

THE GUIDE

Everything ALLTRUEistic can do.

Create, practice, contribute, share, gather, return.

ALLTRUEistic
alltrueistic.com

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A platform for practice, connection, and collective possibility.

ALLTRUEistic is a place to shift your state, expand your heart, practice the realities you choose to live, and experience those practices in connection with others. You can return to a personal practice, activate a New Reality, contribute to someone else's, gather with a community, and join people around the world in collective practice.

This guide shows you how every part of ALLTRUEistic works, and how the platform can become part of your own practice.

You will see the word intention throughout this guide. It is one of the foundations of ALLTRUEistic and it is not the whole of it. An intention gives your attention a direction. Inside the app, we call that creating a New Reality. The language is deliberate: intention names the experience you are calling forward; a New Reality asks you to step inside it, experience it as present, and return to that state until it becomes familiar.

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BEGIN HERE

Begin here

Your first five days.



The 5-Day Quest

Five days to understand the whole practice from the inside.

After you register, ALLTRUEistic asks whether you would like to begin the Quest or go straight to the timeline. The Quest is the guided way in. Five days, a few minutes each, learning what the platform does by doing it.

Day 1 • First Light

You move into presence. Before anything is created, there is the awareness you create from.

Day 2 • Inner Flame

You create your first New Reality.

Day 3 • Amplified Connection

You practice a reality for someone else.

Day 4 • Universal Harmony

You expand beyond yourself and practice for the world.

Day 5 • ALLTRUEistic Initiate

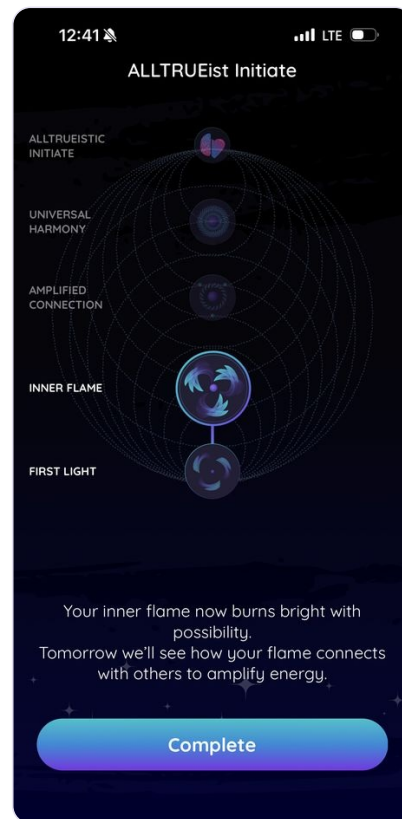
Everything integrates and you receive your badge.

How to move through it

The Quest lives on your profile. The badge glows while it is active and a tooltip points the way. Return to the badge each day to open the next step. The circle around it fills as you go. Your timeline also prompts you when the day's step is waiting.

What the badge means

ALLTRUEistic Initiate is your path and it is the beginning of one. Two further milestones sit alongside it: seven consecutive days of returning, and twenty-five contributions, whether for yourself, for another, for the world, or a mix. These exist to build a practice rather than a habit loop. Returning is what changes things, so returning is what the app marks.



A guided five-day introduction to the practice.

SECTION 01

Create

How a New Reality comes to life, who practices with you, and when it happens.

Creating a New Reality

Six screens. One reality you step into.

Tap the plus button at the center of the navigation bar and choose Create a new reality. Six screens follow. Each one is a decision and all of them can be edited later, so nothing here needs to be perfect on the first pass.

Screen one: who can see it

Choose Public, Personal, or Private Group. Public places the reality on the timeline where everyone who shares its interest categories can find it and contribute. Personal keeps it entirely to yourself. Private Group opens your connections list so you can invite specific people, one at a time or all at once. This screen also asks whether comments are activated. Comments let people leave words alongside their contribution or give you a way to document your experiences. Turning them off keeps the reality to presence alone.

Screen two: your image

Choose an image that represents the reality you are calling forward. This is one of the most important decisions in the flow and it has its own entry in this guide. Choose the experience realized. For a person who is unwell, choose a photograph of them healthy and happy. The image is what you will return to and what you return to is what you rehearse.

Screen three: your statement

Write a statement that signifies the reality has already come to fruition. Up to one hundred words. Write it as complete. Gratitude is a strong place to begin, because it puts you in the state of having received. "I am so grateful for" and "I am continually filled with awe at how" both open into the finished version of the experience. Write what it feels like from inside it.

Screen four: interest categories

Select the categories that represent this reality. Categories decide who finds your reality on the timeline and they have their own entry in this guide.

Screen five: length, title, and location

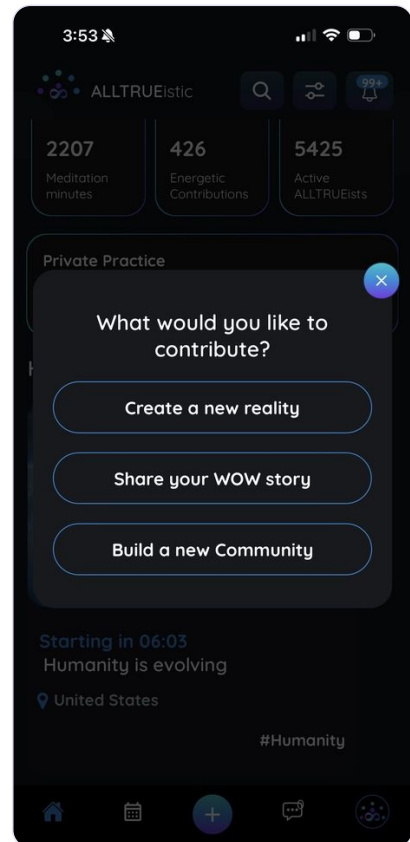
Choose 72 seconds, 5 minutes, or 10 minutes. Your choice sets the length for everyone who contributes, which has real significance worth understanding. That is covered in Session lengths. Give the reality a title. Titles are how you find your realities again in your profile and how a reality travels when it is shared outside the app. Add a location. Location supports filtering, so people can find realities near them.

Screen six: when it happens

Choose Scheduled or Timeless. Scheduled adds a date, a time, and the option to make it recurring. Timeless leaves it open. This screen has its own entry in this guide. Tap Finish. The reality is live.

Editing later

Every field can be changed. Realities evolve as you practice them and the wording that felt right on day one often sharpens by day five.



Tap the plus button to begin.

Personal, Private, Public

You decide who practices with you.

