



Monday 6/20/22 Newsletter

Welcome to our **Monday Edition** newsletter with curated news of the day.

First up is our [Preparedness Survey](#). It is a [completely anonymous](#) survey that will help us get a handle on what our members are seeing, needing and wanting. Covering the topics of **food, water, shelter/energy, medical, financial, travel, and community preparedness**, it's also just a good opportunity to assess your own preparedness given the potential disruption scenarios. *Thank you!*

[Take the Survey Here](#)

NEWS HIGHLIGHTS TODAY: Insurance claims continue to show **huge bump in all-cause deaths**; Pfizer **vax depresses semen production** and **medical boards are now coming after Drs. McCullough and Kory**. **5G installations** continue unabated; historically bad **stagflation is on the horizon** while **China sees run on banks**; On the upside, **Kraken CEO offers to buy out woke employees**, **trans swimmers will now have to compete in their own category**, and how **red light can heal**.

[Join us today at 1PM for our Community Zoom meeting](#), which will feature an open conversation on a variety of topics of the day.

[Click for 1PM Zoom](#)

Please note that we are now featuring three new sections to the newsletter: **Relocalization**, **Rebuilding Culture**, and **Technocracy & Transhumanism** - see sections below.

As is customary, **Memes** can be found at bottom.

To Freedom and Victory!

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. Thank you!

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.



Learn Organic Farming in Barter Exchange

Fertile Fields Farm in Westmoreland continues to offer a barter exchange opportunity for anyone interested in coming 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. Contact Lori at 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 • 603.530.1200



sunset
EMF & HEALING

sunsetEMF.com

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

Our 5/9 Zoom chat with Larisa talking about EMFs and her business can be found here:

<https://riseupnh.org/weekly-zoom/>

Have a business or item you'd like to share here? Contact admin@riseupnh.org.

The UpBeat

Why Do We Fear Our Own Power? (Raelle Kaia)

Reclaiming Sovereignty Through Psyche and Spirit

<https://relendra.substack.com/p/why-do-we-fear-our-own-power>

Reimagining The World Economic Forum

The WEF seems happy to "reimagine" us, why can't we return the favor? :-)

<https://bombthrower.com/reimagining-the-world-economic-forum/>

How I Became a Baboon

Lesson for our times? You decide.

<https://www.kenringblog.com/2022/06/how-i-became-baboon.html>

Events

Thursday, June 23, 6pm to 8:00pm - Armed with Knowledge: STATE Gun Law

Country Life Restaurant, Keene, \$10

Register: https://texaslawshield.secure.force.com/pmtx/evt__QuickEvent?id=a2z6e00000bJ59y

Thursday, June 30, 6pm to 8pm - Get Out Alive: Surviving an Active Shooter

Country Life Restaurant, Keene, Free:

https://texaslawshield.secure.force.com/pmtx/evt__QuickEvent?id=a2z6e00000bJ5AD

Sunday July 3, 10am-4pm: Wilderness Survival "Bush Craft", with Baxter Tardif & Kael Grover

Keene area, exact location TBD.

For adults and children 10 and over.

Full details: <https://countryliferestaurant.com/events/2022-07-03/wildernesstraining>

Sheep Camp: 8 Days of Everything Sheep!

August 13-21, Greensboro VT, \$950.

Live in person workshop working with milk, wool, meat, and hides.

Full info and registration: <https://catehillorchard.com/sheep-camp/>

Free/Cool Resources

Pandemic of the Vaxxinated - Shareable Flyer

Please download this flyer, spread it around the digital world of social media and then print it out and distribute it everywhere you can throughout the real world. Questions? Call: 310-619-3055

<https://jamesroguski.substack.com/p/pandemic-of-the-vaxxinated>

How To Store A Year's Worth of Fruits & Vegetables - Free "Anytime" Webinar

<https://event.webinarjam.com/register/35/lqp4wiyr>

Superconscious Intuition Course

Starts June 21

<https://usa.naturalsuccess.io/freesuperconscious>

Politics, Bills, Elections, Voting & Natural Law

Democrat Jan 6 Propaganda Simply to Deny Trump a Second Chance at the Presidency

<https://granitegrok.com/blog/2022/06/democrat-propaganda-simply-to-deny-trump-a-second-chance-at-the-presidency>

Texas Republicans declare Biden 'not legitimately elected'

The party's state convention adopted a plank denouncing the US president's election as illegitimate

<https://www.rt.com/usa/557457-texas-republicans-biden-election-stolen/>



Relocalization (of Food, Energy, Currency, and more)

Caveat: some of organizations below may espouse such beliefs as global warming and CRT, but in general most of the strategies for relocalization address what needs to be done and can therefore assist us in our efforts.

