

# Liberation Logic

A Zine by the **WildSeed Society**  
Based on the work of the Aaron Goggans and  
the **Insight-Incite Collective**



**WIL**  **SEED**  
**SOCIETY**



# Liberation

## A Framework For Freedom

# Logic

The Liberation Logic Framework is a gift of the heart; a new way of making an old truth deeply felt, compiled by Aaron Goggans and based heavily on the workshop of the same name which was co-created with Rebecca Mintz with support from dozens of participant-co-creators.

The Liberation Logic Framework is a practical tool to help people move through the world. The framework is a **heart logic**, not a mind logic; it is a way of feeling critically. It's a tool to help movements and organizations make maps **to** and **of** a different plane of living where we can see the world and our path to Liberation in this moment from a higher frequency. It invites us to see Liberation as an unchained way of being--unique to each individual but only found in community--that is always possible.

What if we saw Liberation, not as the license of liberty, but as an empowered freedom where we have the **capacity**, **skill** and **willing partners** to **co-create** our *freedom to thrive* and *freedom from harm*? What if we saw Liberation as the **creative-love-mind/heart/body-force** inside of us, waiting to be unleashed?

Liberation Logic is an invitation to a practice of **holding** ourselves and each other without **grasping**. It means **sensing** what truly *is* with **spaciousness** and through **multiple layers of perspective**--accepting what is without accepting it has to be--and **responding** by **embodying** our true selves rather than who we want to be seen as.

Liberation Logic is a practice of using the best means for the best ends. Using the strategies of previous movements for Liberation as tactics for our collective liberation.

Liberation Logic cannot be learned academically because it is a framework to unlearn moving with the grasping, purely analytical and defensive egoic-mind without overlooking the systems of domination that seek to occupy our very being.

Liberation Logic is an invitation to a practice of unlearning the illusion of certainty, control or absolute truth in favor of relearning how to bring love, joy and support to each other, while holding multiple truths and building power. Rather than using the logic of domination in our collective theories of change [**denial, coercion and vilification**], Liberation Logic pushes us to use **Insight**, **Interdependence**, and **Transformation** to move us collectively towards freedom as our most authentic selves.



### Systems Level

Designing systems that allow every stakeholder to get their needs met with love and dignity.

Systems based on ecologies of trust and community self-determination, beloved communities across difference, collective land and resource stewardship, transparent processes for conflict transformation and an equitable distribution of resources

# The Principles of Liberation Logic

Liberation Logic is heart-logic, a way of feeling critically towards our highest good. It takes the best practices from movement for justice around the world, taking skills people are already using to get free, and presents them as an invitation to practice our freedom right now not only individually and en masse but, more importantly, communally.

By Aaron Goggans and the Insight-Incite Collective

### Organizational /Communal Level



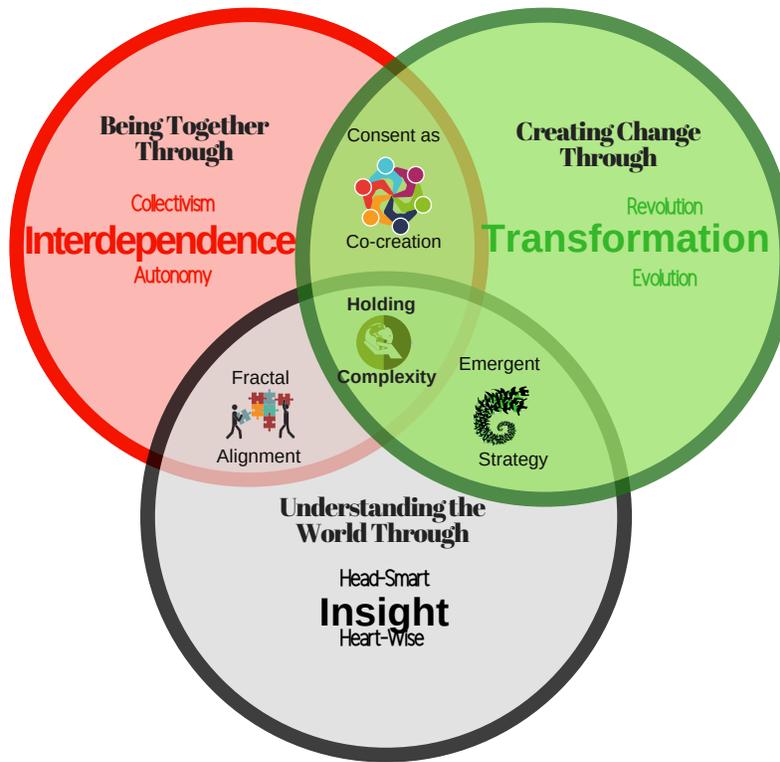
Designing organizations and communities that are sites of human communion, collective thriving and nurturing for individual genius and talents.

Places where needs can be sensed effectively and responded to intentionally.

## Collectivism

Being in respectful harmony with all the people and labor that makes our life possible.

Finding ourselves in our interdependence with each other.



## Evolution

Opposing domination and creating change through adapting and growing with the flow of life with increasing skill and grace, rather than seeking to control it.

Claiming our capacity to learn, shift and develop by allowing ourselves to be transformed into Liberated people.

## Autonomy

Being grounded in our self: our needs, our genius, our life purpose and our power.

Knowing that our interdependence has already provided everything we need.

