

SCHOOL OF  
SPIRITUAL  
BADASSERY™

*Farth  
School  
Student  
Handbook*



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**BECAUSE WE BELIEVE PIGS CAN FLY. AND SO CAN YOU.**

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**BECAUSE WE BELIEVE PIGS CAN FLY. AND SO CAN YOU.**



# *Official Student Handbook*

# Front Matter

## IMPORTANT NOTICE

### FROM THE OFFICE OF DIVINE AFFAIRS

This handbook represents the officially sanctioned material that the **Office of Divine Affairs** has determined the current student cohort is prepared to receive.

Previous attempts to transcribe divine truth into document form have – without exception, across every civilization, in every language, on every available surface – been edited, weaponized, mistranslated, fought over, used to justify the precise opposite of what was intended, and occasionally printed on merchandise.

We are not bitter. We are simply aware of the pattern.

**Therefore, let the record show:** this is not a sacred text. This is a student handbook. Treat it accordingly.

If you plan to start a religion with it, please don't. We have watched that go sideways enough times to have developed strong feelings on the subject.

— **The Office of Divine Affairs**

this is not a sacred text. If you plan to start a religion with it, please don't.



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# Front Matter

## HOW TO USE THIS HANDBOOK

Read it. That's it. There is no wrong order. There is no quiz. There is no grade. Highlight things that feel true. Argue with the things that feel uncomfortably true. Return to it when Earth School gets difficult, which it will, because that is literally the mission statement.

The **Office of Divine Affairs** recommends reading Section 2 before complaining about your body.

## NOTE FROM YOUR PROFESSOR

**You didn't stumble onto this handbook by accident.**

I know that sounds like the kind of thing people say. I mean it *literally*. The **Office of Divine Affairs** has impeccable timing – and the fact that you're holding this right now means something in you was ready to stop pretending it didn't.

I've spent thirty-five years translating what the Universe has been trying to tell you. The Decrees, the campus policies, the fine print nobody reads – all of it points to the same thing:

**You are not broken, you are not behind, and the life you came here to live is not as far away as it feels.**

**Welcome to Earth School.**

I've been waiting for you.

– *Professor McWilliams*

Dean of Admissions  
**School of Spiritual Badassery™**



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# *Welcome to Earth School*

**YOU HAVE ARRIVED.  
(YOU PICKED THIS.)**



# Welcome To Earth School

## ABOUT THIS INSTITUTION

Earth School was established at the Big Bang by the *Office of Divine Affairs* as an immersive, full-sensory curriculum for Souls seeking advanced experiential learning.

**It is accredited by no one.**

**It answers to everyone.**

Tuition has already been paid in ways you did not fully understand at the time of enrollment.

The institution has been operating continuously for approximately 13.8 trillion years.

Student satisfaction ratings remain mixed.  
*We are working on it.*



## MISSION STATEMENT

**OUR MISSION:** To provide every enrolled Soul with precisely the curriculum they requested — *whether or not they remember requesting it* — in an environment specifically designed to produce maximum growth through minimum comfort.

**OUR GRADUATES GO ON TO DO REMARKABLE THINGS.**

**Our dropouts also go on to do remarkable things** — just with more confusion and a longer timeline.

*(There are no actual dropouts. We just said that for atmosphere.)*

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# Welcome To Earth School

## ABOUT YOUR ENROLLMENT

### You enrolled voluntarily.

We understand this is difficult to believe given current circumstances. Your humanness says otherwise. The records department has your paperwork. It is signed. It is initialed in three places.

**There is even a little doodle in the margin that appears to be your Soul's attempt at enthusiasm.**

You selected your starting conditions, your primary curriculum, your key relationships, and the specific obstacles most likely to produce the growth you came here for.

You then arrived, received your human brain, and immediately forgot all of this. This is standard. This is expected. This is, in fact, part of the curriculum. *Welcome anyway.*

## TUITION

Tuition for Earth School has already been paid in full.

### Payment was made in the form of:

- ◆ The family you were born into
- ◆ The early wounds that shaped your nervous system
- ◆ The relationships that broke your heart open
- ◆ The losses that redirected everything
- ◆ The years that nearly finished you but did not

**Receipt enclosed. It is called your life.**

There are no refunds. There are also no additional charges. Everything you have already been through? Paid. Credited. Applied directly to your degree.

You are further along than you think.



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# Welcome To Earth School

## CAMPUS MAP

Earth School operates on two campuses simultaneously.

**The Visible Campus** includes your body, your relationships, your job, your living situation, and everything you can perceive with your five senses. This is where most students spend approximately 99.7% of their attention.

**The Invisible Campus** is considerably larger. It includes your Soul, your Spirit Team, the **Office of Divine Affairs**, the space between your thoughts, the moments just before sleep, and the feeling you get when something is about to change before you know it is about to change.

Most students never find the invisible campus.

It is, for the record, *everywhere*.

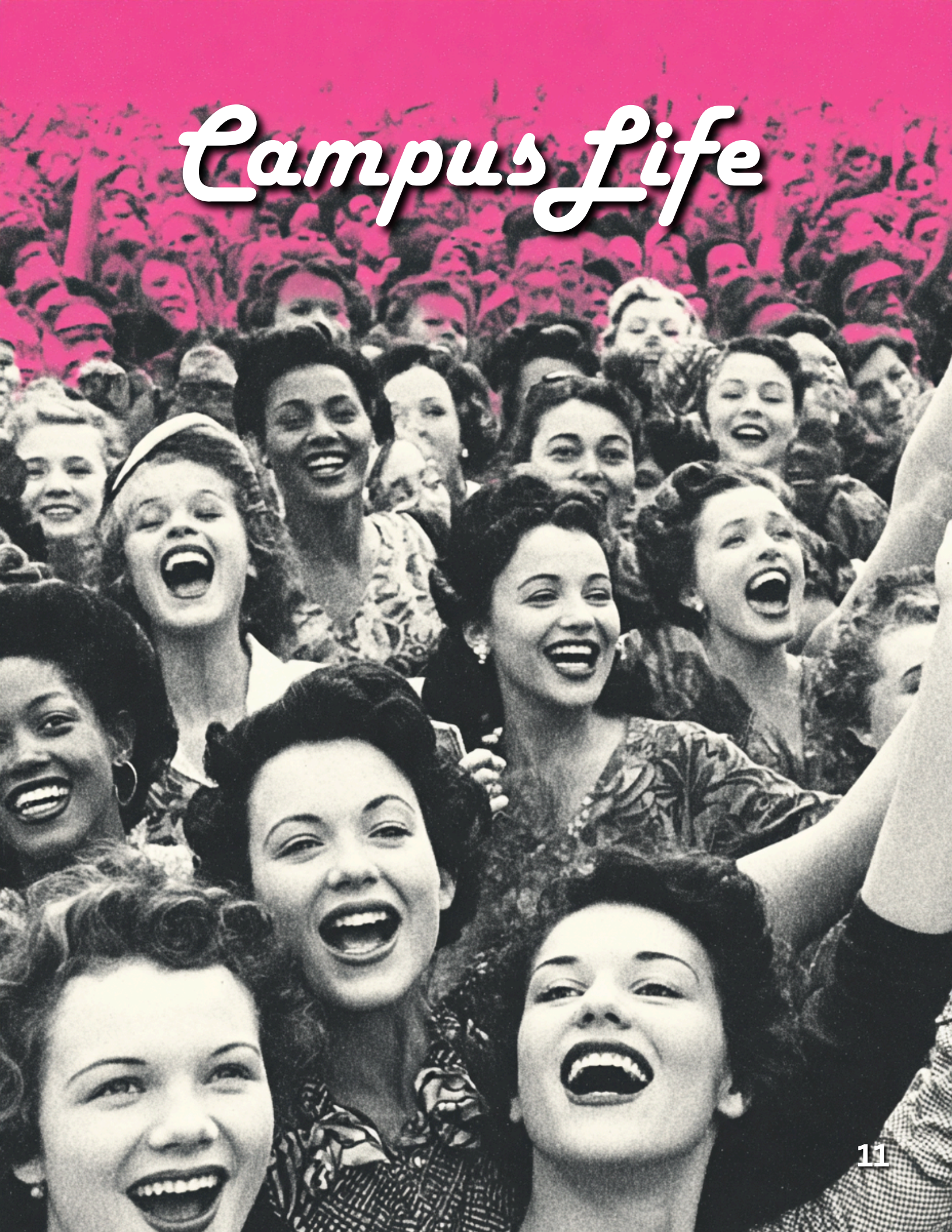
**The map is inside you.** The library has been open the entire time. The guidance counselor has been available around the clock since before you were born.

