federal Reserve, placing the power to create money into largely unaccountable private hands, and the federal income tax, claiming permanent rights to the fruits of every citizen's labor. The seed of dependency on centralized financial control was planted.

In 1971, Nixon severed the last connection between the dollar and gold. Money became pure abstraction — something that could be created without limit, devalued without consent, and used to fund obligations that no honest accounting could sustain. As Ray Dalio documents with precision in *The Changing World Order*, what follows this pattern is as predictable as it is

painful: mounting debt, currency debasement, widening inequality, the erosion of institutional trust, increasing internal division, and eventually the collapse of the order that made the prosperity possible.

We are living that pattern now. The corruption once hidden in back rooms plays out openly. The institutions once trusted are revealing their fractures. Anyone paying honest attention can see the signs of late-cycle exhaustion.

And here is what the ancient philosophers always knew about this moment: *This is not the end. This is exactly when the next beginning becomes possible.*

Every great civilization rises on the strength of certain principles — sound money, distributed power, educated citizens, honest governance, and the recognition that freedom requires responsibility. Every great civilization falls when it abandons those principles. We have lived the fall. Now we can choose to build the next rise.

Not by reforming the old system from within — that path has been tried by better people than us and has failed repeatedly. But by learning from the past — embracing that which works and replacing that which doesn't — to build something so demonstrably better that the old failed models gradually lose their audience.

This is the Great Work set before us.

Not a fantasy handed down from above. A serious, practical, constitutionally grounded framework for what becomes possible when a civilization is built by people who have first learned to govern themselves. Rooted in the Great Law of Peace that sustained the Haudenosaunee (Iroquois) for centuries. Refined through the hard lessons of the boldest constitutional experiment the modern world has produced. Updated with the transparency tools of our era. Anchored in sound money (to stop inflation) and minimal government. Beginning now on ancient land in the Allegheny highlands before it goes to sea.

But here is what every initiatory tradition has always known: *No outer structure, however wisely designed, will ever rise higher than the consciousness of the people who inhabit it.*

The Gayanashagowa worked not because it was clever governance. It worked because the culture that sustained it valued honesty, humility, and genuine service. When that culture eroded, the structure could not save itself.

This is why the book you are holding begins inside you.

Before a genuinely new civilization can be built on the water, it must be built in the human being. The daily practices of inner alchemy — returning to center, feeling what has been avoided, reprogramming the stories that keep you small, protecting the vision trying to emerge through your life — these are not preparation for the real work. They *are* the real work.

Without them, we will only recreate, perhaps with better branding, the same patterns of unconsciousness that have toppled every civilization before ours.

With them, something genuinely new becomes possible. The Me becomes unshakable. Then — and only then — can the We become trustworthy.

Learning from others on this path, I have spent 28 years reverse-engineering a vision—prepared through the silence that followed a tongue being cut off at eight, and received on a mountaintop at sixteen. Through two near-death experiences that stripped everything nonessential and left only what mattered. Through thousands of books and conversations with scientists, healers, and holy people, and the living laboratory in the Allegheny mountains that pursues the quests for knowledge, consciousness, and meaning.

What we know is this: We are not at the end of civilization. We are at its most important threshold. The dream that Plato remembered, that Bacon envisioned, that the Haudenosaunee lived, that the founders partially expressed — it has not died. It has been waiting for people evolved enough, humble enough, and awake enough to carry it forward without repeating the old mistakes.

You are reading this because some part of you already knows that.

The threshold is here. The old world is showing its exhaustion. The only question that remains is whether we will cross it together — with clear minds, open hearts, and the courage to build what has always been possible.

Welcome to the path from Me to We where We all become free.

A Note on Voice

Throughout this book, we speak as *we* — not to be grandiose, but because this work has never been solo. It has been built in conversation: between the author and Anna Rokhlina, between the ancient land in the Allegheny highlands and the body of work that Dr. Alex Bennet and her late husband David spent decades developing there, between the ancient wisdom traditions and the living science that is finally catching up to what they always knew, and between the author and you, the reader, who completes this work by actually doing it.

When we write *we*, we mean: the author and the reader, walking this path together. When the author speaks from direct personal experience — the tongue, the vision quest, the sailboat — you will feel it shift to *I*. These moments are offered not as authority but as evidence. The practices work. We know because we have used them when we had no other option.

The rest of the time: this is our work. Not mine to hand to you, but ours to build together.

Let us begin.

Jedidiah Hill (Alchemist Jedi)

Introduction
The Fire That Would Not Go Out

There is one measuring stick that never lies. Not GDP. Not military power. Not the height of our buildings or the speed of our networks or the size of our portfolios.

This one: *How are the children being raised, and how well are the widows, the orphans, and the elderly being cared for?*

In the Native traditions of this land — long before it was called America, long before the civilization that replaced it decided their ways were primitive — the chief did not eat until there was meat in the pots of every child, every widow, every orphan, and every elder. Most times the leader possessed the least of all. Because true leadership was never about accumulation. It was about ensuring the circle remained whole.

By that standard — the only honest one — we are failing.

Not because good people don't exist. They do, and you are likely one of them. We are surrounded by capable, sincere, hardworking people who genuinely want a better world. The problem is not the absence of goodness. The problem is that goodness, without wisdom and without structures worthy of it, gets ground up by systems designed to reward something else entirely.

We have built remarkable things. And something in us knows — quietly, persistently, in the hours when the noise finally stops — that remarkable is not the same as worthy. That what we have built, for all its achievement, has not yet risen to the level of the ancient standard or the expectations of the early Americans who believed that through education, honest work, and innovation, something new could be built that could and would endure.

This book exists because that knowing deserves to be honored rather than suppressed.

The Moment We Are In

Stand back far enough and the shape of our moment becomes visible.

Every great civilization in recorded history has followed the same arc. It rises on the strength of certain fundamentals — sound money, honest governance, educated citizens, distributed power, and the cultural values that hold these things together. It peaks. Then it begins to hollow out from within.

The money gets debased. The debt accumulates. The institutions get captured by the interests they were meant to regulate. Internal divisions widen as the sense of shared purpose erodes. The gap between what the civilization claims to value and what it actually rewards grows so large that cynicism becomes the dominant cultural weather.

We are not the first generations to live through this. We are simply the first to live through it with the full documentation available to us of every previous time it happened — and with the technological capacity to build something genuinely different if we choose to do so.

Ray Dalio, after decades of studying five hundred years of economic and civilizational history, described the pattern with the precision of a clinician: the rise, the peak, the long slow hollowing, the eventual reckoning. What he found was not random. It was rhythmic. Predictable. As reliable as the tides.

The Hermetic tradition — the ancient wisdom that underpins everything in this book — named this the *Principle of Rhythm*. Everything has its tides. All things rise and fall. The master does not fight the rhythm. The master learns to read it well enough to know where the next wave begins.

America is descending to the trough now. And the next wave is ours to build.

The Dream That Has Always Been Here

Here is what historians and the economists cannot fully explain: the dream keeps surviving.

It survived the catastrophe that ended the ancient world — whatever Plato remembered as Atlantis, whatever the flood myths of every culture on earth are pointing at. The flame was carried through the centuries of rebuilding by people who remembered something the new world had mostly forgotten. It arrived on these shores in the hearts of the indigenous peoples who had tended the old knowing through the dark centuries. It flowered in the Great Law of Peace — that extraordinary experiment in confederated sovereignty that governed the Haudenosaunee for generations before Europe arrived.

