

Urban Camping Cover Image

Urban Camping Pro

Wisdom from the City. In and out like a ghost.

Harlan J. Iverson

“Homelessness is not having a choice.” – Mark Horvath (Invisible People)

Urban Camping is fun.

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Source available at:

<https://harlanji.com/urban-camping-pro> or <https://github.com/harlanji/urban-camping-pro>

*This is a **draft**, 2021-04-25. It has been in progress for about a quarter. I'll keep updating it as I can, and will accept contributions at the source web page above.*

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Introduction

Urban camping lets a person have a go in a city that they can't afford to live in. It's more than that, because everyone needs to live somewhere at all times and sometimes we travel. Urban Camping Pro covers the common denominator and expands into an array of specifics, informed by two decades of climbing up and down the social ladder in two metros.

Homeless people are more than drug addicts. Depending on a person's poverty status, certain acts may be less or more defensible. The potty section will no doubt turn some heads. The principles of leaving things better than you found them carries us pretty far; we have the consideration of a Minnesotan behind the work.

Cooperating With A Homeless Person

What's so hard about doing business with a homeless person? It's hard to put into words. I'm working on a book on the subject.

Slow to call back.

Collectors interrupt them.

Can be hard to network. Who to call first? What to say? What can you show? How did they see you before.

People don't view the homeless as human, and perhaps as less than animals like stray dogs.

Homeless students: <https://blog.edmentum.com/understanding-challenges-faced-homeless-students-what-educators-can-do-help>

It took about 5 minutes to get this document open. Thankfully, this time I remembered the title that I was going to write down. I just recalled that I recorded a voice memo this morning. These are actions that I have not yet habituated to, or have become un-habituated from. 'They say that' it takes 7 days to make a habit and 21 days to make a lifestyle. From the substantial word processor startup time, one can infer that I'm not in the habit of writing. But one may be able to infer from the way that I use language that I have some level of voice developed; perhaps I even had a process, once or twice.

Let's start with the impoverished people. They can be anyone.

Sometimes the writing comes out faster and from an unknown place when your hips are gyrating holding in the pee as you see how long you can type and how much of this wave of thought can be dumped out, before the inevitable run to the bathroom without stubbing your toe because you're on top of fixing things that bug you on the weekend rather than always riding that wave. But something happens, you know, when you get up to pee. You switch contexts, as we call it in the business, and it's like the wave of thought gently diminishes as the ocean bottom deepens. And here we are back to the intro, where it took us 5 minutes to boot up this document.

How did we crack it out with no plan? We have a solid foundation, so when we make the space to do something it gets done without interference. I just paid the price of over-stretching a basic need, and had the worst catastrophe one can imagine. I'm doing this writing with is a layer 3 love or 4 esteem activity, while I have to shit which is layer 1 biological and then is adjudicated by the lack of overstock which is a layer 2 security need. I held my piss and then it caused me to have to shit, and when I went to piss the shit squeezed out into my pants. Thankfully I'm in the habit of setting up the toilet, so I was able to get the shit out of me without issue aside from having shit filled underwear and shit on a few of my fingers. Because I'm in the lifestyle of pooping this way, I was able to improvise and control my movements with fingers and legs covered in shit and underwear up around my butt still so as to not dump out the poop. Well, because I didn't have overstock and I just happened to run out of wipes this morning after coffee and didn't do things in the proper order and restock, I suffered, and because I wasn't also overstocked, I double suffered. Thankfully my laundry was done and I was able to use a towel and some water to clean up. And another thing, I didn't put the lid back on the water as I was cleaning up with the water in the usual spot but myself standing in a new spot and when I moved I dumped the water bottle directly onto the floor. Oh noes... triple

whammy. Thankfully nobody walked by, as it's about 10am on Monday morning, although we're in a pandemic.

(Introduce idea of Maslow T, previously displayed, briefly and refer to future work.).

We focus on the 6 months from being stranded on the beach to having a secure 30 day living situation that is geared for continued growth throughout the process.

Habits:

* For each, say what happens after 1,3,7 days. Give suggested schedule.

Principles:

* One thing at a time. The science of multi-tasking. Of habit building. Of education. Of Productivity.

* Don't worry about it. One could also say "God will provide."

* "Be well" instead of "Get well"... present tense implication of wellness, wish to continue.

* Failure will happen... often at the most inopportune and humiliating times. Be humble. Even my system, 3rd try and the pandemic hit.

* Money represents life. Wasted or stolen money = wasted or stolen life. Quantification is worthwhile. Time = money; no regrets, only lessons. \$200/hr consultant. 1 line of code before lunch. Why? Quantify. Freakonomics. Homeless industrial complex. Score runs with each section (component, in ECS.. entity/ies = self, car, etc). [eg: water component: Car +1, Fixed +3, Tent -1, RV +2].

Airplane safety instructions say to help yourself before others, even your children.

The book is meant to be a decision making aid, developed in chaopter 2.

Physics

Energy flow can be described with physics.

Vibration. Frequency.

Parasites. Feeding. Initial conditions. Asymptotic. Rest day.

Most processes are terminal. Patience is a process, as is life itself.

Carry energy requirements and bounds throughout each section. Quantify in chapter 2.

Establish Bio

– good for today

Weather

Rain or shine, we work to get off the street. There are things to consider.

Cold and warm alike can pose problems. If possible, migrate to an area with a moderate temperature. San Francisco is popular, and the drug users are not as much of a problem depending on where in the city you choose to dwell. Dwelling in a vehicle is an excellent option in these places. With all the proper facilities, the vehicle is comfortable for most of the day and can be left or parked in different places according to desires—sunshine, shade, views, privacy, etc.

Cover from wind and sun, a blanket, a hooded sweat shirt can make all the difference. One hour of productivity per day is infinitely more than zero. It can be mentally taxing to focus when the weather isn't great, but everything is in mind.

The time of day can play a major role in temperature. Long days will give more working hours, but there may also be a longer gap of heat and direct sunlight in the middle of the day. This may be good for charging batteries from the drive alternator and running errands, but cause some confusion during transition periods like spring and fall where day length can change by around a minute per day. If doing professional work, it's good to start early in the morning and wrap it up by the peak of the day's heat. The heat will linger for some time. Sitting in lingering heat can cause excess wear to electronics, consumes more battery due to inefficiencies from thermal properties, etc.

When the hand gets hot, it also sweats which causes grease on the device which may seep inside.

Rainy days can be leveraged for productivity.

Hot phone. 70 degrees outside, heats up car. Covered windows mean more shade but less circulation. Open windows mean air flow but also more wind and noise and less security.

Sleep

It's well known that 8 hours of sleep is the average needed for adults. I'm able to do 2 shorter nights (ie. stay up late) if I'm sufficiently rested, and recover within 2-3 days, in a pinch... I think about 1 or 2 of those per month are sustainable. This could be used to "cram" in a motel room for a single night or two, followed by rest days (not replacing the actual rest day).

Travel

Travel is the most basic thing we can do, beyond moving the head on our neck. We can walk, ride a bicycle or skateboard or roller blade, ride a scooter or a motorcycle, drive a car or pickup truck or van or more.

To walk we'll need some shoes or fancier modes of transportation with routine maintenance. Some modes are good for some things, and others for others... some offer expanded horizons. Each have time and cost trade-offs. In addition to physical travel, one can think of this book as a mental journey from poverty to sustainability,

Travel Principles:

If it fit yesterday then it fits today.

Empty with cycles.

Add with consideration.

Not all offers can be taken, unfortunately.

Similar to leaving things saved so you never wonder.

Leave things as you found them

Put them away as if you'll want them next time.

The table below is an illustration for people unfamiliar with a wide range of travel.

| Method | Distance | Travel Time | Possible Hurdles |
|--------|------------------|-------------|---------------------|
| Bus | City → City 10mi | 30 min | Bus no-show. 1/250. |

| | | | |
|------|--------------------|--------|---|
| | | | Mitigate: arrive 1-2 cars early. |
| Car | City → Suburb 30mi | 30 min | Out of gas. 1/(Distance / Capacity) Mitigate: leave tank full. |
| Bike | City → City 10mi | 15 min | Flat tire. 1/1,000. Mitigate: leave early, other party aware of bike. Stolen. 1/10,000 Fall. 1/4,000 |

