



## Newsletter 5/20/22

Welcome to our Friday Edition newsletter with curated news of the day. Please especially see the Events section below, with lots of new offerings, both online and in person, including a Concord March, an open mic gathering, a Winchester work party, an NVC study group, a sovereignty webinar, a drum circle, and much more.

### **This past Monday's Zoom: Michelle McCartney - Granite Minds Homeschooling Center & Liberty Clubhouse launching in Weare NH**

Watch the recording here: <https://riseupnh.org/weekly-zoom/>. Visit [www.granitemindshomeschooling.com](http://www.granitemindshomeschooling.com) to learn more.

### **This coming Monday's Zoom: Kristen Reynolds models NVC (aka Compassionate Communication) with the #1 Scenario**

Next Monday 5/23 at 1pm Kristen will address a variation on a question we've most frequently heard: ***"How do I talk to my sibling, who won't let me come over?"*** *Is there a way to talk with family that won't destroy the relationship you have? Is it possible to present your side in such a way that they will listen?* Kristen will facilitate a discussion on how to use nonviolent communication to preserve your own and other's dignity in the context of extreme worldview differences, especially with those in our families. You are welcome to share your questions and scenarios to explore how NVC may be employed.

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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### **Update on Fundraiser for Peggy Schauffler**

*From Lori Schreier:*

Thank you all for your donations to Peggy's fundraiser. I spoke to Peggy today who is on an extended visit to support her family through a rough time in Oklahoma. She decided to see an eye doctor there where the surgery is more affordable and she was told that both eyes badly need the surgery. Her first surgery date is June 21 and the second is July 12. Her eyesight is very bad so she really can't read emails on the computer without assistance. Other than that she is doing well and thanks everyone for your support. She misses being at Country Life but she is where she needs to be now and looks forward to coming back and literally *seeing* all of you then. Here is the link to the fundraiser:

<https://www.givesendgo.com/G311F>. Thank you for supporting Peggy!

### **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)

## Meet Audra Wilson

Holistic Nurse and Health Practitioner



**RESTORING EDEN**  
— HOLISTIC HEALTH AND WELLNESS —

Restoring Eden is a Community Wellness Center for Holistic Health located in the heart of Gilsum New Hampshire. Founded by Audra Wilson, Restoring Eden focuses on whole body healing with services for all age groups.

Audra is Double Board Certified in Holistic Health, BC-Holistic Nurse Baccalaureate, and BC-Holistic Health Practitioner. She is a Member of the American Holistic Nursing Association, Sigma Theta Tau International Honor Society of Nursing (STTI), American Academy of Drugless Practitioners (AADP), Salt Therapy Association and Ozone Without Borders.

### Certifications:

- Halotherapist
- Holistic and Integrative Health
- Meridian Stress Analysis (Bioenergetic Testing)
- NASM Personal Trainer
- Spirituality, Health and Healing
- Aromatouch Practitioner
- Healing, Wholeness and Prayer
- Limited Obstetric Ultrasound
- Teaching Nurse Self-Care and Sleep Hygiene
- Red Cross Certified Trainer for CPR/AED/FA

626 Route 10 Gilsum NH - 603-338-8797  
RestoringEden4NaturalHealth@gmail.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 week'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

### **Louisiana Governor Reverses ‘Insane Mandate’ Requiring COVID Vaccines for Students**

*Score one for sanity!*

<https://childrenshealthdefense.org/defender/louisiana-students-vaccine-mandate/>

### **Homemade Baby Formula**

<https://www.westonaprice.org/health-topics/childrens-health/formula-homemade-baby-formula/>

### **Kyle Cease: You don't feel like you fit in - what a huge opportunity.**

4 minutes: <https://youtu.be/yXlhNnVXQTW>

### **Free water forever?**

*Bamboo and Mesh Tower Harvests Water from Air*

<https://www.youtube.com/watch?v=U3npQeku4zA>

### **A Powerful GLOBAL NETWORK OF BIOLOGIC ARCHITECTS**

*Adding credibility, momentum, collaboration and support- to all those who realize (and would implement...) what biologic architecture IS...*

<http://bioarchitects.net/>

<https://argka.com/biologicalarchitecture.html>

### **This 715-song playlist is scientifically verified to give you the chills, thanks to “frisson”**

*On the emotional power of “violated expectations”*

<https://bigthink.com/neuropsych/frisson-song-playlist/>

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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 your 3 preferred days and times (e.g., Sat morning 10am, Sunday even 7pm etc.). Please respond directly to her at

[kreynolds3000@gmail.com](mailto:kreynolds3000@gmail.com).

