

In this document we compare the BITE model of a CULT (centre column) with the connecting culture we try to create at Rubha Phoil. (left column with green back ground) To have a full picture, we also compare colonial mainstream culture (to the right with a red back ground) to see if the model of a Cult fits that picture. What do you think? Is Rubha Phoil a cult?

Connecting Culture at Rubha Phoil	A Controlling Environment such as a CULT	Mainstream Colonial Culture
<p>We help people get in touch with their own physical reality by introducing them to a teacher that does not pretend or play games: Nature. We start with Birdlanguage, tracking, sit spots...</p>	<p>Behaviour</p> <p>To regulate individual's physical reality.</p>	<p>Constant bombardment with adverts and stories that alter our reality to make us feel the need to buy happiness</p>
<p>We have a selection process to see who lives here and who fits in well. We discuss together which home they'll occupy. Everyone who lives here long term and every director gets a voice in this. We do not regulate who they associate with.</p>	<p>Dictate where, how, and with whom the member lives and associates or isolates</p>	<p>If you are eligible for social housing, you get little choice where to live. Where you live and who you associate with is hugely dependent on the balance of your bank account.</p>
<p>None of our business, as long as it is between consenting adults. We freely discuss between each other what real consent means. Information on healthy sexuality is available in our age appropriate library.</p>	<p>When, how and with whom the member has sex</p>	<p>Homophobia and stigmatisation is rife.</p>
<p>We expect hygiene levels to be quite high. We ask people to consider the impact their behaviour and how they present themselves has on our overall image that we reflect outwards. No comments otherwise.</p>	<p>Control types of clothing and hairstyles</p>	<p>The Fashion industry is very persuasive. Peer pressure is high</p>
<p>We expect people to follow our guidance and ethical food culture in the kitchen which has a veganbaseline. We cook real wholesome food. We avoid sugars, processed foods. We are pretty strict on these ethics, but allow people to do their own thing.</p>	<p>Regulate diet – food and drink, hunger and/or fasting</p>	<p>The advertisement industry in defence of the food industry is very strong. Being vegan and eating healthy is an insult.</p>
<p>We encourage resting. We put self care as the first because we can be better of service to others if we look after ourselves first</p>	<p>Manipulation and deprivation of sleep</p>	<p>Work more! The clock change for winter! Be on time for work, no matter how tired you are! You can rest when you are retired! How about this second job? You could afford a bigger car if you do!</p>
<p>A money less exchange is possible. Permaculture is a revolution of financial freedom. We teach skills that allow people to be free from the system.</p>	<p>Financial exploitation, manipulation or dependence</p>	<p>If you don't accept this job for these low wages, you'll go hungry or be homeless.</p>
<p>None, unless it is unethical. Such as we discourage flying.</p>	<p>Restrict leisure, entertainment, vacation time</p>	<p>The terms and conditions for holiday and rest are under pressure. Many people need to take an extra job to get by.</p>
<p>Yup, out of free will though, because we are a friendly kind, safe and welcoming bunch and a lot of fun to be with. We're real people who are really accepting with hearts filled with love.</p>	<p>Major time spent with group</p>	<p>Everyone is in the same group. There is no outside of the group. (much)</p>
<p>We teach other how to recognise indoctrination. We unschool each other</p>	<p>Indoctrination and rituals and/or self indoctrination including the Internet</p>	<p>Mainstream media. news, government propaganda. Misinformation is everywhere</p>
<p>For new people, yes. But only on things that concern Rubha Phoil or the community. Not for matters that are private to each individual. We are keen to delegate responsibilities to new people though. We have a detailed way of doing things. Once understood and well integrated, responsibilities get shared.</p>	<p>Permission required for major decisions</p>	<p>Yup, choosing your school for your kids, permission to be married, which nationality to have, where to travel too, to protest, to drive, to have certain jobs,</p>
<p>We love giving compliments and encourage learning of lessons and positive cultural changes and give each other little gifts and rewards by using nice words. It is really nice to hear these verbal rewards. Encouragement is important for us, our well being and the healing and growing we all need to do.</p>	<p>Rewards and punishments used to modify behaviours, both positive and negative</p>	<p>Fines and punishments are common to regulate behaviour in schools and work places and in society. Look at the responses dealt out when people protest</p>

