



Newsletter - Friday October 14, 2022

Welcome to our **Friday News Edition**, with Events, Community Bulletin Board, Memes, and more. Well, it seems Biden is now saying he was wrong about the pandemic being over -- oops! What else? Death throes of the western economy, the EU nations climb into war with the US over Ukraine, pundits suddenly in an uproar that the pseudo-vaxxes do not prevent transmission, and much more. Just another day in paradise! :-)

Please join us this coming Monday at 1pm for our **weekly community Zoom chat**, where we will engage in our second attempt at featuring Jack Shimek, an expert in **emergency radio communication**. Jack will discuss a number of solutions that groups like ours should consider in a grid-down or other emergency scenario.

1PM Monday Zoom

This Past Monday's Zoom 1 - Health News, our Private Social Media site, more

This week we discussed a range of topics, including:

- Concerns over outside-NH political contributions to in-state races
- Further attempts to control/limit use of herbs and vitamins, impacts to compound pharmacies
- Iatrogenic causes of death (drugs and hospital procedures, etc)
- Further discussion of myocarditis result from COVID vaccines
- Developments in the pandemic disclosure and continuation or cessation of vaccine mandates
- Suggestions for how to get started with VCAL, our private social media website (privacy settings, searching for members, craigslist-type directory, etc.)
- Discussion of new format for Rise Up NH newsletters (Monday Edition will be about Solutions, Friday will have usual range of news)

Watch zoom recording here:

<https://www.brighteon.com/8dd4a5e5-37d9-42db-938f-56bbf647feb8>

What to do NEXT when you get to VCAL website

...VCAL is our **100% exclusive, private, invitation-only social media network for**

“plandemic-aware” individuals and groups in and around NH.

Here is our recommended ideas for "do this next" (see the Help Forum on the VCAL site for what to do first):

1. Post an message on your feed -- perhaps something you hope to gain or give by your participation in this network, or share an interesting article or resource
2. Once you have searched for and found folks near you or with like interests (under "Members" menu), go ahead and request "connecting" with them (once accepted, this allows you exchange messages with them) and/or "follow" them (you will see their public posts)
3. Respond to posts or add to the conversation in the Forums and Groups

If you have not receive an invitation to VCAL, please write to admin@riseupnh.org to request one. If you have been on the site before, please come back, join one or more groups or conversations, and help make others welcome. THANK YOU! :-)

Enjoy the fall weekend!

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 & community resilience.

PLEASE DONATE TODAY to support our efforts. Thank you!

SOVEREIGNTY NOTICE:

No one is telling you what to think or believe, or even what is true. Articles and videos offered here do NOT imply any kind of imprimatur of truth or finality on the part of anyone in Rise Up NH, but are offered for consideration as partial perspectives towards gaining a fuller picture of what's so. In general, we do not repeat the ubiquitous mainstream narratives, though most items reference these in their arguments. Do your own research, suspend final conclusions in favor of continuing research, ignore what doesn't ring true for you, and always make up your own mind. Collective sense-making is a path, not a destination.



Help Support Local Student's Singing Tour

I am going on a singing tour in Spain with my choir, the Cecelia Ensemble in April. In order to go, we have to do fundraising to pay for the tour. One thing I am doing is selling raffle tickets. The tickets are for a chance to go on an all-expenses-paid 3-day weekend trip to either London or Paris, your choice! The brochure with all the information is here:

<https://bit.ly/3Tb9CHi>. The tickets are \$20. Email artsybobcat2@gmail.com to get a ticket.

The deadline to buy tickets is November 1st (the drawing is November 14). If you are interested, or know anyone who is interested please email back and let me know! I would really appreciate the help.

Thanks,

Cadence, daughter of Brenna (Stoddard)

**Bulk Organic Storage Crops
for sale from
Fertile Fields Farm in Westmoreland NH**

Garlic \$8.50 lb
Potatoes (all colors) \$1.50 lb
Sweet Potatoes \$2.50 lb. (20 lbs or more \$2 lb)
Butternut Squash \$1.50 lb
Acorn Squash \$1.50 lb
Spaghetti Squash \$1.50 lb
Buttercup or Orange Kaboucha Squash \$1.50 lb
Long Pie Pumpkins \$1.50 lb
Musquee De Provence Pumpkins \$1.00 lb (they are big – between 15-20 lbs each and keep a very long time.

Purchasing 50 lbs potatoes or 100 lbs squash mix lowers price to \$1.25 lb

Call Lori@ 603 399-7772 or text 603 355-7004 to arrange pick up or meet up in Keene.

Cope Counseling & Coaching
David Cope MSW, LICSW

www.copecounselingandcoaching.com
david@copecounselingandcoaching.com
603-562-8889



Healing/
Empowerment
Sessions

with
*John-Michael
Dumais*

603-757-6358
jmdumais@gmail.com
www.Quest4Emergence.com



<p>Meet Audra Wilson Holistic Nurse and Health Practitioner</p>  	<p>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.</p> <p>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.</p> <p>Certifications:</p> <ul style="list-style-type: none"> • Halotherapy • 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 <p>626 Route 10 Gilsum NH - 603-338-8797 RestoringEden4NaturalHealth@gmail.com</p>
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Have a business or item you'd like to share here? Contact admin@riseupnh.org.

