



## Newsletter - Monday May 8, 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. Today's theme is the Soil - featuring numerous resource on its reclamation for the future of healthy food, land and communities. Soil is also a metaphor for underlying base of the human ecosystem: our capacity to share, to know, to understand, to constructively communicate, and to create together. Today we feature a articles and videos on how to reclaim our collective sense-making, ask good questions, and exit the matrix of confused language and morals as the old institutions die of their own corruption.



**THE NEW COMMONS**  
Creative Conversations for a Flourishing World

**On today's zoom chat**, John-Michael and Johanna Laurie share about the launch their new program, The New Commons, on local access TV in Keene. Watch the introductory episode here: <https://youtu.be/zkA2bClc8ZI>. Our next episode will take place on May 18, featuring Kristen Reynolds on non-violent communication - more of the underlying "operating system" we need for "creative conversations for a flourishing world".

[Click to Join Zoom](#)

### **EMF Safe Tech Talk in Keene - TODAY Monday May 8 3PM**

Cece Doucette of MA for Safe Technology will present at 3PM in the Miller Vincent Room, Keene Public Library. Free.

**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!**

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## **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.**

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**Up First!**

***Top news and views....***



### **Exit the WHO -- call/email Congress - James Roguski**

Plus other actions. In order to protect our personal freedoms and our national sovereignty, the time has come for "We the People" to #ExitTheWHO

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

### **CDC Director Walensky Resigns, Ending Contentious Reign Over COVID Vaccine Policies - CHD**

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

### **‘Horrible Idea’: First Vaccine for Birth Control Now in Clinical Trials - The Defender, CHD**

Rather than disrupt the menstrual cycle, as hormonal forms of birth control do, the vaccine uses the immune system to prevent pregnancy by blocking fertilization.

<https://bit.ly/42xI1EH>

### **Vax Mandates FINALLY End on May 11, but Biden Won’t Admit They FAILED: Robby Soave**

11 minutes: [https://youtu.be/45S\\_fCOKXAM](https://youtu.be/45S_fCOKXAM)

### **U.S. Military Industrial Complex Is ‘Choking Democracy’ — How Do We Stop It?**

America’s founders were profoundly skeptical of large militaries, of entangling alliances with foreign powers and of permanent wars, according to Bill Astore, a “card-carrying member” of the military-industrial complex, who warns: “So should we all be.”

<https://tomdispatch.com/can-the-military-industrial-complex-be-tamed/>

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[www.pureph.net](http://www.pureph.net)  
3 Greenleaf Woods, Suite 301  
Portsmouth, NH 03801

#### **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](mailto: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 ([wbbkradio.com](http://wbbkradio.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.copecounselingandcoaching.com](http://www.copecounselingandcoaching.com)  
[david@copecounselingandcoaching.com](mailto:david@copecounselingandcoaching.com)  
**603-562-8889**

*Have a business or item you'd like to share here? Contact [admin@riseupnh.org](mailto:admin@riseupnh.org).*

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## The UpBeat

### Oklahoma Bans More than a Dozen Woke Banks from Doing Business with the State

The move ultimately blocks the banks from managing billions of dollars in Oklahoma pensions, investments and other state entities.

<https://needtoknow.news/2023/05/oklahoma-bans-more-than-a-dozen-woke-banks-from-doing-business-with-the-state/>

**Beatboxing Pro Gets Ant & Dec's Golden Buzzer! | Auditions | BGT 2023**

Not just beatboxing - amazing one-man band

<https://youtu.be/fERN0eje8i0>

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## Events

### **EMF Safe Tech Talk in Keene - Monday May 8 3PM**

Cece Doucette of MA for Safe Technology will present at 3PM in the Miller Vincent Room, Keene Public Library. Free.

### **Kensington Cell Tower Conversations - May 17**

The Kensington zoning and planning boards approved a cell tower at 184 South Road (Rt. 107). We were recently informed this is zoned residential, not commercial. On March 15, 2023, the zoning board also approved a variance that allows a cell tower to be installed in a residential zone at 70 Moulton Ridge Road. The current Kensington zoning ordinance article V section 5.1.5.2 does not allow this. For this and many other reasons, our concerned citizens group is contacting Kensington residents regarding the expansion of the telecommunication network in to residential and agricultural zones.

Learn more at: [www.KensingtonConversation.net](http://www.KensingtonConversation.net)

Contact Us: [info@KensingtonConversation.net](mailto:info@KensingtonConversation.net)

### **We the People - Teresa Bastarche**

Quarterly in person strategic planning!