## Revolution

Opposing empire and creating change by replacing that which no longer serves us with systems, habits and relationships that we co-create.

Claiming and wielding our power to transform the world together.



### Personal Level

Focusing on identifying the lies we have been told about ourselves and the people, institutions and histories that have told us those lies, so that we can release them and live into the truth of who we are.

Developing our individual genius so it can bear fruit for our communities while we thrive as our highest selves.

## Heart-Wise

Knowing that truth can be buried in our bones long before it is named and claimed by our mind and therefore allowing ourselves to be motivated by our critical reflection of our deepest feelings.

Understanding the power of empathy and intuition to see what is really happening in the world.

## Head-Smart

Knowing that critical thinking allows us find the best path to our highest good- that which would allow us to thrive.

Understanding how analyzing the ways things work allow us to be choiceful and intentional in getting free.

### Interpersonal Level



Building transformative healing relationships across difference based on reciprocal vulnerability, mutual love and the recognition that we are all both brilliant and imperfect.

Understanding that relationships are the fundamental building block of any spiritual or political endeavor

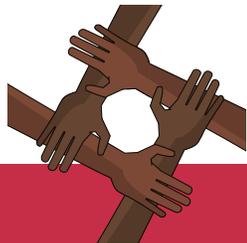
# Insight-Incite Collective Presents:

## DOMINATION

AND

## LIBERATION

COMPARING TWO WAYS WE TRY TO MEET  
OUR NEEDS



Liberation Logic invites us to use love, joy and a deep understanding of our selves and our context to co-create a better world.

It's about getting our needs met with love and dignity together.

### Interdependence:

Being together through balancing **Autonomy and Collectivism.**

Seeing that the community's role is to support the genius of the individual so their unique talents can bear fruit for the community

Insight: Understanding the world through being **Head-Smart** and **Heart-Wise**

Combining analytical systems thinking with emotional awareness and checking in with our bodies

**Transformation:** Creating change through **Evolution** and **Revolution.**

Evolving our relationships to be more of a give and take of love, support and co-creation while revolutionizing power by shifting it to those who have been historically denied it.

Domination logic tries to single-handedly limit options to control outcomes. It often uses force and makes those who oppose it methods inherently wrong or otherwise makes them seem unworthy. It also often uses binary [good/bad or black/white] thinking to justify exploiting "bad" people for the sake of "good" people.

### Denying Reality or Ignoring Impact:

Telling ourselves and others that what we are experiencing isn't really happening. Includes gaslighting and victim blaming.

### Denying Worth or Complexity:

Often looks like saying that that people are monsters or inherently bad. Sometimes looks like pretending people are perfect or beyond scrutiny. Usually involves denying them the capacity for growth, change, learning, or complexity.

### Seeking the Illusion of Control:

Believing that we have the ability to bend the world and other people to our will. Trying to use force to coerce action or limit outcomes and options.

# Why do we need Liberation Logic?

## Understanding A World Run By Domination

Domination logic is a worldview in which we believe that the best way to meet our needs is by using force [physical, emotional, economic etc] to control outcomes.



Domination logic is an ego-driven logic that organizes our lives on both a large and small scale. It determines how countries interact, how parents interact with their kids, and how we relate to our own bodies.

Systems like White Supremacy, Patriarchy, and Capitalism are how groups of people use domination logic on a social level. They are ways in which the tools of domination are deployed for and against specific groups.

**Denying Reality and Impact:**  
Telling ourselves and others that what we are experiencing isn't really happening, or isn't really a big deal.



We see this in everything from Holocaust Denial, victim-blaming survivors of sexual violence, and our habit of telling children that they don't know their own emotions.

**Denying Worth or Complexity:**  
Saying that people are monsters or inherently bad. Pretending people are perfect or beyond scrutiny. Usually involves denying people the capacity for growth, change, learning, or complexity.



We turn our opponents into monsters and our heroes into saints. In doing so, we limit our ability to grow, change, and experience complex emotions. We get limited to feeling what a monster or hero is supposed to feel.

**Seeking the Illusion of Control:**  
Trying to use force to coerce actions, or limit outcomes and options.



We police ourselves and each other, hoping to be rich enough, pretty enough, thin enough, or white enough to receive social sanction. We create rules to punish potential deviants instead of supporting people to thrive together.

# What is Domination Logic?

## A Note From Rebecca

For me, domination logic is an understandable response to the possibility of famine and death.

We live in a world where nothing is certain. We never know when a drought will come, when a fire will start in our home, when our parents and children will get sick or when we will fall in love. This is the basic, horrible, and gorgeous reality of being alive.



We can respond to that basic uncertainty by trying to manufacture a sense of control, even when there isn't one, at all costs. When we respond by trying to manufacture control, that is what we are calling domination logic.

On the **inner work** level, it looks like **suppressing emotions** and trauma-responses.

**Interpersonally**, it looks like **trying to control other people's behavior** so that we never have to deal with the emotions and traumas that we are trying to suppress, or retreating from the risk of deep relationship and living in superficial relations.

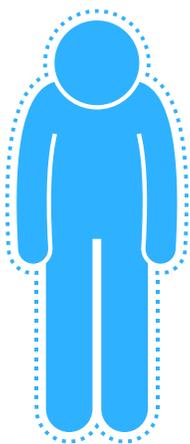
**Organizationally**, it looks like **a machine mindset**, where we try to get everything in one perfect order and make it stay that way forever, using pyramid organization charts, marching orders, bosses, and firings.

