

Newsletter - Monday June 26, 2023

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Welcome to our **Monday Solutions Edition** with curated news of the day and memes at bottom. Today we feature a number of excellent resources for physical, mental, social and spiritual health, reaffirming the wisdom that wellness is an inside job, and that our happiness is not determined by the chaos of the world around us. Those who hold to this are actually like social acupuncturists, bringing a sense of wholeness and sanity wherever it may be needed -- whether you speak or act or remain silent and prayerful. We are the ones we've been waiting for. :-)

Please join us for our Monday 1pm zoom for conversations on news of the day:

Click to Join Zoom

Are you interested in managing the Rise Up Newsletter going forward? (Can be much shorter and simpler than I usually offer).... If so, please contact John-Michael at admin@riseupnh.org.

Have a great week.

John-Michael and the RiseUpNH team

Please 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....

RFK Jr at Porcfest 2023 - Cronyism's Control of DC: Covid, War, Climate

Intro by Jeffrey Tucker, Brownstone Institute

69 minutes: https://youtu.be/7KBhVwXOkSI

Was Prigozhin's Rebellion Live Or Memorex? - Tom Luongo

This may be one of the greatest non-battlefield victories in modern history https://tinyurl.com/yhbs3anc

Report: US military's latest surveillance strategy involves TRACKING and LOCATING private citizens who express contrary opinions

The U.S. military's new surveillance strategy now involves secretly tracking, locating and identifying Americans who voice their dissent or dissatisfaction with military leadership or actions.

https://tinyurl.com/yc3nhe2t

We're Here, We're Not Queer. Get Used To It. - #WalkAway LGBT Town Hall - Brandon Straka and others

The #WalkAway Campaign is a grassroots movement, founded by former liberal, Brandon Straka, dedicated to providing a place to share #WalkAway testimonials and personal journeys to freedom.

2.5 hours: https://www.youtube.com/live/ox0XxMyzrYc&t=682

MORE ON THE UFO/UAP/ET QUESTION

Continued revelations and implications...

Aliens In The Oceans?! Harvard Scientist Finds INTERSTELLAR Objects In The Pacific Ocean - The Hill

Briahna Joy Gray and Robby Soave interview Avi Loeb, a professor of science at Harvard University, about looking for alien objects in the ocean.

13 minutes: https://youtu.be/OsW3D2aWdvM

UFOs, Planetside, and the Maturation of the Human Species - Charles Eisenstein

A wide-ranging discussion of where humanity finds itself in relation to the larger questions of the recent UFO/ET revelations and to the planet, free energy, and our growth in consciousness.

44-minute audio interview with Tyler Zahradnik: https://tinyurl.com/2fubks48
Article, Transcript: https://tinyurl.com/ybvvdxuw







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.











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

The UpBeat

Great News for Ohio! HB73 Moves Forward - Tom Renz

Protects use of off-label drugs and more https://tinyurl.com/ajep2nyp

The Power of Listening To Your HEART | Rich Roll

1 minutes: https://youtu.be/uysHYTqvgSc

Events



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

He's EXPOSING the DISGUSTING business that brings in \$154 Billion a Year - With Clayton Morris, Redacted

Tim Ballard is on a mission to rid the world of child trafficking by saving one child at a time. Tim is a former member of the CIA and DHS who infiltrates these trafficking networks and brings them down. Now his life has been turned into a movie called The Sound of Freedom starring Jim Caviezel. The movie is due in theaters on July 4th.

32 minutes: https://youtu.be/tJZjLhkJ9ig

Bud Light Doubles Down on Woke Agenda, Sponsors BDSM Drag Show at Toronto Pride

Bud Light has doubled down on its support for child grooming, sponsoring a stage at Toronto Pride featuring highly sexualized drag shows, leather, latex and nudity, which can be seen from the all-ages surrounding area.

https://tinyurl.com/5645d658

Nation's Biggest Pediatrics Hospital Pushes Leftism, Discredited COVID Theories On Texas Doctors, Investigation Reveals

The largest pediatrics hospital in the country indoctrinates the young doctors who train at the Texas facility into a militant form of far-Left activism through weekly training videos, then accuses those who object of "micro-aggressions," a Daily Wire investigation revealed. https://tinyurl.com/ynmyfh3p

The Complete Idiot's Guide to Cooking Data for Aspiring Propagandists - Ashmedai Gaslighting made easy. A real book, free to read online. https://tinyurl.com/7vwv4abu

I Want to Stop CBDCs – What Can I Do? - Catherine Austin Fitts and Carolyn Betts https://home.solari.com/i-want-to-stop-cbdcs-what-can-i-do/

