



## Newsletter 5/16/22

Welcome to our **Monday Edition** newsletter with curated news of the day. **Sections below:**  
Bulletin Board | the Upbeat | Events | Free Resources | EMFs | Bills, Elections & Voting | Jab and Plandemic | Money & Resources | Ukraine & Globalist Shenanigans | Free Speech, Censorship, Propaganda & Critical Thinking | Culture Wars | Paradigm Expanding | Memes

### **Today's Zoom: Michelle McCartney on her Granite Minds Homeschooling Center & Liberty Clubhouse**

Are you a homeschooling family? Are you an instructor? Are you looking for alternative educational opportunities such as independent classes, microschools, or co-ops? Granite Minds Homeschooling Center is open for your convenience. Run by a mom of 2 little ones, entrepreneur, and fellow liberty leader, Michelle McCartney is serving the areas within an hour of Weare, NH through her homeschooling center and liberty clubhouse. Featured on Free State Live, American Entrepreneur, Cindy Bennett's Podcast, and NH Business Show, you can visit [www.granitemindshomeschooling.com](http://www.granitemindshomeschooling.com) to learn more!

Click for 1PM Zoom

**And a couple of podcasts you might enjoy:**

### **Game Over! Bodily autonomy and human carnage.**

*Listen to Becky Montrone's WKBK radio show from last Saturday:*

<https://wkbkradio.com/podcasts/wondrous-roots-with-becky-montrone-5-14-22/>

### **Challenging Technofeudalism - Paradigms Lost & Found Ep 3**

*Frank Natoli and John-Michael discuss the New (Old) World Order's newfangled control system currently on offer - "technofeudalism" - the ways it is being rolled out through various power grabs, deceptions, contradictions and lies, and why it will likely fail. Topics include financialization and kleptocracy, the controlled demolition of world economies, supply chains & cryptos, and how folks are waking up and saying no to these extreme and inhumane agendas. In the face of this all-out assault, we consider how We the People need to come*

together in a new way to reaffirm our sovereignty and create a world that works for all people and nature.

[https://youtu.be/gtQ\\_ur6tUfl](https://youtu.be/gtQ_ur6tUfl)

To Victory, Sanity, and Community!

John-Michael and the RiseUpNH team

*Rise Up NH and VCAL and projects of the Collaborative Communities Coalition, a 501(c)(3) nonprofit. We are a diverse non-partisan group focused on education and community building. **PLEASE DONATE TODAY** to support our efforts.*

***Always remember: no one is telling you what to think or believe, or even what is true. Do your own research, consider multiple perspectives, suspend final conclusions in favor of continuing research, and always make up your own mind. Collective sense-making is a path, not a destination.***

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### **Fundraiser for Peggy Schaufler**

Peggy Schaufler, the owner and manager of Country Life Restaurant, is needing our support to heal cataracts in both eyes. Her left eye is mostly blind. Her daily tasks are greatly compromised. Her insurance only covers a small portion of the surgery for each eye. \$3000 is needed to cover the uninsured costs for the surgery for the eye that is currently blind. Your support will go a long way towards restoring Peggy's eyesight and providing some normalcy to her life. Thank you for whatever you can give. Here is the link to the fundraiser:

<https://www.givesendgo.com/G311F>.

### **Learn Organic Farming in Barter Exchange**

Fertile Fields Farm in Westmoreland is offering a barter exchange opportunity for a person interested in coming one day a week from approx 9:30 am to 3:30 pm to participate in farm activities (planting, hoeing, cultivating, setting up fencing, harvesting, etc) and to learn the ins and outs of a small organic farm. Join us for a home made lunch and go home with a bag of fresh produce. Starting approx early May. Contact Lori at [schreierlori@aol.com](mailto:schreierlori@aol.com)



**Larisa M. Trexler, RN, Certified EMF Specialist**  
contact info: [emf@trexlah.com](mailto:emf@trexlah.com) • 603.530.1200

**sunset**  
EMF & HEALING

[sunsetEMF.com](http://sunsetEMF.com)

EMF evaluation & remediation - one of the greatest impacts on the path to restorative sleep, better energy, healing, and peace of mind.