### **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

**Tuesday May 24 Noon - EMF Webinar**

**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>

**Wednesday May 25 2PM EST - Biggest Questions About Law And Sovereignty Answered – The Sovereign's Way**

Free: <https://thesovereignsway.com/law-for-mankind-open-q-a-special-may-2022/>

**Wednesday May 25 3PM EST - The Skin: Discovering Beauty from Within**

with Zach Bush MD, Elle Macpherson, Dr. Mindy Pelz and Megan Buer

Free: [https://seraphicgroup.zoom.us/webinar/register/WN\\_h7hWnZD\\_QwyJ2CdxAWZhkA](https://seraphicgroup.zoom.us/webinar/register/WN_h7hWnZD_QwyJ2CdxAWZhkA)

**Thursday May 26 7PM: Open Mic at Country Life Restaurant, Keene**

All are welcome to share music, comedy , poetry etc, We ask that you keep all lyrics and poems to "G" rated language. Questions? Contact Bill at [wmarog@yahoo.com](mailto:wmarog@yahoo.com).

**Saturday May 28 9AM: Work Party in Winchester NH**

*From Bill Rogers:* I am hosting a work day to clean up and cover a large old well on the property. We will work from 9am to 1 pm and then picnic til whenever we will supply sandwich stuff including a cold ham and fixings. Feel free to BYOB. We will have some soft drinks. Please send an email to [wmarog@yahoo.com](mailto:wmarog@yahoo.com) so we can have a head count.

**Wednesday June 1 4-6PM: Drum Circle in Newbury NH**

We will be outdoors in the fresh air of the forest. Bring your drum or rattle or listen along as we drum to a meditative beat, on a dreamlike journey for inner Guidance and Power. Bring you lawn chair and drink/snack. Rain takes us indoors. I invite folks who like to socialize a bit more to stay after the Circle for an optional potluck dinner. I will have the grill ready. Bring a dish to share. RSVP REQUIRED to reserve your place and to receive directions. Note: We have big fans to blow mosquitoes away when we are outside, and a firepit (town permitting

for fires). I will send explicit directions, do not count on GPS, I learned some do not work well. Exchange for this Drum Circle: Do an act of kindness or donate to your fave charity (usual fee \$22). Email Rev. Dr. Theresananda at [theresananda@protonmail.com](mailto:theresananda@protonmail.com) or call/text 877-281-3382. Find out about other learning opportunities at <http://www.MyMetaPhysicalTherapist.com>.

## June 18 - 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. Next 2:*

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>

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## Bills, Elections, Voting & Natural Law



**Granite State Stone Skippers**

Carolyn Davids McKinney · 8h · 🌐



House is adopting the Senate version of the Parental Bill of Rights. Thank you, NHGOP House leadership!



**Jr Hoell**

Breaking news. The Majority leader and the Speaker made changes to the committee members and the House will adopt the Senate version!

This is great news for all families in the state!

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## Freedom Through Natural Law

Jason Shurka with Greg Paul of *The Sovereign's Way*

27 Minutes: <https://youtu.be/gNCyKwaHC-k>

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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 five key principles; cooperation, relational equity, stewardship, abundance and sustainability, 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>. For questions or to connect around this work, please **contact Merrick Finn in Keene, NH (cell 978.496.7764)**.

## **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**

### **Arthur Firstenberg on Microwave ovens**

<https://www.cellphonetaskforce.org/wp-content/uploads/2022/05/WOULD-YOU-STICK-YOUR.pdf>

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## **Jab and Plandemic News**

**Peter McCullough, MD MPH** @P\_McCulloughMD · 2h

Del Bigtree, Drs. Malone, Cole, and Urso review fatal myocarditis as the clear and present danger all regulatory bodies and good physicians acknowledge. Where there is risk there must be choice. Employers cannot force fatal myocarditis on their employees without consequences.



### **FDA flippantly authorizes Pfizer booster for 5 to 11-year-olds as agency capture hits breakaway speeds**

*The agency's recent move shows the state of science in America is terminally ill.*

<https://jeffereyjaxen.substack.com/p/fda-flippantly-authorizes-pfizer>

### **Steve Kirsch: My speech at the CDC meeting**

*I was selected to give a 3-minute comment at the ACIP meeting today (May 19). This is the CDC's advisory committee on vaccines.*

<https://stevekirsch.substack.com/p/my-speech-at-the-cdc-meeting-today?s=r>

### **Survey results so far are devastating**

*Both the child death and miscarriage survey results are in. They are devastating. I will now repeat these surveys using a neutral audience and more neutral questions to counter any bias accusations.*