Events

Sunday October 16, 10AM-4PM

Free: Body-Mind-Spirit Evolution Expo

Grappone Conference Center in Concord NH

Audra Wilson of Restoring Eden and Larisa Trexler of Health Freedom NH will both be there.

Info: <https://holisticnh.org/evolution-expo-22/>

Biweekly, Saturday 10am to 11:30am NVC Study Group, Swanzey

(Next class: Oct 29) - with Kristen Reynolds

This study group for people who have either done an NVC intro with Kristen, read the book Nonviolent Communication by Marshall Rosenberg, or have had NVC training elsewhere.

(Kristen will do NVC intro workshops occasionally for those who wish to start this practice. If you are interested in an introduction, please contact her to set up a time. Intros take three hours.) **Info/directions: kreynolds3000 at gmail dot com.**

Fridays Starting October 14 from 4pm - 5:15pm

Energetic Vinyasa Flow Yoga class w/ Bronwyn Sims

@ Elements MMA, Keene

Drop in rate - \$22s

To sign up please click this link: <https://www.elements-mma.com/workshops>

If you have questions please email: justmoveyoga@protonmail.com

Even more classes -- see www.justmoveyogafitness.com

Saturday October 15 from 12:30-2:30pm

Inversions & Acrobatics Workshop W/ Bronwyn Sims
At Elements MMA, 310 Marlboro St Suite 264 Keene NH
Cost- \$35 per student

To sign up please click this link: <https://www.elements-mma.com/workshops>

If you have questions please email: justmoveyoga@protonmail.com

Saturday Oct 20 Field trip to Forefather's Monument in Plymouth MA

Details: <https://riseupnh.org/wp-content/uploads/2022/08/Field-Trip-to-Plymouth-MA.pdf>

Sunday, October 23, 2022 @ 1-5pm (rain date: Saturday, Oct. 29, 2022)

MAFA MA Family Friendly Autumn Fundraiser & Social

A family farm in Ipswich MA (address will be provided with ticket purchase confirmations)

TICKETS & More info:

<https://preview.mailerlite.io/preview/156761/emails/67865447003850568>

MAFA MA's email list to receive updates on this & future events, please register at

www.MAFA-MA.com

***DATE CHANGED!* Saturday Nov 5th, 5:30-9:30PM**

Health Freedom NH Fall Presentation & Social Evening

for a presentation and social evening. This is a private event in Temple NH. Tickets are required and will be live on our website soon...presentation, good food, good company and live music :).

More info here: <https://hfnh.org/event/oct8/>

Have an event you'd like us to post? Contact admin@riseupnh.org.

The UpBeat

Have we reach a mass wakeup tipping point? - Jean Nolan

10 minutes: <https://youtu.be/IOL6FB2TWHE?t=90>

Tulsi Gabbard plans to campaign for GOP Senate candidate Don Bolduc after suddenly leaving Democratic Party

<https://politics406.com/tulsi-gabbard-plans-to-campaign-for-gop-senate-candidate-don-bolduc-after-suddenly-leaving-democratic-party/>

Free/Cool/Fun/Weird/Noteworthy

Maine Medical Board Grills Dr. Meryl Nass in What Attorney Calls ‘Abuse of Regulatory Process’

Maine’s Board of Licensure in Medicine on Tuesday held the first of several hearings to determine whether Dr. Meryl Nass will be able to continue practicing medicine. The hearing focused on allegations that Nass prescribed ivermectin and hydroxychloroquine to three patients.

Article, with video of 10/11 Hearing: <https://childrenshealthdefense.org/defender/maine-medical-board-covid-hearing-meryl-nass/>

10/13 Hearing Update from Dr Nass, with link to CHD-TV segment with her and Dr. John Day: <https://merylnass.substack.com/p/update-on-my-board-of-medical-licensure>

Premieres Oct 18! The Real Anthony Fauci: The Movie

Based on the book, The Real Anthony Fauci: Bill Gates, Big Pharma, and the Global War on Democracy and Public Health (<https://www.amazon.com/Real-Anthony-Fauci-Democracy-Childrens/dp/1510766804>) by Robert F. Kennedy, Jr. The film will be made available for free viewing at <https://www.therealanthonyaucimovie.com> starting October 18 at 12:01 am Eastern.

Trailer: <https://www.therealanthonyaucimovie.com/trailer/>

Vaccine Induced: The Story of Shaun Muldoon - recommended by Mikki Willis

Shaun said “had I known a possible side effect was death, I’d never have taken it”. The world needs to know, this message has to be told.