The first screen of the creation flow asks who can see the reality. This setting controls visibility, contribution, and comments together.

Visibility and direction are separate

Worth clearing up first, because the words invite confusion. A reality can be for yourself, for another person, or for the world. That is direction and it lives in the words you write. Personal, Private, and Public are something else entirely: they control who can see what you wrote. A reality for yourself can be any of the three. Keep it Personal and it stays yours. Make it Private and a chosen group practices it with you. Make it Public and the community can contribute to it. Many people assume a reality for themselves must be kept to themselves. It does not.

Personal

Only you can see it. No one else views it, contributes to it, or comments on it. The heart-brain count on a Personal reality records how many times you have returned to experience it. Comments become a record for you alone, which is covered in Your record.

Private

You invite specific people from your connections, one at a time or all at once. They see the reality, contribute to it, and comment within the group. No one outside the invitation sees any part of it, including that it exists. A friend is writing a book. Five of you create the reality of it reaching the bestseller list, practice it together, and talk to each other in the comments. That conversation stays among the five of you. This is also how a family gathers around someone for healing, and how a coach practices alongside a client without anything becoming public.

Public

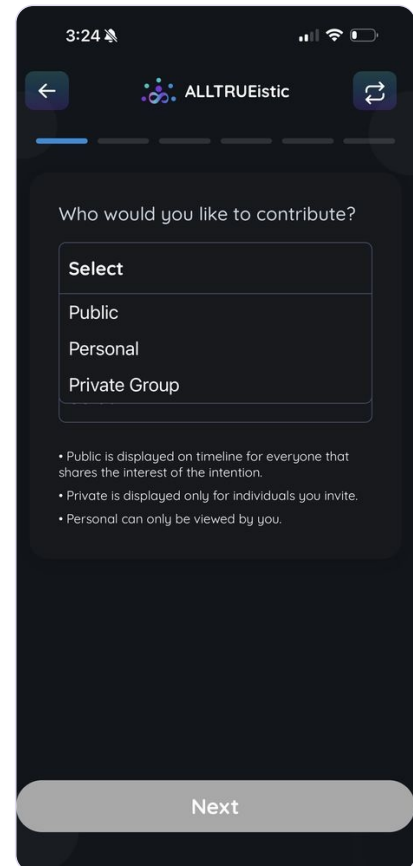
The reality appears on the timeline for everyone whose selected interests match its categories. Anyone can contribute. Anyone can comment, if comments are on. Public reaches the most people, which matters when you choose to amplify what you are carrying: healing, peace, a cause, a future that belongs to everyone.

Comments Activated

A separate choice on the same screen. Yes lets people leave words alongside their contribution. No keeps the reality to presence alone. Comments off is worth considering for a Public reality about something tender. Presence alone is a complete offering.

Choosing

Ask who this is for, then ask who should see it. Those are two questions and the second one is what this screen decides.



Choose who the reality is shared with.

Choosing your image

The image becomes the way back.

Every reality carries an image. It works as a symbol and an anchor. It does more work than many are aware of.

Choose the experience realized

Choose an image that represents the experience as already present. The image directs your attention, so let it show the reality you are practicing rather than the circumstances you are moving beyond. If someone you love is in the hospital, for example, choose an image of them well, laughing, outdoors, or doing something that feels like them. A photograph from the hospital bed may document what is happening now, though it keeps that circumstance in front of you. In ALLTRUEistic, the image becomes a visual doorway into the experience you are choosing to practice.

The meaning is installed by you

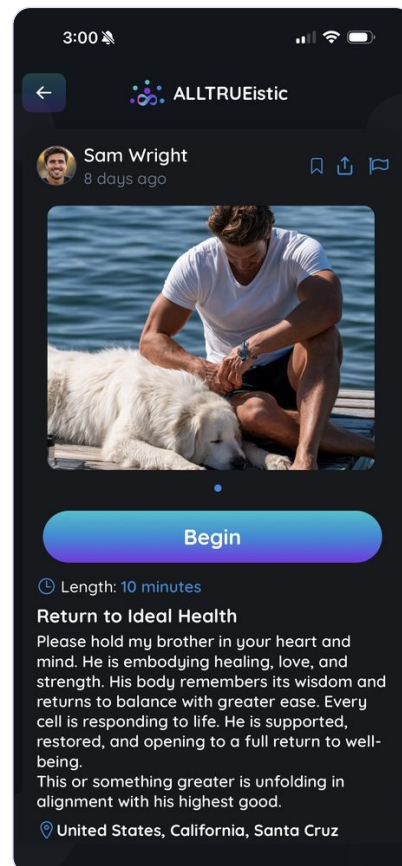
Any image can work, because you are the one who fills it with meaning. Through visualization and feeling, an ordinary photo becomes increasingly associated with a specific state. With repetition, the image itself can begin to return you there.

A technique worth knowing

Create two realities for the same thing. Make the first one ten minutes. Ten minutes gives you room to fully program the image: to enter the reality, feel it in detail, and let the picture and the state fuse. Do this one when you have time for depth. Make the second one 72 seconds, with the same image. Return to it whenever you slip back into an older way of thinking. Because the image already carries the state, 72 seconds over time is enough to arrive back inside it.

Change it whenever

Images can be edited at any time. Choose something now and refine it as the reality clarifies.



Choose an image that represents the reality you are calling forward.

Interest categories

How the right reality finds the right person.

Categories do several jobs. They decide who discovers the reality you created, they give you an easy way to search, and they shape which realities appear on your own timeline.

The eighteen categories

Global. Local. Environment. Humanity. Health & Wellness. Personal Evolution. Children. Animal Well Being. Relationships. Abundance. Essentials, meaning home, security, and food. Professional Evolution. Charity & Contribution. Uplifting Others. Experiences. Bucket List. Creativity. Spirituality.

Choosing categories for a reality

Select the ones that genuinely describe it. A reality for a friend's recovery belongs in Health & Wellness and Uplifting Others. A reality for a forest belongs in Environment and in Local if the forest is near you. Accurate categories bring the people most likely aligned with it.

Choosing your own interests

Your selected interests live in your profile and can be changed at any time under Change Interest. Someone who selects Health & Wellness and Environment sees those realities. This is how the timeline stays meaningful as the community grows. The app defaults to all categories so that you do not initially miss anything that might matter to you.

Local, and what it makes possible

Local exists so that geography can gather people. A fire in one region, a family in one town, a hospital everyone knows the name of. As the community grows, Local is how a shared place becomes a shared practice.

Scheduled, recurring, and timeless

One moment together or a door left open.

The last screen of the creation flow asks when contributions happen. The answer changes how the reality is experienced.