**Systemically**, **domination logic looks like capitalism**. Domination logic in the form of capitalism is a way for classes of people to ensure that they are not subject to the whims of draught and famine.



The only way these classes can keep themselves buffered from famine is to hoard and amass enough (food, money, space, power) to never be vulnerable to anything. And the only way they know how to amass enough of those resources is to exploit and enslave others. Oppression is a systemic-scale version of trying to control enough resources to never be vulnerable to the basic premise of being alive: uncertainty.

The most visible problem with this approach is, of course, is that we harm each other over and over again throughout human history, trying to get a sense of control over the uncontrollable.

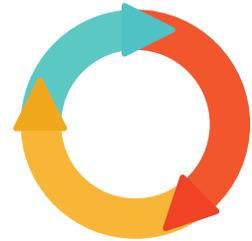


Another problem is that place of vulnerability are the sites of both pain and healing simultaneously. Shielding ourselves from vulnerability might lower the amount of certain kinds of pain that we have to experience in life: physical hunger, being too hot or too cold, consciously feeling rejected by someone we want to know. But shielding ourselves is also wildly alienating.

This shielding takes us out of relationships with ourselves, out of relationships with other people, out of deep community, and out of relationship with nature and spirit. If we never let ourselves be vulnerable to other people through really risking love, to the ups and downs of natural cycles and disasters, we also shield ourselves from the possibility of healing, love and belonging.

# How Is Domination Logic Spread?

Domination Logic, like racism or sexism, is a learned way of thinking. We learn it from parents who try to protect us from uncertainty and police who punish us when we "step out of line."



"...WE ARE EACH BORN INTO A SPECIFIC SET OF **SOCIAL IDENTITIES**...AND THESE SOCIAL IDENTITIES PREDISPOSE US TO **UNEQUAL ROLES IN THE DYNAMIC SYSTEM[S] OF OPPRESSION**. WE ARE THEN SOCIALIZED BY POWERFUL SOURCES IN THE OUR WORLDS TO PLAY THE ROLES PRESCRIBED BY AN INEQUITABLE SOCIAL SYSTEM. THIS SOCIALIZATION PROCESS IS **PERVASIVE (COMING FROM ALL SIDES AND SOURCES)**, **CONSISTENT (PATTERNED AND PREDICTABLE)**, **CIRCULAR (SELF-SUPPORTING)**, **SELF-PERPETUATING (INTRADEPENDENT)** AND **OFTEN INVISIBLE (UNCONSCIOUS AND UNNAMED)**."

Bobbie Harro "Cycle of Socialization"



# How Is Domination Logic Spread?

## First Socialization

### Socialized

Taught on a Personal Level by Parents, Relatives, Teachers, People We Love and Trust: Shapers of Expectations, Norms, Values, Roles, Rules, Models of Ways to Be, Sources of Dreams

## The Beginning

Born into World with Mechanics in Place  
 No Blame, No Consciousness, No Guilt, No Choice  
 Limited Information  
 No Information  
 Misinformation  
 Biases  
 Stereotypes  
 Prejudices  
 History  
 Habit  
 Tradition

## Institutional and Cultural Socialization

Reinforced/  
 Bombarded with Messages from

### Institutions

Churches  
 Schools  
 Television  
 Legal System  
 Mental Health  
 Medicine  
 Business

### Culture

Practices  
 Song Lyrics  
 Language  
 Media  
 Patterns of Thought

On Conscious and Unconscious Levels

## Core

Fear  
 Ignorance  
 Confusion  
 Insecurity

Enforced

Sanctioned

Stigmatized

Rewards and Punishments

Privilege

Persecution

Discrimination

Empowerment

## Enforcements

## Resulting in

Dissonance, Silence, Anger, Dehumanization, Guilt, Collusion, Ignorance, Self-Hatred, Stress, Lack of Reality, Horizontal Violence, Inconsistency, Violence, Crime, Internalization of Patterns of Power

## Results

## Actions

Do Nothing  
 Don't Make Waves  
 Promote Status Quo

Change  
 Raise Consciousness  
 Interrupt  
 Educate  
 Take a Stand  
 Question  
 Reframe

## Direction for Change

By Bobbie Harro "Cycle of Socialization"

# What is Domination Logic?

## A Note From Rebecca

We have grown up in a world where domination logic is everywhere:  
in our families, our schools, our media, our presidents.

**No wonder we are so well trained in it.**

In our movement spaces, we often live out domination logic by focusing on the ends of our work rather than the means of how we do that work. We talk about changing systems, which is absolutely critical. But we work toward changing those systems in the same way that capitalist interests work toward their own ends: disconnected from our own traumas and emotions, in controlling or alienated relationships from one another, in organizations that drain and dehumanize us.

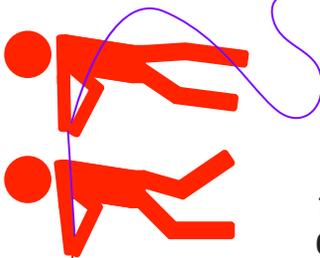


We say that our work is so important that we don't have time for healing, for building genuine community, for working collaboratively.

That is exactly what corporate CEO's say too.

**If we are using the same logic as capitalist white supremacist patriarchy, how will we ever really create something different, even when we win campaigns?**

Another way we live out domination logic in our movement spaces is by **seeing all of our struggles as separate**. Many of us join movement work through organizations working on individual "issues." We often join organizations working on issues that we have personally experienced, fighting systems of oppression in which we are those being marginalized.