29 minutes: <https://www.vaccineinduced.com>

THE BIG RESET MOVIE (English version) - The uncensored Spanish documentary about the truth of the pandemic

134 minutes: <https://odysee.com/@thebigreset:1/ENGLISH:bb>

Politics, Bills, Elections, Voting & Natural Law

Campaign finance report draws complaint in Cheshire County House race

<https://news.yahoo.com/campaign-finance-report-draws-complaint-183700478.html>

Tulsi Gabbard leaves Democrat Party

About 1 minute: <https://twitter.com/TulsiGabbard/status/1579788950696185859>

Election Fraud Is In The Air with April Moss Feat. Zach Vorhies (Two Mikes)

April Moss is an investigative reporter focused on election integrity (including the anomalies around the 2020 presidential election), and Zach Voorhies is a computer engineer and news-

website owner.

36 minutes: <https://rumble.com/v1niy6w-election-fraud-is-in-the-air-with-april-moss-feat.-zach-vorhies.html>

We're Coming For You - James Howard Kunstler

How badly the party of chaos is messing it up on every count

<https://kunstler.com/clusterfuck-nation/were-coming-for-you/>

Biden administration urged Saudi Arabia to wait until after the midterms to cut oil production - and warned rejecting the offer would be a clear sign of siding with Russia, report claims

<https://www.dailymail.co.uk/news/article-11305219/Biden-administration-urged-Saudi-Arabia-wait-midterms-cut-oil-production.html>

Thousands Of US Officials Trade Shares Of Companies They Regulate: WSJ

<https://www.zerohedge.com/political/thousands-us-officials-trade-shares-companies-they-regulate-wsj>

Relocalization, Regenerative Ag & Prepping

How to build an Every Day Carry (E.D.C.) bag

12 minutes: <https://youtu.be/li3d3JvLUXQ>

9 Easy Hacks to Save Energy This Winter (And Stay Warm)

12 minutes: <https://youtu.be/e5Pyngswovk>

Cheshire County Radio Club

<http://ccdarc.org/>

Rebuilding Society & Culture

Three Tips to Be a Better Conversationalist

2 minutes: <https://youtu.be/dUyILC0SBoM>

The meaning crisis in medicine - John Vervaeke w/ Dr. Rusha Modi

On the need to transcend health care as a commodity

75 minutes: <https://youtu.be/u1-1h6hr2k4>

Jab, Health & Plandemic News

Melissa Barber @mellabarb · Oct 11

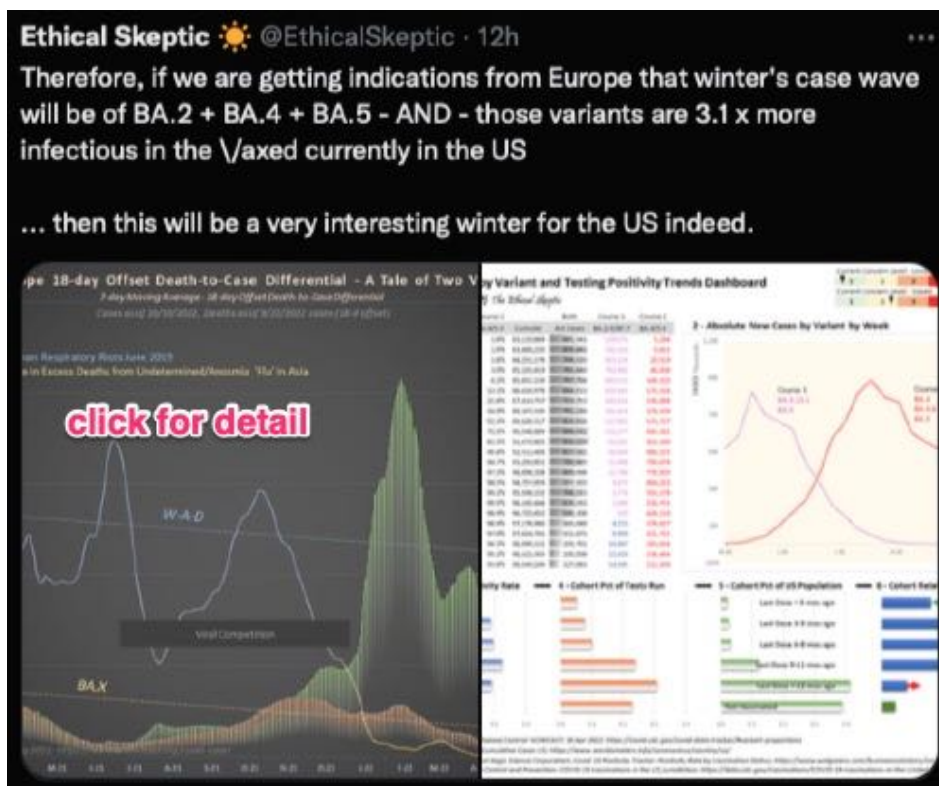
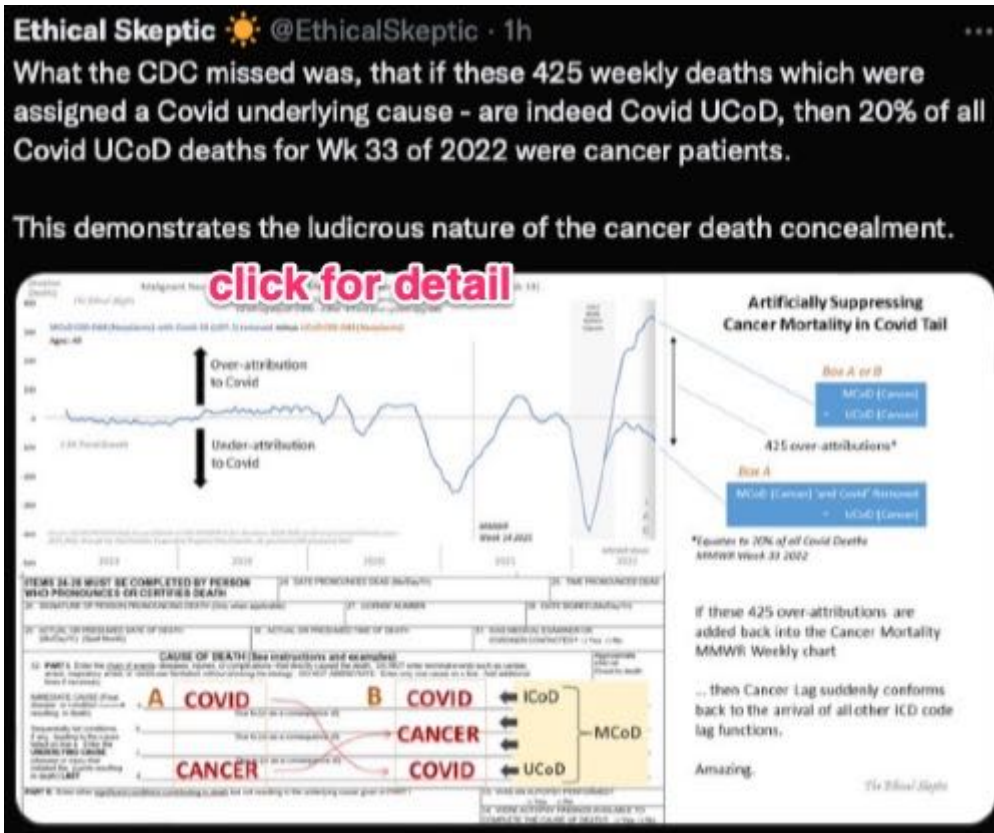
To sum up today's @Europarl_EN hearing w/@Pfizer on #COVID19 vaccines:

