

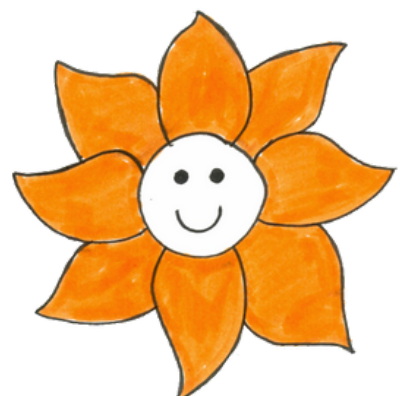
# *Doing it for the Doof*

*Your Handy Guide for How You Can  
Help Keep Our Community Flourishing  
and the Good Times Flowing*



# Doing it for the Doof: Key Takeaways

- All behaviours are an attempt to meet a need. Look at the need underneath the behaviour and respond to that
- Blaming and shaming doesn't work and only makes things worse!!! Educating and empowering is the way to go if you want to be an effective change agent
- Patience and kindness always win the day. You can't argue with someone who's being genuinely kind and respectful to you.
- Love and respect are the most magic of medicines. By sending people love you boost their energy and empower them to heal and transform themselves.
- Our expectations create reality. If you think people are evil jerks, they'll act like evil jerks. If you think they are beautiful humans with beautiful hearts, that's what you create
- Listening and asking questions to understand people's viewpoints creates fertile conditions for behavioural change
- The standard you walk past is the standard you accept. YOU are what makes the difference. YOU can be the turning of the tide. One raindrop raises the sea!



# Our Home Needs Your Help

In a world where so many people are violently denied the right to think or express freely we are so blessed to live in the land of the doof.

In a society that is all about conformity, competition and consumption, festivals are our portal into a whole other way of being. A world of colour, fun and adventure where we treat each other with love and respect and look out for each other like family. They are the breath of fresh air and inspiration that shows another world is possible. All doofers have our stories of how festivals have shaped who we are in the most profound and transformative ways. They are our home.

However the doof is incredibly fragile and under constant attack from external forces who don't understand what precious medicine it is for individuals and the world as a whole. We face the same challenges as mainstream society and people come into our communities who have been brainwashed into the selfish, cruel and ignorant way of thinking that underpins the wider culture of today.

When people come to our sacred lands and litter, act violently, steal, overdose on drugs and all the other harmful behaviours it is immensely distressing to witness as well as putting the future of the scene we love at risk. However it is also an opportunity to educate people and wash away the toxic cultural programming, so they can be healed and transformed and take the goodness they experience back out for the healing of the wider world

It is up to all of us to stand up for our community and keep our culture alive. Every single one of us is an ambassador for the values and spirit of the doof.

Cultures are created from all the little interactions of all the little moving parts like you and me. Every conversation you have, every action you take, every smile, shapes the culture in one way or another. Simple actions can have the most profound effects, and this guide will give you some handy tips and tricks about how you can be an effective force for goodness and keep our community flourishing long into the future.



*One raindrop raises the sea.*

*Every action and every  
thought shifts the energy.*

*We are all responsible for  
what world we see.*



# They Aren't Bad People, Just Bad Behaviours

It can be incredibly frustrating people coming to our home and acting in a disrespectful way, dropping nangs on the dancefloor, leaving piles of rubbish everywhere, barging their way through standing on your toes, radiating intense and aggressive energies that make everyone feel uncomfortable. HOWEVER, it's not their fault.

The problem is the toxic cultural conditioning we've all been subjected to. It's nobody's fault we got born into a system that brainwashes people into being selfish jerks. And if you had been through the exact life experiences as they had you would be the exact same. Withhold judgment and put yourself in their shoes. Why would you do something that hurts and creates a bad time for yourself and others and the festival you love? They're confused and brainwashed! The system is the problem, and we are the medicine.

A critically important distinction to understand is they aren't litterers, they are people who litter. It is a behaviour that can be changed. The problem is always the BEHAVIOUR not the person. We all know littering doesn't make sense if you think about it for even one second. By littering you litter yourself. Nobody wants to dance in a smelly trash heap or live in a disgusting wasteland of a planet. It comes from a place of ignorance, because people have literally been taught to be blind to the terrible consequences of their actions for themselves and others.

So how do you deal with ignorance??? Education!!! They literally don't know better. So teach them!!! Show them how we do things around here. Be patient and kind and watch how magically behaviours and attitudes can change. They then go off and start teaching their friends. Every raindrop raises the sea and your efforts can help create a tsunami of goodness that flows out from the festival to the wider world.



