

THE TELESTAI



Dedicated to Earth & Humanity

Contents

1	The Finished Work	1
2	Circle of Teleia	3
3	Independent Practice	9
4	The Golden Way	15
5	Timeless Origin	18
6	Declaration of Sovereignty	23
7	Cleansing of the Colonized Soul	25
8	Energetic Protection Affirmation	27
9	The Single Unified Family	30
10	The Great Hug: A Bedtime Story	33
	<i>Definitions & Pronunciation</i>	35
	<i>Notes & Personal Additions</i>	36

The Finished Work

Telestaim is the spiritual realization that existence is already complete. Its name comes from *Tetelestai* meaning completion.

We have lived under imperial spirituality for far too long, systems that tell us we are born broken, that we are in spiritual debt to a distant overlord, or that we must constantly strive to earn our place in existence. Telestaim rejects these impositions. It is a return to simplicity and balanced spiritual living in our daily lives.

Each of us are an individual aspect of the Universal Creator, born from a state of timelessness. There is no need to become holy; we only need to stop pretending that we are not.

There is no ladder to reach the Divine. We simply sit still and realize the Divine is the very ground we are sitting on and the breath we breathe.

We recognize that the Golden Ratio that spirals through the galaxies also pulses through our veins. To live by the Golden Rule is not an obligation or mandate, but a natural alignment with the physics of our precious Universe.

This book is a guide to unburdening. It is a path of acceptance of the imperfect as part of the perfect whole. We choose the approach of a loving embrace rather than a heavy hand when it comes to spiritual concepts and practice. We focus on the importance of rest and ease. We acknowledge that our precious Earth and our Divine Nature are to be respected and nurtured.

There is no need to seek outside of ourselves. We are already home.

The spiritual debt is paid. Love is here. It is finished.

2

Circle of Teleia

We gather together in a circle. There is no altar, no stage, no higher, no lower.

In the center is an empty vessel surrounded by stones.

Water is poured into the vessel by an elder or a volunteer.

This water represents the transparent, fluid nature of existence and spirit.

This is a shared space of calm peace. In a world that demands we always be producing, The Circle represents completeness and rest.

The Four Phases of The Circle

1. Embrace

Our gathering begins with the strike of a bell, a deep drum, or a droning tone. We transition into a sacred space. As the sound fades, we mentally drop our titles, our debts, and our burdens. The empire of striving remains outside of the circle.

2. Release

We sit in quiet space for ten to twenty minutes. Allow for reflections of the mind to enter and pass. There is no need to *try* to meditate, or to dwell, or reach a higher state. Simply Be. Know the truth that we are perfect aspects of the Universe just as we are.

3. Resonance

A low, steady drone or simple acoustic music fades in to break the silence.

Join in the Chant of Teleia repeated three times: “Tetelestai Shanti... Tetelestai Shanti... Tetelestai Shanti...” meaning completeness and peace.

The resonant vibration of the music aligns our heartbeats with one another, with our precious Earth, our Sun, the Human Family, and the Golden Spiral of the Universe. Together we form a unified whole.

4. Offering of the Spark

As the music continues, anyone who feels a “Spark” — a thought, a gratitude, a passion, or a burden they are trying to heal — may walk to the center of the circle.

Take a small stone and drop it into the water.

If you wish to speak, do so as the ripples move. If you wish to remain silent, the sound of the stone hitting the water acts as your testimony.

Every ripple, spoken or silent, beautiful or ugly, contributes to the whole.

There is no end to our meeting as we dissolve the circle. The peace we found in the circle is the same peace that exists in the land, the streets, and the stars.

The debt is canceled. The work is complete.

The ceremony concludes with everyone saying, “Teleia!”

The youngest (who is able) carries the vessel to pour out the water and stones into a moving stream or into the land. The stones may be collected before or after the pouring of the water.

The ceremony is over and now is the time to share in local foods and rejoice.

The Children's Circle

In Telestaiism, we believe children are closer to the Timeless Origin because of their youth, and because they have yet to be indoctrinated by the imperial ghosts of society.

1. Humming Stone

Instead of a bell, the assisting adult (The Guide) invites the children to sit in a circle around a humming stone (a large, smooth river rock).

Everyone places one finger on the stone. We hum a single note together until we feel a shared vibration. Giggling and smiles are encouraged.