If you missed last Monday's Zoom chat with Larisa talking about EMFs and her business, the recording can be found here: <https://riseupnh.org/weekly-zoom/>

*Have an item you'd like to share here? Contact [admin@riseupnh.org](mailto:admin@riseupnh.org).*

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## The UpBeat

**Home Free (a cappella group) - American Pie ft. Don McLean** (Official Music Video)

<https://www.youtube.com/watch?v=9RITZdYXcKg>

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## Events

### **Monadnock NVC Study Group Forming**

Kristen Reynolds is offering a skill-building study group on nonviolent communication. Sessions will be 1.5 hours long. If interested, please send her your 3 preferred days and times, e.g., Sat morning 10am, Sunday even 7pm etc. Please respond directly to

kreynolds3000@gmail.com.

### **Braver Angels Abortion Debate May 18 8PM**

Join Braver Angels for a cross-partisan debate on one of the most divisive issues this nation faces. We urge you to come to the debate with your strongest arguments, but also with this question in mind: What do I need to learn from the other side in this debate in order to talk to someone I know who I disagree with?

Join Braver Angels next Thursday May 19 at 8 pm ET to debate: "Resolved: The rights of an adult woman take precedence over the rights of a fetus." Sign up here: National Debate: Roe vs. Wade.

<https://www.eventbrite.com/e/national-debate-roe-vs-wade-registration-334794227547>

To learn more about these debates, you can view this video of a sample debate (it lasts about 15 minutes): <https://drive.google.com/file/d/1IAZae5l4D40S9yUWZszHpgYm8izyXB9l/view>.

This file might help you understand the debate process that we use:

<https://drive.google.com/file/d/1ptJDWP5pjbhZQkc4PXyWBNRrrQUZk8U/view?usp=sharing>

### **Birding on the Farm Workshop Series - Cheshire County Conservation District**

*Learn about farm habitat dynamics for birds, habitat management, wildlife conservation on the farm, as well as species identification from experienced bird guides.*

June 18th @ 7:30AM: Upper Meadows, Rockingham, VT

October 1st @ 9:00AM: Picadilly Farm, Winchester, NH

Register free at: <https://www.eventbrite.com/e/birding-on-the-farm-workshop-series-tickets-317805654267>

### **Sat May 21 NH Committee of Safety Carroll County Meeting**

Ossipee Town Hall, 5 Main St, Center Ossipee, 3-6PM

### **Sunday May 22 Jericho March**

Concord Capitol Building, 4-6PM

Sponsored by NH Committee of Safety, Defend NH, NH We the People

### **EMF Webinar May 24**

**NH for Safe Technology** is offering a series webinars for how to use technology safely!

There are two dates and times to choose from. We hope you can join us! Please share with others. If you cannot attend, please register and we can send you the video after the event.

**May 24th (noon-1pm) registration link:** <https://us02web.zoom.us/j/7tZMod...>

One of the flyers below is for signing up with a link that you can forward to others and another is a flyer you can print out with an email address others can use to register. **Download flyers here:** <https://riseupnh.org/wp-content/uploads/2022/05/NH-4-Safe-Tech-May-2022-flyers.pdf>

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## Bills, Elections and Voting

### **2000 Mules, hundreds of thousands of phony ballots, and a stolen election**

<https://www.lifesitenews.com/blogs/2000-mules-hundreds-of-thousands-of-phony-ballots-and-a-stolen-election/>

### **2000 Mules Just “Tip of the Voter Fraud Iceberg” – Michigan Investigators Reveal Mountain of New Evidence of 2020 Election Fraud**

<https://www.thegatewaypundit.com/2022/05/2000-mules-just-tip-voter-fraud-iceberg-michigan-investigators-reveal-mountain-new-evidence-2020-election-fraud/>

### **Naomi Wolf Interviews Melissa Blasek of RebuildNH**

*Note from John Yannacci:* This is a link to Melissa Blasek’s recent interview on Naomi Wolf’s Rumble Page. Very impressive. Few people have done more damage to our enemy in the last year than her. She is running for re-election and asking for donations. My guess is that she is going to have a big target on her back and that her opponent will be well funded.

