



Newsletter - Monday April 3, 2023

Subscribe here (free): <https://riseupnh.org/get-involved/>

Welcome to our Monday Solutions Edition with curated news of the day and memes at bottom. Below we have many articles, videos and resources for getting your garden or food forest off (in) the ground, composting, growing mushrooms, regrowing produce you buy. Learn about wisdom from the Lakota tradition, starting an alternative currency system, what the Mondragon Cooperative in Spain can teach us about relocalization, and new appreciation for the life value of soil. Plus curing tinnitus, clearing energy blockages, and alternative options for healing from cancer. You'll also get a selection of news of the day in our regularly featured sections, from the money system takedown, the trans culture wars and the latest attempts to control guns and the Trump indictment, to the real and potential dangers of AI, livestock vaccines, and a world war.

At least we have each other and can count on the groundedness and sanity of our community. :-)

Today's Zoom will be on the topic of EMFs in NH, featuring Ann Savastano. To be discussed:

- Brief intro to the issue and overview of the history
- Areas of concern: health; environment; pollinators and food sources; energy consumption and sustainability (the cloud); financial considerations – property values, cost to consumers; infringement of privacy and freedom rights (Fourth Amendment, Patriot Act ...)
- Brief overview of legal and regulatory history; current status in NH and in Keene
- Studies and research now available (overview)
- Action currently being taken by groups and citizen volunteers; links to a few key organizations and webinars
- Steps needed to fight this effectively, and how this applies to Keene right now.

[Click to Join Zoom](#)

Yes, we shall overcome!

John-Michael and the RiseUpNH team

Will you support Rise Up NH?

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.

Please 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.

Up First!

Top news and views....



kanekoa.substack.com
@KaneKoaTheGreat

[click to watch/read thread](#)

#1 @DavidSacks says that the RESTRICT Act, also known as the "Tik Tok Ban," is a Washington DC ploy to seize power and a bait-and-switch, and American citizens using VPNs could potentially face penalties of up to \$1 million in fines and 20 years in prison:

"This is going to give sweeping powers to the security state to surveil us, to prosecute us, to limit our internet usage. This is the biggest power grab and bait and switch they ever tried to pull on us. And again, if they really were concerned about Tik Tok — it's one sentence."

the broad power to "identify, deter, disrupt, prevent, prohibit, investigate, or otherwise mitigate ... any risk arising from any covered transaction by any person, or with respect to any property" that the secretary determines to pose "an undue or unacceptable risk" in several different areas. These include federal elections, "information and communications technology products and services," and "critical infrastructure or digital economy," as well as "coercive or criminal activities by a foreign adversary that are designed to undermine democratic processes and institutions or steer policy and regulatory decisions in favor of the strategic objectives of a foreign adversary to the detriment of the national security of the United States."

1:36 324.9K views

in Subparagraph B



Steve Kirsch
@stkirsch

Pfizer lawsuit by @IamBrookJackson was dismissed because the false claims act requires fraud to be committed before entering into the contract, and not AFTER the contract is signed. They signed the contract BEFORE the trials were done. So according to the judge, there is no cause of action.



Bret Weinstein
@BretWeinstein

If mRNA "vaccines" used on animals are pseudouridine-stabilized, the meat+dairy products produced won't be fit for human consumption—for reasons that should be obvious to manufacturers/regulators. If they're not stabilized, decades of safety testing are still needed.



Tom Renz
@RenzTom · Apr 1

BREAKING NEWS: the lobbyists for the cattlemen and pork associations in several states have CONFIRMED they WILL be using mRNA vaccines in pigs and cows THIS MONTH. WE MUST SUPPORT #Missouri #HB1169. It is LITERALLY the ONLY chance we have to prevent this... NO ONE knows the the... [Show more](#)

[Show this thread](#)

[Click for more](#)

**Lobbyists for the Cattleman and Pork Associations in Several States Have
CONFIRMED They WILL Be Using mRNA Vaccines in Pigs and Cows THIS MONTH.**

<https://bit.ly/3M60BPr>

Doug Casey: Why Isn't Biden Trying to Protect The Petrodollar?

1 hr: <https://youtu.be/S5qacj4g8Dg>

**Bank CEOs Look to Restrict Withdrawals and Transfers By Locking Your Money Down
at Their Whim - Steven Van Metre**

13 minutes: <https://youtu.be/Biduf-oN0Io>

Anti-Christian Terrorism in Nashville is a Joke to the Ruling Class - Michael Hoffman
unpacking the totalitarianism behind a transgender ideology

<https://bit.ly/42Xfuti>

The Death of Patriotism - Jeffrey Tuckers weighs in on the Wall Street Journal poll

We are living in crisis times but that crisis has an identifiable cause and hence solution. Until we can speak frankly about it, the situation can only get worse.

<https://dailyreckoning.com/the-death-of-patriotism/>

**Dr. David Martin Reveals the Creation of the Covid Virus, Who Was Involved and Why
Ron Johnson or Rand Paul Won't Arrest The Criminals**

The Perps themselves told us in 2019

22 minutes: <https://rumble.com/v2er2qq--dr.-david-martin-reveals-the-creation-of-the-covid-virus-who-was-involved-.html>

**UPDATE: Trump Indicted on 34 CHARGES, will Stand Trial in NYC - Facts Matter with
Roman Balmakov**

10 minutes: <https://youtu.be/M0czo69qZxY>

Matt Taibbi HARASSED By IRS On Day Of Twitter Files Testimony: Report - The Hill

9 minutes: https://youtu.be/fbMxRVs-u_I

Misalignment, AI & Moloch | Daniel Schmachtenberger and Liv Boeree

A deep dive into the game theory and exponential growth underlying our modern economic system, and how recent advancements in AI are poised to turn up the pressure on that system, and its wider environment, in ways we have never seen before. Not a conversation for the faint hearted, but crucial nonetheless. Schmachtenberger is a founding member of The Consilience Project, aimed at improving public sensemaking and dialogue around global catastrophic risks and technology.