May 20, 2023 4:30pm.

8025 S Willow, Manchester, NH

### **Worldwide Rally for Freedom May 20**

<https://tgstat.com/channel/@worldwidedemonstration>

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

### **Honest Government Ad | Reserve Bank of Australia (satire)**

4 minutes: <https://youtu.be/DNxXRigHri4>

### **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. you will learn:

- How to depolarize your own thinking by affirming opposing values
- How to apply worldview analysis to create cultural solutions to cultural problems
- How to apply our Win-Win-Win approach
- Transformative political practices

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

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

### **Defender Top News of the Week With Michael Kane 5/1 - One Life Radio on CHD-TV**

CHD's Michael Kane joins Bernadette Fiaschetti to recap 'The Defender' stories on media corruption, reproductive health, water pollution, pandemic policies, surveillance capitalism and other important topics.

Audio, 49 minutes: <https://bit.ly/3p9IAGo>

### **Alabama vs. The Great Reset - Panel Discussion**

On Resisting the Great Reset, Wokeness, DEI - Will Blakely, Bryan Dawson, Allen Mendenhall, and Michael Rectenwald. From the Mises Institute's recent event in Birmingham, Alabama

24 minutes, chapterized: <https://youtu.be/b2dAEZm5nL0>

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## **Politics, Elections, Voting & Natural Law**

### **Whistleblower: DOJ and FBI have file of an alleged criminal scheme (bribery) of then-VP Biden - FOX news**

Interview w/ Rep James Comer (R-Ky) re: House Oversight Committee research on influence peddling of entire Biden family

32 minutes: <https://youtu.be/oyz65W9-IAY>

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## **Relocalization, Regenerative Practices & Mindset, Prepping**



## **"Dirt" - A New Documentary About Saving Our Soil**

How Arkansas farmers, ranchers and more are improving their operations by helping the environment.

55 minutes: <https://youtu.be/A8mawEmm49o>

## **A New (Re)Generation**

Stewarding the land regeneratively - focused on the full spectrum of health from soil to cattle to community. The story of Carrie Richards and how she transformed her family farm against much initial opposition.

24 minutes: [https://youtu.be/Cki3e7uYJ\\_I](https://youtu.be/Cki3e7uYJ_I)  
[www.kisstheground.com](http://www.kisstheground.com)

## **Getting Rid of Chemicals in Soil - Homesteading Family**

Using cover crops to reclaim larger plots

2 minutes: <https://youtu.be/ue9LdSqHwUI>

## **How To Turn Dirt Into Soil - SSLFamilyDad**

14 minutes: <https://youtu.be/-nbelEpFvzg>

## **Soil Amending Simplified - NoTill Growers**

20 minutes: <https://youtu.be/SxJoOh4a0wM>

## **How to Use Every Mulch: The Ultimate Growers' Guide**

How to use straw, what is straw, what is hay, how to use hay, mulching with leaves, mulching with cardboard, garden mulching, mulching with compost, no dig, deep compost, living mulches, perennial cover crops, and more!

27 minutes: <https://youtu.be/SoF7Z6sWiEY>

## **Companion Planting VS. Interplanting: Differences, Examples, and Strategies for Both**

Companion planting examples, interplanting examples, intercropping examples, trap crops, attracting beneficials, flea beetles, aphids, and more.

20 minutes: [https://youtu.be/MvzQKEa2z\\_A](https://youtu.be/MvzQKEa2z_A)

## **Aeroponics 101 - The true build - for hobbyists**

On air compression and delivery

16 minutes: <https://youtu.be/J4Kos3MizV8>

## **Fully Automated Tomatoes - Indoor Grow Application**

2 minutes: <https://youtu.be/b4Rbx0JiK38>



More (3 minutes): <https://youtu.be/J4Kos3MizV8>

### **15,000 baseball size tomatoes from one cherry tomato plant**

It's all about the light (and lack thereof)

3 minutes: <https://bit.ly/425WgAQI>

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## **Rebuilding Relationships, Society and Culture**

### **What is likely to be the future of civic life? What should it be? (Forrest Landry et al)**

Advancing collective sense-making through "Ephemeral Group Process" where groups of between 30 and 300 engage focused, coherent, and generative conversations.

<http://egp.community>

### **A Call for Parallel Institutions - Asha Logos**

"If we're able to work together to blaze a trail out of and away from this hell on earth, there really is no telling where it might lead... we only need to summon the energy and will to take the necessary first steps." Written at the height of the pandemic insanity in 12/21, still highly relevant as the wannabe controllers continue to roll out their vision.