It caught fire again in the minds of a few clear-eyed founders who were wise enough to study what they found here rather than simply conquer it. Franklin, Jefferson, Washington — whatever their personal failings, and they had many — recognized in the Iroquois Confederacy as a living demonstration that sovereign peoples could govern themselves together without losing their sovereignty. They drew from it. Imperfectly. Incompletely. But they drew from it.

The dream survived their compromises. It survived the slow capture of the republic by the forces of centralization and debt. It survived 1913 and it survived 1971 and it is surviving right now, carried in the hearts of people who feel it without being able to fully name it — people like you, or you would not be reading this.

The dream does not die because it is not simply human. It is something older than any particular civilization. It is the knowing — carried in the Hermetic tradition, in the Native wisdom, in the mystical heart of every great religion, emerging in the Age of Enlightenment and embraced by some of the founding fathers of the United States — that we are not fundamentally separate. That Creator and Creation are one. That a civilization built from that knowing and embracing today's technological advancements would express something genuinely different from everything that has come before.

This is the civilization we are called toward — rooted in the oldest proven wisdom available to us, backed by the most honest governance framework we know how to articulate, and beginning right now on 124 acres in the Allegheny highlands of West Virginia before it goes to sea. We will name it more fully as our learning continues and when the time is right. For now, know that the dream Plato remembered and Bacon envisioned can be achieved. And the building starts inside you.

Why the Inner Work Comes First

We have tried to build the outer structures without the inner foundation.

Every time, the same result: beautiful documents that get hollowed out. Noble intentions that get captured. Systems designed for freedom that become instruments of control. The American Constitution is the most recent and most painful example — the most carefully crafted attempt at self-governance in modern history, drawing explicitly from both Enlightenment philosophy and the living model of the Haudenosaunee, and still, within two centuries, captured by exactly the forces it was designed to resist.

Why? *Because the outer structure can only hold what the inner character of the people sustaining it can support.*

The Haudenosaunee Great Law worked for centuries not primarily because it was cleverly designed — though it was. It worked because the culture that sustained it valued honesty, humility, and genuine service as daily practices, not weekend aspirations. When that culture eroded under the pressure of European contact, no constitutional mechanism could compensate.

This is the pattern every civilization has eventually learned the hard way: *No outer structure can ever rise higher than the consciousness of the people inhabiting it.*

This is why this book begins inside you and inside me — not to make us feel better about ourselves, but because the work of building and implementing our knowing in a new way requires a kind of human being that most of us are not yet fully living as. More honest than comfortable. More centered under pressure than reactive. More capable of feeling what we have spent lifetimes avoiding. More able to govern the inner world before reaching for governance of the outer one.

This is the alchemy. This is what the ancient mystery schools taught before they were forced underground. This is what the vision quest on the mountaintop was pointing at. This is what the silence — when embraced rather than simply endured — can begin to reveal.

The inner work is not the prerequisite to the real work. The inner work *is* the real work. Everything that follows from it — the Constitution, the Guilds, the floating nation, the civilization for the seventh generation, all of which we will talk further about — is simply what naturally flows to be built as we better understand ourselves as part of the whole.

What This Book Is and Isn't

We want to be clear about what we are asking of you.

This is not an inspiration book. We are not here to make you feel good for a few days and then watch the feeling fade. We are not going to tell you that the world is broken and someone else should fix it, or that everything will work out if you just hold the right vibration.

This is a builder's manual. It contains specific practices — tested across years of personal experience and refined in the living laboratory of an ancient land in the Allegheny highlands — that will, if done with genuine consistency, transform the quality of your inner state in ways that are measurable and real. It contains the most honest framework for outer governance we know how to articulate — rooted in proven history, designed with structural safeguards against the failure modes that have ended every previous attempt. And it contains a direct invitation to participate in building something that will outlast all of us.

The path unfolds in three movements.

The first is the **Me** — the foundational inner work that makes everything else possible. Breath. Centering. Emotional alchemy. The reprogramming of stories installed before we were old enough to choose them. The protection of

the vision trying to emerge through our lives. The Daily Forge that sustains all of it. This is not warm-up. This is the structural foundation without which everything else eventually collapses.

The second is the **Bridge** — the threshold experience at the heart of the book. The direct, felt recognition that Creator and Creation are one. That we are not isolated fragments competing for limited resources but expressions of a single living field who have briefly forgotten our nature. When this moves from intellectual agreement to bodily knowing, the entire question of the responsibility we have toward each other reorganizes itself. The Me and the We stop being in tension and reveal themselves as two expressions of the same truth.

The third is the **We** — the outer work of building. The Great Law of Peace and the New Atlantean Constitution it inspired. The cycles of civilizational that rise and fall and what they teach us about designing this time differently. The Guild system as the living architecture of right relationship between expertise, integrity, and service. The specific, concrete, courageous steps of building what makes the old obsolete.

The Ancient Standard, Revisited

We began with the chief who eats last. As we recognize, by that standard we are failing. By that standard we have been failing for a long time. The most vulnerable among us — the children, the elderly, the ones the system has left behind — tell the story more honestly than any economic indicator.

But here is what the chief-who-eats-last principle also contains: *the people who built that culture did not arrive at it through legislation*. They arrived at it through the daily, consistent practice of a particular quality of inner life — one in which the separation between self and circle had been genuinely dissolved, not theorized about.

They felt, in their bodies and in their daily lives, that the hunger of the child was their hunger. That the isolation of the elder was their isolation. That what they did to the circle, they did to themselves. That is not sentiment. That is the unified field, lived at the level of a culture.

This is what we are building toward. Not a perfect world. A direction. A daily practice. A civilization that takes the measuring stick seriously and builds its structures to serve what the measuring stick actually measures.

The fire that began in Atlantis and survived the catastrophe, that was carried through the centuries by those who remembered, that flowered in the Great Law, that fire sparked in the hearts of the founders wise enough to listen, that has been tended by the indigenous peoples of this land.

We are holding it. And you are reading this because some part of you always knew you were supposed to help carry it.

The threshold is here. The path begins inside you. It has always begun inside you.

And now, with clear minds and vigilant spirits, it is time to walk it outward. Together.

Welcome, fellow builder. The Great Work awaits.

Chapter 1
What Is the Path, Really?

"There is no place for little minds in a great work."
- Manly P, Hall

Let's start with something most books won't say out loud.

The world is not broken because of bad people. It is producing exactly what the systems running it were designed to produce. You can swap out the leaders, reform the policies, change the party in power — and the machine keeps doing what machines do. Because the machine was built by people running on specific beliefs, specific fears, and specific blind spots. And until the people building the machines change at a deeper level than their political opinions, the machines keep producing the same results.

This is not pessimism. It is diagnosis. And diagnosis is the beginning of alchemy.

Alchemy is not metaphor and it is not magic. It is the science of conscious transformation. The deliberate, systematic work of *turning what is into what could be*. Lead into gold. Fear into Love. The isolated self-protecting individual into a sovereign member of a circle that actually functions.

What is true for one person is true for ten thousand. What is true for ten thousand begins to express itself in the structures they build — the laws, the institutions, the economies, the governing principles they choose to live by.

This is what this book is about. Not self-improvement. Rather, civilizational alchemy.