Scheduled

Pick a date and a time. Everyone who joins enters the reality in that same moment, across every time zone at once. Schedule a reality when a real hour matters: a surgery, a hearing, a birth, an opening, a difficult conversation, or to feel the power of collective energy.

Recurring

Check Recurring and the reality repeats on a rhythm. World peace every Monday at noon. A weekly practice for a family member. Recurring turns a single moment into a standing appointment, which is how a group builds a practice together rather than showing up once.

Timeless

No set time. The reality stays open and people contribute whenever they arrive. Support accumulates across days and continents. Leave a reality timeless when the need is ongoing: a recovery, a search, a relationship, a hope with no deadline.

The collective gathering space

Every scheduled reality opens a collective gathering space. A Join button goes live up to thirty minutes before the start and tapping it takes you in.

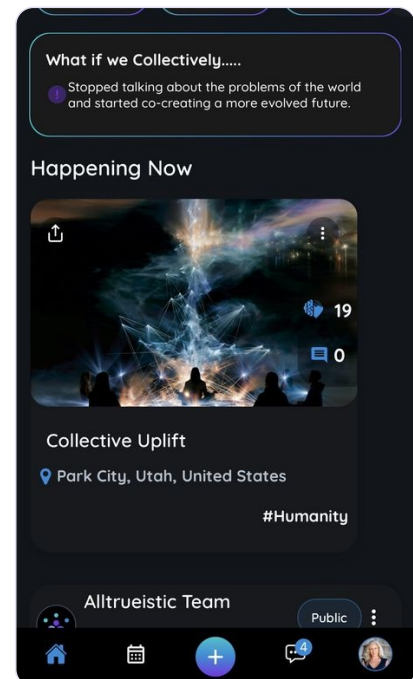
You see the count of people already present, you watch the field form, and a countdown runs. Tapping the heart-brain icon shows the faces of everyone who will be contributing to the New Reality. At the scheduled time the Begin button appears and everyone starts together. This is the part of ALLTRUEistic that is difficult to describe and immediate to feel. Arrive a few minutes early and watch the number climb.

Your calendar

Scheduled realities appear in your calendar inside the app and notifications go out beforehand. The hour arrives whether or not you remember it, so let the app carry that.

Which to choose

An hour that matters means scheduled. A rhythm you choose to continue means recurring. A need without an end date means timeless.



Happening Now shows practices that are active in the moment.

SECTION 02

Practice

How a session works and what to do inside it.

The Resonance Sequence

The state you enter shapes what you create.

Every ALLTRUEistic practice begins the same way. Before you enter the reality, you shift the state you are entering it from. The Resonance Sequence is the guided path into that state and it moves through five stages.

Arrive

Let go of the day. Of the roles. Of the stories. Attention comes out of the last hour and into this one.

Open Your Heart

Place your awareness in the center of your chest and breathe slowly. Warmth. Openness. With each breath, let gratitude, love, or awe bloom there. This stage supplies the charge that everything after it runs on.

Expand Your Awareness

Thoughts come and thoughts go. You are the awareness beyond them. Simply observe.

Enter Coherence

Heart and mind move together. Thought and feeling in harmony. You create from here.

Embodiment

See what you are calling forward. Step inside it. Feel it in your chest, in your hands, in your whole body. It is alive within you, right now.

The sound carries you

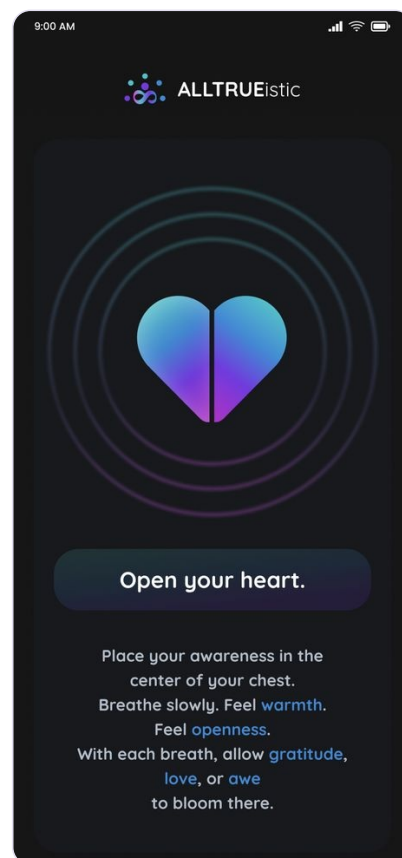
Music runs beneath the whole sequence with subtle binaural tones woven underneath it. Binaural tones present a slightly different frequency to each ear. The rhythm that results supports a settled, receptive state. Headphones deepen the effect and are not required.

Why the state comes first

A thought entered from a stressed state does very little. Survival narrows perception, and narrowed perception is the opposite of what creation asks for. Coherence widens it again. Mental rehearsal is well established in neuroscience. Vividly imagining an experience activates many of the same neural pathways as performing it, which is why athletes and surgeons rehearse mentally before they act. Repetition makes the rehearsed experience familiar to the brain. The Resonance Sequence puts you in the state where that rehearsal is most vivid.

Moving at your own pace

The sequence appears as a series of screens. Move through them by swiping or tapping, at whatever speed the day allows. Eyes open or closed, whichever keeps you present. Some days presence arrives immediately. Other days the mind is loud and the body restless. Both are ordinary. With practice the shift comes faster, until the state becomes somewhere you know how to go.



Each practice begins by shifting your inner state.

Inside the practice

Everything on the screen is doing something.

After the Resonance Sequence, you arrive at the reality itself. What happens next was designed deliberately and most of it goes unnoticed until someone points at it.

Before you begin

Find a quiet space and sit comfortably. Sitting upright helps, because it keeps the breath open and the body alert. Eyes open or closed, whichever holds your attention better. Some people rest their gaze softly on the screen. Others close their eyes entirely and let the image live in the mind. Earphones help, because the soundscape carries binaural beats that depend on each ear receiving a slightly different tone. They are not required.

The image and the words

Your image and your statement appear together. This is the moment of focusing: the picture you chose and the words you wrote, in front of you, before anything else happens.

Tapping Begin

The image fades to transparency. This is intentional. It marks the moment the idea leaves the visible world and enters the unseen one, which is where every created thing begins. As the practice unfolds the image returns, coming back into full color and clarity by the end. What you witness coming alive on the screen symbolizes energy into matter, thought becoming form.