The Dirt on Soil, June 23 (part 2), 2PM-3:15PM EST

Free or donation: <https://www.postcarbon.org/events/the-dirt-on-soil/>

The State(s) of Distributed Solar — 2021 Update

<https://ilsr.org/the-states-of-distributed-solar/>

Think Resilience - Free Online Course

Other than its focus on climate change, much of what is discussed is of value in relocalization efforts.

<https://education.resilience.org/product/self-directed-course/>

Sustainable Food Trust plan for national food security in the UK

<https://www.resilience.org/stories/2022-06-16/sustainable-food-trust-plan-for-national-food-security/>

"Food & Gardens for a Resilient Monadnock"

<https://sites.google.com/prod/view/foodgardensmonadnock>

"Gardening Connections in the Monadnock Region"

www.facebook.com/groups/gardenmonadnock

The Monadnock Farm and Community Coalition

...is a coalition of 140+ member organizations who come together regularly to build a sustainable local food system by cultivating community action and building collaboration to implement effective programs, projects, and policies.

<https://mfcommunitycoalition.org>

5-Year Food Security Plan: <https://bit.ly/3xO6JnX>

Rebuilding Culture

Deep Listening: The Heart and Soul of Conflict Resolution

<https://transitionus.org/deep-listening-the-heart-and-soul-of-conflict-resolution/>

Cancel Culture and Polarization in the Age of COVID: How To Agree To Disagree

<https://youtu.be/mFjQTaZuDc4>

Dr. Mark Changizi: Why are old people always appalled at the younger generations?

<https://youtu.be/OcGeuEjl1Dc>

EMFs

UPCOMING EMF Webinar

NH 4 Safe Technology (<https://www.facebook.com/NHforSafeTech/>) has one more webinar this month: **this Wed, June 22nd (noon-1pm)** - registration link:

<https://us02web.zoom.us/meeting/register/tZlqfuyogjgtE9ZNlk3rHxi-uXA85OA0Js2Z>

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.

Action Alert:#FiberFirst – Demand the FCC Recognize Electromagnetic Sensitivity (EMS)

We have until June 30 to submit comments to the Federal Communications Commission (FCC) that wired (fiber-based) broadband should be the preferred mode of broadband delivery and to finally recognize the need for special measures to address the electromagnetic sensitivity (EMS) disabled community.

<https://childrenshealthdefense.org/child-health-topics/take-action/fiberfirst-demand-the-fcc-recognize-electromagnetic-sensitivity-ems/>

Report: 5G Connections “to nearly double this year to 1.2 Billion” (Chart Included)

article and numerous videos: <https://www.activistpost.com/2022/06/report-5g-connections-to-nearly-double-this-year-to-1-2-billion-chart-included.html>

Harvard Physician report against cell towers (from 2017)

<https://www.scribd.com/document/320935636/The-Health-Argument-against-Cell-Phones-and-Cell-Towers>

Jab and Plandemic News

Fifth largest life insurance company in the US paid out 163% more for deaths of working people ages 18-64 in 2021 - Total claims/benefits up \$6 BILLION

Company cites "non-pandemic-related morbidity" and "unusual claims adjustments" in explanation of losses from group life insurance business: Stock falling, replaces CEO

<https://crossroadsreport.substack.com/p/breaking-fifth-largest-life-insurance>

Pfizer's primary mRNA injections "temporarily" impair semen concentration and total motile count among donors.

<https://onlinelibrary.wiley.com/doi/10.1111/andr.13209>

Contagious Vaccines: A Warning * Brownstone Institute

Already tested in animal populations, this technology bypasses the inconvenience of recalcitrant citizens who may refuse to give consent.