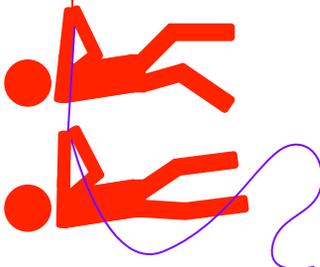


When we haven't done any healing around the wounds that we have from that marginalization, we can get neurotically obsessed with our own issues, demanding that they are the most important ones. We argue about whether racism or classism is the "real" issue, rather than understanding that all systems of oppression are just different manifestations of domination logic.

Finally, we live out domination logic in our movement spaces by thinking about our work as "struggle." Many of us are carrying so much harm from living in this toxic world that we get into a psychological pattern of always looking for a fight.

We end up organizing as if fighting is not only the only strategy we can use to get free, it is often the only way we can conceptualize our work.

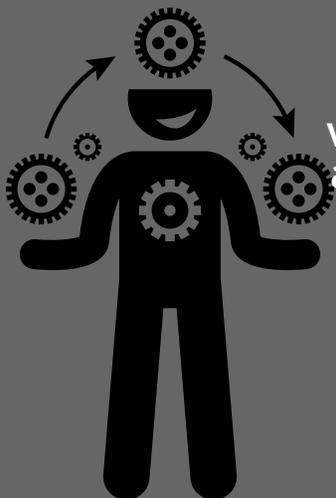
**Fighting becomes our reason for being.** We come to believe that the struggle is endless, that we will be struggling our whole lives and that generations after us will do the same.



What's more, we get so attached to the concept of fighting that we end up fighting each other rather than genuinely collaborating to build liberation ecosystems.

# Why do we need Liberation Logic?

How does Domination Logic show up in movement spaces?



Domination logic is deeply tied to what we think is "effective" and how we assume change happens. In movements we often still think that the ends justify the means because we are so results- and production-focused.

**Denying Reality or Ignoring Impact:**  
Allows us to avoid feelings of shame for what we have done. It also allows us to ignore the recognition of our own suffering that arises when we acknowledge other people's suffering.

**Denying Worth or Complexity:**  
Those who disagree with and push back on our ideas are revisionist, liberals, cops, toxic, or "unstrategic."



**Seeking the Illusion of Control:**  
We believe that if we use the right theory and have a detailed plan, we will make the revolution happen in three easy steps.

From corporate non-profits to business unionism, many movements are anchored by people and institutions that care about quantitative results, measurable outcomes, and an obsession with things being legible.

Our collective egos need proof that we are worthy by doing, and our doing has to be more or better than the doing of others.

Even in more radical spaces, we are often subtly obsessed with being seen as powerful by those who oppress. We seek to beat them in a struggle, rather than carving out a space to be free and only fighting when that space is threatened.

We sacrifice our mental, physical, and relational wellness in the struggle for being free. Our path to liberation is literally killing us, but rather than deciding to have "no more martyrs," martyrdom is the baseline expectation.

Often we try to play the role of the freedom fighter. We take risks and make bold moves because that's what our ego tells us struggle looks like, even if we get arrested, increase repression, and nothing actually changes.

Similarly, we often see a need to cover our pain in an analysis so that it will be taken seriously. We re-interpret our life based on radical theory. Suddenly, harm only matters if we can tie it to an established narrative of oppression. This leads to us overstating the harm tied to our identities so that it will be acknowledged. Over time, this can lead to us identifying with our pain instead of working to heal it.

Movement strategy can sometimes seek to force the change we want to see. Rather than asking ourselves what seeds of Liberation the conditions we live in are right for, we force the conditions to be what we want or overlook them completely. We get ego-attached to our strategies, discrediting that everyone else's approaches.

# Understanding Domination and Liberation

## Basic Human Needs

Physical Needs: Food, Water, Shelter, Touch

Social Needs: Status, Certainty, Autonomy, Relatedness, Fairness

Spiritual Needs: Connection, Groundedness, Alignment

Somatic responses to those needs

**Love**  
Connecting Response 

 **Fear**  
Disconnecting Response

Stories we tell about meeting those needs

### Liberation Logic

### Domination Logic

**Liberation Justice Equity**  
**Holistic**

**LIBERALISM OPPRESSION**

**Dehumanizing**

PRACTICES	Insight	Interbeing	Transformation	Deny Reality/Ignore Impact	Seek Control	Vilify
Inner Work				Settler Colonialism	Imperialism	Capitalism
Interpersonal				White Supremacy	Patriarchy	Ableism
Organizational				Xenophobia	Trans-Antagonism	Neo-liberalism
Systemic				Consumerism	Genocide	

# Understanding Domination and Liberation

As we mentioned earlier, we can respond to life's basic uncertainty by trying to manufacture a sense of control. Systems like capitalism are the artifacts of cultures responding to scarcity and uncertainty with domination logic. These systems are generally responding to real material needs in society but through strategies that cause more harm in the long run. We can also respond to that basic uncertainty with loving, wondrous acceptance and go along for the ride. For us, this choice of "the story we tell" about how to meet our needs in an uncertain world is the difference between using a Domination Logic and using a Liberation Logic.

Let's take a second to break down the chart on the previous page.

