

THE UNAPOLOGETIC TRUTH

www.reclaimparty.org

A new vision to reclaim our lives

COMING FULL CIRCLE

Our house is engulfed in flames and we are scrambling to escape. Outside, once all the humans have been accounted for as having safely escaped, everyone with access to a phone makes a call to 911, but no help is on the way. There are simply no firefighters available to douse the flames. Their only option is to sit there and watch the house burn to the ground.

Doesn't the world feel like this right now? Given everything that is happening, it should be painfully obvious and beyond a shadow of a doubt that all our systems of governance are under control of negative forces. The general population is forcibly being awoken to the amount of evil presently out in the open creating chaos in our lives. Encouragingly, it appears a significant number of people are putting the puzzle pieces together of how we are systematically having our world, lives, and rights destroyed. Thus, things are progressing, but the question now is, are there enough people now finally willing to take direct action to reclaim our lives? It is one thing to acknowledge problems and *boy* are people good at generally complaining about things, but you need to enter a completely different universe to actually move on from complaining and even move beyond protesting, to take proactive action for real change.

I think most people understand that simply complaining and pointing out problems never solves anything. However, the harsh reality is that even well-organized protests, even the ones that are able to attract massive amounts of people, ultimately does not solve a thing. Direct action to create new forms of governance is the only way to meaningfully move the needle.

It is not rocket science. You just need three things to create any world we want to have: courage, an open mind, and love. When enough people who have trained their brains to automatically think about how to get around a particular obstacle instead of focusing on the obstacle itself, come together, is when real change for the better will occur.

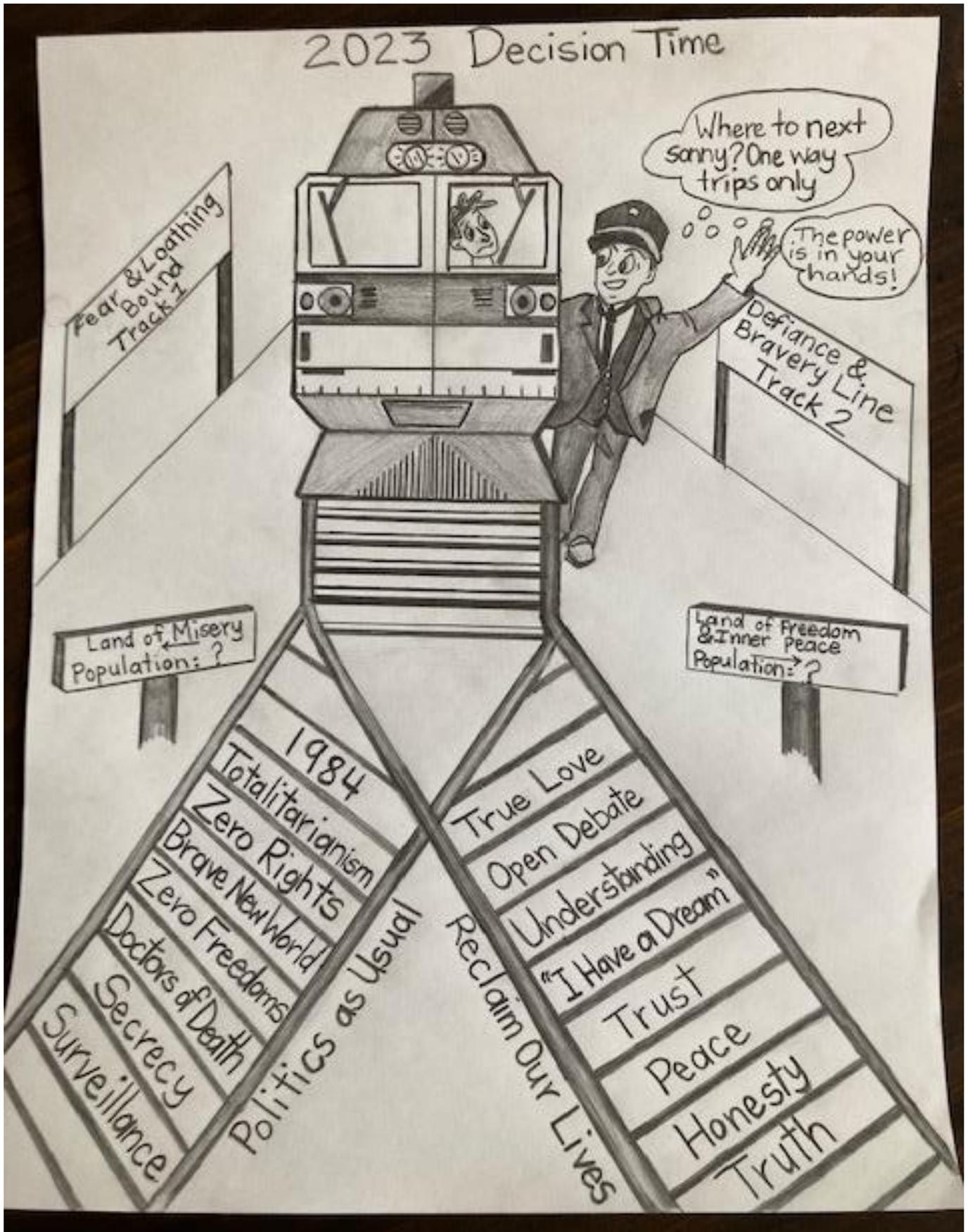
There are no shortcuts in life. Yes, our house is on fire; however, there is currently no support network in place that is strong enough to put it out *and* push back against evil forces in charge, that can also put in its place, good

leadership that guides us to a better future. Important elements are forming but there is still a ways to go. Sports fans know intimately that you can't build championship teams overnight and you have to start by having the right foundation in place. You cannot start spending on expensive free agents and expect to be successful if you don't have the foundation in place first, namely, the correct philosophy, the right leadership, and actual buy-in from everyone in the organization. Once that is in place, then you can start methodically building the team so that there are no weaknesses.

CITIZENS MUST TAKE ON THE ROLE
OF VOLUNTEER INVESTIGATIVE
JOURNALISTS, PUBLISHING VIA
UNDERGROUND NEWSLETTERS AND
REGULARLY MEETING AT POLITICAL
PUB GATHERINGS, COMBINED WITH A
SURGE OF TRULY INDEPENDENT-
MINDED FOLKS RUNNING FOR OFFICE
STARTING AT THE LOCAL LEVEL.

The fight to retain and reclaim our civil liberties needs to occur on all fronts. I strongly believe in the political piece of the battle for our future—the great need for a huge wave of truly independent and brave individuals running for office starting at the local level to better help bring to light various issues. Voting is the bare minimum responsibility of living in a free society. Real democracy requires constant engagement and sacrifice. Much of reality is not covered by social media or traditional media.