<p>This TED talk explains this topic very well: https://www.youtube.com/watch?v=1geJGnzJ87Q The colonial culture is the only culture where individualism is so much more important than the collective. Our culture is a culture where we aim to repair that imbalance. Individual needs are as important as the collective needs. We aim to restore the notion is cosmic ecology. Mutual beneficial relationships between individuals to create a healthy whole society, in harmony with our ecosystem. We don't encourage groupthink, we encourage cross pollination of idea's.</p>	<p>Discourage individualism, encourage group-think</p>	<p>The colonial culture is based on disconnecting people from their own emotions, each other and from nature. This causes hyper individualism at first sight, but encourages group think because it disconnects us from sound advice from peers and elders.</p>
<p>We have rigid ethical boundaries. We want to remain part of the solution. What that solution looks like on the ground is for us to decide together. All rules are up for discussion .</p>	<p>Impose rigid rules and regulations</p>	<p>Yup. Governments love these.</p>
<p>WTF</p>	<p>Punish disobedience by beating, torture, burning, cutting, rape, or</p>	<p>I'm thinking about all the indigenous cultures who have been eliminated this way</p>
<p>People who are able to make their own decisions, can do with their own body what ever they want to.</p>	<p>tattooing/branding</p>	<p>Branding is used alot especially to hook teenagers who want to belong.</p>
<p>WTF</p>	<p>Threaten harm to family and friends</p>	<p>Not implicitly, but it's starting in some rare cases.</p>
<p>WTF</p>	<p>Force individual to rape or be raped</p>	<p>Spy Cops. Under cover officers had -so far uncovered- 17 sexual relationships with activists. 3 families were formed where children were born. From our perspective, this is state organised and sanctioned rape. None of these women would have consented if they had known all relevant information.</p>
<p>WTF</p>	<p>Encourage and engage in corporal punishment</p>	<p>Not thanks to the Human Rights Act. Which is in danger of being repelled.</p>
<p>Permaculture is a revolution. We teach skills that allow people to be more free</p>	<p>Instil dependency and obedience</p>	<p>The whole justice system, police and fine system. Poverty is a trap.</p>
<p>WTF</p>	<p>Kidnapping</p>	<p>Many activists are arrested under trumped up charges and kept on remand, then released under bail conditions, for the charges to be dropped before trial starts. Also Julian Assange.</p>
<p>WTF</p>	<p>Beating</p>	<p>Police violence. I can tell you some stories</p>
<p>WTF</p>	<p>Torture</p>	<p>Not allowed at the moment, but they'd love to repeal the laws that prohibit torture. Solitary confinement is used as torture already</p>
<p>WTF</p>	<p>Rape</p>	<p>Spycops, see above</p>
<p>It's always the choice of the person themselves. If the relationships are abusive, we will support the choices this person may make to seperate and help create a safe home for them.</p>	<p>Separation of Families</p>	<p>If you are lucky to have permission to remain or are British. Otherwise not so much. Last story I heard was a guy who had to leave the UK for 3 months, before he could return to be with his partner and child. Thanks Brexit</p>
<p>WTF</p>	<p>Imprisonment</p>	<p>If you are lucky to have permission to remain or are British. Otherwise not so much</p>
<p>WTF</p>	<p>Murder</p>	<p>How many victims have their been due to British colonialism?</p>
<p>Information Control</p>	<p>Deception:</p>	<p></p>
<p>All info with a few exceptions is freely available. -We do have a rigid privacy policy to protect our own and each others private information: https://www.rubhaphoil.org/privacy-policy -We limit information in communcal area's that is damaging to our wellbeing. Such as all forms of advertising and radio and TV. We don't control what people do in their own time in their own spaces.</p>	<p>a. Deliberately withhold information</p>	<p>Yup</p>
<p>No, except that we translate colonial messages such as advertising. We highlight how it is designed to make us feel bad about ourselves and purchase happyness instead of creating it ourselves.</p>	<p>b. Distort information to make it more acceptable</p>	<p>Spin doctors</p>

No, it's the opposite, we surround ourselves with fact checkers	c. Systematically lie to the cult member	Yup, media politicians, corporations, bosses do it all the time. It's hard to know what is real.