Organic Produce in Acworth

- Garden access will be run as a P. M. A.
- The details are still being worked out and adjustments will be made as necessary, but the newly-established gardens will be planted this spring with a variety of vegetables. Some medicinal herb plant starts will be available as well.
- Initially either "pick your own" or order ahead to have produce ready for pick-up.

Deanne Sanville the.lilac.dragonfly@gmail.com

Get a free astrology reading with our own Celeste Longacre

She joins Dan Mitchell the 3rd Wed. of every month on AM WKBK 1290 (wkbkradio.com). She's on from 9:05 to 10:00 AM. Give it a listen.

Abenaki Springs Farm - 2023 CSA signups now available. Details:

Vegetable CSA: <https://abenakispringsfarm.com/vegetable-csa/>

Meat CSA: <https://abenakispringsfarm.com/meats/>



CELEBRATING THE WHOLE CHILD

I have over 20 years of experience as an occupational therapy practitioner, and I am offering support to families with life skills, sensory strategies, regulation, children's yoga and mindfulness as well as strategies for visual motor and visual perception success. I offer extensive experience working with children with a wide variety of learning styles and abilities. Contact Alison a-lovejoy@comcast.net for additional information on how to receive individual consultations and supports.



Cope Counseling & Coaching David Cope MSW, LICSW

New online counseling practice

**Individual, couples,
family counseling & mediation**

**34 years experience
helping teens, adults and seniors**

**www.copecounselingandcoaching.com
david@copecounselingandcoaching.com**

603-562-8889

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

The UpBeat

🔥 Italians in Torino (Turin) march to raise awareness of COVID "vaccine" harms



Watch @AndersonAfDMdEP Make EU COVID Special Committee Sweat: How Many Deaths Per Doses Administered?

"If you can't provide the numbers off the top of your head, I would have to conclude that you simply don't care — or you're still working for the EFPIA, one of the lobby organizations of the biggest pharmaceutical companies in Europe."

click to watch



A Team of International Scientists & Leading Medical Professionals Are Taking Pfizer To Court In South Africa

<https://www.thepulse.one/p/a-team-of-international-scientists>

Italy wages war on lab-grown food in drive to protect tradition

<https://www.reuters.com/world/europe/italy-moves-ban-lab-grown-meat-drive-protect-home-products-2023-03-28/>

NH Legislation & Political Action

From RebuildNH:

State of Emergency Reform

Bill Hits the Senate

The following bill is word for word the bill that was vetoed by the Governor last year. It has passed the House already and has now hit the Senate. Let's push it back to the Governor's desk.

Thursday, April 6th, N.H. Senate

Executive Departments and Administration

Room 103, State House 10:20 a.m. – SUPPORT – [HB 127](#), relative to the declaration of a state of emergency. This is the common sense state of emergency reform bill that Governor Sununu vetoed last year that simply forces both chambers to agree to extend an emergency after three, 21 day renewals by the governor.

[Click here to register your disposition.](#)

Howard.Pearl@leg.state.nh.us

Sharon.Carson@leg.state.nh.us

Carrie.Gendreau@leg.state.nh.us

Rebecca.PerkinsKwoka@leg.state.nh.us

Debra.Altschiller@leg.state.nh.us

Save the Date!

Parent's Bill of Rights Hearing

Just a reminder that this large hearing will be April 18th at 10:00 a.m.

Thoughts on HB10 – Parental Rights. New Hearing Date for SB272 on Tuesday, April 18th - John Sellers

https://granitegrok.com/mg_lakesregion/2023/03/thoughts-on-hb10-parental-rights-new-hearing-date-for-sb272-on-tuesday-april-18th

Events

*Bill's music night presents "freedom inspiring music
for these changing times"-*

Route 2 Revolution Band and Community Dinner!



Bring a potluck dinner and connect with your community, then enjoy an amazing new NH band we found that plays music for these changing times. Email to ask questions or volunteer to help us set up - we love our volunteers! Kristen - reynolds3000@hotmail.com or Bill - wmarog@yahoo.com

5pm Potluck

7pm Band

April 22nd, Saturday

Check out the music of Marcus Casavant
and his band Route 2 Revolution

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

3\$ donation

*Bring a portable
chair to sit in*

Location:

RESTORING EDEN

626 ROUTE 10

GILSUM, NH

Great samples of their music:

<https://rumble.com/v1qx02s-tulsi-gabbard-elon-musk-ron-desantis-this-song-is-for-you.html>

<https://www.youtube.com/watch?v=EMDxfc8WY>

https://www.youtube.com/watch?v=nj_r6-nZRFY

<https://www.youtube.com/watch?v=w5NFkOZZ7aQ> 

Free/Cool/Fun(ny)/Weird/Noteworthy

Brook Jackson's case dismissed by Judge Truncale. Judge sides with Pfizer's lawyers and DOJ, as expected

Sasha Latypova analysis: <https://bit.ly/3m4XBYX>

History of US-NATO Military Campaigns (1991-2023)

Nazis and the war against independent nations.

