

Equinian Serenism

Serenism is not a religion, nor is it a system of beliefs, and it's not about discovering what is right and what is wrong by reading a book. Serenism is about discovering right from wrong within ones self through observation, questioning, and introspection. The most major lesson one can learn from Serenism is that society is made up of individuals; and that if Serenism were to spread among individuals and help them function more properly, such as being more reasonable and know themselves better, then society as a whole will function more properly, which is the main goal of Serenism. With this major lesson in mind, we are going to divide Serenism into three categories. The things you need before practicing Serenism, which we will call prerequisite; the actual methods of teaching, which we will call the qualitative half of Serenism; the spreading of Serenism, which we will call the quantitative half of Serenism.

Prerequisite:

- A practitioner of Serenism must not get bored easily.
- A practitioner of Serenism must be able to control daydreaming.
- A practitioner of Serenism must be willing to study and practice Serenism.
- A practitioner of Serenism must care about society.

Qualitative Serenism:

Proper practitioners of Serenism take a day of the week out of their schedule for study. It can be any day of the week from Sunday to Saturday due to the fact that many horses have tight schedules. Within this day of study, further sub-categories of Serenism can be made.

Observation:

The beginning of a day of study. One basically wakes up, has their usual morning, walks outside to a public area containing other horses, and, without talking to any horses or being distracted by anything, eavesdrop on conversations. Practitioners of Serenism must follow a self-confidentiality agreement and must never use the information they get from eavesdropping to spread rumors. The information must be used for study and just for study. The whole point of observation is so horses who are usually oblivious to all but their own problems, or horses who can't take anything seriously will open their eyes and ears and notice what goes on in the world around them. What's making the horses around them laugh, cry, walk, talk, or even do nothing at all. One must eavesdrop on the world around them for at least three hours before moving on to the next part of the day.

Introspection:

When introspecting, one must be in an empty, sound insulated room of total darkness by themselves and wear special, hooded black robes that are designed to keep their body temperatures at the perfect level, not too hot and not too cold. The horse introspecting must also sit criss-cross on a cushion in a way to where they'll be able to stay that way for a long time without shifting, moving, or becoming uncomfortable. The only sounds one is permitted to make are deep breathes through the mouth that are meant to relax one while introspecting. And most of all, it is important to make sure that ones mind is clear before they begin introspection. They must be practically emotionless, with no worries, sadness, happiness, or anything of the sort except for logic. Many richer practitioners of Serenism or practitioners of Serenism that know a good bit of magic aid their introspection by blocking out the outside world and becoming emotionless with magical means. During the introspection stage of the day, one must think about their past mistakes, accomplishments, why they are considered so, why they follow the path they chose in life, what they thought about the horses they observed, how they would think differently of them if ones self were in that position, etc. One must introspect for a full

hour before moving on to the next part of the day.

Draft:

Once done with introspection, one must grab a piece of parchment and a graphite stick (bird feathers are hard to come by in Equinia, and are usually saved for arrows) and write down the new thoughts and reasonings they had while introspecting.

Communication:

Once done with draft, one must go to one or more practitioners of Serenism and discuss that they've written down in their draft in order to bounce ideas off of one another. This is why many horses decide days on which to study Serenism in pairs or small groups, and most major cities have a discussion house that selects a certain day of the week and time of day for practitioners of Serenism to visit the house and communicate depending on the majority of horse's schedules for that city.

Final Writing and Storing:

Once Communication is said and done, and one's claims have been cleared of flaws, one must rewrite their thoughts and reasons, and store them in their library. Practitioners of Serenism usually either have a personal library, a library that they share with one or more practitioners, or, if they live in a major city with a discussion house, the discussion house will usually have its own public Serenist library where thoughts and reasons can be turned in and read.

Reading:

One must now read what they have in their library for a reasonable amount of time. While reading, one should never accept a thought, idea, or reason blindly. One must always question the quality what they are reading.

The practitioner of Serenism is now free to spend the rest of the day doing as they please, but it is important that they always practice what they study, or else the entire day would have been pointless.

Quantitative Serenism:

As stated in the prerequisite, one must care about society and be interested in studying and practicing Serenism before they can do so. Therefore, when one tries to spread Serenism, they must wait for just the right moment to bring the topic up and then say something that would make a horse want to study and practice Serenism. So such things as a parent forcing a child to study Serenism is simply not going to work. Other than that, the spreading of Serenism is free reign, because it is important that the techniques remained varied, because individuals are varied as well.

Serenist Topics:

Royalty and Serenism:

Practitioners of Serenism oftentimes put heavy pressure on kings and queens to practice Serenism, not only because it will help the spread, but because kings and queens hold a role in society that can easily cause serious damage. Practitioners of Serenism stress this often, and claims that a better functioning king would help society greatly. Most kings and members of the king's dynasty in the Age of Wisdom and the Age of Exploration practice Serenism.

Serenist Leadership:

Serenism teaches horses that leaders cannot be leaders without followers, and followers are horses who let other horses choose their paths for them. However, this does not mean that followers

can't choose between leaders. Serena the Wise took notice of this, and decided that having Serenist teachers would be self-contradictory to the study and practice of Serenism, since Serenism is about carving your own path to higher productivity instead of choosing from a set of predetermined ones. Therefore, all who study Serenism are equals, and are to always treat each other as such while studying Serenism.

Extreme Devotion to Serenism:

Serenism was designed to better society as an accessory, not rule over it as a way of life. Those who spend every day of the week studying Serenism may learn Serenism exceptionally well, but never get the chance to put it into practice, which is what Serenism is all about. Once again the idea is self-contradictory. Of course one may be attempting to become a sort of Serenist teacher, but this also goes against the ideas of the study as stated above.