- 1) member states are furious by the lack of transparency & #SMSgate
- 2) @AlbertBourla miscalculated that this was something he could skip.
- 3) The committee is ready to recommend consequences

Summary in  1/ [click for thread](#)



0:50 43.8K views



Biden extends COVID public health emergency after declaring pandemic 'over'

<https://m.washingtontimes.com/news/2022/oct/13/joe-biden-extends-covid-19-public-health-emergency/>

Pam Popper/MAFA Files Lawsuit in NY Against Baric, Daszak and EcoHealth Alliance

and others

Starts at 2:28: <https://rumble.com/v1mwcg6-the-big-announcement-we-have-been-waiting-to-make.html>

In another pandemic lawsuit, David Martin reports a negative initial result and dings Justice Kimball

15 minutes: <https://youtu.be/dWTjLhVY0EM>

Leaked EU-Pfizer agreement reveals cover-up of bacterial proteins, endotoxins, DNA, dsRNA, other contaminants and up to 50% truncated, modified, recombined, junk mRNA in the vaccine

Informed consent was impossible. This toxic soup should never have been injected into humans.

<https://vinuarumugham.substack.com/p/leaked-eu-pfizer-agreement-reveals>

VAIDS Crisis Imminent: Nursing Report from the Nicklaus Children's Hospital in Miami

<https://2ndsmartestguyintheworld.substack.com/p/vaids-crisis-imminent-nursing-report>

Horowitz: Sudden deaths and pregnancy problems finally recognized, but the cause? Not so much

<https://www.conservativereview.com/horowitz-sudden-deaths-2658446558.html>

James Lyons-Weiler: Knowledge About Lack of Protection Against Transmission is Old, Not New

The admission by a Pfizer exec has set social media ablaze with shock. That's what you get when you suppress inconvenient truths. Now the flawed policies must be reversed or rescinded.

<https://popularrationalism.substack.com/p/knowledge-about-lack-of-protection>

Here's What MedPage Today Got Wrong in Its Critique of Florida's Study on mRNA Vaccine Safety

Hypocrisy and double standards reign.

<https://childrenshealthdefense.org/defender/medpage-today-florida-mrna-covid-vaccine-safety/>

Steve Kirsch's takedown of same: <https://stevekirsch.substack.com/p/in-defense-of-my-friend-dr-joseph>

'Everyday Heroes'? Pfizer Taps Marvel's Avengers to Push COVID Boosters to Kids

Pfizer and Marvel this month released a customized Avengers comic book that urges people to become an "everyday hero" by staying up-to-date with the latest Pfizer COVID-19 booster

shots.

