



Newsletter - Monday May 22, 2023

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Welcome to our **Monday Solutions Edition** with curated news of the day and memes at bottom. Today we celebrate the regenerative spirit, from gardening hacks to brain and health hacks to culture hacks - even spirit hacks that help us jettison judgmentalness and open our hearts. And let's not forget our communities, which through recognition, humor and shared values, continue to help us regenerate hope and positive activity for a bright future.

Join us at 1 PM **today for our community Zoom Chat**, where our guest will be **Larisa Trexler of Health Freedom NH**, discussing the film *Spellers*, and sharing the latest from the health freedom initiatives in our state.

[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....

Dr. Rashid Buttar Dies Of An Apparent Heart Attack, Leaving The Medical Freedom Community In Shock, But Undeterred

Links to various reports and interviews.

<https://bit.ly/42X5aRM>

Dr. Robert O Young: The Negative Effects of ElectroMagnetic Frequencies (EMF) on the Human Blood and Biological Terrain - and Testing the QLink's Efficacy

Live and Dried Blood Analysis with Electro-Magnetic Pollution Exposure Challenge: 4-subject study Live blood analysis

<https://bit.ly/3onWI4k>

Release: Reps. Hill, Auchincloss Introduce Bipartisan Legislation Prohibiting The Federal Reserve From Issuing A Cbd

<https://hill.house.gov/news/documentsingle.aspx?DocumentID=9119>

Watch Rep. Hill's remarks on the House Floor (2 minutes): <https://youtu.be/TjVvFhHkfp4>

From Dollar Woes To Debt Denial: The USA Is Screwed - Matthew Piepenburg

"Let's get real: The days of the USD as a trusted payment system or hegemonic power broker are unwinding right before our very eyes...[and proven by] the ever-expanding list of lies from the big boys and their complicit, media ja-sagenders ("yes-sayers") desperately trying to deny the same."

<https://goldswitzerland.com/dollar-woes-to-debt-denial-the-usa-is-screwed/>

Jonathan Haidt: How Social Media Has Fragmented Everything and Made It Harder to Run and Staff Orgs - The Center on Capitalism and Society

How social media and constant access to cell phones have led to the rise of echo chambers, decrease of social trust, and increased polarization.

34 minutes: <https://youtu.be/zVxmfUPIPaQ>

No One Can Prepare For This One Thing - City Prepping

How not to be deterred by things you cannot control

13 minutes: https://youtu.be/EEQ_nVTS5J0



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.




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

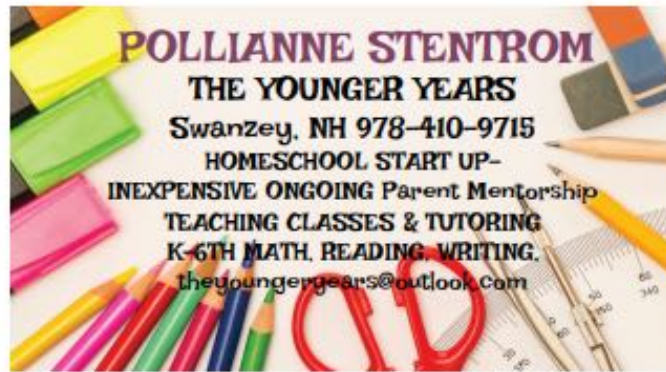
New online counseling practice

Individual, couples,
family counseling & mediation

34 years experience
helping teens, adults and seniors

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





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

The UpBeat

Steve Winwood & Carlos Santana - Why Can't We Live Together

<https://youtu.be/H34BgCdH7aY>

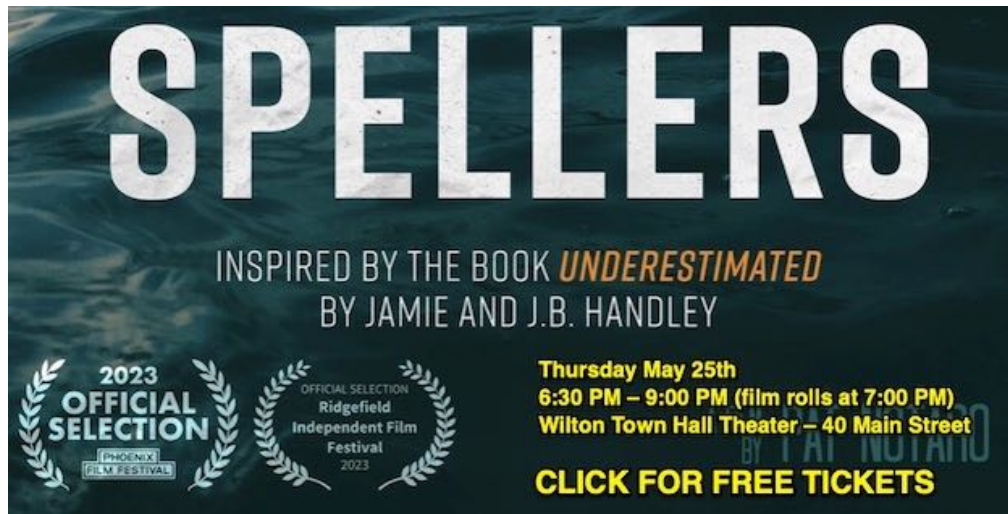
It Will Give You Goosebumps - Alan Watts On The Eternal Now