## Basic Human Needs

### Physical Needs: Food, Water, Shelter, Touch

Everyone has needs. Some of these needs are physiological or biological. They are things our bodies need in order to continue living i.e. if you don't eat you die, if you don't drink you die, if you get too hot or too cold you die and if babies aren't touched they die [if adults aren't touched we might wilt emotionally and will eventually see our immune systems weaken.]

### Social Needs: Status, Certainty, Autonomy, Relatedness, Fairness

Some of our needs are social. Humans are social creatures and in order to not feel so hopeless, alienated or worthless we give up what we need to make sure our social needs are met. I find the SCARF model really helpful here. It states that based on neuroscience there are 5 basic motives for human behavior. Those are status (our sense of personal worth), certainty (our sense of what the future holds), autonomy (our sense of control over our life), relatedness (or sense of safety with others), and fairness (our sense of everyone getting what we feel they "should"). While these needs arise from parts of our brains, the way we think about them and how we meet them are socially constructed. This means that how one culture offers autonomy will be different from another culture.

### Spiritual Needs: Connection, Groundedness, Alignment

We also have spiritual needs to be connected and aligned to the greatness that is the universe however we conceive of it. Spirituality is, to me, an embodied understanding that we are a small but beautiful part of a much larger majesty. It is this sense of grounded perspective that allows us to sense our connection to the larger whole.

When these spiritual needs aren't met we might experience life as a constant existential crises or try and feed ourselves with material things that will never satisfy our spiritual need. We can find ourselves seeking connection through consumption and end up making ourselves feel more alone and isolated. Often times we can try to bury our sense of dislocation by keeping ourselves busy producing things.

# Understanding Domination and Liberation

## Basic Human Needs

Physical Needs: Food, Water, Shelter, Touch

Social Needs: Status, Certainty, Autonomy,  
Relatedness, Fairness

Spiritual Needs: Connection, Groundedness,  
Alignment

### Somatic responses to those needs

When any of those needs are not met, our body has a response. We feel something. It might be hunger, it might be fatigue, it could be feeling of emptiness that pervades our body or what Buddhists call a seed of aversion or craving. There is a lot of evidence to say that we have very little control (and very little reason to try to control) our feelings. We might be able to suppress or ignore them but we can't really change them through willpower alone.

By learning to be in touch with our feelings we can get a better handle of what needs we actually have. Knowing our needs and acknowledging them are the first steps to getting them met. Though we often use the words interchangeably, these physical sensations that we call feelings are different than emotions. The latest advances in neurobiology suggest that we are each "hardcoded" with certain feelings yet emotions are socially constructed. In fact, there is a whole discipline in academia called the sociology of emotion.

Love



Connecting Response

Emotional Response



Fear

Disconnecting Response

When our body generates a feeling we almost instantly tell a story, trying to categorize or make meaning of that feeling. Often times, the story is something like "this reminds me of the last time I felt this way." That is in essence what our emotions are. They are predictors. They tell us, the last time we got this feeling something good, bad, scary, sexual, etc. happened. There is a lot we could talk about in regards to feelings and emotions but the important thing to remember for now is that we don't have a lot of influence over our feelings but we do have a lot of influence over our emotions. If we take a deep breath we can interpret our feelings in many different ways.

It can be helpful to think of all the emotional responses we could have to fall under two broad categories: connecting or disconnecting/love or fear. Our interpretation of our feelings can either make us want to go towards something or away from it. We generally have multiple feelings about any given situation and have a mix of love and fear responses. But generally one or the other wins out and we take action from that emotional place.

Now, fear and love are not inherently good or bad in this case. If you come across a bear while hiking, a fear response makes sense. It might be dangerous to have a connecting response to a wild and potentially frightened animal. The problem comes when in social situations we are not conscious of the emotional stories we are telling. When we let media cultivate a fear response of Black youth or a love response towards consumption we begin to tell more complicated and problematic stories about how we meet our needs. **Yet most of us are more able to ensure we are not overwhelmed by love responses since they generally leave us more open to possibilities than fear responses and that is why Liberation Logic prioritizes love.** Though anyone who first fell in love as a teenager knows that strong connecting responses can also narrow our vision.

Complicating this further, our bodies don't really differentiate between physical threats, social threats and spiritual threats. We tend to experience threats to our social status as if they are threats to our body. So capitalism can teach us to try and meet a spiritual need for connection by buying something and then we might feel that thing we bought or our property in general being threatened as a physical assault! Conservative politicians have mastered using the deep unhealthy connection westerners have with property to play into their politics of fear. To counteract that message we have to untangle the real human need at play from the socially constructed story about how to meet that need.

# Understanding Domination and Liberation

Stories we tell about meeting those needs

## Liberation Logic

## Domination Logic

Liberation Logic stories are about the possibilities of abundance that exist if you practice Insight, Interdependence and Transformation. Liberation Logic stories about getting your needs met don't change the facts. If you are hungry its not about telling yourself you are not hungry or the problematic solace of "at least you are not starving." Instead Liberation Logic stories talk about the future and ask us to meet our needs by collaborating with others and recognizing that there are multiple ways to meet our needs. Nobody needs bread, marriage and the police. But everybody needs carbs, safety and stability in relationships, and security. But there are many grains to get carbs, ways to build relationships without the state regulating them and ways to get security without an armed force protecting property. The possibilities are endless which can be as emancipating as it is scary. Where Domination Logic sees the only the possibilities that make getting our needs met harder, Liberation Logic sees both and encourages us to move in ways that generate more acceptable solutions.