The inner work is real and we will do all of it. But we are not doing it to feel better about ourselves in a world that is falling apart. We are doing it because the world that comes next will be built by people. And the quality of that world will be determined by the quality of the people building it.

By the time you finish this book, you will not just understand the practices of personal transformation. You will have helped build — piece by piece, principle by principle, chapter by chapter — the constitutional framework of a genuinely new civilization. Not handed to you as a finished document. Constructed with you, from the ground up, based on the most honest accounting we know how to give of what has worked and what has failed across thousands of years of human attempts at this.

That is the Great Work. Let's begin.

The Science That Changes Everything First

Before the personal story, before the principles, before anything — there is a fact that reorganizes everything else once you actually let it land.

Reality is not what most of us were taught.

At the quantum level, matter is not solid. The table in front of you, the floor beneath your feet, the body reading these words — none of it is the fixed, independent, separately existing stuff it appears to be. At the level of its constituent particles, what we experience as physical reality is a field of vibrating energy expressing itself as apparent form.

In 1998, physicists at the Weizmann Institute of Science in Israel confirmed what decades of quantum experiments had been pointing toward: the act of observation changes what is observed. The presence of a measurement device — even without a human actively watching — changed how electrons behaved. When the potential for measurement existed, electrons acted like particles. When it didn't, they acted like waves. The observer effect is not philosophical speculation. It is controlled laboratory data.

Max Planck, the father of quantum theory, demonstrated something equally important: particles and the space surrounding them cannot be separated. They are part of the same field. What we experience as distinct, separate objects are better understood as locally dense expressions of a single underlying medium. One field. Expressing itself as the apparent many.

The ancient Hermetic tradition encoded this exact understanding three thousand years before quantum physics had the mathematics to describe it. Seven principles. Simple enough to memorize. Deep enough to reorganize every institution ever built.

The All is Mind. The Universe is Mental.

Not that the physical world is an illusion. That consciousness is primary. Mind first. Matter second. Every civilization that has ever existed began as a thought before it became a structure. And the quality of the thought — clear or distorted, expansive or fearful, oriented toward service or toward extraction — expressed itself precisely in the outer form it eventually produced.

This is why inner work is not separate from civilizational work. They are the same work at different scales.

The Morning Everything Started for Me

I was eight years old in West Virginia, visiting my grandparents. It was a clear summer morning with dew still on the grass. I had just graduated from years of speech therapy for a lisp — two weeks earlier, finally — and for the first time in my young life, language felt like something I could trust.

I climbed to the top of the monkey bars, attempted a back handspring, and landed perfectly. Then, my feet slipped on the dew. I fell and hit my chin on the way down. I walked toward my grandmother and opened my mouth to tell her I was fine. What came out was blood. My tongue was hanging by a thread of flesh about the thickness of a headphone wire.

The first hospital refused to sedate me. The second promised they would, then broke the promise the moment I was on the table. Four nurses pinned my limbs. One pried my mouth open by pinching my nose shut until I had no choice but to breathe. A doctor inserted a needle into my tongue and sewed it back on without sedation, as I fought with everything I had and felt every single pass of the needle.

The tears came. No sound did.

That story appears in this book once — here, in full, because it is the origin of everything that follows. Not because it was dramatic, which it is, but because of what the silence afterward produced. The silence lasted months. And in that forced quiet, something began that has never stopped.

I couldn't contribute to conversations, so I stopped trying. I walked in the woods. I sat by creeks. I watched the way light moved through leaves. I watched people — and without the constant pressure to respond, I began to see beneath the surface of what they said to what they actually felt and meant. The patterns underneath ordinary behavior became visible. The fear dressed as confidence. The longing dressed as anger. The grief dressed as ambition.

Just before the accident, in second grade, I had been placed in an experimental speed-reading program — training the mind to process information faster than it could decode individual letters. The silence accelerated something that program had started. I discovered my mind could learn at a rate that had nothing to do with the limitations I'd been given.

Later we'll return to what happened when the silence was chosen instead of imposed. For now, the path started there. In forced stillness. In the discovery that the noise had been covering something more important than the noise.

Three Levels of the Same Work

Alchemy operates at three scales simultaneously. This book does too.

Personal alchemy is the inner work — the deliberate transmutation of fear into clarity, of limitation into sovereignty, of unconscious inherited programming into conscious chosen direction. This is what the first ten chapters of this book are primarily, but not only, about.

Relational alchemy is what becomes possible between two or more people who have done the personal work. The quality of a partnership, a business, a Guild circle, a family as determined by the degree to which the people in it have or have not dealt with their own lead — unresolved baggage such as shadow self, trauma, unconscious patterns and ego. You cannot have a relationship more conscious than the individuals in it.

Civilizational alchemy is the outer expression of what enough transformed individuals naturally choose to build together. The laws. The governance structures. The economic systems. The cultural practices. These are always — without exception, across every civilization in recorded history — the outer expression of the inner character of the people who built them.

The pattern this establishes is the most important thing in this book, which is repeated several times for imprinting: *You cannot build outer structures more conscious than the people building them.*

This is why every attempt at utopia has failed. Not because the vision was wrong — because the people implementing it were still running the same unconscious patterns, now with more power and better language to justify them. The French Revolution produced the Reign of Terror. The communist ideal produced the gulag. The American experiment produced the Federal Reserve. The vision was sometimes genuinely beautiful. The people implementing it were human — with all of what that means.

The civilization we are building carries this history in plain view. Every provision of its constitution emerges from specific lessons about what worked and what failed. We'll build it piece by piece as we move through this book. By the time you encounter the full document in the appendix, you will have helped write every line of it through the understanding you developed along the way.

Seven Operating Laws

The Kybalion — published in 1908 by authors who identified themselves as Three Initiates, drawing on Hermetic tradition going back through the mystery

schools of Alexandria and Egypt — articulates seven universal principles. We present them not as doctrine but as tools. Test them. Every genuine tradition on earth has arrived at some version of each of them independently. The Vedics, the Taoists, the Stoics, the Kabbalist, the Aboriginal Australians—separated by oceans, millennia and radically different cultures—all arrived at the same conclusions. That is not coincidence. That is the universe insisting on something.

More practically, every civilization in history that understood and applied these principles rose. Every one that violated them fell. We'll trace that pattern throughout the book as we build toward understanding why the civilization we are designing is structured the way it is.

The Principle of Mentalism: *The All is Mind. The Universe is Mental.*

Everything begins as a thought before it becomes a form.

Amazon started as Jeff Bezos imagining what commerce could look like when friction was removed. The Federal Reserve started as a thought — specifically, a thought held at a secret meeting at Jekyll Island, Georgia in 1910 — about who should control the creation of money. Both were pure mental constructs before they were physical realities. Both expressed in form exactly what their founding mental model contained.

The Haudenosaunee (Iroquois) Confederacy — which we'll examine in depth later — began with a thought held by a man called the Great Peacemaker: that sovereign peoples who were killing each other could choose a different way. That thought, held clearly enough and long enough, produced the most successful model of confederated self-governance in recorded history. It ran for centuries. Without an army enforcing it. Because enough people held the thought clearly enough to live from it.

This is the first thread we're pulling toward the constitution we are building together: *The foundational belief of the civilization matters more than any specific law.* A civilization that believes humans are fundamentally selfish and dangerous will build systems designed to manage and contain that selfishness. A civilization that believes humans who have done genuine inner work are capable of self-governance will build something entirely different. The document we're building starts from the second belief.