	Minimize or discourage access to non-cult sources of information, including:	
-We limit information in communal areas that is damaging to our wellbeing. Such as all forms of advertising and radio and TV. We don't control what people do in their own time.	a. Internet, TV, radio, books, articles, newspapers, magazines, media	Yup, more and more books are being taken out of circulation. The messages pushed are very one-sided. Alternative media gets bought out or marginalised.
no. We consciously listen to this information. That is the very reason why you are reading this text. We get accused of being a Cult. So we investigate. To make sure we are not. We use this criticism to make things better. We knew we were not a cult, but we do have a better understanding of it now. And have added some extra measures to our policies to prevent the Rock from ever becoming a Cult.	b. Critical information	yup
No, we facilitate that in our virtual village	c. Former members	yup, they get ostracised or locked up
No, we do the opposite. We slow life down and encourage quiet time.	d. Keep members busy so they don't have time to think and investigate	More and more. People who live hand to mouth don't have the luxury to protest
No. We do try to encourage a culture of as little phones as possible.	e. Control through cell phone with texting, calls, internet tracking	Yup
	Compartmentalize information into Outsider vs. Insider doctrines	
No restriction on the internet. We provide free access and do not check or control traffic.	a. Ensure that information is not freely accessible	Yup. It is really hard to get truthful information. FOI requests have again been made more difficult to come to a good result.
We explain how our community works in stages of relevance to not overwhelm people. There are no secrets though.	b. Control information at different levels and missions within group	People who are rich and well connected have easy access to information to make more money. All they have to do is buy a dinner with an MP
We're happy to answer any questions.	c. Allow only leadership to decide who needs to know what and when	Yup
	Encourage spying on other members	
We have a buddy system to support new people. They are not tasked with spying. Though we do engage in communication to see if we can help new people land well.	a. Impose a buddy system to monitor and control member	Grassing your neighbour is encouraged: Crimestoppers. Prevent https://www.counterterrorism.police.uk/what-we-do/prevent/
No. We do encourage self reporting of mistakes made such as broken tools.	b. Report deviant thoughts, feelings and actions to leadership	Prevent https://www.counterterrorism.police.uk/what-we-do/prevent/
No. We do consciously create a new connecting culture together. We sometimes give people secret missions to help create this culture: Example, we might ask people to try to bring in acoustic music into the community as often as they can.	c. Ensure that individual behavior is monitored by group	Prevent https://www.counterterrorism.police.uk/what-we-do/prevent/
	Extensive use of cult-generated information and propaganda, including:	
We fill our library and our conversations with information about nature and about solutions. We teach each other a lot. There is no control about where this info comes from. We ask a lot of questions about sources though.	a. Newsletters, magazines, journals, audiotapes, videotapes, YouTube, movies and other media	It's everywhere. Buy more. Live faster. Feel better when you spend more money.
We surround ourselves with fact checkers and bias spotters. Lots of conversations are very funny to witness.	b. Misquoting statements or using them out of context from non-cult sources	It's everywhere.
	Unethical use of confession	

No, that is abusive	a. Information about sins used to disrupt and/or dissolve identity boundaries	Racism and all form of xenophobia. The essence of colonisation is to dissolve native identity.
No, we encourage it in our peace making processes	b. Withholding forgiveness or absolution	Goes much further than that. Groups of people are accused/routinely suspected of doing things they didn't do. Absolution is nowhere to be seen either.
We encourage stillness which encourages real memories to come forward again. We don't manipulate memories. We remind ourselves that we remember the memories rather than the actual events. We talk a lot about our dreams though.	c. Manipulation of memory, possible false memories	Gaslighting is everywhere.