<https://childrenshealthdefense.org/defender/pfizer-marvel-avengers-covid-boosters-kids/>

The Israeli Ministry of Health confirmed to Reuters that the leaked vax safety video is legit

<https://stevekirsch.substack.com/p/the-israeli-ministry-of-health-confirms>

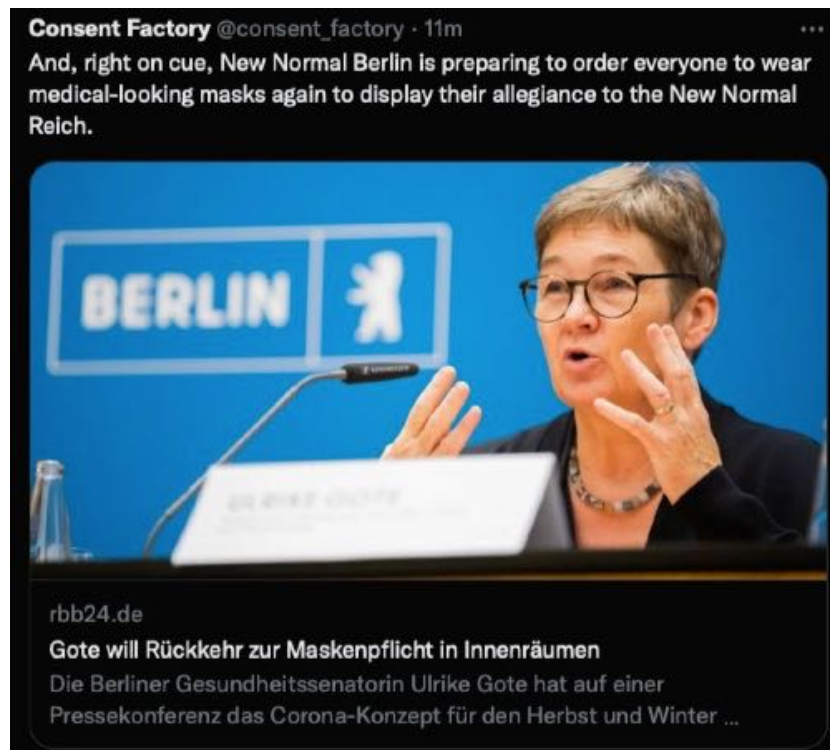
Nuremberg II: What a Real Inquiry into the Response to Covid Would Look Like

50 disturbing questions remain as to who did what, when, and why in the days leading up to the lockdowns of spring 2020 and beyond.

<https://michaelpsenger.substack.com/p/nuremberg-ii-what-a-real-inquiry>

BUT OF COURSE! Video games could trigger heart attacks in children

<https://www.telegraph.co.uk/news/2022/10/11/video-games-could-trigger-heart-attacks-children/?s=08>



General Health and Wellness

Making A Killing: The Untold Story of Psychotropic Drugging!

<https://www.bitchute.com/video/QRRpeXTNidoy/>

EMFs

Please join CHD's campaign: #No5GNearSchools — Keep Cell Towers Away From Schools and Demand 5G Safety Studies.

Click the link to submit a comment to your legislators today -- and please share widely!

<https://childrenshealthdefense.org/child-health-topics/action/no-5g-near-schools/>

Industry Aware of “known RF challenges” with 5G; “operators have only really started to realize and test for in the last six to 12 months”

<https://www.activistpost.com/2022/10/industry-aware-of-known-rf-challenges-with-5g-operators-have-only-really-started-to-realize-and-test-for-in-the-last-six-to-12-months.html>

What Happens To The Human Brain During EMF Exposures

Includes information about an ongoing Pentagon study of pilot impacts

<https://intuition-physician.com/what-happens-to-the-human-brain-during-emf-exposures/>

Money, Food, Energy, Jobs & Resources

Central Banks are in Deep Trouble - Money GPS

10 minutes: <https://youtu.be/B6iYd61D4Is>

Dominos Will Continue To Fall, Plus Look At What Just Collapsed To Lowest Level In 32 Years

There is a reason why central banks are trapped. When liquidity in the bond market becomes dysfunctional, every policy maker in the planet will be forced to step in. BOJ was first. BOE was second. Yellen is changing her tune. Next in line: the Fed & the ECB. U.S. 30-year mortgage rates keep climbing, now to 6.81%, the highest in 16 years.

<https://kingworldnews.com/dominos-will-continue-to-fall-plus-look-at-what-just-collapsed-to-lowest-level-in-32-years/>

"This Is A Fking War": Jamie Dimon Slams Biden Begging Saudis For Oil, Says Investors "Don't Give A Shit" About ESG**

<https://www.zerohedge.com/markets/fking-war-jamie-dimon-slams-biden-begging-saudis-oil-says-investors-dont-give-shit-about>

German farmers join civilians in mass demonstrations

The number of mass demonstrations is increasing across Europe as winter approaches. Germany is the focus of most of the protests this week as rising energy costs continue destroying the leading European economy.