1 hr: <https://youtu.be/Vw3tUXdLu2Y>

### **(Sense-Making) Principles To Live By - Forrest Landry**

Why asking the right questions is so important, what is a good basis of choice, the critical difference between judgement and discernment, reflexive problem-solving across cultures, the risks posed by geoengineering, and much more. Landry is a philosopher, writer, researcher, scientist, systems engineer, and teacher.

Audio, 79 minutes: <https://soundcloud.com/user-581962549/7-forrest-landry-principles-to-live-by>

Transcript: [https://www.ucl.ac.uk/global-governance/sites/global\\_governance/files/transcript\\_global\\_governance\\_futures\\_forrest\\_landry.pdf](https://www.ucl.ac.uk/global-governance/sites/global_governance/files/transcript_global_governance_futures_forrest_landry.pdf)

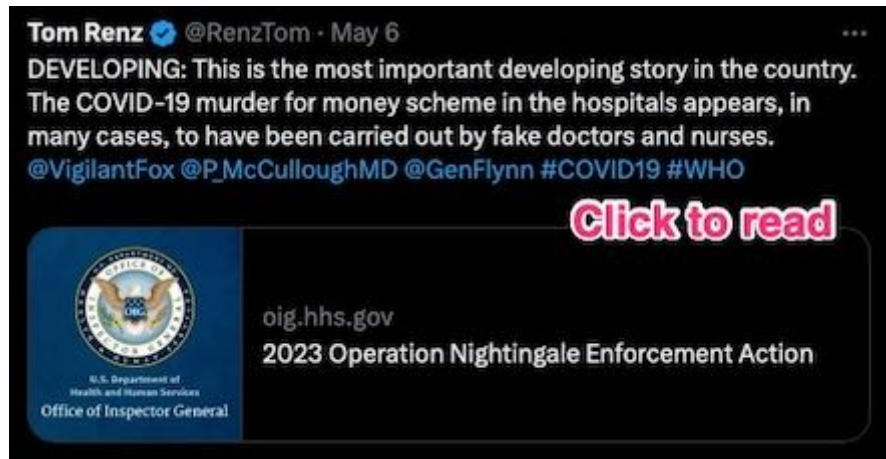
### **Collective Intelligence - Homegrown Humans Daniel Schmachtenberger w/ Jamie Wheal**

Why collective intelligence is vital to navigate existential risk today. Topics include: how tech and social media are undermining sense-making, the need to reinvent democracy, how to maintain existential hope in the midst of crises, and more.

2.75 hrs: <https://youtu.be/fowcm7b8DIw>

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## Jab & Plandemic News



### Fauci Claims He Never Mandated Lockdowns or School Closures

Article, videos: <https://www.armstrongeconomics.com/international-news/disease/fauci-claims-he-never-mandated-lockdowns-or-school-closures/>

### When Governments deploy psy-ops on their citizens, 'sovereignty becomes obsolete' - Dr Malone on GBNews

Malone & Neil Oliver discuss the WHO's Pandemic Preparedness Treaty - is it something to be concerned about, or not?