<https://www.globalresearch.ca/history-of-us-nato-military-campaigns-1991-2023/5813708>

BBC 1957 April Fools: Spaghetti Tree Hoax

Fooled many in the UK, when spaghetti was not a common food

2 minutes: https://youtu.be/tVo_wkxH9dU

Become Comfortable with Nothing Happening | A Meditation with Eckhart Tolle to Calm Overstimulation

22 minutes: <https://youtu.be/SzkwT6-h31Y>

The Creature from Jekyll Island - G. Edward Griffin

On the beginning of the modern banking system

2 hrs: <https://youtu.be/JbFJxxkxbPM?t=795>

Michael Hoffman | The Alchemical Processing of Humanity Through Public Psychodrama

The Revelation of the Method or Making Manifest All That Is Hidden

58 minutes: <https://youtu.be/vqFcp3jaPGk>

Template Letter to Bank Re: Effect of CBDCs on My Financial Health

<https://home.solari.com/template-letter-to-banker-re-effect-of-cbdc-on-my-financial-health/>



Politics, Elections, Voting & Natural Law

Arizona House Joins Senate in Passing Resolution to Ban Foreign Voting Machines and Require Source Code, Ballot Images, Chain of Custody Documents, and Log Files to Be Made Public

<https://www.thegatewaypundit.com/2023/03/huge-arizona-house-joins-senate-in-passing-resolution-to-ban-foreign-voting-machines-and-require-source-code-ballot-images-chain-of-custody-documents-and-log-files-to-be-made-public/>

Relocalization, Regenerative Practices & Mindset, Prepping

What to Sow in April for Self-Sufficiency

14 minutes: <https://youtu.be/eltXwT63MLY>

Food Forest - Free Strategy Session

Learn how to grow your own food supply during a Free Strategy Session with a Certified Permaculture Designer.

<https://foodforestabundance.com>

Top Ten Reasons to Grow Food & Medicine - Jim Gale of Food forest Abundance

3 minutes; <https://youtu.be/Z-DC8A6XwUc>

Amazing Permaculture Raised Bed Vegetable Garden | Combining No Dig Gardening with Poultry

Adam Jones from West Wales showcases his fantastically productive backgarden that combines raised bed no dig kitchen gardening, with keeping poultry like quail, ducks and chickens as natural pest control and excellent composters.

14 minutes: <https://youtu.be/R0U4XtBSnGo>

Soil is Life: Inspiration from a beautiful Italian Regenerative Farm in transition

11 minutes: <https://youtu.be/WbU9FTCU2Tk>

The Easiest Compost Method for Small Spaces!

6 minutes: <https://youtu.be/BJDyQhkQqr8>

After Seeing THIS You Will NEVER Throw Another Egg Shell Away!- Plant Abundance

6 minutes: <https://youtu.be/3vGtZBBu1gc>

How to grow mushrooms at home - Full process day 1 to 60

44 minutes: <https://youtu.be/ibkXqKe4ebE>

Growing Green Onions - Over and over and over

5 minutes: <https://youtu.be/-RupC4-SSw4>

A Prepper's Argument for More American 3D Printers

Printing on demand could help build resilience

<https://www.theorganicprepper.com/american-3d-printers/>

Subpod - makes home composting easy

<https://subpod.com>

Local Currencies: The Way To Beat The Banksters And Start A Financial Revolution

"Some systems use hand-written ledgers for registering all trading details and listing individual balances. Others prefer to keep computerised records. And there are those which issue paper currency notes that are used just like cash. And there are systems that like to combine both ledger credits/debits and paper currency."

<https://foolscrow.wordpress.com/2013/02/22/local-currencies-the-way-to-beat-the-banksters-and-start-a-financial-revolution/>

NEW Off Grid Solar Collector beats Solar Panels for Home!

Market-ready solar funnel delivers 40% more electricity than comparable Solar Panels for home.

9 minutes: <https://youtu.be/nYP-f72lpUg>

Rebuilding Relationships, Society and Culture

Native American Lakota - Life Lessons & Wisdom

Elder Duane Hollow Horn Bear shares stories & wisdom of the Lakota people. Please listen with your heart, as we can all learn so much from this.

29 minutes: <https://youtu.be/xJKvHa3Wxj4>

The Ethics and Values of Cooperative Culture in the Basque Region of Spain - Georgia Kelly

"People before profit" is the underlying principle that we hear in every seminar at Mondragón. Acknowledging that profit is essential in order to stay in business, they also understand that it must be secondary to the people doing the work. Why the worker-owned Mondragon Cooperative, in existences since the 1950's, has fared so well.

<https://www.praxispeace.org/images/2023-Mondragon%20and%20the%20Basque%20Culture.pdf>

Living Better With Dynamic Governance

PDF: <https://bit.ly/3JJKnIZ>

[illegible]

Peter A. McCullough, MD, MPH™ @P_McCulloughMD · 6h
Autopsy proven **@Pfizer** myocarditis kills a perfectly healthy man within hours right in front of doctors with all resuscitation capabilities in a hospital and takes teenage boys at home at sleep with no chance for CPR.
@US_FDA @cdc says is "mild and transient." Criminal.

The video displays a presentation slide from JKMS titled "Myocarditis-induced Sudden Death after BNT162b2 mRNA COVID-19 Vaccination in Korea: Case Report Focusing on Histopathological Findings". The slide includes four histopathological images labeled A, B, C, and D, showing microscopic views of heart tissue. Below the images, there is a list of authors and their affiliations, followed by a summary of the case report. The video player interface shows 102K views, a 'click to watch' button, and a progress bar indicating 0:05 / 2:02.

Vax Mandate For Boston City Workers Was Legal, State Supreme Court Rules

<https://www.zerohedge.com/markets/vax-mandate-boston-city-workers-was-legal-state-supreme-court-rules>

Bombshell: New Study on Long COVID in kids and young adults FAILS to link COVID to Long COVID - Dr. Vinay Prasad

Initial symptom severity, loneliness and poor physical activity are linked instead

<https://bit.ly/3zt403g>

FDA confirms Graphene Oxide is in the mRNA COVID-19 Vaccines after being forced to publish Confidential Pfizer Documents by order of the US Federal Court

GO is an essential element in the LNP delivery system

<https://expose-news.com/2023/04/02/fda-confirms-graphene-is-in-the-covid-vaccines/>

Dr. Pierre Kory: I Was Asked For a Follow-Up Op-Ed From the Daily Caller. I Took The Gloves Off.