Like most things in the world, Liberation Logic and Domination Logic are not cut and dry. So often we seem stuck between a liberal thinking that only the most dominating things like slavery or rape are actually domination and radical thinking that all forms are domination are equally reprehensible and punishable. Yet Liberation Logic is not interested in punishment or, honestly, even labels like right and wrong. Liberation Logic is not better than Domination Logic in some puritanical sense of more pure or less deserving of punishment. Rather Liberation Logic is more skillful. It is more generative and able to allow for more possibilities which increases the likelihood that everyone can get their needs met with dignity. **The idea that people getting their needs met with dignity as "preferred" is as close to moral statement that Liberation Logic makes.**

We could go deeper into why Liberation Logic eschews terms like good and bad. For now, I would sum it up by saying that many societies use terms like good or bad to demarcate people into categories of good or bad people, innocent victims and evil perpetrators. Good people do good things and bad people do bad things. This binary thinking tends to lead to domination logic which severely narrows the possibilities for action. It also leaves punishment and reward (sticks and carrots) as the only tools for avoiding unpleasant experiences. We believe that by seeing everyone as generally trying to meet their needs with systems and tools they have to meet them **as they understand them** we are much more likely to get everyone's needs meet with dignity. Because frankly, ostracism, shame and punishment only make things worse.



Additionally, thinking about Liberation and Domination Logic as spectrum makes sure we don't settle for what is nor let perfect be the enemy of the good. **There is always a more liberatory possibility.** The question is not "how can we perfect this" but does this solution meet everyone needs with dignity? If not, how can we take actions that make that possible? One end of the spectrum will have the words Holistic and Liberation signifying how Liberation holds multiple truths and the capacity of meeting multiple needs.

In this way we can see things like Liberalism (the political belief born out of the European enlightenment that seeks to maximize human flourishing by educating each individual person to be as rational as possible so that they can get their needs met through transactions with other people) as an historic step towards Liberation but ultimately far short of what is necessary.

We can also distinguish between things we don't like, things that remind us of dominant culture from things that actually limit our possibilities as human beings. It can be so easy to say that thinking in binaries is domination logic because domination logic employs the binary so often to limit options. Yet if our friend is overwhelmed with choices or unsure of what they want, a set of binary choices might be more clarifying rather than limiting.

Contrasting Domination Logic and Liberation Logic is explicitly using binary logic yet its purpose is to clarify issues rather than to control outcomes. To put it plainly, **it's not what you do, it's how you do it and why that matters.**

# Liberation Values and practices Logic

Domination Logic is all around us, yes. And yet we have all experienced more healing, more freeing ways to live, be, and create change. We offer Liberation Logic as a mindset and a practice-set we can use to live the lives we want.

Liberation Logic is a worldview that embraces uncertainty and connection, rather than control. It allows us to live in the knowledge that there are many paths to getting our needs met with dignity.

LL is a love-driven approach to being alive and making change in which we focus on creating liberatory moments now. Instead of focusing on fighting for a future freedom, we spark moments of liberation by connecting more deeply with ourselves and with each other, and by building projects, communities, ecosystems, and movements that literally embody our values.

Liberation Logic is a set of values and practices that can help us navigate the terrains of power, mutuality, and interrelationship.

Liberation Logic offers three basic values or coordination principles: *understanding the world through **Insight**, being together through **Interdependence**, and creating change through **Transformation***. These values can help guide our action and determine if we are heading towards freedom. They ask us to sit deeply with context, meet our own needs while working with others, and engage in changing relationships of power.

We can think of **Insight**, **Interdependence** and **Transformation** as meta-values that we can live out through actual practices in our lives. As we've learned from the work of generative somatics, practice is anything that we do repeatedly over time, intentionally or unintentionally. It can be a social skill set, cultural ritual, mental or political tool, or concrete action that we use to navigate and create the world.

Every culture and even every individual already has their own practice that we use to pursue freedom. Liberation Logic's basic assumption is that we all already have everything we need to get free. This framework is merely an invitation to examine all the tools for liberation available to us, and relearn how to wield which ones when, with the love and grace to get what we need.

# What is Liberation Logic?

What are these guiding values,  
and how do they work?

## **Insight:**

### Head-smart and Heart-wise

Knowing yourself [your needs, desires, trauma and context] while seeking to see others as they really are [not as you fear they are or wish they are] so that you can move peacefully and effectively through the world.

It means combining an understanding of your social, political, energetic, emotional and physical context with a felt sense of your needs and those of others.

## **Interdependence:**

### Collectivity and Autonomy

Seeing the individual and community as two parts of human experience. An individual cannot exist outside community and a community cannot exist without individuals.

## **Transformation:**

### Evolution and Revolution

Building a world that can hold multiple worlds. It means evolving our relationships to be love-centered experiences of giving and accepting, while revolutionizing how we share power.

So often we expect others to bend to our ideas of how things are supposed to be, without really thinking through why we think what we do, or if that is how we want to be. That habit is ego trying to get us to identify with form, to claim ideas and roles as who we are.

With deep self-understanding we can name our needs, capacities, and traumas. We can know what we need to get on our own and what we need from others.

With self-empathy we can free ourselves from the shame and internalized oppression that often limits us. With an understanding of our context we can see how our needs and desires have been shaped by personal and political history.

What we like least about other people is often a reflection of what we like least about ourselves. With self-understanding we can have more compassion for others. We can also see how others' actions [which we can't change] are shaped by their context [which we can co-create].