12 minutes: <https://youtu.be/vPCr6UJM-Js>

### Understanding Benefits of a Treatment - John Mandrola, Sensible Medicine Blog

Revisiting relative vs absolute risk reduction in medical research

<https://bit.ly/3LKYu1y>

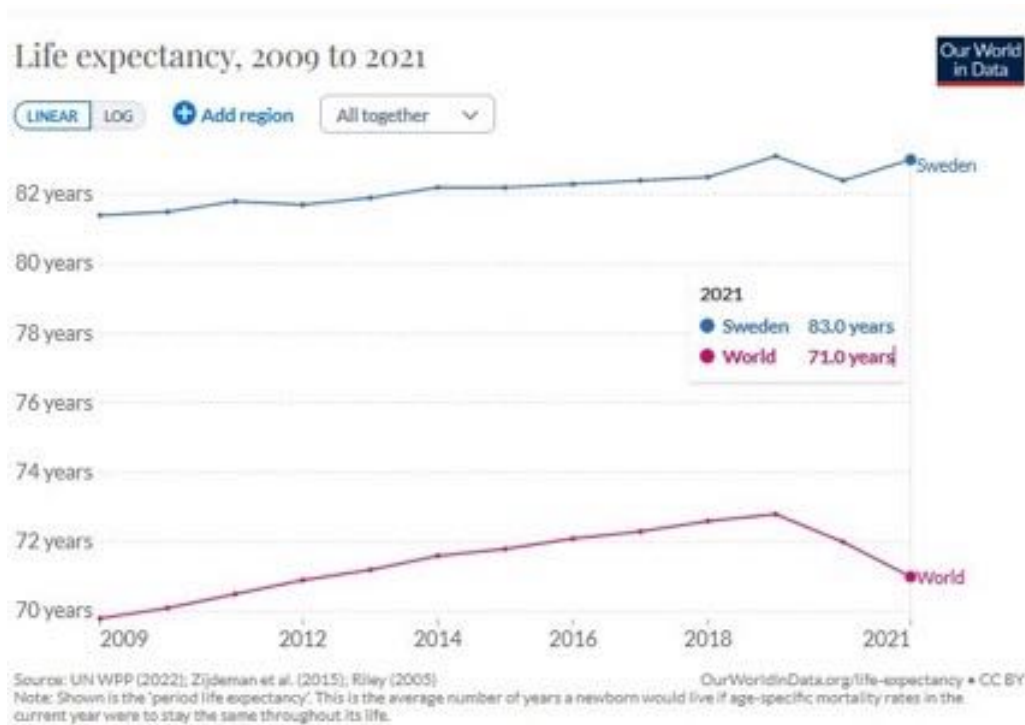
### The Real Winner in the COVID Vaccine Sweepstakes May Surprise You

Germany's BioNTech made 12.95 billion euros in profits on 17.3 billion euros in revenues for a whopping 75% profit margin, compared to Pfizer's "high 20s" on COVID-19 vaccine revenues and 34.6% profit margin on all revenues.

<https://brownstone.org/articles/biontechs-30-billion-reasons/>

### New Study: Ivermectin reduces risk for COVID-19 with very high confidence for mortality, ventilation, hospitalization

<https://original.newsbreak.com/@msbirgith-561347/3014600742217-new-study-ivermectin-reduces-risk-for-covid-19-with-very-high-confidence-for-mortality-ventilation-hospitalization>



## General Health & Wellness

### At-Home Blood Testing Technology - the Latest Developments! - Ivor Cummins

Siphox is developing a in-prick based tech, fast and simple - no expensive venesection and specialized lab analysis

22 minutes: [https://youtu.be/\\_2Y\\_q-cwzDI](https://youtu.be/_2Y_q-cwzDI)

Siphox Website: <https://siphoxhealth.com/>

Mailing Wait List (Discount Code: IVOR2023): <https://siphoxhealth.com/waitlist>

### How to Help a Family Member Suffering from Mental Illness - DeWone Bennett

Audio, 48 minutes: <https://www.oneliferadio.com/shows/dewonebennett4623-l6k3g>

### The Scary New Research On Sugar & How They Made You Addicted To It! Jessie Inchauspé - The Diary Of A CEO

And what you can do about it. Inchauspé is a French biochemist and bestselling author.

95 minutes, chapterized: <https://youtu.be/DnEJrgc1BCk>

Inchauspé's book 'Glucose Revolution' (2022): <https://amzn.to/3B5gleQ>

### How the Longevity and Fasting-Mimicking Diet will help people live longer lives – Dr Valter Longo

The fasting-mimicking diet has had success or is showing promise in the treatment of cancer, diabetes and Alzheimer's. The possibilities are seemingly infinite.

37 minutes, chapterized: <https://youtu.be/7PdKZPBen0w>

### **Why Use Methylene Blue for Cancer - Dr Eric Berg**

9 minutes: <https://youtu.be/gDgtfW6kjAg>

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## **EMFs**

### **EMF Safe Tech Talk in Keene - Monday May 8 3PM**

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### **Massachusetts bill for recognizing EMS**

Massachusetts H.2158 An Act recognizing EMS as a disease dangerous to the public health, requiring inclusion in MAVEN, establishing the Massachusetts EMS registry and requiring biennial reporting as part of population health trends is sponsored by Representatives Tricia Farley-Bouvier, Vanna Howard and Mary S. Keefe and assigned to the Joint Committee on Public Health.

<https://malegislature.gov/Bills/193/H2158>

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## **Education & Schools**

### **Sora: The future of school**

The pioneering school where students identify and solve real-world problems. Inquiry-based learning and mastery-based assessments.

<https://soraschools.com/exciting-expeditions/>

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## **Money, Food, Energy, Jobs & Resources**

### **Front-Running the Fed Pivot Might Not Work Next Time - Charles Hugh Smith**

The Fed has trained the trading-rats all too well, and there is no way to avoid the unintended consequences of the Fed's large-scale human behavioral experiment.

