

THE UNAPOLOGETIC TRUTH

A new vision to reclaim our lives

SOMETHING GOOD IS COMING

Good forces everywhere that have been wronged and suppressed are coming out of the woodwork. A growing tidal wave is building. People everywhere are straightening their backs and building their resolve. The establishment is being exposed at every turn and it is only a matter of time. The forces in power realize this and realize that the pushback can't be stifled. They don't know where the next hit is going to come from because it is a leaderless movement, with people outside, as well as within the establishment finally saying enough is enough. Many people are now taking matters into their own hands and are aggressively seeking the truth and demanding a better path and vision to ensure a healthier future. The entire old order is going to go down over the next few short years.

Still, even though there are already many individuals fighting in the trenches for a better path forward, it is incumbent that more people get ahead of the curve. Admittedly, it is not an easy process to go against the dominant group mentality. You will be shunned, frowned upon, and demonized. You will become a target for revenge and will constantly be looked to be controlled. You will lose friends and long-time acquaintances who will take things personally and be offended by your actions and words. You will often be isolated, abandoned, and avoided. To become an activist and an outspoken critic of the status quo means you will give up money and salary potential because you do not spend your days looking to get ahead and maximize your earning power. In other words, it means voluntarily giving up money, comforts, free time, friendships, and status.

So, given all of this, why in the world would you want to subject yourself to the abuse and long-line of disappointments and setbacks? Why not just play things nice and passive? Because the forces in power that are profiting off the land and taking advantage of average people do not play it nice and passive. There has not been a viable counterforce for much too long to keep the runaway Greed Train in line and in check. For the side that knows better, we need more good guys willing to do what is right, as opposed to nice guys who will roll over no matter how bad our politics get, or how many rivers

get poisoned, or how openly corrupt our government and corporations become, or how many people face injustices.

Real change for the better is occurring, although the process will be arduous and painful. Still, positive forces have been unleashed and will not relent. This is a given. The Empathy Train is expanding. The more that join and are willing to go against the grain, the quicker and smoother the transition to a better future will occur.

A GROWING TIDAL WAVE IS BUILDING. PEOPLE EVERYWHERE ARE STRAIGHTENING THEIR BACKS AND BUILDING THEIR RESOLVE.

Once the changing tide becomes clear, the establishment will try to show they are capable of reforming their ways, but it is much too late. We are seeing an early preview with the pathetic freak-out in the mainstream regarding the supposedly radical Bernie Sanders movement.

The establishment is not capable of reforming themselves and their outdated models. Our society is quickly coming to a day of reckoning because of a whole host of forces that are rapidly building beyond anyone's control. The leeches and rats among us will continue to do what they do well, which is to pass the blame on everyone but themselves. The light is being turned on and those that are driven to take advantage of their fellow man will increasingly be exposed by a general public that is rightly outraged by our decayed state of politics, health, environment, freedoms, and our sense of community.

KNOW YOUR ENEMY: Narcissists

They are all around us. Sometimes they are obvious to spot, openly acting like a bull in a china shop, but often they are much slier. They know all the right words to say to suck you in, but beware, as there is no depth to them, and they have zero empathy.

The crisis of narcissism has burst into the mainstream recently, but it has always been with us. The more obvious bully form is more in our face right now, but the snake oil salesman-type is more dangerous because they

are smoother with their words, smoother with their veil, and more difficult to spot.

But one thing is for certain: they are currently in charge of global affairs, growing in numbers, and trying to ensure humanity's destiny. They do not exhibit the traditional characteristics that make us human. They are soulless, with no depth beyond their surface makeup. They have no ability to exhibit true empathy and instead view fellow humans merely as pawns to feed on and take advantage of. Those that have fully fallen into the narcissism well are essentially beyond repair. It is next to impossible to reform them. Unfortunately for empathetic people, narcissists are especially attracted to heart-driven people, as the narcissist views them as easy prey. The narcissist's goal is to suck as much energy as they can out of their victims before tossing them aside to move on to their next feeding source.

At the same time, empathetic people tend to be attracted to narcissists. A narcissist is a broken person inside, a scared child that has never grown up. This is a dangerous trap because the empathetic person will want to fix this person, as heart-driven people naturally see the good in the world and want to make things better and right. However, this is a big blind spot for empaths. The reality is that some people cannot be saved. Even worse, narcissists are driven to drain empathetic people from as much of their good energy as possible, which helps prevent empaths from better using their energy towards helping people who actually want to be helped and can be reformed.

Humanity is massively failing on this level. Society is diverting way too much of its finite energy trying to change the bullying behaviors of narcissists who are like

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mini black holes that suck in and destroy all the light around them. This is by design and we are giving these evil forces exactly what they want and need, which is constant attention. Attention from good people is the main source of food for the narcissists and is what keeps them going. Meanwhile, the broken among us who can be reformed all too often get ignored and left behind.

If you have a negative person impacting your life, practice the art of "gray rocking". Essentially, be as boring and non-responsive as possible. Some people were put in your life simply to wreak as much havoc as humanly

possible. There is no reasoning with these kinds of people. Ignore their words and games as much as possible and develop a proactive plan to counteract them. Any direct contact with a narcissistic force is a complete drain on your energy. Do not take their bait and do not fight back with their tactics because it is unwinnable.

The world needs to find a way to prevent as many people from going down this dark path as possible. Strong, cooperative style of parenting certainly is one of many strategies, but children need to be protected and gotten to as much and as early as possible. Building up personality depth and a real form of self-esteem is required so that they do not grow into adults with a deep void inside that cannot be satisfied. Of course, many forces of modern society are stacked against creating truly strong individuals, led by helicopter parenting and social media, which strongly promote a shallow, surface only sense of self. The bigger threat to humanity is not robots taking us over, but humans themselves turning into unfeeling robotic-like creatures.

LOCAL BEAT Lost Opportunities

The long-awaited recreational marijuana facility is now up and running on Route 110. What a colossally wasted opportunity for Amesbury. The much better location for retail marijuana is downtown, as Route 110 significantly constrains opportunities to leverage additional benefits.

It is not possible to expand the downtown business community and create a vibrant pedestrian experience on par with some peer communities, while at the same time allow drivers to be able to park their cars within very close distance to their place of destination, no matter what time of the day. Every "successful" downtown has a "traffic" problem. Still, towns adapt, and patrons find a way to reach their destination in congested downtowns because it is a place they want to be. The additional business and traffic generated by marijuana sales downtown would only strengthen the argument to find longer term structural traffic and parking solutions, which are needed anyway to realize the full potential of our downtown core.

A better located marijuana shop would bring in shoppers who are highly likely to visit other businesses in the community core and spend additional money in a way that few new retail businesses/industries would likely be able to match. This is part of the positive spillover that is completely missed by placing marijuana anywhere on Route 110. A patron here simply makes their purchase and leaves the community just as fast as they came in.

There is a reason why the general public's acceptance and pursuit of alternative therapies and lifestyles in response

to our ever more complicated and stressful lives is skyrocketing. We are at the beginning stages of a massive new movement that will encompass a vast network of businesses, healers, and products. Alternative ideas and solutions are being sought. Amesbury is full of fiercely independent individuals fully capable and willing to show a new way of community building. It is happening in random pockets in Amesbury, but the community desperately needs a unifying message and path to best capture this spirit. The proper zoning, regulation, and marketing of retail marijuana is a relatively small, but nevertheless important step in this effort.

There is already a good base of acupuncturists, massage therapists, nutritionists, herbal supplement and essential oil stores, small-scale and health-focused food providers, craft/micro brewers, farm-to-food restaurants, backyard and tourist-type farms, mental health therapists, etc. existing in our community. These are the various strains of the general health, lifestyle, and well-being industry cluster that is growing and in which Amesbury is perfectly situated to market and harness. Medical and retail marijuana is part of this much broader movement and any sort of community planning and development would be best served by considering it in this broader light, as opposed to the more knee-jerk reaction of dealing with marijuana via fear and as an isolated entity.

Although our community already has a great base of these types of alternative-lifestyle business establishments, the proper placement, marketing, and planning of the burgeoning marijuana and related health and well-being industries would help create significant spin-off businesses and activities in our community. We are only scratching the surface, with a great need for additional naturopathic doctors, mental health therapists, local food providers, and pain healers to name a few. The need will only grow as chronic health conditions continue to rise and the population ages.

To reiterate, by treating marijuana zoning as an isolated issue driven principally by fear makes it much more difficult to best take advantage of the issue. Having a random retail marijuana establishment or two on Route 110 makes it much less likely that additional consumer spending on other businesses would be circulated in the community. This type of zoning also makes it more of a challenge to try and market a potential health and well-being industry cluster for Amesbury.

Finally, an argument can be made that Route 110 has an environment more prone to generating potential unwelcome behavior from marijuana sales, due to: instances of poor traffic circulation and unfriendly pedestrian experiences; pockets of bad lighting; and simply the negative aspects that come with thoroughfares and strip malls. The Downtown area has the benefit of

having many eyes and ears in close proximity. Lighting is good; there are many people walking about; and there is a solid foundation of existing businesses, community support facilities (City Hall, Police, and Fire); and pleasing aesthetics/buildings that creates an environment conducive to order, general safety, and a positive pedestrian and business experience.

MULTIMEDIA

Mother Earth News Magazine

This publication is currently celebrating its 50th year, born during the last big back-to-the land movement. We are now experiencing a much-needed rebirth in this practical way of thinking. Mother Earth News has been promoting the right way to live for half a century. If more people 50 years ago began to heed the words of this critical news source, we'd be considerably further along in our struggles to find real solutions to our interlocked problems of declining health, climate change, and the death of personal and community self-reliance. The answers to our burning questions were always there and still are via sources such as Mother Earth News Magazine. Better late than never.

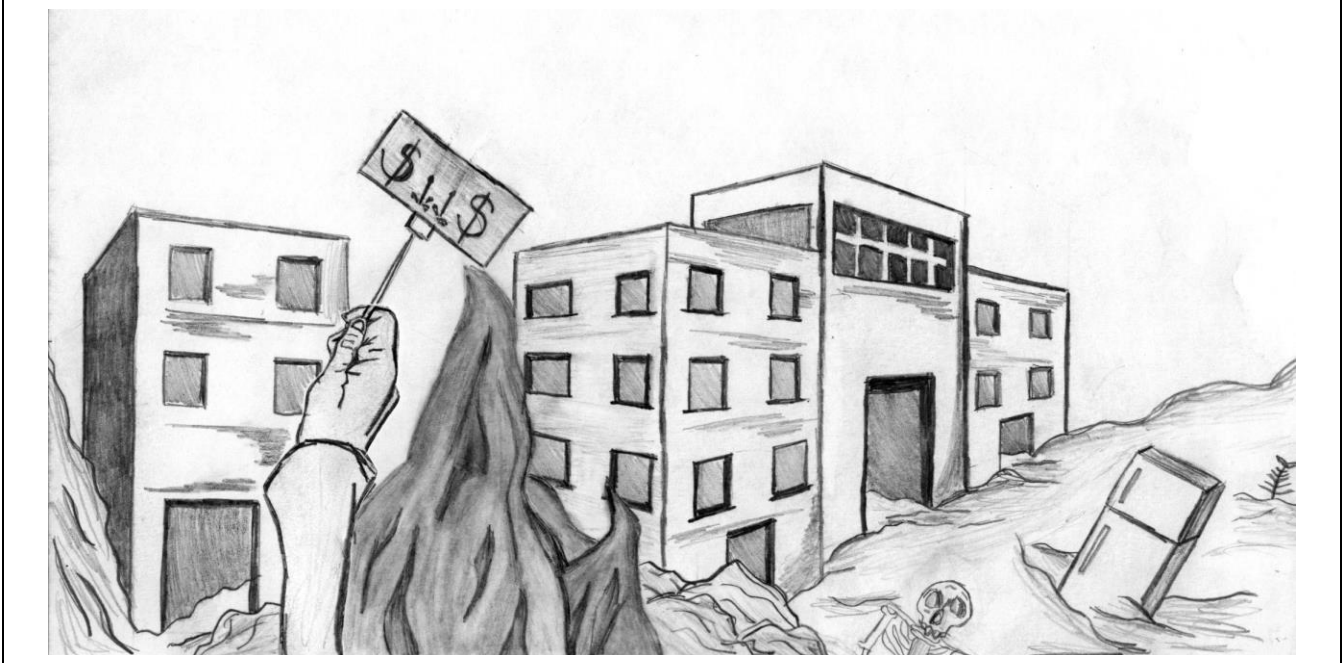
Do yourself a favor and pick up a copy. You won't want to put it down, as it provides an endless list of ideas for communities and families alike. It does a tremendous job of spurring readers to come up with their own practical ideas, as it doesn't pretend to have all the ideas, relying heavily on reader input. New England should be all over this news source, given this region's long and proud history of Yankee ingenuity.

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What is great is that there is zero in the way of a stereotypical political slant. In other words, you could just as easily argue that Mother Earth News is a pro conservative/pro Republican magazine as you could argue that it is a pro liberal/pro Democratic magazine. That is the key point of what makes it so powerful and good. Neither artificially created political camps (Republicans and Democrats) have a monopoly on good ideas for smart and healthy living. Mother Earth News simply promotes a no-nonsense, honest, hardworking, and back to the land lifestyle that is so desperately needed in our modern society.

ARTIST'S CORNER

“ONLY AFTER THE LAST TREE HAS BEEN CUT DOWN, ONLY AFTER THE LAST RIVER HAS BEEN POISONED, ONLY AFTER THE LAST FISH HAS BEEN CAUGHT, ONLY THEN WILL YOU FIND THAT MONEY CANNOT BE EATEN.” — CREE INDIAN PROPHECY



GLOBAL WATCH The Next Game-Changing Recession

Massive change is coming and coming soon whether people want to acknowledge the inevitable or stay inside the bubble. It is truly amazingly how quickly history can be forgotten. It was only 12 years ago that the world economy almost completely collapsed. Our world leaders needed to take extraordinary measures to keep the system running, but it was the last gasp for our entrenched way of doing business we have been following for decades.

Despite the extraordinary measures, we still endured what was dubbed the Great Recession. Of course, ordinary people were hurt the most, with retirement accounts and security essentially wiped out because of the stock market crash and spiking unemployment. Meanwhile, massive amounts of taxpayer money went towards bailing out the ones who led us down the road to ruin in the first place.

Most people don't realize that Wall Street is still to this day being artificially propped up from the last collapse because the economic system is completely broken. We

are running on borrowed time and those in the know are essentially waiting for the inevitable to occur. This goes way beyond the sudden coronavirus fear. While the coronavirus may end up proving to be the straw that breaks the camel's back and pushes us over the edge, disaster was already baked into the cake pre-virus. All the traditional data signals have been screaming danger for some time. Those high up in the chain are rapidly resigning themselves to this fact and are starting to panic.

Everybody needs to prepare. Don't get caught with your pants around your ankle like so many did when the stock market crashed in 2008. There should have been a massive shakeup to the system starting a decade ago when it became clear how dangerously inflexible our economic system is. Instead, we collectively doubled; tripled; quadrupled down on business as usual. We learned nothing from the Great Recession only to keep doing the same old same old, but even more aggressively.

We are massively over-leveraged given the huge amount of resources needed to prevent the 2008 Great Recession from turning into a Great Depression. In other words, there are much fewer available tools in the toolbox to prop up our sick global economic system when it catches the next cold. No one knows exactly the timing, however,

another big economic recession happening at some point is as guaranteed as death and taxes. This corner's best guess is that recession inevitably begins this summer right before the election, or very shortly after the November election, regardless of who wins the presidential election.

The root of the problem is that there is a much too concentrated amount of global wealth, resources, and power in the hands of a way too small grouping of individuals and oversized corporations. This was the infamous "too big to fail" line we heard for years, which was the excuse used for bailing out bankrupt banking institutions and corporations. These entities simply were not allowed to fail because one too many failures of these giant companies can lead to an uncontrollable domino effect that takes down the entire global economy.

The economy is dangerously inflexible and much too interdependent on a small group of dominant global entities. By the way, this is the furthest from an actual free market economy as you can get. This dangerous problem of a very fragile global economy is a key reason why The Unapologetic Truth strongly endorses building up local, self-reliant communities, which would make us more flexible and resistant to economic shocks.

POSITIVE IDEAS CENTERED ON
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If we had a world that was dominated by strong, local, and self-reliant communities, one benefit is a sudden pandemic half-way across the world would not automatically cause worry that the entire globe would suffer economically because it could be better contained.

The positive spin on all of this is that once the next big recession hits, society will be forced to put everything on the table because the current global economic system has run its course. This means we will have the opportunity to begin anew in a sense and build up an alternative system focused much more on the local. In addition, the bubble bursting on the current system means having a realistic chance at addressing the climate crisis in a meaningful way. Once our economy comes to a grinding halt, people and communities will be forced to look at real alternatives to living a more holistic and climate-friendly way of life. There is an endless list of exciting ideas that people all over the world have that are just waiting to get implemented. These positive ideas centered on human-scale development will have a real shot at becoming the new normal. It's coming fast. Get ready. 2020 could go down as a historic year for many reasons.

IF YOU VISION IT, IT WILL COME Upcycling in the 21st Century

By now, we have all heard the word used as it's been almost 20 years since the term was officially coined in the mainstream in the 2002 book *Cradle to Cradle* co-written by William McDonough and Michael Braungart. *Cradle to Cradle* explained the definition of upcycling as "a simple real-world method of preventing waste through the everyday recycling of old products into newer ones." Some others have pointed out that the earliest signs of upcycling can be traced back to Native American cultures where nothing was left for waste. Whatever they could not use for food, they would use to build and if they needed to vacate their settlement, they took every bit of their established homes, and used it to build the next one. Sounds ingenious, no? So, why did it take so long for us all to pick up on the concept that has so many obvious benefits? No answer is needed, however, once a concept is "discovered" like this one, there is no unknowing or denying the limitless advantages of it.

The overall benefits of upcycling are greatly felt on an environmental level. The idea of prolonging the life of a product by reusing it and turning it into something else with new purpose, essentially cuts down on our carbon footprint. It keeps those unwanted items out of the landfill they were destined for, creates a reduction of raw material consumption, and gives our society another way of achieving environmental sustainability.

I remember my first real "Aha" moment when it clicked for me that this was a real way of life for people and it was a passion I could see myself pursuing. It was 7 years ago and I had attended a "Trash to Treasure" workshop with members of my fellow "Mother's Club". I watched and listened in awe as the facilitator; a woman a few years my junior, told the story of how she left her corporate work in the city to follow the path that her family had set on during her childhood years. They were, in her words, "Junkers" who would drive around looking for discarded items roadside, or flea market finds and would then breathe new life into them. I remember stating out loud to my friend next to me, "In my next life, I want to be able to do that!" At the place my life was at; two young kids, a role of stay at home mom, lack of knowledge and what I had thought of resources as well, I did not think that it was possible for me to find the time or know how, to really be able to engage in this lifestyle that drew me in. Now years later, and (in a sense) a new life, I am fully entrenched in the world of upcycling! My free time is spent canvassing the local thrift stores, flea markets and on-line marketplaces for objects to "save" from the abyss.

The big setback people think of in relation to why they themselves cannot upcycle is that they may not have a creative bone in their body. And to that, I say, it's not necessarily needed. It just takes an idea or the want to save something from its doom all the while helping the environment. That idea can easily come to fruition in the world we live in with all the "How-To" sites, and DIY blogs at our fingertips! There's a myriad of info and ideas out there, ideas even the most creative and artistic mind may not think of unless they saw it with their own eyes. I have turned an old match stick holder into a vase, a spotted mirror with a decorative frame into a chalk board (still adorned with that unique frame that I may splash some paint on and distress), an old sewing box into a napkin and salt and pepper holder for the dining room table, an old high chair into a plant stand.....with upcycling the possibilities are ENDLESS! And those are just a few of the projects that I have repurposed. There are countless pieces that I have just thrown a coat of paint on to give new life.

I myself am trying my hand at making this a business since there is no stopping me from slamming on the brakes and dragging a dresser from the side of the road into my minivan (just ask my kids!) and find myself quickly running out of decorating and storage space. However, that does not need to be your sole purpose for upcycling. Maybe you have a tired old dry bar or dresser that has collected enough dust in your basement that you could make a dust bunny with. Take that piece into your garage, driveway, barn, etc., give it a good wipe down, prime it, or sand it and find a color you love that would spruce it up and bring back inside for a "new" piece in that room that may need a "lift".

If the "junk" in your basement/storage space/garage really does not speak to you, and you find yourself really wanting to get rid of it, please help keep it out of your local landfill. Here is a list of the many alternatives. There are several local websites you could post it to and make money on while freeing up that space. There is competitive pricing and the option to negotiate while making a little extra spending money. It's like finding that \$20 bill in your winter coat that was left there from last year! Another option is to donate your unwanted goods to your local thrift store or charity. Most thrift stores have a local charity that either a portion or all of their proceeds go to. Most of them offer receipts for your donations for tax time as well. And if you're really feeling ambitious, you can reach out to your local flea market (seasonal) and see what the cost or requirements are for spending a sunny day selling your wares on your own. The possibilities are again, limitless! You'll feel good opening up that corner space in your home or garage and all the while giving new life and purpose for those objects for a person just waiting to find that treasure!

HEALTH MATTERS

Our Suicide Epidemic

****Warning: The Unapologetic Truth is encourages unfiltered discussions regarding topics that have been repressed and are needed to be brought to light. People everywhere are slowly waking up, coming out of the fog and realizing how much work is in front of us to put our society on a healthier path. Still, it will take some time. There is a process needed for self-healing before joining the fight to reclaim and improve our surroundings. The following article is an especially sensitive topic. Please do not read until fully ready to digest.*

If you've never been there personally, you have no idea. There is no way to truly understand from the outside looking in. That old saying of not wishing for something even on your worst enemy holds true in this case. Per usual, establishment thinking, and the medical-industrial complex is completely missing the mark on our societal plague of depression and suicide.

Our society is sick. Depression rates are skyrocketing. Substance abuse is skyrocketing. Alcohol abuse is skyrocketing. Prescription medication use is skyrocketing. Diabetes is skyrocketing. Autism-related disorders are skyrocketing. Obesity is skyrocketing. Infertility rates are skyrocketing. Cancer rates are skyrocketing. Allergies are skyrocketing. Auto-immune disorders are skyrocketing. And, yes, suicide rates are skyrocketing. Not only that, they are rising especially fast for young people, although this is a problem across all age groups.

Honestly, what is a bigger indicator that something is seriously off when we have scores of people taking their own life? How bad do things have to get until collectively we finally say enough is enough and that we need to find alternative solutions? What could possibly be a sadder condition than the absolute fact that both actual suicides, as well as suicide attempts are shooting much higher? Here is just one statistic out of a laundry list of alarming facts: according to the National Center for Health Statistics and Centers for Disease Control and Prevention, **the suicide rate of young people aged 10 to 24 increased by 56 percent in ten years ending in 2017!** All these trends point unmistakably that a vast segment of our population is screaming for real help but has not been able to receive it through mainstream thought. There is a completely unacceptable level of quiet suffering going on out there.

So, what is the completely inadequate response to all of this from our leaders and people in charge? The usual, "more research is needed to be done" to figure out what is going on, as well as vowing to make sure more people have access to the standard treatment options available and provided by the establishment. Also, we are starting to see more and more of these designated "days to talk

openly about mental health”, which are now popular in corporate offices. I have one overriding response to all of this.... F YOU!! The plans and solutions touted are essentially the same old same old, not only for the suicide epidemic but all the other health problems listed above—more research and more access to the same cold, money-driven and corrupt health care system.

The standard response to all our ills is at the surface level. The typical medical excuse for a patient dealing with depression and suicidal thoughts is that there is a chemical imbalance in the patient’s head. Wow, how convenient because that makes it all too easy to focus mainly on medication and be able to treat the issue as some sort of isolated issue. Nobody asks why there is chemical imbalance in the first place and why suddenly so many more people are having chemical imbalance issues.

If you are already at the end of the rope and in need of serious help, yes, please take the medication to help you get through and go visit the standard therapists offered. However, medication is just a band-aid solution and does not go to the root of why there is depression in the first place. Our medical establishment has no ability to actually reverse the trend; it can just help people manage the pain.

As individuals and collectively as a society, we have lost our purpose. What is the point to life and why are we here on earth? The value of humans in this sense is being steadily eroded. In many ways, life in America decades ago was harder than it is now. However, it seems we had a stronger sense of ourselves as individuals and as a nation. Subconsciously, many people realize we have been sold a bill of goods. Why bother working hard and getting an education simply to become a cog in the machine that will enrich some distant and undefined ideal? Why bother trying anything when every single action taken will be micromanaged and critiqued by the helicopter-style societal philosophy that has taken over.

We now have a laser-driven culture that is looking to “catch everyone” and stifle any sort of real freedoms for youngsters and adults alike. There is nowhere to run and nowhere to hide to just “be” in modern society. The walls are closing in at every turn and our psyches are collectively rebelling in a multitude of ways. For some people, it’s suicidal thoughts. For others, it’s uncontrolled eating. Still others, it may be alcohol abuse, or more frequently now, it is scapegoating other groups of people. The connection is all the same; we are all looking around and dazed at how cold and distant our society has become. It is so hard now to find true feeling and others with a desire to really understand on a deeper level. The response to every problem now is what you would expect from a robot-like society—a sanitized, sterile, and clinical-like dissection of a problem that gets treated like an isolated incident. The supposed solutions make things

worse, as the impacted individual is suddenly crushed by the overbearing system that wants to bring in the professional army of family doctors, specialists, therapists, piles of medication, lawyer-backed bureaucrats, etc.

When you are in the thick of severe depression, your mind and psyche essentially become overwhelmed and shuts down. Your sense of purpose in life gets completely lost. You see no hope for anyone understanding, no hope for life getting better, and you dread the current path you are on. You can physically feel that pilot light in your gut that drives and sustains you blow out. As a result of the light extinguishing, you feel completely hollow inside.

The vacuum created allows negative forces to completely take over your brain. An extreme form of self-critiquing is 100% in charge of your thoughts. The best way to describe it is a broken record player that no one can get to and fix. The volume is on high and plays the same recording repeatedly all day long, every waking moment of the depressed individual. The record that is playing repeatedly in the person’s head is a collection of the most negative thoughts imaginable that the person has ever felt about themselves or heard from others about them throughout their lives. The recording won’t stop, as the bad forces are in complete control of the person’s mind. From the moment the person wakes up to the moment they fall asleep, that awful recording is playing and is the only thing that person can think about. It is absolute psychological torture and for some it gets to the point that they can’t take the torture anymore. All you want is for that recording to stop but there is no way to get to the record player to turn it off, so it keeps on playing all day every day. Sleep is the only temporary respite.

If you’ve had a loved one die by suicide, it is not your fault. It is society’s fault collectively. The best advice that I’ve been able to give people who are dealing with depression is to start by saying that they are needed. Their life has real purpose. I’ve heard the honest breakthrough and sense of relief on the other side of the phone. It is the truth. It helps immensely for the words to come from someone who has been there personally.

Life is precious, especially for those that are suffering from mental illness. We need to get to them from a place of deep, sincere love. Society desperately needs those that are suffering mentally to be able to heal because they will become the leaders at the forefront guiding our society for the better. This in a nutshell is my main message. Give people a real reason to want to carry on. In other words, we need to strengthen that pilot light in our collective gut that creates true passion for life. Remind those suffering from mental difficulties how much they are truly needed to make the world a better place. Those suffering from mental illness are more important to us than they realize.

Younger people are especially vulnerable to our now overbearing society because they still have a natural sense of wonder and have the desire and ability to be in more of a positive, dream-like trance with our natural surroundings. We are rapidly taking away this ability for youngsters to get away, explore on their own (especially in nature), without the constant supervision of the adult world. This is especially true now with the omnipresence of social media. We are trying to treat kids as little versions of adults. The nonstop programming of supervised activities all day long provides no real freedom for kids and no ability for children to explore and understand and develop their true selves. The cold calculated adult world is rapidly crashing the innocent and dream-like world of kids with devastating consequences.

We need to remember there is a purpose to life beyond getting a degree and working at a faceless company for decades. We need to bring back the concept of trust big time. Kids need to be given real breathing space, which is become harder and harder in our modern 24-7 social-media and perfection-driven culture. There is really no escape for anyone, and people are feeling it deep inside their psyche. It will require an extremely large pushback by many to create the extra breathing space we all need.

YOU ARE NEEDED AND LOVED (WHAT YOU CAN DO)

Take matters regarding every facet of your life into your own hands. Don't trust anyone, including loved ones and even yourself. This statement sounds extremely cynical but is actually the opposite. What it simply means is that nobody has all the answers. We are all human and humans make mistakes. You need to have the mindset of an investigative journalist regarding every impactful decision that you make for yourself and those around you. Gather up as much information and evidence as possible. Talk to a wide variety of people. Then, and only then, should you make important decisions about your health, home, family, education, etc. Decisions regarding your life are ultimately yours and you need to own them.

This mindset is even more critical in our modern, corporate-controlled world. For example, yes, you should absolutely listen to doctors and strongly consider their advice; however, never, ever blindly follow the recommendations of our medical establishment. Even the best doctors are unfairly squeezed of doing the best

job they can because of the relentless pursuit of our bottom-line, for-profit health care system. Health decisions are overly dictated by the forces of the stock market and shareholders, which has little to do with the actual health and well-being of citizens.

Doctors are not gods. They are humans like the rest of us, with their own challenges they must face in their own lives. How much can your doctor really learn and truly understand your unique makeup in the typical 15-minute office visit that doctors are allowed. Doctors are under growing pressures to squeeze in ever more patients every day and are punished when they do not reach their designated quotas by the faceless bureaucrats in the machine. Because of the unrelenting pressures, Western-style doctors are basically forced to offer the typical remedy, which is almost always more prescription pills. We are all swimming in prescription pills generated by health care conglomerates. Often, medication is not the best way to go, as they create more health problems than they solve. It becomes a vicious cycle of more medication and more visits to ever more specialists, which of course, is by design by the medical-industrial complex.

HEROES

Everyday Guardians of the Good

For this issue, we simply wanted to salute the quiet preservers of the sacred forces of truth, dignity and justice. Those that take responsibility for their own actions and those that refuse to give in to the negative.

You are not alone, and you are greatly needed. Even when it seems like nothing matters, every single action you take truly matters and is felt in the universe. Your good deeds, no matter how small and seemingly insignificant matters and is needed. The simple act of getting up every day, even on the worst of days to face another daily fight, matters. Every single act of defiance, no matter how small and "unsuccessful" against evil forces matters.

Even if you do nothing other than stand and stare down evil, you have won the day, no matter how much the evil forces take from you. They can never take your soul no matter what, unless you let them. They can never take your positive spirit no matter what they do, unless you let them. Resisting is the first key step. Next is planning and visioning. Then, when you are ready, reclaim completely.

**"THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT." DR.
MARTIN LUTHER KING JR.**

REAL FREEDOM AND TRUTH ARE ONLY FOUND IN THE UNDERGROUND