

Presentation by Leslie Powers  
<https://alivethrive.life/>

# ALIVE AND THRIVING



AWAKEN YOUR TRUE HUMAN POTENTIAL BY TAKING RESPONSIBILITY  
FOR YOUR PERSONAL PSYCHOLOGY,  
LIFESTYLE CHOICES AND HOLISTIC HEALTH.

\*\*\*\*\*

CLAIM YOUR SOVEREIGN FREEDOM AND FREE YOUR SOUL  
AS YOU ARE GUIDED BY NATURAL LAW AND RIGHT MORAL ACTION.



# WHO IS THIS FOR?

People who:

- ▶ **Are on the Path of Awakening**
- ▶ Want Personal Development and Healing
- ▶ Seek True Freedom
- ▶ Claim Personal Responsibility
- ▶ **Value the Truth**
- ▶ Are willing to admit when they are wrong
- ▶ Care about the Earth and other Living Beings
- ▶ Want a Better World
- ▶ **Have an Open Mind**
- ▶ Are Willing to do the Work of Personal Transformation
- ▶ Are emotionally and mentally stable enough to handle self-reflection and shadow work  
(seek professional help from a mental health clinician if needed).



If these qualities are not true about you, consider coming back later when and if you are ready.



# WHY I AM WRITING THIS

- ▶ This curriculum is intended to address the resistance people have for change which results in the Enslavement of Our Humanity. It is meant to EMPOWER and FREE YOU.
- ▶ The Path of Self Inquiry, Personal Healing, and Holistic Wellness are essential for us to overcome the forces of evil and chaos which currently dominate our world.
- ▶ Additionally we need to recognize that there *is* actual Truth, and that if we live by Principles of Natural Law (God's Law) we will be guided towards a peaceful and harmonious society. Natural law principles guide moral behavior.
- ▶ This is a guide to help people face and break down the factors that block their growth and personal potential.
- ▶ This guide integrates philosophy with personal and social psychology.
- ▶ This overview invites you to do the necessary inner healing and shadow work that can integrate your consciousness, free you from the confines of mind control or social engineering, and bring you to the experience of true freedom and social harmony.
- ▶ By developing Inner Mastery (Inner Monarchy), we become less vulnerable to external monarchy, mind control and social propaganda meant to make us subservient to self-serving agendas. If we are not conscious, we may not even know that it is happening.
- ▶ I am writing this because I care about humanity, the earth which supports us, the quality of our lives and the freedom of future generations.



# PART 1

## ALIVE AND THRIVING

- ▶ The Problem
- ▶ The Symptoms
- ▶ A Crisis of Morality
- ▶ Cut Off from Freedom
- ▶ Not Thriving
- ▶ What is Happiness?
- ▶ Oppression and Repression
- ▶ Group Think and Savior Complex
- ▶ Locus of Control
- ▶ Learned Helplessness
- ▶ Rules can be Harmful



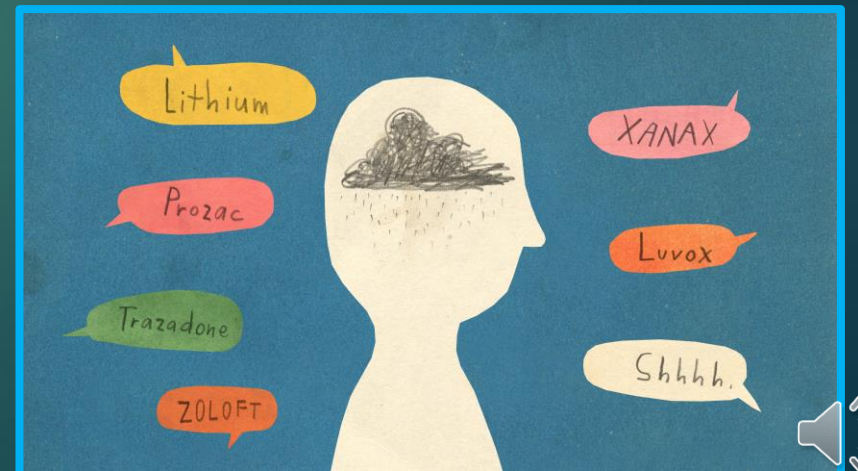
# THE PROBLEM: “The Real Problem is Human Acquiescence to Our Own Enslavement.” – David Icke

The human tendency is to believe anything that comforts, and deny what discomforts, so that unpleasant truths are simply ignored.