<https://brownstone.org/articles/contagious-vaccines-a-warning/>

Why America Doesn't Trust the CDC

<https://www.newsweek.com/why-america-doesnt-trust-cdc-opinion-1713145>

Technocracy, AI, Transhumanism, Eugenics & The Surveillance State

Mattias Desmet, author of new book, the Psychology of Totalitarianism

Desmet with Del Bigtree, video: <https://thehighwire.com/videos/mattias-desmet-the-psychology-of-totalitarianism/>

Book: <https://www.amazon.com/Psychology-Totalitarianism-Mattias-Desmet/dp/1666608963>

They Really Do Want You Eating Bugs: Cricket Production Subsidies From Ottawa

Beyond eating the bugs, Canada (as well as many places), is phasing out meat in favor of plant alternatives

<https://lionessofjudah.substack.com/p/they-really-do-want-you-eating-bugs>

Charles Eisenstein: Transhumanism and the Metaverse

The closer our integration with technology in all aspects of life, the more life itself can become a consumer product.

<https://charleseisenstein.substack.com/p/transhumanism-and-the-metaverse>

Money & Resources

Charles Hugh Smith: Our Economy in a Nutshell

The economy has reached an inflection point where everything that is unsustainable finally starts unraveling.

<https://charleshughsmith.blogspot.com/2022/06/our-economy-in-nutshell.html>

The Engineered Stagflationary Collapse Has Arrived – Here's What Happens Next

Stagflation = rising prices but stagnant wages

<https://www.activistpost.com/2022/06/the-engineered-stagflationary-collapse-has-arrived-heres-what-happens-next.html>

Inflation Is Dominating Headlines, But Deflation Is What Investors Should Fear

<https://www.zerohedge.com/economics/inflation-dominating-headlines-deflation-what-investors-should-fear>

Run on the Banks in China – Long Lines in Henan, Shanghai, and Dandong

<https://www.thegatewaypundit.com/2022/06/breaking-run-banks-china-long-lines-henan-shanghai-dandong/>

Amazon calls cops, fires workers in attempts to stop unionization nationwide

<https://www.washingtonpost.com/technology/2022/06/13/amazon-union-retaliation-allegations/>

Ukraine, False Flags, & other Globalist-Inspired BS

Dozens of Ukrainian officers killed in missile strike – Russia

The Russian Defense Ministry claimed that Kalibr missiles were also used to destroy Western-supplied M777 howitzers and armored vehicles

<https://www.rt.com/russia/557428-50-ukrainian-generals-officers-killed-russia/>

Public Opinion On Ukraine Shifts As Europeans Back Immediate Peace Over Seeking Russian Defeat

<https://www.zerohedge.com/geopolitical/public-opinion-ukraine-shifts-europeans-back-immediate-peace-over-seeking-russian>

All This and World War Too

Perhaps you can see how the dangerous mischief of RussiaGate, Hillary Clinton's spoofish punkery that Russia "interfered" in the 2016 election, drove the USA into a foreign policy psychosis...

<https://kunstler.com/clusterfuck-nation/all-this-and-world-war-too-2/>

Free Speech, Censorship, Propaganda, PsyOps & Critical Thinking

Dr. Peter McCullough's medical license in peril (and now Dr. Pierre Kory's, too)

Senator Ron Johnson responds by calling for public hearings

<https://thehighwire.com/videos/medical-board-goes-after-dr-mccullough-sen-johnson-calls-for-public-hearing/>

A Savage Montage Of CNN Spreading Fake News

https://granitegrok.com/mg_manchester/2022/06/a-savage-montage-of-cnn-spreading-fake-news

Academic Narrative Enforcers: The JICM Retraction of the FLCCC's MATH+ Paper

<https://doyouownresearch.substack.com/p/academic-narrative-enforcers-the>

17 Techniques of Propaganda -- Citizens for Free Speech

20 Min. video: <https://youtu.be/aiWJzo4sWBU>

Shadows of Liberty documentary

Highly relevant 2012 film examines consolidation, censorship, cover-ups, and every other element threatening the media's ability to support our democracy, with interviews from legendary media critics and insiders.