<https://rumble.com/v14ck6h-15-new-liberty-bills-head-to-the-gov-of-new-hampshire-limiting-his-powers.html>

### **Andrew Manuse and RebuildNH - Congratulations, we are rebuilding NH!**

*Grassroots Activism Brings 15 Liberty Bills to The Governor’s Desk*

<https://rebuildnh.com/pr-rebuilding-new-hampshire/>

### **The Resolve Initiative**

The NH Resolve initiative is a **nonpartisan write-in campaign** that is gaining traction extremely quickly. The point of this innovative idea is to assemble voters and create an ideal lineup of candidates for the 2022 election cycle; from the Governor, to the Executive Council, to the Senate, and even the County Sheriffs. Leveraging off all the existing resources but uniquely outside the current campaign framework lending itself to an increased inventory of great legislators versus the typical bought-and-paid-for Pay-to-Play politicians.

<https://wethepeoplenh.org/the-resolve/>

<https://rumble.com/v131yc9-the-resolve-initiative.html>

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## Free Resources

### **Dr. Ealy - New protocols for health & C19 vaxx injury recovery (223 page book)**

<https://beyondthecon.com>

### **I Came to Give - Project Thrive 21**

We are restoring these five key principles as the foundation of local communities around the world. This will empower their families to thrive during a period of rapid and profound change. Website and **free book/audiobook**: <https://thrive21.org>

### **177 Years of Medical Experimentation - Free 59-page eBook**

<https://177report.info/>

### **Free Audiobook: Mikki Willis - Pl@ndemic: Fear is the Virus. Truth is the Cure**

<https://plandemicaudiobook.com>

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## **EMFs**

### **Advisory from Lori Schreier on EMF Mitigation Device Claims**

I just had a chance to watch the EMF interview with Larisa since I could not attend the live event. It is great to have more EMF warriors speaking out and am so glad Larissa has joined us at NH for Safe Technology. As many of you know I have been working on EMF issues for a few years in Keene and also am involved with NH for Safe Technology. I am learning more all the time. I recently watched a video by two prominent EMF guys, one is a scientist and the other an educator on EMF. See below. It is about harmonizers and being careful NOT to use them for the sake of "having your cake and eating it too." While some of them may have some benefit (I even wear Shungite and researched it years ago), there is the danger that the most important way to protect ourselves will not be taken, which is avoidance and distance from EMF as much as possible. There is no comparison.

I also have to say that I have many pieces of authentic shungite and my Safe and Sound Pro 2 meter does not detect any change when putting it between the meter and my cell phone. I highly question that video with shungite and the microwave oven that appeared to show reduced exposures to RF. When I read an entire book on Shungite, several years ago, they never claimed it would change the readings on a meter but only change the person's physiology when using devices.

I highly recommend watching this video on harmonizers. You will see that although some studies by these companies may show reduced reactions physiologically in one area of the body, they can't prove or show that other possible effects from radio frequency aren't occurring. RF may be affecting other bodily systems they have no way of showing, like for example the effect on DNA, cancer promotion, nervous system dysfunction etc. And why is it ok to have our body no longer react to a known toxin?. If the harmonizer modulates the frequency, like Aires says it does (it does not block it and it can't be measured on a meter) we still do not know the long term effects of still being exposed.

Here is a link to the interview: <https://www.youtube.com/watch?v=-AhPdIas8h0>

Would love to hear your thoughts: [schreierlori@aol.com](mailto:schreierlori@aol.com).

### **Response from Becky Montrone re: EMF Mitigation**

For me and my clients, we use mitochondrial boosting nutrients and potent antioxidants such as glutathione and melatonin, detoxifiers such as iodine - routinely. As such, the use of harmonizers, blockers, etc., is simply an environmental addition to fortifying the entire system against all of the toxins and aging mechanisms we face.