<https://watchers.news/2022/10/12/farmers-join-civilians-in-mass-demonstrations-germany/>

Mises Institute: Austrian Economics versus the Federal Reserve | Patrick Newman

Recorded at the Arizona Biltmore Hotel in Phoenix, Arizona, on October 7, 2022.

25 minutes: https://youtu.be/8_cJrCUI5Q

Thorium Insiders Explain What Is Holding It Back From Wider Use

Thorium, only mildly radioactive, could power the world for 10k years.

https://www.theepochtimes.com/thorium-insiders-explain-what-is-holding-it-back-from-wider-use_4796221.html

Schools & Education

NH Dem Chair Buckley: Schools Must Keep Secrets or Parents Will 'Beat Their Children to Death'

If public schools inform parents about their children's behavior regarding gender issues or any counseling they have received, some of those students will be "beaten to death" by their moms or dads."

<https://nhjournal.com/dem-chair-buckley-schools-must-keep-secrets-from-nh-parents-or-they-will-beat-their-children-to-death/>

Ukraine, False Flags & Globalist Militarism

Scott Ritter - Nuclear Baby, Armageddon and New Game

Ritter discusses bombing of the Crimean bridge and the expansion of the war to Ukrainian critical infrastructure

<https://youtu.be/oZ7ksLgFHeg>

NATO eyes 10-year plan for Ukraine – Politico

The US-led military bloc hopes to make Ukraine "fully interoperable" with Western arsenals

<https://www.politico.com/news/2022/10/12/pentagon-chief-ukraine-support-00061387>

Becoming a World War?

Germany delivers air defense system to Ukraine: <https://www.dw.com/en/germany->

[delivers-air-defense-system-to-ukraine/a-63411353](#)

Britain's MoD has authorized the supply of AMRAAM missiles, which can shoot down Russian cruise missiles, to Ukraine:

<https://twitter.com/disclosetv/status/1580340370948620289>

Council of Europe Assembly brands Russia 'terrorist regime': <https://www.msn.com/en-au/news/other/parliamentary-assembly-of-the-council-of-europe-calls-russia-a-«terrorist-regime»/ar-AA12Wu4k>

Martin Armstrong: The Plot to Seize Russia

Armstrong is creator of Socrates - a potent forecasting computer model that analyzes global financial flows which has an uncanny track record predicting market conditions, wars, etc.

The Plot to Seize Russia is Armstrong's upcoming book.

55 minutes: <https://www.armstrongeconomics.com/armstrong-in-the-media/new-interview-the-plot-to-seize-russia/>

1st & 2nd Amendments, Psy-Ops, Propaganda, Censorship & Critical Thinking



Biden's HHS and CDC Paid Screen Writers and Comedians To Mock the Unvaccinated
Screen writers, comedians, influencers and church leaders, among others, were recruited

and paid to promote Covid-19 vaccines to the masses, while ridiculing and shaming those who refuse the jab.

<https://newspunch.com/bidens-hhs-and-cdc-paid-screen-writers-and-comedians-to-mock-the-unvaccinated/>

Malicious communications of the state

Language has been perverted in order to subjugate us

<https://newsletter.martingeddes.com/p/malicious-communications-of-the-state>

More On How Peer Review Generates And Maintains Consensuses

<https://www.wmbriggs.com/post/42563/>

The Century of the Self (Full Documentary)

The video to watch to understand the modern history of the government (and commercial) propaganda machine - great for red-pilling.

4 hours: <https://youtu.be/eJ3RzGoQC4s>

BEFORE UKRAINE CRISIS	AFTER UKRAINE CRISIS
The Guardian "Welcome to Ukraine, the most CORRUPT nation in Europe"	The Guardian "The fight for Ukraine is a fight for liberal IDEALS "
REUTERS "Ukraine's neo- NAZI problem"	REUTERS "For foreign fighters, Ukraine offers purpose, camaraderie and a CAUSE "
Vox "A Ukrainian comedian-turned-president is embroiled in Trump's impeachment MESS "	CNN "Ukrainians are giving two LESSONS in democracy that Americans have forgotten"
NEWEUROPE "Ukrainian president's rule becomes increasingly corrupt, AUTHORITARIAN "	The Washington Post "Zelensky: The TV president turned war HERO "



Noreen Fitzgerald
@Noreen77777

Coffee Cups at NUIG Galway.



Culture Wars



Woke Medicine - Christopher F. Rufo

Medical students at the University of Minnesota must swear an oath to fight “white supremacy, colonialism, [and] the gender binary.”

<https://christopherrufo.com/woke-medicine/>

Suppression Campaign - Christopher F. Rufo

The American Medical Association asks the federal government to prosecute critics of radical gender medicine.