<https://youtu.be/lheL31luaEs>

SILENCE Can Literally Change EVERYTHING In Your Life

<https://youtu.be/H57yrrknioA>

Events



Learn Your Butterflies! - Wednesday May 31, 2023, 1-4PM, Stonewall Farm, Keene
NH Fish and Game biologist Heidi Holman explores the many butterfly species common to New Hampshire and learn how you can help butterfly conservation efforts right in your yard
Free: <https://www.eventbrite.com/e/learn-your-butterflies-tickets-628066562997>

Pollinator Palooza and Plant Sale to Support CCCD's Conservation Programs

When: Thursday, June 22nd, 1:00PM-3:00PM

Where: Ashuelot River Park, Keene, NH

Free: <https://www.eventbrite.com/e/pollinator-palooza-tickets-546434669807>

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

Clintons SPIED on Trump?! John Fetterman CAN'T speak! + More! - What's Her Face

A satirical and cutting view of current events and culture wars

10 minutes, chapterized: <https://youtu.be/jSbYdODcYDk>

THE UNVACCINATED | "Nobody is Safe!"

Disturbing compilation of all the crazy attempts to herd humanity into a killbox

10 minutes: <https://bit.ly/3MMUWUp>

Petition · Fauci Guilty of Crimes Against Humanity

<https://bit.ly/3MkX7ad>

The Advocacy Hub - Children's Health Defense

Be a defender of truth, freedom and children's health. Use these advocacy resources to preserve medical freedom and parental choice, and find tools to effectively organize and advocate in your local community.

<https://bit.ly/3M4qyOK>

Free Developmental Politics Course: Becoming Part of The Solution

9-part video course addressing the challenges of hyper-partisan polarization.

On Facebook: <https://bit.ly/3HTbIZ1>

On Website: <https://www.culturalevolution.org/register/>

NH Legislation & Political Action

RebuildNH Director's Report 5/19

Covering Parental Rights Bill

4 minutes: <https://bit.ly/3MNvecp>

So Kids, What Did We Learn From This Week's House Session (05/18/23)? - Judy Aron

<https://granitegrok.com/blog/2023/05/so-kids-what-did-we-learn-from-this-weeks-house-session-05-18-23>

Politics, Elections, Voting & Natural Law

Alan Dershowitz Responds To Durham Report - Forbes Breaking News

It's "Get Trump II"

10 minutes: <https://youtu.be/CjyHim9xk6Y>

Relocalization, Regenerative Practices & Mindset, Prepping

Top 5 Bartering Items - BE PREPARED for What's Coming!- Goshen Prepping

6 minutes: <https://youtu.be/7fEyn0aGkV8>

Exit and Build Land Summit III - Day 2 - John Bush

A wide-ranging series of sessions on exiting the system. From the 5/20 livestream

3.5 hours: <https://www.youtube.com/live/zODqyLXJ63I&t=1551>

Garden Clippings: The new/old practice of regenerative agriculture - Linda Morrison

Regenerative agriculture can increase crop yields by improving soil health and nutrient cycling.

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

"There Are No Weeds" - Revolutionize Your Understanding With This AMAZING Liquid Fertilizer - JADAM

9 minutes: <https://youtu.be/7dzYg7UnJRs>

Worlds Greatest Organic Slug Control Solution - Effective Also For Aphids and Cabbage Worms And More

9 minutes: <https://youtu.be/31kJSA8dm6U>

Turn Charcoal into BIOCHAR by Doing THIS!!

1 minute: <https://youtu.be/IMUOADGR46o>

You Must Sow These in June - GrowVeg

make more sowings to get extra harvests both later in the season... and beyond

11 minutes: <https://youtu.be/g8Yh15SKPmM>

Homemade Natural Pesticide - JADAM Herbal Solution - JHS - Garden Like a Viking

8 minutes: <https://youtu.be/o3MKRoe0XWE>

Regenerative Agriculture on a Small Scale | What it Looks Like - No-Till Growers

What is regenerative agriculture, what does regenerative agriculture look like, what is small scale regenerative agriculture, using animals on a small scale, and more!

18 minutes: <https://youtu.be/Ct3CL22RpTg>

Food Forest Strategy for High Yields | Experimental Permaculture - Huw Richards

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

The Amish showed me this Seed Saving Trick and IT WORKS! - OFF GRID with DOUG & STACY

Seed saving may be one of the most important things we can do for food security and relocalization

13 minutes: <https://youtu.be/EROxPnO93Kk>

New Aquaponics System Design - Rob Bob's Aquaponics & Backyard Farm

Fish and plants system

11 minutes: <https://youtu.be/ztZB4ZjCI98>

These Air Rifles are as Powerful As A 22, Will it Replace Rimfire? - Garand Thumb

18 minutes: https://youtu.be/HDy4Gkbzx_s

HOME SOLAR POWER: A Super Helpful Beginner's Guide - Exploring Alternatives

12 minutes: <https://youtu.be/DIkCQ1NU1E0>

Martin Scheringer on 'Greening' The Chemical Industry - w/ Nate Hagens

Addressing single-use plastics and other chemicals

7 minutes: https://youtu.be/OSill0ji_SA

Rebuilding Relationships, Society and Culture

The New Commons: Navigating Conflict With Nonviolent Communication

An interview with Kristen Reynolds on the importance of compassionate/nonviolent communication for creating safe and respectful spaces for dialogue and for resolving tensions in relationships. Watch the second episode of our new public access show with hosts John-Michael and Johanna Laurie.