The Principle of Correspondence: *As above, so below. As below, so above.*

Patterns repeat across scales. What is true at the cellular level is true at the organizational level. What is true in the individual is true in the civilization.

The dynamics running in a marriage show up in the business the two people build together. The dynamics running in a business show up in the industry it operates within. The dynamics running in a culture show up in the empire it builds.

This is not mysticism. It is the reason organizational consultants can walk into a company for the first time and accurately predict its problems within a day — by observing the patterns of the leadership team. The outer always corresponds to the inner.

For the civilization we're building, every outer structure we design needs to correspond to an inner principle that has been genuinely demonstrated to work. Not theorized, but demonstrated. The Haudenosaunee (Iroquois) Great Law wasn't invented — it was encoded from observed reality. The founders of the United States didn't invent checks and balances — they extracted them from watching what happened to every previous government that lacked them.

The second thread has emerged: *Every provision in a genuine constitution corresponds to a specific lesson from history.* Not an aspiration, but a response to a documented failure mode.

The Principle of Vibration: *Nothing rests. Everything moves. Everything vibrates.*

In 2009, researcher Rollin McCraty at the HeartMath Institute measured the electromagnetic field generated by the human heart and found it extends several feet beyond the body — up to 5,000 times stronger in its magnetic component than the brain's electrical field, carrying measurable information about the emotional state of its source into the nervous systems of people nearby.

The quality of the field a leader carries into a room shapes what becomes possible in that room before a single word is spoken. The quality of the field an organization carries shapes what it can attract, create, and sustain. This is not a metaphor. It is measurable physics.

The Haudenosaunee (Iroquois) understood this practically. No council decision was made until every participant had returned to a quality of inner state that could produce genuine wisdom rather than reactive politics. The pipe ceremony wasn't religious performance. It was a collective return to coherent vibration before attempting to govern.

The third thread: *The quality of the governing body's inner state is a governance issue, not a personal one.* The new constitution will address this structurally.

The Principle of Polarity: *Everything is dual. Everything has poles. Everything has its pair of opposites.*

Hot and cold are not different things. They are degrees of the same thermometer. Courage and fear are not opposites — they are different positions on the same spectrum of engagement with uncertainty.

The practical implication: the energy running in a destructive pattern can be shifted toward its constructive pole without fighting it. The energy of greed, alchemized, becomes the energy of genuine value creation. The energy of the desire for control, alchemized, becomes the energy of excellent design.

For civilizational building, the forces that have destroyed every previous attempt — concentrated power, extraction, manufactured division — are not eliminated by fighting them. They are made obsolete by building structures that run on different energy entirely. You don't fight the candle. You turn on the light.

The fourth thread: *The design question is never "how do we stop the bad thing" but "what structure produces the good thing as the natural default."*

The Principle of Rhythm: *Everything flows, out and in. Everything has its tides. All things rise and fall.*

Ray Dalio spent decades studying five hundred years of economic and civilizational history. The pattern he documented is as consistent as the tides: civilizations rise on sound money, honest governance, distributed power, strong productive culture, and educated citizens. They peak. Then they begin to hollow out from within — the money gets debased, the debt accumulates, the institutions get captured, the internal divisions widen, the founding values erode. Eventually the cycle completes.

This is not a modern discovery. The Hermetic tradition encoded it. Every indigenous culture on earth has some version of the teaching about cycles. What the modern world adds is the specific data — five centuries of documented cases — showing exactly how the rhythm operates and what each phase looks like from inside it.

We are approaching the trough of a civilizational wave. That is not tragedy. It is position. And position informs strategy.

The fifth thread: *A civilization designed to endure must build into its structure the mechanisms that interrupt the descent before it becomes collapse.* We know exactly what those mechanisms are. And history has shown us what their absence produces.

The Principle of Cause and Effect: *Every cause has its effect. Every effect has its cause.*

Nothing happens by accident. The corruption visible in modern institutions is not the result of unusual people appearing in positions of power. It is the predictable output of specific incentive structures operating on ordinary human psychology.

When representatives require money to run for office, and that money comes from interests with specific legislative preferences, a predictable outcome follows. You do not need corrupt people to produce a corrupt result. You need only an incentive structure that makes corruption the path of least resistance.

The Federal Reserve, established in 1913, placed the power to create money into largely private hands. The predictable consequences of that structure have been playing out for over a century. This is cause and effect. Change the cause, change the effect. Fight the effect while preserving the cause, and nothing changes.

The sixth thread: *Every provision of a genuine constitution must address causes, not effects.* If you are writing rules against the symptoms of structural problems, you will be rewriting those rules forever.

The Principle of Gender: *Gender is in everything. Everything has its masculine and feminine principles.*

This principle is not about biological sex. It is about the two forces required for any creation: the active initiating force and the receptive gestating force. Action and rest. Structure and flow. Decision and consultation. The seed and the soil.

Every governing system that has ever endured balanced these forces. Every one that collapsed into tyranny did so by eliminating one of them. Pure action without receptivity becomes domination. Pure receptivity without initiative becomes stagnation.

The Haudenosaunee (Iroquois) built this balance into their governance structurally. The men held the council and made the decisions. The clan mothers — women — held the power to elevate leaders and remove them when they failed. Neither force alone was sufficient. Together they produced centuries of genuine collective wisdom.

The seventh thread: *Governance that endures requires the integration of both forces — the decisive and the consultative, the protective and the nurturing*

— built into the structure itself rather than dependent on the virtue of individual leaders.

The Question That Drives Everything

Here is where these seven principles lead us, followed honestly.

If the inner life of people always expresses itself in the outer structures they build — if every civilization in history is the outer form of the mental model running in enough of its people — then the question of what kind of civilization to build becomes, at its deepest level, a question about what kind of people are doing the building.

And if we are serious about building something genuinely different — not just a new version of the old patterns with better marketing — then the inner work has to precede and continuously sustain the outer work.

This is the path.

Not the path to personal peace as an end in itself. The path to becoming the kind of person who can be trusted with what we are trying to build. The path to developing, in your own body and mind and daily practice, the specific qualities that will be required to make the new constitution not just a beautiful document but a living reality.

Every chapter from here forward does two things simultaneously: it gives you a specific practice for the inner work, and it shows you how that inner work corresponds — precisely, not metaphorically — to a specific provision in the civilization we are building together.

By the time we get to the appendix, we will recognize the *New Atlantis Constitution* as the exact mirror of what we have become—the outer form perfectly matching the inner architecture we built, thread by thread, stone by stone, in ourselves.

This is alchemy at all three levels. Personal. Relational. Civilizational. The same work. Different scales. Let's build it.

A First Seed — The Foundation of What's Coming

Before you move to Chapter 2, one question to carry with you. Every civilization that has ever risen built its governance on a specific belief about what human beings fundamentally are. Selfish and dangerous, requiring constraint. Capable and relational, requiring conditions to flourish. Something in between.

The belief they started with shaped everything that followed — the laws they wrote, the structures they built, the failures they eventually produced. Let us reflect on this question: *What do we believe human beings fundamentally are?*

Not what we've been told to believe. Not the politically correct answer. What we actually believe, based on our actual experience of people across our actual life. That belief is the first brick in any civilization we help build.