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

Politics, Elections, Voting & Natural Law

Who is Lying? Merrick Garland or the Whistleblowers? - Jonathan Turley

Allegations raised against the DOJ now have potentially criminal and impeachable elements. https://jonathanturley.org/2023/06/26/who-is-lying-merrick-garland-or-the-whistleblowers/

Tucker Carlson discusses the media's absolute hatred for Robert F. Kennedy Jr.,

Article, video, transcript: https://tinyurl.com/5dvkhkpp

Trial set for Jan 6 journalism case || Stephen Horn - Alison Morrow

Horn is charged by the FBI for entering the Capitol on January 6, 2021. He argues that he was there to document it as a journalist.

https://www.youtube.com/live/6JHc04OOkDg

Relocalization, Regenerative Practices & Mindset, Prepping

The ONE HOME REMEDY Everyone should have! - Off Grid w/ Doug and Stacy Bentonite clay for detoxing.

83 minutes: https://www.youtube.com/live/zYljPAfttls

Electroculture Gardening - Amazing Results!

6 minutes: https://youtu.be/gPyRwvw0gUs

To Live Simply

Simplicity is purity. It is facing the true nature of things and embracing it, instead of filling a hole inside you with chaotic activity or an overabundance of stuff. Simple, straightforward, meaningful - these words describe freedom, not limitation - intensity, not distraction - a life fully lived, not a life of lack. A simple life is a deep life.

12 minutes: https://youtu.be/FyTnB5bWUk0

Best Home Solar Generator for 2023 (The Ultimate Guide) - City Prepping

24 minutes: https://youtu.be/d9Z8YzoDKXE

LEGO of power stations: Veryeah modular power station with unlimited expansion - Todd Parker

19 minutes: https://youtu.be/iNjzjpVZgl8

Hydrocarbon Fuel Cell Breakthrough! - Terran Space Academy

A way to reduce carbon emissions without killing billions?

30 minutes: https://youtu.be/pLf1ieu5a0U

Hydrogen Fuel! Scientist James Tour Demonstrates Method For Free & Clean Green Energy Alternative - Dr. James Tour

Making Graphene and Cleaning the Environment in a Flash with Flash Joule Heating. Amazing tech!

21 minutes; https://youtu.be/GHMp9OUQgUg

PLANET LOCAL: A Quiet Revolution

This 50-minute film gives voice to a growing number of people building a more beautiful world. Featuring grassroots activists from every continent alongside internationally known figures like Noam Chomsky, Vandana Shiva, Russell Brand, Naomi Klein, Jane Goodall, Gabor Maté and Helena Norberg-Hodge – all of them bringing inspiration and clarity to a world full of dark news.

https://www.localfutures.org/films/planet-local-a-quiet-revolution/

Rebuilding Relationships, Society and Culture

Unplugging the next generation - Richard Vobes

Are we losing the next generation? How to re-engage younger people in the conversations that build community.

9 minutes: https://youtu.be/z5jCguVnZDI

Heartsteadings #7: "Do Not Become Angry." - Prof Craig Chalquist

This Heartening jumps off from a saying of Muhammad about not becoming angry. What is the difference between "feeling angry" and "being angry?" How is managing anger also spiritual work?

21 minutes: https://youtu.be/JwFjQeyuBhs

"Resolved: Braver Angels should focus on creating better fights, not harmony." - A Braver Angels Debate

Braver Angels is committed to depolarizing America and having hard conversations, but where should we place our emphasis? When Braver Angels brings Reds and Blues together, do we hope to do a better job at tolerating each other and finding ways to deemphasize our disagreements? Or are we trying to provoke fruitful conflict that puts the focus on our

disagreements with the aim of uncovering the truth through friendly-but-adversarial collaboration?

97 minutes: https://youtu.be/ATaWVESMtB0

The Future Of The World Depends On Us - Charles Eisenstein - w Aubrey Marcus

Your actions are not insignificant. Every choice you make contributes critically to the future we will live in. So what is there to do? This podcast offers some some potential pathways to unlock your full potential as a guardian of the galaxy. Also discusses Charles's decision to join RFK Jr's campaign and how we can heal the political and social divide.