57 minutes: <https://youtu.be/e0sitrNaahA>

Gregg Braden - AMERICA DIVIDED: The Breaking of Social Bonds that Connect Us

Why, where, and how a spontaneous division between people and nation occurred, and is rapidly accelerating, and how to begin to recover our social bonds of community and caring and create a softer landing at the end of this cycle.

38 minutes: <https://youtu.be/p23WYqVQnQo>

Judgmentalism vs. Discernment (Excerpt) - Adyashanti

Addressing the worldwide epidemic of judgmentalism

4 minutes: <https://youtu.be/GLchco27Hw0>

Tomas Bjorkman on Inner Development for Cultural Change - w/ Nate Hagens

Change cannot just be a matter of "fixing the world." On a number of critical practices for helping us see ourselves and the world in new ways.

9 minutes: <https://youtu.be/PlpQ1n1vFeo>

Freedom: Social Alchemy for the Year 2000 - Part 2 with Stephan Hoeller |

Theosophical Classic 1992 (still highly relevant)

On individual freedom and social freedom, and the challenges to these. Freedom is not simply the absence of constraint, but rather the ability to live in accordance with one's highest ideals.

Jab & Plandemic News

What's New

[CLICK TO READ](#)



The COVID-19 Vaccines Are Neither Safe, nor Effective, nor Reversible

By Colleen Huber

The safety data are nothing less than horrifying.

The Vigilant Fox 🐾 @VigilantFox · 13h

Pfizer Knew Their Injections Damaged Teens: They Covered It Up and Kept Going Anyway

When Maddie de Garay suffered 35 adverse events from the COVID Shot, Pfizer summarized her harrowing experience as a stomach ache.

"Does your child when they have a stomach ache — does that put... [Show more](#)

click to watch

MADDIE'S ADVERSE EVENTS

- Severe Abdominal Pain (LRQ)
- Muscle Pain & Spasms all over body
- Tingling, Numbness & Weakness in Legs
- Gait Abnormality & Inability to Walk
- Sharp/Electric Pain - Neck down Spine
- Chest pain & Tachycardia
- Headache/Migraines
- Nausea, Reflux, Vomiting & Dysphagia
- Diarrhea then Gastroparesis
- Cold/fever, fingers & toes
- Fever, sore throat, white tongue, ulcers
- Blood in her urine
- Erratic blood pressure
- Tinnitus
- Brain fog/Mixing words
- Peeling feet
- Rash

Maddie experienced 0:08 / 0:55

Self Assembly Hydrogel Polymers, Historical Research Context Of Hydrogel Smart Materials And Nano Worms That Rapidly Grow From Nanometers To Visible Size - Ana Maria Mihalcea, MD, PHD



Explaining more about Hydrogel and responding to scientists and doctors saying that you cannot see nanotechnology grow from nanoscale to microscopic scale and that we cannot possibly see what we claim to see in the blood.

<https://bit.ly/3op3cum>

FDA's vaccine advisory committee (VRBPAC) votes to approve Pfizer's RSV drug in pregnant women with a 10:4 split - Dr. Meryl Nass

4 new temp members appeared yesterday and all voted to approve. A sad day for babies and mums

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

 **Steve Kirsch** 
@stkirsch

Click for thread

This is so cool. With one VAERS query, you can prove that vaccines **vaccines cause autism**!! The medical community hasn't been able to figure this out in over 20 years! I did it in about 15 seconds. Look at Hep A (2 doses) vs. MMR (1 dose). It's $153/(45/2) = 6.8$ OR and the p-value $<.00001$. So this didn't happen by chance. I wonder what is causing the difference in the reporting per shot??? Hmm... it can **ONLY** be the vaccine type. Why is this so hard for anyone to understand?




Search Results

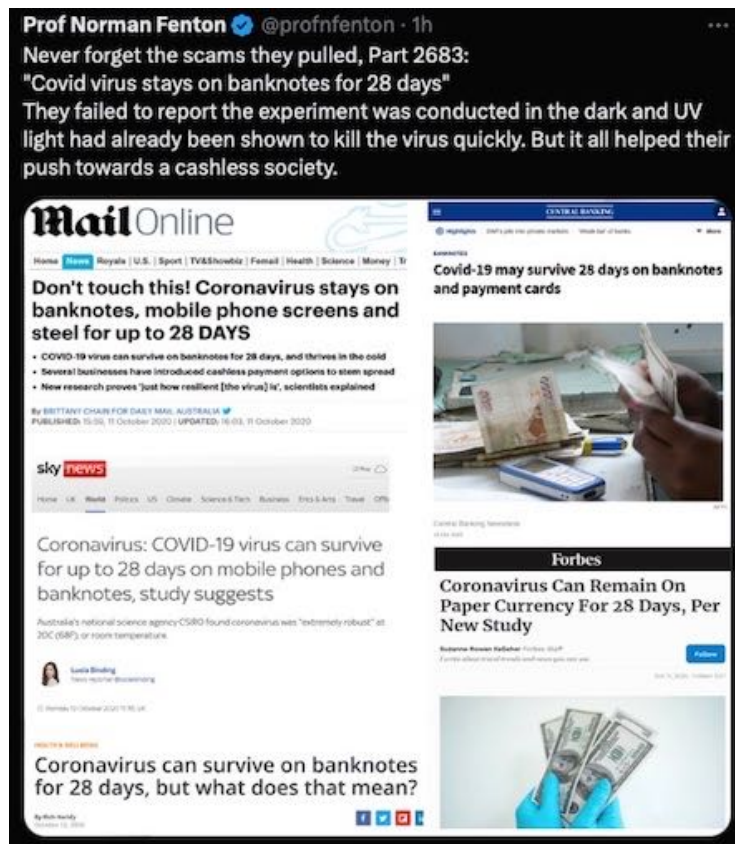
From the 5/12/2023 release of VAERS data:

Found 282 cases where Age is under-1.25 and Symptom is Autism or Autism spectrum disorder or Broad autism phenotype and Vaccination Date on/after '2006-01-01'

Government Disclaimer on use of this data

Table

 Vaccine Type	Count	  Percent
Diphtheria	63	22.34%
Haemophilus	116	41.13%
Hepatitis A	102	36.17%
Hepatitis B	45	15.96%
Influenza	78	27.66%
Measles	29	10.28%
Meningitis	153	54.26%
Mumps	16	5.67%
Pertussis	153	54.26%
Pneumonia	116	41.13%
Polio	123	43.62%
Rotavirus	87	30.85%
Rubella	36	12.77%
Tetanus	153	54.26%
Varicella	95	33.69%
TOTAL	21	7.45%
	86	30.5%
	† 1,472	† 521.99%



General Health & Wellness

Kimchi Builds Microbiome in the Gut! - Dr. Mandell

On the various and potent health effects of kimchi

1 minute: <https://youtu.be/-MhKuM2rkdw>

Activating Your Brain's Inner Pharmacy - No Drugs Needed! - Dr. Andrea Furlan

14 minutes: <https://youtu.be/2t1EnpoWIXo>

Focusing Your Unconscious Mind: Learn Hard Concepts Intuitively (And Forever) - Colin Galen

A general learning method for learning and understanding hard concepts intuitively/deeply/obviously, and for long periods - up to years at a time.

19 minutes: <https://youtu.be/Dm68uFy6gus>

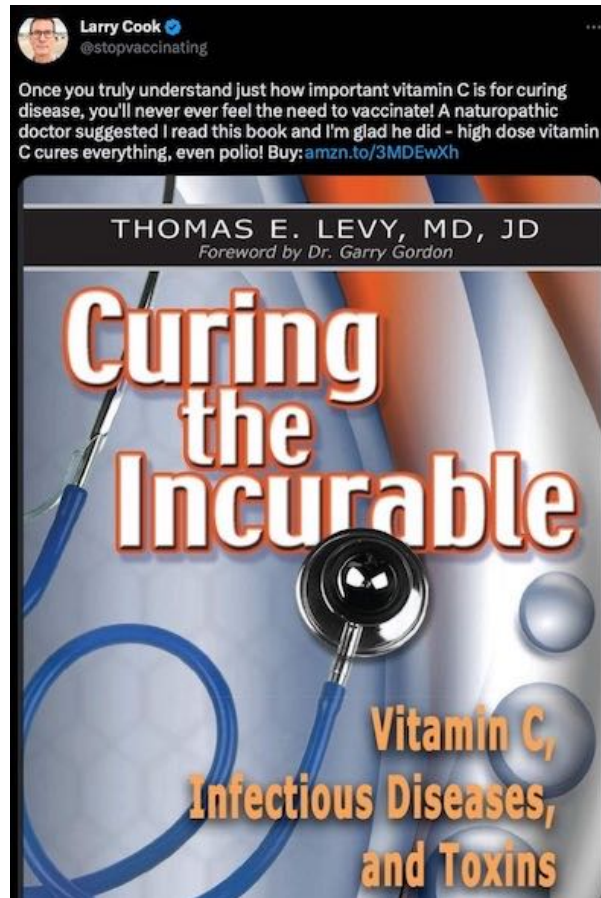
Rebooting your Vagus Nerve Using Your Ears - Dr. Mandell

Quick way to activate your parasympathetic (relaxation) nervous system

7 minutes: <https://youtu.be/gn5jihOWuv8>

The SHOCKING ROOT CAUSE of Cancer & How To STARVE It Naturally | Dr. Thomas Seyfried w/ Max Lugavere

107 minutes: <https://youtu.be/IEzPt-sRmAc>



EMFs

“Your WILL is Being Paralyzed” - Be Inspired

The relationship between electricity and human consciousness is a fascinating area of study that explores the ways in which electrical signals in the brain may be linked to our thoughts, emotions, and experiences. Research has suggested that electrical stimulation of certain areas of the brain may have a lot of implications for a range of neurological and psychiatric disorders, highlighting the potential for electricity to influence human consciousness in significant ways. Additionally, some scientists have proposed that consciousness itself may be a form of electrical activity in the brain, although this theory remains a subject of debate and further research.