<https://www.oftwominds.com/blogmay23/frontrunning-fed5-23.html>

### **How the War on Crypto Triggered a Banking Crisis - Ellen Brown**

<https://ellenbrown.com/2023/04/29/how-the-war-on-crypto-triggered-a-banking-crisis/>



### **Insect Farming: Are Maggots on Your Menu? - Dr Mercola**

Insect-as-food promoters claim humans have a long history of eating insects and “If you think eating insects is gross, you may be in the cultural minority.” Yet, historical mentions of eating insects are mostly for survival and not as a delicacy. Oh, and cannibalism, too.

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

### **The Long Shadow of BlackRock - Josh Walkos**

Are we now the United States [Corporation] of Blackrock?

<https://www.activistpost.com/2023/05/the-long-shadow-of-blackrock.html>

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

### **AI Will Soon Make Social Media Much More Harmful to Liberal Democracy, and to Children - Jon Haidt**

My new essay with Eric Schmidt [FWIW] lays out four imminent threats and five doable reforms

<https://bit.ly/3LYYX1z>

### **Forrest Landry's Essay "My Vision of the Future"**

Forrest Landry, a modern philosopher, has focused on the topic of AGI, specifically on the risks that it poses, and has written these essays.

28 minutes: <https://youtu.be/DBlggJrULhA>

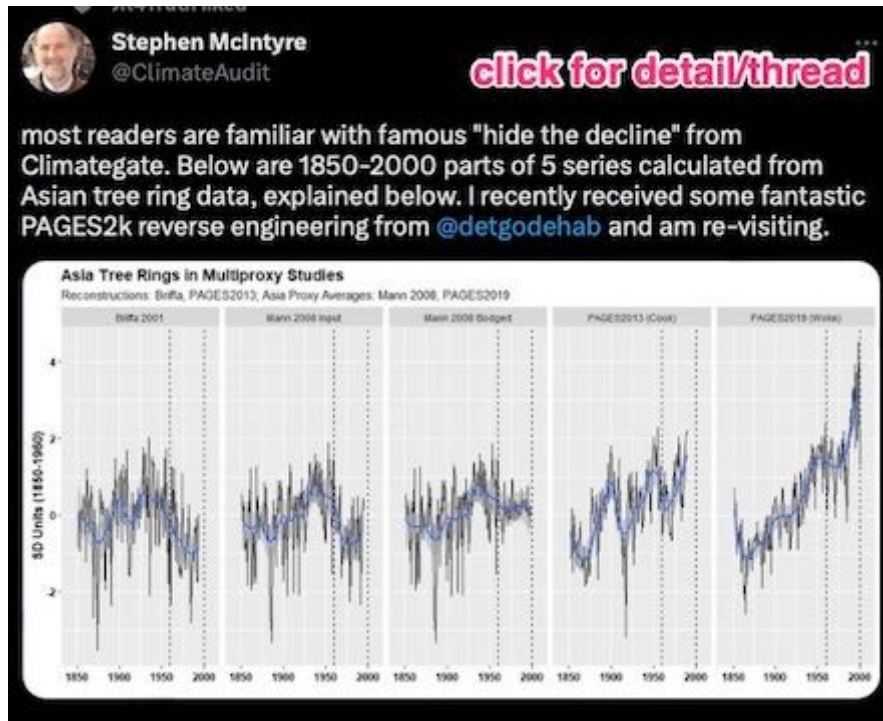
or Read here: [https://mflb.com/ai\\_alignment\\_1/vision\\_of\\_future\\_psr.html#p1](https://mflb.com/ai_alignment_1/vision_of_future_psr.html#p1)

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

### **"Godfather of artificial intelligence" Geoffrey Hinton talks impact and potential of AI - CBS Mornings**

242 minutes: <https://youtu.be/gpoRO378qRY>



## Ukraine, False Flags & Globalist Militarism

**Zelensky Regime's Fate Is Sealed - M. K. Bhadrakumar, Global Research**

On the attempt to assassinate Putin and the lies around the state of the war in Ukraine.