2 hours: https://youtu.be/k8hmvkMtwDg

Why University Students Need to Listen to Douglas Murray - Calum Anderson, New Discourses

Murray calls the inability to listen to contrary points of view a "generational phenomenon" which has been adopted by children who believe that "speech is harm, and harm is not harm, that silence is violence and that violence is fine."

https://tinyurl.com/234j5eza

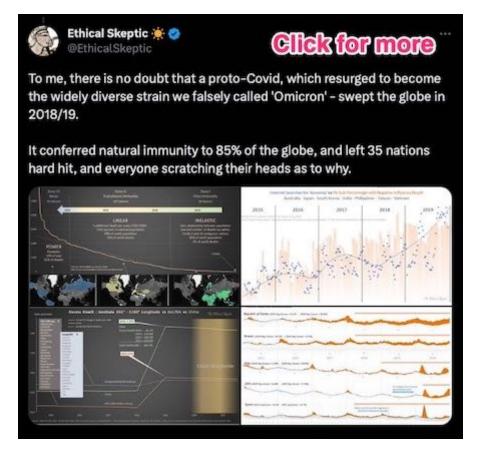
Honoring BOTH Indigenous and European Wisdom Traditions - Steve McIntosh w/ David Storey

As illiberal forces gather strength on Left and Right in a culture suffering from "truth decay," we need the cultural intelligence to pick out the kernels of truth in traditional and progressive perspectives.

65 minutes: https://youtu.be/629r5C14K6E

McIntosh's article: https://developmentalist.org/article/making-peace-with-americas-history-by-honoring-both-indigenous-and-european-traditions/

Jab & Plandemic News





Moderna requests FDA authorization for updated COVID shot

Moderna announced Thursday it has submitted an application to the Food and Drug Administration (FDA) for authorization of its updated COVID-19 vaccine for this year's inoculation campaign, meant to target the current dominant strain in the US - the XBB.1.5 subvariant.

https://thehill.com/policy/healthcare/4063467-moderna-requests-fda-authorization-for-updated-covid-shot/

Bombshell Report: Over 500 Excess Heart Deaths a WEEK in England Since COVID-19 Began

The BHF's report, based on data from the Office for Health Improvement and Disparities, found that there's been a total of 96,540 excess deaths involving cardiovascular conditions like heart attacks and strokes since February 2020. Of course, the report plays down the impact of the jabs.

https://tinyurl.com/bdhy5r68

Peter Hotez promotes UNLIMITED COVID JABS for kids as part of the Fauci disinformation agenda and vaccine violence propaganda campaign - Natural news https://tinyurl.com/bp7p4y9e

Nurses are dying suddenly - ongoing consequences of COVID-19 mRNA vaccine mandates - Dr William Makis

15 nurses who died suddenly during March to May 2023 https://makismd.substack.com/p/nurses-are-dying-suddenly-ongoing

Legal Challenges That Could Open the COVID Vaccine Floodgates

The question of course remains: will any of these cases in three different jurisdictions succeed?

https://tinyurl.com/2yrkd5ev

It's Time to Blow the Lid off the Global 'Health' System - The Kingston Report
Denying the Use of Nanotechnology in the COVID-19 Injections Has Made the Medical
Freedom Movement Powerless in their Efforts to Prosecute Pfizer and other Criminals
https://tinyurl.com/mrx9jc8c

Dr. Robert O. Young: Amoebas, Spirochetes, Streptococcus, Bacilli, Candida & Graphene Are Now Part of ALL Body Fluids

Think twice and then think again before sharing body fluids! Especially from those who have been graphenated with the Jibby Jabb

Article, video, images: https://tinyurl.com/bdd39d8w



Basketball player Oscar Cabrera dies of heart attack

SANTO DOMINGO.-Basketball player Óscar Cabrera Adames died this

Thursday of a heart attack while undergoing a stress test at a health

🚇 aussie17 🥝 @_aussie17 - Jun 24

Basketball player Oscar Cabrera dies of heart attack; blamed vaccines for illnesses!

His post on instagram:

"I got a damn Myocarditis from putting a fucking vaccine. (I got 2 doses of Pfizer) And I knew it! Many people warned me. But guess that? It was compulsory or I couldn't... Show more



Kat Pave was diagnosed with untreatable chronic neurological illness ME/CFS caused by the covid booster shot, in addition to suspected respiratory ALS. Her last post was from Switzerland where she decided to end her life through Pegasos Association.