PreventDisease.com

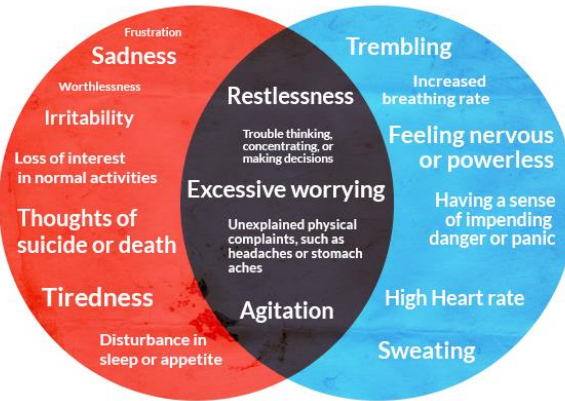


# THE SYMPTOMS



## Depression

## Anxiety



**Anxiety.org**  
HEALTHCARE BRANDS

# IT'S A SHIT STORM! HOW'D THAT HAPPEN?

Being Out of Alignment with Natural Law creates CHAOS and PAIN and RESULTS IN:



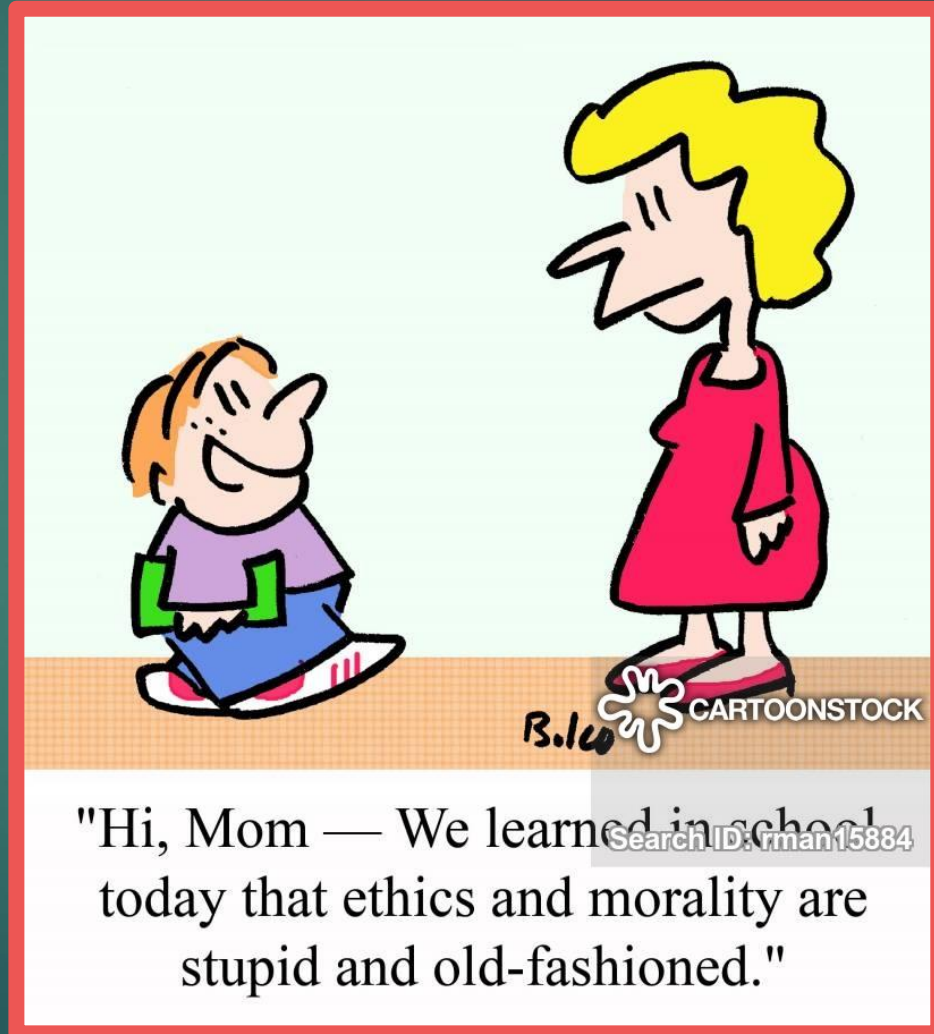
- ▶ Relationship Dissatisfaction. Divorce. Domestic Violence. Child Abuse.
- ▶ Personal dissatisfaction. Unhappiness. Frustration. Resentment. Conflicts.
- ▶ Addictions. Avoidance Patterns. Chasing false gods. Dependencies.
- ▶ Codependency. Victimhood. Powerlessness. Over-Compliance.
- ▶ Denying core needs. Ignoring truth. Thinking Errors. Overuse of Defenses.
- ▶ Depression. Anger. Rage. Resentment. Psychosis. Confusion. Dissociation.
- ▶ Anxiety. Fear. Manipulation. Denial. Minimization. Shut Down.
- ▶ Physical Disease. Physical pain. Unhealthy habits. Gas Lighting. Inner Divisions.
- ▶ Other Mental Illnesses. Psychopathy. Service to Self. Satanism. Occulted Info.
- ▶ Societal Problems. Poverty. Gluttony. Selfishness. Oppression. Imbalances.
- ▶ Violence. Power and Control mechanisms. Government. Obfuscation. Exploitation.
- ▶ Disempowerment. The Illusion of Powerlessness. Violation of human rights. Apathy.