Stream free: <https://shadowsofliberty.org/watch/stream/>

Culture Wars

CEO sends message to 'woke' employees

<https://youtu.be/dkTaGaT65Qk>

DOJ launching “hate crimes” snitch line, but of course all HATE targeting conservatives, Christians and pro-life baby defenders will be utterly ignored

<https://www.naturalnews.com/2022-06-19-doj-launches-hate-crimes-snitch-line.html>

Swimming's World Governing Body Slaps Total Ban On Transgender Athletes

They will have to compete in a separate category.

<https://summit.news/2022/06/20/swimmings-world-governing-body-slaps-total-ban-on-transgender-athletes/>

Male blood donor, 66, turned away from clinic after he refused to answer a question on whether he was pregnant as part of a pre-donation questionnaire

By Graham Grant For The Daily Mail
17:00 EDT 17 Jun 2022 , updated 19:32 EDT 17 Jun 2022



Paradigm Expanding

More evidence of the exquisite geometry of the movement of energy in the Unified Field that is our cosmic home.

<https://youtu.be/-r7vweFUJdM>

Dr John Bergman Interview "Recharge Your Health with Flexbeam" with Arjen Helder
On the healing power of red and infrared light

<https://youtu.be/l3JF-5Ttnco>

A Numinous Power Has Taken Over the World - Shunyamurti Teaching

<https://youtu.be/0gkgNw9NLs8>

News From a Near-Death Researcher

A Book Review of Ken Ring's "Waiting To Die"

<https://consciousnessunbound.blogspot.com/2020/09/news-from-near-death-researcher.html>

Pim Van Lommel MD - A Near Death Experience Study

A good summary of what had been learned over past 5 decades

<https://youtu.be/Fluz87a9CUY>

Monday Memes





The Dean Podcast
@thedeanpodcast

...

Monkeypox hysteria seems to be on pause due to scheduling conflicts with Pride month.

Hot weather: Warning that dehydration could lead to blood clots



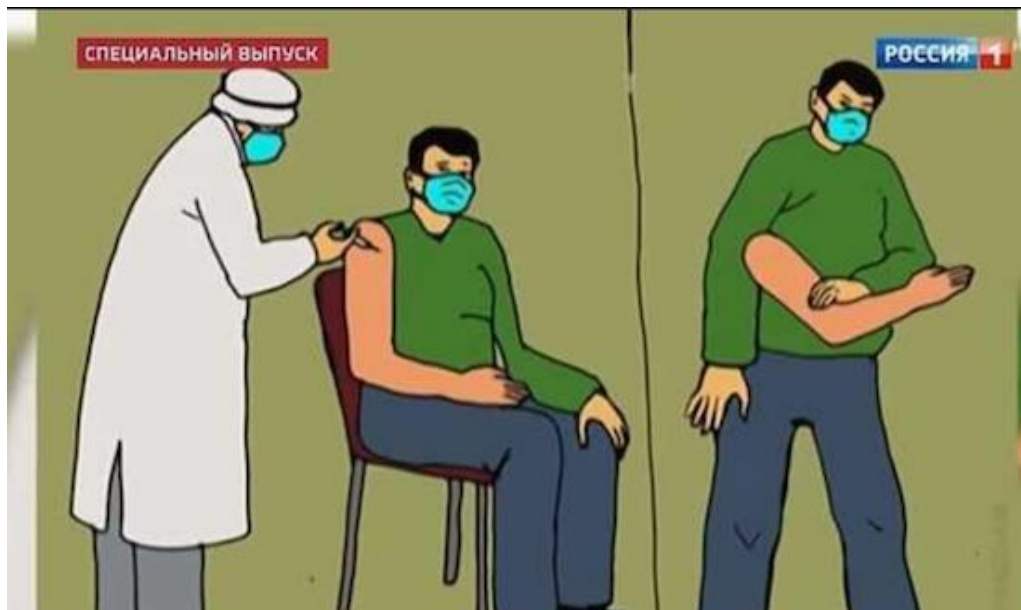
[express.co.uk](https://www.express.co.uk)

Hot weather: Warning that dehydration could lead to blood clots - expert

Fatal Covid 'caused by having sex'

LONDON: Researchers have discovered your risk of death from Covid may be linked to whether or not your very distant ancestor had sex with a Neanderthal.