Here, of interest in that regard: <https://www.hormonesmatter.com/emf-hypersensitivity-and-thiamine/> You will see reference to glutathione, melatonin, and other antioxidants. I use and routinely recommend a form of thiamine known as benfotiamine, which is partially fat soluble and prevents an aging issue known as glycation - the binding of sugar to protein. And... Pineal release of melatonin, the brain's primary antioxidant and radical scavenger, is substantially reduced under exposure to specific frequencies of radiation. Unfortunately, low melatonin is a key risk factor for the development of neurological dysfunction, neurodegeneration, and other pathologies including cancer of various kinds. Furthermore, key intracellular antioxidants including [glutathione](#), [catalase](#), and [superoxide dismutase](#) are also deteriorated through ELF-EMF exposure at 60Hz.

Here again: *Peroxynitrite* (ONOO-) is a powerful oxidant and can transverse through cell membranes by anion channels. EMFs create a substantial increase in peroxynitrite activity with long-term or high level exposures, leading to increased reactive oxygen species (ROS) and oxidation, which depletes antioxidants, including glutathione. This can lead to numerous inflammatory conditions, blood-brain barrier and cell damage, and DNA breaks.<sup>6</sup>

*Autophagy* is a homeostatic process that helps to control inflammation and support healthy immune response. Environmental toxic exposures, including EMFs, along with genetic mutations, can lead to poor autophagy function and increased risk of disease.<sup>7</sup> A deficiency of glutathione caused by EMF exposures can negatively affect the autophagy process.

My comment here is that internal health integrity is key and first, and then things we can use to minimize exposure add on to that. Those do not come first. I have many clients on 60-240 mg of melatonin daily for its many effects against degenerative disease conditions. Melatonin recycles glutathione, as well, so a win-win.

Also, everyone is iodine deficient if not supplementing, and I and virtually all of my clients are supplementing with iodine and cofactors selenium and magnesium, as well. See here:

- Iodine – The MOST important supplement to help protect against the damage of all types of radiation AND helps repair the damage after exposure. The main reason iodine protects against EMF damage is the support it gives the thyroid which gives EMF protection, it ensures programmed cell death of damaged and diseased cells (cancer cells shrink when given iodine), iodine helps remove heavy metals (heavy metals encourage electromagnetic radiation damage) and has a protective effect on brain tissue. In order to properly utilize iodine take selenium, magnesium and vitamin C with it. The most effective iodine I found to help my EMF hypersensitivity and to protect from EMF exposure is Lugol's iodine.

My approach is always - while attempting to influence the world around us to eliminate toxins and therefore minimize their concomitant plethora of health threats - to fortify the organism so that toxins are taken care of and impact greatly lessened. Since we can't all find our own Garden of Eden or island to live on, this will, in my opinion, have to be the bottom line.

However, while using the nutrients above considering their application to this topic, the overall anti-aging health benefits are off the map. In fact, again, most of my clients are using these on a daily basis and so, as a positive "side effect" are also helping protect themselves from EMFs. I use these same nutrients for cancer, diabetes, lung disease, neurodegenerative conditions - everything. I would venture to say that every degenerative disease condition is characterized by low glutathione, melatonin, and key nutrients missing from our diets such as iodine, organic sulfur, and magnesium.

Although we are not talking about "germ vs host" in this discussion persay, we are talking, perhaps, "toxin vs host." Keep the organism strong, and the toxins have a significantly weakened effect.

I enjoy the discussion. Some additional info here for those interested: <https://riseupnh.org/wp-content/uploads/2022/05/RMontrone-EMF-Nutrition.zip>

Let's keep up our good, collaborative work!