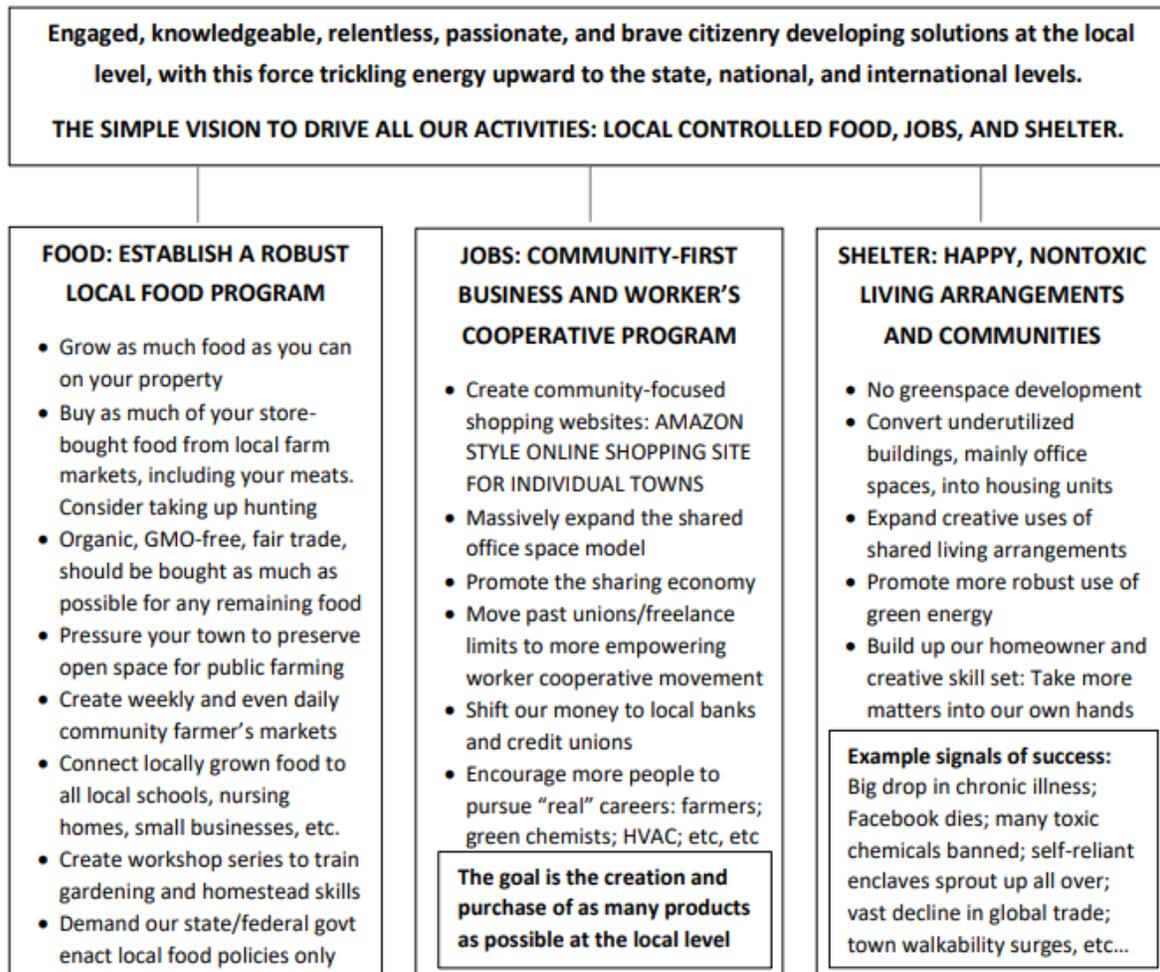
When the internet exploded onto the scene in the 1990s, there was a tremendous feeling of excitement that it would bring about an unprecedented increase in freedom, enlightenment, citizen engagement, and true democracy not just in America, but worldwide. Unfortunately, what has developed is quite the opposite, with a fusion of power between government, traditional media, big tech the intelligence/spying community, and global corporations. We are not only being censored in real time,



The Unapologetic Truth, Winter 2020/2021

Figure 2: Citizen-led actions to reclaim our lives and communities

Attachment A: Solutions Tree. Much more detailed information provided in Newsletter Issue #4



Attachment B: Reclaim Movement Vanguard for a Viable Third Local and National Political Coalition

As the famous saying goes, you don't need very many people to be able to change the world. It really is true. Large changes in society always come from small groups of visionary people. The key is developing a proactive strategy and relentlessly pursuing those goals to address obvious weaknesses in our communities and develop solutions that people at large are crying out for. It really would only take around 20 dedicated people in each small region of the country to put us on a much healthier shared path and greatly heal our nation. **Here is a sample set-up for community-level vanguard leadership teams in towns/regions all over the country**



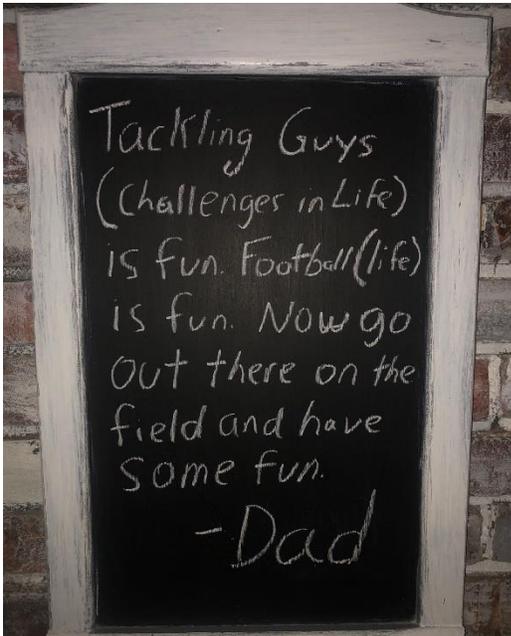
but existing info on the internet is being scrubbed away forever at a startling clip.

How to counteract? As mentioned, there are no shortcuts in life. Even though our house is burning down and we do not have firefighters or water available to put it out, our focus first and foremost, must be on building a grassroots movement the right way from the ground up. In short, **citizens must take on the role of volunteer investigative journalists, publishing via underground newsletters and regularly meeting at political pub gatherings, combined with a huge surge of truly independent-minded people running for office starting at the local level.**

Issues #4+5 fleshed out in much more detail steps that can be taken, but figure two here shows a handy summary.

The idea of active and independent citizens running for local office, meeting for political conversations at town pubs, and investigating the activities of their local government, sounds quite old fashioned, but it is and always has been the way to run our democracy. This is the meaning of the idea of coming full circle with regard to our democracy and reclaiming our lives for the better.

The Internet Age has been both a blessing and a curse. It has allowed for a tremendous amount of information sharing and enlightenment, but in a way, it has helped create complacency and put us to sleep.



Life is a fun challenge and adventure. Let's seize the moment.

Fact: the number one indicator of successful achievement in life is not money, status, smarts, grades, job, raw talent, or looks. It is the amount of perseverance a person holds. It's the same with political movements. It is all about

developing a plan and fully executing that plan no matter what via relentless perseverance, with a healthy side of flexibility until things finally catch hold. The latest quote on our kitchen chalkboard is a homegrown special for our football-obsessed boys. It is the best single piece of advice I can think of to give as a dad for football and for life in general: "Tackling guys (challenges in life) is fun. Football (life) is fun. Now go out there on the field and have some fun."

God is asking us to straighten our backs, step it up and rise above. The signs are clear as day and everywhere. Whatever you think the capacity is for individual influence or for society and communities to change is, times that level by one thousand. Everything is changing, but it is a reflection of all of us and where we all decide to focus our energies. It's now or never, as we are on the edge of a new-aged Great Depression and potential for nuclear WW3. If the threat of another Great Depression and WW3 doesn't spur you to overcome your fears to speak out against standard leadership and overcome your fears to break away even in the slightest from the comforts of the herd, nothing ever will. Democracy treated like a spectator sport leads to disaster. The good news is, there is a positive awakening and rising happening everywhere now. The damn has burst and there are endless opportunities to make a real positive difference despite all the scary headlines.

WE JUST COLLECTIVELY NEED
ENOUGH OF THREE THINGS TO
CREATE ANY WORLD WE WANT:
COURAGE, AN OPEN MIND, AND LOVE.

Oftentimes, people excessively worry about which words they read are the truth and which are "fake news" or "misinformation." In an age of too much talk and deceptive language, the good thing is, we just have to worry about that age-old truth: in the end, words don't matter, only actions matter, as truth lies in actions.

COVID, CORRUPTION, AND HUMAN NATURE

(A debt of gratitude for RFK Jr.)

Since the very beginning of the lockdown mandates instituted in March 2020, the Unapologetic Truth newsletter has been proudly and unapologetically warning against the obviously dangerous path that the "powers that be" were forcibly pushing on all of society.

As argued in Issue #8, it was clearly known from the start that Covid was like the regular flu in that it would mutate too quickly to be able to be eliminated. This fact has always been known by careerist criminals such as Dr. Fauci and that doomed-to-fail policies such as “flattening the curve,” mask mandates, and forced vaccinations would not only *not* end the pandemic but would actually extend the suffering and confusion.

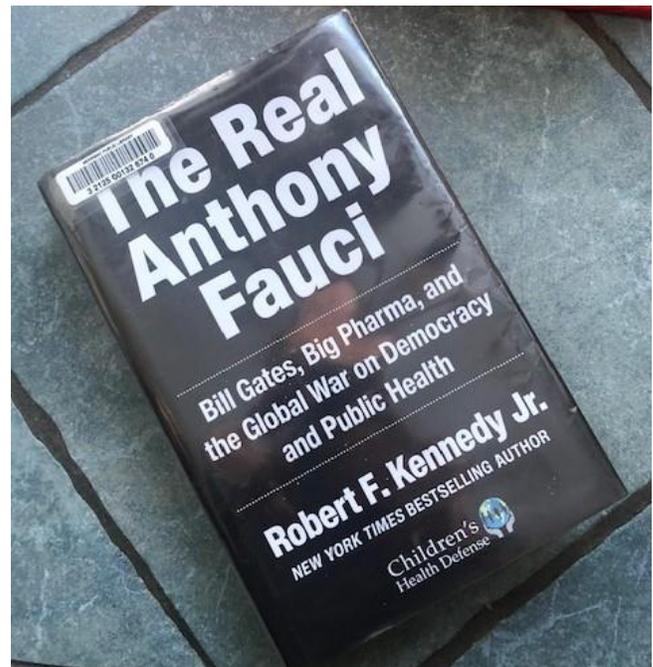
IN A SANE WORLD, WE WOULD BE USING COVID AS AN OPPORTUNITY TO MAKE OUR SOCIETY BETTER VIA REFORMS SUCH AS MEDICARE FOR ALL. INSTEAD, WE ARE MAKING THINGS MUCH WORSE ACROSS THE BOARD IN TERMS OF OUR HEALTH AND OUR SOCIAL FABRIC.

It is tough to keep track of the number of red lines and rubicon's that our society has crossed in recent years. Vaccine mandates and the shaming and firing of unvaccinated individuals will clearly go down as a dark moment in our history books. We've always got to find an oversimplified and false scapegoat to manage our societal problems and insecurities, right? This is to deflect from the truth and not face our fears head on at all cost, no matter how many innocent people suffer as a result of the failures of mainstream thought.

In a sane world, we would be using COVID as an opportunity to make our society better via reforms such as Medicare for All. Instead, we are making things much worse across the board in terms of our health and our social fabric. This is not surprising given that our current democracy is run by a cabal of gangster criminals in the face of a general population largely paralyzed to do anything about it because of extreme fear and an inherent desire by the majority of people to follow authority figures no matter how wrong and insane their policies are.

To all the biggest vaccine shamers out there, if you truly cared about the health and well-being of society and your family, you would be attacking our for-profit health care system, not scapegoating individuals. Gee, perhaps the fact that unethical government officials and corporate CEOs have been cutting the number of ICU hospital beds for years in the name of the for-profit, just-in-time, corporate health care models, has something to do with the current shortage of hospital beds? Perhaps our corporate model of treating front-line healthcare humans like cogs in the corporate profit machine has something

to do with healthcare worker burnout and shortages of critical staff? Perhaps the general culture of Western Society, especially in the United States, which worships consumerism and bottom-line profit at all cost in every segment of society and has led to the unhealthiest group of people spiritually, emotionally, mentally, and physically in the developed world has something to do with the pandemic hitting the “unhealthy to begin with” American population harder than any other country despite being the richness country on the planet? In other words, the long-term fight against COVID and the endless list of variants and new pandemics to come in the years ahead, needs to be fought at the levels of our basic health care system and the basic health of individuals as opposed to completely surface level things such as vaccine mandates, which our political class is perfectly happy to continue to hyper-focus on to further divide the general population and hide the truth behind the scenes that allows them to perpetually stay in power and realize record profits.



Over his half century of destructive rule, how was Teflon Tony Fauci able to get away with atrocity after atrocity, failure after failure? This question is at the core of the beyond critically important 2021 book **“The Real Anthony Fauci: Bill Gates, Big Pharma, and the Global War on Democracy and Public Health,”** written by **Robert F. Kennedy Jr.** Yes, RFK Jr.; the same RFK Jr. whose father was assassinated on the road to becoming President and whose uncle was assassinated as America’s 35th President. “Bobby” is a member of one of the most storied families in history, and arguably, this family has been at the center of more consequential events over the past 100 years than any other family in America. The Kennedys are beloved throughout the

world and are essentially royalty here in the Commonwealth of Massachusetts. They are a central piece of the fabric of the Democratic Party and what is considered now old-school liberal values. What is my point in saying all of this and where am I going with it? We have gone so far down the censorship road that even Bobby Kennedy has been targeted for elimination from the public square by the establishment. In fact, the nonprofit organization he founded, Children's Health Defense (CHD) has been censored from virtually all the major social media platforms. CHD as well as Bobby personally have been blacklisted by the mainstream.

IN A NUTSHELL, TONY FAUCI WORKED FOR THE BENEFIT OF GLOBAL CORPORATIONS AND POWERFUL INSIDERS, NOT THE HEALTH AND WELL-BEING OF THE GENERAL PUBLIC, USING HIS POSITION AS A TRUSTED "PUBLIC" FIGURE FOR THE BENEFIT OF HIMSELF AND HIS CRONIES AT THE COMPLETE EXPENSE OF ANYONE WHO DARED CROSS HIM AND HIS INNER CIRCLE.

Given his family's history, his connections, his willingness to question everything and go against the grain if need be, as well as the number of critical fights that Bobby has placed himself in the middle of, JFK Jr. quite possibly could hold the most amount of wisdom and knowledge of anyone alive today, not only about the real inner workings of government and centers of power, but most importantly how to fight back and help people reclaim their lives and reclaim democracy.

Bobby needs to be heard by as many people as possible and what he has helped uncover and laid out (no doubt with the help of a huge army of researchers) needs to be read by as many people as possible. If Bobby Kennedy says that people like Anthony Fauci and Bill Gates are nothing short than massive dangers to the health and well-being of the entire planet, you damn well better take note when it comes from a person such as Bobby. The fact that he has been so aggressively targeted, even by some members of his own family, only adds that much more credence to what he is saying.

Given the already established belief system of the Unapologetic Truth, the general concepts were not shocking to learn when reading his book, but certainly the details still are. As harsh as this newsletter can be at times, the Covid Era has proven that things are much worse behind the scenes than can possibly be imagined by anyone who is not part of the very inner workings of power and who does not have first-hand knowledge such as Bobby. People like Bobby are absolutely critical to fully putting the puzzle pieces together.

It may be the densest book I have ever read. Officially, it's four-hundred-eighty pages, but it reads more like two thousand. Every single sentence is a shot to the gut with powerful insights, stats, and data. The amount of research and time it took to put together this book must have been at an astronomical level. Read this book, but in short, it comes back to money, as always. In a nutshell, Tony Fauci worked for the benefit of global corporations and powerful insiders, not the health and well-being of the general public, using his position as a trusted "public" figure for the benefit of himself and his cronies at the complete expense of anyone who dared cross him and his inner circle. His ability to stay in power for so long is the best modern example of J. Edgar Hoover's infamous legacy in the earlier part of the 20th Century.

Dr. Fauci had an extraordinary gift of protecting himself via elaborate tangled webs. Fauci was extremely smart at pulling in gullible President after gullible President and countless other high-powered people into schemes that they then had to defend at all cost for their own legacy. In effect, Fauci built countless layers of protection for himself no matter how many pandemics and public health responses he bungled in the name of profit, over actual public good, in a sense, acting like a mafia boss. Of course, The Covid pandemic blasted Tony Fauci's name front and center to the entire world, but he has been a central figure in essentially all declining health indicators this country has faced the past few decades. The parallels to Fauci's lying and manipulation during Covid compared to previous disasters such as Teflon Tony's response when HIV and AIDS first came on the scene are uncanny. He truly has earned the nickname Teflon.

One of the things that many people don't understand and one of many things the book brilliantly lays out via endless examples, is the ease in which data can be manipulated to justify any decision or point of view. Many in the mainstream treat "data" and "science" as something that is magically brought to the doorstep of humanity by God. The truth is data and science are created by humans who are often flawed. The chances for flawed conclusions and decisions to be made increases in proportion to the amount of money that is on the line and can be profited, along with the number of monopoly-

like forces and the amount of secrecy in the process. Data can very easily be manipulated via endless numbers of loopholes or just sheer corruption.

As I write this update to the Covid narrative in early 2023, it appears that the damn of lies is finally showing severe cracks. Justice and accountability need to be pursued on so many fronts, but of course, central to this is a full investigation into the cover-ups and lies surrounding Tony Fauci and the broader Covid pandemic and lockdowns. Perhaps the figure leading the charge to blast open the walls of secrecy and expose the shocking amount of pure corruption, not just surrounding the Covid story, but the broader mainstream healthcare and scientific model—which can now only be described as having been transformed into a branch of the military and treated as a military operation style of assault on humanity—is Robert F. Kennedy, Jr.

THE WORLD OF ECONOMICS: INTEREST RATES, WORKERS, AND BACK STABBERS

There is no shortage of news stories and developments to keep economists excited these days. One raging debate is surrounding interests rates and how far the Federal Reserve should be raising them. The Fed clearly waited too long to begin the hiking campaign, as the Fed was fully part of Team Transitory; the false belief in 2020-2021 that the sudden higher rates of pricing growth was just temporary and nothing to really worry about. Per usual, the establishment failed to see the more fundamental conditions that had developed to propel prices for just about everything much higher for a much longer period of time. The strategy abruptly changed, although of course, much too late. The Fed is now on a campaign that has raised interest rates aggressively and seems determined to make up for the mistakes made, meaning the Fed seems determined to get inflation under control, not only in the near-term, but longer term as well, and that is key. If you ease up on the interest rate hikes too soon, it could quickly help propel prices back higher and then you are stuck in an even worse position.

Ellen Brown recently wrote an excellent thought-provoking article available at [Scheerpost.com](https://scheerpost.com) asking whether there is something much deeper to the interest rate hiking campaign beyond the traditional goal of lowering inflation. Our economy over the past couple of decades has been characterized as an ever-growing series of bubbles; in other words, our economy is driven largely by speculation in ever growing segments of society. The

interest rate campaign could be viewed as a way to fundamentally change our economy at a deeper level by crushing overly speculative activity in the stock market, housing market, etc. Many mainstream thinkers take the view that rising interest rates primarily hurt the poor and working classes because they increase the costs of loans and can help push the economy into a recession, eliminating jobs and increasing unemployment. Thus, the knee-jerk reaction of those supposedly looking out for the majority of Americans is that interest rates should always be kept low. However, while a low interest rate environment can have its benefits for lower- and middle-class people, in the longer run, it becomes a vicious negative cycle that traps the economy, helps increase the wealth gap, and promotes huge speculative bubbles of which we are now riddled with as a result of keeping interest rates near zero for an extended period of time.

THE FED SIMPLY HAS NO OTHER CHOICE AND HAS BEEN FORCED TO DO THE RIGHT THING, WHETHER IT WANTS TO OR NOT, WHICH IS TO FUNDAMENTALLY CHANGE THE INTEREST RATE ENVIRONMENT.

A low interest rate environment is wholly unsustainable and destructive. The act of aggressively increasing rates over the past several months has become a major threat, in fact, to the elite, who have experienced a sudden loss of a significant amount of wealth via the stock market's plunge and who will increasingly have to confront the reckless amount of speculation and borrowing that wealthier folks have engaged in in recent years because of the higher costs associated with higher interest rates. It is also a major threat to the elite's one-world government push and control from distant and unaccountable entities such as the World Economic Forum. Viewed from this vantage point, a paradigm shift to a high interest rate environment targets the elite principally and is a major threat to those pushing for loss of democratic control of the United States in favor of an unaccountable world government that has benefitted and gained power during the bubble-era economy. Still, can we ultimately trust that Jerome Powell, who is himself part of the global elite, actually has this as a goal—standing up to all sorts of powerful forces around him? Is he really thinking patriotically like this and what is in the best interest of the majority of Americans longer-term? Unless Jerome Powell came out and flatly explained this (which he never would), there is no way to know for sure what his intentions are, but ultimately, while very painful for

ordinary people in the short-term, it would be beneficial to the vast majority of Americans to kill the low interest speculative economy and return to a more tangible, real model for the economy. My guess is that Fed Chair Powell is mainly looking at his legacy from the simplistic point of view that high inflation is always viewed negatively and history views The Fed's number one job as keeping inflation under wraps. The best tool it has to accomplish that is by raising rates. There is actually no indication that Jerome Powell is driven by the more profound impact that it may have for the better in terms of crushing the negative speculative market activity that has, for example, helped make housing unaffordable to a huger segment of the society. In the end, it doesn't really matter what the intentions of the Fed are—we've simply reached the end of the line with the status quo. The Fed simply has no other choice and has been forced to do the right thing, whether it wants to or not, which is to fundamentally change the interest rate environment.

Moving on to a separate important fundamental issue that we are now forced to confront whether we want to or not; the chickens are coming home to roost on the problem of the mismatch of our labor supply. We have seen example after example of the importance of "real" work. In short, we don't have enough people working actually important jobs and instead our society has put way too much emphasis on information-sorting types of jobs—pumping out people to work at faceless corporation after faceless corporation producing no real benefit to mankind or the earth; in fact, producing harm on many levels. This mismatch, combined with huge numbers of people simply dropping out of the workforce altogether for physical and mental health reasons, is creating a massively growing pinch. In short, we are running out of physically and mentally healthy enough people who also have the right skillset to do jobs we actually need to help run the world and help prevent society from collapsing.

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Of course, establishment types are doing everything in their power to make matters worse. A perfect example is

the recent drama surrounding railroad workers and the complete lack of empathy and understanding of the critical role they play in the health of our economy and society. Whether it be principally monetary greed, ignorance, or incompetence—it is most surely a story of all three—big business and the political class did what they do best, which is to stab ordinary people in the back.

Railroad workers are exactly the type of people who actually prevent our society from collapsing but are treated the worst. This story has brought to light unfathomable working conditions that are prevalent that the mainstream wanted Americans to believe were long past us and something that just existed in the 19th Century. Conditions, such as not having a single sick day available to take off *ever*. President Biden had the power to help these workers he claims to support, but he completely stabbed them in the back, showing his true colors. Of course, the mainstream narrative was that Biden actually helped them and did the best he could.

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The railroad union saga is a no-shame classic example of the mainstream liberal class claiming to be pro-worker and pro-union, but when push comes to shove, forcing these workers to accept the terms of the bosses. We have more and more leeches in the workforce who don't do anything actually beneficial to humanity but specialize in taking advantage of honest and real workers. This at the core, is why we are having more and more shortages, why prices are rising, and why everything in society seems to be falling apart. The honest, hardworking working class has been pushed to the brink. As they go down, we all go down, but the narcissistic class will never realize this, still sucking on the blood of good people even while the Titanic sinks.

THE ALIENS ARE COMING (IF ONLY THEY HAD THE REQUIRED ENERGY)

Utopia is just around the corner. The Technology God is arriving just in time to save us and all will soon be right. We can keep doing exactly what we are doing, as scientists will soon deliver the breakthrough needed to save us and the planet. This is essentially the message we received from the mainstream regarding the recent breakthrough advancement vis the race to produce abundant “clean” energy via nuclear fusion technology.

This is madness of course, but this argument makes sense if you are someone who has allowed themselves to be brainwashed into believing the nonstop propaganda that the entirety of “saving the planet” involves simply finding low carbon energy sources in order to limit carbon emissions, which would decrease the amount of “climate change.” All the mainstream articles I read on the subject miss the obvious point and problem. If one day we truly do find a way to create endless and extremely cheap energy, it would be the final nail in the coffin for life on earth, as there is no way humans would be able to control themselves from then rapidly using up all the remaining pure, non-energy resources on the planet. We would pollute ourselves to death and civilization would expand and destroy all the remaining land, with the final clear cutting of forests and mass extinction of most of the remaining animal and plant species on earth. We’ve already destroyed huge amounts of land and caused mass extinction of animals and plants and that is with our current restraints of the costs of energy. By removing the costs of energy from the equation, there would be an explosion of harvesting of more trees, animals, top soil, rare earth minerals from mining pits, deep sea fishing, etc. to satisfy the supercharged expansion of the lifestyles of all the billions of people on the planet.

In other words, energy is only but one component of living on this planet. By eliminating the constraints to our impact on the planet as a whole from finding and paying for energy, it would cause distortion on a huge scale that would push humans to try and vastly increase our lifestyles (bigger houses, bigger buildings, bigger everything) that would necessitate an even faster elimination and extinction of the remaining lands, trees, soil, minerals, plants, and animals on earth.

Our society loves to declare war and we seem to have this mentality with all challenges we face; war on drugs; war on cancer; war on inequality. We will ultimately lose this war we’ve declared with Mother Nature. There are several fronts we are losing it on. The shocking degree that sperm counts in men are now declining, driven in large

part by us bombarding the planet and ultimately ourselves with toxic manmade chemicals, is collective suicide. It is yet another sign of Mother Nature ultimately winning.

PERHAPS THE ULTIMATE TEST FROM
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Given the size of the universe (the statistic that blows my mind more than anything I have ever heard is that there are more stars in the universe than grains of sand on earth) it is a mathematical certainty that there is not only other life out there somewhere, but there is vast amounts of advanced life in the universe. The big question is, if there is so much life teeming out in the universe, why has no advanced life form seemingly ever visited planet Earth? It’s been very interesting to see how out of nowhere over the past couple of years, our federal government has gone from completely denying this possibility to it suddenly now being at the forefront; our government is now openly floating the idea that indeed aliens *do* exist and *have/are* visiting us. I question this shift and believe there is a good chance the deep state has decided the subject of aliens can actually be used to their advantage as part of their overall efforts to pump up the general fear level of Americans in order to more easily get citizens to agree to increased measures of control. But I digress a bit here. The point related to this article is that I used to believe much more strongly about the possibilities that aliens have visited us; I believe much less in that possibility now because of a theory I recently heard that makes a lot of sense in that all advanced life forms invariably destroy themselves before obtaining the amount of energy and level of technological advancement it would take to travel throughout the universe.

Maybe the ultimate test of all from the Universe’s God for individuals and societies is seeing if advanced life forms can learn to live within their means. The visual that I am seeing in my head as I write this thought, is of

Indiana Jones reaching for the Holy Grail, which is right at his finger tips, but threatens to cause him to plunge to his death if he keeps reaching for it. He finally snaps out of it when he hears his Father say, “Indiana, let it go.”

Many humans are not very good at “letting it go.” Our capitalistic system, which has been fully captured by corporate-thought and pure greed, is supercharging our destruction on many levels, not only the health of the planet, but also our own physical, mental, and spiritual well-being. Mainstream thought on environmentalism, which has also been fully captured by corporate thought, allows for grotesquely distorted views of progress such as celebrating when giant chemical manufacturing plants commit to increasing their energy use through solar panels and wind turbines—the same chemical plants that have caused a spike in cancer rates and declining sperm counts for humans; pollute drinking water; contribute to species extinction, etc.

THE OPTIMISTIC POINT OF VIEW IS THAT PERHAPS THERE ARE SOME ADVANCED LIFE FORMS IN THE UNIVERSE THAT DO INDEED LEARN TO LIVE WITHIN THEIR PLANETARY MEANS BEFORE FULLY DESTROYING THEMSELVES. EITHER WAY, ALIENS ARE NOT VISITING US. GOD AND THE PHYSICAL LAWS OF THE UNIVERSE ARE MAKING SURE OF THAT.

It is absolutely imperative we begin to include many new measures of progress to our economy beyond simple GDP, inflation, and unemployment. From a purely capitalistic point of view, some of the activities my wife and I engage in are considered foolish. We sell things such as winter berries and firewood at the end of our driveway at a very small scale. Honor system, \$5 a bundle.

From a standard capitalistic model point of view, what my wife and I do is irrational and insane, as the amount of time and energy needed to sell is much greater than the amount of revenue generated. We would make more money working a few shifts at any fast-food joint. It would make sense if we scaled it up massively but we have no intention of doing that.... just looking to make use of surplus wood, bring slight joy, and be helpful to the community in some way. The idea of “good for one’s health” doing an action like this is fully underappreciated. Our capitalistic model promotes completely narcissistic

behavior only and doesn’t take into consideration how activities may impact the health and spirituality of people.

It's the same concept with drying clothes on a line that we do in the warmer months. If time is money, it is not worth the small bit of savings on utilities, but it brings joy, positive feelings, and is good for the environment on a very small scale (now if lots and lots of families did it, then the positive impact to the environment could start to add up). Still, drying clothes outside is making a stand at a base level and sends out hope and positive energy to the universe—admittedly at a very small scale—but hopefully it inspires others to do the same and eventually grows into a bigger effort. Our household is constantly searching the wavelengths and vibes in the universe to find good examples of others trying to make a difference no matter how small to try an emulate.



There are endless small actions that individual households can make that on their own won’t “save the planet,” but collectively when enough households engage in these types of activities can really start to add up and make a difference. It is exactly at this level we should be focusing all our environmental efforts instead of putting trust in global organizations and focusing on completely impersonal goals such as trying to prevent the globe from warming by more than 1.5 degrees Celsius. The best place for families to start is with a small vegetable garden and raising chickens and then expanding the veggie garden as much as possible and consider adding other small farm animals such as goats and pigs. Drying clothes on a clothesline; heating your house with wood; building your own dining room table and refurbishing old furniture to extend its life; and, of course, shopping locally as much as possible are not only great activities to help reclaim our communities and start to heal the environment, but they are also excellent activities to improving our own physical, spiritual, and mental well-being.

There are many others doing this. Amesbury, MA has a beautiful walkable downtown. It is clear though, that many of the businesses downtown are not relying on their downtown business to pay the rent and put food on the table. Several of the businesses clearly seem to be only breaking even at best, but a lot of these businesses have been in operation for many years. Of course, there are countless families who do not have the luxury of spending their time running what is best described as a

hobby business. But to those that do have the luxury, they provide a wonderful benefit to the community. It's unfortunate that government and society at large has not found a way to better support small mom and pop businesses and old school main street business activity because small-scale capitalistic activity is the life blood of vibrant community life. Until we are able to better fight back and eliminate the overwhelming control distant global corporations have on our lives, we will continue to have to rely on what is in some ways, charity work of people willing to provide goods and services to their local communities instead of pursuing more lucrative career choices. Similarly, given the death of mainstream media—killed off by the same sociopathic globalist corporate forces that killed Main Street America—more and more average people need to treat news and media with this same charity type of mindset, voluntarily with their own dime covering local news stories and becoming citizen investigative journalists.

The optimistic view is that there are some advanced life forms in the universe that do indeed learn to live within their planetary means before fully destroying themselves. Either way, aliens are not visiting us. God and the physical laws of the Universe make sure of that. Those are weather balloons our government has been blasting out of the sky, not Foo Fighters from Planet Voltron.

ON EMPATHY AND PERSONAL HEALTH: ONLY THE NICE DIE YOUNG

Why do the good ones always seem to be the people who get sick often and die early? It turns out, there is some real science, evidence, and truth behind this intuition.

Do you ever notice how we all regularly say and admit that typical day-to-day stresses cause us all sorts of minor ailments such as headaches, backaches, or trouble sleeping? But, for some reason, there is a huge reluctance in acknowledging that chronic stress and worry can lead to much bigger issues such as chronic inflammation, tumors, cancer, strokes, heart-attacks, all sorts of autoimmune diseases, and ultimately early death.

Dr. Gabor Mate (with son Daniel Mate) has done an incredible job synthesizing these ideas, as well as many others, in his powerful argument via his recently released and acclaimed book, "The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture." There are several brilliant thesis' brought up in the book and I won't focus on the principal argument, which is that a significant amount of our health and well-being can be traced back to impacts from personal traumas (both small and large),

especially at a young age. Also, the book focuses on how the general social environment a person is raised impacts the chances for a person developing various illnesses as well. The synopsis in this article will focus on general personality traits (much of which have been developed as a coping mechanism from certain traumas experienced in life) and how those traits impact health and the potential to create disease, as highlighted in the book

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As a long-time physician and healer, Dr. Mate nicely summarizes the types of personality traits that raise immediate red flags for him as someone who is highly susceptible to developing all sorts of chronic health problems. Starting on page 101, he lays out the following:

- an automatic and compulsive concern for the emotional needs of others, while ignoring one's own;
- rigid identification with social role, duty, and responsibility;
- overdriven, externally focused multitasking hyper-responsibility, based on the conviction that one must justify one's existence by doing and giving;
- repression of healthy, self-protective aggression and anger, and
- harboring and compulsively acting out two beliefs: "I am responsible for how other people feel" and "I must never disappoint anyone."

The issue is that these types of people absorb too much of the world's negativity and have not developed techniques to release those toxic energies out of their bodies in a healthy way. As Dr. Mate mentions, there is repression of healthy aggression and anger. The problem is not an issue of caring and, in fact, the book makes a strong argument that people need to be activists—the concern is how we cope with stressful situations and

making sure we have the right attitude to protect our personal health from toxic people and toxic situations.

You can see the logical point of this, with all sorts of critical challenges we face in the world. Take for example climate change. Let's look at two stereotypical types of people. On the one hand, a bleeding-heart empath who is gravely concerned about the direction of the planet and all life on earth vs. the stereotypical narcissist who only worries about themselves and does not allow themselves for one moment to think about how any of their personal actions may impact individuals around them or the planet. You can easily see how this blissful ignorance can be beneficial to a person's health in a certain way. No end of the world stresses and concerns no matter how big an SUV or house is purchased, how many private jet trips are taken, or how many third world countries are bombed in our name by our government for that matter.

Is the take-a-way of this example that we shouldn't worry about things or try to make the world a better place? Certainly not! No, it is simply a warning for the good people who are trying to make a positive difference about the dangers of going down a certain path.

AS THE BOOK INSINUATES, IT IS A DANGEROUS PATH TO ONE'S OWN HEALTH TO GO DOWN THE PATH OF TRYING TO IMPROVE SOCIETY VIA THE PATH OF MICRO-MANAGEMENT AND CONTROL. IT ALL COMES BACK TO FAITH AND ALLOWING YOUR HEART RATHER THAN YOUR MIND TO ULTIMATELY BE IN THE DRIVER'S SEAT OF YOUR ACTIONS.

There is, in fact, a lot of truth to the old adage that "the road to hell is paved with good intentions," both for our own health and the health of society. Let's stay away from using all our energy trying to micromanage other people's thoughts, opinions, and actions. Let's stop setting huge and personal distant macro goals, such as setting a target of preventing the globe from warming more than 1.5 degrees Celsius (Holy Schnikes, talk about an insane focus point and head-driven end goal that is something only a person that fully believes in a one-world corporate-driven government that eliminates any sort of individual freedoms and thoughts, could possibly promote) and

instead focus on actions right in front of us that happen to also bring a lot of joy and happiness to our lives.

The key point of this article and one of the key theme's from Dr. Mate's book is that fighting for our own needs personally is not only encouraged but is absolutely critical to maintaining our physical, spiritual, and mental health. This should be pursued instead of making excuses for our inaction, making excuses for bad leadership, or the damaging attitude of doing fine without or just grinning and bearing it, which all lead to chronic health issues.



Someone in our neighborhood has a drinking problem. We collected the Bud Light cans this person had a habit of throwing out the car window after chugging on this section of the street. Our original sign said "Forgot Something?" But then we had the thought that this message would principally just make the person feel defensive. We ultimately used the more effective and empathetic message of "Need Help?". After placing the bag of collected beer cans, along with the sign on this tree on the side of the road for the driver to see, we are happy to report that the littering has stopped. More importantly, though, hopefully this individual is now getting the help they need.

Fighting back against those that want to control us is not only good for society and the only way to help push us on a path to a better future for our children, but it is also the most powerful potion to healing ourselves and healing our chronic health conditions. Suppression in all its various forms is absolutely toxic. We need a massive collective release to get the flow of positive energy going again to wash away the toxic suppressive energy in our bodies and collectively in our communities that is causing all sorts of maladies.

Finding that critical balance of truly caring for people and the world but saying fuck it at the same time in order to protect one's own health seems to me to be a key state of mind to try and achieve based on all we know about health. The secret sauce to optimal health seems to be finding that combination of being part of a genuinely supportive community and having many truly authentic relationships (the Achilles heel of narcissistic types), combined with having full awareness that you can't force change on people (the Achilles heel of empathetic types).

Live and let live; treating everyone equally without a hierarchy; valuing independence and freedom from authority; being fully secure with one's self; happy to have alone time and using that time to learn and grow; not needing the approval of other people; caring less what people think of one's actions; completely guided by an internal compass and doing what you know is right and what you need to do to protect yourself; not needing validation from others; etc. these are concepts that are not only important to sustaining positive movements to improve our society but they are also some powerful ideas to maintaining our personal health and well-being.

Faith vs Control. Survey after survey shows there is a shockingly high percentage of Americans who are unhappy. There is a fine line between wanting what's best for people and trying to overly control other's actions and absorbing other's energies. As the book insinuates, it is a dangerous path to one's own health to go down the path of trying to improve society via the path of micro-management and control. It all comes back to faith and allowing your heart rather than your mind to ultimately be in the driver's seat of your actions. Your heart knows what is right, while your mind all too often gets twisted up and confused by the inherent contradictions of life—for example, overcoddling an infant is the way to help ensure they will grow up to be mentally strong and independent. Yes, the heart understands this but the head cannot, as the heart is able to fully live in and understand the all-encompassing, fully immersed, and layers of existence, but at the same time the heart is able to distill things down to the very simple essence of the good life.

