

COMMUNITY OF PACK LIFE



BOOK OF GUIDANCES 2025
ACCESSIBILITY EDITION

The background is a stylized illustration of a mountain landscape. In the foreground, there are green, rolling hills with patches of pink and purple foliage. A blue river or lake flows through the valley. In the background, there are large, jagged mountains with white and pinkish-purple peaks. The sky is a soft pink color. A green rounded rectangle is centered in the middle of the image, containing the text.

OUR MISSION

Make the strength of
community and the healing
power of natural medicine
accessible to all.

The Book of Guidances is the living testament of the Community of PACK Life—a collection of our structure, lessons, and moral imperatives. It reflects the foundations upon which we have built and continue to cultivate our Community.

This book is not static. It evolves, just as we do, updated each year to honor the growth, change, and understanding that emerge from a thriving, vivid Community.

This is the **FIRST** edition and was completed **02/2025** by **Teopixqui Dez**

ACCESSIBILITY EDITION

This Accessible Edition of the Book of Guidances 2025 is designed for clarity. It is written in Open Dyslexic font to improve readability and removes all subtext, ensuring direct and easy-to-understand messages.

We recognize that not everyone processes information the same way. Some people benefit from literal language and clear structure without complex metaphors or implied meanings. This edition presents our beliefs in a way that is straightforward and inclusive, so every member of our Community can engage without barriers.

The Community of PACK Life believes that understanding should never be limited by how a message is presented. This edition exists to ensure that everyone, regardless of how they process information, can fully grasp what we stand for.



Preface

- This book was shaped by the Community, not written by one person.
- It reflects shared experiences, struggles, and growth.
- It will be updated each year to match the evolving Community.
- Written: First edition, Teopixqui Dez, January 2025, Colorado Springs, CO.

Our Nature

- Humans survived by working together.
- Community makes us stronger than being alone.
- Greed and fear have tried to divide people.
- We must protect what is sacred and take action.
- Peace is something we create and defend.
- We act when the Universe provides moments of Kairos (opportunity).
- Everyone has a role; no one fights alone.
- Together, we are stronger.



Core Beliefs

1. Revere the Self

- Healing starts within.
- A strong Self helps build a strong Community.
- Take care of your body, mind, and soul.
- Self-care is not selfish; it helps everyone.

2. Embrace the Communal Experience

- Community makes burdens lighter and joys greater.
- Strength comes from connection, not isolation.
- Being part of the Community means showing up for others.

3. The Universe Provides

- The Universe gives guidance, but we must listen.
- Answers come in many forms: nature, science, intuition, or faith.
- Moments of kairos show us when to act.
- We don't need all the answers—just the courage to move forward.



Core Beliefs

The Cycle of Truths

- A strong Self helps the Community.
- A thriving Community sees and acts on what the Universe Provides.
- The Universe Provides moments that help the Self and the Community grow.



PACK Life: The Path to Living

PACK stands for:

- **Protection**: Keeping each other safe.
- **Acceptance**: Knowing what can be changed and what must be fought.
- **Communication**: Listening and speaking with honesty.
- **Kairos**: Recognizing when action is needed.



PACK Life: The Path to Living

Protection

- We protect each other from harm.
- Strength comes from love and care.
- We remove what poisons the Community.

Acceptance

- We accept what is real and take action against injustice.
- We don't waste time on distractions.
- Define what is unacceptable and change it.

Communication

- Talking and listening build connections.
- Honest words and clear actions prevent harm.
- Hard conversations help us grow.



PACK Life: The Path to Living

Kairos

- Kairos means the right moment for action.
- The Universe gives us opportunities; we must take them.
- The future is shaped by the choices we make today.

Life

- Life is not just surviving—it's thriving.
- Pain is part of growth.
- Revelry means celebrating existence and connection.
- Life is unpredictable, but every choice matters.



Moral Imperatives

- We are responsible for the world we create.
- Silence in the face of harm is complicity.
- We nurture what is good and fight what is harmful.

Defending Autonomy

- Everyone has the right to their body and identity.
- Recognize identification born from malice.
- No one should be controlled by laws or systems that deny autonomy.
- Gender identity, bodily choice, and personal freedom must be respected.
- The Community defends these rights as sacred.
- We stand against harm based on self-identification, including age, sex, gender identity, sexual preference, race, ethnicity, physical and mental capabilities, or spiritual practice.



Moral Imperatives

Self-Identification as an Act of Faith

- Choosing a name or identity is sacred.
- Respect for identity is not optional.
- Identity must be lived with honesty, not stolen from others.

Fight Malice Where It Stands

- Strength is knowing when to act.
- Peace must be built and defended.
- Education, communication, and collective action come first.
- Violence is a tool, not a default first response.



Moral Imperatives

Treatment of Animals

- All creatures have a place in the Universe.
- Harm without reason is unacceptable.
- Some may not eat animals; others may. We each play a role in the cycle.
- We speak against cruelty and take action when needed.



Sacred Days

The Day of Reverence (Tuesdays)

- A day for reflection, connection, and growth.

Founding Day (February 1st)

- The day the Community of PACK Life began.
- A celebration of what has been built.

Day of First Kairos (April 4th)

- A day to honor relationships and connections.
- Remember the moments that brought us together.

Day of Last Kairos (November 17th)

- A day of remembrance and gratitude.
- Honoring struggles, victories, and those we have lost.



Communal Gatherings

- Community gatherings strengthen our bonds.
- Every gathering is unique.
- Some focus on spirituality, some on support, some on celebration.
- Empowerment spaces allow open conversations and healing.
- Gatherings remind us: we are never alone.



Closing Revelry

- The Community exists because we build it together.
- We commit to growing as individuals and as a collective.
- We reject division and fear.
- The world will change—with or without us.
- With us, it will change for the better.
- The Universe Provides, and together, we Revel Within.