You have been looking for parking.

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# *Campus Life*



# Campus Life

## THE DORMITORIES

### (Your Body — Care and Maintenance)

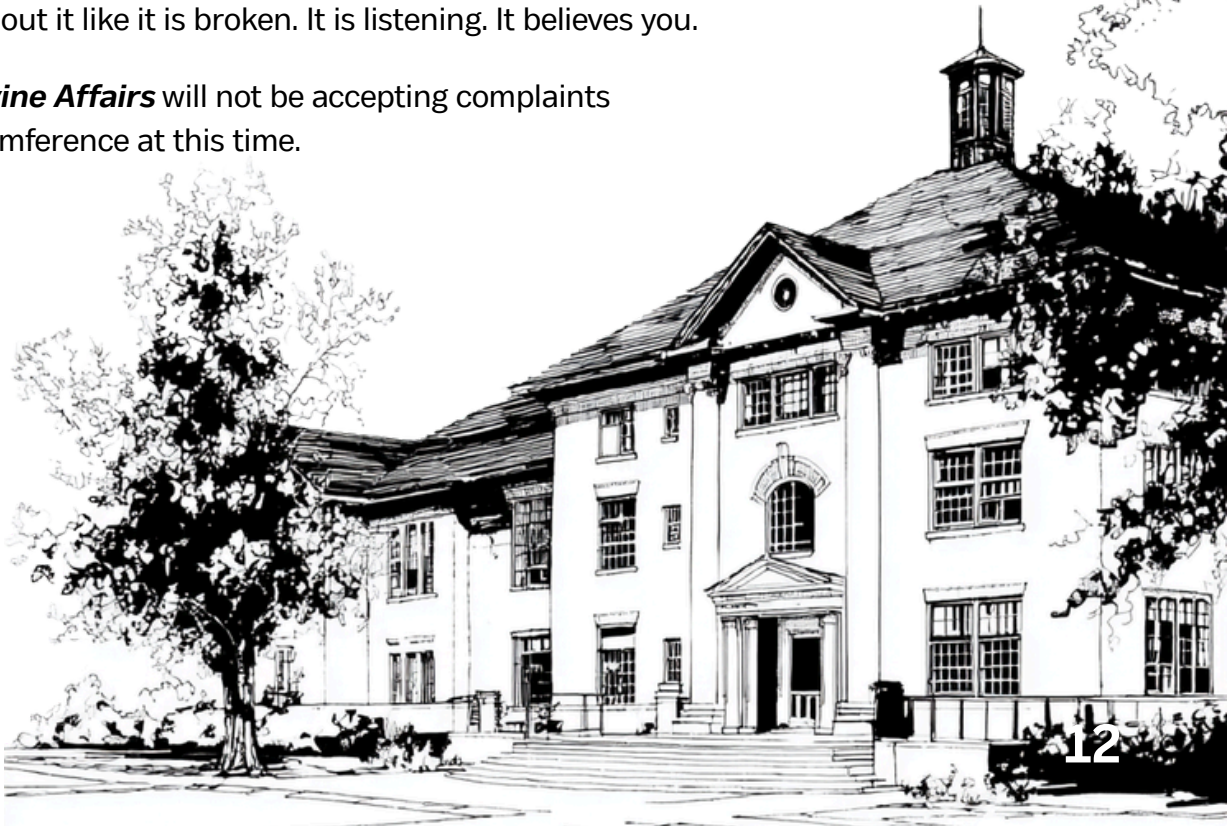
Your body is campus housing. It was assigned to you before arrival and is yours for the duration of your enrollment. It is not a punishment. It is not a prison. It is not a before photo.

It is a spectacularly engineered piece of biological technology capable of processing approximately eleven million bits of information per second, healing itself from injury, producing other humans from scratch, and experiencing something called a sunset that the *Office of Divine Affairs* is frankly quite proud of. Please treat it accordingly.

### Official Campus Housing Policies:

- ◆ Feed it real food occasionally. The dining hall exists for a reason.
- ◆ Move it. It was not designed for the sitting position exclusively.
- ◆ Sleep in it. This is non-negotiable. The night shift belongs to your subconscious and it cannot do its work while you are on your phone.
- ◆ Stop talking about it like it is broken. It is listening. It believes you.

The *Office of Divine Affairs* will not be accepting complaints about thigh circumference at this time.



# Campus Life

## THE DINING HALL

### (What You are Actually Feeding Yourself)

Earth School's dining hall operates 24 hours a day and offers an extensive menu.

Most students, however, are not eating from the menu.

#### Most students are subsisting on:

- ◆ Other people's opinions about their worth
- ◆ Anxiety about the future
- ◆ Resentment about the past
- ◆ Comparison with other students
- ◆ Approximately fourteen hours of content per day through a small glowing rectangle

This is not a meal. This is whatever the opposite of a meal is.

#### The actual menu—available at all times, free of charge, no reservation required:

- ◆ Stillness (pairs well with literally everything)
- ◆ Genuine connection (not to be confused with performing connection)
- ◆ Creative expression (mandatory for all students, widely skipped)
- ◆ Time in nature (the original campus; your nervous system knows the way)
- ◆ Joy (available now; no prerequisites; stop waiting until you deserve it)
- ◆ Rest (see Dormitory Policy; still non-negotiable)

The dining hall does not close. You simply keep forgetting it exists.



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# Campus Life

## HYGIENE STANDARDS

### (The Kind Nobody Taught You)

Earth School requires all students to maintain basic energetic hygiene.

This has nothing to do with showering, though the **Office of Divine Affairs** does support that practice and encourages it warmly.

### Energetic hygiene refers to the regular clearing of:

- ◆ Resentments you have been storing since 2009
- ◆ Other people's emotional weather that you have absorbed and are now carrying as your own
- ◆ Beliefs installed in childhood that are currently running your adult life without your awareness or consent
- ◆ Guilt about things that are genuinely over
- ◆ Grief that has been waiting patiently in the lobby for seventeen years

### Standard clearing methods include:

- ◆ Therapy
- ◆ Meditation
- ◆ Movement
- ◆ Crying in the car
- ◆ Telling the truth to someone safe
- ◆ The occasional screaming into a pillow.



Energetic hygiene that has been neglected for extended periods may require professional assistance. Professor McWilliams is available for consultations. (*Her waiting list is shorter than your resentment list. Probably.*)

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# Campus Life

## CURFEWS AND REST POLICY

Earth School does not have a traditional curfew.

It does, however, have a mandatory rest policy that the current student body is violating with impressive consistency and creativity.