<https://christopherrufo.com/suppression-campaign/>

JPMorgan Chase Bank did not like Kanye "Ye" West's t-shirt print "White lives matter", so they informed him they are closing his accounts

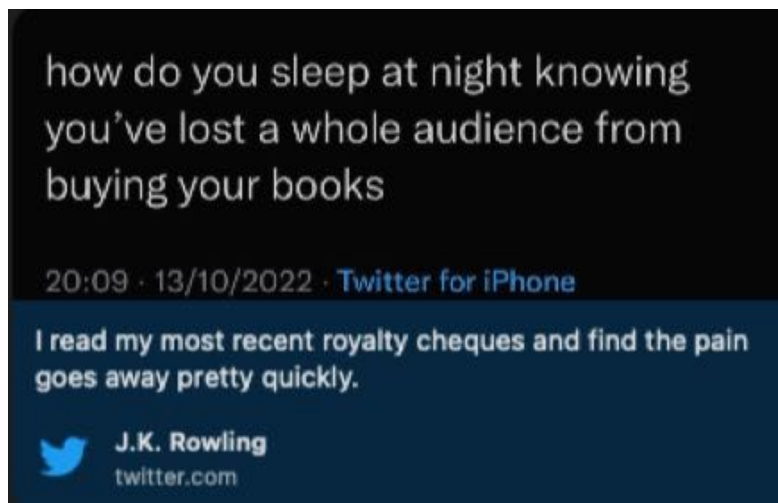
<https://palexander.substack.com/p/jpmorgan-chase-bank-did-not-like>

Candace Owens details shocking documentary exposing Black Lives Matter funding (Tucker Carlson)

5 minutes: <https://youtu.be/5JfMiXbVH4U>

The Greatest Lie Ever Sold documentary (105 minutes):

<https://www.bitchute.com/video/aTziHFUaPGNS/>



Paradigm Expanding

Healing And Restoration In Times Of Upheaval, Part 1 - Vera Lokteff

12 minutes: <https://youtu.be/llnGc7acfFI>

Global Oneness Summit Oct 15-24 - Free

10 days of free panels from over 100 transformational leaders, spiritual visionaries, scientists & award-winning musicians

<https://www.humanitysteam.org/global-oneness-summit-event-schedule>

Friday Memes



The
Babylon Bee



Hurricane-Ravaged Florida Town Raises Ukraine Flag So Congress Will Send Aid



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side effects may include:
being kicked off social media if
you post about your side effects



**Be honest, you
didn't trust the
science.**

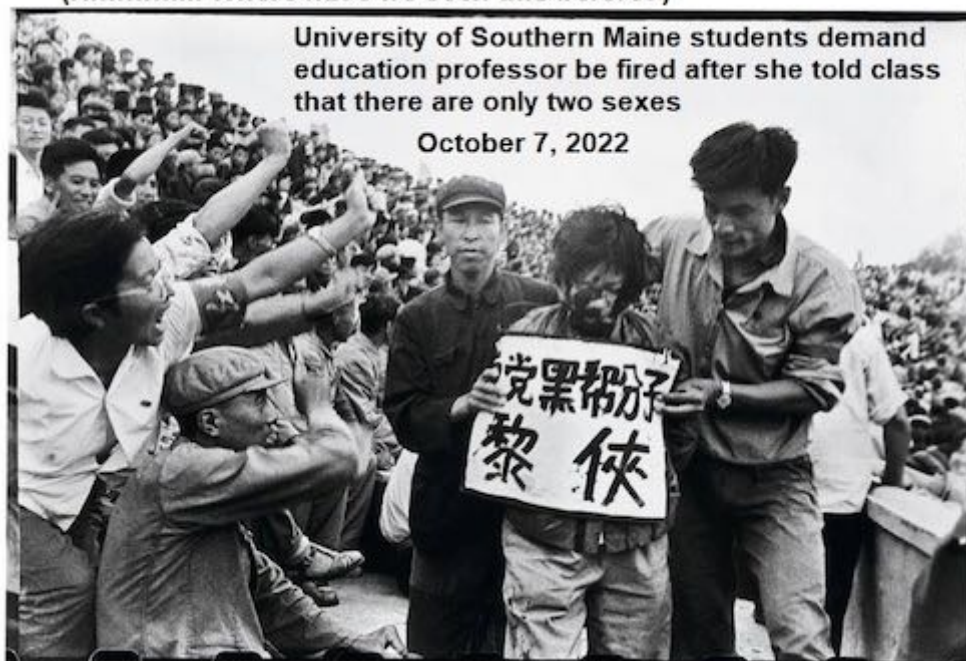
**You trusted the
TV.**



FOOTBALL TEAM LOSES

**GOVERNMENT DESTROYS YOUR
BUSINESS, FAMILY AND HEALTH**

(Hmmm.... Where have we seen this before?)



University of Southern Maine students demand
education professor be fired after she told class
that there are only two sexes

October 7, 2022



*Will it stop
me getting it?*

No.



*Will it stop me
passing it on?*

No.



