

THE UNLIMITED POWER OF SYNARCHY

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By

L U I S G A L L A R D O

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“Synarchy means we all lead together! It doesn’t mean that we’re all the same. Not at all. It means that our uniqueness has a place within the orchestra, and instead of just playing a nice tune and being oblivious to all those around us, we begin to play in harmony with everyone.” – Richard Rudd, 64 Ways

It is in the human DNA to work and live in unison, love, and harmony, allowing themselves to trust and surrender to the creative, evolutionary process of life. The current organizing principles of life are based on hierarchy, and that's a fact. As Richard Rudd explains, human evolution as a species is the passage from Hierarchy to Synarchy.

So, what is Synarchy? Historically, it means to 'rule jointly' or 'joint rule,' an almost foreign idea nowadays. An award-winning poet, mystic, and teacher, Richard Rudd, uses it in the 'Gene Keys,' his book of teachings and wisdom about dissolving illusory barriers between individuals, cultures, and ideologies. He describes it as the principle of Synarchy, the self-organizing evolutionary impulse that forges us into collective consciousness by encouraging individual genius. Synarchy represents our society of the future, based on the frequency of love, truth, and wisdom working in harmony.

The Dilemma of Hierarchy

Hierarchy is a system in which all members of society or an organization are ranked according to their relative status or authority. On the opposite side, there is Synarchy. This is a system where there is joint governance, collective leadership, and harmonious rule. In this system, there is no ranking. Ultimately, the difference between these two systems is awareness.

Hierarchy produces competition and control; based on a fear of anarchy (a state of disorder due to the absence of authority). In reality, hierarchy is about relationships and group dynamics. Distorted versions of the hierarchy are typically first experienced in family, where individuals either accept the rules and are, therefore, submissive, repressed, or overwhelmed; or they find a way to manipulate the rules and express their emotions of anger and fear by being reactive and controlling. Either way, the result is usually the same - the amount of

existing fear in the family nucleus generates resentment that eventually leads to the breaking up of families (or failure of organizations, as another example).

But, if we can - and when we - embrace the shadows of our distorted perceptions that create fear, with time, we can mend the broken family connections and begin to self-organize. Such mended group dynamics are based on our higher life purpose rather than fear, manipulation, and control. In this case, the organization is based on service and creativity, where the individual elements of the system are given their freedom. This way, individual uniqueness becomes service to the whole.

So, what is the solution to the hierarchy dilemma? An evolutionary passage of transformation from hierarchy to synarchy is solely based on awareness, where the only difference between the two is perception. Though hierarchy exists everywhere in the Universe, it can only take away our freedom if we think freedom is external. True freedom is inner freedom, and hierarchy cannot touch it.

The 44th Gene Key

In his book 'The Gene Keys,' a grand synthesis of the practical wisdom of a deeper understanding of ourselves, Richard Rudd describes the 44th gene key with three notions: Interference - Teamwork - Synarchy. This is a three-step path towards the end goal, the state of Synarchy. Let's break it down:

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1. Interference - A fear-based world

Interference, whether in relationships, family, or business structure, is based on fear. It starts inside of us, resulting in feelings of resentment. That's the place where all war begins. However, interference is not about the others but about us. You and Me. It starts inside us as a perception of the outer world that is rooted in fear. As the dynamic of interference shifts from the repression to the reaction, or vice versa, then the patterns around us shift in the response.

That's the interference at work! But don't forget that the main goal of this dynamic is to keep us in our misery.

2. Teamwork

When we embrace the interference dynamic and start to change, we are releasing the gift of teamwork. We begin to attract people into our lives who also have healthy dynamics. They become our true family. As we continue to awaken to the higher potential within ourselves, we simultaneously align with others who are doing the same. This way, we move into a higher hierarchical gear. But instead of this hierarchy being based on fear, manipulation, and control, this one is based on service and creativity.

3. Non-Interference - Synarchy

When in synarchy, we simply see everything as it is and leave it be. We are aware that all life is self-organizing. Synarchy is our underlying nature, encompassing hierarchy and heterarchy. It is the realization of perfection in all things. And that's true freedom.

Happytalism and Synarchy

"For every individual is a unique manifestation of the Whole, as every branch is a particular outreaching of the tree." – Alan W. Watts

The philosophy of Happytalism is also based on Synarchy. How so? Besides being a lifestyle ethos and a moral philosophy, Happytalism is a human development paradigm, a way for individuals, societies, and the environment to thrive. At its core is the notion of togetherness, a community of people.