Parking

Urban Camping Pro
#1 The Physics of Housing

Parking

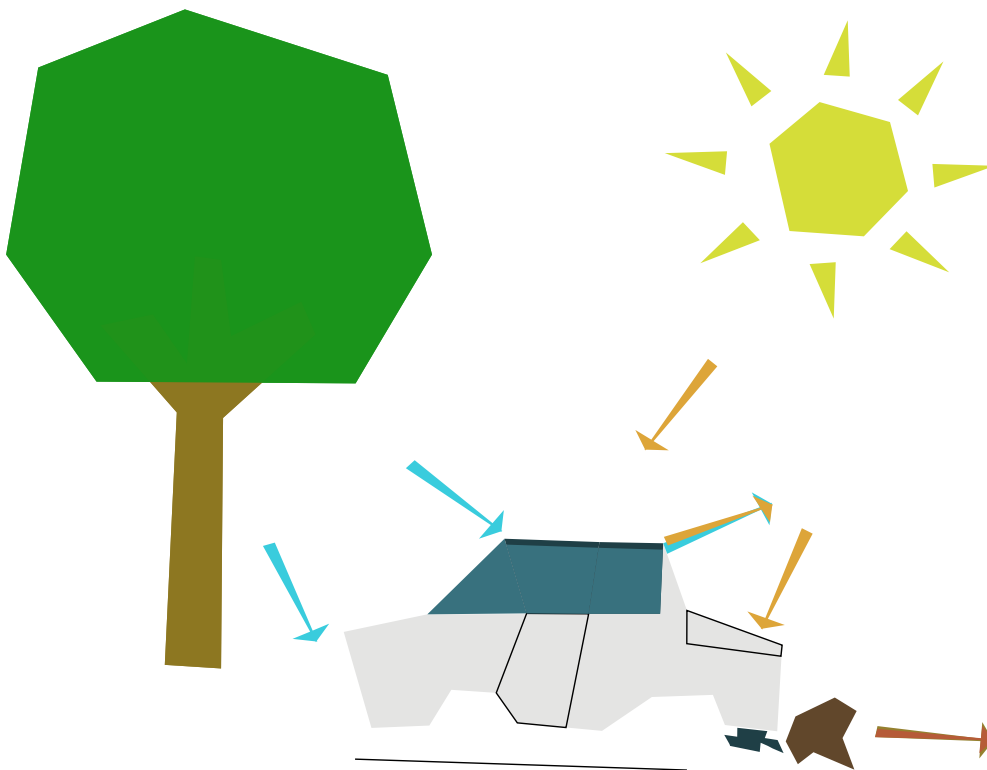
where to do it

what to expect

what can go wrong

how to do it

how to be stealth



Abide by local parking restrictions and use camp site rules.

Depending where you park people will have different reactions. People will stare at you and if you stare back at them then it's strange. I'm not using a common device to write this, so it could be hard for people to figure out what I am doing in my car.

Heat becomes an issue later in the day. This can help some things like bathing and keeping the internal temperature up. It also makes air become too hot, which can be remedied with an air conditioner at the cost of adding exhaust gas and extra wear on the engine, like the coolant and oil ("idle hours" is the technical term).

Window cracks provide air flow. For a portable heater to work there needs to be X square inches of cracks.

Parking atop a hill is good for safety. It makes the psychology easier. It's a natural barrier that deters people from getting close. Naturally they can only exist on 1 or 2 sides of the car, usually the passenger side and then front or rear. Walls are another feature, for example a retaining wall or a wall or hedges.

Trees can provide shade. If you're using a screen then this can be a bonus. If you are using solar then it can be a hinder if your batteries need charging.

It may be useful to create a map or list of parking spots, as a new routine can wash the memory of the old.

| Location | | Schedule | |
|----------|------------|-----------------------------|--|
| Park. | Activities | 6-10p. Best in the morning. | |

Water

In the absence of all else, water is required to survive and sustain a fast. In the event of low savings, it is wise to prepare for a 3-5 day fast. If possible, one can keep \$3 for an emergency coconut water and have enough water on hand, about 0.75 gallons per day.

Bathing takes about 2 gallons of water per week, vs. showering daily at 30+ gallons per shower. Very green and eco friendly. This makes urban camping a good approach. Apparently using plain water may be good, and recent cultural norms are shifting to more lax bathing.

Food

After some days it may be necessary to eat. Immediately cutting out all animal products while traveling without fixed accommodations can be wise... they show up more than one might imagine, but start with what you can see. Dairy and meat go bad very quickly and with severe consequence; it takes one experience to realize that this isn't about saving the animals.

Storage is OK if the temp. remains below 41F, otherwise it should be avoided... all but the softest produce is OK after 12 hours, but after 24 hours all bets are off... so planning from dinner to lunch is a good idea.

A sink with ice may be enough to keep take out food fresh, if well insulated.

I follow the warrior diet and do it vegan style. Eat in the evening, (3/4).

It's good to eat as much fresh food as possible. Its alkaline is good for our body. It's tempting to think that eating 2k calories of oatmeal is a way to save money, and indeed it can be used every other day or similar for a 25% savings. But one can not survive on non-perishable food for very

long, while remaining sober and vigilant—almost by definition, there are hard to process compounds in the non-perishables that are hard for the body to process ie. take energy that could be used for constructive processes in digestion. Oatmeal for example is mucho sugar, and the low sugar variety is lower calories and thus requires more consumed to match calories and may raise the cost. Also, foods like oatmeal that are high in sugar are great before workouts for example, because the sugar is used immediately rather than creating stress in the body that manifests as anxiety and sweating and more.

Vomit can happen. It's good to vomit into a bio bag, push out the gas and tie it shut, and then repeat to avoid puncture. The cooler the storage location the better, and the more immediate the disposal the better as well. A bio bag can hold bile vomit for weeks.

Oral Care

Toothpicks are sufficient to care for a vegan warrior diet with mostly unrefined ingredients and ample water consumption.

Baking soda help neutralize the mouth. Good for times when brushing isn't an option. IF a brand burns then try another, it seems like there may be different sources.

Don't spit on the ground. Use a coffee mug or something. Occasionally it's acceptable, but do not make it a habit. I camp in the neighborhood that I had an apartment in—I advise using that level of respect.

Nerves in teeth lead direct to the nervous system. It's one of the easiest things to neglect.

Toilet

Toilet is the first pro homeless skill to master, as it consumes a service with no exchange. Typically a park or mall or department store will have a bathroom available, and random trips to it suffice. After a week of regular trips, somebody will notice and start watching and expulsion could be a matter of time—and people are liberal with their slander of vagrants and homeless.

Pooping into a bio bag is the best course of action. I am aware of the possibility of using composting toilet matter and have not found a source of the material after a cursory search. SF Bay Area, imagining a 1lb block of hamster cage wood dust/chips. Maybe that's the solution. Currently I then put that in a semi-sealed container like a coffee cup or a chip bag, which holds the smell.

Peeing into a bottle is fine. I recommend 1 gallon bottles that are used for water, with secure screw-on lids that can be discretely dumped and then recycled for example in a backpack at a pack. I've seen other VanLifers use glass water bottles... I question the full cycle of maintenance.

Pooping in the tent can make or break a work day, but one must manage the smell. A reusable container to seal in the smell can be tempting, but then it will absorb the smell of poop and become very unpleasant to work with. Better is to wrap the poop bag into a bag saved from chips or a coffee cup. These options will be limited by the temperature and airflow of the environment, and make a good option for early morning poop schedules. Eg. The poop comes at 5-11am and then fast is broken at 1-3pm and toilet containers placed in waste and dumped in a can on the way to pick up food.

Roll up your sleeve before you shit. In a pinch a chip bag will work. Keep a spare with you, just in case. Roll up the end up tight, pushing the air out. Then keep the bag pinched if possible. This is overall better than wrapping the entire bag around itself, as far as air escaping.

Food is one of the first things that people think of offering a homeless person.

Free food is never free. The hidden costs are travel and bathroom. It's wise to do without animal products.

Once the bathroom technique is mastered, it leads to a more pleasant end result than even using the home toilet in some cases—wet tush wipes make all the difference, and certainly public bathrooms do not accommodate them well or often.

The defensibility of shitting in a bag is a hotly debated contemporary topic, and the reason that I'd preferred to delay publication of the book until I was housed, perhaps second only to the concern

about sleeping in locations known by potential aggressors. No doubt I'm vulnerable to scape goating and example making. Never the less, the argument goes like this:

- * If there are no toilets available then one must poop in a bag on in their pants.
- * People throw dog poop in the waste bin
- * People throw diapers in the bin
- * Landfill disposal is sealed in the ground and does not decompose
- * Given investment I can dispose of human waste for drivers and homeless people who are forced to shit in bags, and be profitable. It's a reality. There's a supply. I can turn it into an opportunity, and turn a profit. Or you can put me in jail.

Mother fuckers are blessed to handle my shit. Mother uckers who handle my shit are blessed.

Or you can take the idea and feel like you need to kill me for it (and fail if you try).

Bathing

After 2-3 days a bath is mandatory. The hair and face become excessively greasy. Bathing can be done partially or fully. I find it useful to think of hands, face and beard, ears and neck, shoulders and arms, back and chest and bellh, armpits and side, inner thigh and crotch, outer thighs, legs, feet, butt.

In a pinch, bathing can be done with tush wipes but as soon as possible one should switch to using a towel with water. Cold water and no soap is sufficient for several months, at least, as long as properly maintained. In fact, I de

Additionally, soap is hard to clean up and costs; yet is good to have around for its hygeinic property. Indeed, daily hand washing with soap is important. Often a bathroom will provide this, even in a pandemic situation. In the case of pooping pants or similar, use of soap on the hands is suggested. Face is not recommended, nor is hair on the head. Body hair should be soaped monthly or so.

It's good to have hands that smell good.

Towels, Dish tub, Bio bag for laundry.

Pouring technique.

Order, might be given above.

When? Near peak heat or after is best. Possible in the cold at 3amm in the dark. Good to get the habit built in the light, but anything is possible.

Takes about 45 minutes.

In cold weather more calories are burned, so it is cheapest to do it at the warmest time

At the warmest time it has a cooling and refreasing benefit as well.

Get all things together before beginning.