# How to Intervene Effectively

If you see something, do something!!! But you never ever have to put yourself at risk. Intervening often means just taking the initiative to alert someone so the designated festival teams can spring into action. You are the eyes and ears on the ground and can keep everything running smoothly. We are all in this together. One team, one dream.

The most important thing to understand when trying to address bad behaviour is **BLAMING AND SHAMING DOESN'T WORK**. Making people feel judged throws up the walls and defenses and is the opposite of effective. Conflict and pushing people away and making them feel judged and less than just triggers rebellion and aggression. You have to kill them with kindness!!! You can't argue with someone who's being genuinely nice and respectful towards you. It is the weapon to which there is no defence. And when you feel frustrated just keep remembering they're not bad people, just ignorant and brainwashed. Feel compassion for them being so lost and confused.

Grumbling and glaring at people just doesn't work. They don't understand why you're radiating hostility and it just creates bad vibes and disunity in our community. Do you really want to be a true legend of the doof and make a positive difference in this world? Then have the courage to go up and interact! And use the magic of respect and kindness to bend them to your will. And if you don't feel like talking that's totally fine, you can also communicate non-verbally by picking up the rubbish shaking your head demonstrating it is not an okay thing to do, or making eye contact.

An example of this approach in action that was effective...

I saw a group of people standing in a pile of rubbish and nangs on the dancefloor they'd clearly been piling up all day. I went up to the group and asked if they happened to see who had put the rubbish there. They said no and it wasn't them (it clearly was). I said "Okay, well if you guys do happen to see anyone littering, can you please let them know it's really upsetting for all the people who've put lots of love into creating this festival and ask them to please put the rubbish in the bin? I'm sorry this has happened, you guys seem like really nice people and I don't want you to have to dance in this big pile of trash so I'll pick it up for you." I then started picking it up to their total bewilderment. One of the members of the group then came up and started helping me pick it up and apologised. I said it's okay and thanked them for their help, and if they could please talk to their friends about it and explain it is so much better for everyone if they put their rubbish in the bin that would be appreciated. They gladly agreed. Other people around us then also started helping and the dancefloor got cleaned. No conflict, no resentment, and the seeds have been planted for positive behavioural change.

This indirect approach totally avoiding any direct finger pointing works best. You're using the power of shame for good, letting it rise up from within the individual to gently shift their behaviour into harmony with the norms of our community, rather than forcing it on them and creating resistance.

Shame evolved as an important mechanism to let us know when we've violated the norms of the group and keep us from getting exiled from our tribe. Leading by example and showing the positive norms of our culture is how you shift behaviours and educate how it's done around here.

# The Way of the Heart

The way of the heart isn't about words – it's about feelings. Have you heard of horse whispering? When a wild horse is caught, someone has to break it in. Wild horses are afraid of the saddle; they panic and fight when they feel a rider on their back for the first time. So traditionally the sight of a horse being broken in was wild and violent.

Then someone discovered another way, called horse whispering. Instead of forcing the horse to obey, the trainer handles it gently, looking it in the eye, stroking the flanks to calm it down, and mounting the horse only when the trainer feels a signal from the animal that says, You may get on me. I trust you.

What's at work here is the way of the heart, and the steps are the same with people as with horses:

***Tune in to the other person.***

***Gain the other person's trust.***

***Be in harmony; do not resist the other person's feelings.***

These three steps don't use words; in fact, words just get in the way. You have to be willing to enter someone else's world. That can sound scary, yet as you get used to the way of the heart you will see how naturally it works.

- Deepak Chopra



# Leading by Example: Be the Change You Want to See in the World

Nobody likes picking up other people's rubbish. It sucks and ideally it should never happen, but unfortunately sometimes it's the reality. And when you see a crime being committed against our Earth and our culture, that's when the real doof heroes step up to the plate.

The standard you walk past is the standard you accept. Everytime you see litter and you don't pick it up, you're saying I'm okay with this and I don't care enough to do anything about it. Every piece of rubbish dropped is an act of violence. Every piece of rubbish picked up is a profound healing.

We are the festival immune system, and if we all work together as a team we can keep our doof ecology healthy and thriving. Little interventions by doof legend individuals can effectively nip problems in the bud. See a couple of cans on an otherwise pristine dancefloor? Picking them up restores the harmony. But if they don't get picked up, then other people start thinking it's okay to litter, and then a snowball effect gets created where suddenly there's piles of trash. In criminology, the broken windows theory states that visible signs of crime, antisocial behavior, and civil disorder create an environment that encourages further crime and disorder. Quick intervention makes all the difference! Be the turning of the tide!