Individuality is important, but the power of community is what 'moves mountains.' When we realize that we are a unique part of the whole and that each of us matters, we influence our evolution and help others do the same. When we strive to be free, conscious, and happy - we can transform reality for good. All it takes is a synarchy of like-minded individuals working towards the same goals. Happytalism creates such a community.

We All Lead Together

Humans crave many things, and most of them have nothing to do with money, success, or fame (the usual 'cravings'). We crave connections with others, life work that inspires us, moments that make us feel alive, and spiritual connection to ourselves and in the world, we live.

Having loving and fulfilling relationships is one of the primary cravings necessary for a healthy and balanced life. They provide us with the love, understanding, connection, friendship, and companionship we need. When we're missing this essential part of life, no amount of otherworldly pleasures can satisfy this desire.

The quality of a person's relationships can tell us a lot about their life. Chaotic or harmonious, they speak volumes. Can you remember a time when you were deeply in love with someone? Life just seemed to exude joy, right? Or a friendship that gave you strength and self-confidence when you were feeling low? Or a work collective that made you feel like a part of the team, a part of something important? Harmony in such relationships most likely made it easier for you to find balance and thrive.

On the other side of the spectrum, when we have unsatisfying connections with others, it permeates our lives like a runny butter on toast - filling every part of it. The lack of harmony in our relationships affects our physical health, energy levels, and mood. It often leads to anxiety, depression, stress, anger, frustration, and hopelessness. We carry these feelings with us everywhere - to family dinners, to work, to the grocery store. Ask yourself: do you feel satisfied in your relationships with friends, loved ones, and colleagues?

It All Starts With Yourself

There is one person who you're closer to than anyone else, someone who you spend every moment of your life with - yourself. When we start looking after that person, our relationships with others begin to change for the better. It also works the other way around. Spending time and caring for our loved ones can make it easier to care for ourselves. And when you start treating yourself with love and care, you will get the urge to help others on a bigger scale sooner or later. That's how the real changemakers are created.

When we realize that awakened consciousness, freedom, and harmonious relationships are a basis for creating a happier, peaceful life, we will start to respect our existence more, and therefore, the existence and the right for a balanced, more joyful life of others. We will want others to have an opportunity to come to the same conclusions and join us in our endeavors. But remember, everything starts with yourself.

It All Starts With Yourself

"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of

optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty." – Albert Einstein.

Since humans have an innate desire for belonging to a group, group dynamism is bound to happen. In a society or an organization, we can see groups, both small and large, working for their well-being. In organizational development, group dynamics refers to people's behavior in groups that are trying to make a decision or solve a problem. Because humans gather in groups for reasons other than accomplishing a task, group dynamics occur in different groups such as personal growth groups (for example, encounter groups, study groups, or activist groups).

Happytalism recognizes the critical role relationships and group dynamics play for the greater good of humanity. It is based on the principles of synarchy. To be a Happytalist is to realize that we are all a unique part of the whole, and when we are conscious, peaceful, and happy, we can change reality for good. We humans need each other. No one organization can do anything standing alone as an island. No one group can drive community-wide initiatives. We all have a part to play.

Relationships and group dynamics are essential to creating harmonic and fulfilling systems. We all have a responsibility for the world we make and live in, not only for economic growth but also for the overall prosperity of our communities. Happytalism projects revolve around these subjects. Through our Festival, The World Happiness Fest, the UN Day of Happiness, Digital Summit, Agoras, Conscious Kids Fest, and others, we build awareness about our well-being and global happiness. One of our primary goals is to build the capability of 25 million individuals (educators, coaches, health providers, leaders) with resources and skills to achieve true happiness. With our Academy, we are striving to maximize everyone's potential.

We focus both on individuals and groups equally (it's all about harmonic and fulfilling systems, remember?). We strive to equip corporations with resources for workplace happiness culture, as well as well-being initiatives. We want to help, celebrate, and elevate the people and communities that make this planet a more conscious and happier place for all. Care to join us?

Happytalism and the Synarchic System

At the core of human development lies improving human well-being. Not in the sense of having more and more stuff (all for yourself), but in the sense of having a good quality of life, on the scale from satisfying basic needs and having time to do things that enrich your life to meeting

collective needs where societies take care of the most vulnerable. At the same time, it is also about taking care of our planet, nature, trying to keep a balance. Human development is a collective process, and we all have a part to play.

There are entrepreneurs, founders, thinkers, ideologues, teachers, investors, architects, chefs, doctors, consultants, artists, and many more that can generate value and unique experiences that make others happy. There are also organizations, corporations, institutions, companies, and initiatives that innovate intelligently, educate holistically, and create ecosystems of influence that allow humans to be free, conscious, and happy. Imagine what would happen when we would have this whole connected field of the creative brilliance of genius, working cooperatively in service of the heart?