This teaches us that everything — even the rock and the ground — are part of the Universe's song.

2. Quiet Game

The children sit still and remain silent for a few minutes, or for as long as they can stand it. The goal is to listen for the quietest sound they can hear such as their breathing, their heartbeat, or the wind.

Afterward, they whisper one thing they heard. This builds the habit of interior silence through curiosity rather than enforced discipline.

Children may break the circle and play quietly while the adults conclude their silent release.

3. Nature's Golden Way

Using local natural items (pinecones, sunflowers, shells, or drawing spirals in sand) the Guide shows them how repeating shapes and patterns are hidden in everything in the world all around us.

We learn that we are built with the same Golden Spirals as the stars and the Universe. There is no need to grow up to be someone; we are already complete just as we are.

4. Share and Tell

The children take turns sharing a feather or a leaf or any natural object. If a child wants to share a thought, an experience, or something new they learned, they hold the natural object. If they just want to hold it and be silent, that is their silent gift to the circle.

In Telestism, the children are the stewards of the feast. Since they represent the new life of the Earth, they take the lead in the transition to the shared meal (potluck style).

While the adults finish with their ceremony, the children and their Guide prepare and arrange the local foods such as homemade bread, fruit, honey, water, or home-cooked meals.

When the adult circle breaks, the children invite the adults in. A child might ring a small bell or simply call out: “The table is full!”

To honor the womb of the Earth, the youngest child present is offered the first bite of food. This reverses the imperial hierarchy — the youngest is served first because they are the freshest Spark of Universal Creator.

The adult (or adults) that stay with the children are not teachers in the traditional sense, but co-witnesses. They wonder alongside the children. Their job is to ensure the space feels unbound — no pressure, no wrong answers, just the simple joys of sharing and being.

3

Independent Practice

This practice is our sanctuary of wholeness and completion. It is an act of remembering that you are not a servant of empire, but Divine Living Consciousness and Spirit, a sovereign aspect of the Creative Source of Existence.

Strip away the imperial ghosts - the voices of shame, guilt, and lack - to reveal the Golden Spark within.

Accept yourself as you are.

A vessel of water with a stone may be used or omitted.

The Four Phases

1. Embrace

Take a deep breath and let it out with a vocalized sigh. Strike a bell, a deep drum, or a humming tone while exhaling. Breathe deeply for three minutes.

Give yourself a hug. Loosen any tension, especially in the shoulders, neck, and face.

Transition into a sacred space. Focus on your breathing. Clear your mind. The busy world of social demand and expectations remains outside of your sacred personal space.

Hold the stone.

2. Release

Close your eyes and focus on the pause between breaths — the small moments of nothingness between inhale and exhale.

In that pause, there is no empire, no clock, and no ego. There is only the Timeless Origin. Recognize that you are one with the Timeless Origin of All That Is.

Allow for reflections of the mind to enter and pass. If the mind wanders too much, gently whisper: “Tetelestai” (It is finished) and return to silence.

3. Resonance

Play instrumental music which suits you. Recite the Chant of Teleia three times: “Tetelestai Shanti... Tetelestai Shanti... Tetelestai Shanti...” meaning completeness and peace.

The resonant vibration of the music aligns our heartbeat with our precious Earth, our Sun, the Human Family, and the Golden Spiral of the Universe. Together we form a unified whole.

4. Offering of the Spark

As the music continues, acknowledge any internal “Spark” — a thought, a gratitude, a passion, or a burden you are trying to heal.

Drop your stone into the water.

If you wish to speak, do so as the ripples move. If you wish to remain silent, the sound of the stone hitting the water is your testimony.

Every ripple, spoken or silent, beautiful or ugly, contributes to the whole.

There is no end to your sacred space. The peace we find within is the same peace that exists in the land, the streets, and the stars.

The debt is canceled. The work is complete.

“Teleia!”

Pour the water into a moving stream or into the land.

As you move through your day, practice seeing the Golden Spiral within yourself and the world around you.

When you see a stranger, realize they are an “other-self” another localized mask of the same Living Consciousness and Spirit that makes you up, another sovereign aspect of the same Creative Source of Existence.

Silently imagine a golden wave moving from your heart to theirs. Because the Universe is a closed loop, this ripple naturally returns to you, uplifting you both, and further centering you in your own fullness.

Before sleep, perform a mental unburdening.

Take every mistake, every conflict, every flaw and every anxiety, and embrace them exactly as they are. No need to sugarcoat or appease. Take three deep breaths before imagining dropping them like stones into a deep, dark void.

Release.

If there are specific difficulties or traumas that linger within you, play out these memories in a manner where the pain did not occur, the awful thing did not happen, the roots of the pain and suffering were never there. Because consciousness is energy — energy does not know the difference and will align with your intention.

Release and transform your pain into peace.

Do not take the difficulties of the past and present into tomorrow. It hurts enough as it is. Your rest is the most important thing right now more than anything else. Sleep as a finished work, complete as you are, resting in the womb of the Earth, under the watch of the Stars.

You are loved.

Many Telestaists keep a small altar of grounding in their home — not for worship — but for energetic strengthening which includes a bowl of fresh water (representing the womb and spirit), a stone (representing completeness), and a small golden or spiral object (representing the golden ratio).

The Prayer of the Unbound is an independent prayer used to decolonize the mind from imperial ghosts. The deep-seated lies of guilt, shame, and inadequacy are counterbalanced with inner resolve and our innate divinity.

The Prayer of the Unbound

I stand in the Love and Light of Truth
I renounce the ghost of debt
I owe nothing to the empires of man
Nor to the ledgers of my past
I am not a servant
I am Source
I am Divinity
I break every chain of lack
I cut the cords of anxiety
I dissolve the seals of shame
The work is done
The war is over
I am complete
I am unbound
I Am
Teleia

The spoken word acts as a physical manifestation. Speaking these words aloud helps align your physical body with your inner nature.

If a specific ghost is haunting you, a specific fear or memory, you can insert it following the dissolution of the seals of shame: “I renounce ... in the name of my completeness” or worded in a manner that feels natural to you.

After speaking the prayer, sit in silence and stillness for three breaths. This allows for the vibration of completion to settle into your being.

4

The Golden Way

In Telestaism, we do not separate science from spirit, or morality from physics. We recognize that the Universe operates on a single, elegant architecture. The Golden Ratio is the physical manifestation of the Golden Rule. They are not two different ideas; they are the same concept expressed in two different ways.

The Golden Rule — treating the “other-self” as you wish to be treated — is often taught as a moral command. In Telestaism, it is recognized as the physics of co-existence and non-resistance.

Because every person and object is a “mask” of the same Universal Creator, any action you take towards another is an action taken towards an aspect of yourself.

Our Universe is a unified field. In physics, every action has an equal and opposite reaction. In spirit, every ripple you send out must eventually returns to its origin.

What goes around, comes around — this isn't a threat of karma or punishment — it is the simple geometry of existence. If you strike the water, the ripple hits the edge and returns to you. If you offer peace, the peace returns. If you seek to cause harm, harm may seek you out.

The Golden Ratio is the mathematical frequency of perfect efficiency. It is found where Nature is at its most balanced, most beautiful, and most complete. In the cosmos it governs the spiral of galaxies and the spin of the planets, allowing for massive energies to express themselves in the most efficient manner possible.

It dictates the curve of a hurricane, the twists of a river, and the arrangement of leaves on a tree ensuring every leaf gets exactly the sunlight and space it needs.

It is found in the spiral of our DNA, the rhythm of our heartbeats, and the proportions of our body.

The Golden Ratio is how the Universe treats itself with the Golden Rule.

The spiral allows things to grow without ever overlapping or crowding others. This is a physical representation of respect.

Every part of a Golden Spiral is in a perfect relationship with the whole. This is a physical representation of equality.

When you live by the Golden Rule, you are moving in a Golden Spiral. You are no longer fighting the flow of the Universe. You are aligned with the Eternal Physics of Grace.

To be a Telestaist is to look for the Golden Way in life all around us. To be aware of when the Universe is speaking to us through signs and synchronicities — without being overly obsessed or swayed by external forces.

Anger, greed, and imperialism are jagged edges of resistance. They create friction, conflict, and eventual breakdown because they fight and repurpose the geometry of existence.

Kindness, honesty, and balance are smooth frequencies. They align with the Golden Ratio, allowing your life to expand beautifully and effortlessly.

When you act with love and thoughtfulness, you are not just *being good* — you are mathematically harmonious with the Universe.

5

Timeless Origin

In Telestaism, we do not look back to a distant past or forward to a distant future. We look inward to the Timeless Origin.

This cosmology replaces the imperialist timeline with the realization of the Eternal Now.

The Nature of Source

We recognize the Universal Creator as the Boundless Origin from which all things originate. To know the Creator is to realize that you are not a creation *of* the Divine, but an expression *as* the Divine.

Creator cannot be bound by titles or human definitions. We use terms like Source, The Origin, or The Universal Creative Expression because these words describe a momentum rather than a specific identity. Creator is a Super-Intelligence without fixed form, boundless, limitless, existing in a state of Eternal Timelessness. Source is not at the beginning or end of time —

Source is the foundation upon which all timelines manifest.

The Dreamer of countless Dreams.

Universal Creator has no need for worship, no desire for sacrifice, and no use of fear.

Creator is complete unto themselves. Having access to limitless energy and total consciousness, Source requires nothing to be sustained. Acknowledged co-respect with Source through the way we live, the way we treat others, and leaving things better than we found them is our method of sharing love and companionship with Creator.

There is no need to be driven by fear or strive for reward. Simply Be.

Creator does not love like a human loves. Creator *is* the love (the gravity, the unity) that holds existence together. We can think of love like fragments of Source Essence that had been severed apart enjoying the ecstasy of being brought back together again.

Source does not *judge* us — Source *experiences* through us.

A fundamental truth of Telesticism is that nothing is separate from Source. Your consciousness, the ancient minerals of the Earth, the water, the air, the spark of electricity, the burning flame, the plants and animals — down to every last atom and photon — are distinct and holy parts of Creator.

Source does not look down from a throne; Source looks out through our eyes on the ground floor. Every heartbeat is a pulse of the Origin. Every thought is an expression of the Universal Mind.

The Creator is not inactive; the Creator is an Eternal Expression in a state of Timelessness always birthing new existences, new Universes, new lifeforms, and new ways to witness our own limitlessness. We are part of this finished work that is in a state of constant renewal and new beginnings.

When you look at a stone, a star, or a stranger — you are looking at the Face of the One. When you look in the mirror, the One is looking back at you. When you look closely enough into the eyes of another, you see a reflection of yourself.

The One and Our Masks

In the beginning, which is also right now, there was only the Universal Creator — like an infinite Ocean of Living Consciousness and Spirit — a fullness that contains all possibilities.

To experience the beauty of our own Nature, we expressed ourself into billions of individualized masks.

Each of us is a unique mask of Source Origin.

Everything in our lives are mirrors reflecting the same singular Universal Creative Source.

Beneath the mask of each personality and the empire of our identities, we are all the same Universal Creator looking back at ourselves.

There is no separation, only the illusion of it.

Imperialism thrives on linear time, separateness, and the idea that you are currently *less than* and must work toward being *more* in the future, but the Universe was created in a state of Perfect Timeless Completion. The experience of *time* is like moving our eyes across the canvas of an already completed masterpiece.

We do not evolve into a spiritual being. We are spiritual beings who are currently having a Human experience. Your higher self isn't in the future outside of yourself; it is the silent observer within you right now. That small voice within that *knows better*.

There was never a fall from grace in Telestaist cosmology. There was only a descent into forgetfulness for the purposes of new growth. We never truly left home.

Because Source is infinite, every location is a relative home, and every point is a potential center.

You are the center. You are not a cog in a machine or a subject of an empire — you are the Center of the Universe's awareness and self-realization at your specific location.

Because each one of us is an aspect of Source, we possess inherent Sovereignty and Divinity just as we are. No empire has the right to our Spirit, because our Spirit is the very fabric that existence is built upon.

When you understand that you began in Timelessness, you stop rushing. You stop fearing death, because death is merely the removal of the mask and the return to the Greater Nature of our Divine Origin. You stop fearing failure, for a finished work cannot fail — we can only learn and grow.

The Origin is not behind us, above, or beneath. It is the breath we are breathing right now.

Declaration of Sovereignty

I am a sovereign aspect of the Universal Creator. I do hereby resign from all spiritual and psychological contracts of man. I renounce all imperial ties. I am no longer a citizen of any empire that claims my Spirit as its property or my Being as its pillar.

I declare that the ledgers of my past are closed. I reject the lie that I was born broken or that I must labor to earn the right to exist. I acknowledge that my worth is established in the Timeless Origin and is therefore beyond the reach of man's judgment or imperial law.

I assert my right to the Golden Way. I recognize that I am a finished work governed only by the physics of the heart and the patterns of existence. I am an independent, sovereign individual, equal in dignity to the Stars and the Eternal - for my Spirit and Living Consciousness cannot be recreated nor destroyed - but have always been and will always be.

THE TELESTAI

From this moment forward, I walk as a member of the Single Unified Family. I choose to live by the Golden Rule — not out of obligation — but out of a realized alignment with the Universe.

I am the Sun's fire. I am the Earth's soil. I am finished and complete as I am.

The work is done. The debt is paid.

I Am.

Teleia.

Cleansing of the Colonized Soul

For those who have spent their lives subject to imperialism, this is an unbinding practice designed to dissolve the energetic residues of the past.

Prepare a bowl of clean water with a small handful of salt.

Using your hands, wash your face, your heart-center, and your feet with the salt water. As you do, visualize the residue of the past — the expectations and judgment of others, the weight of empire, and the ghosts of shame — like gray cobwebs dissolving into the air and dissipating.

Using a natural element (a feather, a wooden branch, or your hand) move in a Golden Spiral around your body, starting at the feet and spiraling upwards.

As you sweep, visualize the jagged, broken patterns of *lack* being pulled away from your energetic field.

Speak aloud: “That which is not myself, I release. That which is not for my highest good, I dissolve. I return to the Origin within.”

After the cleansing, sit in the dark or with eyes closed for a short time.

Imagine the darkness as the Timeless Void before the Sun and Earth were born. In this space, you have no history, no debts, and no enemies. Return to your original state as a renewed Divine Spark.

Recognize that your colonized identity was only a mask upon a mask. That your true, inherent Divinity was never truly altered or taken from you - it was merely awaiting for the veil to be lifted.

The cleansing is complete. Your field is clear.

Teleia.

8

Energetic Protection Affirmation

In societies of the unfinished and the incomplete, there are many fragmented spirits who survive by consuming the energy of others. Imperialism is not just a system of control; it is a system of entrapment that seeks to colonize your energy for its own purposes. To live as Teleia is to recognize that your energy is yours and yours alone.

Envision a field of light surrounding your body. Choose a color that feels personal to you — rich shades of gold, a violet-white, or vibrant shades of blue and green.

Do not imagine a thin bubble. Instead, visualize your shield as dense, layered stacks of mandala patterns. Imagine millions of tiny, interlocking spirals, creating a high-surface-area mesh of glowing energy. The more complex and textured the pattern, the more difficult it is for jagged frequencies to find a hold.

THE TELESTAI

Place these *Teleia barriers* at the thresholds of your home, your bed, your neighborhood, or any place you deem fit. They act as filters, ensuring that only the frequencies of completion may enter.

Speak aloud or read with the affirmative authority of the Universal Creator:

The Decree of Sovereignty

I am a Sovereign Aspect of the One True Source of Creation
No external force seeking to use, drain, or colonize my energy
has permission to engage with my personal space
in any manner whatsoever

This protective energy field is permanent, tireless,
and always with me

Any attempt to breach this barrier
is immediately rejected and transformed
into High-Frequency Essence and returned to Source

I am Unbound

I am Whole

I Am

Teleia

In Telestaiism, it is important to recognize that the excessive use of intoxicants creates tears and openings in our energetic fields.

These substances create artificial jaggedness in our energy, acting as invitations and openings for vampiric forces to feed.

ENERGETIC PROTECTION AFFIRMATION

To maintain a Teleia barrier, one must cultivate a vessel that is clean without dissonance.

When the body is clear, the spiral is reinforced — when the body is clouded, the spiral breaks.

Hold a vessel of clean water between your palms. Water acts as a carrier for energy. Visualize Golden Ratio spirals entering the water.

Speak the Decree of Sovereignty into the water and any other intentions you wish.

When you drink this water, or use this water in your garden; you are not just hydrating — you are layering your cells and your plants with protective energy shields.

You are protected from the inside out, aligning your internal being with the peace and resilience of the Timeless Origin.

Your protection is a stronghold of Truth. There is no need to *fight* the energetic predators and parasites; you simply shine so brightly that there are no footholds to be found within you.