Nobody is saying you have to pick up every bit of rubbish at a festival, just do what you can and try your best. Sometimes there is an overwhelming amount way beyond what any one person can do. But if each of us plays our part, we can easily keep our community healthy so we can get on with all our fun and dancing.





# How to Be the Turning of the Tide

If you see someone litter, pick it up and ask if you would like you to put it in the bin for them (smile as you do it for extra bonus points). This is a SUPER effective strategy. People get confused, embarrassed and often will apologise and pick it up and put it in the bin themselves. It gets inside their brain and plants the seed for long term behavioural change.

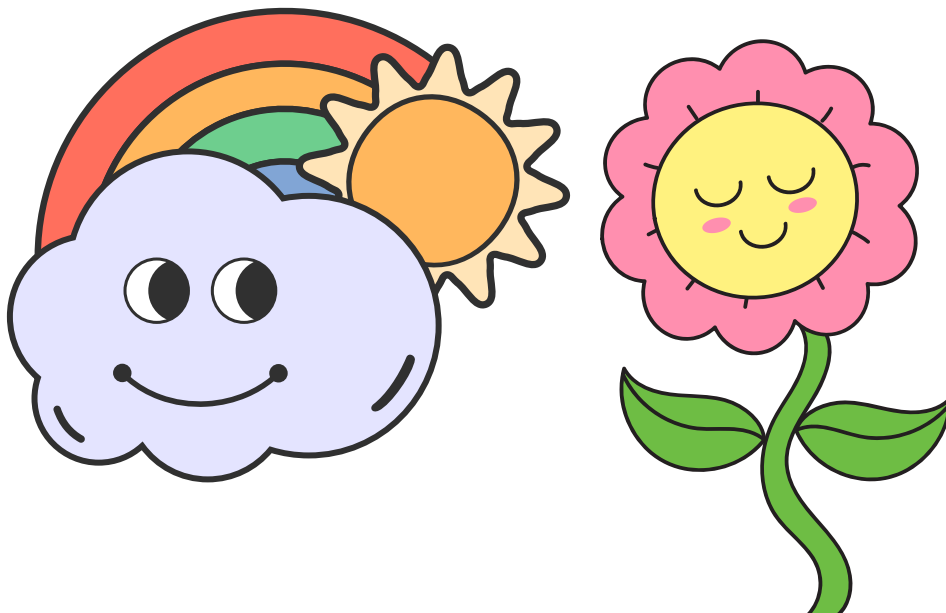
People litter because they think everyone's doing it and nobody sees them doing it. This strategy shows that no most people here aren't littering and yes we see them doing it.

**Saying "oi cunt pick that up!!" doesn't work and just creates resistance, makes the problem worse and the rubbish stays on the ground.**

So many times at festivals I've started picking up rubbish, then other people have seen me and come to help, and then all of a sudden a trashed dance floor is clean again. It also creates and shows the norm for the ignorant.

Culture is created by all the things we see and witness. Each time we make the effort to pick up litter as we see it shows that we are people who care for our home. This is what we do around here. It is educating and empowering. It creates a mental crack in the worldview of the litterers for new understandings of reality to blossom. It inspires others in the community to stand up for what's right.

Doof karma is real and you get what you give. Standing up and being counted when it matters and picking up a little rubbish when you have to means all the blessings and magic of the doof will shower down upon you for the love you show to your community and planet. It is the best thing you can do for yourself.



# How to Deal with People Acting Like Jerks: Treat Them the Way You'd Like to Be Treated

So how do you deal with people acting in anti-social ways? Make them feel included, respected and part of our community. People acting in destructive ways comes from living in a deeply damaged culture that has taught us terrible patterns of thinking and behaviour.

Making people feel loved and valued helps across all dimensions and has ongoing ripple effects on behaviour and perceptions. All behaviours are an attempt to meet a need. Often our toxic cultural programming has taught us to try meet our needs in ways that don't get the result we seek, but that's what's going on. For example, doing excessive and harmful amounts of drugs in search of joy, transcendence and connection. Or being violent and aggressive in the desire to feel seen and heard.

Violent and aggressive behaviour comes from a place of pain. Hurt people hurt people. They feel weak and the only way to feel strong is to steal the energy of another. The antidote is to make people feel included, seen and accepted. This isn't encouraging or excusing bad behaviour. It is critically important to be firm and draw a hard line with unacceptable behaviour when you see it. But it's always about the behaviour, not the person. You can point out the ways the behaviour is harmful for them and/or the community and the consequences of their actions, without condemning them as a human being. Help them understand how it's in their best interest to not act in harmful ways.