27 minutes, chapterized: <https://youtu.be/roOFQTOETsc>

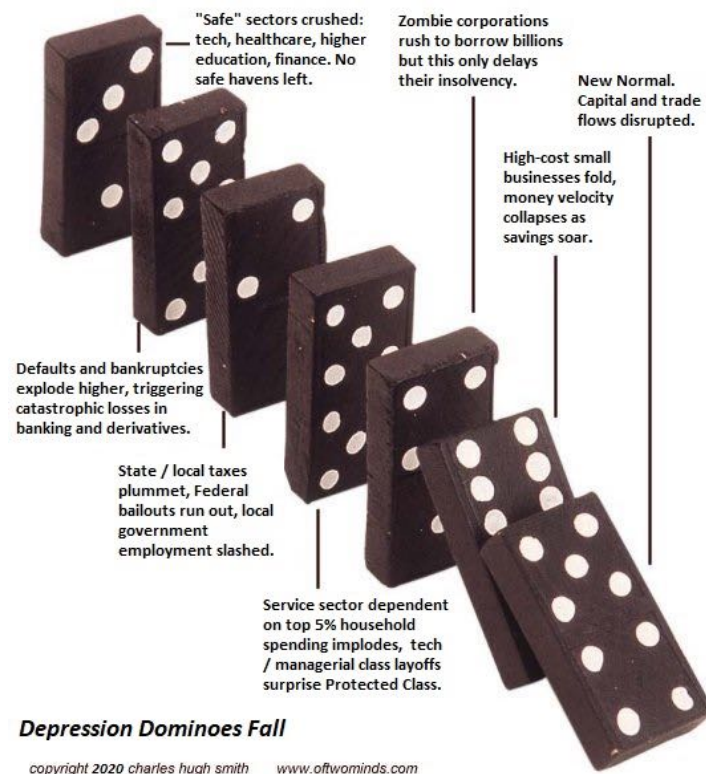
Education & Schools

The Croydon School Funding Battle: Looking Back, and Looking Forward with Jody and Ian Underwood - FreeStateProjectNH

From the March NH Liberty Forum

54 minutesP: <https://youtu.be/PpoHv0q1XOM>

Money, Food, Energy, Jobs & Resources



“Free Range” Chicken Label Is Complete Bullsh*t – Reveals Undercover Video - The Jimmy Dore Show

An undercover operation by a group called Animal Outlook recently revealed the horrific treatment chickens sold under the Tyson name are subjected to, and put the lie to the “free range” label.

11 minutes: https://youtu.be/mka_n9d5V9A

Lawmakers Clash Over Regulation Of Stablecoins - Liam Cosgrove, The Epoch Times,

House lawmakers took part in a contentious debate over how stablecoins should be regulated at a hearing held by the Financial Services Committee’s digital assets panel - where there were also some hopeful signs from both sides.

<https://bit.ly/3MNDXv2>

"Democrats Don't Speak Out About This!" - How ESG Is Destroying American Corporate Culture - Patrick Bet-David, Tulsi Gabbard and Adam Sosnick

ESG is creating a climate of fear and intimidation in the corporate world. Companies are afraid to speak out against left-wing causes for fear of being penalized by ESG investors. This is leading to a decline in free speech and a rise in corporate censorship.

20 minutes: <https://youtu.be/ex6UcKpMmlE>

Whitney Webb | The Scramble To Push A CBDC Future - TFTC (Truth for the Commoner)

Also discussed: biometrics, Epstein, transhumanism, Disney, and more

97 minutes, chapterized: <https://youtu.be/mfVahClhdfc>

Neil Oliver: There's nothing green about the green agenda...just plain old greed! - GBNews

12 minutes: <https://youtu.be/kD9KG-j7C0M>

Dutch Farmers Go To War Against Climate Change Restrictions! - Jimmy Dore Show

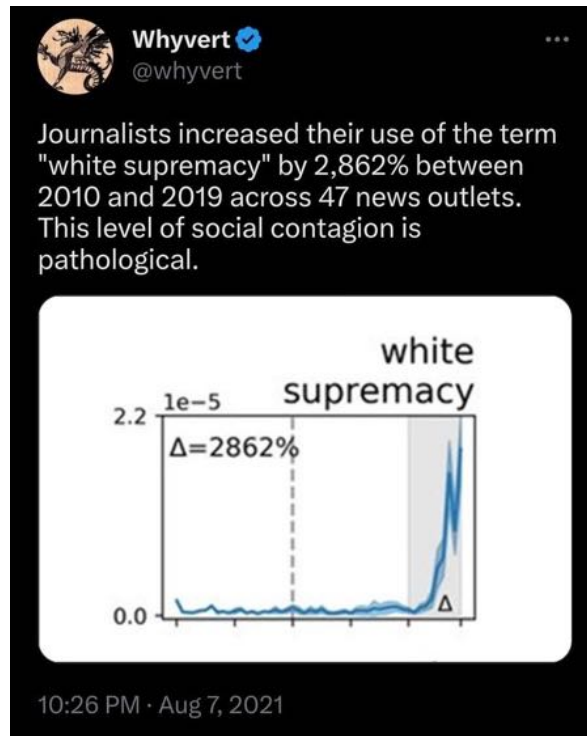
11 minutes: <https://youtu.be/zQ8wlOYZZl8>

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

Counter-Disinformation: The New Snake Oil

Now a journalist, Naval Special Warfare vet Tom Wyatt provides a glimpse inside the massive "Information Operations" Industrial Complex and discusses strategies for building resilience to disinformation among the public -- you know, like actual critical thinking. Guest post on Matt Taibbi's blog.

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



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

Geoffrey Hinton: Reasons why AI will kill us all

Aside from the click-bait title, Hinton, a computer scientist and the co-inventor of deep learning, discusses the potential dangers of artificial intelligence, to wit: AI could pose a threat to humanity in a number of ways. For example, AI could be used to develop autonomous weapons that could kill without human intervention. AI could also be used to create surveillance systems that could track our every move. Additionally, AI could be used to manipulate our thoughts and emotions, making us more susceptible to propaganda and other forms of control.