The World Happiness Foundation aims to support those leaders and institutions that make the world a happier place for humans. So we encourage and reward smart innovation, holistic education and research, and activism for ensuring that happiness is within reach of most people. To put it simply, we are the most comprehensive platform that hosts and amplifies the leaders, institutions, and initiatives committed to realizing a world where all people are free, conscious, and happy.

How Do We Do It?

Through the World Happiness Foundation, people worldwide are introduced to the latest innovations, initiatives, policies, experiences, research, technology, ideas, tools, and individuals that are changing the way we feel, understand, and act. Our immediate goal is to keep the expansion of the World Happiness Fest, the largest and most diverse forum of happiness and well-being experts and activists in the world, with a presence already in more than eighty cities across all continents. Another important goal is the further development of the World Happiness Academy and Observatory, with the creation of its programs and certifications that build leadership capabilities, research, and learning experiences to make a positive impact regardless of the uncertainty that prevails around us.

1. World Happiness Fest

World Happiness Fest is one of a kind festival in the world where experimentation is the focus of learning. The aim? Happiness as a new paradigm for human development. Why? Because when we realize that happiness is the ultimate goal of human development, like pure magic, what we do in life starts making sense. At Happiness Fest, our higher purpose is to realize a world with more happiness and less misery because when we are happy, it is possible to be in peace, to achieve sustainable growth, that as human beings, we are the best we can be. That's

why we have created a unique Festival, an experience to feel, a gathering to learn how to ignite activities based on the science of happiness and well-being, which help us at work, at home, and in society.

2. World Happiness Awards

The World Happiness Awards celebrate and elevate the people and communities, making this planet a better place for all. In collaboration with the United Nations University for Peace along with 300+ international thought leaders, corporate, government, research, and educational institutions, these awards situate happiness and well-being as essential components of global innovation.

There are twelve World Happiness Awards categories:

- **Health** - We recognize institutions and individuals in the health sector making a significant impact, creating unique conditions for happiness and well-being within their organization and communities.
- **Education** - From the implementation of socio-emotional curriculums to creating new programs aimed at promoting positive education. We recognize institutions and individuals disrupting the education sector to bring increased happiness and well-being to learners.
- **Social impact** - We recognize social good entrepreneurs and institutions that know what it takes to bring kindness, compassion, hope, and abundance to societies worldwide.
- **Technology** - Exponential and Transformative Technologies are shaping the way we experience the world and ourselves. We recognize the individuals and institutions working on inventions that enhance happiness and balance morality and ethics within their creations.
- **Happiness at work** - We recognize leaders within institutions and organizations that create conditions for employees and staff to feel good at work. Happiness is not a key performance indicator; it is an essential state of mind, and we want to acknowledge the people that are helping others flourish at work.
- **Arts** - We recognize any artistic expression that brings happiness, joy, and energy to communities and societies. We welcome any creation that sparks dreams, imagination, and community building.
- **Policymaking** - Systemic change happens through Public Policy as it can determine social happiness and well-being for long periods of time. Incredible public policy developments are happening at all levels of governance, and we want to recognize them.
- **Cities** - We want to encourage the design and development of cities and environments, nature and human-centric, the spaces that integrate nature and sustainable development as part of their strategy.

- **Happiness research** - Thanks to modern science, we can bring validated tools, techniques, and resources to help people thrive rather than just survive. We know how much effort and time goes into research studies, and we want to award that work.
- **Communications** - There is good news happening most of the time worldwide, but it looks like the opposite inundates us. We want to award institutions and individuals who can inform while creating conditions beyond fear and anger.
- **Catalyst** - We recognize individuals that go above and beyond to bring freedom, consciousness, and happiness to the world. Thanks to these game-changers, every day is a new opportunity to make a positive difference.
- **Community** - We recognize an institution, organization, or group of individuals making a profoundly positive impact in their community.

Along with our twelve categories, we also allow our partners to create their categories if they have a particular area of interest. An example of this is our COVID-19 - One World Award. This award recognizes one individual and one community working toward a creative solution to stop the rise of COVID-19 and/or is promoting ways to live harmoniously amidst these trying times.

The human brain tends to focus on negative experiences and interactions, much more than positive ones. World Happiness Awards are the best opportunity to fight the negative bias, focus on so much good in the world, and give it recognition.