- * Wash basin like dish tub
- * Towels – rough and absorbent pairs or do-all styles.
- * Bio bag / laundry bag
- * Soap, optional
- * Comb
- * Razor, optional
- * Rubber band for hair
- * Water bottle, / 1L

Air flow important, as it adds humidity to the air.

Routine: you should be having similar thoughts in similar places. That's why writing in proximity and developing memory are important. The closer we are in proximity, the stronger the primary source of information.

Organization is important. Remembering multiple things is important.

Run the fan for air flow. A minute each 10 or so is enough. Careful of exhaust gas buildup.

Abundance in towels is important. More than enough is great. Planning always fails. A plan is more for communicating reasonableness, if anyone needs convincing. Hence the name, the physics of homelessness. Courts of law have standards of reasonableness. They shouldn't be able to violate the laws of physics."

Each wash area has a gradient of cleanliness, methods, and costs. Eg. 8% improvement vs 95% of towels vs shower from previous day. So over time towels can maintain, but have a harder time recovering from sloth or mess.

Hair: dry towel, wet towel, soap + rinse, shower, ocean, lake

Comb can find problem spots by feeling.

When bathing is done incrementally, it is never too bad. A time slot can be allocated each day to wash face and 1 or two other areas. Each day the highest priority dirty area is washed. Long hair and beards will require more time and water and towels.

Car

If you have a carriage then you want to preserve the value of the seats. Bathrooms are fitted with materials that will withstand the life of the house. In our case, we wash our sleeping bag weekly so that will be a good mat. It will dry by bed time, the more careful you are. Towels can be used during the accimation period.

A wash basin for dishes that is about 24x18x5 inches should be good. About 10 absorbent semi-soft towels can be used once each and washed on a weekly basis, stored in a large biobag that is discarded each week.

Cars provide electricity.

Waste

Each day waste should be emptied. From living in a home we may be accustomed to weekly trash service, and we may perhaps dump our office trash into a bin when it gets full after weeks or months or a day if we dispose of food in it. We want to avoid carrying extra trash with us, as it is bad vibes —takes space, is cluttered, is a task that needs to be done, smells, Doing it daily is very good. A coffee cup or take-out bag can be used, as its disposal will be part of the days' needs anyway.

Possible optimization for pissing: put bio bag into bottle. Cap may rip it. Will also be very gross to dispose of. For use on private land or similar would be a good trial, but in public does not seem plausible.

Every problem can be solved with money. If you can afford to double wrap your poops, for example, then you can camp in a space for multiple days instead of having to leave right away. As long as the bag is totally sealed the spiritual implications can be minimized (true? Not totally sealed, in truth).

Accumulating too much waste is a problem, the bigger the space. A Civic can only accumulate a few days' worth.

A major motivation for this work was seeing bottles of piss next to garbage cans. I wondered how it could be done in the least disgusting way possible. Being called mentally ill for shitting in bags and not showering and quitting jobs to maintain self respect are fuel that keep the fire burning. As I write this section considering schedules, I am in a spot that is great except for the occasional smell of piss... either from dogs who were walked, or other humans who did not know how best to piss in a bottle.

| Item | Method | Disposal |
|--------------------------|-------------------------------|------------------------------|
| Coffee Cup | Reuse for waste container | Trash or embed in paper bag. |
| Chips | Reuse for waste container | Embed in Paper Bag. |
| Take-out Bag (paper bag) | Reuse for waste container | Trash. |
| Dog Poop | Put in Bio Bag | Embed in Coffee Cup. |
| Fruit bio bag | Reuse for waste container (c) | |

| | | |
|-------------|--|--|
| Fruit cores | | |
|-------------|--|--|

Shelter

Up until this point, everything we've done can be done without shelter but shelter. Shelter can be a tarp, a tent, a car, a van, a shelter or church, a couch, a hostel, a motel/hotel, an apartment; a house sitting.

It may be surprising to many that shelter is not the first nor last component of homelessness, but one of the multitudes somewhere in the middle.

Cleaning of the space is required. From belongings in and out, to crumbs, to washing and use remnants like crumbs and body hair, to recyclables and sorting. It's best to have a daily cleaning routine of cleaning the carpet and bleaching the touched surfaces like keyboard, phone, steering wheel, washing water bottle, etc weekly or regular routine of

Air flow. 24Sq inches, cross breeze.

Privacy. Window tiles. Others' expectation of your presence. Eg. recording light on old camcorders, flash or click of old cameras.

| | | |
|--------|--|--|
| | | |
| Civic | Reliable Built-in Heat, Power Secure Trunk | |
| | | |
| Ranger | | |
| | | |
| E-350 | Large interior space | |
| | | |

| | | |
|--|--|--|
| | | |
|--|--|--|

Running the engine can generate electricity in a pinch, but one will quickly realize that the exhaust gas fills up the environment. Also putting idle hours on a car can be excessive wear and tear, and requires extra attention to fluid changes and temperature control.

If you can't dwell in your shelter for 24 hours with the waste then you are creating too much or it smells too bad and needs to be packed better, accordingly.

Overstock creates a sense of abundance for an introductory period.

Shaving

sdsa

Laundry (Clothes)

It's good to have exactly a one week supply of landry, so that a routine can be built where everything is watched each week and minimal extra clothing is required.

Fold your clothes when you are done with them. At night, in dirty laundry, right after laundry.

Exercise

Poverty is a good time to lose weight. It's typically not advisable to build muscle and lose weight concurrently, but given time it's not a foregone endeavor. Calisthenics can be used, generally in privacy and in a place with good air circulation and where one can bathe and buffer laundry.

The 4th or so time that I started the exercise “gym” habit was when it stuck. I simply decided to go for 45 minutes and take a shower until it felt weird not to, which ended up being a few weeks. I’d pick up equipment, get a feel for the form, and got accustomed to the comings and goings and movements.’ Eventually I started working on diet as I got into heavier lifts, and then I started working on split programs. This is exactly the same approach that we take in this life, as part of a rational and predictable decision making framework.

In a small living space like a compact car, there may be enough space to climb between seats and squat facing the rear with the front seat pushed forward, and more.

| Exercise | Photo |
|--------------------|--|
| Pull up | Legs facing forward on center console Arms gripping handles |
| Plank | |
| Squat | |
| Dumbbell exercises | |
| Headstand | |
| | |

Time away from a car may be a security risk. Anything that you have done wrong to others could come back to you here. This is where having lived an honest life is a benefit.

It’s wise to do without animal products. The greatest concern is always “protein,” but perhaps surprisingly fruit and many natural foods have moderate amounts of protein that when combined are sufficient. I’ve been a manual laborer and shopper going 18,000 steps per shift alike, and have no issues with energy or muscle growth.

Reading

Depending on the type of reading, all that may be required is space. One can become indifferent to background noise and movement to a large degree, but sometimes wind is a factor when dealing with loose papers or privacy while dealing with administrative or creative tasks.

An amber reading light is good for paper reading. A Kindle Paperwhite-like reader with light guides are very nice for electronic reading. Red Shift or the original F.lux are great for electronic devices, if required, along with appropriate brightness settings.

Physical Therapy

Low income jobs are often physical and have low grade or no health insurance.

Certain exercises can be done to ale the self, following certain principles.

Similar to washing many things follows: wash, rinse, sanitize. Covers and fluids need disposal.

Bodies have similar sets of axioms and logic.

It's desirable to do this in privacy. Motels are good times, or in the morning or at night. During the day may be warmer, but the hand can be warmed up by massaging it in the sleeping bag.

A regular or recurring schedule may be required, which may help in requesting assistance,

Mail

Mail and an address is required for basic services, and often to get employment and insurance.

P.O. Box is a good option, as is USPS General Delivery service. Street address service is offered by places like FedEx Office.

Drawing

Drawing is more basic than writing, so much of the writing section could go here and refer back.

There is paper and electronic drawing.

Illustration can be done on paper or digitally. Digital illustration requires similar to Email. It may also require shade so that the screen is more visible with normal conditions. It may also require more power for rasterization, space for paper drafts, special purpose peripials that are senitive to shocks and humidity, etc.

Writing

Aside from during the time of scribes, writing has been an essential part of civic life. From signatures on contracts, to book keeping, to communication, to poetry and informational material: the pen is mightier than the sword. As we transition from the industrial age into the information age, the ride is sure to be bumpy as old paradigms are crushed and old verticals transform to accommodate a wider vocabulary and wider and deeper spiritual literacy of an elevating population.

Writing can be done on paper or with IT. There are various sizes and purposed paper, and care must be taken to properly manage them including storage and disposal, possibly with the option to scan into IT, and the need for inventory. “Where is that paper?” “What is this pile?” “How can I make space?” Concepts from computer science can be applied here.

Writing requires a space that has been acclimated to, meaning that it can't really be expected in the first 21 days of homelessness or until the succession of needs and habits have been met consistently enough to establish the habit in a sustainable capacity. For example, writing for 1 hour per day in a space that's known to be safe and available is doable, but doing so at a random park with chaotic surroundings is not. It may be possible to catch inspiration there, and that kind of serendipity requires fast access—this document for example took 5 minutes to open up in a totally controlled and peaceful setting with secure power, clean laundry, empty bowels, etc.

Remember how you needed to “get into the groove” to write in University? Well beyond the easily attacked emotional state—yes, it was possible to write while having moods if enough of the rest of the needs were met sufficiently. I went through that myself to be an engineer, and have devised a taxonomy to quantify these needs and the capabilities that are available when a given set are met.