<https://stevekirsch.substack.com/p/survey-results-so-far-are-devastating>

### **URGENT: The most powerful evidence yet that mRNA vaccines hurt long-term immunity to Covid after infection**

*A bombshell study - from the National Institutes of Health and Moderna, no less - should end*



debate

<https://alexberenson.substack.com/p/urgent-the-most-powerful-evidence>

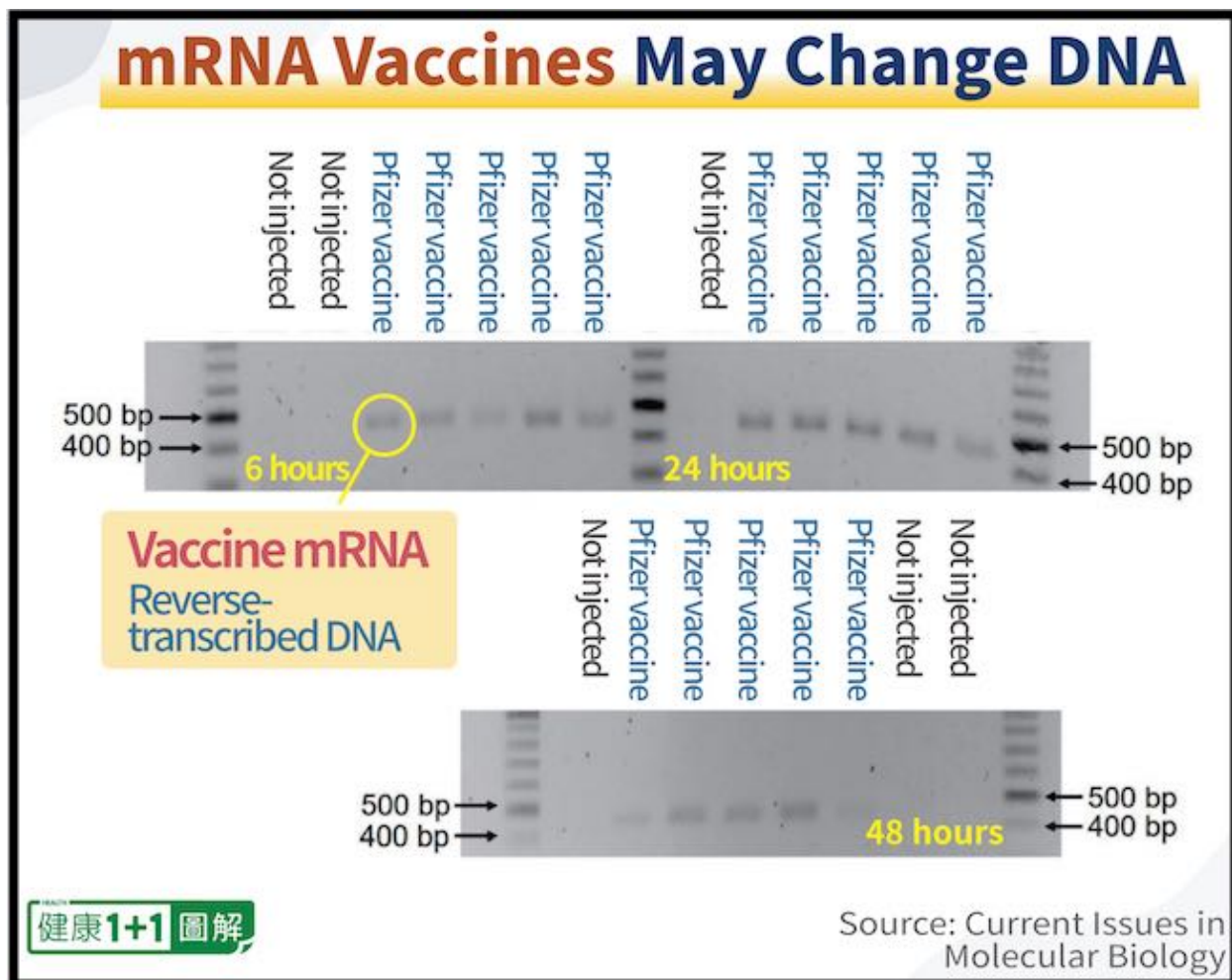
**German Supreme Court rules mandatory vaccination is constitutionally justified**

*In the healthcare sector*

<https://nakedemperor.substack.com/p/german-supreme-court-rules-mandatory>

**'It's a Type of Genotoxicity': Virologist Explains mRNA Vaccine Conversion to DNA**

[https://www.theepochtimes.com/its-a-type-of-genotoxicity-virologist-explains-mrna-vaccine-conversion-to-dna\\_4472532.html](https://www.theepochtimes.com/its-a-type-of-genotoxicity-virologist-explains-mrna-vaccine-conversion-to-dna_4472532.html)