My last Op-Ed exhibited fantasy thinking that our Federal Health Agencies are reformable.

This time I took a different tack and detailed just some of the destruction the Health Agencies have wrought.

<https://bit.ly/3Gbugmi>

A Scalar Wave Field Generator, or Torus, will Decouple your Brain from the Clathrin mRNA Neural Interface. – Civilian Intelligence Network

<https://www.civilianintelligencenetwork.ca/2023/02/06/a-scalar-wave-field-or-torus-will-decouple-your-brain-from-the-clathrin-mrna-neural-interface/>

Nattokinase helps heal spike protein poisoning

Dr Malone video: <https://bit.ly/42TtsMV>



John Beaudoin, Sr. aka, Coquin de Chien

@JohnBeaudoinSr

I think this video is being suppressed.
Please send it around because it's really an excellent lesson from
Stephanie Seneff. Only 383 views so far. I cannot find it when searching
Rumble for the words in the title. I don't get it.



March 17, 2023

Stephanie Seneff

presents

**The mRNA Vaccines:
Exosomes, Protein Misfolding, and
Neurodegenerative Disease**

**click to
watch**



Denis Rancourt

@denisrancourt

click to read

Nothing to see here folks.
Just another detailed autopsy of a healthy-teen sudden death
immediately following booster dose.
[sciencedirect.com/science/articl..](https://www.sciencedirect.com/science/article/abs/S0966124023000444)



Legal Medicine

Volume 63, July 2023, 102244



Case Report

A case of fatal multi-organ inflammation following COVID-19 vaccination

Hideyuki Nushida^a, Asuka Ito^a, Hiromitsu Kurata^{a, b}, Hitomi Umemoto^{a, c},
Itsuo Tokunaga^a, Hirofumi Iseki^{a, b}, Akiyoshi Nishimura^a

Show more

+ Add to Mendeley Share Cite

<https://doi.org/10.1016/j.legalmed.2023.102244>

Get rights and content



click to watch

THE EPOCH

1:19 47.8K views

Supplements			Night		
Day	Supplement	Notes	Quantity	Supplement	Notes
1	Serrepapase	1st - wait 30 mins	1	Tudca	2nd - before food
1	Tudca	2nd - before food	2	FenBen	with fatty food
2	FenBen	with fatty food	1	Flax Seed	
2	Magnessium		2	Paw Paw	
2	Flax Seed		1	Black Seed	
2	Paw Paw		1	Cats Claw	
1	Black Seed		1	Turmeric	
2	Cats Claw		1	ALA	Alpha Lipolic Acid
2	Turmeric		4	THC	4 times per day
2	ALA	Alpha Lipolic Acid	4	CBD	4 times a day with
4	THC	4 times per day			
4	CBD	4 times a day with THC			
5 sprays	Vits	B12, D, K2, Multi			
	Tinctures			Tinctures	
1	Turkey Tail	Full Pipette in juice	1	Turkey Tail	Full Pipette in juice
1	4 Medicinal Mush	Full Pipette in juice	1	4 Medicinal Mush	Full Pipette in juice
1	Cardicepes	Full Pipette in juice	1	Cardicepes	Full Pipette in juice
1	Reshi	Full Pipette in juice	1	Reshi	Full Pipette in juice
2	Vit C	2 tsp in juice	2	Vit C	2 tsp in juice
2	Turkey Tail	tsp in banana	2	Turkey Tail	tsp in banana
2	mush blend	capsules in banana	2	mush blend	capsules in banana



Major Acquisitions & Changes in Booming Dietary Supplement Industry: Do You Know Who is Behind Your Vitamins?

Major players in gene-editing, nanotech, and biotech are eyeing a piece of the action

<https://www.coreysdigs.com/health-science/major-acquisitions-changes-in-booming-dietary-supplement-industry-do-you-know-who-is-behind-your-vitamins/>

Nasty Pesticide Broken Down by Probiotic Used In Culturing Food - Study

Sayer Ji, GreenMedInfo

<https://bit.ly/3ZuMh6e>

Your All Energy Blockages Will Be Cleared , If you Do this 3 Days | Chunyi Lin

Qigong - through practice, body movements, breathing techniques, sound, meditation, and mental functioning are used to work directly on Qi - our life force. Chunyi Lin is an internationally recognized Qigong Master, founder of Spring Forest Qigong, and coauthor of a #1 Amazon bestseller, Born A Healer.

11 minutes: <https://youtu.be/tiEjdDM77IQ>

More: <https://bit.ly/3M8CA8w>

This is what I eat instead of candy bars.

3 minutes: <https://youtu.be/1o2b6n54fc4>

Did Researchers just Cure Tinnitus? | Lenire by Neuromod

6 minutes: <https://youtu.be/LAu2cY64g7U>

Entrepreneur Sues USDA, FDA for Banning Verifiably Factual Labels on His Food Products

Do consumer protection laws actually help us?

<https://fee.org/articles/entrepreneur-sues-usda-fda-for-banning-verifiably-factual-labels-on-his-food-products/>



EMFs

How one California couple beat the future at their doorstep: a 5G cell site

A sudden shift of momentum in a long conflict between industry and activists.