Becky

Rebecca L. Montrone

[Wondrous Roots, Inc.](#)



## **Verizon files lawsuit against Pittsfield MA BOH to block cell tower order**

*Big Tech trying to suppress local control*

[https://www.berkshireeagle.com/news/central\\_berkshires/verizon-wireless-files-lawsuit-against-pittsfield-board-of-health-to-block-cell-tower-order/article\\_6335b2be-d0cd-11ec-80ac-635335be3555.html](https://www.berkshireeagle.com/news/central_berkshires/verizon-wireless-files-lawsuit-against-pittsfield-board-of-health-to-block-cell-tower-order/article_6335b2be-d0cd-11ec-80ac-635335be3555.html)

## **Arthur Firstenberg: Wireless Radiation and Osteoporosis**

*Turns out bones are semiconductors*

<https://www.cellphonetaskforce.org/wp-content/uploads/2022/05/Wireless-radiation-and-osteoporosis.pdf>

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# **Jab and Plandemic News**

**Today 9am to 4:30pm EST: Livestream of COVID19 panels @ MIT with Steve Kirsch, Robert Malone, Scott Atlas, Martin Kulldorff, and others**

*Live from the Wong Auditorium*

<https://gettr.com/streaming/p19zl253438>

**Survey shows over 500,000 killed by the COVID vaccines so far**

*A simple survey anyone can do provides convincing evidence that the COVID vaccines have killed over 500,000 Americans. They should be halted. Now.*

<https://stevekirsch.substack.com/p/jackpot-over-500000-killed-by-the>

**Novavax confident Covid vaccine will receive FDA authorization in June**

<https://www.cnbc.com/2022/05/13/novavax-confident-covid-vaccine-will-receive-fda-authorization-in-june-after-delays.html>

**San Fran: Bill Allowing Teens to Get Vaccinated Without Parental Consent Passes Senate**

<https://www.nbcbayarea.com/news/local/san-francisco/bill-allowing-teens-to-get-vaccinated-without-parental-consent-passes-senate/2889237/>

**3x More Covid-19 Deaths in the Philippines in the 2nd Year of the Pandemic after the Vaccine Rollout. % of Deaths Increased in Younger Age Groups and in Women.**

<https://supersally.substack.com/p/3x-more-covid-19-deaths-in-the-philippines>

**Dr. Robert Malone: Overview Video of mRNA Vaccine Technology (25 min)**

*Fundamentals of Mechanisms and Risks, New Research on the Efficacy of the Vaccines*

<https://rwmalonemd.substack.com/p/overview-video-of-mrna-vaccine-technology>

### **Claims of CV19 Test Kits orders from 2017-2018 fabricated or covered up?**

*Wayback Machine reveals the truth*

<https://jessicar.substack.com/p/be-careful-what-you-stand-behind>

### **Pew Survey Finds Covid Has Virtually Disappeared As A Major Concern For Americans**

<https://www.blacklistednews.com/article/82574/pew-survey-finds-covid-has-virtually-disappeared-as-a-major-concern-for.html>

### **The TOGETHER Trial and the Mysterious Endpoint**

*To What End Was a Pointless Endpoint Chosen?*

<https://doyourownresearch.substack.com/p/the-together-trial-and-the-mysterious>

### **Choice Quotes from Bill Gates's New Book, How to Prevent the Next Pandemic.**

<https://brownstone.org/articles/choice-quotes-from-bill-gatess-new-book/>

### **Australia Lockdown toll: One in eight has new mental health condition**

<https://www.smh.com.au/national/nsw/lockdown-toll-one-in-eight-have-new-mental-health-condition-20220513-p5al4v.html>

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## **Money & Resources**

### **The Big Problems And Crash Dynamics Of The Spring/Summer 2022 Housing Market Crisis, Simplified**

*Charles Hugh Smith with Paul Eberhart*

<https://www.youtube.com/watch?v=jkpwi0SIrPQ>

### **Electricity Shortage Warnings Grow Across U.S.**

<https://www.wsj.com/articles/electricity-shortage-warnings-grow-across-u-s-11652002380>

### **Baby Formula Shortages? Bill Gates Supported "BIOMILQ" Under Development**

<https://globalnews.ca/news/8805631/lab-grown-human-breast-milk-biomilq/>

### **Bill Gates, Mark Zuckerberg, Jeff Bezos Invested in Lab-Produced Breast Milk to Prevent Effects of 'Climate Change'**