## WEF/WHO POWER GRAB

- Properly understood, the proposed IHR amendments are directed towards establishing a globalist architecture of worldwide health surveillance, reporting, and management.
- Consistent with a top-down view of governance, the public will not have opportunities to provide input or criticism concerning the amendments.
- Vote on amendments during upcoming Biden trip for UN's 75th World Health Assembly in Geneva, Switzerland
- Impact: **Increased surveillance, 48 h Deadline to respond, Secret WHO Intelligence op, Weakened Sovereignty, Abbreviated 6 month amendment review timeline.**



### **In memory of those who "died suddenly" in the United States, May 10-May 16**

*Actors Bruce MacVittie and Fred Ward, rapper Lil Keed, singer Jewell Caples, Randy Weaver (of Ruby Ridge)), three in law enforcement, three coaches and all too many more*

Part 1: <https://markcrispinmiller.substack.com/p/in-memory-of-those-who-died-suddenly-957>

Part 2: <https://markcrispinmiller.substack.com/p/in-memory-of-those-who-died-suddenly-308>

*Other countries, see MCM's main blog page*

### **All Jabs Tested Found To Contain Nano-Routers**

<https://prepareforchange.net/2022/04/25/all-jabs-tested-found-to-contain-nano-routers/> /

### **The next big scare? USA and Europe buy up millions of doses of Monkeypox vaccine**

*A single case reported next door in Massachusetts*

<https://dossier.substack.com/p/the-next-big-scare-usa-and-europe>

### **Related: Is Monkeypox Hype a Paid Media Campaign?**

*One Case in the US Gets Enormous Media Attention. Monkeypox is Not Endemic to Humans and is Not New.*

<https://igorchudov.substack.com/p/is-monkeypox-hype-a-paid-media-campaign>

### **On the Failure of Conservatives to Mount Effective Opposition to the Most Insane Policies Ever Visited Upon Mankind**

*Conservatives (politicians) repeatedly embrace the principles of their opponents, while rejecting nationalists and traditionalists to their right as filthy populists, in chorus with leftist activists themselves.*

<https://www.eugypius.com/p/on-the-failure-of-conservatives-to>

### **Dr. Meryl Nass: Policies of Mass Destruction**

*Dr Meryl Nass MD recently made the headlines when she had her Maine medical license suspended and a psychiatric evaluation requested following her critical commentary on the covid-19 response. She discussed what happened and why these methods were used to silence a former biological warfare epidemiologist and unpack what lessons can be learned when it comes to challenging the incentive structures in the healthcare sector and beyond.*

68 minutes: <https://youtu.be/9vjoOGYI7QI>

### **Defining Away Vaccine Safety Signals 9: The (updated) DMED (Defense Medical Epidemiological Database) is Fake**

<https://roundingtheearth.substack.com/p/defining-away-vaccine-safety-signals-55a>

### **COVID UPDATE: What is the truth?**

*Dr. Russell Blaylock's scathing takedown published at National Library of Medicine (warning: long and extremely detailed)*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9062939/>

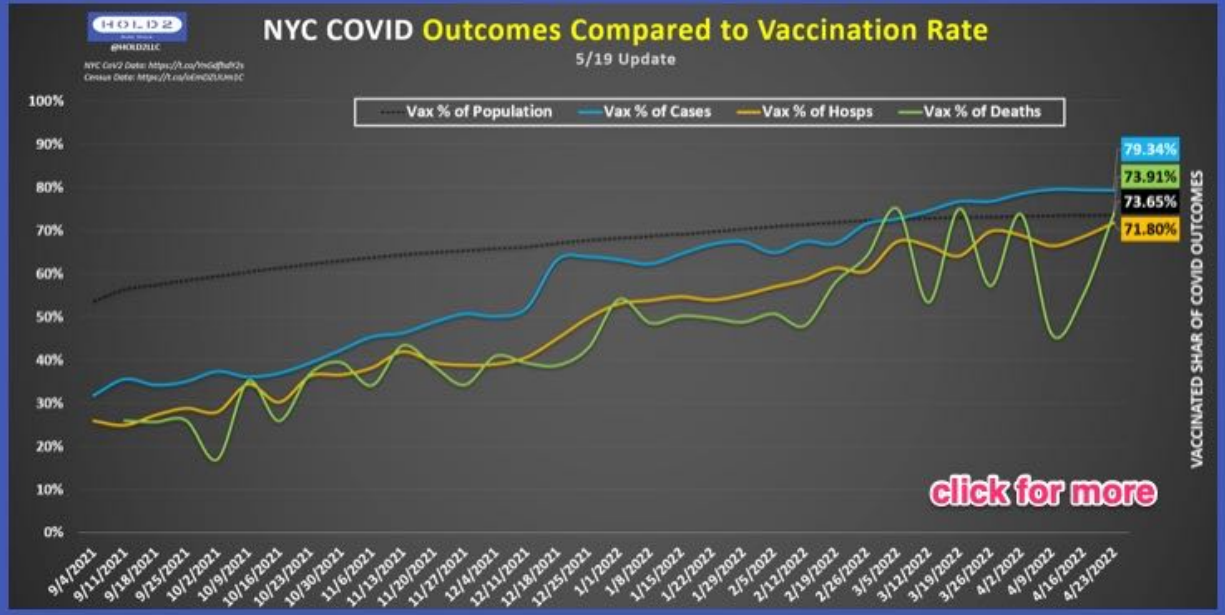
Printable/sharable version: <https://riseupnh.org/wp-content/uploads/2022/05/Blaylock-COVID-Truth-April-2022-PubMed.pdf>