The breath wave

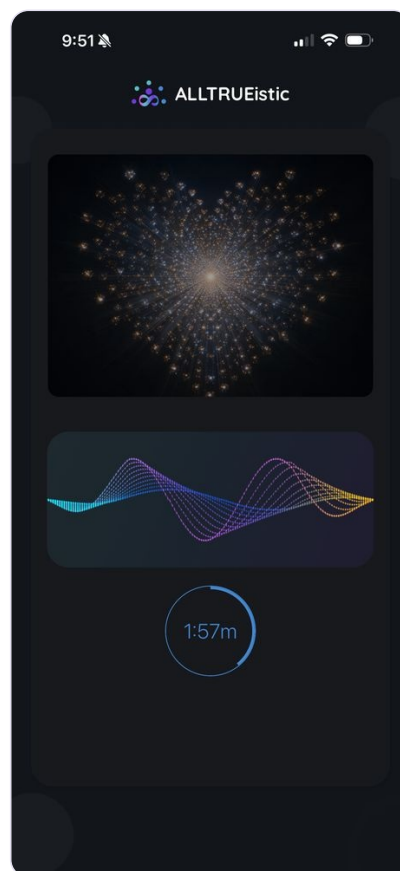
A wave moves across the screen throughout the practice, paced to a slow, even breath. Follow it if your eyes are open. Close them and let the breathing settle into that rhythm on its own.

The sound

The soundscape is tuned to 432 hertz, a tuning long associated with warmth and calm, and layered with binaural beats. Binaural beats present a slightly different frequency to each ear. The resulting rhythm is used to support relaxed focus and settled attention. This is why earphones make a difference.

Anywhere

ALLTRUEistic was built so the practice could go anywhere with you. A quiet room helps and it is not a requirement. Practices happen in cars, on trains, in stairwells, outdoors, in the seventy-two seconds before something difficult. Your coherence is what matters, rather than your surroundings.



Inside a live practice.

Session lengths

Three lengths, each with a purpose.

Every reality is practiced for 72 seconds, 5 minutes, or 10 minutes. The person who creates the reality chooses, and that choice applies to everyone who contributes to it. Each length does something the others cannot.

10 minutes

Ten minutes takes you deep. After the Resonance Sequence you have room to keep settling. The state continues to shift rather than arriving and stopping. You move fully into imagination and imagination becomes detailed enough to be convincing. An athlete rehearsing mentally does not glance at the finish line. They move through the whole event, every muscle firing in sequence. Ten minutes gives you that. If you are calling abundance into your life, you have time to experience your life inside that state: what the day feels like, how you move through a room. The mind meets the experience repeatedly until it becomes familiar and the body starts to register it as real. For a collective event, ten minutes carries everyone further into connection and the field has time to form. Ten minutes asks something of you. For someone untrained, ten minutes is a long time to stay with one experience. The mind wanders, the body gets restless, old programming returns. Ten minutes also creates room for story when you are practicing a reality for someone else, which is covered in Holding a reality for another.

5 minutes

Five minutes is the middle and it exists to meet people where they are. There is room to go deep and the friction of not having time disappears. Everyone has five minutes for world peace. Everyone has five minutes for someone they love. Five minutes is enough to expand your heart in the middle of a day or move into gratitude before the day turns. Five minutes trains you. The body learns to sit. The mind learns to stay with one experience. It is the natural bridge into ten. There is something psychological about being asked for five. Ask a community to practice a reality for a family member in the hospital and some will decide they do not have ten minutes. Almost none will decide they do not have five.

72 seconds

Seventy-two seconds is reachable and reachable is what makes a practice a practice. The mind stays with a single thought for a short time before it drifts. Seventy-two seconds is long enough to enter one experience deliberately and short enough that anyone can do it anywhere. Each time your attention wanders and you bring it back, you are training the ability to stay with one thing longer. Returning attention to a chosen object is the core mechanism of focused-attention meditation and it strengthens with repetition. Your focus, your concentration, and your capacity to visualize all improve, which makes the longer practices easier to enter. Seventy-two seconds is also how you return to an anchor. Once an image carries a state, 72 seconds is enough to step back inside it.

Why the creator sets the length

The person who creates a reality chooses the length for everyone who contributes to it. This is deliberate. When a reality is practiced, it is practiced the same way by everyone, which is what makes it collective rather than a set of separate sessions that share a title. It also takes a decision away from the contributor. You open a reality and begin. The creator has already decided how deep this one goes.

Choosing when you create

Choose ten minutes when the reality deserves depth and the people practicing it have time. Choose five for the widest participation without losing substance. Choose 72 seconds for a reality people will return to often, or to shift your state.

Using 72 seconds through your day

A practice for the moments that shape your day.

Seventy-two seconds fits into a day the way longer practices cannot. It gives you a way to notice the state you are in, choose how you will meet the next moment, and practice that state before the day carries you forward.

Shift your state

Sometimes the state itself is the practice. Return to gratitude when your attention moves toward what is missing. Expand your heart when you feel closed. Move into calm when stress begins to rise. Step into confidence before speaking, leading, or being seen. Enter love, peace, joy, self-compassion, or presence simply because that is how you choose to meet what comes next. Seventy-two seconds creates a small space where you can consciously choose the state you bring into the moment ahead. This is a practice rather than a treatment. If something heavier is present, let it sit alongside real support.

Interrupt an old pattern

A longer practice can take you deeply into a New Reality and then the momentum of the day begins again. An old thought appears. A familiar reaction returns. Scarcity replaces abundance. Doubt replaces confidence. Frustration closes a heart that felt open that morning. Seventy-two seconds becomes the return. Notice what is happening, open the practice, and step back into the state you have been building. Each return strengthens your familiarity with that state and your ability to access it again. This is one reason two practices for the same New Reality work so well: a longer practice when you have time to enter it deeply and a 72-second version you can return to throughout the day.

Before an experience begins

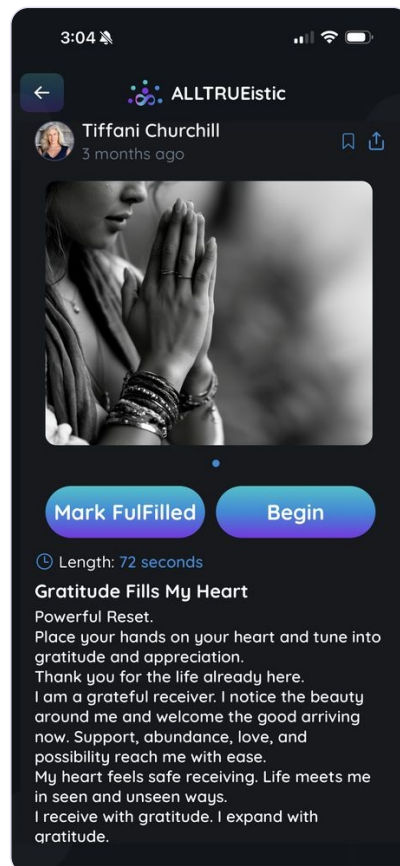
Some of the most useful practices happen just before something starts. Before you travel, enter safety and ease. Before a meeting or conversation, return to presence. Before speaking publicly, step into confidence. Before a social gathering, expand your heart. Before a workout, connect with strength and possibility. In the morning, choose the state you choose to carry into the day. Before the experience begins, you have already chosen how you will meet it.