## ▶ HUMAN SLAVERY



# We Have a Crisis of Morality

If we do not have a moral compass, natural and universal to all humans, then we lack a behavior guidance system and have no clarity about the boundaries we set. This will surely result in chaos and leave us vulnerable to external control.





# Kohlberg's Stages of Moral Development

Level 1: Preconventional	Stage 1: Obedience & Punishment – Avoid getting in trouble
	Stage 2: Individualism & Exchange – What's in it for me? (↓ Pain & ↑ Pleasure)
Level 2: Conventional	Stage 3: Good Boy / Good Girl – Makes me look good / Gain approval of others
	Stage 4: Law & Order – Because that's the rule. Because it's the law.
Level 3: Postconventional	Stage 5: Social Contract – For the common good & the welfare of others
	Stage 6: Principled Conscience – Personal integrity, no matter the price

Self-inquiry

Be honest,  
what  
guides  
your  
decision  
making?



## HINT:

The areas of your life where you make decisions with lower level morality, are the areas where you likely have unresolved issues. These immature shadow parts are motivated by unconscious needs.

LOOK HERE!

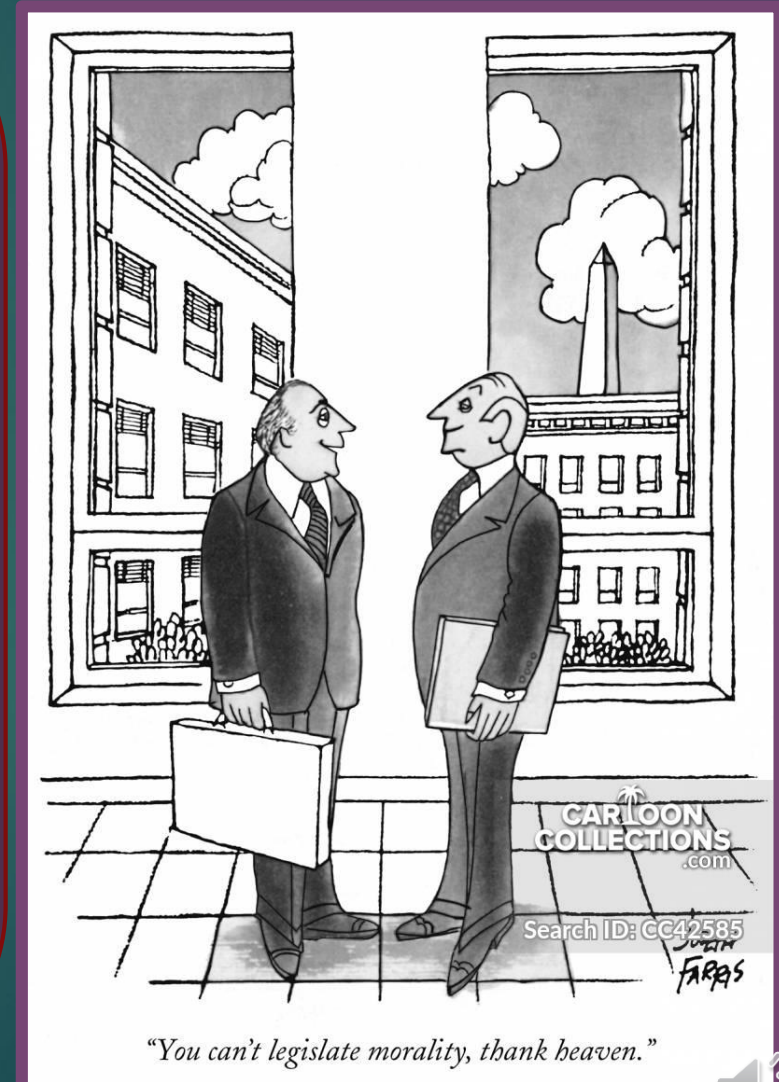


Self-inquiry



# Internal Boundaries create External Freedom

- ▶ The filters or boundaries we live by must be internally set according to universal principles, or else we will be easily knocked off course and face internal and external chaos.
- ▶ We will be subject to being guided by random events, ungrounded motivations, fleeting emotions, insecurities, unconscious thoughts, unresolved or unconscious needs, and base impulses.
- ▶ If we are *not* clear about our moral compass and not grounded in self love as well as universal love, then we are vulnerable to unhealthy power and control dynamics happening at all levels of our lives. We run the risk of relating to others through immature moral dynamics of an undeveloped ego and from a place of insecurity and neediness.
- ▶ By living our lives through a moral compass, and remaining committed to self responsibility, our freedom increases and we have a stable platform from which to create and individually express ourselves.