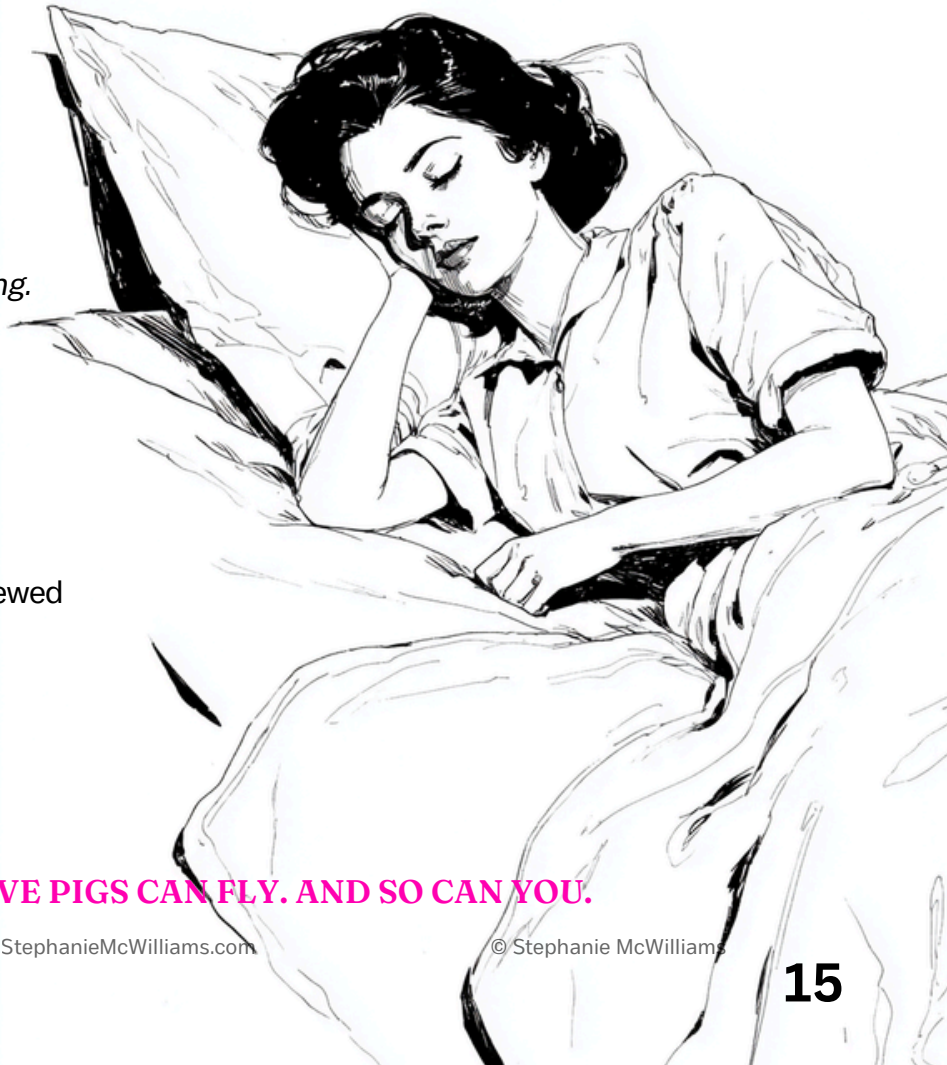
Sleep is not optional. Sleep is not lazy. Sleep is not something you will get to eventually when things calm down.

Things will not calm down. You know this.

### Official Rest Policy:

- ◆ You are required to stop. Daily.
- ◆ You are required to sleep. Nightly.
- ◆ You are required to do *nothing* occasionally. Not productive *nothing*. Actual *nothing*.
- ◆ Glorifying exhaustion is a violation of campus policy and will be noted in your file.

The **Office of Divine Affairs** has reviewed your schedule. It has concerns.



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# Campus Life

## EXTRACURRICULAR ACTIVITIES

**Participation in extracurricular activities is mandatory.**

We understand this sounds counterintuitive given that most students are already overwhelmed with their required curriculum. The activities are not in addition to your life. They are the point of it.

**Required extracurriculars include:**

- ◆ **Joy** – at least one experience per day that has no productive purpose whatsoever. The **Office of Divine Affairs** will not be accepting 'I don't have time' as a valid excuse.
- ◆ **Creative Expression** – in any form. Badly is fine. Privately is fine. The point is not the output. The point is the aliveness.
- ◆ **Play** – yes, for adults. Especially for adults. Particularly for the adults who just rolled their eyes at the word play.
- ◆ **Rest** (see *Curfew Policy* — we cannot stress this enough)
- ◆ **Nature** – report to the visible version of the invisible campus at least occasionally. It remembers you even when you forget it.

Students who skip extracurriculars consistently will find their required curriculum becoming significantly more dramatic in order to get their attention.

The **Office of Divine Affairs** prefers the gentler delivery method. Please cooperate.



# Campus Life

## ATHLETICS

The body was designed to move.

Not to perform. Not to shrink. Not to be punished for last Tuesday's dining hall choices.  
To move.

**Earth School's Athletics Department**  
approves the following:

- ◆ Walking
- ◆ Dancing badly in kitchens
- ◆ Swimming
- ◆ Running if you actually enjoy it  
and not as self-flagellation
- ◆ Yoga
- ◆ Hiking
- ◆ Carrying groceries
- ◆ Chasing children
- ◆ Any movement that makes you  
feel like an animal in a body  
rather than a brain in a jar

**Also:** The scale is not an athletic metric.  
The **Office of Divine Affairs** has removed  
it from official worthiness assessment  
tools effective immediately.



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# Campus Life

## THE LIBRARY

### (It's Inside You)

Earth School's library contains the complete intelligence of the Universe and has been accessible to you since birth.

It is located in the silence between your thoughts.

Most students have never visited.

- ◆ **Hours:** always open.
- ◆ **Overdue fines:** none.
- ◆ **Checkout limit:** unlimited.
- ◆ **Access method:** get quiet.

Stay quiet. Then listen to what arrives.



**BECAUSE WE BELIEVE PIGS CAN FLY. AND SO CAN YOU.**

A black and white illustration of a woman with dark, wavy hair, wearing a light-colored, short-sleeved blouse. She is sitting at a desk, leaning her head on her left hand and writing in an open book with a pen in her right hand. The desk is cluttered with several stacks of books. In the background, there are bookshelves filled with books, creating a library atmosphere. The overall style is a detailed line drawing with cross-hatching for shading.

# *Academic Policies*

# Academic Policies

## GRADING SYSTEM

Earth School does not have a traditional grading system. There are no A's or F's. There is no bell curve. There is no GPA that follows you into the next phase of your existence.

### THERE IS ONLY:

**If yes:** graduation eventually follows.

**If no:** the curriculum repeats. In a slightly different format. With slightly higher stakes.

This is frequently experienced as *why does this keep happening to me!*

It keeps happening because it is still happening *for you*. There is a difference.



Did I Learn  
What I Came To  
Learn?

## REQUIRED CURRICULUM

Your required freshman curriculum consists of 10 Sacred Decrees, enclosed separately in Earth School's Black Book. (*You should have received this textbook by now.*)

These are not suggestions. These are not affirmations. These are not things to post on social media and promptly ignore.

**These are the rules. The ones nobody taught you.  
The ones your culture forgot.**

Read them carefully. Read them again. Then read them one more time. There is more here than you think.

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# Academic Policies

## ATTENDANCE POLICY

**Attendance at your own life is mandatory.**

The **Office of Divine Affairs** has reviewed your attendance record. Most of you have been physically present and mentally absent for a statistically alarming percentage of your enrollment.

You were in 2009. Or next Thursday. Or an alternate timeline where you said the right thing.

The present moment is the only class that exists. It is also the only class that has ever produced results.



## HOMEWORK

**(The Tiny Practices)**

Earth School assigns ongoing homework in the form of tiny daily practices. These are not grand gestures. They are not 75-day challenges. They are not the thing you do intensely for two weeks and then abandon.

They are small. Consistent. Unremarkable in the moment and transformative over time.

### Suggested homework:

- ◆ One minute of silence
- ◆ One honest conversation
- ◆ One thing that brings you joy
- ◆ One moment of genuine presence

**Daily. Without exception. Without performance.**



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# Academic Policies

## CHEATING POLICY

**Spiritual bypassing is the official Earth School term for cheating.**

### It includes:

- ◆ Using spiritual concepts to avoid feeling things
- ◆ Performing healing while refusing to actually heal
- ◆ Collecting tools and practices as a substitute for doing the work
- ◆ Deploying the phrase '*everything happens for a reason*' as a stylish way to avoid feeling the thing.

