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).

**H. The Fred-ian Model**

The mind comprises Conscious Mind (logic and reason) and Fred (everything else, including the sub-conscious, the limbic system, the autonomic system).

- **CM**
  
  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.

**I. 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.

**J. 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.

**K. 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.

**L. 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.

**M. 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.

• emotion feelings that associate with a situation

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

• situation 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 ball hits another. We say the cue ball causes the ten ball to move.

• SVO-p grammar: S-ubject, V-erb, O-ject, 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

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.

- DIM

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.