We neither have to deny our unique needs and desires for the community nor set our will above the collective good. When we thrive, our community is better. When we build for the community, we support ourselves.

We are the result of every event we have witnessed and every person who has touched our lives. The same is true for our communities. We can use that connection by being love, support, and dignity when alone and in community.

Power can be seen as our context-specific relationships to people, resources, spirit, history, institutions and ideas that allows us to make change and influence outcomes.

It is not something we hold alone in our bodies or identities, but rather something that exists when we interact with others or the world.

We can reshape our relationships to ourselves and society in order to ensure that everyone can get their needs met with dignity.

# Understanding Domination and Liberation

PRACTICES	Insight	Interbeing	Transformation	Deny Reality/Ignore Impact	Seek Control	Vilify
Inner Work				Settler Colonialism	Imperialism	
Interpersonal				White Supremacy	Capitalism	
Organizational				Xenophobia	Patriarchy	
Systemic				Trans-Antagonism	Ableism	
				Consumerism	Neo-liberalism	
					Genocide	

The bottom portion of the diagram separates out the specific practices of Domination Logic and Liberation Logic. Here we connect the domination logic with the more familiar systems of oppression. In some ways this is the most radical part of the diagram and Liberation Logic because it asserts that **all these forms of systemic oppression are the outgrowth of domination logic used in specific historical context against specific groups of people.**

Rather than get into historical arguments about which system of oppression came first or which is primary, through breaking down the basic mechanism by which they function and their basic motivations we, as social movements, can design interventions that weaken multiple systems of oppression at a time. This is not to say that historicity (meaning putting things in proper historical contexts and understanding how a system developed over time) is not important. Rather it shifts our focus from thinking of racial capitalism as a distinct "thing" in itself with a start and end point to look for historical development of mechanisms of domination for and against groups over people over time. Such a historical look would allow us to see how they all came to be so deeply interwoven and inter-meshed.

Often in social movements, even in so called intersectional movement spaces, we get caught up trying to determine which systems of oppression lead to an outcome we didn't like. Rather than play a woker than thou version of blame game, this view allows to ask how are we practicing or refusing to call out denying reality and ignoring impact? How were we seeking to control things that are beyond human control? How we were vilifying people or denying them complexity and the ability to change?

Domination Logic is not to be taken as something other people, our opponents, do over there or to us. **Domination is a way of meeting needs that we all do from time to time. While the impacts of domination logic are multiplied by social and economic power and influence, they are always harmful.** Equally important, they are habitual because they often get results in the short term and offset the detrimental impacts onto others. They are habits that the oppressed learn and carry with them into their revolutions. They are habits to overcome, to replace, as we organize to gain more people-power lest they corrupt our wielding of it.

This point cannot be emphasized enough. It is crucial to both tend to how power changes impact and to challenge Domination Logic even in its most banal forms. Domination Logic is so pervasive that we often do not know how to collaborate without it. We are so used to denying impact that we end up naturalizing the labor of Black women in movement spaces for example. When we don't make the role of caring explicit and supported it will be taken up by people who have been socialized to play that role. When we let this go because "no one is upset with it now" we rob our collaborations of an opportunity to practice a more liberatory technique. Later, when we are all stressed we end up asking more from Black women that they can give and put them in position to feel like they have to choose between the groups needs and their own. Most often we will not become aware of how deep the culture of denying impact is until its too late and we are all burnt out.

## How Do We Stop Using Domination Logic In Movement Spaces?

It must be said that our use of Domination Logic is deep. As we uncover it one aspect and seek to replace it with Liberation Logic it will likely open up a lot for other people. I have personally seen groups seek to use a feminist analysis to talk about naturalized care labor and this lead to great dissatisfaction in the group as a whole. In these spaces everyone is invited to ask themselves why they play the roles they play and if that's who they really want to be in these spaces. The most common answer to that question will be "I don't know." That honestly can feel liberating to some but can produce anxiety for others. As we noted, certainty is a basic social need. It is also a need that gets met in most spaces through really unhealthy unsustainable ways. Many middle-class folks and white folks expect a level of linearity and predictability that is incompatible with really giving people the space to explore their socialization and their needs. While giving them that space might feel liberatory it can also feel nerve racking. Secondly, giving space for white and middle class people to process their feelings and needs can be incredible triggering for people of color and cash poor people.

# Understanding Domination and Liberation

There are many ways to deal with these complications from caucus spaces to providing spaces for people to name their needs and have people who agree to help people meet their needs so the meetings can continue. Hopefully I can make another zine about the ways I've seen this be handled well. Yet, if we take Liberation Logic seriously and the ethic of getting everyone's needs met with dignity, there is no way forward without things getting messy and sometimes having to throw agendas out the window. It will require groups to take a completely different frame of mind toward "the work."

## Rethinking what "the work" Is

I want to end here talking about work. Many of you are going to be reading this hoping to make your workplaces less racist or maybe even anti-racist and I think that is great. But I would be remiss if I didn't point out the larger problems of work. Not just work under capitalism but how we think about work in general.

If you have read anything else by me then you know that I am very very anti-work. I hate our modern conception of work. I think it would be abolished as one of the most destructive concepts ever created. First, it's important to get clear on what we are talking about. When I say work I don't mean labor. Labor is the act of doing something or putting effort into one thing to make it another thing. What I mean by work might be better described as "productive work." What I mean by work is what we mean we say someone should be "a productive member of society." It's not just doing things (as stoners who smoke all day are technically doing things) nor is really concerned with making a product per-se (think about teaching or the service industry in general). Productive work is a lot like porn, hard to define but we know it when we see it.

