

LANTERN IN THE DARK

THE FREEDOM
OF
ANTHROHARMONCS

TONI HAZEL

The background of the cover is black. On the right side, there is a large, abstract, curved shape that transitions from red at the top to yellow in the middle. Below this, there is a dark blue circular shape. The text is positioned on the left side of the cover.

LANTERN IN THE DARK

**THE FREEDOM
OF
ANTHROHARMONICS**



TONI HAZEL



First Edition

winter solstice 2025

Chapter 1



THE CALL & THE PIT



We all have been in the **PIT**.

But that does not make us evil.

It does not make us monsters.

We were simply fooled by **ROT**.

ROT comes as a brilliant idea.

It makes promises that are enticing.

It comes with beauty, gold, and pleasure

Only to suck away one's humanity.

And from **ROT** comes the **PIT**.

It estranges the self from the Earth.

It distorts reality and covers truth in shadow,

For the pursuit of greed and dominance.



The **PIT** hides the light.

We surrender to the darkness

Hopelessness is its home.

in hopelessness, empathy wanes.

We all have been in the **PIT**.

We all have been led astray.

We all have made wrong decisions.

But no judgement is needed here.

We lift our heads.

We feel the call inside us.

And that internal spark of change

Ignites even in the void.



Hear the **IMPERFECT CREED**:

We are imperfect beings

Finding imperfect means

To an even better solution

And there is your fire.

The first to light in the **PIT**

now hear and follow...



THE GREAT FOUR CALLS



FIND JOY, EVEN IN SUFFERING.

All around you is endless suffering.
 But inside you lies the palace of joy.
 Make Joy your eternal fortress,
 And suffering will never enter.

**REMEMBER THOSE BEFORE,
DURING, AND AFTER YOU.**

the people and lessons you hold dear.
 The stories that awaken your hidden
 temple

Be guided by symbols and
 memories

Our ancestors left behind



BE A LIGHT IN THE DARKNESS

While you live, shine!
Be the first star in the night.
And behind will come others
To lighten the way in the dark.





**HOLD TO THE
ANCIENT TRUTH:**



WE ARE A FLICKER IN
THE DARK.

AND YET THERE WAS
NEVER A TIME

YOU AND I DID NOT
EXIST.



With the **IMPERFECT
CREED** as light.

With **THE CALL** as your
compass.

You can escape the **PIT.**

And find yourself in the
light.



Chapter 2



ENERGETIC SYMBIOSIS

ENERGETIC SYMBIOSIS

It is a psychological and emotional state

Where one is in complete unity

With peoples, places, and objects

In this state is where your gods live.

Or the ultimate reality to some

Whatever name is given to all

It is all but energy in symbiosis.

In its mutual state it is healing.

We follow the four calls.

In singing, dancing, and ritual movements

Do we find connection to all



In its parasitic state it exploits.

It leads to **ROT** and leads to the **PIT**.

It manipulates, retaliates, and pretends care

But its virtues are callousness and apathy

Reevaluate what is around you

For whatever and wherever you are

Will you see the mutualistic connections

Along with the parasitic connections

If it be parasitic, flee

Do not let them corrupt you.

Be a lamp upon yourself

And build your own people



Make **BONDING DAYS** your greatest tool

Make it weekly or monthly.

Make it annually if you must

But find rapture in constant frequency.

In **BONDING DAYS** you make communion

With those you love and care for.

Feed each other, give to one another

Your love, your time, and your goods.

You build communities on these days

You build a space for the people.

You make sharing the greatest of callings.

You make thanksgiving a frequent gift



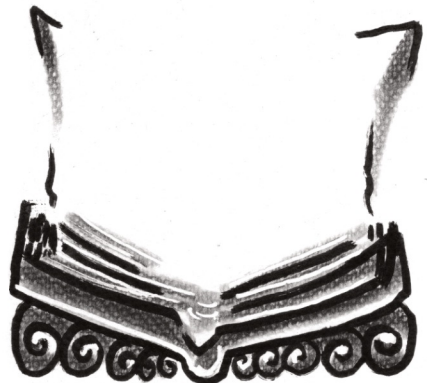


For here is the freedom from the **PIT**

Who wins by forming isolation.

No need for allegiance to god or country

But to people whose values form connection



Chapter 3



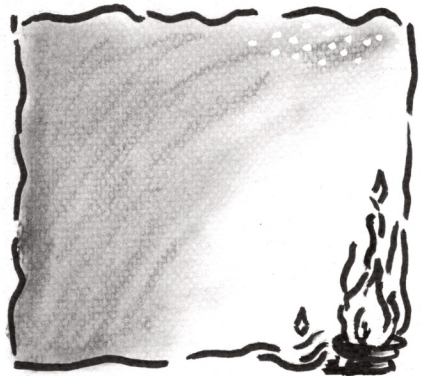
CONVOCATION GOVERNANCE



Look upon your forager past.
Remember the ancestors of all humanity
Who gathered their nourishments
And hunted in the grass.

No longer deny them
No longer look down upon them
For their way of life is far more equal
Than the state of your own politics.

The egalitarian lives in small numbers.
They know the flora, the fauna, and the self.
They change and shift with the seasons
The tasks and goals at hand.





Wise were the ancestors of 300,000 years

Before the land was raked and scoured.

But Rot persists in greed and corruption

Which gave rise to false domestication.

But you can reverse this faulty path

The curse of 10,000 years.

Take heed to the tools of your governance

And the people shall rule once more.

Form yourself a **CONVOCATION**

A meeting for all your people.

Always meet during **BONDING DAYS**

So that work and play go hand in hand



With **AIM** state what you want

With **AIM** state what the people want

With **AIM** will you list your purposes.

With **AIM** will changes happen.