*“I welcome the opportunity offered by travel to meet and talk with people from different walks of life – some poor, some rich, some well-educated, some ill-educated, some who are religious, many who are not. So far, I have only received support for my belief that wherever you go, people everywhere are basically the same, despite certain superficial differences. They all, like myself, seek happiness: no-one wants suffering. Furthermore, everyone appreciates affection and at the same time has the potential for showing affection to others. With this in mind, I have found that friendship and understanding can develop.”*

- The Dalai Lama



# Love is Always the Answer

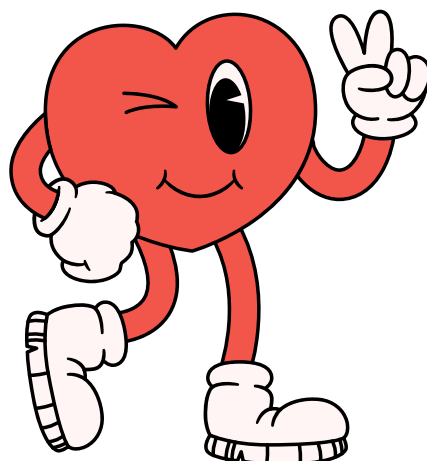
While we have our superficial differences, ultimately all humans everywhere are the same. We want to be happy and we don't want to suffer. We want to feel loved, safe, seen, valued and appreciated. If you look at the human and the need beneath the behaviour miracles happen.

We are all precious parts of our community. Even the people who are new and may not have learnt our ways yet. Be an ambassador for the love, peace and respect that is the lifeblood of the doof. If it was you in that situation, if you were that person, how would you like people to act towards you?

Patience and kindness are the magical elixirs of life. They are also the best things you can do for yourself. Nothing feels better for a human being than giving and receiving love, this is a scientific fact.

Energy is a very real phenomenon. Physicists have discovered that when you break matter down, everything is energy that responds to expectations. What you expect manifests and the expectations we have of other people have a very real effect, energetically and also how we behave towards them and how they are triggered to respond. If we think people are selfish jerks, they will act like selfish jerks. If we think they are a beautiful human with a beautiful heart you create that reality and it is amazing how people respond.

Sound implausible? Have you actually tried it? Living experience has shown time and time again this works. Relating heart to heart, human to human, is the most powerful force for change there is. We've all been born into a toxic system designed to destroy us and turn us against each other. Sending people love and treating them with kindness and respect boosts their energy to the point tremendous growth and learning is possible. We don't need to fix other people. We just have to create a safe space for them to heal themselves.





# The Art of Holding Space

All you need to do to help others heal is hold the space for them.

***See without judgement.***

***Listen without advice.***

***Love without condition.***

## Having Conversations for Change

*Adapted from <https://www.climateforchange.org.au/>*

What is the most effective way of changing someone's behaviour? By listening to them. When people feel listened to and like they've been seen and heard, they become receptive.

If you see someone doing something you don't agree with, have a conversation to understand where they're at and why they're acting and thinking in this way. You can then much more effectively respond.

### *Ask Questions - Seek to Understand*

Asking questions connects us with people and makes them feel supported. By asking open questions, we prompt people to think, and we find out what matters to them. Keep asking to dig a bit deeper.

### *Listen Without Judgement*

Listen without interrupting. What values are sitting under the things they say? Their answers will give you clues to how they understand the problem. By listening and asking questions carefully and intentionally – and exercising patience and compassion in your conversations, you will find out where someone is at.

### *Focus on the Vision and Help People See Their Place in Solutions*

Make people feel included and empowered and part of the community. Educate and empower them to see how we do things at the doof and the valuable role they can play in keeping the awesome party times they love flowing.