### **Dr. Robert Malone: Government and WHO CORONA Lies**

*This is not subtle. Incompetence or Nefarious Evil Intent? Hard to tell the difference. (Functions well as a mini-brief of Blaylock's points above)*

<https://rwmalonemd.substack.com/p/government-and-who-corona-lies>

The share of COVID outcomes are skewing more and more towards those considered “fully vaccinated” by @nycHealthy’s definition. These data do not include those who are partially vaccinated.”







Peter McCullough, MD MPH

@P\_McCulloughMD

...

Announcing a new book that I wrote with best selling "true crime" author John Leake. This is the story of courageous heroes who innovated, sacrificed, and tried to save as many as they could against the most formidable and organized opposition.

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





Donald Saaf shared a link.

Yesterday at 8:14 AM · 🌐



No end in sight, according to health expert Bill G.

At the 2:15 mark: " Adults are going to have to be vaccinated every 6 months~ They might even make that shorter for adults over 70.."

[https://www.youtube.com/watch?v=DFZnuJC20S4&ab\\_channel=CNN](https://www.youtube.com/watch?v=DFZnuJC20S4&ab_channel=CNN)

[click to watch](#)



## Money & Resources

**Among those earning under \$40,000 annually, 73% said they no longer believe they can afford basic living necessities**

<https://www.breitbart.com/economy/2022/05/09/bidenflation-majority-of-americans-now-worry-about-maintaining-their-standard-of-living/>

**Charles Hugh Smith: Checking In On Five Long-Term Cycles**

*On the inevitable limits on frantic can-kicking*

<https://www.oftwominds.com/blogmay22/long-cycles5-22.html>

**Population, Social Security, & Civil Unrest**

<https://www.armstrongeconomics.com/world-news/war/population-social-security-civil-unrest/>

**Catherine Austin Fitts et al: The Financial Coup D'Etat on a Tightrope**

On the need for We the People to come together to stop the global control grid

33 minutes: <https://tube.solari.com/videos/financial-rebellion-22/>

### Charles Hugh Smith: The Epidemic Nobody Talks About: Burnout

*The only possible output of a system optimized for self-exploitation, financial insecurity and open-ended work responsibilities*

<https://www.oftwominds.com/blogmay22/burnout5-22.html>

Read first two chapters of his book on burnout here: <https://www.oftwominds.com/Burnout-sample2.pdf>



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## Ukraine & Other Globalist Shenanigans

### Switzerland Joining the Warmongering Crowd

*Switzerland's defense ministry is moving closer to NATO. They have violated their neutrality already by confiscating Russian assets.*

<https://www.armstrongeconomics.com/international-news/switzerland/switzerland-joining-the-warmongering-crowd/>

### KunstlerCast 358 — A Conversation About Ukraine with Larry C Johnson

*Johnson is a veteran of the CIA and the State Department's Office of Counter Terrorism. He is the founder and managing partner of BERG Associates, which was established in 1998.*

*Larry provided training to the US Military's Special Operations community for 24 years. He has been vilified by the right and the left, which means he must be doing something right. He blogs at [www.Sonar21.com](http://www.Sonar21.com).*

## Free Speech, Censorship, Propaganda & Critical Thinking

### **Biden's Disinformation Governance Board Suspended**

<https://www.armstrongeconomics.com/international-news/censorship/bidens-disinformation-governance-board-suspended/>

### **Ministry Of Truth FOLDS As Taylor Lorenz LOSES IT | Breaking Points with Krystal and Saagar**

<https://youtu.be/i7loxZKAQMU>

### **Texas School District Restricts First Amendment Activity, Bans Teachers From Publicly Criticizing School Policies**

[https://www.rutherford.org/publications\\_resources/on\\_the\\_front\\_lines/texas\\_school\\_district\\_restricts\\_first\\_amendment\\_activity\\_bans\\_teachers\\_and\\_employees\\_from\\_publicly\\_criticizing\\_school\\_policies](https://www.rutherford.org/publications_resources/on_the_front_lines/texas_school_district_restricts_first_amendment_activity_bans_teachers_and_employees_from_publicly_criticizing_school_policies)