3. World Happiness Academy

World Happiness Academy is our learning and transformation center designed to equip individuals and their communities with profound experiences, wisdom, educational resources, and tools to maximize their potential. The Academy encompasses certificates, online courses, global expeditions, summits, teacher trainings, round tables, and live and recorded seminars.

4. World Happiness Observatory

World Happiness Observatory is an initiative created to provide and represent real-time information on the state of happiness and well-being around the world. You can find the latest news, research, trends, insights, and social media posts from leading happiness and well-being publications, experts, and influencers in one place.

Synarchic System

Synarchy is collective leadership. We are all in this together, so we all lead together. However, this doesn't mean we are all the same. It means our uniqueness has its place in the orchestra, and we need to play in harmony with everyone else. The synarchy is especially specific to these

times when we are in dire need of the next, more positive phase of human evolution. We live in chaotic, exciting times, and there is much for us to be and do. All we need is 1% of the population to join us in our mission. Are you in?

A Collective Striving for Connection

*“No man is an island, entire of itself; every man is a piece of the continent, a part of the main.”
– John Donne.*

Our mental health, happiness, and well-being are tied to the quality of our relationships. The more closely we are connected to the people we love, the better we feel, and the more joy, peacefulness, and satisfaction we have in our lives. Most people rate those special moments of connection and shared enjoyment with others as their most important life experiences.

These relationships include not only our friends and family members but also the wider groups and communities we belong to. Forming connections and having a sense of community with work colleagues, neighbors, and groups that shape our identity contribute to our well-being. Having a sense of belonging with others around a shared mission or identity is a significant contributor to our sense of meaning in life.

When people have social support, they have more confidence, recover faster from trauma or illness, and have better, healthier lifestyle habits. To put it simply, our resilience is interconnected with the resilience of the communities to which we belong. It is from our relationships and connections with other people that we draw our strength. Such communities can boost our spirits, pick us up when we are down, and give us the capacity to deal with anything that comes our way.

Harmonious relationships and Fundamental Peace

When we practice mindfulness, we can develop a well-balanced, calm, and focused mind. When we are balanced, when we have inner peace, we can expand that energy to our relationships. In other words - we can help others. That's the secret of fundamental peace and happiness. At its core lies gratitude, compassion, discovery, and interconnection, within oneself and others.

Being grateful for what we have and wanting others to feel the same can shift our mindsets and transform our lives. When we focus on what we have and what we can do for the betterment of others, we take our thinking from negative to positive. And when we start to think more positively, we seem happier, we spread more happiness, we approach challenges differently, and it makes us generally a more desirable person to be around. That's interconnectedness for you!

All that we are was formed by the sum of other people around us. Anything that you achieved, you managed to do because of the support you received. Because there were people who gave you the opportunity and taught you and guided you. Yes, you made it happen, but we are all interconnected, and our achievements are to be celebrated among the people who helped us reach our goals. When we recognize people for the important roles they play in our lives, we share our happiness with others.

Interconnectedness can carry us through challenging and lonely times in our lives, just like looking at the moon and knowing that others all around the world are looking at the same moon with you. Take a look at all of the people who built your world, who supported you in any way they could with their love, time, finances, energy, and care. Think about this transcendental journey you share with others, and be mindful of contributions to the world. Wouldn't you want to give happiness and receive it?

Tending to the Communities We Belong To

When we belong to a community, it is easy to assume that it will always be there for us, supporting us no matter what. However, just like personal relationships, any group or organization we belong to need to be nurtured and supported, too. Every group requires leaders and members willing to contribute and give back to support them. Interestingly enough, studies have shown that the people who take leadership roles in the community and voluntary groups benefit the most regarding their personal satisfaction, happiness, and well-being. To put it simply, it is the people who give the most that get the most from their communities.

This is what Happytialism stands for. We are building the capabilities of individuals, communities, organizations, and governments to help accelerate progress toward enhancing happiness and well-being for all people. We do this by offering a robust toolkit of training programs, transformational experiences, policy forums, round tables, community-building initiatives, and educational resources. We provide access to the latest innovations, initiatives, policies, experiences, research, technology, and tools that positively change how we feel, understand, and act. We do this through our Observatory, Fest events, Awards, and many other projects and initiatives.

To reach our goal of #10billionhappyby2050, we have estimated that 25 million changemakers, including educators, health professionals, business leaders, and government officials, must positively impact 400 people each in their lifetime. It is 2021 now. We have 30 years to achieve our goal. Be a part of our mission. Join us on our pathway to fundamental peace, freedom, consciousness, and happiness for all.

<https://www.worldhappiness.foundation/>