Scientists believe this single fateful act appeared to have given many of us a genetic tweak that doubles our risk of severe Covid – leading, they





**We'll pretend we are dropping
the vaccine passports**



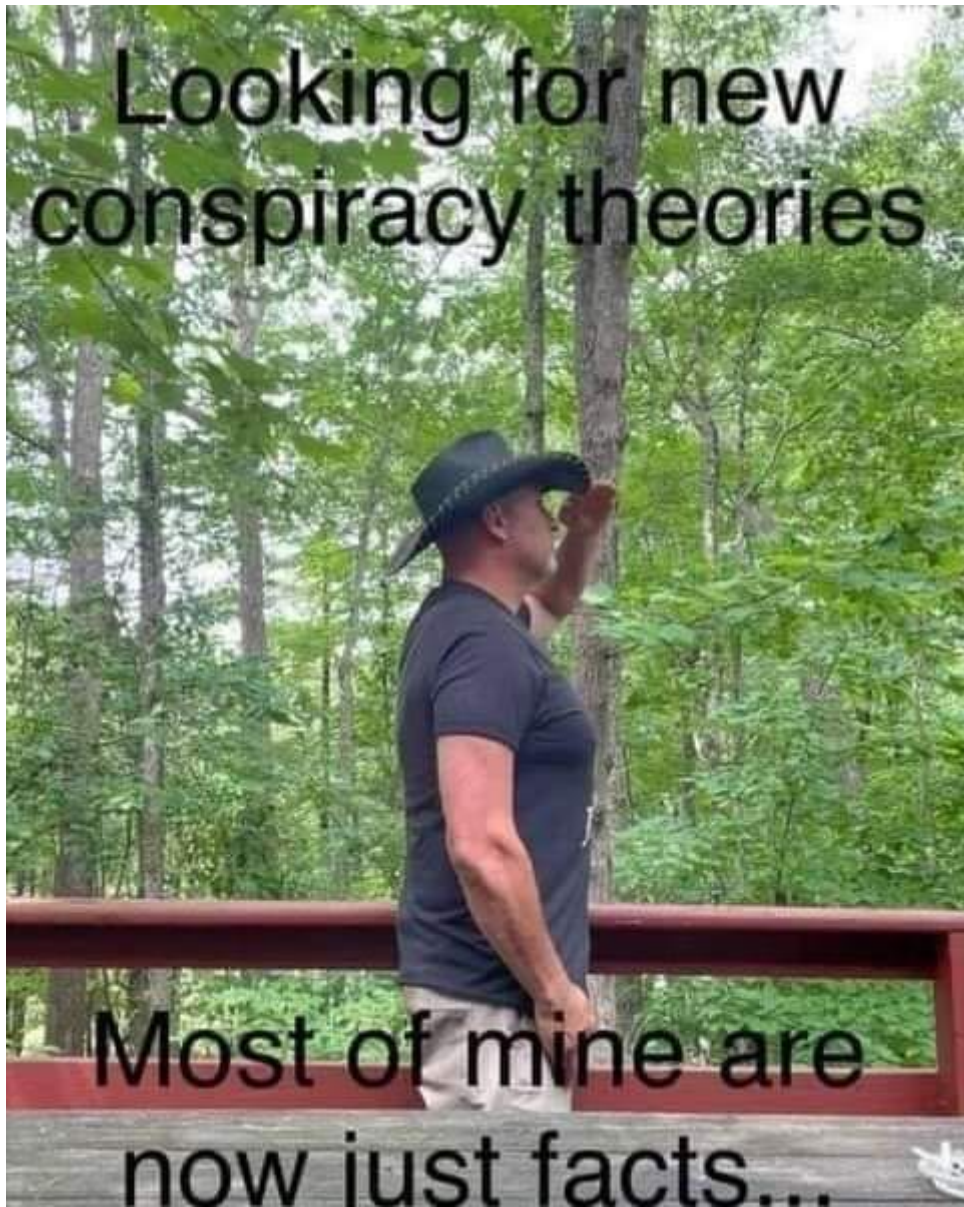
**by changing the name to
Digital ID**

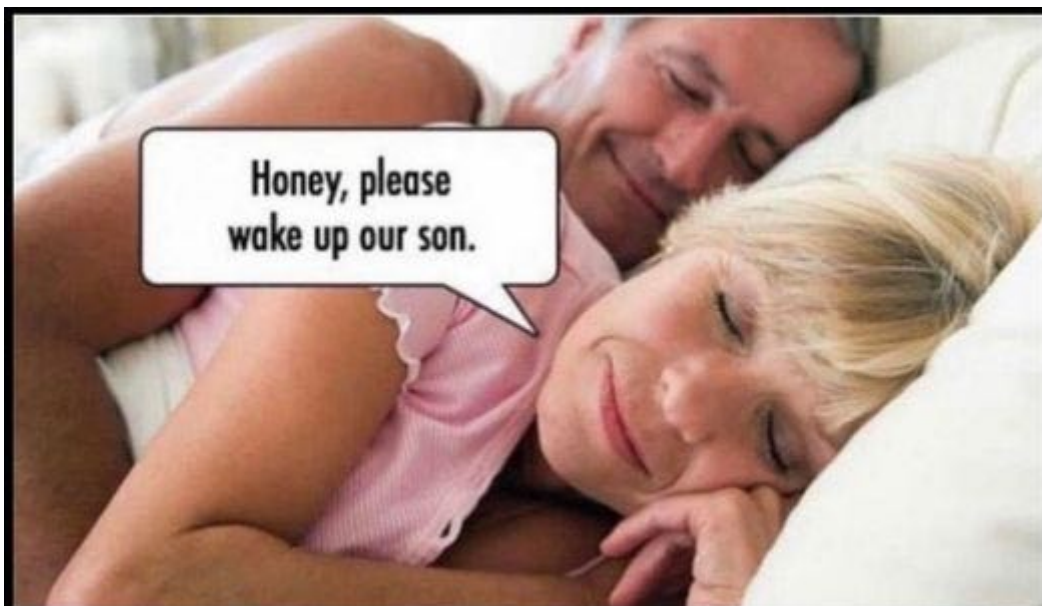


In ancient Athens, the worlds first democracy, they had a process called ostracism, where once a year the people could vote on the politician they thought was most destructive to the democratic process. The "winner" was banished from Athens for 10 years.

Looking for new
conspiracy theories

Most of mine are
now just facts...





In America, you're 6x more likely to
be killed by a Doctor than a gun.



Missing context

Independent fact-checkers say this information could mislead people.



[See Why](#)

Facebook just can't leave these dangerous memes alone.

THE PROPHECY



HAS BEEN FULFILLED



125 YEARS AGO YOU DIDN'T HAVE TO ASK PERMISSION FROM THE GOVERNMENT TO:

- Collect rain water • Go fishing
- Own a property • Start a business
- Renovate your home • Build a home
- Use a transportation vehicle
- Get married • Hunt • Own a weapon
- Cut hair • Sell a product • Protest
- Grow food on your property
- Set up a lemonade stand • Sell food

You can do virtually nothing without being extorted by government and obtaining their permission first. If you still think you're free, you're deluding yourself! You live in a tax farm as free range humans.

Bizpacreview.com

Let's avoid a hellish dystopian nightmare by remembering the **RULES OF CIVIL CONVERSATION**

1	I will try to reach a shared understanding rather than 'win the argument'.	2	I will clarify with others to make sure I genuinely understand their perspective.
3	I shall endeavor to avoid committing logical fallacies in support of my claims.	4	I will attempt to account for my own biases and try to be intellectually humble.
5	I will also try to be reasonable, rational, and create coherent arguments.	6	I may challenge ideas, but will refrain from personal attacks and mean-spiritedness.
7	I will use the 'Principle of Charity' to interpret others' points of view in the best light.	8	I promise to remain genuinely receptive to changing my mind.

Download this poster for free and invite good-faith engagement online at

TheRulesOfCivilConversation.org