<https://bit.ly/3NOFJ4U>

## **The US and Israeli Role in Sudan's Path to War - Giorgio Cafiero, Global Research**

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

Further insight into the struggle: <https://www.newarab.com/analysis/haftar-and-hemedti-two-sides-same-coin>

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## **Culture Wars**

### **California Reparations Panel Recommends \$1.2 Million Payment for Black Residents**

<https://needtoknow.news/2023/05/california-reparations-panel-recommends-1-2-million-payment-for-black-residents/>

### **John Lamb Lash: PSA: What's Behind the Current Big Scare About AI**

More on the war on Western Civ...the Busch Lite fiasco, bank failure psy-ops and more  
40 minutes: <https://youtu.be/1hRp2XjtJFI>

### **Language is the Battlefield - Asha Logos**

A number of common terms that have been perverted  
25 minutes: <https://youtu.be/fgReurGebJg>

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## **Paradigm Expanding**

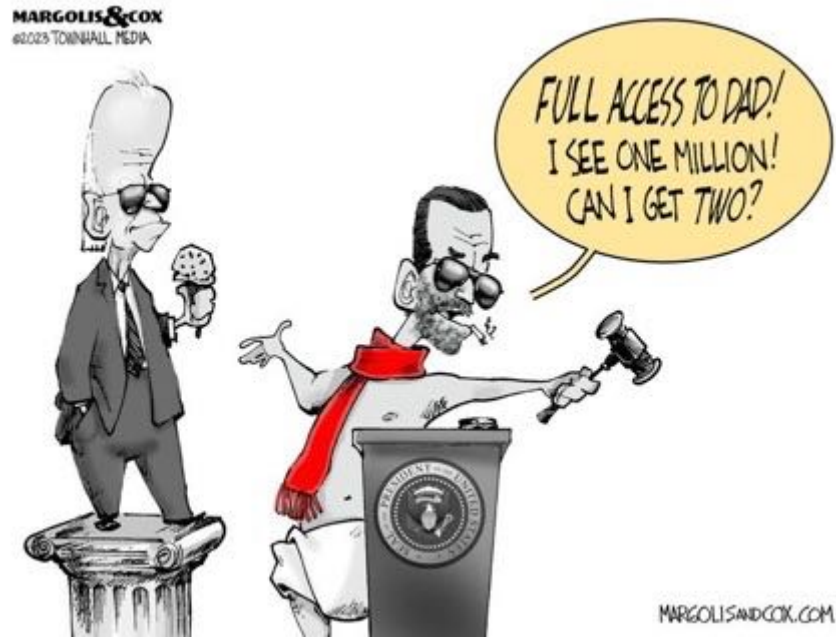
### **Story of the Noosphere - Human Energy**

"Noosphere" is a loose synonym for three different meanings: the history and destiny of Homo sapiens; an emerging planetary nervous system, an emerging super-organism. As we deepen our understanding of this noosphere we begin to discover a collective sense of meaning and purpose that will help us address our global challenges. Narrated and hosted by Brian Thomas Swimme.

Series of brief videos: [https://youtube.com/playlist?list=PLYniMSuaum-Cs\\_P\\_9Qg6FUilLYtdvsWgj](https://youtube.com/playlist?list=PLYniMSuaum-Cs_P_9Qg6FUilLYtdvsWgj)

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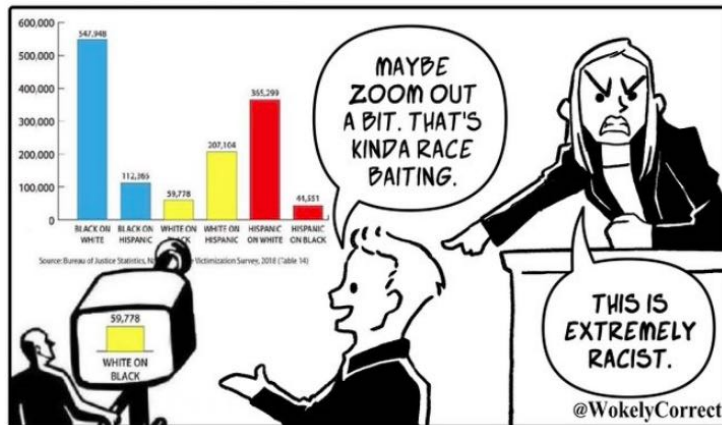
## **Monday Memes**





Hi @CDCDirector, where to next?