<https://www.thegatewaypundit.com/2022/05/bill-gates-mark-zuckerberg-jeff-bezos-invested-lab-produced-breast-milk-prevent-effects-climate-change/>

### **Crypto meltdown prompts Yellen to call for new regulation**

<https://www.independent.co.uk/news/ap-washington-federal-reserve-b2077920.html>

### **Wheat Prices Soar As India Restricts Exports**

<https://www.zerohedge.com/commodities/india-halts-wheat-exports-food-security-risk>

### **At Least 20 European Gas Buyers Open 'Rubles-For-Gas' Account With Gazprombank**

*There goes the US Dollar as the global reserve currency*

<https://www.zerohedge.com/commodities/least-20-european-gas-buyers-open-account-gazprombank>

### **Rabobank: There Are Whispers Of A Shift To Physical Commodities Being Used As Trade Settlement**

*Cargoes are still priced in US dollars but, allegedly, de facto barter is already taking place to circumvent the global dollar system and any potential Western sanctions.*

<https://www.zerohedge.com/markets/rabobank-there-are-whispers-shift-physical-commodities-being-used-trade-settlement>

### **Report: "90% Of Nations Planning Central Bank Digital Currency "**

<https://www.blacklistednews.com/article/82519/report-90-of-nations-planning-central-bank-digital-currency.html>

### **Book review: The Rise of the New Normal Reich by C.J. Hopkins**

*An unflinching look at the emergence of global capitalist totalitarianism*

<https://tobyrogers.substack.com/p/book-review-the-rise-of-the-new-normal>

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## **Ukraine & Other Globalist Shenanigans**

### **Collection of recent articles: Those cheering for "Ukraine" are cheering for the slaughter of Ukrainians (and others)**

*Thus "our free press" has millions on "the left" ferociously supporting neo-Nazi thugs (and pushing for an ever hotter war that's threatening all of us with nuclear extinction)*

<https://markcrispinmiller.substack.com/p/those-cheering-for-ukraine-are-cheering>

### **Where is the \$56 billion 'to Ukraine' actually going?**

*The making of a money laundering operation.*

<https://dossier.substack.com/p/where-is-the-56-billion-to-ukraine>

### **Finland and Sweden take 'historic' steps toward NATO membership**

*Overturning decades and centuries of neutrality*

<https://ph.news.yahoo.com/finland-announce-nato-decision-sweden-035335006.html>

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## Free Speech, Censorship, Propaganda & Critical Thinking

**"Silence The Voices Of Hatred": NY Governor Hochul Uses Buffalo Massacre To Renew Calls For Censorship Of Social Media**

<https://www.zerohedge.com/political/silence-voices-hatred-ny-governor-hochul-uses-buffalo-massacre-renew-calls-censorship>

**Biden Disinformation Czar Demands Power to Edit Other People's Tweets**

<https://summit.news/2022/05/11/biden-disinformation-czar-demands-power-to-edit-other-peoples-tweets/>

**The Demented - and Selective - Game of Instantly Blaming Political Opponents For Mass Shootings**

*All ideologies spawn psychopaths who kill innocents in its name. Yet only some are blamed for their violent adherents: by opportunists cravenly exploiting corpses while they still lie on the ground.*

<https://greenwald.substack.com/p/the-demented-and-selective-game-of>

**Climatologist Dr. Judith Curry testifies that the man made climate change theory is a hoax**

<https://rumble.com/v12p8q3-climatologist-dr.-judith-curry-testifies-that-the-man-made-climate-change-t.html>

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## Culture Wars

**Johns Hopkins's Child Sex Abuse Center Hires Trans Professor Who Says Pedophilia Is 'Not Immoral'**

<https://newspunch.com/child-sex-abuse-center-hires-trans-professor-who-says-pedophilia-is-not-immoral/>

**Biological males claiming to be 'females' now allowed to transfer to women's prisons in Canada**

*The decision by Justin Trudeau's Liberal government is expected to create a need to beef up security for women facing the threat of sexual assaults.*