21 minutes: <https://youtu.be/0oyegCeCcbA>

AI: We Don't Know (What We Don't Know) | Dr. John Vervaeke

49-second YT Short: <https://youtu.be/UDWqmrLzYSs>

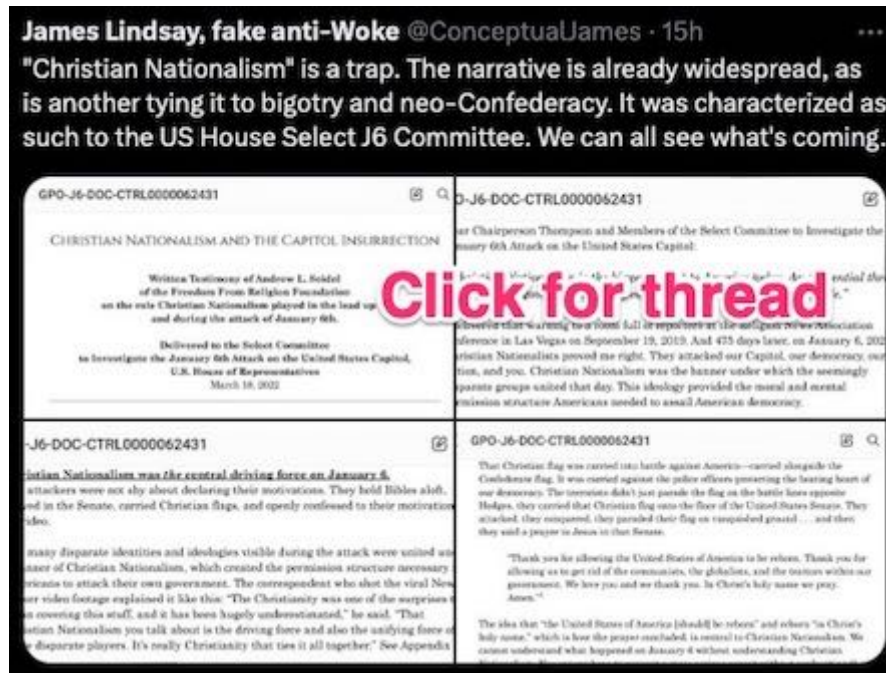
Ukraine, False Flags & Globalist Militarism

Seymour Hersh: 'Something Else Is Cooking' In Ukraine

The Ukraine Refugee Question. Ukraine's neighbors push for Zelensky to pursue peace as millions of displaced people flow into Europe.

<https://scheerpost.com/2023/05/19/seymour-hersh-the-ukraine-refugee-question/>

Culture Wars



NYT Admits Corporate Diversity Programs FAILING | Breaking Points

How DEI training is increasing workplace hostility

9 minutes: https://youtu.be/kh8C2m_V-18

Paradigm Expanding

Donald E. Scott: Examining Electric Plasma Discharge | - Thunderbolts Project

An introductory primer on the electric universe/sun theory based on experimental data, well illustrated

26 minutes: https://youtu.be/HDb-yNkRU_I

Secret Underground Bases, Cities, Tunnels and Roadways?... What is Going on Down There? - Derek Taylor; UAMN TV

Underground bases, tunnels, cities, and entire infrastructure to support and sustain life – classified, high budget, runs for 1000s of miles across the entire U.S. What is Going on below our feet? From Contact in the Desert Conference.

23 minutes: <https://youtu.be/0SitHeHpkn4>

Dr. Steven Greer - Illegal Shadow Govt Suppression Of UAPs and Alternative Energy - w/ Kim Iverson

63 minutes: <https://youtu.be/3ja4jEhBXWo>

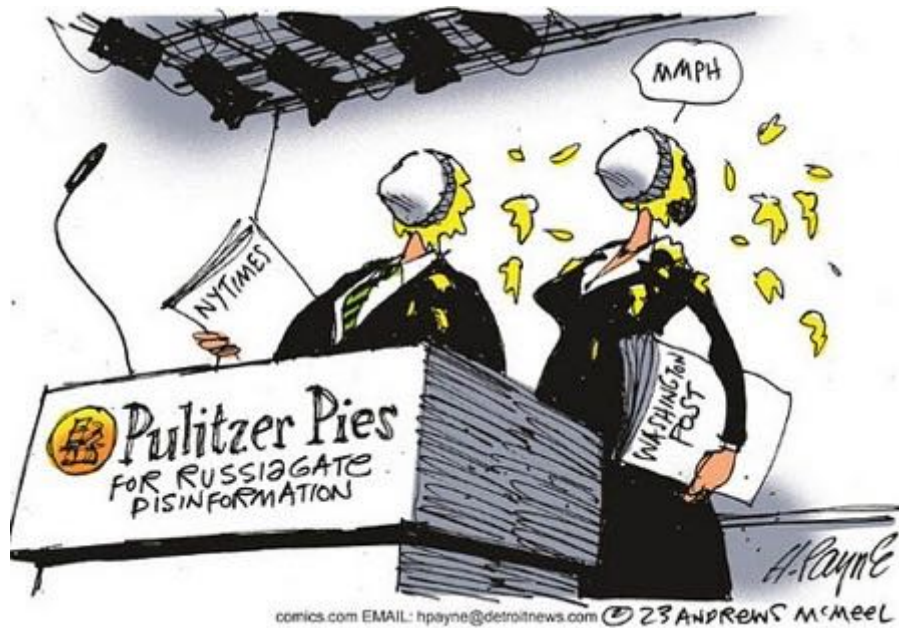
Where Reason Fails, the Heart Prevails ~ Shunyamurti