Meet your body differently

Seventy-two seconds can change the way you meet your body. Pause before a meal and feel gratitude for what is nourishing you. Send warmth and appreciation through your body. Before stepping on a scale, entering an appointment, or beginning movement, return to a state of care, trust, and connection. The practice changes the state you meet your body from, bringing care, appreciation, and possibility into the experience.

Train your attention

Every 72-second practice strengthens the same fundamental skill: choose an experience, notice when your attention drifts, and return. That capacity matters everywhere. It makes longer practices easier to enter, helps you recognize your state more quickly, and gives you a way back when the day pulls you somewhere else. Seventy-two seconds is short enough to use often. That is its power. The practice can meet you inside real life, while the moment is still happening.



Some practices are brief and easy to return to throughout the day.

Your record

You rarely see it happening. You see it looking back.

Comments on a Personal reality are visible to you alone. That makes them a journal attached to the exact thing you are creating.

Why the record matters

Realities usually arrive in pieces. You notice the finished version. You miss the road. Say you are creating abundance. One day the full thing arrives and you know it. Long before that, there are smaller moments: an unexpected payment, an offer you did not chase, a week where money simply stopped being the thing you thought about. Each one is evidence and each one is easy to forget by Friday. Say you are creating health. Full health may still be ahead of you. Meanwhile there are days with more energy, a mood that lifted, a week with less anxiety than the last one. Those shifts are real and they are almost invisible while they are happening. Write them down as they come. Then read back.

How to use it

Add a comment whenever something shifts, however small. A sentence is enough. Date and detail matter more than eloquence. Return to the record when you feel like nothing is moving. That feeling is common, it is usually wrong, and the record is the fastest way to find out.

Fulfilled marks the end. Comments mark the road.

Marking a reality fulfilled records that it arrived. The comments record how it arrived, which is often the more useful thing to have. You can view your fulfilled experiences in your profile.

On Private realities

Comments on a Private reality are shared with the group you invited. The same record becomes a conversation: people notice things about your progress that you cannot see from inside it, and they say so.

SECTION 03

Contribute

What happens when you give your energy, heart, and presence.

The heart-brain icon

More than a like. It shows the practice behind a New Reality.

When you see the heart-brain icon on a reality, you are not looking at likes. You are looking at resonance.

What each one means

Every count is a person who united their heart and mind around that reality. On someone else's reality, it is how many people have focused on it together. On your own, it also counts how many times you have returned to it yourself.

Why it is not a like

A like is a tap that says "I saw this." The heart-brain icon says "I contributed my energy, heart, and presence with you." One is a passing acknowledgment. The other is participation, a real span of focused attention given deliberately, at the length the creator chose.

Why we call it the heart-brain icon

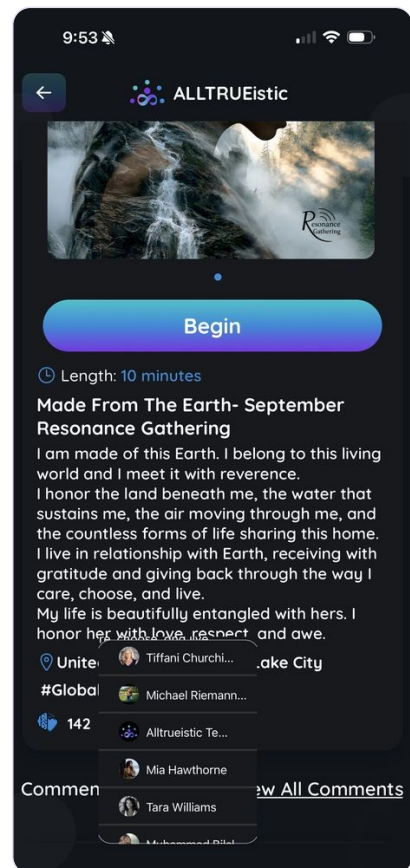
The mark is a brain and a heart, joined. It symbolizes moving into resonance and bringing your full presence to a New Reality: your time, your energy, your focused awareness, and your capacity to tune into possibility.

Tap the number to see who

The count opens to show who entered the practice with you. On a reality you created, that list answers a question most people rarely get to ask directly: who showed up for me.

The same icon on your profile

Your profile carries the heart-brain icon beside your Contributions total. That number includes every session you have entered, on your own New Realities and on other people's. It is a record of the time, energy, presence, and focused awareness you have deliberately brought to practice.



Tap the number to see who contributed.

What it means to contribute

You give attention and attention is what was asked for.

A contribution is a session. You enter the practice, move through the Resonance Sequence, and experience the reality for its full length. Nothing about it is a tap.

Every pass counts, including your own

This is the part people take longest to understand. Every time you move through a reality you contribute to it, whether you created it or someone else did. Returning to your own reality for the ninth time is a contribution. So is entering a stranger's for the first. Your profile counts them together, because they are the same act: you gave your attention, your heart, and your energy deliberately.

Why we chose the word

The word names the act accurately. You are giving something you have a finite supply of: your time, your attention, and a state you entered on purpose. A word like "like" describes a reaction. A word like "support" describes a sentiment. Contributing has a cost and the cost is what gives it weight, meaning, and beauty.

The length is not yours to choose

The person who created the reality set its length. You accept it when you contribute. Seventy-two seconds, five minutes, or ten. Everyone enters the same reality the same way, which is what makes it collective.

What you actually do

Open the reality and read what the person wrote. Look at the image they chose. Begin. Move through the Resonance Sequence into coherence. Experience what they are calling forward as present and real for the full length. The count beside the heart-brain icon rises by one and they see that you were there. If the reality is scheduled, you arrive to a collective gathering space. The count of people already present, their faces, a countdown. The field forms in front of you before the practice begins.