"The booster jab I received over a year ago destroyed my health, my body, and my life completely. There is no other way to end my suffering other than the decision I made"

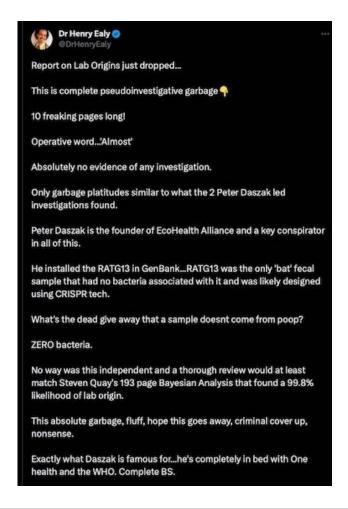
instagram.com/p/Cs84XQFrNHa/





Click for more

have social life and unable to enjoy life all together. Breathing have become more and more difficult and painful for me and my lung function has been declining. Thank you for all your friendship and support over last year. The booster jab I received over year



General Health & Wellness

Nitric Oxide and Functional Health - with Dr. Nathan Bryan | The Empowering Neurologist, David Perlmutter MD

Nitric oxide is a vital bioactive substance that profoundly influences numerous physiological processes, influencing how cells communicate and interact, determining disease resistance, and even dictating our longevity.

50 minutes, chapterized: https://youtu.be/AU3Fp7R11KQ

Paleo-Ketogenic and good health

Dr Sarah Myhill discusses the amazing results from simple things: vitamin C, salt, and iodine, as well as the Paleo Ketogenic diet.

44 minutes: https://youtu.be/usPoE0juV4U

The importance of Touch - Richard Vobes

Helen Prosper from A Touch of Gentleness about the volunteer work she has started giving free hand massages as a way to instigate human connection.

34 minutes: https://youtu.be/vMcYRNAFMMs

Is This The Real Life Limitless Nootropic Stack?

This stack promises to supercharge your energy, elevate your cognition, and skyrocket your productivity like never before. Disclaimer: Consult with a healthcare professional before adding new supplements to your routine.

8 minutes: https://youtu.be/ZLyY6 3Z67Y

Paul Stamets on the Future of Psychedelics, Mycology & Medicine

48 minutes: https://youtu.be/Ztan0IYjUd0

The Way of Effortless Mindfulness | Loch Kelly

Award-winning author, psychotherapist, and meditation teacher Loch Kelly gives an introduction to Effortless Mindfulness, an advanced yet simple approach to accessing our higher consciousness directly at any time of the day. Loch has collaborated with neuroscientists at Yale, UPenn, and NYU to study how awareness training can enhance compassion and wellbeing.

44 minutes: https://youtu.be/bpAigU3dmWk

Surrender—How It Liberates Us from Suffering with Michael A. Singer

"Surrender is the willingness to let go. To realize that your thoughts, your emotions, and even your body are not you. That you are the indwelling consciousness witnessing it all." Singer is a well-regarded author and teacher.

58 minutes: https://www.youtube.com/live/yHT0kj5LKp0

Schools and Education

A Danger to Society? Should Homeschooling Be Banned? - Health And Homestead

On the elite's war on homeschooling

13 minutes: https://youtu.be/4f8f21CNYzg

EMFs

It wasn't "bird flu" that killed wild birds in Europe last spring, it was radiation sickness

- Expose News

https://tinyurl.com/4a8wxxjm

Sea Birds' Last Refuge - Arthur Firstenberg

The disappearance of birds on Earth. This was not "bird flu", it was radiation sickness from cell towers.

https://tinyurl.com/mtmcja2z

Money, Food, Energy, Jobs & Resources

Selling Spree: Why Large Money Managers Are Rapidly Dumping Stocks to Urgently Seek Safe Havens - Steven Van Metre

Also: pension fund issues, and he expects gold to go lower.

18 minutes: https://youtu.be/hgUfJAWpYU0

Biden Fast Tracks Bill Gates' Fake Meat for Public Consumption

USDA just approved the sale of Gates' lab-grown "chicken meat" giving the green-light to two California-based companies – Upside Foods and Good Meat. Upside Foods is a Gatesfunded company.

Article, video: https://tinyurl.com/38zf6yxt

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

UN encourages social media users to report others for online 'hate speech' https://tinyurl.com/ut7yzcun

Deconstructing Marianna In Conspiracyland: Part 2 - Iain Davis

On the BBC's "Marianna in Conspiracyland" podcast series, whose claim is to investigate "the people at the core of the conspiracy theory movement."

https://tinyurl.com/yc8evvk5

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

Chinese Surveillance State: Facial Recognition And Social Credit Score Required at Gas Stations

Chinese people on the *Blacklist* of social credit system are barred from driving their own cars.

2016 NASA Study Shows Climate Change Is Actually GREENING The Earth! - Jimmy Dore

11 minutes: https://youtu.be/80mensRS0CE

Sixteen years ago, the United Nations was told that chemtrails are bad for agriculture and bad for natural resources - Expose News

In 2007, Dr. Rosalind Peterson gave a presentation at the United Nations in which she stated that chemtrails form man-made clouds that trap warmth in the atmosphere, exacerbate global warming, contribute to long-term climate change, and affect natural resources and agriculture. Chemtrails are not a "conspiracy theory," they are fact – they know and they have always known.