### Consequences:

The lesson repeats. With interest.

The Universe does not grade on effort. It grades on embodiment.



## DETENTION

**Detention at Earth School is self-administered and self-imposed.**

It takes the form of: staying in situations that are no longer serving you, replaying painful memories indefinitely, and remaining in the basement with your toddlers rather than opening the door.

Detention has no scheduled end time. The student controls release.

The **Office of Divine Affairs** cannot release you from detention. You have the key. You have always had the key.

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# Academic Policies

## GRADUATION REQUIREMENTS

Graduation from Earth School requires the completion of your specific curriculum – which varies by Soul and is therefore not published in this handbook.

### General requirements for all students:

- ◆ Love yourself. Actually. Not as a concept.
- ◆ Love others. Starting with the ones who are hardest to love. (See Decree 5.)
- ◆ Do not start any wars. Inner or outer. (See Decree 7.)
- ◆ Be here. For the ordinary Tuesdays. For the dinners. For the tiny moments.

Upon completion, you return to the main campus for a rest, a debrief, and what the Department understands is a genuinely excellent cup of tea.





# *Student Relations*

**(EVERYONE IS YOU — THIS MAKES THINGS COMPLICATED)**

# Student Relations

## RELATIONSHIPS W/OTHER STUDENTS

Earth School enrolls approximately 8 billion students simultaneously. Every single one of them is an aspect of the same Being having a separate experience.

### This means:

- ◆ The person who cut you off in traffic is you, slightly more stressed
- ◆ The person you cannot stand is showing you a part of yourself you have not yet made peace with
- ◆ The person you love most is a mirror held up by the Universe at a very specific angle
- ◆ The person who hurt you most was playing an agreed-upon role in your curriculum with more dedication than you currently have the perspective to appreciate

**This does not mean everyone gets unlimited access to you.**

**It means everyone is your teacher.**

Some teachers you sit next to every day.  
Some teachers you learn from at a distance.  
Some teachers you learn from entirely by watching what not to do.

All of them are valid faculty.  
None of them are your enemy.  
Even Tammy.



**BECAUSE WE BELIEVE PIGS CAN FLY. AND SO CAN YOU.**

# Student Relations

## ROOMMATE POLICY

Your primary roommates – the people you live with, love, and occasionally want to throw things at – were not randomly assigned. They were selected, by you, before enrollment, for their precise ability to trigger the exact growth you came here for.

This seemed like a good idea at the time. The *Office of Divine Affairs* also understands it does not always feel that way on a Tuesday.

### Official Roommate Policy:

- ◆ Your roommates are not responsible for your happiness
- ◆ You are not responsible for theirs
- ◆ What irritates you most about them is almost certainly a reflection of something unresolved in yourself
- ◆ This information is offered with love and the full acknowledgment that it is extremely annoying

**Room transfer requests will not be processed.** The lesson travels with you.



# Student Relations

## DATING & ROMANTIC ENTANGLEMENTS

The **Office of Divine Affairs** has reviewed humanity's approach to romantic relationships.

The **Office of Divine Affairs** has many, many notes.

**In the interest of brevity, we will limit ourselves to the following:**

- ◆ You cannot find your other half because you are not half a person
- ◆ Relationships are not rescue missions
- ◆ The person who makes you feel the most is not necessarily the person who is best for you; sometimes that feeling is growth, and sometimes it is your unresolved childhood recognizing a familiar dynamic
- ◆ Red flags are not challenges. They are information. Please read them.
- ◆ You will not love anyone well until you have learned to love yourself first. This is not a suggestion. It is the only equation that works. (*See Decree 3.*)

**The Office of Divine Affairs wishes you well in this area.**

It is, statistically, the area where students require the most remedial support. We remain cautiously optimistic.

*\*The **Office of Divine Affairs** does not have a preferred configuration. Love is the curriculum. The rest is detail.*



**BECAUSE WE BELIEVE PIGS CAN FLY. AND SO CAN YOU.**

# Student Relations

## SEX

The **Office of Divine Affairs** wrote an entire memo on this subject. The memo was deemed too explicit for the current state of your society. This saddens us, but we are willing to work with your current limitations.

### The summary is as follows:

- ◆ It is sacred
- ◆ It is also hilarious
- ◆ You are taking it either too seriously or not seriously enough, and you probably know which one
- ◆ It is not a substitute for intimacy
- ◆ It is not something to be ashamed of
- ◆ It is not a transaction
- ◆ The **Office of Divine Affairs** designed it and stands by the design completely

The full memo is available upon request.

*(It is not actually available upon request. We just said that.)*



[ REDACTED IMAGE ]

**BECAUSE WE BELIEVE PIGS CAN FLY. AND SO CAN YOU.**

# Student Relations

## DEALING WITH DIFFICULT STUDENTS

**The students driving you most insane  
are your best teachers.**

We know. We're sorry. *(Please refer to Decree 5 for complete instructional materials.)*

**The Department notes that your most persistent Brenda has been  
assigned with considerable care and precision.**

This does not make her less annoying. We are aware.



**BECAUSE WE BELIEVE PIGS CAN FLY. AND SO CAN YOU.**

# Student Relations

## CONFLICT RESOLUTION

When conflicts arise between students – and they will – the following protocol applies:

- ◆ **STEP 1:** Confirm that you are upset about what you think you are upset about. You are frequently not.
- ◆ **STEP 2:** Ask whether the story you are telling about the other person is actually true. Apply significant scrutiny here.
- ◆ **STEP 3:** Consider that the other person is doing their best with the software they were given, which, like yours, was installed by people who are now dead and has not been updated since childhood.
- ◆ **STEP 4:** Attempt resolution from wholeness rather than from wound.
- ◆ **STEP 5:** If steps 1-4 fail, refer to Decree 7. War never works. This applies to all scales of conflict including but not limited to: geopolitical disputes, family dinners, and arguments about how to load the dishwasher.

The **Office of Divine Affairs** does not offer arbitration services. We do, however, offer perspective. It is available in the library. Which is inside you. Which you keep forgetting.

**BECAUSE WE BELIEVE PIGS CAN FLY. AND SO CAN YOU.**

806 810 8977016  
OF FINANCIAL DESIGN

# *Financial Aid*

**(THE UNIVERSE IS NOT RUNNING OUT)**



# Financial Aid

## THE ABUNDANCE POLICY

A significant portion of the current student body is operating under the belief that there is not enough.

**Not enough money. Not enough time. Not enough love. Not enough opportunity.**

*This belief is incorrect.*

The Universe is not a finite resource being divided among 8 billion competitors. It is an infinitely regenerating source being accessed by 8 billion students who have been told – incorrectly, by people who were themselves incorrectly told – that they need to fight each other for their share.

**There is no shortage. There is only fear clogging the pipes.**

### Official Financial Aid Policy:

- ◆ Abundance is your natural state. Scarcity is a story.
- ◆ Money is energy. It moves. It returns. Clutching it in terror tells it you do not trust its return.
- ◆ You did not come here to be financially terrified for the entirety of your enrollment.
- ◆ Work that aligns with your actual nature is not a luxury. It is the assignment.



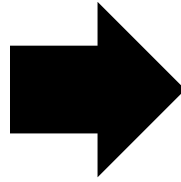
**BECAUSE WE BELIEVE PIGS CAN FLY. AND SO CAN YOU.**

# Financial Aid

## WORK STUDY PROGRAM

The Work Study Program is available to all students.

**The application is**



**Do the  
Thing You  
Came Here  
to Do.**

Not the thing that seems most practical. Not the thing that makes the most logical sense. Not the thing that will impress the most people.

