

## ▼ Trading Tribe

The Trading Tribe is an association of local Trading Tribes. Local Tribes meet periodically. The members support each other in attaining *right livelihood* by using the *Trading Tribe Process (TTP)*

### ▼ The Fred-ian Model

- CM

the mind comprises *Conscious Mind* (logic and reason) and *Fred* (everything else, including the sub-conscious, the limbic system, the autonomic system). the conscious mind; our seat of awareness; the part of your mind you are using to understand these words as you read them. *CM* also contains our logical process. If you see a rabbit go behind a tree and not come out the other side, then *CM* can figure out that it's likely still behind the tree.

- Fred

the subconscious mind, limbic system, autonomic nervous system. *Fred* runs most of our daily lives, like managing how to speak, listen, balance on a bicycle, react to a hot stove and have gut reactions. *Fred* seeks guidance from *Conscious Mind (CM)* as part of the training process leading to wisdom and ability. When *Fred* tries to pump feelings to *CM* and when *CM* does not listen to *Fred*, *Fred* may arrange *dramas* to get *CM's* attention. *Fred* controls subtle interpersonal communications via emotions, such as facial expressions and body postures. *Fred* uses the emotional channel to enroll others in fulfilling our intentions.

- How Fred Learns

Upon encountering new situations, *Fred* does his best to find a fitting gut response. After the event, *Fred* keeps re-playing the experience for *CM*, seeking logical guidance and re-programming, so that *Fred* can, thereafter, marshal an optimal gut response for the new situation. This process is the natural path to developing *experience* and wisdom.

- The Feelings Pump

*Fred*, in an effort to consummate the learning process, turns up the pressure on the feelings pump. This pressure may manifest as reveries, nightmares, psycho-physiological symptoms and *drama* involving other people – all to flag the attention of the *Conscious Mind*.

- Opening the Faucet

The goal of *TTP* is to open the faucet to allow *Fred* to pump *feelings* directly to *Conscious Mind*. The goal is to keep the pressure low - so that *Fred* does not pump the feelings into the body or to other people to set up attention-getting *drama*.

- Under Fred Network

the network of all *Freds*. *Under Fred* is the communication system we use to enroll each other in *drama* and in *right livelihood*. For example, someone might use subconscious body posture to announce a desire to become a victim in a *drama*, or to realize a grand enterprise. *Under Fred* communicates intentions directly, even without any currently measurable means. See *magic*.

### ▼ TTP

Trading Tribe Process - a process to support connecting *Fred* and *CM*, resulting in *AHA's*. The *Trading Tribe Process* is a method in which members trade turns as *senders* and *receivers*. The *receivers* encourage the *senders* to open their faucets, and to get their *feelings* to flow. *Receiving* is an art; the sender's *feelings* are typically embedded in *k-nots* and the *sender* typically thinks he does not want to *experience* the very *feelings* that can set him free.

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### ▼ sender

the person who is *willing to experience forms* during TTP

- hot seat

position the *sender* assumes at a Tribe Meeting. The *sender* on the *hot seat*, by assuming the position, indicates *willingness to experience* his *forms*, even if one of his *forms* is to claim he is unwilling.

### ▼ experience

the act of accepting a *form*. Experiencing a *form* converts it from an adversary to an ally, places it on your emotional control panel, disappears it and dissolves associating *dramas*.

### ▼ form

the total set of *moves*, *feelings*, *thoughts* and *emotions* that accompany a *situation*

- move

a physical motion of part of the body. A *form* may contain many *moves*. One *move* might be intense squinting of the eyes. Another *move* might be wringing the hands. Another *move* might be rocking back and forth.

- ▼ feeling

a set of physical *sensations* and *emotions*

- **sensation**

a location in the body that has properties such as temperature, texture, size, shape, color, taste, smell, etc. Tightness in a muscle is a *sensation*, as is a salty taste on the tongue, a high-pitched tone in the ear, etc.