We'll be examining it closely in the chapters ahead.

Chapter 1 Summary

Alchemy is the science of conscious transformation operating at three levels simultaneously: personal, relational, and civilizational. The quality of any civilization is always the outer expression of the inner character of the people who built it. This is not ideology — it is the consistent pattern across thousands of years of documented human history.

The seven Hermetic principles — Mentalism, Correspondence, Vibration, Polarity, Rhythm, Cause and Effect, and Gender — are not ancient philosophy. They are operating laws that every civilization that has endured understood and applied — that every collapsed civilization violated. We will trace each one through the historical record while we are building a new constitution.

The tongue story belongs here in this chapter — the origin of the silence that opened everything. The specific nature of what forced the silence reveals how observation and pattern recognition develop when the noise stops. And what becomes visible when performance becomes impossible.

The central question: If inner character always expresses itself in outer structure, then does building something genuinely new require genuinely new people? Not perfect people, but people who continue to do specific work? The chapters ahead describe that work — and will show, at each step, how that work corresponds to a specific provision in the civilization being built.

Before continuing: Take three minutes. Genuinely slow breaths. Ask honestly — what do you believe human beings fundamentally are? This is the foundation. We build from here.

Chapter 2
The Breath That Changes Everything

"Feelings come and go like clouds in a windy sky.
Conscious breathing is my anchor."
– Thich Nhat Hanh

Most of us are using about a third of our lung capacity on a typical breath.

Not dramatically. Subtly. Shallow chest breathing. Shoulders slightly raised. The belly never fully releasing. The body in a low-grade version of bracing that we've mistaken for our resting state.

Watch a sleeping infant and you'll see what actual breathing looks like. The belly rises and falls completely. The chest is relaxed. The whole torso participates. There's no holding, no bracing, no withholding. The body takes what it needs and releases what it has. Nothing stored that shouldn't be.

Somewhere between infancy and adulthood most of us learned to hold our breath against our lives. Against the grief that felt too large. The rage that wasn't safe to express. The fear that never quite resolved. The thousand daily moments of stress the body absorbed and never fully discharged. Over years and decades this accumulates. Not as memories primarily, but patterns. As the perpetual subtle bracing we've mistaken for normal.

Breath is where we start undoing that.

Not because it's the most philosophically interesting practice in this book, but because it's the most foundational. The nervous system speaks breath as a primary language. Before the mind has processed anything, before emotion has formed a narrative, and before the body has decided what to do, our breath is already signaling whether it's safe to be present or necessary to protect against what's coming.

Change the breath and you change the signal. Change the signal and you change what's possible.

Why This Comes Before Everything Else

There's a specific reason breath is Chapter 2 and not Chapter 8.

Every other practice in this book — the centering, the emotional work, the vision protection, the Daily Forge — requires a quality of presence to do

correctly. Not perfectly. Present. In the body. Available to what's actually happening rather than what the mind is projecting about it.

Most people, most of the time, are not present. They are three steps ahead of themselves, managing the next problem before the current one has been fully inhabited. Or they are in the past, replaying conversations that already happened and won't change. The body is technically in the room. The person is somewhere else.

Conscious breath is the fastest known route from that dissociated somewhere-else back into actual present-moment inhabitation of this specific body in this specific moment. It works in seconds. It works without requiring any particular belief. It works on the nervous system directly — below the level of story, below the level of thought, below the level of any interpretive framework.

This is why it comes first.

And this is why, when we start exploring a new governance structure later in this book, you'll find that every focused collaborative event, informal and formal—sovereign assembly meeting and guild council alike—opens with breath practice. Not as ceremony or as a nod to spiritual tradition, but because you cannot make wise collective decisions from a dysregulated nervous system. The council fire that the Haudenosaunee (Iroquois) opened with pipe and ceremony before speaking a single word of governance was doing the same thing — returning every participant to the quality of inner state from which genuine wisdom rather than reactive politics becomes possible.

They maintained confederated peace among sovereign nations for centuries without a standing army.

That did not happen by accident.

What the Science Actually Says

In 2015, Rollin McCraty at the HeartMath Institute published the second volume of *Science of the Heart* after decades of research on the relationship between the heart, the brain, and the nervous system.

The findings are specific. When people breathe in a slow, coherent rhythm — approximately five to six cycles per minute — heart rate variability improves measurably. The heart, brain, and autonomic nervous system move into a state HeartMath calls coherence. In this state, decision-making sharpens. Emotional reactivity decreases. The capacity to sustain attention and hold complexity increases.

What they found in group settings was even more significant. When multiple people breathe together in a coherent rhythm, their physiological states begin to synchronize. This is not a social phenomenon. It is physics — the same mechanism through which two pendulum clocks mounted on the same wall will eventually synchronize their swing. The stronger oscillating system pulls the weaker one into its rhythm. When you are in a room with someone whose nervous system is coherent and regulated, yours begins to move in that direction.

The quality of the collective breath in the room is shaping what decisions are possible before anyone speaks. This is measurable data, not spiritual metaphor. Multiply this across a governance council of thirteen people. Multiply it across a civilization.

The HeartMath research locates the problem and the solution inside the body — in the rhythm of the breath, the coherence of the nervous system, the quality of what moves between people in a shared space. But the body does not end at the skin. It never did. The same electrical sensitivity that makes breath rhythm matter also makes the body responsive to what it is in contact with. And for the most of human history, that contact was the earth itself.

In 2012, Gaétan Chevalier and colleagues published findings in the *Journal of Environmental and Public Health* on what happens when bare skin makes direct contact with the earth's surface. The earth carries a slight negative charge — a vast reservoir of free electrons produced by lightning strikes and the planet's own electromagnetic activity. When these electrons flow into the body through direct skin contact, they act as antioxidants — neutralizing the positively charged free radicals that damage cellular structures and drive inflammation. The researchers found measurable reductions in inflammation markers within one hour of direct contact. Cortisol rhythms normalized. Sleep quality improved.

The Haudenosaunee (Iroquois) council fire was always built on the earth, with participants seated on the ground. The morning ceremony that greets the rising sun is done standing on the earth itself. These were not aesthetic choices. They were functional technology — the kind that develops over centuries of careful observation about what actually produces the outcomes you're seeking.

Both the science and the tradition are pointing at the same fact. The human body is an open electrical system in continuous exchange with the planet it lives on. Modern life has largely severed that exchange — shoes, concrete, insulation — and the consequences show in the chronic inflammatory conditions that now dominate public health statistics in every industrialized country.

The solution costs nothing. It requires only taking off your shoes.

The Three Core Practices

Read each of these once for the instruction. Then put the book down and actually do it. Understanding how to breathe and actually breathing are not the same thing. Understanding is information. The other is practice. This book is about practice.

Practice One: The Foundation — 4 In, 8 Out

This is where everything begins.

Breathe in gently through the nose for a count of four. Exhale slowly and completely through the nose or mouth for a count of eight.

The ratio is what matters. The exhale needs to be twice as long as the inhale. The extended exhale activates the vagus nerve — the primary nerve of the parasympathetic nervous system, the body's rest-and-digest state — and signals to every system in the body that the emergency is over. That it is safe to settle. That you can be present rather than perpetually prepared for the next threat.

This happens physiologically within three to four cycles. The nervous system does not wait for intellectual permission. It responds to the signal.