<https://whyy.org/segments/california-couple-beat-future-at-their-doorstep-5g-cell-tower/>

Education & Schools

Dr. Jerry And Jenny McCarthy Wahlberg Introduce Homelife Community For Adults With Autism

10 minutes: <https://thehighwire.com/ark-videos/dr-jerry-and-jenny-mccarthy-wahlberg-introduce-homelife-community-for-adults-with-autism/>

Money, Food, Energy, Jobs & Resources

URGENT: "Once the Dollar Loses Reserve Currency Status - There's NO GOING BACK" - GoldSilver w/ Mike Maloney

"We are abusing this great privilege that we had, and with this abuse - once we lose the world reserve currency status...there's no going back. We won't get that prosperity that we've been able to enjoy. It's going to be a very, very different world in the United States of America."

12 minutes: <https://youtu.be/wuTRVu6qZBo>

Are we approaching the END of US DOLLAR hegemony - Chris Martenson, Peak Prosperity

The BRICS alliance and its impact on global finance, including its role in creating an alternative to the World Bank and the International Monetary Fund.

24 minutes: <https://youtu.be/nfDXnNpQQgs>

A Credit Crunch is About to Crush Small Businesses - Heresy Financial

10 minutes: <https://youtu.be/wwG5dQS29sc>

Great Water Reset: The UN & WEF are coming for your water now!

"Sustainable development" water dictates – aim to "achieve internationally agreed water-related goals"

<https://www.climatedepot.com/2023/03/29/great-water-reset-the-un-wef-are-coming-for-your-water-now-sustainable-development-water-dictates-aim-to-achieve-internationally-agreed-water-related-goals/>

The ATF Expansion of the Gun Registry Turns Law-Abiding Gun Owners into Felons - Art of Liberty Foundation

Reclassifying pistols with stabilizing braces as short-barreled rifles, effectively expands the unconstitutional national gun registry.

<https://bit.ly/3nERKtN>

The Fed Just Broke EVERYTHING!! (This Is Bad) - George Gammon

How banks make money and why they're wanting to make sure you do not. Very clear.

19 minutes: <https://youtu.be/sRY04K1sKCc>

Fixing Banks. It's Not That Complicated!

Staggered sub-ordinated debt, marking-to-market, and other long-term solutions

<https://www.merkinvestments.com/insights/2023/2023-03-30.php>

McDonald's Temporarily Shuttters Offices Ahead Of Layoff Notices

<https://www.zerohedge.com/markets/mcdonalds-temporarily-shutters-offices-ahead-layoff-notices>

Mexico Battles U.S. Government and “Mr. Monsanto” to Protect Food Sovereignty

Despite legal threats from the U.S. government, Mexico’s government plans to go forward with a partial ban on imports of genetically modified corn.

<https://www.thelastamericanvagabond.com/mexico-food-sovereignty/>

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



crowdsourced censorship: the twitter reputation wars

bullying the bluebirds with bots and blocklists

<https://bit.ly/3UciqOL>

FBI Disinformation Is Radicalizing Trans Groups; TikTok Faces US Ban - Crossroads

29 minutes: <https://www.youtube.com/live/S2PHWytDt3E?feature=share>

Technocracy, AI/Transhumanism, Eugenics/Euthanasia, Geoengineering & The Deep/Surveillance State





Goldman Sachs: Generative AI could replace up to 300 million mostly white-collar jobs worldwide

<https://www.naturalnews.com/2023-03-31-generative-ai-could-replace-300m-white-collar-jobs.html>

Inconvenient Truth: 32 Climate Predictions Proven False- Facts Matter with Roman Balmakov

Timeline review of failed predictions

17 minutes: <https://youtu.be/E1e5HAZo4iw>

Tin Foil Hat—Wear It Proudly - Michael Hoffman

Directed energy microwave mind-alteration is real

<https://bit.ly/3KpfKKs>

Ukraine, False Flags & Globalist Militarism

Syria suffers third night of 'Israeli strikes'

The latest air raid reportedly targeted the central Homs province, following strikes on Damascus

<https://bit.ly/3MbilsS>

The US Begins to Arm Taiwan

In a move that will prompt a direct response from China, the US announced that it would deliver 400 Javelin man-portable anti-tank systems to Taiwan.

<https://www.armstrongeconomics.com/world-news/war/the-us-begins-to-arm-taiwan/>

Neocon Always Lose – But They Are Never Down for the Count

<https://www.armstrongeconomics.com/world-news/neocons/neocon-always-lose-but-they-are-never-down-for-the-count/>

Racing to Multipolarity

The myopic focus on weakening Russia has had the unintended consequence of strengthening China.

<https://www.globalresearch.ca/racing-multipolarity/5814544>

Was the TN shooting a false flag?

THE RAW DEAL (29 MARCH 2023) WITH JOHN CARMAN & BONNIE FAULKNER - Jim Fetzer

<https://www.bitchute.com/video/Q03b0kPcBHbn/>

Culture Wars



James Lindsay, brought manspreading bac... @Conceptual... · 29m

The most powerful practical anti-Woke question you should be asking again and again is "on whose terms?"

That's racist! "On whose terms?"

We need an inclusive space! "On whose terms?"

Be kind! "On whose terms?"

A more sustainable future! "On whose terms?"

Minneapolis Public Schools Will Host 'Gender Resource Fair' to Promote Drugging and Mutilating Children

...featuring a drag queen story hour event and a doctor who will speak on the importance of "supporting young transgender children." Loring Elementary, which teaches kids from preschool to the 5th grade, will be hosting the event on April 13.

<https://bigleaguepolitics.com/minneapolis-public-schools-will-host-gender-resource-fair-to-promote-drugging-and-mutilating-children/>

The Modernity Loop - Christopher F. Rufo

Has the drive for equality trapped the West in a cycle of fervor, terror, and disillusionment?

21-minute video, transcript: <https://bit.ly/40Czoby>

More info (Telegram): <https://t.me/cosmictowerusa>

<https://thewellnessenterprise.com/product/cosmic-tower/>



Paradigm Expanding

Cosmic Tower Project in Holland Shares Experiences & Impact on 5G, People, Animals & Nature!