### **James Lyons-Weiler: The Pathologization of Reason, Logic and Knowledge Will End Western Civilization**

*Pulling a page from the CCP playbook, according to some, now you're mentally ill if you question the official narrative. From 2021 onward, your brain is the battlefield. Protect it at all costs.*

<https://popularrationalism.substack.com/p/the-pathologization-of-reason-logic>

### **Twitter Bots Exposed**

<https://www.armstrongeconomics.com/world-news/corruption/twitter-bots-exposed/>

### **The Dimming, Full Length Climate Engineering Documentary**

2 hours: <https://youtu.be/rf78rEAJvhY>

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## Culture Wars

### **Jon Rappoport: Court OKs puberty blockers: medical con for the ages**

<https://blog.nomorefakenews.com/2022/05/19/court-oks-puberty-blockers-medical-con-for-the-ages/>

**On the need to lay siege to our institutions**



*Institutions promoting ideologies such as critical race theory and radical gender theory have been captured at the structural level and can't be reformed from within.*

<https://christopherrufo.com/laying-siege-to-the-institutions/>

### **Forget Science – Climate Now Has a Central Role in The Culture Wars**

<https://dailysceptic.org/2022/05/17/forget-science-climate-now-has-a-central-role-in-the-culture-wars/>

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## **Paradigm Expanding**

### **Woman Proves That She Can Communicate With Animals "Telepathically", Teaches Others How To Do It**

<https://truththeory.com/woman-proves-that-she-can-communicate-with-animals/>

### **Richard Dolan: The UAP Congressional Hearings | What You Need to Know**

*The Pentagon's latest control agenda*

55 minutes: [https://youtu.be/6xxH2L9Fo\\_o](https://youtu.be/6xxH2L9Fo_o)

### **The Light of Life | Thunderbolts Project**

*Michael Clarage, PhD, Astrophysicist and Lead Scientist of SAFIRE, explains how we could not have organic life without cells, chemicals, light, electricity, or the ecosystems of the Earth and Sun—all levels of the hierarchy communicate and exchange energy.*

21 minutes: <https://youtu.be/byqsJE4ZHxM>

### **Plant Spirit Medicine Summit May 23-29**

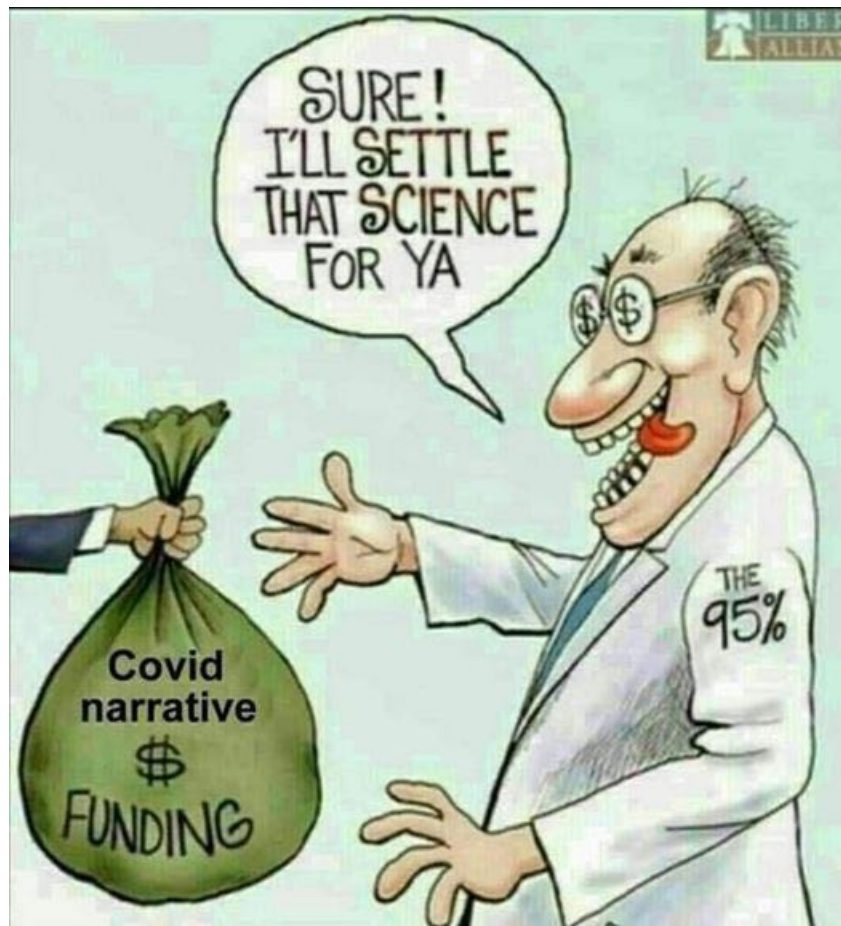
*Indigenous healers, psychologists, doctors, and others.*

Free: <https://plantspiritsummit.com/>

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## **Friday Memes**





**Just one more thing...**  
How do you explain  
the sudden stop in new variants?





**Truth Warrior** @TruthWarriorDad · 1h ...

The cognitive dissonance variant is strong right now...