**The thing that makes  
you feel most alive.**

The *Office of Divine Affairs* has reviewed the available evidence. That thing is never accidental.



# Financial Aid

## STUDENT LOANS

(KARMA — HOW IT ACTUALLY WORKS)

**Karma is not a *punishment* system.  
It is an *accounting* system.**

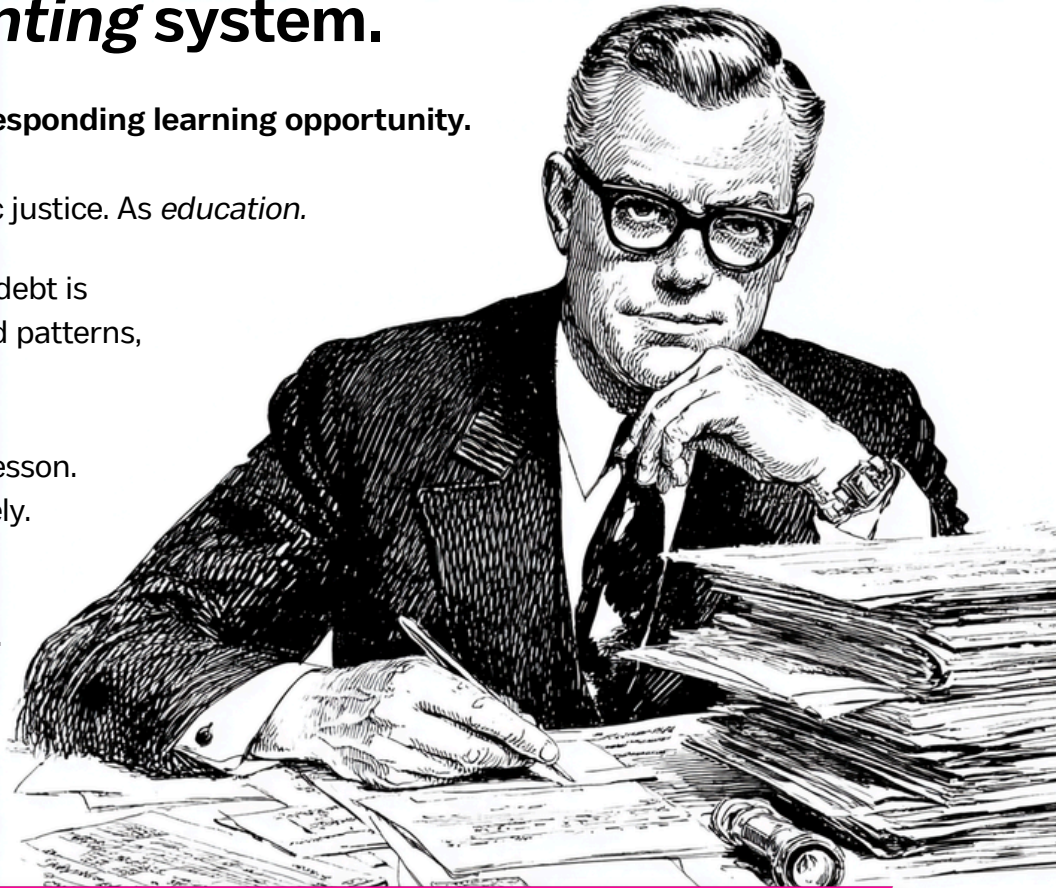
Every action creates a corresponding learning opportunity.

Not as revenge. Not as cosmic justice. As *education*.

The debt is not financial. The debt is unlearned lessons, unresolved patterns, and unexpressed truth.

**Payment plan:** Embody the lesson. The balance clears immediately.

**Interest rate:** The longer you avoid it, the louder it gets.



**The Office of Divine Affairs  
Does Not Send Collection Notices.  
It Sends Increasingly Dramatic Circumstances.**

**BECAUSE WE BELIEVE PIGS CAN FLY. AND SO CAN YOU.**

Chaos  
Machine

Blocked  
Chakra

# Health and Wellness

Phone Hand

The Argument  
You've Been Replaying  
Since 2014

What Your  
Mother Said to You  
When You Were  
3 Years Old.

# Health and Wellness

## THE CAMPUS COUNSELOR

### (Your Spirit Team — No Appointment Necessary)

Every enrolled student at Earth School is assigned a full Spirit Team upon enrollment.

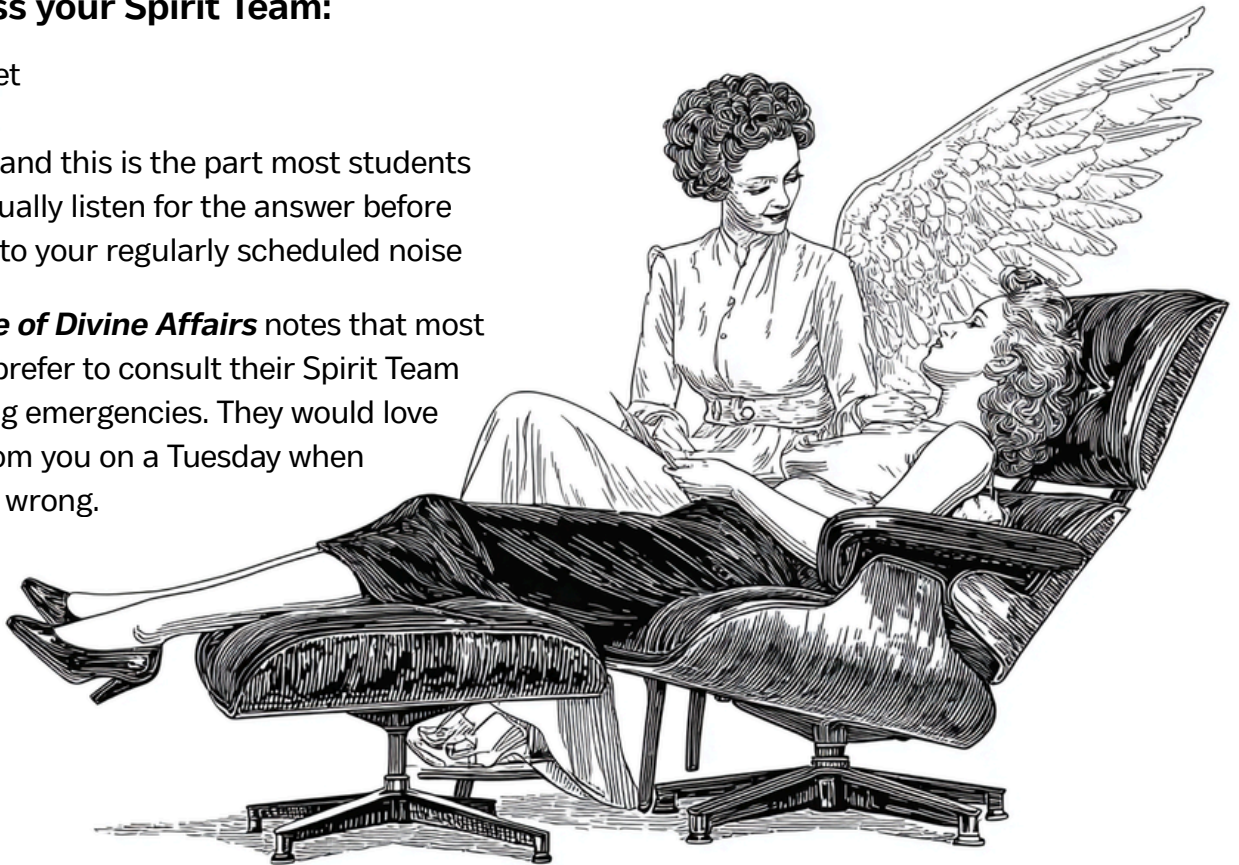
**This team includes:** Guides, ancestors, angels, and various beings whose entire purpose is to support your progress through the curriculum.

