

SOLARIS: A Universal Mutual Aid Cellular Structure

This presentation provides **guidelines** for coordinators based on the **experience and observations** of how Solaris cells generally operate. Since each cell exists in a **unique environment**, this is **not an absolute truth**—each cell, in its sovereignty, adapts according to its needs and reality.

Furthermore, since all cells and coordinators are **interconnected**, the **experiences, evolution, and creativity** of each continuously update our best practices. In this **evolving interconnection**, we **constantly inspire each other** through this beautiful **collective intelligence**.

Foundation of Solaris

Each cell is **sovereign** while simultaneously **permanently interconnected** within the network, creating a **powerful unity** in universal mutual aid.

Fractal Structure of Solaris

*The sun symbolizing Solaris represents each cell connecting in a **fractal manner**. Cells, by interconnecting, create **organs** that replicate the same structure as each individual cell—meaning: **coordinators and resource persons** based on needs.*

Thus, the **body of Solaris** continues to **flourish on all levels**, radiating an **infinite arborescence** permanently connected to the source: **the original cell**.

What Is a Cell?

Cell Structure Diagram

Diagram: A cell consists of members, coordinators, and inter-cellular connections.

For a cell to be **truly active**, it must be structured as follows:

1. Members

Every cell **exists because of its members**, who ideally number **15 to 25 people**. Each member is a **resource person** who works **for the cell**. They are **sovereign** and **freely take their place** based on their **needs, skills, and desire to contribute** to the team.

This **Solaris aspect of giving and receiving** is a **determining mode of being** for the **operational and sustainable activation** of each cell.

2. Coordinators

The members who **emerge as leaders** from the cell's inception often become **coordinators**. They are the first **resource persons** to **coordinate, support, and sustain** the cell's structure, enabling it to **activate** as new members join.

- **At least three coordinators per cell** are **essential** to allow for **replacement during absences** and to **complement each other** in fulfilling this role/mission.

Role of the Coordinator

A coordinator is a **facilitator** serving the group—a **tool** that members use to **support the life of the cell**. They:

- **Midwife competencies:** Help members **take action**.
- **Practice introspection** regarding themselves.

Responsibilities of the Coordinator

They **communicate** useful information to the cell, such as:

- Needs and requests for help.
- Reports from various coordinator circles.

They **facilitate and connect**:

- **Among members** at the heart of the cell.
- **With the outside world.**
- **With other coordinators and neighboring inter-cellular relations.**
- **With coordinators of different sectors and departments.**

Posture of the Coordinator

They maintain a **holistic vision** of the Solaris ecosystem, with **openness and empathy** to **unconditionally welcome** each member. They ensure that new arrivals:

- Understand **what kind of universe they are entering**.
- Feel **aligned and coherent** with themselves.
- **Consciously validate** the meaning and purpose of joining and taking their place in the cell.

3. Directory and Referents

Each cell has a **potential of resources** to serve everyone according to the needs of the Solaris network. The **directory** is one of the **foundational structures** that defines **who we are** in service to all. It goes beyond being a **collection of information in a file**—it allows each person to **reveal themselves** and offer **what they deeply are**.

- Each person is **free to share** the information on their file.
 - It is **not an obligation**—one may choose to share details **only with the directory (and thus the referents)**.
 - Some cells even **organize workshops** where members **create their directory entries together**, allowing them to **mutually support and help each other** reveal themselves as **obvious resources** for the group.
 - Thus, the directory becomes a **true celebration of everyone's skills**.
- The directory is **preciously kept only within the cell** by the referents, who **update it regularly**.

4. Radio Communication

To **compensate for potential failures** in current communication systems, it is **necessary to create a network** independent of existing technologies.

Inter-Cellular Communication

- The **CB radio system** is **simple and accessible**, both **financially and technologically**.
- **Ideally**, each cell should have **at least one CB radio** to ensure **continuity of information transmission**.
- Each cell must **designate a resource person** responsible for **monitoring the CB radio**.
 - **CB Monitoring Schedule: Channel 3**, every **3 hours for 3 minutes**, from **06:00 to 21:00**.

Intra-Cellular Communication

- **Walkie-talkies** are the **most suitable** for intra-cellular communication.
 - Each cell should **test the range and quality** of walkie-talkie transmissions to ensure they can **reach members intra-cellularly and CB inter-cellularly**.
 - **Monthly tests** (battery levels, etc.) are **recommended** to ensure devices remain **fully operational at all times**.
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Resource Persons by Priority Themes for the Cell

As previously stated, **each cell member is a person with a talent or a drive** to offer **who they are** and what **inspires them to live or learn**. They can **make themselves available** to work and serve the **needs of the group** as they arise.

- **Thematic working groups**, led by **competent and passionate members**, form to **advance on specific subjects**.
 - Eventually, these **resource person groups** make **proposals to the cell or inter-cellular network** on their developed themes.
 - This often takes the form of **workshops** to **practice, experiment, and share knowledge** with cell members.
 - For examples, see the **list of most requested themes** on the France Channel.
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Resource Persons for Welcoming New Members

New members are **welcomed** by a coordinator, either **individually or in a group** during a **dedicated time before meetings**.

They are **assisted by a referent** to **complete and enrich their resource file**, which is the **essential foundation** for offering help.

They are also **integrated into a small thematic working group** based on their interests. They receive the **cell's email** and the **names of coordinators and referents** for communication.

Each new member must be welcomed as a precious resource who **contributes their unique stone to the building**, simply by **who they are**.

- No matter how small their contribution—whether it's a **way of being, a skill, or advice in a specific field—everyone is unique**.
- **Putting humanity at the heart of the community** means **making each person feel unique—because they are!**