

The Nivelo Thonat: The Official Book of Our
People

The Navelist Council

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Act I

Back to Basics

0.1 Introduction

The first act is meant to cover the basics of Navelism.

All Acts will be broken into many chapters of various lengths. Each Act will contain their stated purpose just as this one. We are the Navelists, this is our book. Please enjoy and take time to contact us through the official channels (see the contacts page).

Act I : Chapter 1

Story of Unkindled

Let us look at the story of a person going through life without Navelism to understand the depth. This story may not apply to every person out there but it does give good reference to the life of a person with absolutely no Navelist traits.

Jasmine wakes up, hung over from the past night of drinking. She drags her feet over to take a shower, cursing herself after realizing that she had run out of her favourite shampoo. She eventually stepped out of the shower and looked over to the wall clock. She cursed herself, 8 o'clock already, she was late. She throws open her closet and picks out the first thing that she finds. She grumbles at herself about being late before grabbing her bag and running out the door.

On the subway ride over to the office, she mindlessly thumbed through her social media feed, pictures of cats and dogs, mice and interesting art work passed her by, it was not at all something she took much note of, but something that nonetheless she did. She continued until she had reached her stop.

Jasmine walked into the doors of her generic insurance firm of an employer, the familiar sterilized scent of the air conditioned room made her feel the weight of her life decisions up to this point. She wandered over to the lift before realising it was out of service before cursing, yet again, to herself in an annoyed and muddled voice about how she had wished the day would simply give her a break. Not to mention the reaming from her boss that she would get for being a whole astounding fifteen minutes late.

She turned to the stairs and saw the mass of bodies littering the

passage all trying to get to where they needed to go. She groaned before going to join them, knowing that the disorganized crowd could not and would not be moving at any acceptable speed, and being too weak herself to push through. Nevertheless, she eventually made her way to the fourth floor, having avoided slipping on spilt coffee and cracking her skull open on the hard concrete contraption of monotony.

Her boss, as he always did, berated her for her tardiness. This had been the nineteenth time she been late this in the past three months. Jasmine had just agreed calmly before breaking out into a small, contained, fit against her boss about how she had responsibilities outside of work that prevented her making it in on time. She lied about the subway having a hold up.

Once she had made herself as comfortable as she could in the hard plastic chair provided at her work, she cursed herself for the backlog of work she had left undone and made movements towards emptying the queue of endless calls from customers for the next four hours before lunch rolled around. The chatter of the other victims in the office as they went on with their designated task was almost a comfort. Had it been silent, who knows what the bosses would say, and whose benefits would be cut.

The dead cold atmosphere of dissatisfaction, misery, bad decisions

and regret had never been known to any man, woman or child as much as it would be known to these victims of office work. Jasmine went over to the office cafeteria and sat back down at her desk to greet the familiar environment. Only a few workers spoke to each other but about what, Jasmine could not care less to find out. The food she had bought was the “healthy” kind, cheese, bread, lettuce, tomatoes and peanut butter had all come together to make the perfect sandwich for her. Not the mention the gluten-free bread. She picked at it as she looked at her social feeds once more, deciding that a temporary dive into the study of designer fashion was what she needed to boost her mood. She even bought herself a pair of shoes that she would save for special occasions. A look at her friends profile pictures a minute later made her realize that she had increasingly less time for these special occasions, what with board members and bosses to please with increasingly high-stress demands of her. All the teams she had been assigned to for the past few months had been bogged down by at least six members who Jasmine believed to both be unneeded and certainly unwanted by the others.

Work finally ends, and like a prison which has had its cells all opened at once, people flood out. Jasmine promises to herself that she will finish the remaining work once she arrives home. She pulls herself a taxi and gets there within the hour, reading an e-book on the ride there. She pays the taxi operator and walks inside. After thinking to herself about what she should do, she realises that she should make some ramen for dinner and huddle up

to watch a few episodes of her favourite television show. That was after she had refreshed herself with a bath however.

After cleansing herself, she pulls herself out into the kitchen to prepare her meal and show. After the beep of the microwave signalled to her that her dinner is ready, she fetches it before deciding to have a little drink. She reaches into her fridge, looking for the bottle of wine before taking it with her, curling up on her chair with nothing on except her blanket and nothing with her except her ramen and bottle. She watches each scene of the show eagerly before feeling weight on her eyelids. She curls up eventually, empty ramen still in hand, and falls into sleep.

The next day, she wakes up, and it all repeats again.