**David Leavitt** ✓

@David\_Leavitt

Enough is enough.

Make vaccines mandatory.

#ThursdayThoughts

8:38 AM · 9/9/21 from Boston, MA · Twitter for iPhone



**David Leavitt** ✓

@David\_Leavitt

@DefiantLs

The only person who should have control over your personal medical decisions is you.

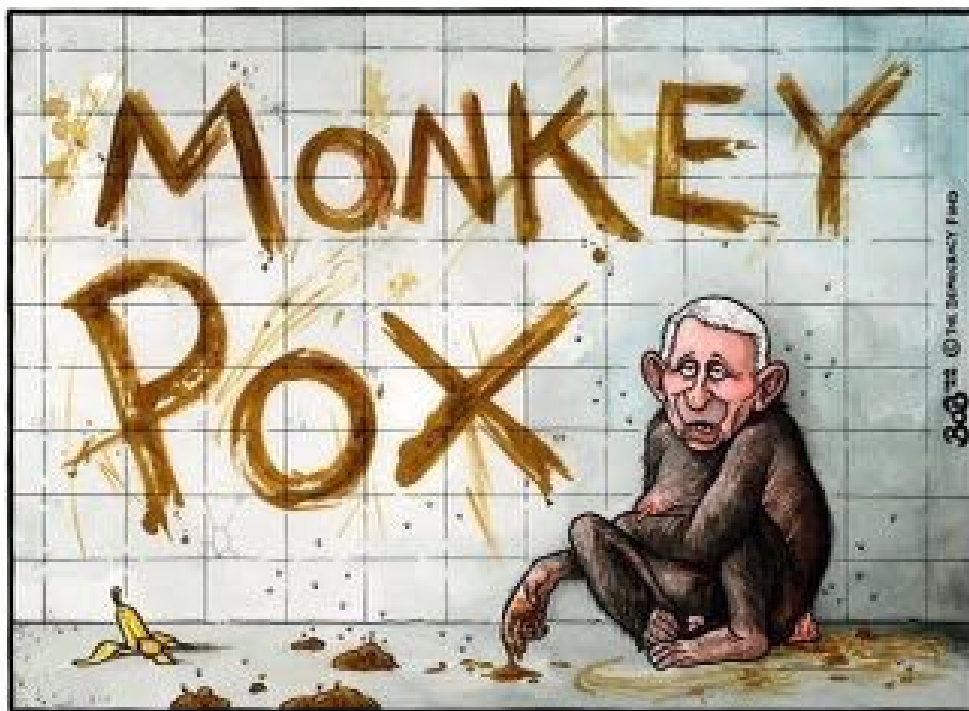
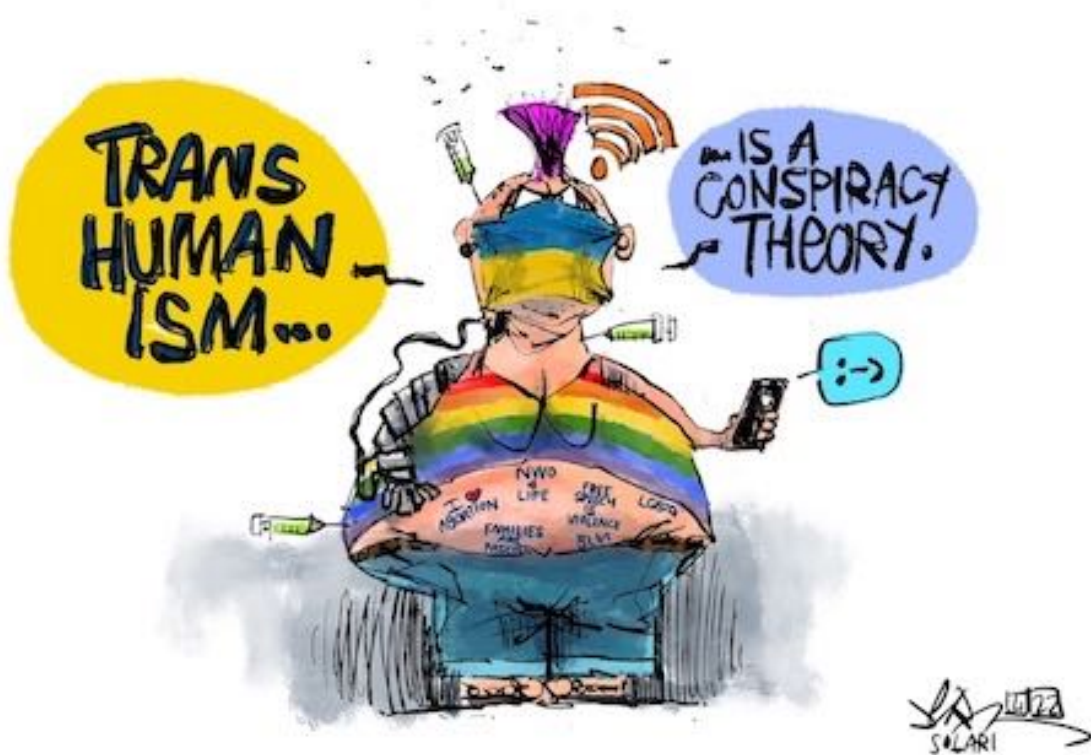
Not politicians.