# People are Cut Off From True Freedom



Without Freedom  
People Do Not  
Thrive



# Therefore, People are not Thriving

## CHRONIC DISEASES IN AMERICA

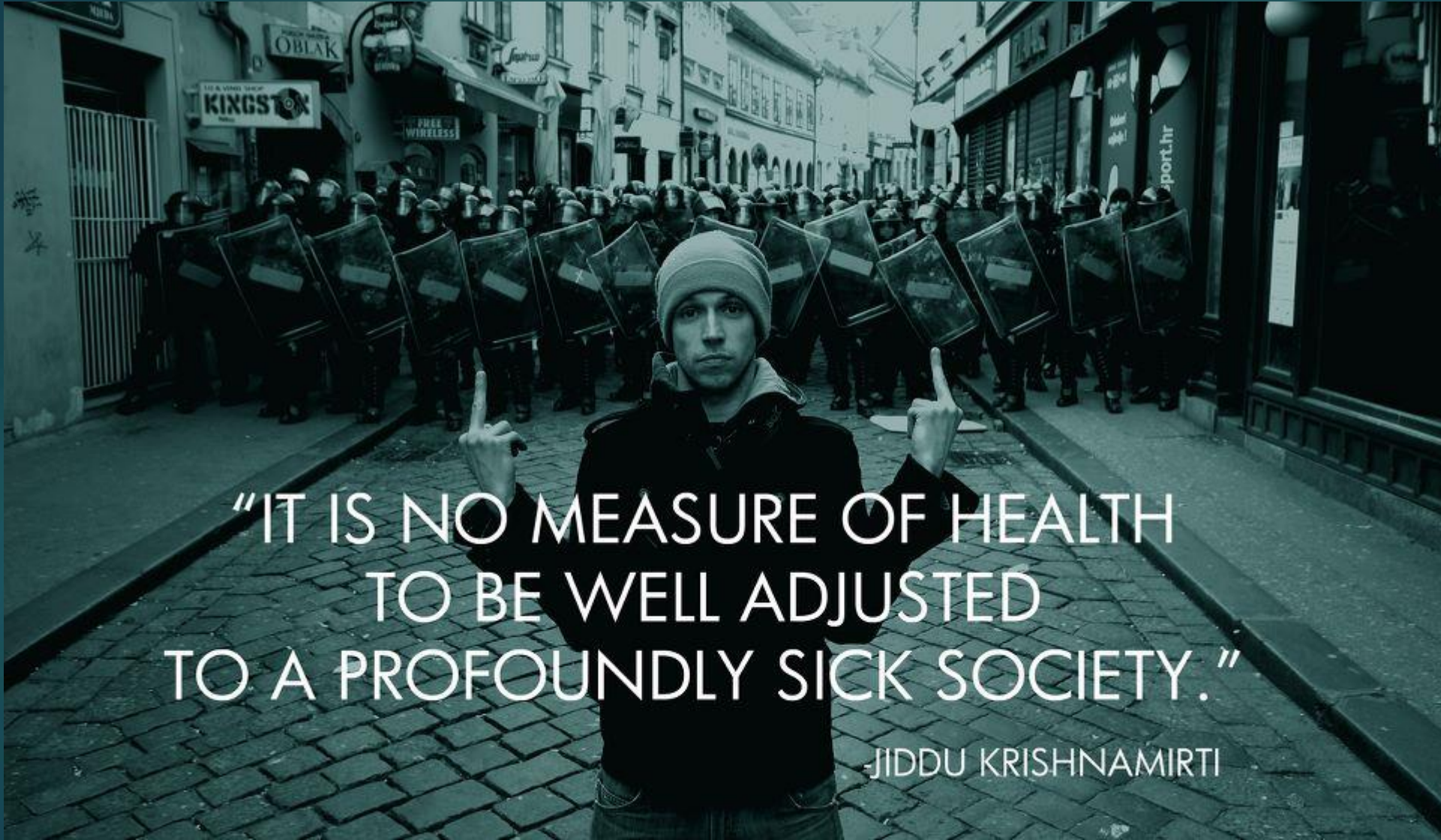
**6 IN 10**  
Adults in the US  
have a **chronic disease**



**4 IN 10**  
Adults in the US  
have **two or more**

**THE LEADING CAUSES OF DEATH AND DISABILITY**  
and Leading Drivers of the Nation's **\$3.5 Trillion** in Annual Health Care Costs





“IT IS NO MEASURE OF HEALTH  
TO BE WELL ADJUSTED  
TO A PROFOUNDLY SICK SOCIETY.”