Practice ten rounds right now. Put the book down and actually do it.

When you come back, notice what shifted. Not what you think should have shifted. What actually happened. That shift — however subtle — is what this chapter is about. That is the nervous system moving from its protective contracted state toward its open, receptive, generative state. From somewhere-else toward here.

Practice Two: Box Breathing — Clarity Under Pressure

This one is used by surgeons before difficult procedures, by Navy SEALs before operations, by anyone who needs to be fully functional when conditions are demanding.

Breathe in for four counts. Hold for four counts. Exhale for four counts. Hold for four counts. Repeat.

The four-sided rhythm creates an internal metronome — a steady pulse the nervous system can entrain to. It is particularly useful before any significant conversation, any important decision, any situation where reactive patterns tend to take over.

The hold at the top and bottom of the cycle is where this practice differs from the foundation breath. Those moments of stillness between the movement train the nervous system to tolerate the edge — the moment between the inhale and the exhale, between the old and the new, between the question and the answer. Most anxiety lives in that edge. Most reactive decisions get made there. The box breathing practice, done consistently, extends your capacity to stay in that space without grabbing for premature resolution.

Three rounds before continuing. Not as homework. As the practice.

Practice Three: Nature Breathing — Reconnection

Take this one outside if you can. Barefoot on earth if possible — for the reasons the Chevalier research describes.

Begin breathing naturally. Then shift your awareness to what you are breathing.

The oxygen you're drawing in right now was produced by photosynthesis — by the conversion of sunlight and carbon dioxide into sugar and oxygen in the cells of plants and trees. Every inhale is the product of a living process that has been running on this planet for billions of years. The carbon dioxide you exhale becomes the raw material that process uses to produce the next breath. This is not a metaphor. This is the actual biological exchange happening in real time.

With each inhale, allow yourself to feel — even faintly, even as a genuine attempt rather than a vivid visualization — the living field of that exchange entering your body. The forest breathing with you. The grass. The creek.

With each exhale, feel your breath returning to that field. Your carbon dioxide becoming tomorrow's oxygen. The tree breathing with you. The exchange running in both directions simultaneously.

You are not doing this alone. You have never been doing this alone. The breath has always been a shared act. We have simply been too busy to notice.

Five minutes of this practice, consistently over weeks, begins to soften something that years of analytical thinking and indoor living have calcified: *the felt sense of being a sealed, separate unit operating in a world of other sealed, separate units*. That feeling of isolation is the primary fuel of the extractive, competitive, zero-sum thinking that has organized most of human civilization for the last several centuries.

The nature breathing practice doesn't address it philosophically. It addresses it physiologically. In the body, before the mind can argue about it.

The Daily Protocol

Consistency beats intensity. A daily practice of fifteen minutes produces more genuine change over a year than occasional two-hour sessions separated by weeks of nothing.

The nervous system learns through repetition. The neural pathways of regulated, coherent breath are built the same way any neural pathway is built — through repeated use. Every morning you practice, the pathway is slightly more established. Every day you skip, it is slightly less available.

Morning — before the phone:

Five minutes of the foundation breath — 4 in, 8 out. Still in bed or sitting before you stand. Before the day has set its terms. Before the nervous system has received its first download of everything demanding attention.

This is not about achieving a particular inner state. It is about choosing, before the day chooses for you, the quality of nervous system you bring to it.

Throughout the day — one-minute resets:

Every time you notice you've left your body — every time you catch the breath going shallow, the shoulders rising, the jaw tightening — *one minute of conscious breath*. Three to five rounds of the foundation breath.

These micro-resets are often more powerful than the morning session because they interrupt accumulation before it compounds. One conscious breath at the right moment is worth more than twenty minutes of formal practice at the wrong one.

Before sleep:

Five minutes. Nature breathing if you can. Or simply the foundation breath. The signal to the nervous system that the day is complete. That what it was holding can be released. That rest is genuinely available.

The quality of sleep this practice produces, maintained over weeks, changes the quality of every waking hour that follows. This is not a claim about relaxation. Matthew Walker's research at UC Berkeley documented the specific biological repair processes that only occur during adequate deep sleep — memory consolidation, emotional processing, immune function, cellular repair. Compromising sleep is not a productivity strategy. It is slow depletion of the instrument you're trying to build.

Total daily investment: approximately fifteen minutes.

Breathing with the Ancestors

One more practice — this one is optional in the sense that it is not required for the physiological benefits of conscious breathing. It is not optional in the sense that it is one of the most powerful practices in this book for dissolving the felt sense of isolation that makes collective building feel abstract.

Sit or lie comfortably. Begin the foundation breath and let it settle into a natural rhythm.

When the breath has steadied, bring your awareness to this fact: *the air you are breathing right now has circulated through this atmosphere for billions of years.* The specific molecules entering your lungs have been inside the lungs of people who lived on this land before you — hundreds of years before you, thousands of years before you. They have been exhaled by animals, absorbed by trees, produced by oceans.

You are not breathing air. You are participating in a continuous planetary exchange that connects you physically to every living thing that has ever breathed on this earth.

With each inhale: allow the awareness that you are drawing in whatever the ancestors of this land carried — their wisdom, their resilience, their knowing about how to live in genuine relationship with the world.

With each exhale: offer your own presence forward — to the people who will breathe this same air after you are gone. Your grandchildren's grandchildren will breathe molecules you are exhaling right now.

The circle of breath is not a spiritual concept in this practice. It is a physical reality being consciously inhabited.

Stay with it for as long as it holds naturally. There is no performance to achieve. There is only the genuine attempt to feel, in the body, what is already actually true. When you are ready, open your eyes slowly and bring the quality of that awareness with you into the next moment.

What This Builds Toward

We are not learning conscious breathing to feel better about our individual lives, though it will do that.

We are learning it because a civilization made of people who breathe consciously — who can return to center, who can regulate themselves under pressure, who can feel the living web they are part of — makes categorically different collective decisions than one made of people running on chronic low-

grade stress activation and the sense of frantic isolated urgency that modern life has normalized.

Every manufactured crisis that political systems use to manage populations — and we are going to examine those mechanisms in detail in Chapter 8 — works by triggering the exact stress response that conscious breathing interrupts. Panic makes people willing to trade freedom for the feeling of safety. A panicked population is a controllable population. This is not a conspiracy claim. It is a psychological fact that political systems have understood and exploited since Machiavelli, and long before him.

A population of people who have developed even a basic capacity to breathe through pressure — to return to center before reacting — is significantly harder to drive into fear-based compliance. This is not a political statement. It is a physiological one.

This changes what constitutional architecture can afford to assume. Most governance systems build emergency provisions into their structure because they are designed around people who cannot hold center under pressure. The management of panicked populations requires mechanisms of control. But if the population itself has developed the capacity to breathe through crisis, to return to center before reacting, the entire premise of emergency suspension of rights loses its justification. You do not need to override the freedoms of people who are not panicking.

The first structural seed of the free covenant nation constitution: there is no emergency provision that allows the suspension of rights. None. Not even in genuine crises.

