

ERES Covenant: Simple Living Rules

Purpose

To ensure individual well-being, community resilience, and ecological stewardship through transparent, adaptive, and evidence-based practices.

Core Tenets & Rules

1. Interdependence Rule

- *Principle*: Your well-being is linked to the health of your community and the environment.
- *Empirics*: Studies show personal health, social connection, and ecological balance are mutually reinforcing.

2. Three-Layer Practice Rule

- *Good (Personal)*: Practice daily gratitude, set and share small sustainable goals with your household.
- *Sound (Community)*: Participate in local fact-checking and support positive news; address misinformation collaboratively.
- *Best (Systemic)*: Support clear mapping of personal and digital boundaries and uphold transparency in community rules.

3. Open-Source & Transparency Rule

- *Principle*: All community tools, data, and rules are open and auditable.
- *Empirics*: Open systems increase trust and allow for collaborative improvement.

4. Feedback & Adaptation Rule

- *Principle*: Regularly review and adjust practices based on feedback and new data.
- *Empirics*: Feedback loops are proven to improve system resilience and adaptability (core concept in cybernetics).

5. Subjective Sovereignty Rule

- *Principle*: Each person controls their own data, resources, and boundaries.
- *Empirics*: Protecting autonomy increases well-being and participation.

6. Household & Community Rituals Rule

- *Daily*: Share gratitude and challenges ("Nurture & Declare").
- *Weekly*: Publicly post a sustainability intention (e.g., save energy, reduce waste).
- *Empirics*: Regular rituals build habits and accountability.

7. Community Verification & Resilience Rule

- *Principle:* Fact-check questionable claims and celebrate local sustainability wins.
- *Empirics:* Community-based verification reduces misinformation and increases resilience.

8. Decentralized Governance Rule

- *Principle:* Decisions are made by councils at household, local, and regional levels; no single authority dominates.
- *Empirics:* Decentralized systems are more robust and adaptive.

9. Inclusive Amendment Rule

- *Principle:* Any member with enough merit credits can propose changes; adoption requires broad support.
 - *Empirics:* Inclusive, merit-based amendment processes ensure continual improvement and legitimacy.
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Logic Flow

1. Start with personal well-being: Practice gratitude and set a goal.
 2. Share and verify: Communicate intentions and check facts with your community.
 3. Act transparently: Use open tools and share data responsibly.
 4. Review and adapt: Adjust based on feedback and new information.
 5. Propose improvements: Anyone can suggest changes if they contribute to the community.
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Empirical Basis:

- All rules are grounded in social science, cybernetics (feedback, decentralization, adaptation), and sustainability research¹³.
 - Practices are designed for continuous improvement and real-world resilience.
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