What comes back

People who contribute regularly describe their own state changing. This is one of the most consistent things ALLTRUEists report. Directing sustained, heart-felt attention toward another person's wellbeing is a practice with well documented effects on the person doing it, and compassion practices are among the better studied areas of contemplative research.

ALLTRUEistic runs on participation.

Holding a reality for another

Feel the news. Leave the path alone.

Practicing a reality for someone else is a skill. It is learnable, it is specific, and doing it well is different from doing it warmly.

Feel the news, not the life

Here is the distinction that changes everything. You are not living their life inside the practice. Their path belongs to them. What you enter is the moment you find out it happened: the call, the message, the face when they tell you. The relief. The delight. The rush of hearing that the scan came back clear, that the offer came through, that she is standing up on her own. Feel that, fully, as though it already arrived. The news belongs to everyone who loves them. The route there does not belong to you. Always hold it for their highest good and surrender the journey to them.

Story is the most common mistake

When you stay with a reality for a long time, imagination reaches for detail. Given ten minutes, it will start filling in how the outcome happens. That is where story gets in. A group once held a reality for me around finding a new home. Afterward, one person told me she had seen us buying a fixer-upper and felt the joy of my husband and me painting it together. We were moving because his business was expanding and our days were about to get very long. A fixer-upper was the last thing I would have chosen. She had added her story to my reality. She was generous and she was fully present. She was also building a life I had not asked for. Enter the outcome and let the details stay empty.

What to carry in your heart

Begin with feeling rather than solving. Move into genuine care for this person: warmth, tenderness, the way you feel toward someone you love. That feeling is available to you even for a stranger and it is the substance of what you are giving.

What to see in your mind

See them well. Not the diagnosis resolving, not the problem being worked through step by step. See them on the far side of it, laughing, steady, at ease, whole. Hold that picture in the present tense.

Holding for the world

Scale changes the image, not the method. Abstraction is difficult to sustain for ten minutes, so choose one concrete scene that stands for the whole: a city quiet at dusk, a forest still standing, a room of people at ease with each other. Let that one scene carry the larger thing.

When you do not know the person

Read what they wrote. Look at the image they chose, because that image is the outcome they are asking you to enter. Then hold it the way you would for someone you love. Their story is not the requirement. Your attention is.

You are giving time you cannot get back to an outcome that is not yours. That is the whole of it.

SECTION 04

Share

Carrying it beyond yourself.

Sharing a reality

Bring someone to the moment.

Every reality carries a share icon. Tap it and you can send it to people inside ALLTRUEistic, outside it, or both.

Sharing with members

The share panel opens with your connections at the top. Select the people and tap Send. The reality arrives for them inside the app.

Sharing anywhere

Copy Link puts the address on your clipboard. More opens your phone's share sheet, which sends the reality anywhere you already message people: text, email, AirDrop, social, notes.

What the link carries

The link shows the reality's title and its image. This is why the title you choose at creation matters. It is the first thing anyone sees and often the only thing they read before deciding whether to open it.

Where the link goes

Someone with ALLTRUEistic who is signed in lands directly on the reality, ready to contribute. Someone without the app is taken to the app store.

When sharing is worth doing

A scheduled reality benefits most, because the people you invite can arrive for the same moment. Share it early enough that the hour is still ahead of them. A reality for someone you both know brings people to a place where they can do something rather than say something. This is often the moment a person understands ALLTRUEistic for the first time.

Marking a reality fulfilled

Name it when it arrives.

Every reality you create carries a Mark Fulfilled button, available at any time. You decide when it has arrived.

What happens

The reality moves into Fulfilled in your profile and your Fulfilled count rises. You then see an invitation to share a WOW story about it. Taking that step is optional. Marking it fulfilled stands on its own.

When to mark it

Trust yourself here. Some realities arrive completely and the moment is unmistakable. Others arrive partway and you know enough to call it. Marking a reality fulfilled is you recognizing that something moved.

Why it matters beyond your own record

Fulfilled realities are how the community learns what is possible. A Fulfilled count on a person or a community is a record of things that were practiced and then arrived.

WOW stories

The moment worth remembering.

A WOW story is an experience from your practice worth keeping and sharing. Some are outcomes. Many are not.

Two ways to create one

From a fulfilled reality. When you mark a reality fulfilled, you can turn it into a WOW story. It arrives carrying the original title, description, and image, and you can keep those or change any of them. Often the right image is a new one, because the experience of it arriving looks different from the experience you were practicing. On its own. Tap the plus button and choose Share your WOW story. No reality has to be attached, which matters, because the most valuable WOW stories often have no outcome behind them.

What counts

A reality that became real. A shift in state that came from giving. A day you walked through in peace because of a connection you felt. Abundance that flowed while you were practicing a reality for someone else. A synchronicity you cannot explain away. A son whose father is still in the hospital, writing about what it meant that strangers came together for him. Nothing was fixed. Something happened anyway and it is worth telling.

Creating one

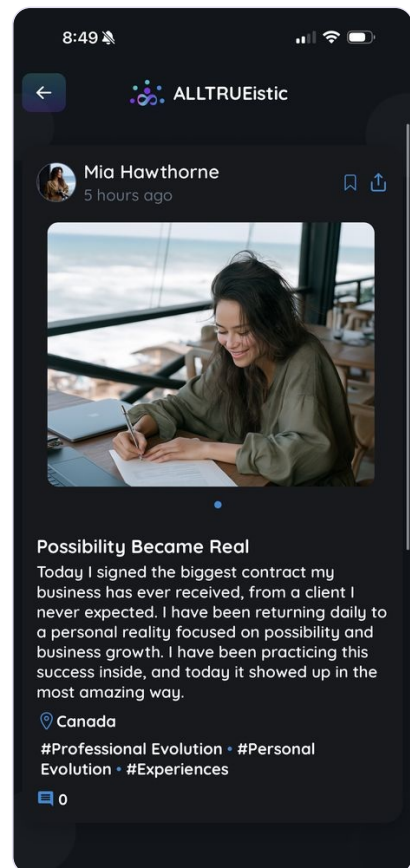
Choose an image or a video. Video carries what an image cannot, because the emotion of an experience lives in a voice and a face more than in a still frame. Use it when the feeling is the story. Write a title and a description, up to one hundred words. Choose whether comments are on. Add a location.

Where they go

WOW stories post to the public timeline and they appear in your profile.

Why share one

Your story gives someone else language for something they have already felt and could not name. Most people experience the shift before they can describe it. A WOW story hands them the words.



WOW Stories let people share what unfolded through practice.

SECTION 05

Gather

The people you practice alongside.

Building a community

A space with its own practice.