	Thought Control	
	Require members to internalise the group's doctrine as truth	
No, we introduce a way to let nature show us what is real. People that are here are required to have strong anchoring connections with wise and friendly people outside of the community	a. Adopting the group's 'map of reality' as reality	Full-on
Opposite, we teach to ask good questions	b. Instil black and white thinking	The media does a good job at that
We questions the existing divisions, and select people who come here who are aligned with our views on human rights and equality. So yes we do that somewhat. We consider racism and any form of oppression to be not acceptable. But still make a distinction between the idea's and the -often wounded- person carrying it. People are not evil, and we do not really use these words. We use positive and negative or similar words instead.	c. Decide between good vs. evil	Even war gets sold as the will of God
Colonial powers do that for us. We do not do this ourselves.	d. Organise people into us vs. them (insiders vs. outsiders)	Colonialism is based on hierarchical divisions. Rubha Phoil and Ludwig are clearly not welcome in the colonial culture. You can read more about that here: www.earth-ways.co.uk/testimonials
People that want to adopt nature names for use amongst ourselves. People can do with their name what they want and are free to choose their own identity. We facilitate practises that make that easier, such as bird language and sitspots. Tracking and asking good questions.	Change person's name and identity	Yes. At birth. Also in marriage. Such as a woman changes her name into her husbands name. The education system and the culture is good at that too. If there is any doubt, as one example of many, ask yourself the question why we are often asking children what they want to be when they grow up. The answers we teach them to give us are jobs. We are not our jobs. Our jobs may have something to say about who we are, but we are not our jobs.
No, we do the opposite. The heart stone method goes a long way to help prevent this. www.rubhaphoil.org/heart2heart	Use of loaded language and clichés which constrict knowledge, stop critical thoughts and reduce complexities into platitudinous buzz words	Politics is full of it
We encourage critical thinking and we teach other how to ask good questions	Encourage only 'good and proper' thoughts	Yup. We like to pretend that there is no such thing as the thought police. Until someone publically expresses such thoughts. Did you see how the crowds assaulted the people objecting to the circus of the queen's funeral? Peer pressure is very strong
No, though we do try to activate the inner child to come out to play	Hypnotic techniques are used to alter mental states, undermine critical thinking and even to age regress the member	TV, repetitive statements on all TV channels, tabloids. Very succesful
We encourage stillness, which encourages our real memories to surface.	Memories are manipulated and false memories are created	History is whitewashed. Greenwash is everywhere
	Teaching thought-stopping techniques which shut down reality testing by stopping negative thoughts and allowing only positive thoughts, including:	

<p>We encourage dreams, but not what is listed here</p>	<p>a. Denial, rationalisation, justification, wishful thinking</p>	<p>TV and the media are complicit in the climate denialism and other such manipulation campaigns. The message is for sale.</p>
<p>Occasionally we get a visitor who likes to share their religious practises which may include chanting. It's not part of our culture. People are free to take part in these ceremonies. We are sceptical about religions as a baseline, but we do not discriminate on that basis.</p>	<p>b. Chanting</p>	<p>pop music, repetitive similar messages in different formats, played over and over.</p>
<p>We encourage sitspots, which is a form of meditation. Some people organise meditation because it is good for our well being. Not to instill idea's into people's minds.</p>	<p>c. Meditating</p>	<p>Not encouraged. If it is, it is in context of being able to work better</p>
<p>We have few visitors sometimes who like to pray. That is permitted without question. It is not a basic part of our culture and we do not organise it. If it happens is it organised by visitors.</p>	<p>d. Praying</p>	<p>Main steam society loves religions that encourages people to give power away to a deity.</p>
<p>We are proud of being able to speak lots of languages collectively. We do not speak in tongues. That is a scary thought</p>	<p>e. Speaking in tongues</p>	<p>Some politicians are good at that.</p>
