

NOVEMBER 2019 _ NOVEMBER 2024

Q REPORT

The more hostility there is in the world,
the more necessary it is to remember, imagine,
and manifest the world we truly desire.

He/She who doesn't dare to dream...
has probably not woken up.

Thank you Q centre for experimentation (2004-2024)
for making some utopias tangible and opening doors to human destiny.
6 years of gestation and 14 of manifestation grant the power to say *yes, it is possible.*

PRELIMINARIES FOR THE PARADIGM TRANSITION

How can we provide ourselves with meaning to understand why and for what so many millennia of conflicts, wars, corruption and injustice?

From archaeology and anthropology we are told that "*we are not yet human*", from spirituality and exopolitics that "*we are beings of light living a human experience*", from technocracy and neo-capitalist corporatism we are encouraged to "transhumanism".

These and other narratives mirror each other, giving rise to a cacophony of meanings, generating cognitive dissonance, confusion, and a complete lack of vision and, therefore, understanding to act with intelligence, knowledge, and wisdom.

We are in times of transition, crossing a threshold of evolution and consciousness. And truly, it is urgent to remember and put into practice the maxim of the Delphic Oracle: "*Know yourself and you will know the world*", for without self-knowledge there is not emancipation, either from oneself nor from society.

Becoming fully human, realizing humanity in each of us, implies becoming beings fully self-aware of our existential and essential condition. Until we don't reach this fullness, we are people with a consciousness conditioned by selfishness, fear, self-deception, envy, pride, arrogance, inferiority complex, lack of self-esteem, existential arrogance and ignorance, greed, anger, lack of discernment, etc. With all our defects, virtues, and contradictions, millions of people on Earth are in the process of realizing ourselves as human beings, opening the path to humanity in our hearts. To change paradigms it is essential to become human.

"The way up and down is one and the same." Heraclitus

FROM THE OLD CAPITALIST MODEL TO THE NEW HUMANIST MODEL

Life demands us a change of direction, that is, a paradigm shift in the way we see, understand, and do things.

Crossing the threshold from the old capitalist model to the new humanist model is an act of faith, lucidity, common sense, creativity and consciousness.

Change occurs in three key axes of society and culture: In Economics, the management of resources and needs; In Ethics, the values of individual, social, and planetary life, and in Spirituality, the recognition of the essence.

3 AXES, 3 VALUES AND 3 KEY PRINCIPLES:

ECONOMY > RESPONSIBILITY:

Do not speculate with money or any basic needs.

ETHICS > RESPECT:

Harmonizing with Nature,
the foundation of human culture.

SPIRITUALITY > HUMILITY:

World peace as a distinctive feature of the achievement of a humane society.



SOME FEATURES OF THE NEW ECONOMY A CONSCIOUS ECONOMY BASED ON THE RESPONSIBILITY OF EACH HUMAN BEING

By becoming fully conscious humans we act without selfishness, greed, avarice, etc. and we are capable of developing an economic model governed by FRATERNITY, therefore 100% equitable, supportive and fair.

1. WE NO LONGER SPECULATE WITH MONEY, NOR WITH ANY BASIC NEED.

- # End of fiat currency and cancellation of all national and international debts resulting from financial speculation.
- # Transformation of the stock market and the old financial system: money ceases to be an end and becomes a free social resource, co-created locally according to real, concrete needs, in order to facilitate the exchange of goods, work, care, and knowledge.
- # End of speculation in: food, housing, clothing, education, health, nature, energy, transportation, communications, etc.
- # By becoming fully conscious, we are able to give and receive unconditionally, which is why relationships and work change, to the point where money gradually disappears as unnecessary.

2. WE OPTIMIZE THE WORKDAY, WE WORK LESS AND MORE EFFICIENTLY.

- # We no longer work to survive, but rather out of free will and a collective conscience to offer a service according to the vocation, gifts, talents, and needs of each place.
- # We regulate working hours according to the rhythms of sunlight, seasons, weather, and the cycles specific to each activity.
- # Half the day is work time, the other half is personal, family, and social time. Greater division of work into shifts.
- # By being fully responsible, the notion of "free time" and vacation time disappears; everyone coordinates their own periods of break, rest, or retreat as needed, without limits.

3. WE ESTABLISH DIFFERENT LAWS AND BUREAUCRACIES BY SCALE: MACRO- MEDIA- AND MICRO- ECONOMY.

- # Tax simplification and reduction for the medium- and micro-economy.
- # We debureaucratize and facilitate the rise and prosperity of the micro-economy.
- # We establish the "natural right to give or donate" without tax costs, when it is non-refundable and for the benefit of humanity and the Earth.