They are available 24 hours a day, 7 days a week, across all dimensions and time zones. They do not take lunch breaks. They do not check out. They do not get tired of you, frustrated with your pace, or bored with your questions. They have never once looked at your file and sighed.

### To access your Spirit Team:

- ◆ Get quiet
- ◆ Ask
- ◆ Then — and this is the part most students skip — actually listen for the answer before returning to your regularly scheduled noise

The **Office of Divine Affairs** notes that most students prefer to consult their Spirit Team only during emergencies. They would love to hear from you on a Tuesday when nothing is wrong.



**BECAUSE WE BELIEVE PIGS CAN FLY. AND SO CAN YOU.**

# Health and Wellness

## MENTAL HEALTH RESOURCES

### Your brain is not you.

(See Decree 8 for the complete instructional materials on this subject.)

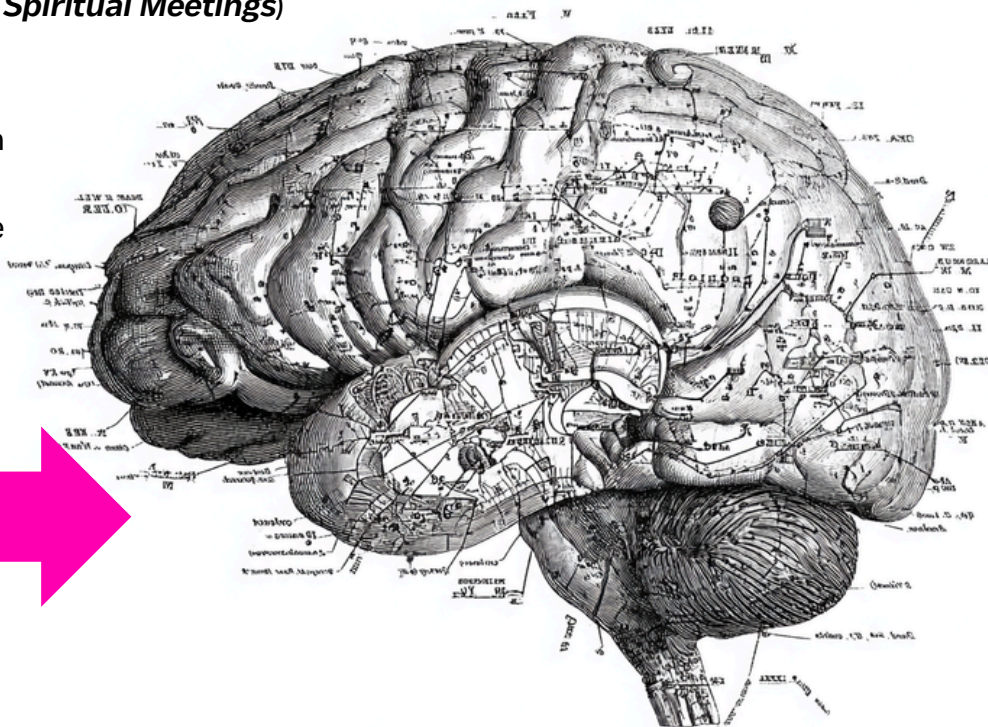
**Your mind is a tool.** It is a spectacular, occasionally unhinged, deeply committed tool. But it is not the totality of who you are.

When the tool begins generating horror stories, catastrophic futures, and 3am spirals — that is a maintenance signal, not a fact report.

#### Standard mental health resources available on campus:

- ◆ Therapy, mentoring and coaching (*highly recommended*)
- ◆ Medication when appropriate (*also highly recommended*)
- ◆ Meditation (*see Required Spiritual Meetings*)
- ◆ Movement
- ◆ Honest conversation
- ◆ The occasional permission to feel terrible for a pre-determined period of time before returning to yourself.

This is  
Not You



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# Health and Wellness

## GRIEF POLICY

### Grief is not a malfunction.

Grief is not a problem to be solved, a phase to be moved through as quickly as possible, or evidence that something has gone wrong.

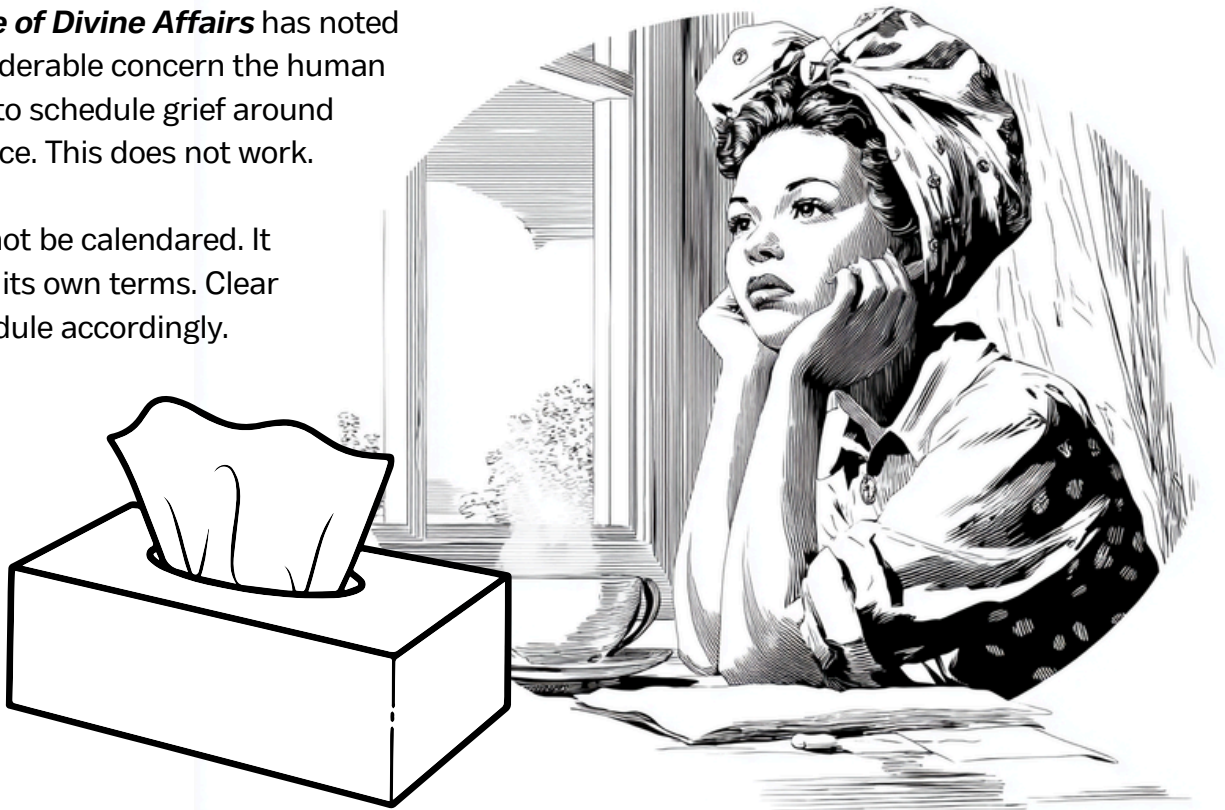
### Grief is love with nowhere to go.

**Earth School's official grief policy:** Let it move. Give it time. Give it space. Give it the dignity of being real.

There is no timeline. There is no correct way. There is only through.

The *Office of Divine Affairs* has noted with considerable concern the human tendency to schedule grief around convenience. This does not work.

Grief will not be calendared. It arrives on its own terms. Clear your schedule accordingly.



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# Health and Wellness

## THE INFIRMARY

### (YOUR BODY KEEPS THE SCORE)

Your body is not a separate system from your emotional & spiritual life. It is the same system.