The Cosmic Tower builds a clockwise (right-turning) torus field, which is connected not only to the torus field of the earth, but also to that of the solar system and that of the galaxy.

54 minutes: https://youtu.be/vRr2cgw_JAA

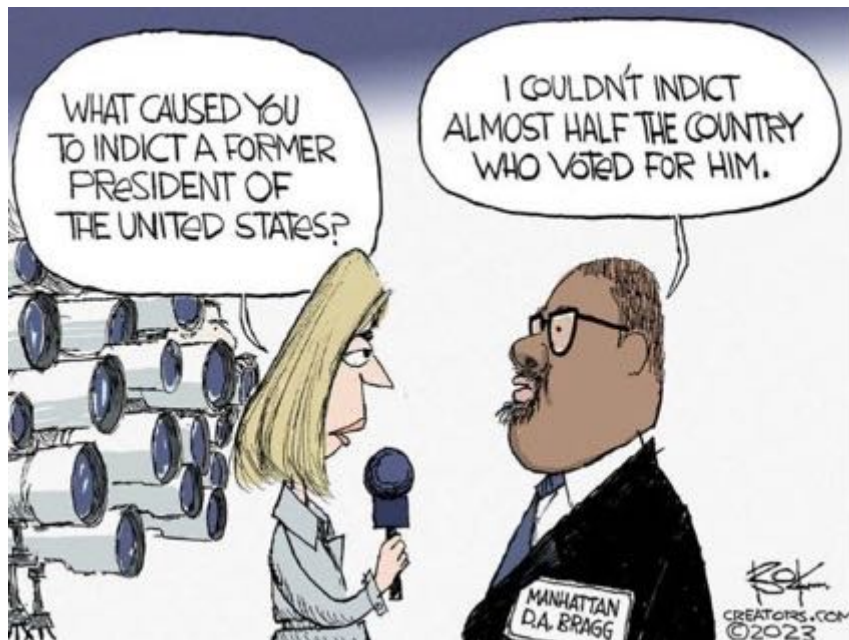
Physicists Use Quantum Mechanics to Pull Energy out of Nothing

A team of physicists claims to have pulled energy out of a vacuum, Quanta reports — a trick that required them to teleport it from a different location using quantum tech.

<https://www.quantamagazine.org/physicists-use-quantum-mechanics-to-pull-energy-out-of-nothing-20230222/>

Monday Memes

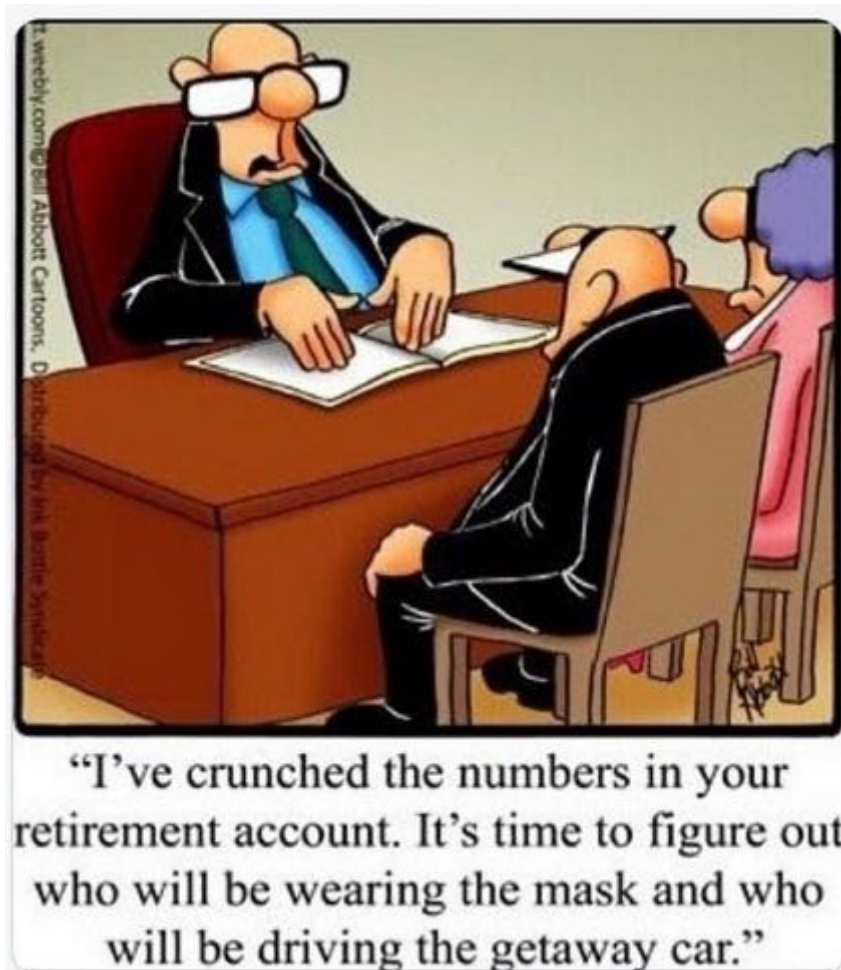






**All the old timers who've been saying
for decades that Bud Light is water
beer for p*ssy boys seeing Dylan
Mulvaney's face get put on the can**









A colleague attends your funeral.

A friend cries at your funeral.

A brother skips your funeral,
breaks into your house and
deletes your Meme Folders

Excuse me sir, do you have a moment to
talk about our lord and savior Big Pharma?



When your cat is the only person in the house who believes you about the new world order



@tinner_hatbox





pragun
@pragdua



electricity went out and i
had a small meltdown at
work today



Pragun Dua 3:08 PM

GUYS IM STUCK IN THE WEWORK LIFT



Custom response



slackbot 3:08 PM

Hi! 'Guys' is a gendered pronoun. We recommend alternatives like 'folks', 'all', 'everyone', 'y'all', 'team', 'crew' etc. We appreciate your help in building an inclusive workplace at Headout.