Shunyamurti Reads the Revered Sufi Mystic Farideddin Attar - how reading some poetry can help awaken the heart

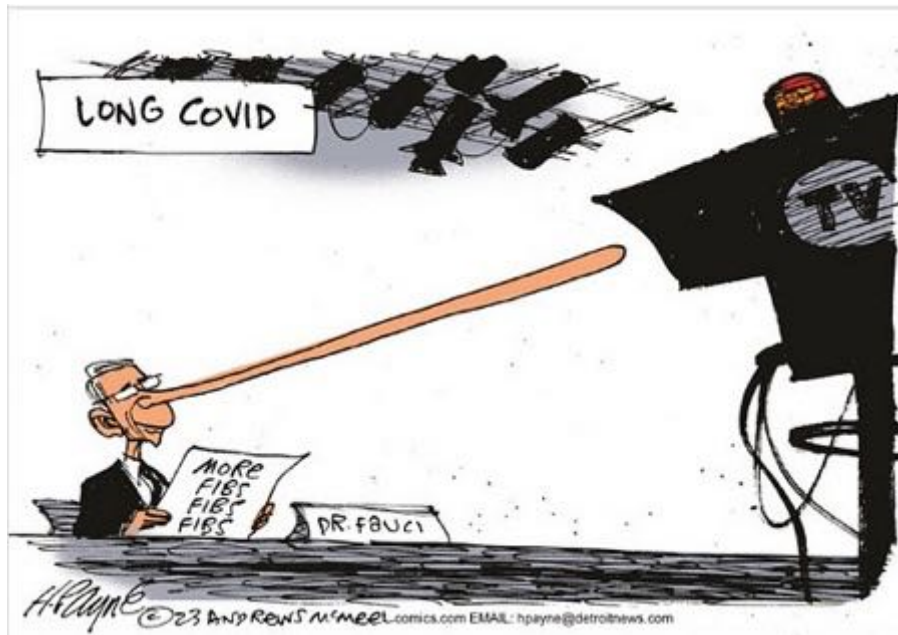
15 minutes: <https://youtu.be/nh65ROMlc-M>

Monday Memes







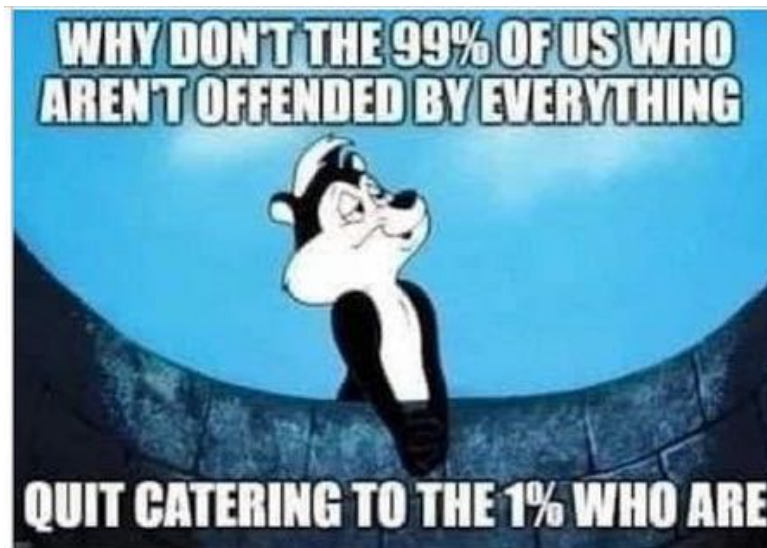


**BRICS overtake G7 nations in global GDP
to become economically more powerful**

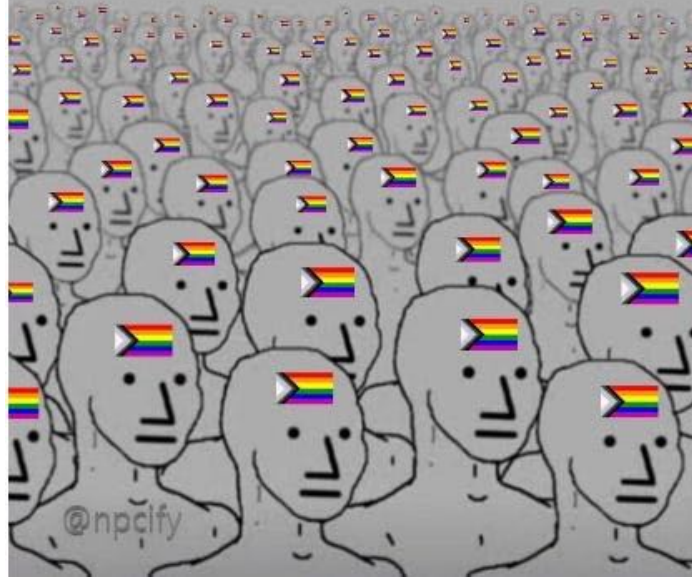


Meanwhile the G7:





DIVERSITY IS OUR STRENGTH



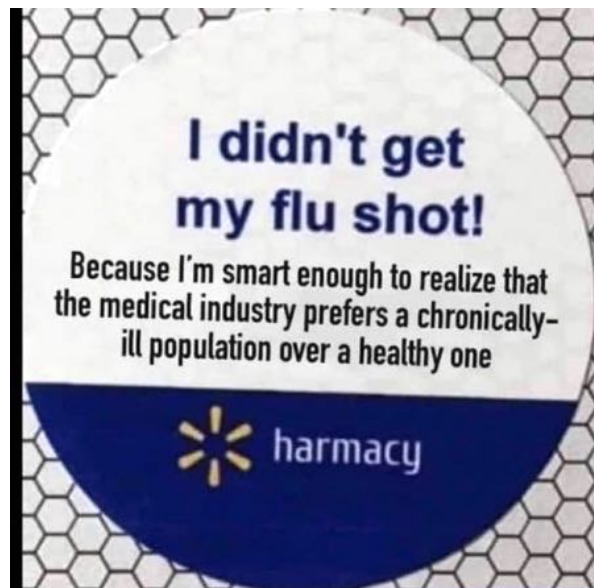
BRANCO ComicallyIncorrect.com
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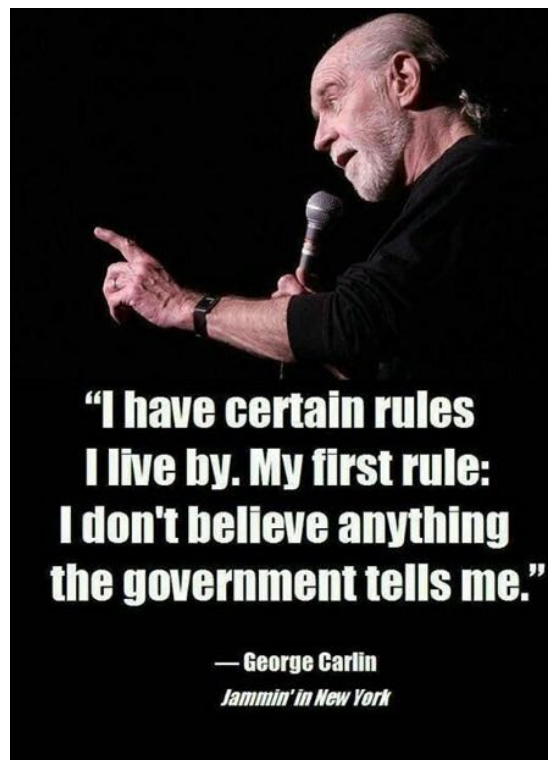
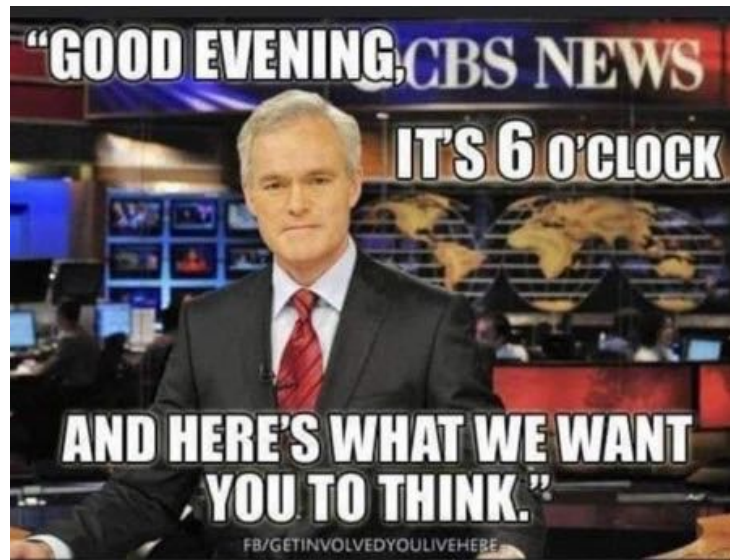




James Woods @ReaJame... · 8h ·

If ever one photo captured the madness of the COVID era, might it be the leading male health officer of the United States wearing a skirt and getting injected in what appears to be a pediatric setting?



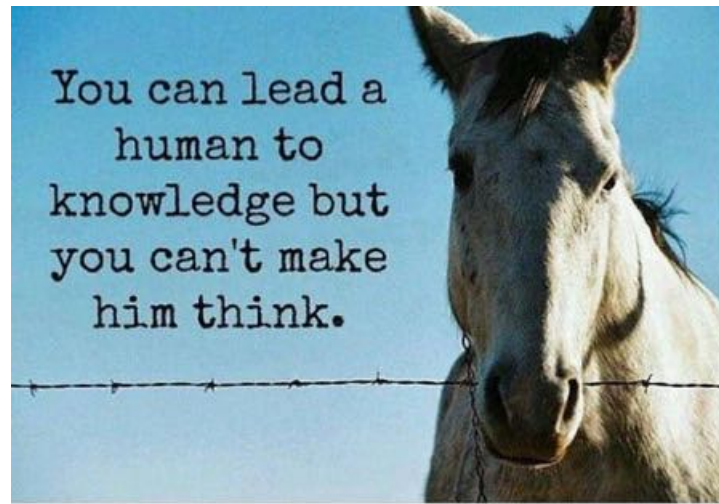




**REMEMBER THE PLAGUE
THAT WIPED OUT THE
AMISH BECAUSE THEY
REFUSED TO VACCINATE?**



**YEAH
ME NEITHER**





Let's make the world a more pleasant place 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.