

REV. CRISS
"CRISS" ITTERMANN'S



Enjoying External Life

United Front: Adventurers

Enjoying External Life

Rev. Criss Ittermann

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Also By Rev. Criss Ittermann

Split Decision

Multiple Choice

Core Discoveries

Case Histories

United Front: Recruits

United Front: Rebels

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Dedication

A major turning point in our life was the day we decided to walk away from science-fiction/fantasy books and role-playing games. It was sad, because we'd enjoyed them so much. Escaping from Human Space to dwell in fantastic worlds with familiar creatures and adventures galore, to stay up late with too much soda and chips gaming all night, immersing ourselves in-character at live-action games, or in some ways simultaneously geekifying and gamifying our life by cataloguing potential spell interactions in our spare time.

One day we saw it for what it was. Escaping from Human Space, escaping our life. But besides that, the important part of our discovery was realizing how *interesting* our own life was. How fantastical. How much *stranger* our life was than the fiction we couldn't get enough of.

We dedicate this book to all the adventures that set the bar for us: *The Chronicles of Narnia* by C. S. Lewis, *Lord of the Rings* by Tolkein, the original *Dungeons & Dragons* and all derivatives and RPGs we've played since, and the other dozens of computer games we played, the Medieval reenactment groups we joined, the comic books, the movies, the TV shows...you surely gave us a very high bar on which to base the adventure of our shared life.

When we are in our life, fully immersed, it is truly an adventure. We've had our share of strange experiences, mysteries, uncovering treasures, seeing strange new lands, and enjoy our new take on reality. We're currently designing a tattoo for our body/space ship:

Life is an adventure; the treasure you seek is you.

Don't give up. Don't take no for an answer. Turn over every stone. Grab the wheel of your ship and deliberately *choose your next adventure*. Bring your best attitude and your entire crew, and never,

ever, give up. Because you're out there somewhere, waiting for you.

Do You Want Adventure?

It's easy to slip into thinking that you can't conquer this, that life is heavy, that it's hard work. We're not looking for delusion, or giving you a pass for misbehavior. We're looking for ways to make working together more interesting, fun, motivating, and also giving you metaphors that show you that what you're doing, what you're going through, are normal within the vast range of human experiences and ideas. A boring life is a curse in and of itself, and you, my friends, do not have a *boring* life. Paint it exciting. Make it a blessing if you can. Make the absolute best of it. Make it into a game that you can conquer *only* because you are working with this incredible team.

Every adventure story starts out with the “recruiting” phase. Maybe there's some back story about why an adventure is necessary, and maybe how each character got to the meeting/recruiting point. But the “adventure” in itself doesn't start until the team is being recruited. Even if the team has known each other for a long time, or accidentally all ends up in the same place — there's that moment of on-boarding where someone asks whether everyone is *in* or *out* (or things happen and people opt in or out due to circumstances). The crucial moment of *buy-in* to the cause. This book series starts from recruitment and goes through the adventure of conquering challenges along the way, as a growing team.

This reframing or metaphor from hardship to adventure is all in good fun, and I love involving a famous trope of swashbuckling. Handsome or pretty rogues who follow the rules when the rules make sense, but break them for the betterment of all. Robin Hood is the classic example of a swashbuckler — stealing from the rich to give to the poor. I've chosen to go intergalactic because having a ship makes sense when your team is a crew piloting a vessel, and

I didn't want the constraints or baggage-filled history of water-bound voyaging. So think *Star Wars*, *Star Trek*, *Guardians of the Galaxy*, or any SciFi interplanetary adventure of any variety or flavor that works for you. Someone mentioned they think of their system as being in a Mecha (a giant somewhat humanoid robot with a crew inside, like Iron Man's suit, RoboTech, or Ripley in the cargo loader in *Aliens* — just make sure to add a life support system and room for many passengers and crew). Even picturing a time machine that's large enough for your crew works. So we call this our HMS or human mecha spaceship— a fun/funny take on the abbreviation for Her Majesty's Ship — a wacky organic vessel/ship that we all are housed within, flying through Human Space on our adventures. HMS The Crisses at your service.

Overview

A New Adventure

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The Spaceship Metaphor

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Enter the Adventurer Outfit

There's a new swashbuckler in town. With one foot planted in the inner worlds, and the other in the outer world, this dashing rogue is ready to take on myriad challenges of navigating the multiverse. They know life is a challenge, an adventure to be tackled, and that it won't be easy — but it will be worth it. It takes the amazing superpower of being able to navigate internal and external reality to take this on. This is only a journey for multiventurers.

You've probably been through hell and survived. Maybe you have battle scars, a limp, a funny accent — and when you walk into a room some people try not to look at you, others eye you like they're sizing you up for an argument, and some heads move close together, the sound of whispers.

But you don't let that bother you. Why? Because you know you're better than that. You know that people with mental health issues are frowned upon, that there's still stigma, that there are prejudices and unreasonable and irrational fears about us. Even though there are laws protecting us from being excluded, harassed, or bullied, it still happens. But you're not here to conform to their ideas of what your “disorder” means. You're here to defy it, rise above it, and to get your shit together. You're about to go on a multiventure — weaving across the boundary between the inner and outer universes as needed to get things done and make the most of it.

So move on past the naysayers and the assholes who get in your way. Don't put up with so-called experts who contradict your experience or belittle you, betray you; they're either pulling for you, or they can walk the plank. Take no nonsense. This is your life, and it's time to take control of it and embrace being a group entity for

a while.

It will be a wild ride, so buckle up and enjoy!

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Shamanic Perspectives

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Buy the bundle!

United Front: Adventurers is part of a 3-part series of books that really ought to be viewed as a 3-part bundle. *United Front: Recruits* and *United Front: Rebels* contain information vital to plural systems and these 3 books are not truly meant to stand alone in terms of your self-help journey.

Please check out the full book bundle here (you can get to the individual books through the bundle page, too):

<https://leanpub.com/b/unitedfront>

And please, take great care of yourselves.

–The Crisses