[Maslow's Triangle]

We've covered the bottom layer. Next we'll go deeper.

Some writing is best done in private. In some cases a privacy screen is not enough.

Motel

Check in as clean and put together as possible. This is the best opportunity to spring board out for the buck. If you can get 4x more done per day in a motel room and the cost of the room is 3 days of food then you've broken even when accounting for that day's food.

In a perfect world and perhaps at an excellent property the staff would treat all people totally equally. For real though, people have off days and times... one never knows what another is going through. Be kind, and they should be kind, and when you walk out of your room you will be anew and they will still be kind and you will be kind.

Motels are a great place to build habits and do things in private. It's possible to do in a car or tent as well, but there is no temperature control there.

A reliable motel each week is the crowning accomplishment for the homeless, and the minimum required for a successful upward spiral during the pandemic. It allows a weekly shower, battery charging, recording or interviewing, and more. Six nights sleeping in a car can easily pass when a motel awaits each week.

Income

"Ask and ye shall receive..." but where, when you're already hungry? Providence can come from standing at an exit ramp with a sign, honest or entertaining, a few times. One can find a day worker center and secure work within a few days, with minimal qualifications—similar, there are apps for similar jobs that require reliable access to a mobile phone that can run apps.

Knowledge to do the work, and tools to do the work are required. It can be frustrating and straining to relationships to have the knowledge but not the tools to do the work. At a high level, people may

be impatient and not consider the possibility of missing or inadequate tools and write the person that they are collaborating with off as a joke or a fool or a waste of time.

Doing IT work requires certain factors in the environment, depending on the type of work. It may be zero concentration, zero problem solving, in which case the environment can be harsh... eg. data entry, content updates. If the work is more detailed and requires focus and auxiliary tools like paper, then shelter and temperature control and even privacy become factors. Ideally one can work without any human contact, and without having to pack up camp and travel, or otherwise worry about interruptions or disturbances. Being able to stop working, poop, and resume working within a few minutes and without much energy expenditure may be a required ingredient for knowledge work.

People can get very pushy and act as though they're doing you a favor or you owe them. Really, you are weak and can not defend yourself. If there is any dispute it may be less likely to be judged in your favor, on appearances. One must be careful who they deal with. If an opportunity is right then the door will remain open; do not succumb to manipulation with conditions to go through a door that feels wrong—this is biblical.

Memory will improve with time and is a useful tool. Writing is raw blurbs, where editing is required for pieces with more consideration and for an audience—sometimes even self in another time.

Editing also involves cutting.

Writing as close to the event that is being recorded is important.

Carputer for creators. Not quite as portable as a phone or table, but more programmable.

If you are a creator then funding has special considerations. Similar to how there are different assumptions of reasonableness for destitute employees, creators also face the issue of having more constraints than the average person. Streaming 3 hours per day is expensive in terms of electricity. An efficient laptop may use 50W just to be on, and a few more watts while broadcasting. This is a paralyzing amount of electricity to a destitute person. A minimal production setup that uses 8W can run for about a day on a minimal sized power station like a Jackery 160. A 24" monitor can be added with about 15W extra.

Context Switching

Productivity is generally understood to happen when things are able to be done start to finish without interruption to the flow of the work.

When on the street in public space, there are no service level agreements (SLAs) as there would be in a commercial office space or residence. A carriage may offer more protection than a tent, and a tent more than a bench.

Obviously the fewer interruptions there are to the work the processes, the less context switching will happen.

Offers

When people make an offer, it's important to consider the answer carefully. One does not know the intention behind the offer. If it is forceful or offers a binary, beware—this does not claim that those offers are bad, simply says beware.

“Would you move to X for Y?” leaves many questions. For a job, for an amount of money? Is the place compatible with your values? How big of a change would it be? Humans are extremely adaptable. But considering the reality of today vs. the hypothetical reality of tomorrow, one can formulate a plan that in some cases may not be captured by the responses to a binary.

Writing things without consideration and sending them. How much of the thought process should be put down? Energy expended to suspend them in reality?-- that is an example of raw writing. Editing would “wordsmith” those into something presentable.

Offers should be given no opposition in responding with reasonable questions before agreement. Is there a qualification of what kinds of questions can be used? Homeless people may have hidden parameters that help define reasonable.

Creation

Practicality is greater than perfection. If you are unable to publish what you had set out for, then pick a sub-section of it to publish. This may turn into an article or similar that has a different emphasis in the copy than the original work but tightens the focus. For example, this is a deep in the woods aspect of Urban Camping... although it may be a good lead magnet. We can have a sub-sub-

section under income and the full sub-section under self-actualization. Appendices can be selected for publication or illustration, or similar, as well.

Saving should be done exactly as conservatively as possible. What is your SLA? 1 minute. Then auto-save and restart the timer on each manual save. Each save has a cost. Thinking? Turn off the screen when you can if it doesn't disturb your workflow too much.

Management

Management requires Itof templates and tools, predictable schedule, consistent and polished presentation, enhanced socialization skills, wisdom, It is a good fit for experienced workers after they have spent some time in entry level, with a fast track to corporate. Too much time with the entry level workers can be draining and degrading to the worker, and also create intense competition on the team with aspiring managers who may turn to practices such as gaming metrics.

Without IT and necessary resources a worker will not be able to succeed in management, perhaps for longer than a short time, no matter how much potential the worker has. This, like creation, necessitates drawing from will power and manifestation abilities in addition to the known technique behind the former.

Fees

Late fees can quickly become a part of life.

| Service | Payment and fee schedule | |
|-------------------|-----------------------------------|--|
| Car Lease | 30/60/90day.Car Lien. | |
| Mobile - Contract | Usually grace periods. | |
| Mobile – Prepay | 30 day,no extension etc. | |
| Car Insurance | 30day, 3 mo, 6 mo. Grace periods. | |
| Car Registration | Yearly, % of value. Fees. | |

| | | |
|------------------|------------------------------|--|
| | Tickets. | |
| Driver's License | 4 years. \$60. | |
| Storage | 30 day. Grace periods. Lien. | |
| | | |

Entertainment

Let's face it, a small part of each week is devoted to entertainment. Break law for a 16 hour work day leaves amounts for around 2.5 hours of time off. Structure it in a way that makes sense.

Enhance Bio

Electricity

During lockdown, electricity has become a basic human need and the zeitgeist has not yet caught up—who view cell phones as a luxury, and time on Twitter as socializing.

2 160 watt hour+ batteries are recommended. A place to cycle them each day or each two days should be enough to power a phone and CarPuter or iPad-like tabl.

Phone

See also, IT.

Having a phone makes people assume that you are available like a normal person with a phone. Voice mail, texting, lack of voice calls. As a homeless person a different set of options work. A job lead may text you and expect a response without knowing your situation or being able to properly imagine it. When they don't hear back until the next day or several days later they may have a false impression of hesitation or similar. Sometimes relationships just need to be severed because the damage is irreparable, despite being imaginary. It depends as much on the ther party as on the homeless person. But the more ways a homeless person can make it known or get around the issue, the better the expected result.

Dedicated abusers can make answering the phone costly in terms of energy. It's never the goal to avoid callers, but callers are often unacceptably aggressive and demanding and hanging up on them can be used against the vulnerable person by appearing as aggressive or belligerent, making answering the phone a risk. It's wise to only answer calls from known callers. A person being able to answer the phone is an indicator of status and resources, similar to a mailing address. Shady people don't answer their phone, but is a person who doesn't answer their phone shady? People may

assume that the answer is yes and go a different direction. Lack of status invites lack of charitableness in some, but there is always hope to find grace.

Bank Account

Needs address, phone number, email address.

Hot Water

Hot water can be made in 4 primary ways: gas, electricity, ambient, and solar, found.

It is useful for Washing Up, Cooking, and making drinks.

Gas requires enough airflow and an appropriate space outdoors. One can use a heater with various gasses like propane, or a special purpose jet boil accessory.

Electricity can be done in about 15A / 120V in about 20 minutes for 20oz in an electric kettle.

Ambient can be done through the air and used at the end of the day, around when the air temperature peaks.

Solar is similar, but can be placed in the direct sunlight to heat up and be used after the peak of sunlight. A dark container.

Found can come from a workplace water cooler that dispenses hot water.

Any of these can be put into a vacuum container for use within 12-24 hours, depending.

Cooking

Cooking should incrementally replace the steady takeout diet.

Rice and Beans – can be made with Hot Water and vacuum containers over about 6 hours, perhaps with an intervention in the middle for the beans. (replace the water?).

IT

IT can often be found at a library, but in the time of a pandemic it depends on the availability of electricity which can be scarce. Solar power, car alternators, exposed outdoor outlets, trusted service venues, and similar may be able to provide electricity at a small cost.

A smart phone can be considered consumer IT, despite the ability to create in some capacity... it can be thought of as able to capture and produce rough content, which can succeed in some contexts—the author need be creative.

A laptop is the typical option for mobile computing, and requires ample electricity. A middle ground is a netbook or single board computer with a small screen and ability to tether to a mobile phone—for example a Raspberry Pi 3 + iPhone SE '16 which gives roughly the power of an AWS t2.micro instance in addition to the mobile device.