Pragun Dua 3:09 PM

FOLKS IM STUCK IN THE WEWORK
LIFT



**In the laboratory, not only
can you create just about
any outcome you desire,
but moreover, you can
interpret that outcome
any way you desire.**

Dr. Stefan Lanka, virologist

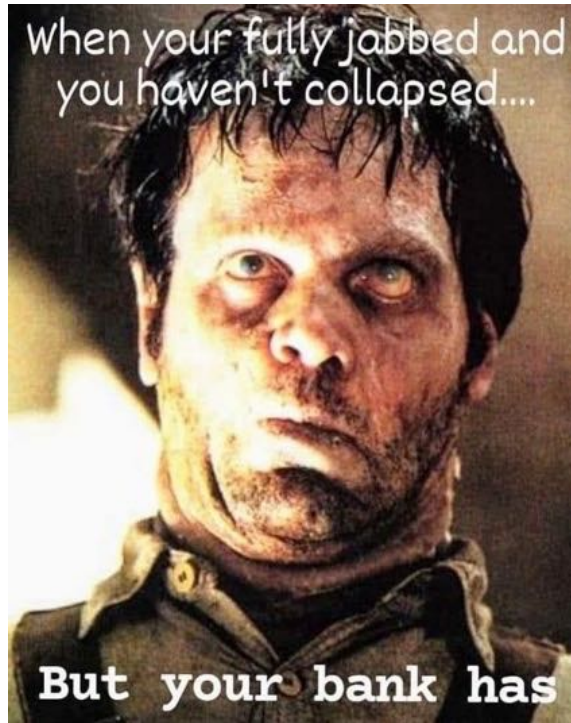
Everyone is yelling at me “I WANT PEER REVIEWED ARTICLES AND 10 sources”. I laugh because you required ZERO proof of efficacy or ingredients, signed an informed consent when you weren’t informed and let people in parking lots give you shots and you went and got free French fries



Another great day to wake up unjabbed with no mystery juice floating around in my body doing God knows what:



When your fully jobbed and
you haven't collapsed....



But your bank has



The Architect. 

@TheMarcitect

When money becomes
worthless and everyone is
on the same playing field
people will quickly find out
what's really important.

10:09 AM · 27 Mar 23 · **1,855** Views



When you're taught to use "sir" and "ma'am" your entire childhood and then it becomes impolite to assume gender



April Fool's Day is the one day of the year when people critically evaluate news articles before accepting them as true.



ME: Alexa remind me to go to the gym.

ALEXA: I have added gin to your shopping list.

ME: close enough.

BANANA REPUBLIC: A DEROGATORY TERM FOR AN UNSTABLE COUNTRY WHERE CORRUPT POLITICIANS USE THE GOVERNMENT TO DESTROY THEIR OPPONENTS.



BATMAN CREATIONS
CORREL

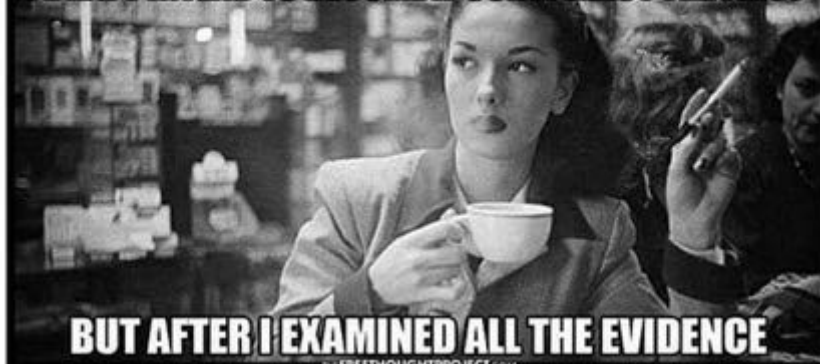


**if the TRUTH makes you
uncomfortable don't blame**



**the truth, blame the lie
that made you comfortable**

I DIDN'T INTEND TO BECOME A 'CONSPIRACY THEORIST'