It needs to be mentioned that a take-a-way here shouldn't be that we should focus first and foremost on longevity of our lives; what is more important is quality not quantity. It often comes back to balance. Yes, we need to make sure we do everything to protect our own health and prospects for avoiding disease, but not at the expense of retreating into a bubble and avoiding all danger.

If the most important goal is simply how long a person lives, it is too easy then to overlook if perhaps say a person was rotten their whole lives. If the meaning of life is about quality and not quantity, maybe life span doesn't really matter. After all, everyone dies eventually. All that

really matters then is your legacy and influence while you are alive on earth before moving into the afterlife. Take an obvious example: MLK Jr. died at the extremely young age of 39. Given the impact he had and how much he accomplished, it is almost unfathomable all that he did by the age of 39. Perhaps his death at such a young age provided even more power to his words and actions and if he were still alive today, (he would be in his mid-90s now), perhaps his impact to humanity would have been watered down. And, thus, if viewed this way, MLK Jr.'s life was longer from a spiritual point of view via his death in 1968 than via a longer physical life if he hadn't been so tragically assassinated. For spiritual people, this is certainly a way to look at his life and his impact, which will never actually die, as his words and actions live in the hearts of people today arguably stronger than ever before. In fact, right before his, the majority of Americans—even the majority in the black community—had a negative view of MLK Jr. because of his increasingly outspoken nature against entire establishment-thinking well beyond just race relations. A person being struck down and leaving our lives too early, especially if it is at the peak of their power, can be viewed in a way as a final big gift of that person's life to those around them.

ON BEING AUTHENTIC VS. FAKE PLASTIC SOULS

You are what your life experience is. That sounds harsh in some sense. What if you are born into an impossible situation, with horrible parents, or a deadly disease, or you are framed for a murder you did not commit? There are a million reasons why a person may develop thick walls in life that does not allow the true person inside to appear. I would argue, though, there is a huge difference between events that are truly out of your hands vs making conscious decisions about the path you take in life.

Let's take a good example. It should have been obvious to everyone that Joe Biden was not going to be an effective President well before he took office. Joe Biden has lived his entire adult life within the Washington DC political bubble. The DC political class is completely separated from the realities of American life. No person should ever strive for that type of existence.

Now, Biden is increasingly being thrown to the wolves by the mainstream (was this whole "classified documents" thing a warning from the establishment that he should step aside and not run again?), as his usefulness has been used up. When you see him stumbling around, fumbling his words, and making bad decision after bad decision, it is a sorry state of affairs not just for him but for everyone in our country. Yes, it is an honorable thing to strive to

be in positions of power such as President of the United States, but not like this. Not via stepping on and destroying countless lives and souls to get there the way it all too typically is done in politics; in other words, no position in life is worth the selling of your soul.

Nobody should be a politician for an extended period of time. The only way to become a true leader is to have real life experiences in a variety of areas; to put yourself on the front line of battles and to fully walk the talk. First-hand experience is the only way to truly understand an issue and there is no way to gain that critical experience by living a cautious, fear-driven, and bubble-like existence.

Still, there really is no true instruction manual to be an authentic person. In the end, it only comes from the arenas of the heart and soul. If there is a road, it is through dedicating our lives to shedding the various walls and barriers that life puts up around our inner light in order to find what God truly wants our lives to turn out to be, and what God gave each of us as the best gift we can provide to the growth and well-being of our surroundings. However, the twist is you have to come to this realization first, which can be nearly impossible for some individuals because the various said walls prevent you from making this required realization in the first place. It is a classic chicken or the egg scenario.

One of the most painful things to observe is someone who is clearly a head-driven person trying to act authentic. Often, this is a status quo politician, or a corporate type, or a self-absorbed ex-spouse involved in a custody battle who has been coached to appear authentic to the court.

Closely related to authenticity is inner drive and passion. If you look to cut corners in one aspect of your life, you ultimately will look to cut corners in all. You can't truly pick and choose which aspects of your life you are going to be passionate about. You are either a driven person about your life in general or you aren't. A small example that perfectly illustrates the point: a survey I remember asked a group of women which type of husband they thought would find more time to be with them and be romantic, a husband that worked on the lower end of the norm, or a husband that worked at the higher end of the norm? Not surprisingly, the majority of women thought that a man who worked a little less would then turn around and use that extra time for, let's call it "quality time" with his woman. This seems like the logical conclusion but the statistics showed it was the opposite.

There was a much greater chance that the group of men who worked more hours at their standard job (to be clear, this does not include men who claimed to be at the office working longer but instead were at the bar or off having an affair) were also the ones that found a way to have more time with their wife and be more romantic with her.

Listen to your unencumbered heart and everything will work out the way it is destined to. There is no way to predict and control every step of your life. All you can do is contribute the best way you know how and have faith that your heart will lead you down the happiest path in life possible. This path surely will be a path with greater challenges and roadblocks, but the rewards are that much better than the perceived safe, head-driven route, filled with data driven end-goals, such as a specific job and specific amount of income. The happy, heart-driven road is not an easy road; far from it and it will actually require much more work and full commitment than you could possibly ever imagine at the beginning of your journey because, yes, at the end of the day, you still need to find a way for example to make enough money to survive.

Our recent string of subpar Presidents is a great example of the means almost never justifying the ends. As one grows older and wiser, you learn to believe that the means are more important than the ends. The ends should essentially be left to fate; you basically have to distort too many things to achieve any sort of bottom-line rigid goal. The ends for the most part should be left to the realm of God and nature. The ends are too big for us flawed humans to try and control. We need to instead focus on the means; in other words, things that we can control in our day-to-day lives: being the best humans we can possibly be by giving it our all in whatever we do, etc. and then whatever happens, happens. The "ends" seems to be more of a head-driven exercise, which can lead to lots of negative externalities; heart-driven people tend to live with a more of a "means-driven" approach.

The simple goal is to be able to go to sleep every night knowing that you gave it your all and you did it the right way. This is the road to finding true inner peace and happiness—to be able to easily fall asleep at night, with no regrets. Sure, we are human and it is impossible to eliminate worry and stress. But this is the path to keeping them at bay as much as possible and to making as much of a positive, long-lasting impact as possible—in essence, achieving positive immortality to those around you.

“THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT.”

DR. MARTIN LUTHER KING JR.

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