*feelings* that associate with a *situation*
- **emotion**

manifestations of still or moving images, words, or sounds; ideas
- **thought**

an arrangement of objects and people that excite a *form*
- **k-not**

a *form* that someone is unwilling to *experience*. When we judge our feelings (and tie them up in *k-nots*, as in "we should k-not feel them") we interrupt the transmission of feelings from *Fred* to *CM* and inhibit the re-programming process. The *judges* are, themselves, *feelings* that tend to self-protect with other *judges*, so some feelings are deeply snarled up in *k-nots*.
- **judgment**

a notion that a *form* or part of a *form* is wrong. *Judgment* prevents experiencing *forms*. A *judgment* may itself exist as a *form* so we can disappear *judgments* by *experiencing* them.
- **drama**

a repeating sequence of *forms* that someone is unwilling to *experience*.
- ▼ **receiver**

the person who listens to and *encourages* the *sender* to *experience forms*.
- **encouragement**

ways a tribe motivates a *sender* to keep sending. *Encouragement* comprises affirmative emotional messages such as "go for it," "good job," "yes," and "crank it up". Intellectual interaction such as "tell me what you are feeling" tend to pull the *sender* out of the *process*.
- **AHA**

an insight, usually accompanying release of tension at the point where *CM* connects with *Fred* during *TTP*
- **zero point**

position of peacefulness and bliss indicating the consummation of a *TTP* session
- **polarity process or "half-a-yoga"**

application of *TTP* to simultaneously *experience two forms*. Each of the *forms* is *half-a-yoga* until it combines, and disappears into the other half.
- ▼ **The Responsibility Model**

realization that *intention equals result*. People who embrace the *Responsibility Model* notice their intentions quickly manifest as results.
- ▼ **The Intention and Result Model**

explains real-life situations. In this model, *intentions equal results*. You can measure your intentions by your results. In *right livelihood*, results follow intentions very quickly.
- **magic**

beyond conscious comprehension. Someone who intends a result may find people appearing to support him, although he does not understand their magical appearance.
- ▼ **now**

the evolving moment in which events occur. The past and the future do not exist, except as concepts in the *now*.
- **time**

an illusion that intention and results are separate. In *TTP*, there is no past or future. There is only a continually evolving moment of *now*.
- **The Cause and Effect Model**

an explanation for very simple mechanical things, like what happens when one pool ball hits another. We say the cue ball causes the ten ball to move. The Cause and Effect model does not explain real life situations, like how come the pool balls, table and player all appear at the same place and in the same moment of *now*
- **SVO-p**

grammar: S-subject, V-erb, O-bject, present tense. *SVO-p* promotes clear thinking, keeps people in the *now*, and reminds them of the *Responsibility Model*.
- ▼ **willingness**

an act of will and one of the fundamental *choices*. We can choose to be willing to experience our *forms*, in this moment of *now*. This *choice* leads to *AHA's* and *right livelihood*. If we are *unwilling*, we remain stuck in *k-nots* and *experience drama*.
- **choice**

the act of creating an alternative and selecting it. We can choose to be *willing* to *experience* our *forms*. We can *choose* to avoid our *forms*. *Choosing willingness* leads to *AHA's* and *right livelihood*
- **decision**

killing off alternatives until only one is left
- **uncle point**

the psychological point at which confidence dissipates. It may or not the same point as the theoretical maximum drawdown. It might not be the same point at which the participants consciously agree to abandon the enterprise.

▼ **Right Livelihood**

- **system**
- **DIM**

1) When *Fred* and *CM* communicate, *Fred* reduces the pressure on the *feelings pump* and *drama* melts away. Absent dramatic distraction, people align *CM* and *Fred* toward sharing their special gifts with focus and vigor. 2) living the *Responsibility Model*, and being *willing to experience forms*.

a way of doing things. *Fred* designs many of our systems around *dramas* - the *forms* we are unwilling to *experience* – as a way for him to get *CM* to notice them. *Willingness to experience our forms* (TTP) sets us free to design our *systems* in harmony with *right livelihood*.

Do It Myself - an attempt to execute *TTP* without benefit of a *Tribe*. A *Tribe* helps to keep the *sender* on task with experiencing feelings he traditionally *judges* and avoids. The *DIM* process typically falls off track.