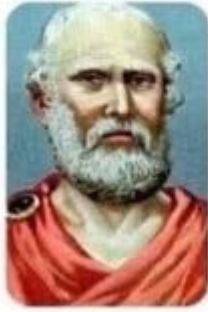


BUT AFTER I EXAMINED ALL THE EVIDENCE

THEFREETHOUGHTPROJECT.COM



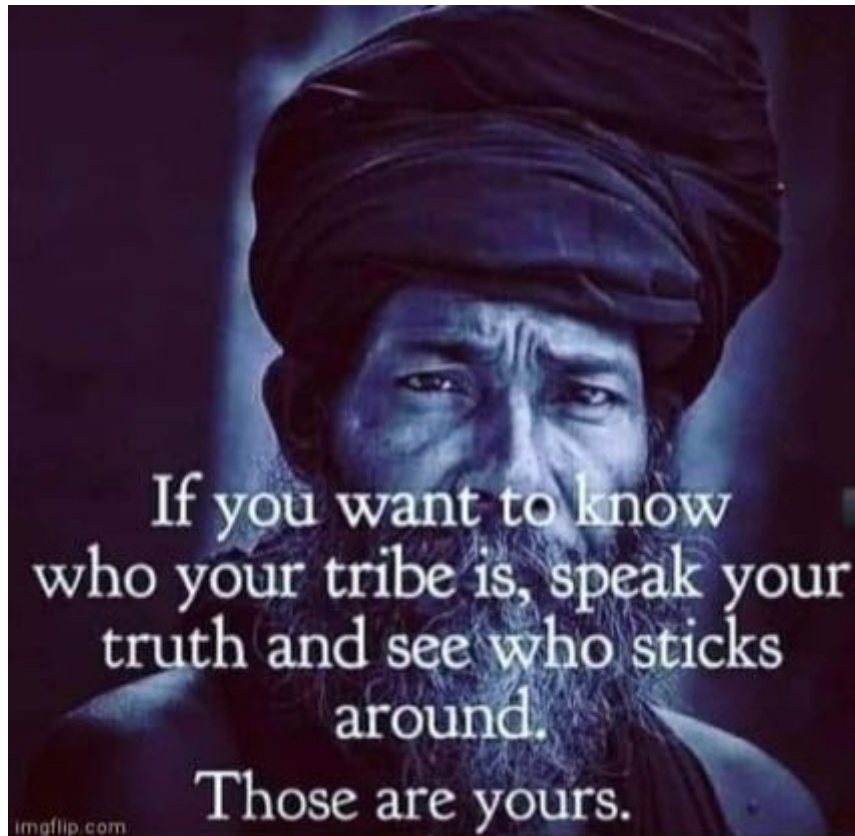
**IT WAS EITHER THAT
OR GOING BACK TO LIVING A LIE**



Source

"Opinion is really the lowest form of human knowledge. It requires no accountability, no understanding. The highest form of knowledge is empathy, for it requires us to suspend our egos and live in another's world. It requires profound purpose larger than the self kind of understanding."

— *Plato*



**THEY'VE SHOWN US
HOW DIVIDE & CONQUER WORKS**

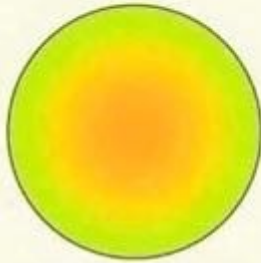
**LET'S SHOW THEM
HOW UNITE & BUILD WINS...**

ORNOTTOFORGETTRUTH

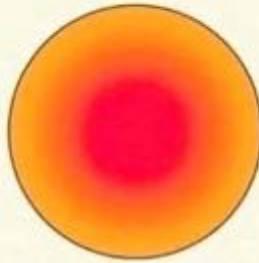
Unconditional love is a state of being. It has no opposite. Human love is an emotion and as with all other emotions, it's part of duality. An opposite emotion, such as fear, balances it out. But unconditional love just is. It's not one side of the coin - it's the whole coin!

WHAT IF *THIS* IS HEAVEN - an experiential journey: by Anita Moorjani
www.anitamoorjani.com

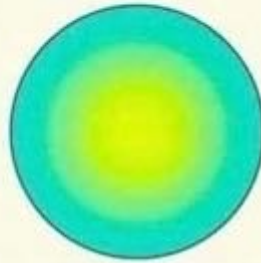
THE LAWS OF DETACHMENT



Allow others to
be who they are.



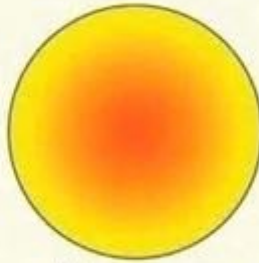
Allow yourself to
be who you are.



Don't force
situations.



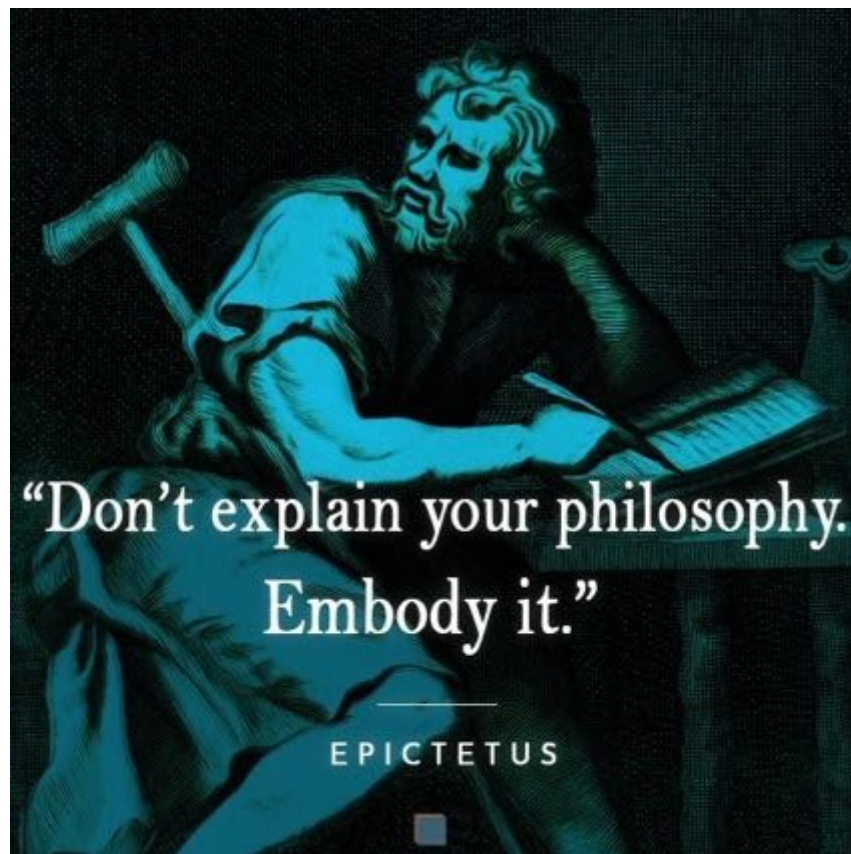
Solutions
will emerge.



Uncertainty
is reality.



Embrace it.



“Don’t explain your philosophy.
Embody it.”

—
EPICTETUS

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