In theory one could cross-compile and side-load software onto an Android device from the RasPi, but doing so on iOS is unsupported at best. A side-loading option could be constructed.

In the course of writing this document, I got a lick all day and then had to move the car by 4pm. It was about 3pm and the system would no longer boot. I went and got dinner, and came back to a new camping spot and found the copy of fsck that I'd downloaded prior when this happened before (no doubt, the day I got the solar cell... causing weeks of down time, at that time, to try solving the issue and get fsck.

InfoSec -more in layer 2? Required to do anything of consequence. Encrypted disk. OS Updates. Secured Wifi. VPNs. 2FA token and backup security. Storage locker operations. Email is of consequence, as is working with client secrets—loss of secrets is a liability. LLC?

The IT may be janky and require accomodation for use, and appear threatening to observers. Short cables may be required, there may be limited time windows or battery power available (see Electricity).

If you have a history of building fun ideas in IT, then they are the first to go unfunded and be hijacked by others,

The Tiny DataCenter / CarPuter is a good option for professionals, at a price point lower than most laptops over time, taking into account electricity. Since it uses ARM processors the power usage is much lower, at very little cost to most use cases on the Pi4 platform.

Typing rate can make a huge difference. Screen size as well.. imagine pixel count and surface area as related but a large screen may be low resolution and less useful than a high res small screen.

The M1 chip itself may use 15W, making the CarPuter a much lower power alternative. Range of applications is to be determined, but impressive so-far.

Editing

Editing, distinct from writing, requires mental space to stitch many lines of reasoning and thought together, compare them, organize them, etc.

Imagine the movie “Almost famous.” I made an audio recording on 3/23. The scraps of paper that the protagonist edits together are his writing. Medium was limited in that time, 80’s at latest, to paper and a few radio and tv and movie and play like things.

Content for this section can be pulled ffrom writing and Email, so that the capabilities can be specifically delineated. An email can be printed and a response written and edited beffore typing and sending. If a person has always had a comfortable editing or emailing enviornment then the activities may not be distinct. But in the absense of enough power to run a compting environment, a different approach must be taken. Where can email be printed? For example. Tasks explode in time

required, and a new method is simultaneously being learned. If a person were accustomed to it before homelessness, then it wouldn't be an exponential issue as it is for a first timer at both homelessness and offline email management. An old buddy used to come to my code night and send emails, and he had a laptop but no Internet at home. Editing may require some types of security, at very least from attack and theft and the ability to carry work between days and see it though.

Is WYSIWYG required for editing? Can one stitch together a huge array of notes and data by converting them to common formats and configuring scripts? Picture the scene in *Almost Famous* where he's writing the article from his notes described as incomprehensible. Could he have turned those notes into the final article? Writers may struggle to refrain from editing while they write—the important part of the first draft is to ship a complete set of ideas, and may be totally rewritten in the final copy. Knowing this, does it seem plausible to stitch together the scraps or writing? I would say no. Is a WYSIWYG required? The astute may quip back that things were edited before IT, on paper or rock; indeed. A typewriter leaves its mark and shifts the view. A pin board accepts scraps being pinned to it, and the change is what you get. So yes, in order to edit one must be able to immediately see the final product. To assemble it from scraps, one could argue, one could view the final product in a preview screen. Indeed. Would this lose the UX benefit of for example InkScape where objects can be selected and edited in place? For the most part, yes, without advanced tools to integrate with the rendered document. I would argue that the power consumption would be the hinging factor; the edit-compile-preview loop intuitively sounds more expensive than the WYSIWYG approach. The argument for paper could include lighting costs, if the work will require hours beyond daylight and thus artificial lighting? Screen size is a factor too, like for writing; the preview should fit at a reasonable zoom level in full on the screen.

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One can see page breaks and rivers in white space with WYSIWYG editing, which are an element that the reader notices.

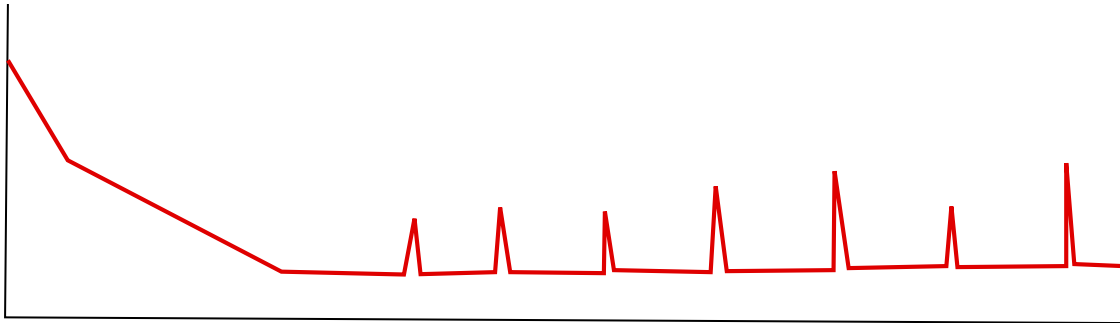
WYSIWYG is like training wheels. If you know what the document that you are writing to looks like, then you can imagine the scripts and pieces that would be composed to create it and make those pieces. Without having a visual idea of the end product, it can become intractable to work with scripts. Intractable in the sense that if the mental image changes, then many scripts and sources need to change instead of one document that can be incrementally transformed using the known operations of the wysiwyg editor.

So one could make the argument that the scripted solution can produce and document and is thus an equivalent, in fact wysiwyg is an implementation of an imagination system that would be translated into sources and scripts. One could think of writing, editing, production, deployment... editing would be done using the wysiwyg tool, and then its pieces would be mapped into a production system like _____ that is sourced in markdown fed through a binary through a shell script.

Wysiwyg is an imagination aid in addition to an editing or writing tool. Writing and editing can be done without one, but when it comes to composing the final document without a clear picture and

without experience using tools to make documents that are similar, it is a complex problem of imagining the output and editing the source to generate that output.

Energy usage of WYSIWYG vs. REPL system



REPL systems may have a lower marginal energy usage since the sources and scripts can be independently edited on less capable viewing hardware. But there are periods of scripting and needing to find documentation that interrupt flow state—as is the case when learning to use any new tool, nothing in particular about REPL tools causes this. WYSIWYG has a learning curve as well, as does in coding an IDE or illustration software as well as the postscript file format that works on printers. If you want your documents to have character, as well, it's nice to be able to quickly draw illustrations that fit the final style of the document. Indeed, a REPL loop can offer this but as the changes increase and the number of types of sources increase, whose products need to be linked together increase, the REPL loop will get more expensive. Print can abstractly include refreshing a PDF or HTML view. There are reasons to avoid WYS or prefer REPL but lack of a large screen is not one. REPL does not replace WYS in that respect, in its capacity as an imagination aid. If the document is of a familiar type of the system is familiar and documents can be imagined and mapped to hypothetical source then a REPL system can replace WYS on systems with small screens.

WYSIWYG is great for the exploratory period of a work, perhaps through the first draft copy. At that time decisions can be made about producing the work onto the target media, and whether undertaking a project like REPL / build conversion with data merged are worth while. Imagine an engineer founding a project in an IDE and then sub-contracting out some of the modules with fixture data and some particular specifications. The REPL or build system could be used for an analog of modules of the project, which may be books and worksheets with common records utilized.

Email

Email access will not be as regular as may be demanded by the job market. This is a hidden problem. Is it more important to respond to an email, or to finish cleaning one's space and dumping out the shit, and cleaning oneself? This may create a several hour turn around time.

With modification to eating schedule it may be possible to be clean and done shitting by 9am each day. But it is currently a biological limitaion, which will require an adaptation to my overall system.

There may be opportunity cost, such as working only being possible during hours that are warm enough or cool enough, or with accomadating temp control done economically.

Challenging Situations

Help

When one has nothing, they need to get help from somewhere. What does it mean to have nothing? To have no thing? Does that mean that one is without value? The exchange of value is what life is. To get help, one can ask directly for what they need. Is this the most effective way to attain help? “It depends,” as academics in some professions say.

If one is exhausted to the point of dehydration or fasted to the point of hallucination, they may be best served by asking for help. This could apply to any level of Maslow’s hierarchy. It may be that a professional loses a loved one or moves to a new city for work where they have no connections, or loses a job. Whatever the case, these events can be dealt with effectively by understanding how to fill the holes, wherever they came from, and move forward.

Depending on the exact circumstances, the value that we can offer will vary. Sometimes people are generous and give a large amount of water or a single bottle of juice, just because they saw that you were in need. Potential mentors may notice capacity in the higher levels of the hierarchy, if they are still available for demonstration or if they find some evidence of them.

A former professional may be able to intellectually recall and use some of his old tools, but not in the percentile required to be able to secure a position in industry. This is where a mentor can build up their person in need. The person in need often feels a sense of loyalty to the mentor for a lifetime, as long as care is taken to not become an idol (Mentors, keep the ego in check).

It is as good to give as to receive, so there is little incentive to be selfish in either direction. A person should be taken at their word if they express need. Be generous and trusting, and ask for help when in need. Every day is a new day. Government welfare programs may violate this.

Lack

Once income falls below sustenance level, sacrifices must be made. In my experience, the first sacrifice to make is food and the last dollar should go to water. One can go several days without food, and it is good to practice while one still has resources in order to be prepared for when must do it due to limitation. In my experience, it is wise to hold enough money for a cold coconut water to

extend the fast 1-2 more days. An advantage of fasting is that pooping ceases which saves a little money and time traveling and disposing of waste.