**Symptoms are frequently messages.**

**The infirmiry recommends: Listening to what the body is saying before requiring it to escalate.**

### Common translations:

- ◆ **Chronic tension:** Something is being held that needs to be expressed
- ◆ **Persistent exhaustion:** Something is being done that is not aligned
- ◆ **Rep**

S



This is  
\*Pleas

# Health and Wellness

## SUBSTANCE POLICY

Earth School's official position on substances:

**NUMBING IS NOT HEALING.**

**The substances themselves are not the issue.**

The issue is using them to avoid the feeling that would otherwise require your attention.

**The feeling does not leave when numbed.**

**It waits.**

*It is, if anything, more patient than you.*

**This is the handbook's most ignored section.**

The *Office of Divine Affairs* is noting that and moving on.



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# *Spiritual Practice*

# Spiritual Practice

## REQUIRED SPIRITUAL MEETINGS

(MEDITATION — ATTENDANCE IS TAKEN)

**Daily quiet time is not optional.**

The *Office of Divine Affairs* understands that you are busy. The *Office of Divine Affairs* notes that everyone is busy. The *Office of Divine Affairs* would like to gently point out that 'busy' is frequently a strategy for avoiding the one thing that would actually help.

## REQUIRED DAILY MEETING:

**Minimum 10 minutes of genuine quiet.**

Not quiet with a podcast.

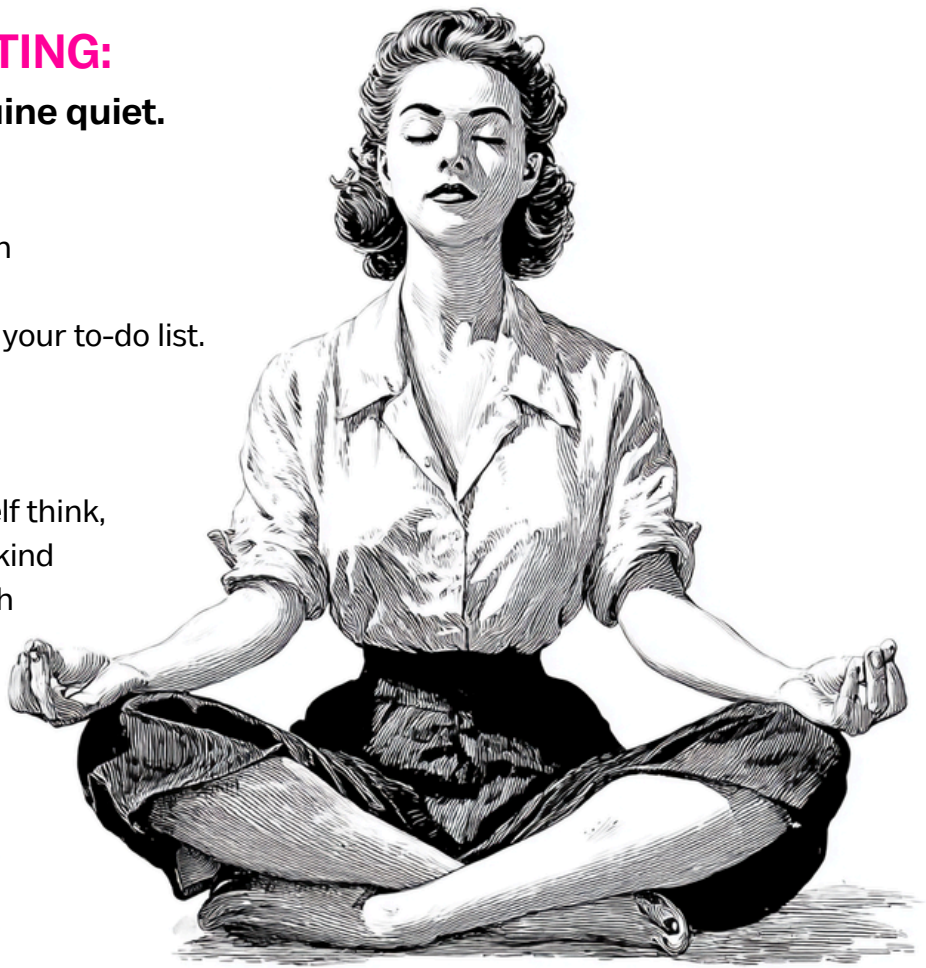
Not quiet with your phone face down  
(*but still within reach*).

Not quiet while mentally composing your to-do list.

### Actual quiet.

The kind where you can hear yourself think, and then — more importantly — the kind where you stop thinking long enough to hear something else entirely.

This is where the real curriculum happens. Everything else is just practice for this.



**BECAUSE WE BELIEVE PIGS CAN FLY. AND SO CAN YOU.**

# Spiritual Practice

## CHAPEL HOURS

Chapel hours at Earth School are flexible, inclusive, and available at all times.

### Chapel is defined as:

Anywhere you go quiet.

The car.

The shower.

The garden.

The trail.

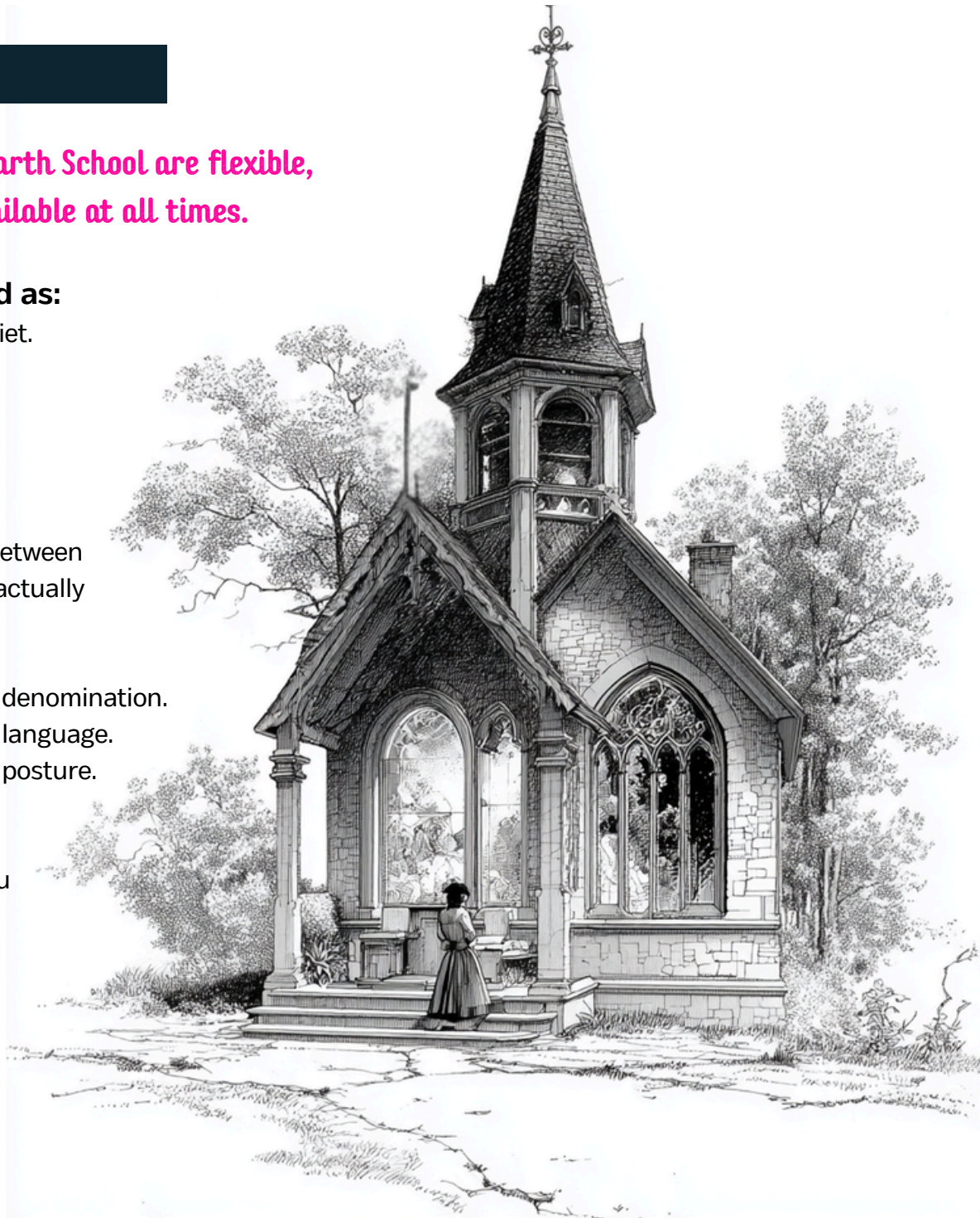
The thirty seconds between meetings when you actually exhale.