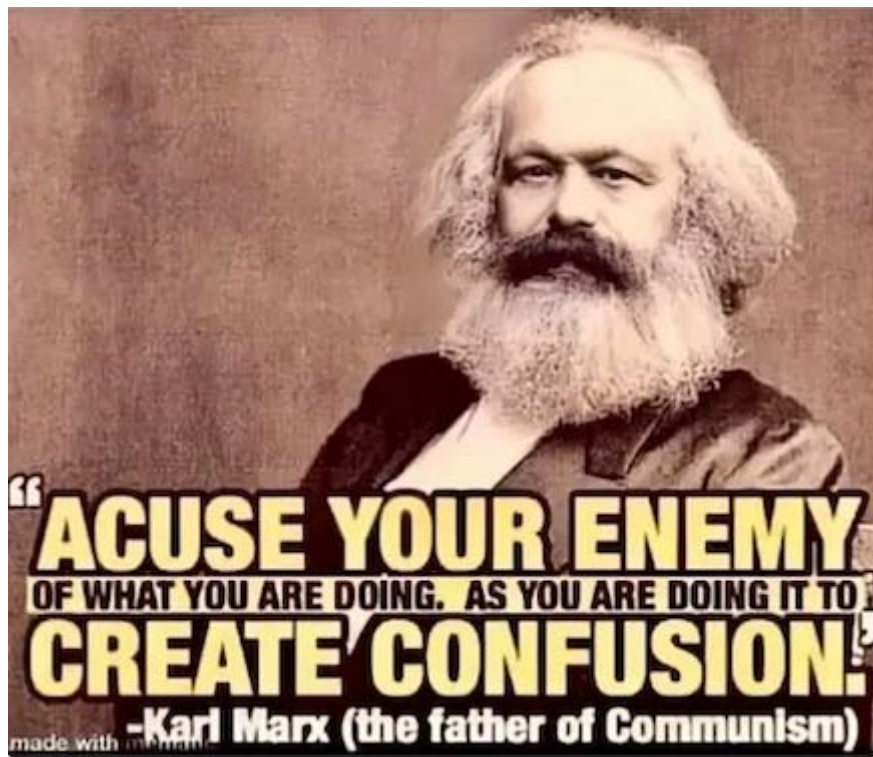
*So what
will it do?*

At best nothing,
at worst, kill you.



I'll take 5.







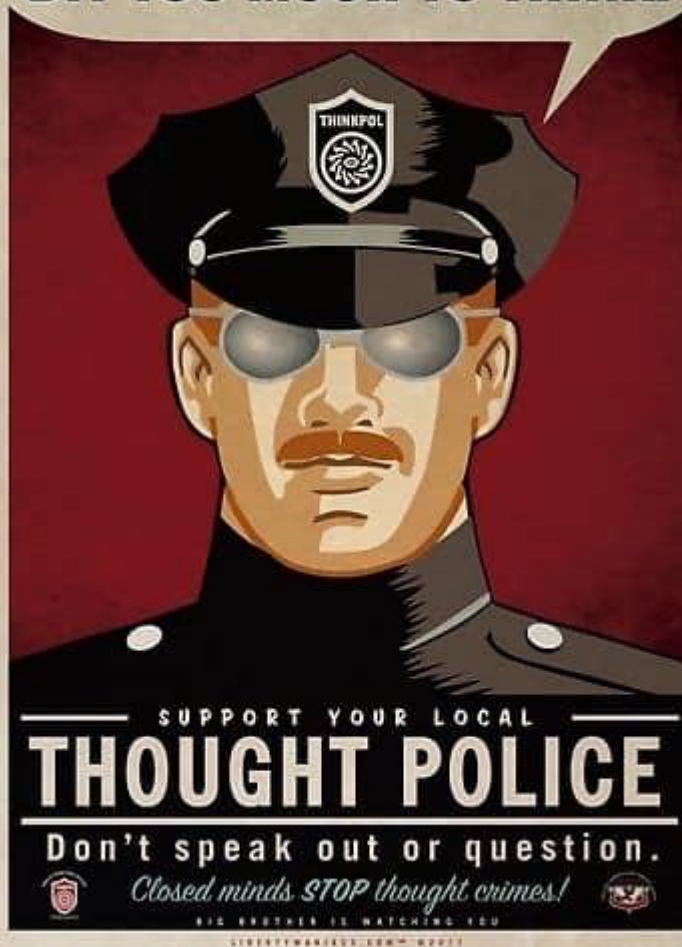
10 wars, millions dead, 1 nobel peace prize, 0 sanctions.



Yes.

**IF YOU DON'T
CONTROL YOUR
MIND, SOMEONE
ELSE WILL.**

**LOOKS LIKE YOU'VE HAD A
BIT TOO MUCH TO THINK!**



"IF YOU WANT TO LIVE IN
ABSOLUTE HELL, BELIEVE THAT
YOU ARE RESPONSIBLE FOR
WHAT OTHER PEOPLE FEEL."

» MARSHALL ROSENBERG «