Debt

Collection activity does not stop just because one enters poverty. Signaling impoverished status can become impossible, and the behavior can begin to appear to a reasonable person (who has not experienced poverty or homelessness) as evasive, and perhaps at some level it is in some cases. But is it maliciously evasive? Airlines tell us to secure our own oxygen masks before even helping our own children. Through that lens, debt repayment and freedom to be left alone by collectors are brought into focus. There are many in society who can prey upon the vulnerable, perhaps entire institutions founded on noble purposes hijacked for the purpose of preying on the vulnerable. Impoverished are vulnerable, typically from weak families of origin and substance abuse issues either with the person or in the family of origin that is being avoided—the latter perhaps less examined, and ripe for abuse through isolation.

Abuse

Abuse often comes under the guise of caring or love. When a person cares for or loves another person, that does not permit them to cross boundaries; although it is an emotionally convincing rationalization that's often effective. How should we respond to these violations? The answer may be different for a homeless person than one sharing a domicile, and depend on who the abuser is. Abuse need not be intentional, and so there is room for correction with the right spirits.

What does caring or love look like? To answer with another question, when is the last time you went hungry and who fed you without condition or question? And who tried to grab autonomy or made an attack? The former might be love.

Intentions may or may not matter depending upon the context and who aligning intentions benefit. Claims of negative intentions can be made without proof, while defenses of positive intentions are said to be void of evidence. “No one cares, work harder” is a crowd pleasing sentiment.

When collection activity turns to abuse, or a former lover or employer becomes abusive and realizes their relative power over the person experiencing hardship, they can become inhumane if they are reprobate.

When abuse includes stalking, a certain fortitude of mind must be maintained. There is some limit to what can be done. Banging on a vehicle may be the limit, throughout which a calm of mind must be maintained and a faith that it will not escalate beyond that point. A meaningful percentage of homeless people are homeless in relation to abuse, and there are many kinds of abuse. I can't go much deeper on the issues.

People who you depend on may take liberties with their vices and attempt to use your behavior as a scapegoat (eg. "he was texting a lot, and I was stressed, so I drank a lot").

Abuse can come in as many forms as there are relationships or weaknesses to be exploited to meet the needs and desires of others. Egos are machines or projection. I find that when I get upset about something it is often the case that it is behavior that I myself exhibit. Upon reflection I realize that the anger should be directed at myself, and used as fuel to motivate change. Anger itself is a tool given and ordained by God, for use by a sober and vigilant person. Sobriety is important for the obvious reason of controlling the power that we wield, but also for identifying threats and cultivating wisdom. Each form of temperance is an open door for us to give up control—hate not the sinner, but the sin.. they know not what they do.

There are people being paid to surveil others, costing far more than it would cost to get them off the street. Perhaps the same people who put them on the street with deception and escalation to fraud. Perhaps the solitude provided by the time on the street can cause a oersib to break.

People could be abusing you because it's their job, and they may not be aware of the effects that it's having (certainly they would not care, or perhaps even be able to be convinced).

There is intimidating behavior from strangers, walking too close, taring while in sun glasses, checking their watch, primate spitting instinct.

While homeless, it is very easy for antagonists to create fear in others.

If a person tries to intimidate you and seems like they may be trying to induce you to record them or act against them, eg. to tell them to get out of your space, then it is likely that they are trying to agitate you for a specific purpose and instead heightened awareness should be used. A lack of awareness is created when the cell phone is reached for, for example... it's an emotional response, rather than a rational one. Maintaining presence rather than going for a recording keeps the mind engaged (eg. is not context switching) and also does not leave a hole of unawareness.

They may want you to simply notice their presence, so that you will not do what you had intended to do.

Things people may wrongly accuse a homeless person of include creepy behavior, stalking, casing out an area, wasting time, doing things wrong, prioritizing wrongly, not fulfilling potential, fraud. There may be crab bucket effects as the escape from homelessness proceeds. Employment is subject to break laws; if a homeless person works 12-16 hours per day then they would be entitled to around hours of break time. Watching videos with alternative positions could be seen in connection with being poor or ridiculed by others.

Abuse in the home of origin can be a deterrent to returning there. People will immediately ask or suggest that action, although to some it is more safe to remain on the street than to return to the home of origin. Eg. the homeless person may be sober and persecuted by alcoholics in the workplace, or have come from an alcoholic home of origin.

Demands for the time of a homeless person are a hidden abuse. Everything moves much slower on the street; it can take months to get documentation. Commercial parties who benefit from poor behavior are quick to point the finger at late bills as though there is a poor intention behind it—similar to implied consent for driving, where somebody may have a legitimate reason to refuse a test or take an hour to research legal council but be treated as though they were hiding the fact of drunkenness due to prior cases.

An MTA parking enforcer may see that a week has gone by without correcting a registration tab and assume that there is no intention to pay it, and issue another. Another level and extension of this is when it becomes known that a person is vulnerable and the system is weaponized against them. For example a meter maid of one race may notice that a vehicle dweller is of a different race and ticket them each day for 5 days until the car is booted and towed.

An ethical consideration for people in poverty may be income based repayment. It can cost over \$1,000/mo to sustain a person in a tent easily, which means that when they get a \$100 gift it can go to a few days' food and a small bill. What right does any collector have to come in and demand the \$100 when the person will starve without it? It needs to be up to each individual to decide when to repay debt, with special protection from abuse in a vulnerable situation like homelessness. Abusing the homeless, who many do not see as human, can be fun to dead end service employees like abusing an dog to watch it struggle. Hearing a motorcycle engine run or seeing a lighton can cause the heart to skip a beat more than aggressive yelling outside can, if the right stimulus is associated with those noises.

There seems to be a natural instinct to abuse people into working harder—to "light a fire under their ass." People can't relate with the homeless, especially homeless professionals, and so they tend to see a homeless professional either as somehow mentally ill or shady professionals, or as con artists pretending to be homeless. Part of the goal of this work is to produce a base of knowledge to draw from and improve the situation of the homeless and their possible associates.

In each section we could have different types of abuse that is possible. Shower, people can watch. Travel, people can rob

A good way to abuse someone vulnerable is through the hospitality industry. It is the option used for housing people as they escape a situation such as the streets or an abusive family situation. Vehicles are a plausible alternative, so a gatekeeper is likely installed there as well. Any kind of self-empowerment would be a threat to a player who infested the hospitality issue for this purpose. Obviously hospitality workers themselves aren't "in on it," and can be kind of condescending on an individual basis. Events could be used to form their perception and control their behavior so as to give the desired outcome.

Who has incentive to abuse the homeless? Anyone who has to deal with them. There is no status illegibility for the homeless,

Crab bucket effect can invite random abuse. As soon as you are clean and working in public view, people will get too close and talk loud in intimidating ways. On the spiritual level, these people are low vibration and possessed by a force that does not want a person to be on a path toward good.

People who don't accept that abuse is happening will quickly suggest getting mental health help. This is because they want to solve your problem but think that the solution is beyond them. A mental health professional is working for profit. It is in their interest to diagnose each patient with something. While homeless a person is extremely vulnerable, probably weakened, and so they should never grant authority to somebody to diagnose them in that state. If therapy could be double blind and you could go into therapy fully showered and dressed well, the therapist may be capable of a true diagnostic. Lacking that, the evaluation is subject to the negative end of the halo effect. Consent is everything... once consent is given to administer a diagnostic, then the determination is /may be binding.

One form of abuse would be gas lighting and triggering mandatory therapy. This benefits any adversary, as it is a lifetime mark of instability and loss of credibility. Any angry party would contribute to this outcome given a chance. Often this is gossip in a semi-official or authoritative capacity, like through a private investigator and court motion.

How would a therapy determination change if a person were paid for their time to attend the session and used the money to book a motel room and wear clothes? A weak argument would be that acting like a housed person confounds the therapy diagnostic, but I'd use the exact same argument to say that being homeless is the confounder—the former message would suggest that the person is in favor of a determination of ill health fitting of the homeless.

Many attacks work based on optics. A person who becomes homeless will have the optics of the poor used against them in the context of average people, and have the optics of the rich used against them in the context of poor people. Each has a different set of values, ala. Class warfare, that can be used to align circumstantial evidence to stereotypes. An aloof professor is valued, while an aloof consultant is fired. Different stereotypes can be triggered by using groups of markers to create the desired impression in the target audience that benefit the deceiver and harm the subject. The motive can be anything, from boredom to envy.

The most insulting part of many accusations is the implication that you are so desperate or dumb that you would sacrifice an excellent source of thieving for a short term small reward... and yet making the case that it's insulting displays an intent to commit bigger crimes.

“Even if your phone reboots every minute you can still use it to get a job. How? Because if you have time to Tweet then you have time to get a job.” “Listening to songs with a phone that reboots every minutes is possible. It just takes a few minutes longer.”--similar to mythical man month pregnancy example.

Technology

Audio – consumer microphones can be dialed to be sensitive enough to hear the human heart. No doubt professional tools can do much better. One can point a laser at a glass surface to read changes of air pressure on its surface, which is what sound is.