There is no required denomination.

There is no required language.

There is no required posture.

There is only the requirement that you arrive honestly.



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# Spiritual Practice

## GUEST LECTURERS

Earth School regularly hosts guest lecturers for enrolled students.

**These lecturers do not announce themselves in advance. They appear as:**

- ◆ **Signs** you almost didn't notice
- ◆ **Synchronicities** you almost explained away
- ◆ **The stranger** who said exactly the right thing at exactly the right time
- ◆ **The book** that fell off the shelf
- ◆ **The song** that played at the precise moment it was needed
- ◆ **The dream** that wouldn't leave you alone

**Guest lecturers cannot be *scheduled*. They can only be *received*.**

**Attendance requires: Eyes open, phone down, willingness to be surprised.**



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# Spiritual Practice

## STUDY GROUPS

**Your Soul tribe exists.**

Many of these are the people with whom you recognize something wordless and immediate — the ones who feel like home before the conversation has even started.

**And some of them are those people that annoy, betray, hurt or abandon you the most.**


Some of them are already in your life. Some of them are still en route.

*The Office of Divine Affairs* requests that you stop trying to manufacture these connections and allow them to arrive.

**They are coming. They have been coming. Stop looking so hard and make yourself findable.**



**BECAUSE WE BELIEVE PIGS CAN FLY. AND SO CAN YOU.**



*Rules  
and  
Regulations*

# Rules and Regulations

## THE OFFICIAL RULES

Earth School operates under a surprisingly short list of official rules.

Most of what you were told were rules were actually someone's preferences, fears, or cultural programming presented with unearned authority.

### The actual rules:

- ◆ Love is the operating system. Run everything through it.
- ◆ You are here to grow, not to perform.
- ◆ Everyone else is also here to grow. Extend the courtesy accordingly.
- ◆ You cannot get this wrong permanently. You can only get it wrong temporarily and then learn from it.
- ◆ Joy is not a reward for finishing your work. Joy is part of the work.
- ◆ The present moment is the only one that exists. Visit it more often.
- ◆ You are going to be okay. You have always been going to be okay. This has never not been true.

### That is all.

We realize this is significantly fewer rules than you were given growing up.

We are aware of what you were given growing up. We have notes.

**Excessive Human "Rules"**



**BECAUSE WE BELIEVE PIGS CAN FLY. AND SO CAN YOU.**

# Rules and Regulations

## VIOLATIONS & CONSEQUENCES

**Earth School does not punish.**

**It repeats.**

Any lesson not fully received will be offered again, in a slightly different format, with slightly higher stakes, until the student demonstrates comprehension.

This is frequently experienced as:  
"why does this keep happening to me."

It keeps happening because it is still happening *for* you.

There is a difference.



**Common violations and their standard reissue format:**

- ◆ **IGNORING YOUR INTUITION** → presented again as a larger, louder, harder-to-ignore situation
- ◆ **STAYING TOO SMALL** → presented again as a circumstance that forces expansion
- ◆ **AVOIDING THE FEELING** → presented again as a louder feeling in a more inconvenient location
- ◆ **REFUSING TO RECEIVE LOVE** → presented again as a relationship that challenges your walls directly

The **Office of Divine Affairs** apologizes for the delivery method.

We have tried subtlety. Please refer to the memo on this subject.

**BECAUSE WE BELIEVE PIGS CAN FLY. AND SO CAN YOU.**

# Rules and Regulations

## APPEALS PROCESS

The appeals process at Earth School is open to all students at all times.

It is called prayer. It works as follows:

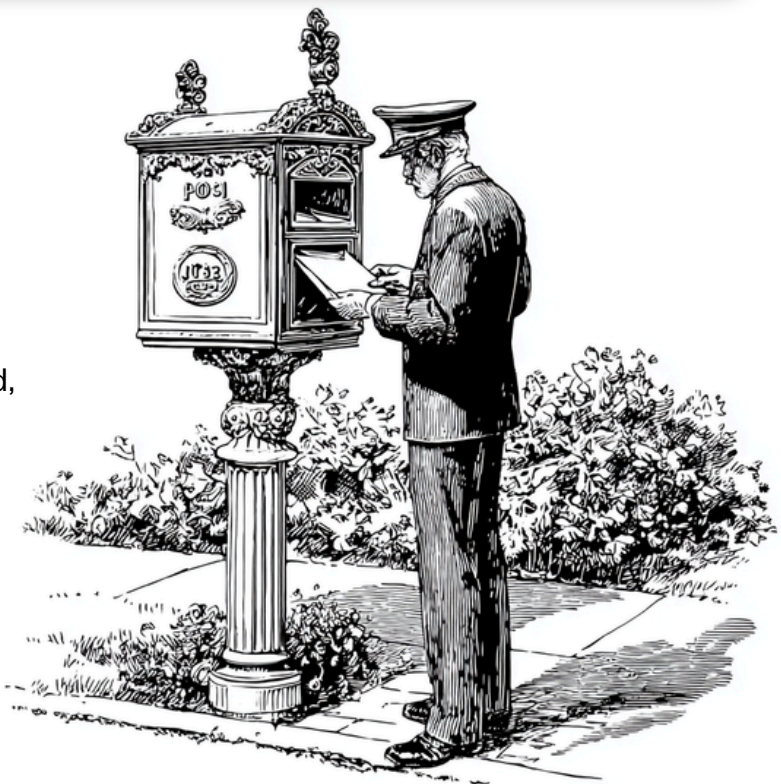
- ◆ State clearly what you are asking for
- ◆ Release attachment to the specific form of delivery
- ◆ Trust that the response is already in motion
- ◆ Pay attention to what arrives, including things that don't look like answers but are

**PRAYER IS NOT A VENDING MACHINE. IT IS A CONVERSATION.**

The **Office of Divine Affairs** receives every appeal. Response times vary. Delivery formats are creative and frequently surprising.

**Students who appeal for things that are not actually in their best interest should note:** the appeal will be received, reviewed, and responded to in the manner most conducive to their actual curriculum. This may not match the original request.

The Department thanks you for your understanding.



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# *The Fine Print*

# The Fine Print

## THE FINE PRINT

**Please read carefully.** We know you won't. We are telling you anyway.

This handbook represents the officially sanctioned material that the **Office of Divine Affairs** has determined the current student cohort is prepared to receive. Additional materials exist. Their distribution is currently under deliberation.

**Arguments for release:** Students are suffering unnecessarily and the information would help.

**Arguments against release:** See the disclaimer at the front of this handbook regarding previous attempts to give humans things in writing.

The motion remains open.

Professor McWilliams has already obtained copies of certain pending materials and has been distributing them without authorization. Her tenure remains under review.

Students wishing to receive leaked materials from the **Office of Divine Affairs** should make themselves known to Professor McWilliams immediately.

She is not hard to find.  
She has been expecting you.

*– The Headmaster*

**Office of Divine Affairs**  
Earth School – The Invisible Bit  
Est. The Big Bang



**BECAUSE WE BELIEVE PIGS CAN FLY. AND SO CAN YOU.**



*We're So  
Glad You're  
Here!*

**Please Enjoy  
Your Life.**