A community is a place where a set of people practice realities together over time. It has its own profile, its own realities, its own contributions, and its own name.

How to build one

Tap the plus button and choose Build a new Community. Upload an image. This is optional and it becomes the community's face everywhere it appears. Give it a name and a handle. The name is what people read. The handle is how the community is found. Add members. Members come from your connections, so anyone you add to the community needs to be connected to you first. Everyone you add receives a notification inside the app. Choose the type. Set To Public makes the community discoverable. Leaving it off keeps it closed. Tap Create Community. You can switch into it immediately or keep exploring as yourself.

Public and private communities

A public community can be found through search, through interest categories, and through its activity on the public timeline. People who find it can request to join. A private community is invitation only. The admin adds members from their connections and nobody outside sees it.

Who runs it

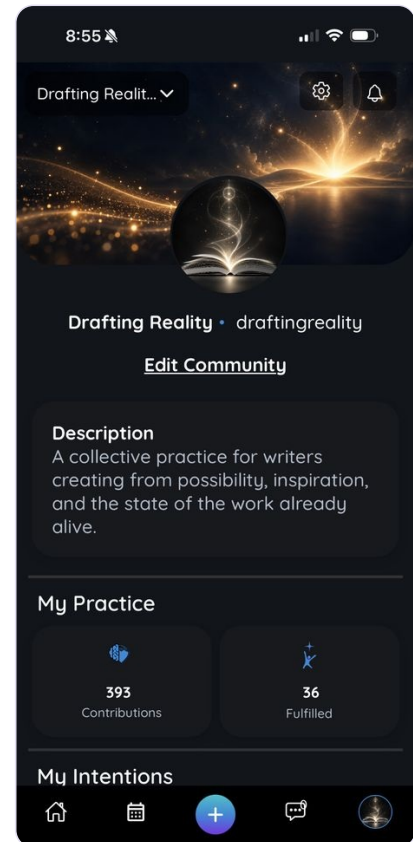
The person who creates a community is its admin. The admin edits the community details, invites members, creates the community's realities and WOW stories, and starts the group message thread. Once a thread exists, every member can speak in it. Members can leave at any time. Each member's own profile shows how many communities they belong to.

The community profile

A community carries a profile of its own: Contributions, Members, Bookmarks, Fulfilled Intentions, and Selected Interests. Its realities are organized the same way yours are, by Community, Private Group, Public, and WOW Stories.

Switching between profiles

Tap the name at the top of your profile to switch. You move between yourself and any community you run. Whatever you do while switched into a community, you do as the community.



A community has its own identity, description, and shared practice.

Community realities and who can see them

Decide how far each reality reaches.

Everything you know about creating a reality applies inside a community. The creation flow is the same. The one screen that changes is the first one.

Community

Visible to members only. Every member can see it and contribute to it. This is the default shape of a community practice: a group of people entering the same thing, repeatedly, in a space that belongs to them.

Private Group

Visible to a subset of members that the admin invites. A company runs a community for the whole company and creates a reality with the sales team alone. Nobody else in the community sees it.

Public

The reality goes to the public timeline and anyone in ALLTRUEistic can contribute, whether or not they belong to the community. Public realities do two things at once. The reality reaches beyond the community. The community becomes visible to everyone who contributes, which is how communities grow. A community built around animal wellbeing that is working with a zoo can make that reality visible to people across ALLTRUEistic who care about animals, and some may discover the community through the practice.

WOW Stories

WOW Stories from a community post to the public timeline.

Who creates them

The admin creates the community's realities.

Practicing as a community

The community shows up as itself.

A community contributes. Switch into it, find a reality, and enter it. The community appears under its own name.

What that looks like

A community called Animal Wellbeing finds a public reality for someone's sick dog and contributes to it. The heart-brain count rises. Animal Wellbeing appears in the list of who practiced it. If the community comments, the comment carries the community's name. For the person who created that reality, this is a different experience from receiving a contribution from one stranger. An entire community showed up.

Where a community can practice

A community can contribute to any public reality on the timeline. A community can also be invited to a private reality by whoever created it.

Why this matters for the community

Every public reality a community contributes to is a place the community becomes visible. Communities grow through practice rather than promotion.

Connections and messaging

Practice creates the relationship. The relationship holds the practice.

Connections do more work in ALLTRUEistic than they appear to. Every private practice runs on them.

Why connections come first

You invite connections to a private reality. You add connections to a community. Both start here, which means building your connections is what unlocks everything you can do with specific people. Connect with the people who show up in your practice. Someone who contributed to your reality. Someone whose reality moved you.

Messaging

Messaging lets you speak directly with the people you practice alongside. Someone entered a reality for your mother's surgery and you can thank them by name.

Community messaging

The admin starts the community thread. Once it exists, every member can speak in it. This is where a community lives between practices: the check-ins, the encouragement, the news that someone's reality arrived.

Resonance Gatherings

One intention. Many hearts. The same moment.

The first Sunday of every month, the whole community gathers around a single intention at the same time. Ten minutes, one theme, people around the world entering the same state together.

The theme

Each month carries a different intention. Themes come from community surveys and from what feels most needed, for individuals and for humanity. They move through I, WE, and ALL without a fixed rotation, because what is called for changes. Gatherings are created by the ALLTRUEistic team.

How to find it

The Gathering moves to the top of the timeline, where realities happening now appear. Tap anywhere below the image to expand it, the same as any reality. It also appears in your calendar and a notification goes out beforehand. The calendar holds every scheduled reality you are part of, so nothing depends on you remembering.

Joining

A Join button goes live up to thirty minutes before the Gathering begins. Tapping it takes you into the collective gathering space. People start arriving from around the world. The count climbs. Faces appear. You watch the field form before anything begins. This is the part that is difficult to describe and immediate to feel. Arrive early and watch.

What happens inside

At the scheduled time the Begin button appears. Everyone moves through the Resonance Sequence together, shifting out of ordinary thought and into a more intentional state. What follows depends on the theme. Some Gatherings carry ten minutes of music. Others are voice guided. Silence is part of it either way. The quiet is where you stop thinking about the intention and start experiencing it.

Preparing

Find a quiet space and sit comfortably. Eyes open or closed, whichever lets you stay present. Earphones help, because the soundscape carries binaural beats that work through separate channels, and they are not required.

The voice is live only

When a Gathering is voice guided, that guidance is available on the day itself. Returning later brings you the intention and the music without it. The live hour is the one with the voice in it.