<https://www.lifesitenews.com/news/biological-males-claiming-to-be-females-now-allowed-to->

[request-transfer-to-womens-prisons-in-canada/](#)

### **BC school gave kindergarteners masturbation homework assignment**

<https://tnc.news/2022/05/13/bc-school-gave-kindergarteners-masturbation-homework-assignment/>

### **The racism industry - Jon Rappoport**

*There is an entire billion-dollar industry devoted to rote, dumb, nursery-rhyme, organized re-education about race.*

<https://jonrappoport.substack.com/p/the-racism-industry>

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## **Paradigm Expanding**

### **Dark Journalist: Gigi Young - Mars, Musk, Nazis & The UFO File**

<https://youtu.be/B9SsOzkknPA>

### **The Legacy of Col. Philip Corso - UFO and ET Technology**

<https://www.youtube.com/watch?v=58xEbRI3UKI>



### **Gregg Braden - Out of Place Artifacts & Structures on the Moon... Even NASA Can't Explain**

[https://youtu.be/5\\_oQFMvMaiY](https://youtu.be/5_oQFMvMaiY)

### **9/11, Apollo, Covid — Lies, Lies, Lies**

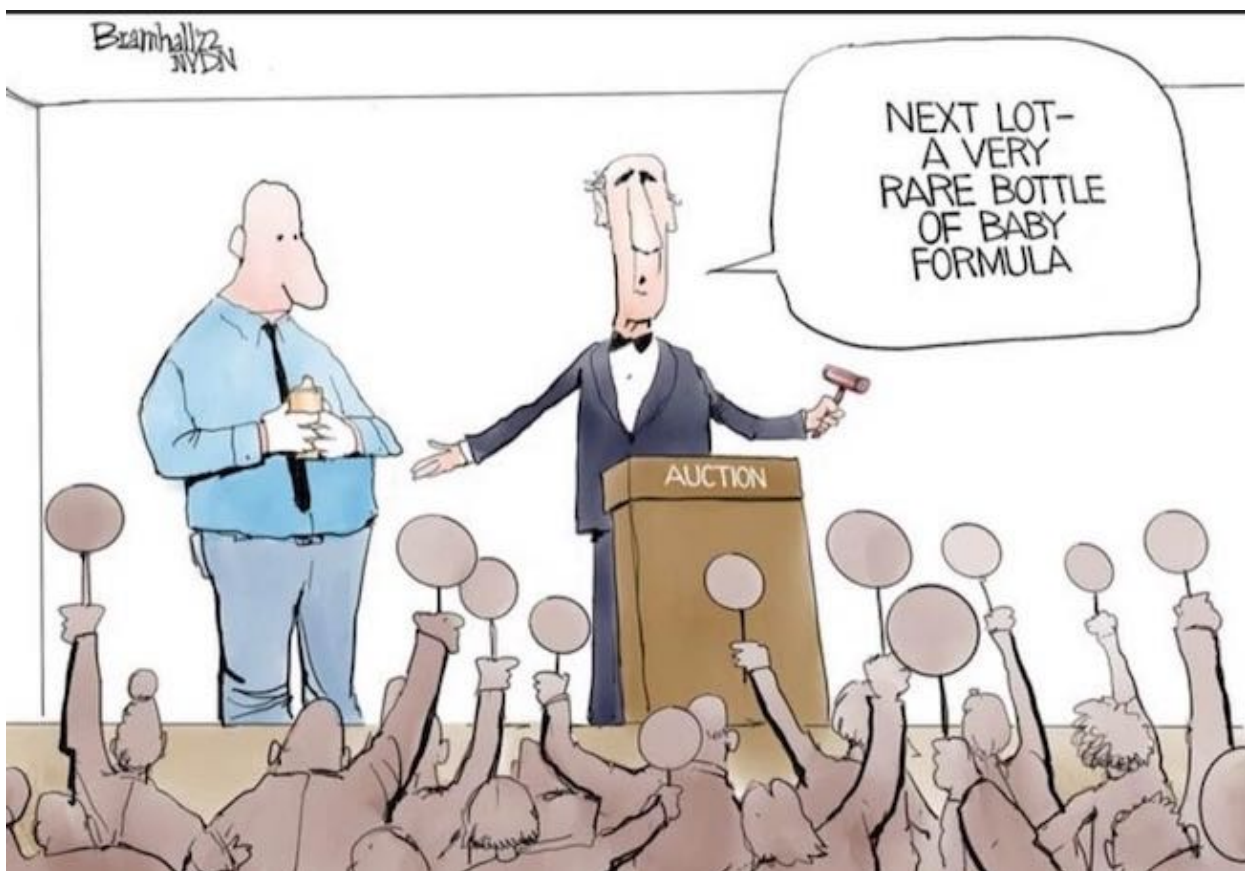
*When you look closely at "conspiracy theories" and keep finding they are true...*