Visual – I can't even speak on the possibilities, as my historical system is 720P and quite good. 1080P feels big and 4K and beyond are available and perhaps even common now. I have only just acquired a Pi4 which may support 1080P video modes as well as the Pi3 supported 720P—yet to determine. That is to say, that technology is very cheap.

Social Media – Which signals are you exposing? Abstractly think of each interaction as an object with metadata and content. It may be ad tracking, it may be functionality tracking, it may be a/b testing, and it may be the time that a post was made and its format. Trends start with 2 data points, so for example posting several times in the morning can form apparent preferences to observers.

Disengagement

Fight, flight, freeze are the standard responses to stress. Generally when challenged one picks one of these strategies predictably. The strategy can vary based on many components.

Economic Degradation

If a person goes through a university program then they have invested years of time and quite a bit of money. With this accomplishment comes knowledge, wisdom, self-esteem and social connections, professional connections, collaborative works, and more. If a person experiences time out of the industry then they experience a pay drop from the gap time, for example women who leave the work force to mother children before making a return later. Homelessness can last for many years, and aggravating factors may be present under the direction of an abuser (adversary). For this damage, a bill can be generated if sufficient records are kept. For example trolling from an organization as punishment done in error create not just the cost but also compound all the subsequent time between the event and the correction.

Being exposed to people who talk to themselves, who become angry when unprovoked, etc.; temperament is altered with each exposure, for the worse. “A person is the average of the 5 closest people,” and if they’re all crazy or aggressive then what happens?

“Because I’m Homeless”

Homeless people are able to experience a different life than when they were seen as productive members of society, if at some point they were seen as such. The reactions from people, even old friends, can be surprising. There is a consistency to the actions of a spiritually asleep person: when an opportunity to attack arises, they algorithmically take the shot.

It’s all about optics. A homeless person will be universally perceived to have nothing and to be willing to steal to get what he needs. Is a childless homeless person more or less trustworthy? Despite the

stereotype of stealing a loaf of bread to feed a starving child? The single homeless person is perceived as more dangerous. Why? We could find reasons, but perception is about feelings more than reason. And so actors call behaving in accordance with peoples' feelings being reasonable.

Attacks are best done publicly where others may form a mob. An attack can come in the form of a challenge with bogus evidence and lies mixed with truths. The truths are used to establish credibility, while the lies are inflammatory and are meant to be argued with often at the expense of points of the argument... "had no time" is invalidated by the time spent making the argument, for example. So if one with no time is attacked, then they lose the attack by default because they don't have the time to respond to it.

People move beyond reason and look for the biggest rock that they can throw at you. At this point DEERING is just potentially giving them bigger rocks. They have to want to not throw rocks at you. Do they want to want to not throw rocks at you? No. Throwing rocks feels great and the spirits want the blood to spill.

Motivated attackers have a story to tell and with enough resources can collect the evidence that they need to make any other rational explanation impossible to prove, and their story impossible to disprove... assuming reasonable behavior, not miraculous and intuitive behavior. A catalog of situation analyses may find common attack patterns and components. This is known as framing... the attacker creates a presumed narrative with facts that fit, and then plants an easy to understand archetypal story in peoples' minds. Money, status, looks, power, truth—which does the homeless person have?

People of the system will exaggerate facts to make plausible cookie cutter explanations with connotations that they can use, like "there's no conspiracy" and "nobody has that big a vendetta," but those are their words and not yours. It's almost as though they are projecting their desired or hidden reality, especially when they use the same words without provocation... the flannel shirt wearing types are who I'm familiar with. Their actions will be geared toward defeat in maximal areas: loss on confidence, isolation, etc... creating the conditions for them to get away with murder or frame a suicide. "You're paranoid" "You have some sort of mental illness"... the claims don't need to be specific, just convincing to observers and box-ticking for court forms. "Am I being framed?" could reverse engineer court checklists and see what is being attributed to a person in a claim or series of claims on a timeline. It's that algorithmic. Men can't help but attack a vulnerable man... reprobate / non-awakened men.

Have you ever been so desperate that you tried to con a dear friend out of money? Me neither, but one thought I was and accused me of it publicly. No doubt an accusation like this has evidence behind it, or is simple drunkenness which may indeed be unconscious algorithmic malice aka. "lost inhibition." An awake person will quickly connect the dots of strange occurrences which were actually evidence collection. The insecure person will rely on framed evidence over their own intuition... all defensive argumentation is a waste of time, because it's not with a person who is following intuition. An unconvinced and loving person will be curious as opposed to accusatory. A motivated attacker may place you under constant surveillance, which will materially change behavior that they then observe and report on. The reported upon person only knows that they felt watched and harassed, and perhaps weeks or months later is then confronted with the observations of them acting strange and noticing or avoiding the observer.

Engines starting, doors slamming, people walking past and making comments, etc.

There is a domino effect created by mob attacks. The attacks of one mob can fuel or incite attacks from another mob. There may be an entire network of actors ready to join into the attack covertly or overtly. They may or may not know the true reason for their own participation, only that they were told to do something by a sodomite with greater authority. God allows any attack, so this is a reason to be good at all times.

It's possible that a person who turns to deception to test you just let fear get the best of them. The reprobate is given over to the fear, that's why there is an algorithm to reprobate behavior. It's possible that a friend can be corrected, and on the other hand if uncorrected this fear can be carried with them and leading them to join an organization that systematically mobs people for certain transgressions.

A problem should be solved first privately, then with a friend, then with a couple friends. Privacy may not be the natural approach in the age of social media. People over age 35 should know better.

Pandemic

The pandemic has made electricity a basic human need, ie. "Enhanced" bio is required in the language of this book. Whereas before one could sleep in a bush or church and walk to a Home Depot parking lot to find work in the morning, now one must use electronics for some aspects of life that have changed. When we talk about reasonableness and precedents with non-pandemic assumptions we can not naturally extend those ideas into pandemic time.

Psychologically, people can use appearances to beat down a weak person until they are weak enough to take control of. One can come to believe criticisms or even continued failure with a harsh inner critic.

New restrictions on commerce and public commons are in effect during pandemic periods.

Lockdowns and curfews restricting leaving home may also be in effect. These are orders, but enforcement is largely social so it's important to have emotional intelligence.

Establish Security

Socializing

I see many homeless people form social groups but personally I do not. Usually the people who I socialize with are not homeless. Homeless people should be allowed in any neighborhood, ideally their most comfortable. Many or most homeless people didn't move to the West coast, they were there before they became homeless, for example.

Emergency Contacts

Most relationships are transactional in nature. Sometimes a person is altruistic and their random act of kindness keeps you going, and other times a person sees a wealth within a person down on their money and invests some of their wealth into getting the down and out person going. They may do this and expect some to never yield a return while others may pay off many fold. I personally have invested in friends with no expectation of repayment, and forgiven debts. And yes I've been burned in the sense of having given yet unreciprocated energy.

Emergency contacts are people who have your back, whatever the reason. It must be expected that these relationships can fail at any time, blood relation or otherwise. Attitudes should remain thankful and no demand should be placed upon them—some faiths place the demand on the father or family patriarch and dictate successions and marriage and perhaps other laws.

Space

– foundation of mental dominion. Privacy, confidence, routine, mental association. storage

Health

– nutrition

Find food that gives good and regular poop. Stuff is covered above in Food. Now we're making choices in a controlled fashion. We're looking ahead to stack up bread at a predictable rate.

Inventory

– “I’m good for 1-2 weeks.”

Once you have established your basic needs over 3+ weeks, you will find a stable set products that work to fulfill the basic needs, individual to the situation. This will change with time, but there is great benefit in having overstock. First is simply peace of mind. If one can afford to travel with an extra everything, then running out need not cause any stress and should simply be seen as the time to buy the new overstock item. It allows buying the replacement at an idea time. Perhaps it is a few dollars cheaper in another part of the city that’s only visited seldom, and a reminder can be set to buy it when one travels there—instead of paying a higher price to get it nearby immediately, one can multi-purpose a trip to that area. This is one method of alleviating the poor person tax, of being unable to buy in bulk or plan ahead effectively. In a pinch, overstock items can also be traded or sold.

Essentials

| Item | Qty | Replc |
|--------------|-----|-------|
| T-Shirt | 7 | |
| Underwear | 7 | |
| Socks | 4 | |
| Jeans | 3 | |
| Sweater | 4 | |
| Vest | 1 | |
| Jacket | 1 | |
| Rain Shell | 1 | |
| Sleeping Bag | | |

| Item | Qty | Replc |
|------------------|-----|-------|
| PJ Pants | | |
| PJ Sweater | | |
| Storage Bin 10qt | 3 | |
| Storage Bin 70qt | 2 | |
| Tent | | |
| Gym Bag | | |
| Gym Shorts | | |
| Gym Shirt | | |
| Shower bag | | |

| | | | | | |
|--------------|---|--|-------------|--|--|
| Wool Blanket | 1 | | Laundry bag | | |
| Pillow Case | 3 | | Shoes | | |

Overstock

Overstock of consumables is great practice if you have extra space... and I do in a Civic.

| | | | |
|-------------------|--|--|--|
| Item | | | |
| Tush wipes | | | |
| Bleach wipes | | | |
| BioBags | | | |
| Laundry Detergent | | | |
| Drier sheets | | | |
| Water | | | |
| Tooth picks | | | |
| Tooth paste | | | |

Budget

– observe as bridge to security. “how I can help?”