Act I : Chapter 2

The Navelist and Navelism

A Navelist is a person who, in their actions and words, their heart and mind, believe in the teachings of Navelism. To this end, Navelism must be defined. Navelist is an atheistic, pragmatic approach to living one's life based on a number of core rules which, within Navelism, are believed to lead to a life which is considered to be satisfactory. Navelism is not a set life plan but rather a set of foundational rules for better life decision making. Those

who neither fall into the category of Navelist nor Gossa are simply labelled as The Unkindled though some may, and often do, refer to them by other terms. Navelism itself has no set hierarchy.

The definition of a satisfactory life as seen within Navelism other than meeting basic bodily needs is to be able to live one's life such that:

- Personal lifelong goals can be met within statistical reason (Eg. One may be able to elevate their socioeconomic status from living in poverty to being able to live without fear of starving within the next week but not suddenly becoming a millionaire without the requisite effort.)
- Creating an environment for oneself such that they may avoid conflict that they deem to be unnecessary.
- Allow the Navelist in question to live as they please.

As an informal rule, Navelists gather on Saturdays in order to conduct what is known as The Gathering. This is a means to combat the potential social isolation that many Navelists find themselves in

Navelism originated from a singular Navelist who, after reflection, decided that through analysis and research life could be made more satisfying. This Navelist desired freedom and knowledge as well as community with other to-be Navelists. After introducing the idea to people who showed the early signs of Navelism within their hearts, Navelism was given its name and born into the world.

The core rules of Navelism are as follows:

1. Do not purposefully and directly harm another unless necessary.
2. Do not force your will onto others.
3. Seek to improve yourself and to help other Navelists on their path.

These three rules outline the most base and important foundational elements of Navelism. To avoid misinterpretation and to prevent Gossa from defaming Navelism however, each one shall be explained.

Rule 1 exists to prevent the Navelist in question from giving others reason to seek reprisal. If a Navelist harms someone indirectly, for example by digging a hole which someone else falls into later that day, the Navelist cannot be held responsible for the harm caused to the person, assuming the hole was properly labelled. A Navelist also withholding aid from another person is also not a violation of Rule 1, as the Navelist, if not under contractual obligation, is not mandated to aid any person, including other Navelists. Generosity is encouraged, but not to the point of creating and promoting parasitic behaviour.

Rule 2 exists for much the same purpose as Rule 1, to prevent the Navelist from giving reason for people to seek reprisal. This rule is also in

line with the freedom which Navelists are hold close to themselves.

As for Rule 3, steel sharpens steel. By aiding other Navelists along their path, more people may be able to live their lives and feel satisfied. Those people will go on to teach others, and so on.

Act I : Chapter 3

On Gossa

Firstly a definition of Gossa is required. Gossa are beings whom reject, detest and seek the death of Navelism, not only against Navelists, but against any being which expresses tendencies which are not Gossa in nature.

Gossa have the ability to turn people, Unkindled and Navelists alike, into Gossa. This conversion process is known as The Great Loss (TGL), The

Great Erosion (TGE) or simply Gossafication. The effects of TGL is one that affects the mind of a person. The person who undergoes TGL will, over time:

- Lose the ability to attune to Navelism
- Lose the ability to create anything entertaining or humorous
- Develop self-destructive tendencies
- Will become unable to form meaningful relationships with others
- Will seek out other Gossa
- Will become more comfortable with lying, stealing and betraying
- Will become more violent, usually manifesting as fits of rage over relatively insignificant stimulation
- Become more likely to develop Narcissistic Personality Disorder (NPD)
- Will lose the ability to feel empathy for non-Gossa, eventually leading to a lack of all empathy
- Engage in large amounts of psychological projection
- Gain an intolerance towards opposing viewpoints, even if those viewpoints are held by other Gossa

A Gossa may display some of, one, or an array of these symptoms. Overall, the person that had once existed is functionally deceased in terms of mental patterns. This is not to say changes in thinking alone are definite signs of a person experiencing The Great Loss. A person may become a Gossa at any age, though the majority of Gossa are created at thirteen (13) to twenty-seven (27) years of age.

Gossa are not generated from nowhere, as with all things they must originate from some point. However, their point of generation precisely has not been calculated or deduced by Navelists or other parties as of yet.

Gossa do however spread The Great Loss onto others through lying. By lying to an individual over the course of a lifetime, Gossa maintain their large population. Gossa use a variety of methods to spread The Great Loss onto others. These include:

- Changing the definitions of common words to mean things which invalidate the words original meaning, causing confusion and perverting works written before the word's meaning was changed. (This is likely to happen with this very work as well)
- Restricting the spread of information or perverting its purposes, intentions, meanings and contexts.