**I'm doing my part to  
save the planet.**



**I just unplugged a row of  
electric cars that no one  
was using.**





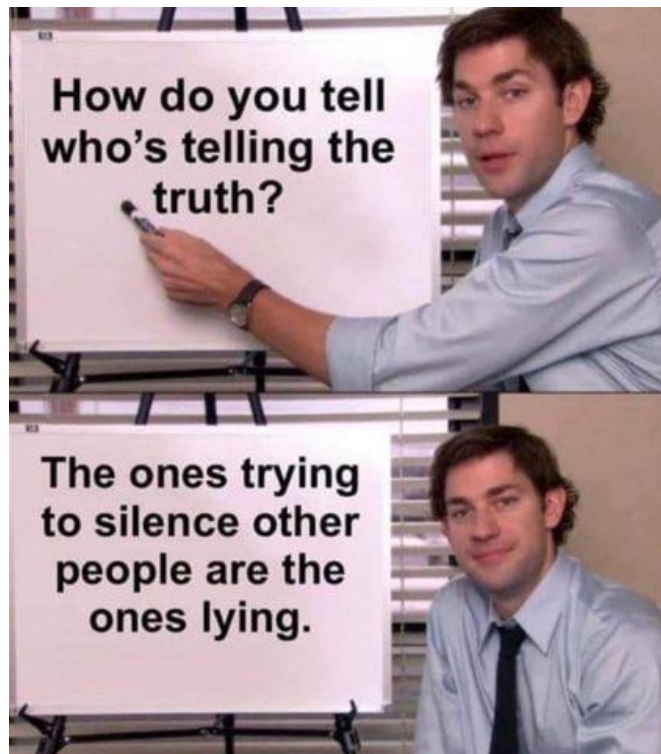
## DID YOU KNOW AMERICAN VETERANS FOUGHT TYRANNY AT HOME IN THE BATTLE OF ATHENS?



In 1946, American WWII veterans organized an armed revolt and used rifles to overthrow brutal politicians and police, in order to ensure honest elections. After authorities locked themselves in the local jail, veterans suspicious of foul play gathered weapons and exchanged fire from across the street. The authorities surrendered and the citizens of Athens, Tennessee set up their own government.



**In ancient Rome, working-class citizens would abandon entire cities in an act of protest called “Secession of the Plebeians,” leaving the elites to rule over themselves.**



# HOW YOU LOOK TRUSTING THE GOVERNMENT



The World  
Economic Forum trying  
to create a global  
totalitarian State:

American  
patriots







## The Scariest Things on Earth

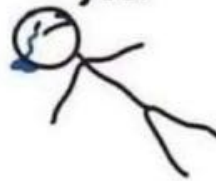




are ya bearing the weight  
of the full spectrum of  
human emotion with no  
chemical buffer, son?



yes.



I was out shopping and  
pretended the one way arrows  
on the floor were speed boosts

so it only made sense  
to drop bananas behind me,  
thus slowing down the other  
racers while also ensuring  
maximum social distancing  
by chucking cans of soup at them



I have to shop elsewhere now





Are you ready for me to  
diagnose your normal  
reactions to our degenerate  
society as a mental health  
illness so I can get you  
addicted to mind altering  
drugs with major side effects?

**No.**

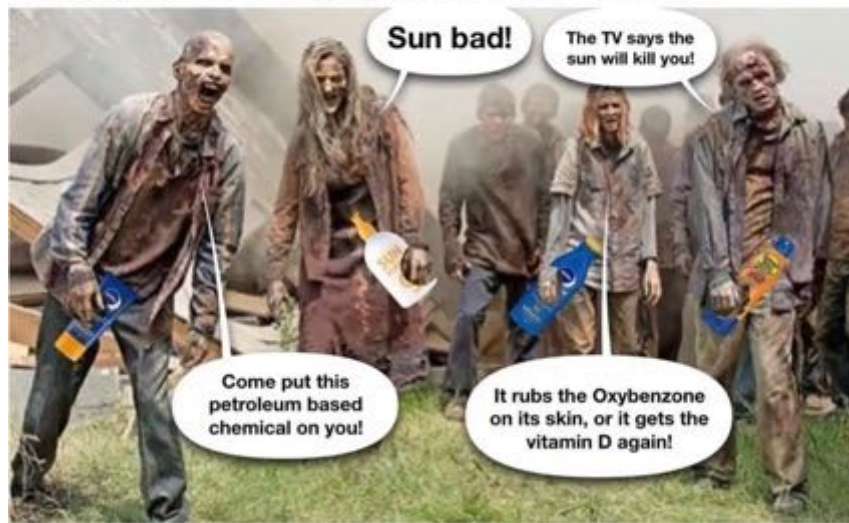
**When someone says:  
you won't believe what I  
saw on the news!**