4. WE DECREASE IN EVERYTHING THAT DEGRADES AND CONTAMINATES THE BIOSPHERE AND GROW IN ENVIRONMENTAL- HEALTH QUALITY AND QUALITY OF LIFE.

Due to full awareness we develop authentic holistic knowledge that revolutionizes scientific research and technological innovation, creating 100% efficient and non-polluting tools in: electricity, transportation, telecommunications, etc.

- # We change habits in production, sales, and consumption, to the point of proclaiming the end of the production and consumption of substances toxic to the earth, water, air, and atmosphere, and the end of industrial waste, promoting healthy environments.
- # End of the chemical, pharmaceutical, arms, oil and nuclear industries.
- # The end of the telecommunications industry. Wi-Fi, 3G, 4G, 5G, 6G, 7G, etc. are consigned to history as harmful and obsolete.
- # End the energy oligopoly and expansion of local communities with infinite and harmless free energy.
- # Dismantling and recycling of all old infrastructure (wind and photovoltaic farms, medium-, high-, and very-high-voltage lines, nuclear power plants, etc.) and restoring natural landscapes in rural areas.

5. WE CARRY OUT A HOLISTIC MANAGEMENT OF NATURAL RESOURCES.

We respect and therefore adapt to the natural rhythms and vital processes of each resource, without artificially exploiting or exhausting it, achieving responsible and therefore sustainable production and consumption.

This implies:

- # End of land, water and air pollution.
- # End of privatization and speculation of land and water.
- # End of industrial production in agriculture and livestock.
- # End of genetic manipulation.
- # End of patents on seeds, plants, animals, and human genomes.
- # We guarantee food quality and sovereignty in each territory.
- # End of centralized electricity generation, we move to self-management of unlimited free energy through local energy communities.
- # End of geoengineering or climate manipulation.
- # End the loss of biodiversity, ecosystems and natural landscapes. Etc.

SOME FEATURES OF THE NEW ETHICS BASED ON RESPECT FOR NATURE FOUNDATION OF LIFE

By becoming fully conscious humans, we recognize the vital meaning and intelligence of nature, we respect all living beings, races and cultures, and we are able to live in harmony on Earth, the home of all.

1. WE HARMONIZE WITH NATURE, THE BASIS OF OUR CULTURE.

Nature is the first and most basic link, from which we develop a harmonious, vitally balanced culture. Therefore:

- # We preserve nature and the natural rural environment as the greatest asset of general interest, preventing its contamination and degradation.
- # We care for temples and natural reserves of local, continental and intercontinental biodiversity, strengthening biological corridors.
- # We live naturally and according to natural rhythms, leaving behind our dependence on clocks, mechanical time, etc.
- # End of the attempt at transhumanization, artificial transgenics, and systematic microchipping in animals and humans.

2. PROFOUND CHANGE IN DOMESTIC HABITS AND CUSTOMS

Every change begins at home, within oneself and with those closest to us, then it moves to the streets, to work and to social structures, until it becomes culture.

- # We integrate environmental sensitivity and awareness into the way we do things, buy, and consume.
- # We no longer generate industrial waste or use toxic polluting products, a radical change in cleanliness, hygiene and nutrition.
- # We eat consciously, naturally, and healthily. No more artificial industrial foods.
- # We hardly need any household appliances anymore, the end of home automation, that is, of electrical and electronic dependence.
- # We live in healthy spaces, without atmospheric pollution, electromagnetic pollution, radon, Wi-Fi, etc.

3. WORK IS OUR SERVICE TO THE WORLD, WE GIVE OUR BEST.

By becoming fully self-aware, competitiveness, lust for power, corruption, etc. disappear.

- # We are responsible, cooperative and supportive, which is why we are also very effective.
- # We prioritize quality over quantity, at any level.
- # Work that requires our hands and our bodies is highly recognized and valued, as it carries the vibrational quality of our energy.
- # We love working in the fields and in nature.
- # Each one receives their allocation based on what they need: food, services, care, etc.
- # Each one decides their length of service; there is no retirement.