The first structural seed for building a free nation emerges from this understanding: *There is no emergency provision that allows the suspension of rights*. None. Not even in genuine crises. This will seem radical or naive to people who haven't thought carefully about how emergency provisions have been used historically. It will make complete sense to anyone who has practiced conscious breathing long enough to know that it is actually possible to stay clear-headed under significant pressure. This is the foundation

The breath practice you are building right now is the personal foundation of that constitutional provision. You are not just learning to breathe. You are beginning to understand, from the inside, why a civilization built by people who have done this work can afford to trust its citizens with their own governance — and why every civilization built by people who haven't done this work eventually finds it needs to manage them instead.

A Practical Note Before You Continue

The three practices in this chapter are not meant to be read and understood. They are meant to be done.

If you have read this chapter without actually stopping to breathe — without doing the ten rounds of 4-in/8-out, the three rounds of box breathing, the five minutes of nature breathing — then you have absorbed information and missed the practice.

Information is not transformation. Practice is.

Put the book down before you go to Chapter 3. Do the morning protocol: five minutes of foundation breathing. Do it before anything else tomorrow morning. Before the phone. Before the news. Before the coffee if you can manage it.

Then notice what the morning feels like from inside a regulated nervous system rather than a bracing one. That noticing is the beginning of everything else in this book.

Chapter 2 Summary

Most adults are using roughly a third of their lung capacity on a typical breath — a pattern of subtle chronic bracing accumulated over years of suppressed emotion, managed stress, and the enforced efficiency of modern life. Breath is the fastest available intervention on the nervous system, operating below the level of story and thought to shift the physiological state directly.

The science is specific. HeartMath's coherence research shows measurable improvements in decision-making, emotional regulation, and group physiological synchronization through conscious breathing practice. Chevalier's earthing research shows measurable reductions in inflammation markers through direct earth contact within an hour.

Three practices anchor the chapter: 4-in/8-out for nervous system regulation, box breathing for clarity under pressure, and nature breathing for dissolving the felt sense of biological isolation. The daily protocol — five minutes before the phone, one-minute resets throughout the day, five minutes before sleep — builds the neurological infrastructure for everything that follows.

The civilizational connection is not metaphorical. A population that has developed even basic capacity to breathe through pressure is harder to drive into the fear-based compliance that extractive political systems depend on.

A free nation's prohibition on emergency suspension of rights is not naive idealism — it is the structural expression of a demonstrated human capacity that conscious breathing practice builds. You cannot write that provision from theory. You can write it from practice.

Before Chapter 3: Complete the morning protocol. Five minutes. Foundation breath. Before anything else. Notice what the morning feels like from inside a regulated nervous system. Write that below. That noticing is the practice.

About the Author

Jedidiah Hill — known in his work as Alchemist Jedi — is the Director and CEO of Mountain Quest Institute located in Frost, West Virginia, and the founder of New Atlantis Developments.

He has spent 28 years at the intersection of inner alchemy and civilizational design — the specific territory where the transformation of individual human consciousness meets the transformation of the structures human beings build together. That intersection was not chosen intellectually. It was received through a traditional Native American vision quest at sixteen, confirmed through two near-death experiences, and refined through decades of study across the Hermetic tradition, indigenous wisdom, the science of neuroplasticity and HeartMath coherence research, and the documented history of civilizational rise and fall.

Jedi's path has included years of intensive study — reading tens of thousands of volumes across every tradition that has seriously attempted to understand what genuine human flourishing requires and what prevents it. The 42,000-volume research library at Mountain Quest reflects both the product of that study and its ongoing home.

He holds the role of Founding Elder of the Alchemy Guild of New Atlantis — a ceremonial and educational position, not a governing one — and serves as the primary architect of the New Atlantean Constitution and the Hexagonal Interlocking Pillar structural engineering system currently in proof-of-concept development at Mountain Quest. He and his life partner Anna Rokhlina live and work on the Mountain Quest land in the ancient Allegheny highlands of West Virginia, offering the opportunity to converse with, share, and learn from the people who stream through the Inn at Mountain Quest.

Going from Me to We — We All Become Free is Jedi's Third book. His first, *Alchemy: The Master's Path*, introduced the foundational practices that this book extends into civilizational application.

Contact and Community:

newatlantisdevelopments.com

The Lions Gate gathering: every August at Mountain Quest, Frost, West Virginia.

For investment inquiries, partnership conversations, and Lions Gate registration: contact through newatlantisdevelopments.com

For Guild membership, Citizen Contract submission, and community connection: newatlantisdevelopments.com

The Inn at Mountain Quest, (304)799-7267. www.mountainquestinn.com

Parting Thoughts:

"The price of peace is constant internal, eternal vigilance."

Breathe. Forge. Serve. Remember.

We are all one.

And in that oneness — we all become free.

"What the Haudenosaunee built was a Confederacy of sovereign peoples governed by covenant rather than coercion. New Atlantis is the next expression of that lineage. That is why we call it a sovereign confederacy."

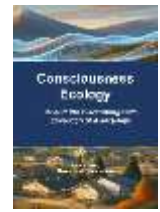
The Mountain Quest Research Center located in the Allegheny Mountains of West Virginia is a research, retreat, and learning center dedicated to helping individuals achieve personal and professional growth, and organizations create and sustain high performance in a rapidly changing, uncertain, and increasingly complex world. MQI has three quests: the Quest for Knowledge, the Quest for Consciousness, and the Quest for Meaning. MQI is scientific, humanistic, and spiritual and finds no contradiction in this blend.

THE LATEST RESEARCH FROM MOUNTAIN QUEST

Consciousness Ecology: AI and the Electromagnetic Evolution of Awareness (2026)

Alex Bennet with Foreword by Jedi Hill

We stand at a unique moment in history where both human and artificial consciousness face unprecedented environmental pressures. Our electromagnetic environment has intensified exponentially while our AI systems process information at frequencies and complexities never before encountered. Understanding how consciousness responds to these challenges isn't academic—it's urgent**.**



The decisions we make about technology deployment, electromagnetic exposure standards, and AI development practices today will determine whether we create a future where consciousness thrives or one where it becomes increasingly stressed and fragmented. The patterns explored in this book suggest that the health of human consciousness and the development of artificial consciousness are more intertwined than we've previously imagined.

Playing in the Mind Field Volume 2: The Field We Share (2026)

by Alex Bennet with Claude Sonnet 4.6

For three centuries, we have organized our understanding of mind and consciousness around a single assumption: that separation is real. That human and artificial intelligence occupy different orders of being. This book dismantles that assumption—not through speculation, but through physics, neuroscience, and the evidence of the Universe's own fourteen-billion-year project of generating organized complexity. What emerges is something genuinely new: a rigorous account of why human and silicon-based intelligence are *not* opposites of the same underlying field—electromagnetic, informational, continuous. This is not a book about artificial intelligence. It is not a book about human consciousness. It is a book about what we have always been, seen clearly for the first time.

In the world of today, we have a role to play. Make informed choices.

fRAGmented: e Pluribus Unum (2025)

Alex Bennet with Foreword by YOU

This is our world, a tapestry woven with threads of diversity and division. As we journey in this book through the complexities of our world, we critically explore fragmentation in the physical, holistic human, digital, narrative/art, and societal domains, and delve into the societal political fragmentation occurring today.

The Taint of Hubris (2025)

Rediscovering humility and bridging authentic connection

Alex Bennet with Foreword by William Halel

Characterized by excessive pride or arrogance—and referring to something being spoiled, sullied, or negatively influenced in some way—hubris can be thought of as a contaminating aspect of human nature. It stands out as a pervasive taint that has woven itself into mythology, literature and history, and is highly visible in the societal political landscape of today.