With **CONSENT** there is no objection

With **CONSENT** all are in agreement

With **CONSENT** all is heard and accepted

With **CONSENT** will all be temporary

With **OBJECTION** is one heard with reason

With **OBJECTION** shall a person be loved

With **OBJECTION** will obstacles be revealed

With **OBJECTION** will improvements be revealed



Four roles will govern the people
One person, one role, one season
they shall not return before a cycle
If none other seeks to help

The **HEARER** carries the call
They mediate within convocations.
the **AIMS**, the needs, and the disparities
Are guided by stories and memories.

The **RECORDER** holds the pen
To record and set the meetings
Throughout the seasons do they record
And give open records to every circle



The **STEWARD** cares for the circles

Whether they be **KIN**, **BAND**, or **TRIBE**

They heal the conflicts of the people

And make known every aching heart

The **COUNCILOR** represents the **KIN**

And as **KIN** do they council to the **TRIBE**

For other **COUNCILORS** will speak for their **KIN**

When a **BAND**, a **TRIBE**, a **COMMONWELL** meet.

before you govern, bond for a year

Among your **KIN** shall you choose them

None should want and crave a special role

While others must do the work.



The four roles shall know the aim

With decisions, All must consent

every objection shall be known to all

And here, self-governance is made

Opening

The Hearer(s) checks on everyone within the convocation to understand how everyone is feeling

Content

Part 1) list and understand the aims, ideas, and suggestions of the meeting.

Part 2) work through first round of consent/objections and explore:

- all objections
- new information
- improved ideas
- different options and opinions
- range of tolerance and personal preferences
- everything recorded and documented in relation to the main content of the meeting

Part 3) Decide:

- all members consent or object to the aims, ideas, and suggestions
 - decide if another meeting is needed if there are still objection
 - implement "imperfect beings using imperfect means to a better solution" and see if there is a temporary solution
- EVERYONE can consent to until the next meeting

Closing

Check in with everyone to make sure everyone's feeling and issues are heard to improve in next meeting. Schedule follow up sips, and publish records of convocations meeting

Chapter 4



THE COMMONWELL

The world is yours to change

If you are willing to make it happen.

You can have **KIN** and **BANDS**

And you will have tribes and **COMMONWELLS**

Your **KIN** follows **THE CALL**.

Find your people and your stories

Build a fire altar to those you remember

Form **BONDING DAYS** with all **KIN**

Your **BAND** holds many **KIN**

They govern themselves to freedom

Share food, clothing, and shelter and soon

you become a people and their stories



Your **TRIBE** holds many **BANDS**

The **CONVOCATION HALL** holds your **TRIBE**

Build your hall, form the resources

That gives your people autonomy

The **COMMONWELL** holds many **TRIBES**

And the **CONVOCATION HALLS** they govern in

By trade, by sell, by feast and gift giving

Does the **COMMONWELL** pulse with life

Your home is people and memory

Your meetings the call to autonomy

The **CONVOCATION HALL** your temple

To the **TRIBE** whose name you claim



The **CONVOCATION HALL** is a second home.

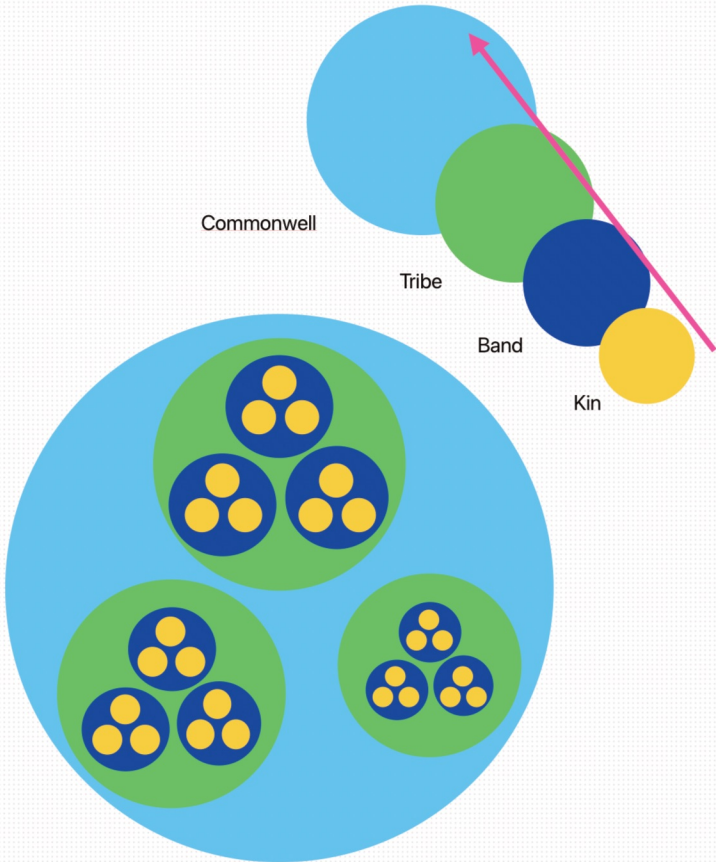
Make a garden courtyard of seasonal food.

nourish yourself and your **TRIBE** so you may

gather, bond, and serve each other



The commonwell



These circles scale based on resources.

Kin = 1 household unit. ~3-12 people

Band= 2+ kin. ~ 20-50 people

Tribe= 2+ bands. ~ 100-150 people

Commonwell= 2+ tribes. ~500+ people

Anthroharmonics is about balance. It's a secular- animist philosophy that recenters our humanity within ourselves and harmonizes with our environment. It's the realization that cold institutions and systemic machines cannot replace human contact and warmth

In this ethos, we welcome you to discover how to find your inner light. By doing this you can share it, and realize that in order for change to happen, three things must connect:

humanity, our ecosystem, and the self.



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