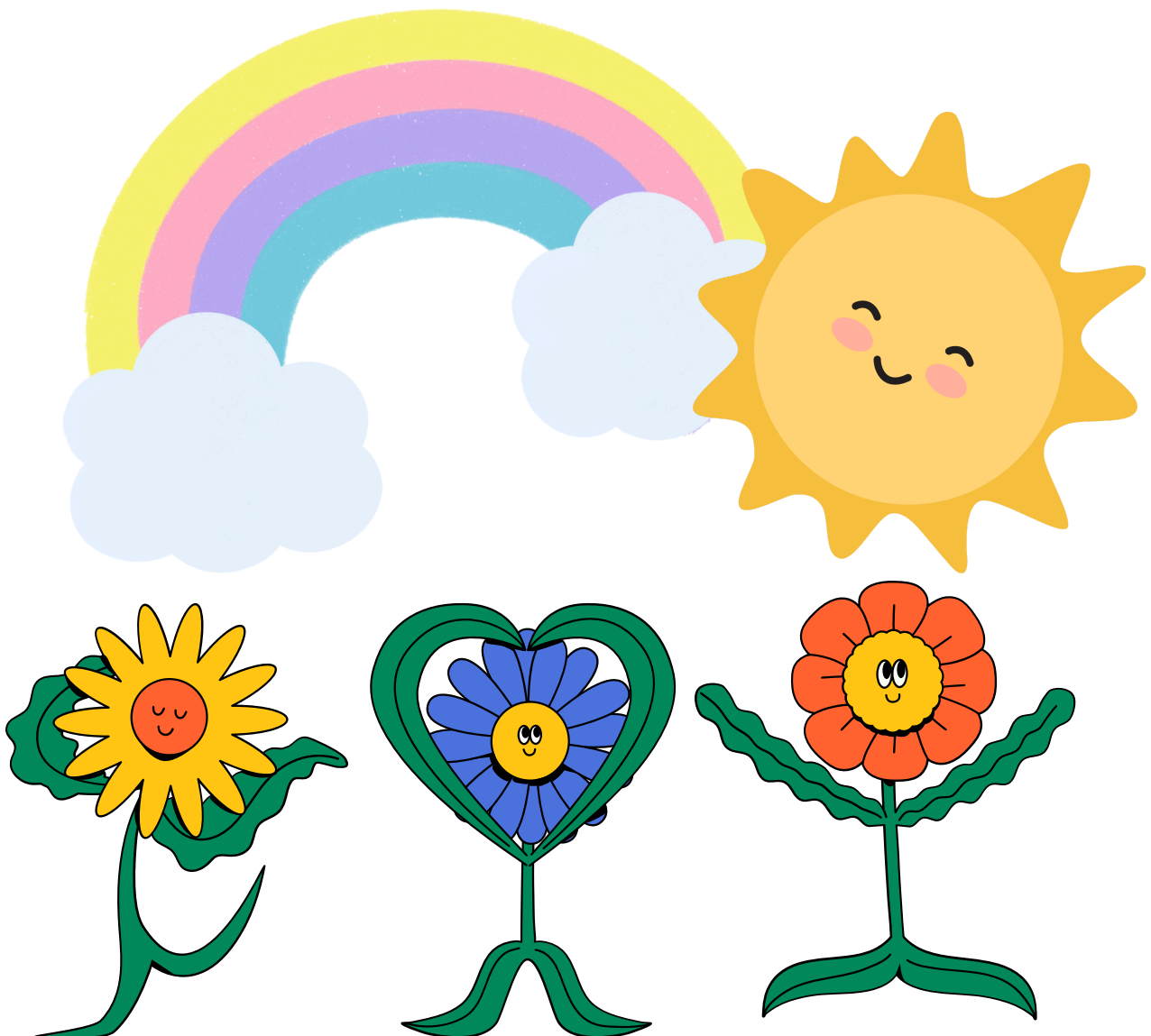
# Conclusion: DO IT FOR THE DOOF!!!

The doof is our home. It's our community. It's our safe space. It's our temple. It's the magic made from all of us coming together. It's up to all of us to protect what we love.

We face the same challenges as mainstream society and people come into our communities who have been brainwashed into the selfish, cruel and ignorant way of thinking that underpins the wider culture of today. It's not their fault or anyone's fault they've been born into a toxic system. We have the chance to heal the lost souls and by doing so help heal the world as a whole.

Doofs are magical places for transformation and what happens here ripples out into our lives and the wider community. You have the power to make the difference. You have the power to change the world, one conversation and one action at a time.

*DO IT FOR THE DOOF!!!!!!*



# Easy Ways You Can Be a Doof Legend

- Smile with your heart at every single person you meet
- Remember we are all human beings at the end of the day. We all want to be happy and we don't want to suffer. We all have hearts, we all feel and we all can change. Look into their eyes and see this is a human just like me, and relate to them from that place.
- Pick up rubbish when you see it. Every single piece makes a difference. Every piece dropped is a violent crime, every piece picked up is a profound healing
- Be the immune system!! See something? Do something! Intervene if you can, and if it's beyond your capabilities alert someone with high vis and a radio to get the right team into action
- Treat other people the way you'd like to be treated
- Be patient and kind. It's the best thing you can do for yourself
- Educate and empower rather than blame and shame
- Listen to people with an open heart and mind. Ask questions to make them feel heard and understand where they're coming from
- When you see someone acting like a jerk take a deep breath. Remember its nobody's fault we've been born into a toxic society that teaches us to act in terrible ways that are harmful to ourselves, each other and our planet. People acting like jerks are ignorant, confused and in pain. See the person beneath the programming and the potential for healing. Education is the cure for ignorance and you hold the keys.







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