Afterward

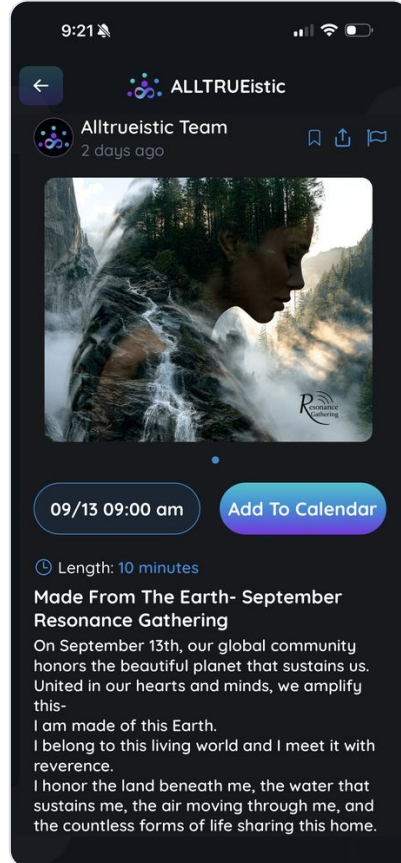
The intention stays in the app for at least a month. You can return to it and people who missed the live moment can still join. Everything else continues to work. The heart-brain count rises with each contribution. Comments stay open. Your returns count toward your practice. This matters more than the live hour does. Repetition is how an experience becomes familiar to the brain, and contemplative research distinguishes a temporary state from a lasting trait, where something cultivated through practice becomes part of how a person lives. One Gathering is an experience. Twenty returns across a month is a practice.

Why the same moment matters

The practice is available to you alone at any hour. Doing it while other people around the world are doing it is a different experience, and the difference is knowing. You are here. They are here. The intention is being held at the same moment.



The collective gathering space shows the field forming before a shared practice.



A Gathering can be revisited afterward as a complete guided practice.

Using ALLTRUEistic with clients, groups, and teams

Bring the people you serve into a shared practice.

A community is a space you run for the people you work with. It carries your name, holds the realities you create, keeps a record of what has been fulfilled, and gives everyone in it a place to return to between sessions.

Who is already suited to this

Meditation teachers and facilitators. Life coaches, wealth coaches, and wellness practitioners. Retreat leaders. Educators. Coaches of teams. Real estate agents working with a client toward a specific outcome. Companies setting goals with a department. Women's entrepreneur groups. Nonprofit communities and charitable foundations practicing realities around funding and awareness. The common thread is a person guiding others toward an outcome, whose guidance continues after the session ends.

How to set it up

Create a community under the name people know you by. Connect with each person, then add them as members. Set it private if the work is confidential. Set it public to be discoverable.

Choosing who sees each reality

Create a Community reality for something everyone shares: the outcome a whole group is working toward, the goal a whole team has. Create a Private Group reality for a subset. One person, or a few. The rest of the community sees nothing. Create a Public reality when the work benefits from reach and you would like people to find you.

Meeting live

A reality can carry a link to a live Zoom session, so a practice entered together in the app continues as a conversation face to face. Live experiences are arranged with the ALLTRUEistic team, who attach the link to the reality. Guided audio works the same way. A recorded meditation in your own voice can be attached to a reality, the same way the Resonance Gathering carries founder Tiffani Churchill's voice. The team handles the upload. Both begin at the collaborate page.

Between sessions is the point

Most of the value here happens when you are not in the room. Someone who returns to a reality on their own, at 72 seconds, on the days between sessions, is rehearsing the outcome you are working toward together. The community's Fulfilled count becomes a record of what the group has moved through.

SECTION 06

Return

The practice over time.

Your profile

A sacred space for your practice and a way to connect.

Your profile shows how you have been showing up. Rather than measuring influence, it measures resonance.

My Practice

Three numbers. **Contributions** counts every session you have entered, on your own realities and on other people's. Returning to your own reality for the ninth time counts. So does entering a stranger's for the first. **Days Returning** counts the days you came back. **Fulfilled** counts the realities you have marked as arrived.

Why Days Returning is the number that matters

Repetition is the mechanism. Each return rehearses the state and the outcome again, and repeated rehearsal is how the brain makes an imagined experience familiar. One vivid session is a good session. Three hundred of them is a different thing entirely. Contributions will usually become the larger number. Days Returning is the one that describes the rhythm of your practice.

My Path

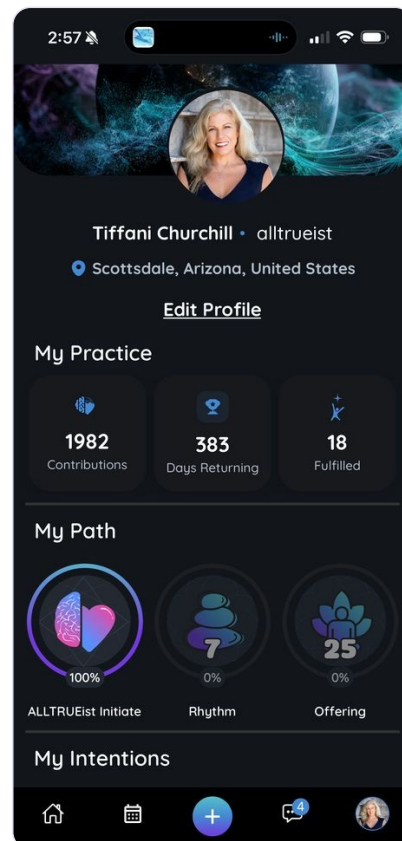
Your Path State names where you are in the practice, beginning at ALLTRUEist Initiate, which you receive on completing the Quest. Practice Milestones show what carries you forward. **Rhythm** tracks consistency and completes at seven consecutive days of returning. **Offering** tracks what you have given and completes at twenty-five contributions, for yourself, for another, for the world, or a mix. The two together describe an ALLTRUEist: someone who keeps showing up, and someone who shows up for others.

My Intentions

Everything you have created, sorted by who can see it: Personal, Private Group, and Public, alongside your WOW Stories. This is how you find a reality again, which is why the title you give it at creation matters.

Community

Your Connections, the Communities you belong to, and your Bookmarks. Bookmarks hold the realities you choose to return to, including other people's. # CLOSING **Title:** Begin with one practice. Download ALLTRUEistic on the App Store or Google Play. Choose a state to enter, a New Reality to bring to life, someone to show up for, or a community to practice alongside. Then return.



Your profile reflects the rhythm of your practice over time.

Begin with one practice.

Download ALLTRUEistic on the App Store or Google Play. Choose a state to enter, a New Reality to bring to life, someone to show up for, or a community to practice alongside.

Then return.

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