Save receipts and see what you spend.

If you're short then you will know that you need more than what you had and can make an estimate. When you approach supporters, it's easier to be confident and answer objections if the budget has been done and internalized.

Schedule

--when's a good time to talk? The best time to go shopping? Habit building and routine.

Begin by keeping track of good times to do things. You should have established all the things that are required already, and naturally there may be best times already in mind for them.

The main breaker of a routine is a break in income.

Compact Life

| DoW | Sun | Mon | Tues | Wednes | Thurs | Fri | Satur |
|-------|----------|----------|-----------|------------|----------|----------|----------|
| Schd | Wake up | Wake up | Wake up | Wake up | Wake up | Wake up | |
| | Meditate | Meditate | Meditate | Meditate | Meditate | Meditate | |
| | | Work | Work | | Wash | Wash | Wash+ |
| | Work | Eat | Wash+ | Work | Work | Work | |
| | Wash+ | Wash | Eat | | Eat | | |
| | | Work | Check-in | | | | |
| | | Eat | | | Laundry | | |
| | | | Exercise | Plan | Plan | Plan | Work |
| | Sleep | Sleep | Sleep | Sleep | Sleep | Sleep | Sleep |
| Food | Fast | Warrior | Warrior | Fast | Eat | Fast | Warrior |
| | | PM | AM | | Heavy | | PM EH |
| ExtC | | | Nap? | | | Demo | Rest |
| Focu | Plan | Foundati | Internals | Integratio | Network | Network | Enjoy |
| s | | on | | n | | | |
| Place | FMotel | Valley | FMotel | Motel | Valley | FMotel | Overlook |
| | | | | Out | | | |
| Plc2 | | | Motel In | FMotel | | | |
| Pwr | 35mi | 10mi | 50mi | 50mi | 10mi | 35mi | 5mi |

By following this simple 30 point schedule created by a mentally ill homeless person, one can avoid shitting in bags and going more than a week without showering even during the pandemic. Given a gym and 24 hour donut shops, no planning is required to shower regularly and shit as needed.

Get dressed each day before beginning work. It's comfortable to work in bed, but also fuels resistance later. 8 focused hours is better than 16 hours of drifting.

Weekly tasks, daily tasks. Tasks with time of day constraints. Tasks working towards goals. Tasks from a pile that fit in a slot. Maintenance. Creation.

Baths, Laundry, Grocery, Eating, Take out, Shopping, Parking, Pooping, Peeing, Bike parking, Car parking, Travel, Transit, Job seeking, Coffee, Break,

Pooping can be the determining factor. It is linked between days.

Delivery drivers allegedly pooping in bags is a boon to the case for the UC system. It seems gross, and was the second biggest reason for secretiveness after physical security. In the beginning of my homelessness, I had the sense that people might follow me from my daily movements to my sleeping spot or otherwise target me with knowledge of my low resource state. But potty talk grosses some people out.

What's worth selling a watch for? A bike? Those questions help establish priorities.

We then do the highest priority thing that we can see. The Maslow's hierarchy provides a ready-made framework to begin with. Start with the biological needs and move toward security. Once security is established, we can focus on higher order needs like love and esteem. Realistically these should start forming or exist early, with some threads existing through the family of origin and perhaps childhood friends. When you were connected with them, you were connected through passions and routines. Consider the difference between then and now.

The routine can make or break an escape from homelessness. A poor routine can yield 1 workable hour per day, while a good routine could yield a full 12 hour day every other day.

Dependent, Independent, Interdependent is another useful breakdown. In general each activity toward fulfilling Maslow's needs at each layer could be implemented in each of the three ways.

Running out of money and then getting an influx creates an opportunity to catch up on bills and chores. All of this takes time and require prioritization. Additionally, if you already have forces demanding your money (eg. collectors) then they will act in ways that make you assume that they have first access to it. False. A proper way to prioritize debt repayment is oldest first; not most demanding collector first.

Avoiding hard situations? Face the most basic ones first. When there is no more basic ones to face, the hard situation will be the most basic one and you will be ready to solve it.

If you're doing stuff that you've never done before then you can't know how to schedule it. One can only make time to figure it out. The process of figuring it out can involve unknowns, like making audio notes. This can limit when the time window itself can be scheduled.

Here we will compare example days of people in various situations.

Planning should not be too thorough, but the model here should provide some initial things to think about and get the mental model built. It's as much about understanding the full plan as it is writing it down, so that we can adapt as things change.

Meta: We should be able to use Chapter 1 to inform our schedule, with indicators in each of the section.... eg. make a worksheet for the reader to use as they go through each section.

6 month plan from tent to housing. 3 months from car to housing. Start with present situation and work to ideal situation. Using rules and axioms that we establish.

It's important for self respect to keep agreements made with the self. If an agreement is made and not kept once then it need not destroy the self, but can serve as an opportunity for growth. Why did you fail? Was the plan reasonable to begin with, or if not then how can it be made more so in the future? (Expectience with this iteration process is the basis for this book, and the value that can be delivered is saving this valuable time and the materials.)

Part of why this is so hard for the destitute is that they have very little experience being destitute, and so until they've repeated each of the bio process 21-40+ times each in consistently formed days they will have a hard time estimating how long things will take, which order to do them in, etc. When you live on the street, resources become unavailable often and without notice. Also doing things in different orders can yield different levels of resource usage and outcomes. Eg. what are the differences between taking a shower in the morning vs. in the afternoon? One can weigh the components of the problem carefully and make a decision, in the lack of experience. Many of the optimal solutions are common sense, but without having gone through the trial and error to confirm that then variations would have been tried as I tried them.

Rest day

The math of taking a rest day adds up. Over time with no rest day performance will gradually decline. If it starts at 105% on the first day, then by the 30th it could have sunk to 90% or less with no awareness. Contrary, with a weekly rest day, 100-110% can be given each day with room for 1-2 bumps each week (nothing goes exactly as planned) and the “Bnk account” refilled each week with confidence.

Employers may respect a person with some boundaries like a rest day more than an employee who offers full availability. The latter may get the shift at first, but the employer may see them as less valuable than another new employee and with time the other employee gains more respect.

Hustle

– what’s your plan? Need a plan to go fast.

We’ve made the magic assumption of income until now. Now is when we establish some, and I will go through some options that are progressively low barrier to entry. We need to do something called bootstrap. Bootstrapping a business starts at nothing and incrementally builds up. It could be funded by working at a grocery store and saving some money and then working full time on the business, initial legwork, for a short period before returning to work.

Establish Love

(“Connection, Attitude, Personality”)

Family

Friendship

Lacking family, many homeless people attempt to find tribes. This is not wrong, but done too soon it can create a trap. A trap is never check mate, but it can be costly to escape. Not even jail is check mate; in some cases, jail is an upgrade from homelessness (as we can somewhat quantify).

It is unwise to jump too far ahead in the hierarchy. One must remain flexible and adaptable and able to change course. Entanglements use time to consider, and without due time leave one open to poor appearances that can be used against them from more established people. Refusing to socialize and other behaviors can hurt feelings and unstable people may go on the offensive. The more investment is given, the more material they have to offend with. Mobs can be stirred up, hate crime reports can be filed, etc.

Romance

Encouragement

This can quickly turn to abuse. People may tolerate a homeless person and be kind while there is potential for them to fit their ends. But if the homeless person becomes too much or unacceptable for any reason then the “fallen idol” type programming can run, which leads to an abusive discard using the vulnerability previously shown prior to the encouragement. Why would anyone give encouragement to a non-vulnerable person?

Generosity – giving

Barter – not monetary trade, circulating energy

Communication

Networking

– during pandemic this requires IT.

The optics of using social media are bad. Does having a cell phone help or hurt a homeless person?

Establish Esteem

Trust

- people can see the fruits

Respect

- the source of the fruits must be doing something right

Reconciliation

- people now see value and become willing to reconcile.

Self-Actualize

At the top of the hierarchy we have self-actualization. Imagine threads or charges and bolts of lightning connecting the sky with the earth. It travels through all layers. Even in the most ragged state does a person connect with others when they come in contact, which creates some movement in the Love and Esteem layers perhaps proportionally based on some factors such as the score of each entity in the transaction.

Appendix: Timeline of Development

For example:

| | |
|---------------------------|------------------------------|
| 2017 Dec 31 st | Inception of passion project |
| 2018 Jun 1 st | First day homeless |
| 2019 Jul | Urban Camping book idea |
| 2018 Aug | Hackathons |
| 2020 Mar | Pandemic |
| 2021 Mar | First shower in a year. |

Appendix: Compact Life

Similar to Van Life, compact life is life on wheels. It is derived from a common route into homelessness, which is dwelling in car. The next alternative is living in a tent. Beyond that is rough sleeping. Next up might be Truck or Van Life, followed by RV Life and into Motels, Hotels, SROs, AirBnBs, HotelTonights, ..., apartments, condos, town-homes, homes,....

Compact is a word with multiple widely used meanings. Compact Life starts with a person's present situation and builds them into the ideal person, through a few principles and a progression of habits. Based around existing theories with some innovation in presentation, Compact Life is woven throughout this guide as it was developed in concordance with the hardware used to author this work.

[Picture of Civic].

[Picture of CarPuter].

[Picture of Power System].