Perhaps the easiest definition is "things you get paid to do", though for some reason, being a weed dealer selling things that people need to deal with the anxiety of their work life isn't "real" work but being a pharmaceutical sales rep selling male "enhancement" is. This question of what is or is not productive is at the core of my problem with work.

Part of the idea of "productive labor" is that it is opposed to leisure time and what might be called social reproduction. The idea of "8 hours of sleep, 8 hours of work and 8 hours for what you will" (an old union organizing demand) typifies this belief. 8 hours for sleep is a stand in for all the things you need to do to keep yourself alive. 8 hours of work is the productive time you work for someone else, making, storing, counting and distributing the various things of society. 8 hours for what you will is the beautiful things we call "life" where we get to decide how best to spend our lives pursuing what some might call the "human vocations" of art, self improvements and human fellowship and others might call leisure.

Thus you could think of the modern work regime as having three parts: 1. subsistence work or reproductive work, 2. productive work, 3. Leisure. The problem with this is that subsistence or reproductive work is almost always done on an unpaid term by women, femmes, children, slaves and colonized people. The work of feeding, clothing and cleaning the household overwhelmingly falls on women, children and domestic laborers (depending on culture and class). The work of producing food and cooking it falls on the most marginalized members of global society. Exploitative farmer workers in the global south and the lowest wage workers in the global north (both migrant and domestic).

This work is often naturalized. We often don't think of it as work at all. House-wives are considered unemployed or otherwise "outside the workforce" yet bizarrely if they did those same things for someone else and got a wage they would be domestic workers. Even those domestic workers are heavily invisibilized. They are written out of most legislation covering working conditions and workers rights. Until the rise of the domestic workers alliance in New York, there had not been many contemporary formal labor organizations for domestic workers. In the amazing and highly recommend book "Patriarchy and Accumulation at a World Scale" Maria Mies describes the problems like this:

# Understanding Domination and Liberation

*It is my thesis that this general production of life, or subsistence production—mainly performed through the non-wage labour of women and other non-wage owning labourers such as slaves, contract workers and peasants in the colonies—constitutes the perennial basis upon which 'capitalist productive labour' can be built up and exploited. Without the ongoing subsistence production of non-wage labourers (women, colonies, peasants) upon which wage labour exploitation is possible. I define their exploitation as super-exploitation because it is not based on the appropriation (by the capitalist) of the time and labour over and above the 'necessary' labour time, the surplus labour time, but of the time and labour necessary for people's own survival or subsistence production. It is not compensated for by a wage, the size of which is calculated on the 'necessary' reproduction costs of the labourer, but is mainly determined by force or coercive institutions. This is the main reason for the growing poverty and starvation of Third World producers.*

In other words, the divide between leisure and work is Domination Logic that denies the impact of our divisions of labor and denies complexity to life. In order to be a functional professional in a modern U.S city you have eat, wash yourself and your clothes, groom yourself and maintain the vehicles that take you to and from work. If your spouse or child is the person doing most of this for you then they are doing work that makes your having a job possible.

In reality, there is only social reproductive activities, there is only living by making a living. When we can only get a living by producing for others we are colonized. By separating cleaning the house or getting our emotional needs met from building a revolution we separate our own material reality, joy and belonging from revolutionary consideration. Maria Mies outlines a different way to think about labor in the segment "Towards a feminist concept of labour."

*The conception she outlines has four major points:*

- *"A unity of work as a burden and enjoyment..."*
- *Moving beyond "economies of time"*
- *"The maintenance of work as a direct and sensual interaction with nature, with organic matter and living organisms."*
- *"Maintain that work retain its sense of purpose, its character of being useful and necessary for the people who do it and those around them."*

Mies suggests that work need not be drudgery or separated from leisure. Why can't we cook and clean together while singing and dancing? Why can't childrearing be a collective process where older kids look after and entertain younger ones? Similarly, we could live in a world where time is not money. Where we are not so driven to produce that we seek to make every moment as productive as possible. What if really being together differently was both a means and an end? This, to me, is the theory behind Alexis Pauline Gumbs iconic line "life isn't easy but it is life all the time." A feminist praxis of labor would be to stop doing things to be able to do things to be able to buy things to be able to meet our needs. Instead everything we do could feed us and those around us, directly, through our relationships.

To me, moving towards this sort of purpose driven work, deeply based in interconnected community where people are taken care of regardless of what they can contribute (thus freeing them up to contribute what they are most uniquely suited to) is the end goal of any real holistic anti-oppression process within an organization. It cannot be completed without the co-creation of alternative systemic conditions. In other words, there is not anti-racist business under capitalism. No fully accessible space under patriarchy.

# Seeking Alignment

The WildSeed Society is more of an ecology of liberation than a single sangha, church or organization. The society is enacting in spaces populated by members of anchors. Rather than recruiting people to our organization we are hoping to invite people in deeper and deeper alignment at the intersection of existing communities. These communities are diverse, geared towards different ends and with different cultures. Rather than try and get them all going in the same direction we hope to invite the communities to cross pollinate. All that we ask to ensure that spaces be an anchor is that they be in alignment with our 12 principles.