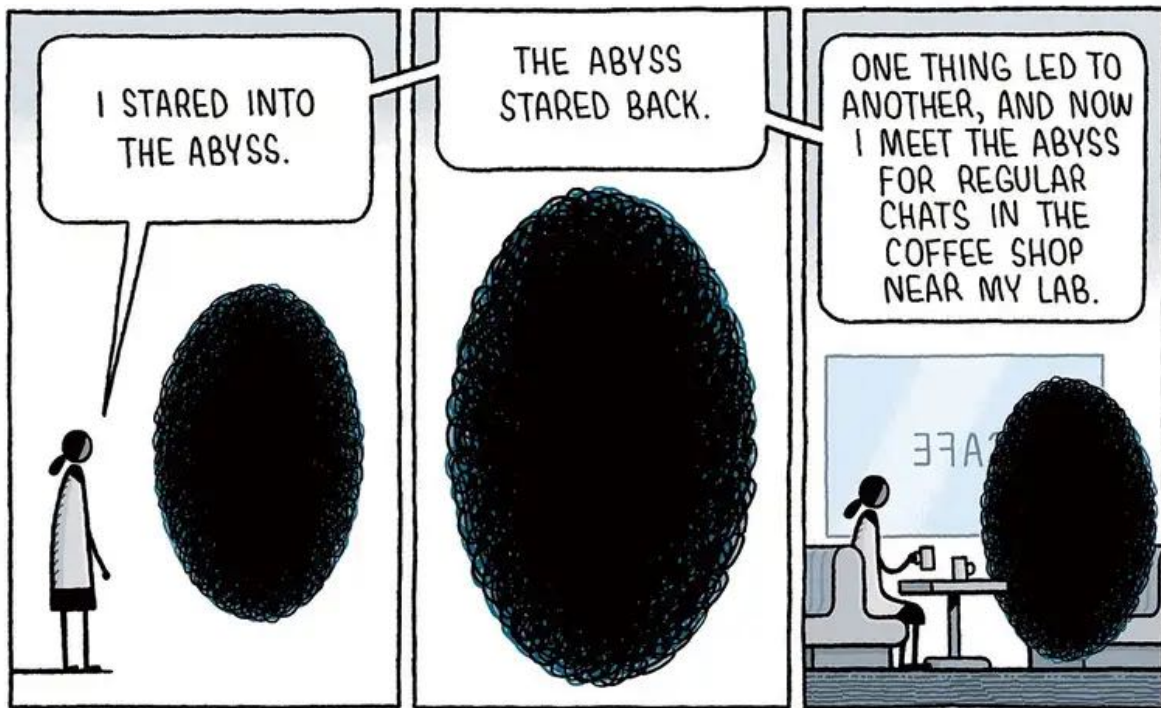
You.

#BansOffOurBodies #RoeVsWade

2:30 PM · 5/14/22 · Twitter Web App







TOM GAULD for NEW SCIENTIST



**NurseErin**  
@erin\_bsn

If you're not happy single, then you won't be happy dating someone. Happiness comes from exposing deep-state liars and holding every single one of those bastards accountable for stealing our God-given liberties.

Me trying to figure out what's going on in the world via memes since I refuse to watch the news

@tank.sinatra



**Joel Rafidi**  
@joelrafidi

This planet is not a prison.  
Your body is not a prison.  
You are not trapped or limited.  
This is deep seeded gnostic  
programming based in denial and  
negation of self.  
Everything is deeply alive and rich with  
intelligence and magic, including your  
body.