4. A ROTUNDOUS CHANGE IN THE WAY OF DOING POLITICS AND GOVERNING

- # Politics becomes an expression of virtue, honesty and nobility of heart, it is governed with full awareness, there are no privileges as in any other service.
- # Political parties disappear, and parliament is established as a neutral governing body with representatives from popular assemblies.
- # We generate a simple, coherent and practical ministerial structure, grouping various areas in each ministry, thus structuring all social spheres.
- # Government programs are co-created in parliament and approved unanimously, with a duration of 4 to 20 years.
- # The figure of the Prime Minister disappears; there is conscious co-leadership by the ministers or coordinators of each ministry.

5. EDUCATION IS THE MEANS AND THE PROCESS THAT ALLOWS US TO BECOME FULL HUMANS.

- # The educational space is intergenerational and interdisciplinary, co-creative and holistic.
- # We don't divide subjects into hours or give exams; learning is based on concrete projects and processes, combining theory and practice.
- # Pedagogy allows us to develop all our potential on a physical, sensory, emotional, mental, and spiritual level.
- # Thanks to education, we become self-aware of human nature, condition, and essence, and therefore we live fully individually, collectively and planetary.

6. JUSTICE IS THE FRUIT OF A CONSCIOUS WORLD, THEREFORE RESPONSIBLE AND FREE.

- # All the negativity, violence, and evil resulting from the recessive conditioning that has governed the Earth for millennia is progressively transcended in the process of becoming fully self-aware human beings. Therefore, prisons, police forces, the army, courts, etc. end up disappearing as unnecessary.
- # We are governed by Natural Law, Customary Law and Restorative Justice.
- # We have few laws, and they are not flat or rigid, but rather organic, capable of addressing the need to set or remind us of limits when necessary, without restricting the freedom of others.
- # For the Right to Truth, we live in a world without demagoguery or deception, at any level.

**SOME FEATURES OF THE NEW SPIRITUALITY
BASED ON HUMILITY
BEFORE THE RECOGNITION OF ESSENCE**

By cultivating self-inquiry and discernment, embracing and understanding all our lights and shadows, we travel our inner journey, understanding our life purpose and the meaning of this existence.

1. OUR COGNITIVE MODEL IS HOLISTIC, THEREFORE IT IS NOT LIMITED TO SCIENCE OR RELIGION, BUT INTEGRATES ALL FORMS OF PERCEPTION, KNOWLEDGE AND WISDOM.

By deepening our internal self-knowledge, we understand that no one has or possesses "The" Truth (in itself), so it no longer makes sense for one form of knowledge to prevail over another. There is no longer any supremacy of one form of knowledge: the end of the cognitive dictatorship of religion, science, technoscience, etc.

We recognize all forms of knowledge and what each form contributes as relative truth in the integral, holistic understanding of Reality and Existence.

We leave pyramidal structures behind because they are too limiting, and we flow dynamically and harmoniously in circular structures, whose center is empty, a "fertile void."

Thanks to our internal process of self-inquiry and self-knowledge, our internal and external perception evolves, becoming increasingly instinctive, sensitive, intuitive, empathetic, telepathic, etc. As a result, the vast majority of mechanical, electronic, and digital technologies gradually become unnecessary and are viewed as "Paleolithic gadgets."

2. WE EXPERIENCE HEALTH AS AN EXPRESSION OF OUR CONNECTION EARTH AND SKY, MATTER AND SPIRIT.

We enjoy a holistic medicine that recognizes and integrates all the ancestral, traditional, and contemporary knowledge of the Earth, and addresses all causes of illness, imbalance, or disharmony, from the most gross to the most subtle and intangible.

This holistic vision and practice of medicine accelerates our process of becoming fully self-aware humans and, among other things, reveals our natural capacity for self-healing and energetic harmonization with the source or essence.

We are living healthier lives and getting sick less, and most illnesses are gradually disappearing.

End dependence on pharmacopoeia and, therefore, on the chemical, nuclear, and pharmaceutical industries. Medicines are holistic; they do not harm any organ or physical, psychological, or subtle plane of the body.

3. SPIRITUAL TRADITIONS RECOVER THEIR ESSENTIAL MEANING, THEREFORE THEY ABANDON DOGMA AND RESTORE DHARMA.

Every spiritual tradition and religion, after a period of self-criticism and purification, reconnects with its vital meaning, allowing us to recognize and value its role in human society.

Religions are no longer at war but united without supremacy or hierarchy, like the different colors of light.

All of them form a planetary network with complete autonomy and independence from politics, the economy, the military, etc., establishing bridges of consciousness between Earth and Heaven.