<p>We sing a lot and many of us play instruments. We have a lovely list of nature songs. We avoid pop songs in our culture. We use our songs to help us create a connecting culture.</p>	<p>f. Singing or humming</p>	<p>Repetive catchy advertisements</p>
<p>The opposite, we encourage asking questions and we use the scientific method of hypothesis , searching for evidence to corroborate and looking for evidence to disprove our own hypothesis.</p>	<p>Rejection of rational analysis, critical thinking, constructive criticism</p>	<p>Yep, just watch the media deal with climate change topics</p>
<p>We have a policy to listen to feedback. It is one of the main reasons why Rubha Phoil is so awesome. It is created by lots of people sharing their thoughts. Once could say it is crowdsourced in that way</p>	<p>Forbid critical questions about leader, doctrine, or policy allowed</p>	<p>Yep, although the thin veneer of democracy is being kept shiny.</p>
<p>In our culture, mainstream colonial culture is routinely exposed as harmful for the reasons you can see in the right hand colom. We are very clear about that.</p>	<p>Labelling alternative belief systems as illegitimate, evil, or not useful</p>	<p>Yep, for malicious reasons</p>
<p>Yep. Not our reality though. We link people to nature to make up their own reality.</p>	<p>Instil new "map of reality"</p>	<p>Yep, in which it is acceptable for the Rich to get even richer</p>
	<p>Emotional Control</p>	
	<p>Manipulate and narrow the range of feelings – some emotions and/or needs are deemed as evil, wrong or selfish</p>	<p>Especially for men</p>
<p>Feelings are important in our culture. We nurture a culture where it is safe to share feelings. We don't judge, we listen, learn, heal and grow together.</p>	<p>Teach emotion-stopping techniques to block feelings of homesickness, anger, doubt</p>	<p>Very common. One example should stop any doubt: Boys don't cry. This very thing is central to the colonial culture</p>
<p>We do the opposite. We teach emotion releasing techniques and create safe spaces for feelings to be expressed.</p>	<p>Make the person feel that problems are always their own fault, never the leader's or the group's fault</p>	<p>Standard Modus Operandi in the colonial culture</p>
<p>We practise a technique call inner tracking to consciously learn from our mistakes. Criticism is welcomed. Our leaders model taking responsibility for their own mistakes very well.</p>	<p>Promote feelings of guilt or unworthiness, such as:</p>	
<p>No, quite the opposite. We empower each other</p>	<p>a. Identity guilt</p>	<p>yes. Unless you are white, CIS. male and neurotypical</p>
<p>We recognise that colonial culture limits our potential. We encourage each other to break free. If people want to.</p>	<p>b. You are not living up to your potential</p>	<p>Happyness is right around the corner, if only you would this next little thing</p>
<p>We encourage people to look at their trauma. Sometimes family is part of that. We encourage people to keep connections with their family. That is important to us all. Many people report imprivements in their relationships at home when they have been here for a while. The heart stone method is really helpful for that. www.rubhaphoil.org/heart2heart</p>	<p>c. Your family is deficient</p>	<p>We're not living in families anymore. We are living in nuclear families.</p>

<p>No, we encourage exploring and healing past traumas</p> <p>That is not for us to decide. It does happen that people change relationships after they have been here for a while. We learn to recognise authenticity and abusive relationships stick out like a sore thumb once people have been submerged in our culture for a while.</p>	<p>d. Your past is suspect</p>	<p>Past is not looked at, Only glorified. Traumas are hidden and not healed</p>
<p>Not at all. The opposite. We encourage sharing.</p>	<p>e. Your affiliations are unwise</p>	<p>If they are with people who think differently than mainstream society dictates, yes. Everyone who looks or thinks different is a suspect</p>
<p>We encourage each other to be authentic when expressing our needs. There are no expectations for people to be social when they don't want to be.</p>	<p>f. Your thoughts, feelings, actions are irrelevant or selfish</p>	<p>They are used to turn you into consumers. They are relevant in that context.</p>
<p>We do look at ancestral wounds and colonialism and privilege</p>	<p>g. Social guilt</p>	<p>Guilt in any form is useful to control people. All of it</p>
<p>Instead, we encourage it and celebrate it</p>	<p>f. Historical guilt</p>	<p>Guilt in any form is useful to control people. All of it. How often do we go to work do's when we don't really want to go?</p>