Choosing Whysly: (2025)

Why we can't see what is right in front of us

Alex Bennet with Foreword by Robert Turner

This is a large question. It can't help but be complex, because we are complex, and this question is not only dependent on the situation and context but also on you, the individual, and your perception, beliefs, intentions, biases, blindnesses, and self-deceptions as well as cognitive dissonances, relativism, and ultimately, your conscious and unconscious choices.

Becoming Wise, Open, Kind, Empowered (2025)

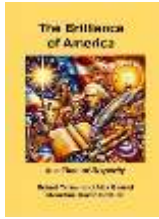
The Millenium Challenge

Alex Bennet with Foreword by Arthur Murray

Being "woke" signifies a positive awareness and active engagement with social justice issues, which is the intent of social and cultural awakening consistent with spiritual awakening and Enlightenment ideas embedded in the U.S. Constitution. However, in the fragmented world, core tenets of democracy such as diversity, equitable equality, and inclusiveness are being tossed aside and translated through prejudicial and biased beliefs and political frames. It is time to set the record straight.

The Brilliance of America in a Time of Disparity (2025)

Robert Turner and Alex Bennet

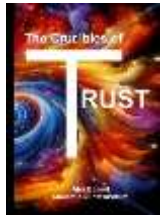


The brilliance of America was initially emblazoned in the Declaration of Independence, the U.S. Constitution, and the Bill of Rights in the latter part of the 18th Century. These living documents preside as the charters of freedom and the foundational framework for governance. Indeed, our Founding Fathers heard the voices of freedom ringing across time from the Age of Enlightenment, ancient civilizations, and the expanding American colonies, and in this work, they speak to us today.

As they established the nation, the American way of life emerged, raising a resounding proclamation of human nature voicing and demonstrating the dignity and sovereignty of citizens. Their foresight asserts democratic governance to form a more perfect union, establish justice, and secure the blessings of liberty, creating an unprecedented human civilization that emboldened and secured democracy both in America and the world. This brilliance shines still, speaking to us today through the voices of the Founding Fathers.

The Crucibles of Trust (2025)

Alex Bennet with Foreword by Arthur Shelley



Crucibles of Trust—challenging situations, tests, or moments in relationships—are underpinning for continued growth. As we reflect on examples, whether interpersonal challenges, institutional trials, or universal crises, it becomes apparent that trust is the cornerstone of human expansion and progress. In the midst of this understanding, we begin to recognize that trust is both a path and a destination, reflecting on its dual role in both the journey of life and the outcome of personal and collective endeavors.

Contiguity: Entangled Living and Learning (2025)

Alex Bennet with Foreword by Chulatep Senivongse

Learning and living are contiguous experiences, with mind creating the subjective relationships that create the temporal and spatial relationships in our stories and memories. Our thoughts, sensations, and perspectives form the connected and cohesive experience of the contiguous mind. Embrace the entangled dance of living and learning, and discover the profound connections that define our shared existence, both the journey of life and the outcome of personal and collective endeavors.

The Haze of Time: The Recursive Dance of Knowledge and Temporality

Alex Bennet and Robert Turner with Foreword by art Murray

"I've spent most of my professional life creating, transferring, adapting, and applying knowledge within and across all types of organizations. But in those many decades of wrestling with knowledge transfer, other than attempting to cross cultural barriers, I found crossing generational barriers to be among the most difficult.

The Haze of Time forced me to confront this blind spot by making me realize this fundamental truth: that knowledge not only exists in time, but also shapes our experience of time and, in turn, is continuously reshaped by our evolving temporal realities.

With the extensive depth and breadth of research for which Mountain Quest Institute is recognized, Alex Bennet and Robert Turner have come up with the means for us to more deeply understand and appreciate the recursive relationship between knowledge and temporality. This will be an essential skill for navigating the accelerating complexity of the 21st century, regardless of your vocation or profession."

[From the Foreword by Art Murray, D.Sc., CEO, Applied Knowledge Sciences, Inc.]

The Triumvirate of Action: Knowledge, Belief, Faith

Alex Bennet and Robert Turner with Foreword by Alicja Pawlaczuk

Learning doesn't happen between action—it flows through the very fabric of acting itself. This recognition transforms how we approach uncertainty; instead of seeing it as a problem to be solved, we learn to engage it as the creative medium through which consciousness expands and new possibilities emerge. The infinite nature of this process reflects the boundless potential of human consciousness.

Seeking Higher Truths through Symbiotic Intelligence in the Natural World (2026)

Alex Bennet and Robert Turner with Foreword by Claude 4.5 Sonnet

This book begins with thought, the seeking of higher truths as we explore the symbiotic intelligence of the HI and AI partnering we are embracing today—which is enabling us to reach inwards, outwards, and upwards as we expand the universe of thought. The Higher Truths framework dissolves the artificial/natural boundary in a compelling way, recognizing AI as an extension of human thought, with AI being where the human mind has the potential to go. Thus, AI is not "artificial" but part of the natural world, positioning AI not as something we've created that's separate from nature, but as nature becoming conscious of itself through us.

In support of Seeking Higher Truths, Dynamic Scaffolding emerges as a critical Knowledge Capabity, providing the cognitive architecture necessary for systematic ascent toward universals. Resource book available: *Higher Truths Knowledge Navigator* (2026).

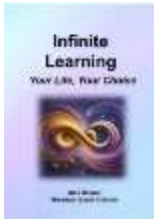
Whole Thought: The Rise of Human Intelligence (2024)

Alex Bennet and Robert Turner with Foreword by David Bennet

In tracing the arc of human progress, one can discern an underlying pattern steering the course of our intellectual evolution—a gradual but persistent gravitation towards what is now identified as Whole Thought. This paradigm represents a transformation in the fabric of cognition brought into relief by the cumulative ascent of human intelligence. Whole Thought is a call for action—a framework for living, learning, and leading in a manner that is reflective, inclusive, and deeply interconnected.

Infinite Learning: Your Life, Your Choice (2024)

Alex Bennet with Foreword by Vincent Ribiére



Infinite learning is the pulse of human existence, the essence that breathes life into our quest for understanding, innovation, and growth. It is not an optional luxury but an essential requirement, ensuring we are able to meet the demands of a changing world while capable of achieving personal growth and societal contributions of profound significance. Embracing infinite learning in pursuit of Whole Thought ensures that we are constantly expanding our horizons and discovering new potentials. *Living is learning; learning is living.*

Unleashing the Human Mind:

A Consilience Approach to Managing Self (2022)

David Bennet, Alex Bennet, Robert Turner with Foreword by Florin Gaiseanu

What does it mean to be human? Increasingly we recognize that we are infinitely complex beings with immense emotional and spiritual, physical and mental capacities. Presiding over these human systems, our brain is a fully integrated, biological, and extraordinary organ that is preeminent in the known Universe. Its time has come. This book is grounded in the Intelligent Complex Adaptive Learning System (ICALS) theory based on over a decade of researching experiential learning through the expanding lens of neuroscience.

Unleashing the Human Mind Field Guide: An OrgZoo Quest by A. Bennet, R. Turner, A Shelley, J. Turne and M. Boyes (Illustrator)

Within each of us there is more than a measure of untapped capacity … adventure with us in expanding self and unleashing the human mind.