-JIDDU KRISHNAMIRTI





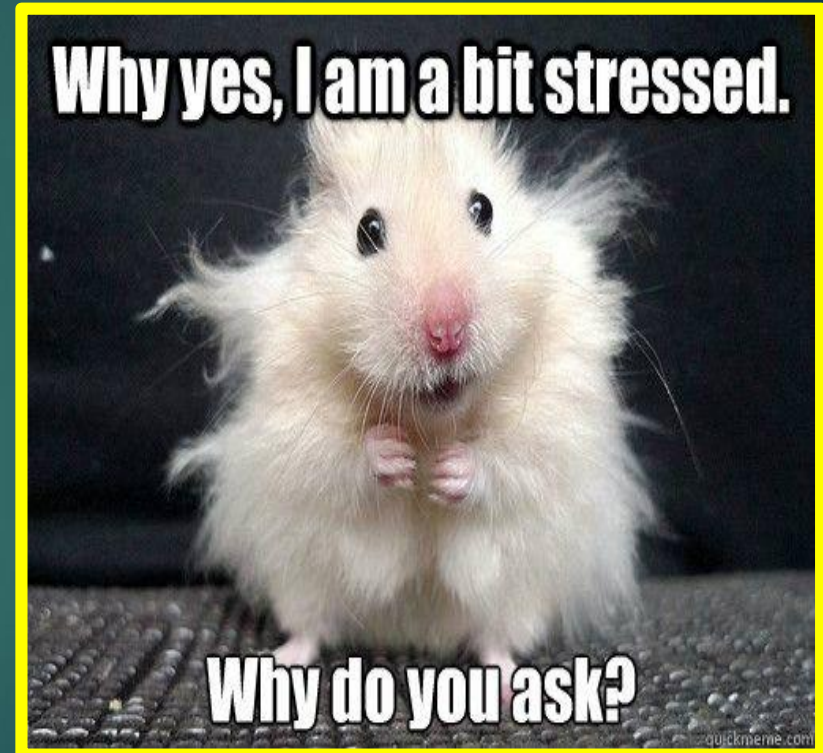
# FISH DON'T KNOW THEY'RE IN A TANK

- ▶ Our personal consciousness and perceptions of happiness are shaped by our society and patterns of culture, and the information and experiences we encounter. We often don't realize how closely this is all intertwined.
- ▶ Sometimes we are not conscious that we are being shaped or programmed by outside forces or that a lot of the information we grow up with is false. We may not see the ways in which we are being bound or contained.
- ▶ Sometimes societal change happens so slowly that we don't see it, or we perceive that change as normal or even necessary. This backdrop of culture, politics and human governance is our "water" and our choices in response create "the walls" of our fish tank. Psychological defenses protect our world view and often create the illusion of safety, security and stability.
- ▶ Because we are familiar with something and know it well, this does not make it right or good. For example, children who live in families with generational abuse don't have a template for that experience as abnormal until they've looked outside at something different to compare their experience to.
- ▶ Human beings have the capacity to adapt to extreme circumstances and then call it normal.
- ▶ Oppression then becomes Internalized as Repression. Our Expression is thwarted.



# FREE AND HAPPY .... NOT!

- ▶ As Americans, we claim we are free and that we have many choices for happiness, but how happy are we really? Yes, we live in an overflowing and abundant society. But are we free?
- ▶ Why are so many people depressed and anxious? Dissatisfied with their jobs? Why are there so many divorces and children from broken families? Why are so many people abusing alcohol and drugs? Why is there so much child abuse? People in jail? People living in the streets?
- ▶ This doesn't look like happiness to me. Too many people feel trapped.
- ▶ I see many people who appear to be externally functioning in their lives but internally they are miserable.
- ▶ Unsatisfied. Unfulfilled. Frazzled. Worn out. Spread thin. Disillusioned. Frustrated and Stressed!
- ▶ Suffering from unresolved trauma, they are Insecure. Struggling with poor self image, Reactive. Repeating negative patterns.
- ▶ Self-Loathing. Afraid. Ashamed.
- ▶ So many people are not living up to their full potential.



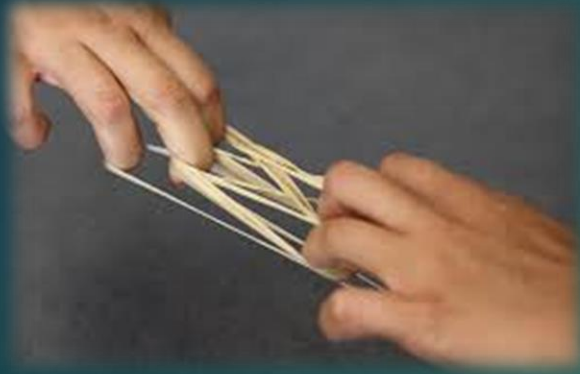


# Stuck in a Rat Race



- ▶ Many of us feel we are caught in a rat race or running in a hamster wheel. Counting the days until the weekend. Working for our next paycheck and our next vacation.
- ▶ We have comforts but not contentment,
- ▶ Access to a multitude of stimuli but unsatisfying connections.
- ▶ Many people barely enjoy their jobs, and work only for the money. Or if they like their job, they work long hours and have a poor balance of time for their families or other meaningful activities. People link to external structures because there is no time or resource to create their own.
- ▶ Working for money that is gone in a heartbeat. Scraping by, paycheck to paycheck. