

## **THE HUMAN STANDARD**

The first ten Amendments to our US Constitution are called the Bill of Rights. The amendments were written to serve as protection from potential abuses against citizens by government. Can we use the same system to protect from harm within our social and family lives?

If the essence of each component listed in the Bill of Rights is adapted for scale and brought into our personal lives, they become the Human Standard; an objective blueprint for how to treat ourselves and our family members like whole human beings.

Amendments 1 through 10, plus 13 and 14 are the rights included in this inquiry. They include rights to be free of involuntary servitude, to speak freely and publish, and to assemble in peaceable groups for the purpose of mutual improvement.

What if . . . we were to decide these rights are also our responsibilities? Democracy is a group participation project. We are not just spectators.

Consider the idea that our public Bill of Rights is actually a prescription for a fully functioning civil immune system. These Rights describe elements of activity that when engaged, keep our human nature healthy. Political and social disorders can take hold, like a disease, when our civil immune system is not working. Then inhumane acts become commonplace. Our applied human rights protect our social health. Human rights are actually human needs. In practicing the activities named in the Rights, our human needs are met.

If we have the right to do something good for us, but don't do it, it is like having a bottle of vitamins on the shelf. They only work if you take them. This paper and the web site below are about applying human rights, on purpose.

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***Amendment 1: Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; ...***

The Human Standard is applied to organize social behavior, visible behavior that takes place between people. But first, it holds a space for your own experience of, and relationship to, divine Source. Your invisible relationship with God is all your own.

The Human Standard gives No Standard of how to describe or relate to God; this is a personal matter between God and each person. When you and I don't push other people to adjust their inner experience to match ours, we are in keeping with the First Amendment. This is one expression of that first clause.

***or abridging the freedom of speech,***

On a personal level, this means we do not solve our social problems by silencing another person, nor by silencing ourselves. If you cannot speak freely with the people you know without justified fear of retaliation, it is time to add new people to your list of friends.

Spend time in a friendship way with people who allow you to speak your mind, people who even enjoy and encourage it. It is also possible that your old friends are really more open to your truth than you give them credit for. Practice allowing other people to speak their mind without trying to get them to agree with you. Free speech depends on listening to each other on purpose. Otherwise it is just noise.

***or of the press;***

Publishing, on a personal level, means "write it down." Write in a journal to organize your thoughts before sharing with others. Some subjects are easier to explore

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in writing: write it down, find your relevant audience, and make your ideas available for others to read. Make a point of reading what others have to say.

All this implies that it behooves us to establish common questions to answer, and that discovering our friend's answers is a very good idea indeed. Take a census to find where natural consensus already exists.

### ***or the right of the people peaceably to assemble,***

Get together with your peers as a regular routine. If your time with friends includes more than 2 or 3 people at a time, a formal listening circle can enhance our awareness of life around and within us. Peer group assemblies are also called consciousness-raising groups.

We can use the census to form groups based on common situations, interests or goals. Keep the peace in these meetings by practicing useful rules. Possible rules: No one speaks twice until everyone speaks once. Use a talking stick to protect the speaker from being interrupted. Use a timer to make sure that people who talk too much are reminded to listen more, and that people who usually keep their mouth shut are supported to speak more.

### ***and to petition the Government for a redress of grievances.***

Let's not limit ourselves to the positive things we can say. Make a point to talk about, make alliances and expect to make change in those things that are bothering us. What is bothering you?

'How are you?' is a question that is meant to be answered, honestly and in full. Don't just say fine. Fine means invisible, none of our business, or 'not worth mentioning.' Now, really, how are you?

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The right questions give attention to our personal and collective immune system and stimulate it. Census can be a tool to enhance collective consciousness. Consider, for your own self-reflection: How is your personal and social immune system doing?

- \* Do other people decide for you, or try to decide for you, what your relationship to Divine Source should be?
- \* Do you often talk with people who understand what you say, and are interested in the same things? Do you listen to others with the intent to understand them?
- \* Do you write to organize your thoughts? Do you share your writing with others?
- \* Do you read what others have written, about the interests you share in common?
- \* Do you take action to improve the worst parts of your life?

If you tend to stay quiet, not reach out for contact or for more information, or not take action, your social immune system is suppressed. Being socially shut down early in life can make a person reluctant to speak up or try to make positive change. Make a point of getting together to speak and listen. You can invigorate a sluggish immune system, bring vitality back.

The Bill of Rights describes a civil immune system. The Human Standard is for your social and healthy-self immune system. Would you like to meet others who are curious to apply the Human Standard, expecting a cooperative social atmosphere?

Contact \_\_\_\_\_  
if you dare to answer these questions:

- \* What topics or activities do you feel inspired about?
- \* What, if anything, prevents you from acting on what inspires you?