<https://newsletter.martingeddes.com/p/911-apollo-covid-lies-lies-lies>

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## **Monday Memes**











"I would like to report someone who doesn't believe the government propaganda. I also see other people who are thinking on their own. Please hurry...."



**Gas prices just hit a record high and my family can't find baby formula**



**We're sending another \$40 billion to Ukraine**

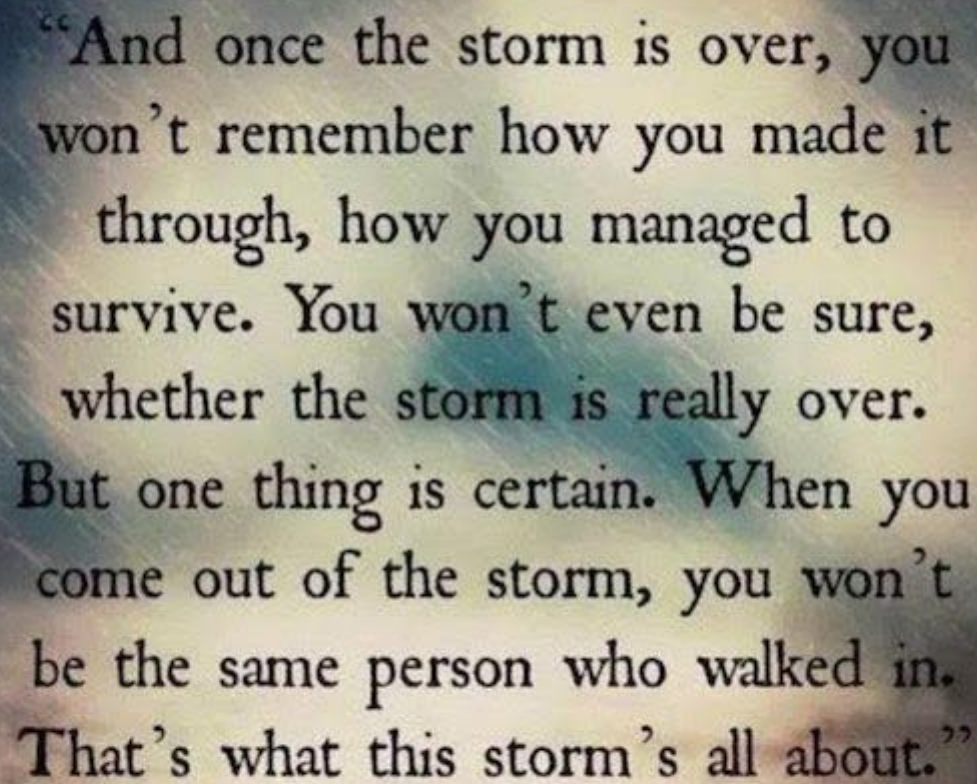


I'M A FARMER NOW.



@MADEBYJIMBO8





“And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure, whether the storm is really over. But one thing is certain. When you come out of the storm, you won't be the same person who walked in. That's what this storm's all about.”

-Haruki Murakami