- Locating, targeting and methodically hunting, defacing, looting and killing those who oppose or do not openly support Gossa and their operations
- Subterfuge against organizations such as governments, companies, schools, universities, households, public squares and other places where ideas are exchanged.
- Target and exploit young children and places where young children frequently visit or stay.

Act II

Survival

Navelists are unwanted. Gossa are in positions of power, at our schools, places of work, in public and so we as Navelists need to learn to hide in plain sight and prevent Gossa from finding us, preferably while also networking with other navelists who may also be in Gossa areas at the same time in order to do things like give advanced warning to other Navelists. Here we will be looking over how to survive in the world of Gossa.

Act II : Chapter 1

Observation

When in hostile environments, cues are everything. Understanding how HR operates and how to not attract their ire is crucial for a Navelist to survive in such hostile environments. Observation, on its own, is useless, but all other techniques cannot be utilized at full efficiency without first doing observation. Here are some good principles to get started with observation:

1. *Silence is king*: Never give away information that you don't have to. Let the Gossa talk, they will reveal things to you.
2. *Distance is safety*: The longer you engage with Gossa the more likely and able they are to target you. They cannot harm that which they do not know it there. They will find the closest target, ensure you are not that target. Keep your distance and you should fare better than those who don't or can't follow this rule. It's harder to gain intelligence on Gossa when you maintain too much distance, and being too distant likely will get you targeted. This is more situational.
3. *Play Along*: Even if the idea, plan, goal, method, person, etc is illogical, play along. Gathering information is easiest when in the field.
4. *All are Blameless*: No matter how bad things are, ensure that you do not blame the Gossa around you for any of their shortcomings. Instead, gain more information from them by comforting them, engage in blaming those the Gossa see as enemies to further gain their trust.

These are not set in stone of course, being able to adapt to the situation is essential for observation. Once you become good at observation, you will should be able to get enough information to further secure your safety and freedom as a Navelist. Make sure to look out for the easy cues, things like points of pain (trauma, stress, dislikes) and ensure that you remember

or preferable securely notate this information in a place that Gossa will have a hard time finding. Avoid doing things that would upset the local Gossa. If they hate comedy shows, never bring them up for example. It is likely such a Gossa would also hate all other humorous content as well, it depends.

However, exceptions to patterns should be given special attention. Gossa are often inconsistent, but they are not unpredictable. Ensure you learn the cases where Gossa make exception for things as well as why they made such exception. Never take these exceptions as if they would be applied to you however, but instead use them as a means of understanding further the Gossa around you and further build profiles.

If you cannot build profiles for whatever reason you are likely to become a prime target for Gossa to abuse. As a Navelist, you must maintain information about all those who plot against you, who are mostly Gossa.

Act II : Chapter 2

Planning

Planning is one of the most important things that any person can use to improve their own life. In a survival scenario, such as existing around Gossa, planning is the difference between certain ruin and a decently peaceful existence.

Since you have been observing Gossa for a long time now and hope-

fully understand how the specimen around you in particular work, you should be able to make choices to plan out strategies to prevent Gossa from abusing you.

There are some general guidelines for planning when it comes to navelist survival:

1. Find out the ways the Gossa benefit you and how they hurt you, ensure that you are not reliant on them.
2. Find out what you can use to get the Gossa to do what you want through money, lust, gifts, drugs, alcohol, etc.
3. Never reveal your Navelist identity to Gossa

These are all general ways to help you figure out your plans for the Gossa in your life. We must plan for when the Gossa find us out, for when the Gossa come for our friends and families, for when they get us fired from our jobs, expelled from our schools and evicted from our homes. Plan for these things for the days when we are hunted even more shall come.

Each of the guidelines should help us in this.

Knowing how the Gossa are benefiting us (as far fetched as it may

seem) is vital to unsure they cannot exert control over us. Even the most loyal brother may begin to crack and show weaknesses that otherwise he would not show when his ability to eat is threatened. His lips may slip, his grip may loosen.

Gossa are creatures of habit and addiction, they lack self control and can be manipulated by using whatever thing they are addicted to. If you are able to get hold of the thing that holds control over their mind, provide it and supply it, you shall in turn control them so long as you control the substance. This will be useful for when you need to maintain the silence of a Gossa if your identity slips, but also is useful if leverage is needed in general.

Gossa hate Navelists and all they stand for. They vehemently oppose Navelism more than Muslims hate Jews. If you think that it would be a good idea of you to even think about revealing yourself to them, it will only end badly.