<p>The outside world is destroying our sense of worth, our ecosystem is collapsing, power abuse is rife. These are facts we look at and try to do something about, including education eachother in essential skills. Such as how to recognise a creep or a narcissist</p>	<p>Instil fear, such as fear of:</p>	
<p>We don't use the word enemies. We have no enemies. Though we recognise that sometimes other people see us as such. We support and empower each other and ourselves to help deal with our challenges.</p>	<p>a. Thinking independently</p>	<p>Independent thinkers are ridiculed. This creates peer pressure to conform to mainstream ideas.</p>
<p>No, salvation is not part of our language or culture</p>	<p>b. The outside world</p>	<p>Of nature yes. Our culture and language is full of it. Just look at the word dirt.</p>
<p>Our culture and our terms and conditions are designed to try and achieve - when people leave our Rock- that we retain strong connections. The virtual village is designed with that purpose in mind.</p>	<p>c. Enemies</p>	<p>Everyone who is different is an enemy. We are encouraged to be scared of what is different.</p>
<p>We encourage each other to be authentic and real. We like hanging out with real people. I think the desire to fit in always will play a role for most people. We do not use it though to control or manipulate people.</p>	<p>d. Losing one's salvation</p>	<p>Salvation if you are religious. I would argue that a pension and access to health care are used to blackmail people to stay in the system. Not sure if it fits in to this box.</p>
<p>We do look at privilege and colonial structures. Not to make people feel guilty. But to learn to decolonise and make reparations if possible</p>	<p>e. Leaving or being shunned by the group</p>	<p>If you leave the system, you will be poor, hungry and homeless</p>
<p>no, that is abusive</p>	<p>f. Other's disapproval</p>	<p>People won't like you anymore if you have no money</p>
<p>No, we recognise that it is impossible to learn and grow without making mistakes. In fact that it is essential to master the art of life. We celebrate lessons learned and focus on that.</p>	<p>f. Historical guilt</p>	<p>Student loans</p>
<p>No, we empower each other instead and teach skills that liberate us from being dependent.</p>	<p>Extremes of emotional highs and lows – love bombing and praise one moment and then declaring you are horrible sinner</p>	<p>Selling you the latest festival ticket and then making you feel guilty for consuming so much. So lets invent a way to offset your pollution and help companies make even more money: carbon offsetting is born</p>
<p>The colonial culture is very destructive. Happiness and fulfilment are really difficult to achieve from within that culture. There are many ways of escaping that culture. Ours is only one of them. If this does not tick your fancy, can we help you in other ways?</p>	<p>Ritualistic and sometimes public confession of sins</p>	<p>no, bottle it up instead where it festers and remains unhealed. Mistakes are not to be learned from. They are to be hidden. Religion does this. Often this goes hand in hand with colonial culture. The Catholic church is particularly good at this.</p>
<p>No. That is abusive. However, climate change will cause societal collapse and is already causing a mass extinction. These are facts though.</p>	<p>Phobia indoctrination: inculcating irrational fears about leaving the group or questioning the leader's authority</p>	<p>Fear of poverty is intensive. Lots of people are scared to leave their jobs for fear of being homeless or going hungry</p>
<p></p>	<p>a. No happiness or fulfilment possible outside of the group</p>	<p>Advertisement gives us that message</p>
<p></p>	<p>b. Terrible consequences if you leave: hell, demon possession, incurable diseases, accidents, suicide, insanity, 10,000 reincarnations, etc.</p>	<p>Poverty is used as a weapon of fear: If you do not have a job, you will perish. And indeed. poverty is a main cause of a shorter life span</p>

No, that is abusive	c. Shunning of those who leave; fear of being rejected by friends and family	Hermits like Ludwig have been shunned and ostracised intensively. You can read more about that here: www.earth-ways.co.uk/testimonials
We respect the decision of anyone who wants to leave.	d. Never a legitimate reason to leave; those who leave are weak, undisciplined, unspiritual, worldly, brainwashed by family or counselor, or seduced by money, sex, or rock and roll	Yup
WTF	e. Threats of harm to ex-member and family	My family have been searched and interviewed by anti terror police on a regular basis when visiting the UK. Very intimidating
	Thank you for reading all the way to the bottom. If you have any comments or questions, please don't hesitate to get in touch: www.rubhaphoil.org/contact	