Article, video: https://tinyurl.com/3a6d8b97



Ukraine, False Flags & Globalist Militarism

Key moments of aborted Wagner revolt in Russia

RT breaks down how the private military company's attempted rebellion unfolded https://tinyurl.com/5hytt698

What In The World Is Happening In Russia? - Citizen Watch Report Actual coup attempt or false flag?

Ukraine peace talks to begin in July - media

German public broadcaster ARD claims an unofficial international meeting aimed at ending the conflict has already taken place in Copenhagen

https://tinyurl.com/4sweem6e

Culture Wars



Liberal Michigan City Bans Gay Pride Flag - Jimmy Dore Show

Diversity backfires.

16 minutes: https://youtu.be/DFIy7YdT9NM

Pronouns: why we should not play along - Leslie Elliott, the radical center

Up to you to respect another's to their face, but the author recommends not using them with others or indicating your own, and why.

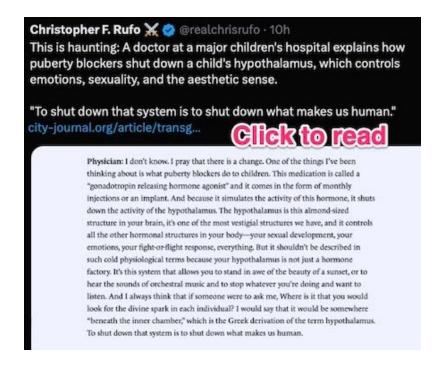
15 minutes: https://youtu.be/Yo-NC3PPOqU

Essay: https://tinyurl.com/bdzkuvmp

'Disgusted' New Zealand Surgeons Now Required To Consider Ethnicity Of Patients

New policy rolled out in February requires surgeons to address "historical disparities in healthcare access" for Māori and Pacific Island communities, which will be factored into a new ranking system that determines priority for surgical p rocedures.

https://tinyurl.com/2p9fhez6



Paradigm Expanding

Is Reality Real? - Neuroscientist On Evidence We're Living In A Controlled Simulation | Anil Seth w/ Dr. Rangan Chatterjee

What does consciousness mean to you? It's something that's fundamental to who we are as humans. And yet it's a concept that many of us would struggle to define – scientists and philosophers included. But today's guest is someone who has spent many years and countless hours studying it and is keen to share what he has learned. Much discussion of the role of mindfulness and meditation.

2 hrs: https://youtu.be/OuANADGjzrM

Why All Scientists Should Take Psi Seriously | Jessica Utts, Society for Scientific Exploration

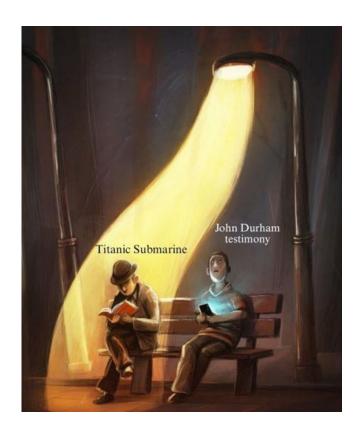
On the Star Gate Remote Viewing program, and its implications.

27 minutes: https://youtu.be/JFRj0DS75KQ

Monday Memes







Listen Jack, look at these distractions!



DOJ Finds No Evidence Of Bribery In Photo Of Biden Holding Sign Reading 'Will Trade Political Favors 4 Cash'

POLITICS - Jun 24, 2023 · BabylonBee com



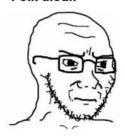








How could the CEO cut corners and ignore safety risks like this?! You'd have to be crazy to get in that thing! Folx died!!



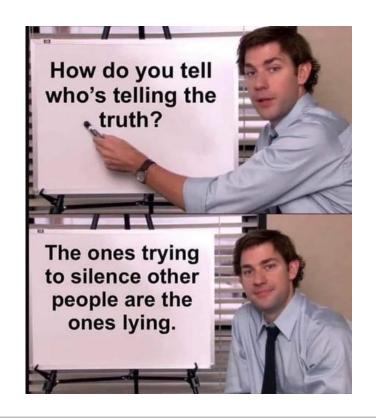












"WE CANNOT FORCE
SOMEONE TO HEAR A
MESSAGE THEY ARE NOT
READY TO RECEIVE,
BUT WE MUST NEVER
UNDERESTIMATE THE POWER
OF PLANTING A SEED."