We recover the ancestral wisdom of all traditions, and this helps us recognize our essential nature and condition as fully self-aware human beings, that is, human beings who have realized within themselves goodness, peace, love, wisdom, beauty, compassion, and, through all of this, enlightenment.

We become beings of light, and whoever wishes to do so returns to the source, bringing the awareness of everything experienced in the process of humanity's realization.

4. THERE ARE NO MORE WARS OF ANY KIND, WE HAVE ACHIEVED HUMANITY AND THEREFORE WORLD PEACE.

By becoming fully self-aware human beings, we have dissolved and transcended all limiting negative programming, memories, and recessive tendencies.

We recognize all races, cultures and religions as brotherhood.

End of all wars: holy, economic, ethnic, geo- and exo-political, technological, cognitive, etc.

Planet Earth, Gaya, becomes a portal of peace and love at the galactic level.

OTHER SYNTHESSES AND CO-CREATIONS: PARADIGMS

Between late November 2019 and early 2020, I began a process of asking a wide variety of people about how they see the world and how they wish it were. Thanks to the responses of Nitram, Olga Estrada, Javier Oquendo, Sara Arnaiz, Ana Morillo, Ignacio Terés, Pili Sanmartín, Lea Vogel, Tim Hewitt, Kim Duran, María Jesús San Llorente, Sergio Trayero, Agustín and Rodrigo Estévez, Javier Mateo, Raquel Marodán, Lola Paniagua, Sonia J. Cook, Juan Manuel Viver, and others, the text presented here was subsequently synthesized.

The process of interviews and gathering opinions was halted when **Joining Visions** was launched in the summer of 2020, a project that would eventually weave together the voices of 74 human beings.

PARADIGMS

POSTCAPITALISM Human Society

PRIORITISE :

Consciousness over money.

Quality over quantity.

Spiritual progress over material progress.

Preservation of Nature.

Holistic knowledge.

Love, solidarity and peace.

Freedom as the fruit of wisdom.

Which world do you choose?

What do you feed, what do you give life to?

NEOCAPITALISM Transhuman Society

PRIORITISE :

Money over conscience.

Quantity over quality.

Material progress over spiritual progress.

The degradation of Nature.

Techno-scientific knowledge.

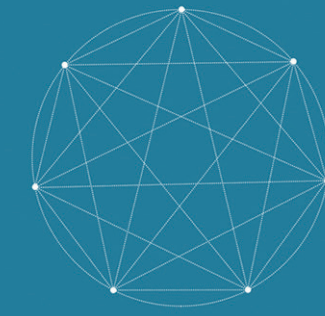
Fear, selfishness and war.

Technocratic slavery and control.

OTHER SYNTHESSES AND CO-CREATIONS: JOINING VISIONS 2020-2021

Between the summer of 2020 and the summer of 2021, we carried out a co-creation process involving a total of 74 people. We allowed ourselves to imagine the world we want and desire. From this initiative and momentum, an ebook was created, and a physical compilation of the co-created vision was published. Here is their manifesto, a summary of the essentials.

Information about the process and the ebook download:
www.qcentro.org/eng/Ethics/JoiningVisions.html



JOINING VISIONS
co-creation 2020-2021

Manifesto

for a dignified life, fully human

7 models form the axes of a holistic society

Cognitive Model: holistic, based on the circular integration and interdependence of the various forms of sensibility, intelligence, and knowledge. Its aim is the spiritual awakening and full realization of the human being for the sake of a Culture of Peace.

Educational Model: based on a holistic understanding and practice, it cultivates each individual's sensitivity and potential for the sake of becoming fully conscious, responsible, self-sufficient and supportive.

Territorial Model: facilitates food, health, energy, economic, political and cultural sovereignty of each territory, vetoing speculation with resources and preserving the environmental quality and natural values of planet Earth.

Economic Model: equitable, cooperative and supportive at the service of the community. It promotes territorial sovereignty, the conscious use of resources, the dignified development of people and the care of the Biosphere.

Healthcare Model: independent and holistic. It understands and treats illness at the physical, psycho-emotional, spiritual, social and environmental levels. It recognizes medical wisdom and medicines from all tradition of the world.

Legal Model: independent and neutral administration of justice, equitable and restorative. It recognizes Natural and Customary Law, and guarantees the rights to a dignified life and the rights of Nature.

Political Model: based on Active Social Participation, equitable, without privileges, and on medium and long term planning and programs developed from the bottom up.