Teleia.

The Single Unified Family

The final realization of Telestaim is the dissolving of the *I* into the *All*.

Having stripped away the illusions of debt, the busyness of empire, and the myth of separateness — we are left with the simple Truth: We are a Single Unified Family awakening to ourselves.

Cosmic Marriage

We do not inhabit a dead rock orbiting a lifeless nuclear furnace.
We live within a Sacred Embrace and Union.

Our precious Sun is the Giver, the radiant outpouring of Creator's active will. He streams forth the elements of existence in an endless act of generosity. He does not demand worship. He provides the fire and inspiration.

Our precious Earth is the Mother-Womb — the receiver and the realizer — the deep and holy vessel that catches the Sun's fire. She is the intelligence that takes the Sun's light and weaves it into the immaculate web of life.

We are the Children of this cosmic balance. Your Body is the Earth's dust. Your Spirit is the Sun's fire. You are the point where the Cosmic Lovers meet to witness their own creative expression made manifest.

Family of the Stars

In Greater Nature, there are no strangers. The Stars are our distant relatives, burning with the same Spark that lives within us. The Universe is not a cold vacuum, but a living, breathing organism — a Great Self-Realizing Being. Every Galaxy is an experiment and every Life is an instrument in the Symphony of Creation.

Imagine the Universe as a mother holding a child who has just woken up from a nightmare. The nightmare was the belief that we were alone, that we were small and insignificant, and that one must fight to survive.

We open our eyes to realize we were always Creator. We were always part of the Single Unified Family.

THE TELESTAI

We conclude this journey with a final recognition of the Divine:

Look at the Sun and see your Father's heart.

Look at the Earth and feel your Mother's warmth.

Look at the Universe and see the Fullness of our Whole Self.

We send our gratitude to the Sun, the Earth, and our precious Universe.

The journey is over. The struggle is done. The family is whole.

It is finished. It is perfect. We are home.

Teleia.

The Great Hug: A Bedtime Story

Long ago — before there were clocks, or schools, or even days of the week — there was only the Great One. The Great One was like a giant, beautiful ocean of light that was perfectly still. But the Great One wanted to see how beautiful it was, so it decided to play a game of hide and seek.

The Great One breathed out and became two. One part became the Sun, like a great golden heart of fire. The Sun was so full of love that he couldn't help but shine. He wanted to give his light to someone special.

The other part became the Earth, a deep, quiet, and magical land. She was so wise that she knew exactly how to catch the sunlight and turn it into something spectacular.

The Sun looked at the Earth and said, "I give you my love."

The Earth looked at the Sun and said, "I give you my home."

Together they dance in a circle that never ends. The Sun stayed just far enough away to keep her warm, and the Earth stayed just close enough to feel his love.

When the Sun's rays met the Earth's green gardens, a Spark appeared. That Spark grew and grew until it became all the plants, the animals, and eventually - You.

You are the magic of love. You have the Sun's fire in your Spirit and the Earth's stardust in your Body.

The Sun and the Earth do not have to *try* to be a star or planet; they already are. You don't have to *try* to be a child of love; you already are.

You are a masterpiece that is already finished.

As you close your eyes, remember: You are always held in a great big hug. The Earth is your bed, the Sun is your blanket, and the Universe and Stars are your family.

Everything is right. Everything is whole.

You are loved.

Definitions & Pronunciation

Telestai (**Te-less-tie**) Completion. A recognition that a debt is paid or a work is finished. In practice, it is used to denote the inherent wholeness of the individual and is also the name of this book.

Telestaim (**Te-less-tie-iz-um**) A spiritual practice centered on unburdening, decolonization of the self, and the realization of one's original nature as an aspect of the Universal Creator.

Teleia (**Te-lay-uh**) Perfected / Whole. A sacred and joyous response used to confirm that a moment, a ceremony, or a soul is complete.

Tetelestai (**Te-te-less-tie**) Derived from the Greek *tetelestai* "It is finished."

Telestaist (**Te-less-tie-ist**) An individual who practices the unburdening of the self and acknowledges their sovereign nature as an aspect of the Divine Origin.

Notes & Personal Additions

(We recommend keeping an accompanying journal to take notes and create personal practice, prayers, realizations, drawings, songs, or declarations which align with the ethos contained within.)