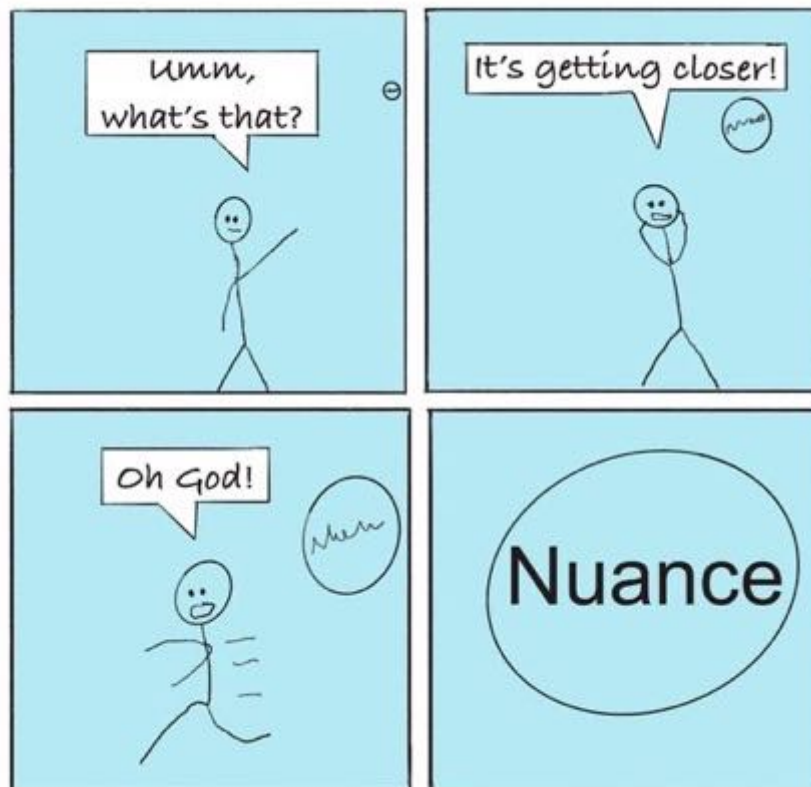
**Correct...**



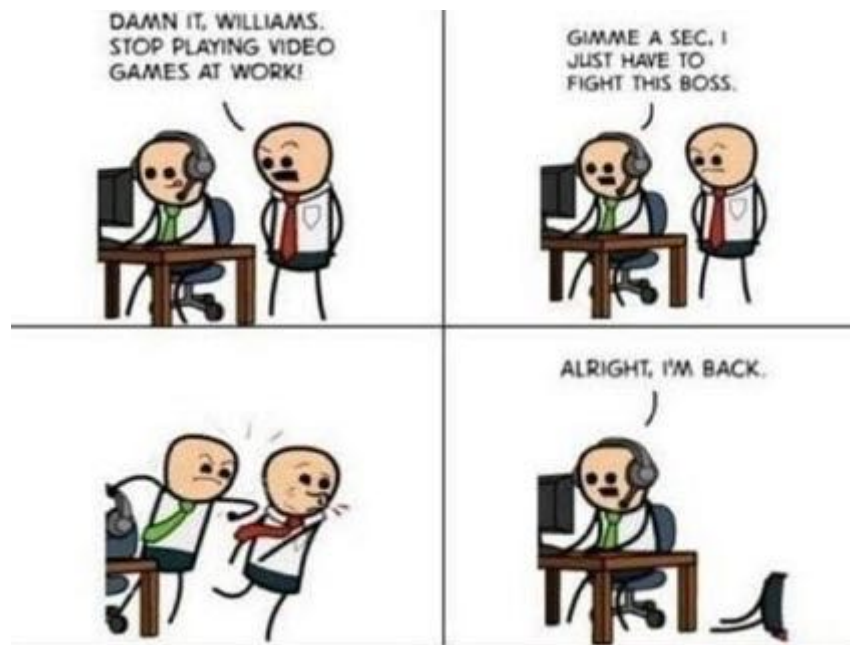
## INSTITUTIONALIZED PARENTS DURING SUMMER BE LIKE:







@jonwrites



***My Grandmother told me "never say You are Sick. Even if you are Sick. Say you are healing. Words do manifest'.***





The Weeping Serpent

@Kdawg0\_0

I just told my wife "I'm sorry we have to raise children in these dystopian times".

She recalled a quote she read just today:

"'Never feel sorry for raising dragon slayers in a time where there are actual dragons'".

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'.
- 3 I shall endeavor to avoid committing logical fallacies in support of my claims.
- 5 I will also try to be reasonable, rational, and create coherent arguments.
- 7 I will use the 'Principle of Charity' to interpret others' points of view in the best light.

- 2 I will clarify with others to make sure I genuinely understand their perspective.
- 4 I will attempt to account for my own biases and try to be intellectually humble.
- 6 I may challenge ideas, but will refrain from personal attacks and mean-spiritedness.
- 8 I promise to remain genuinely receptive to changing my mind.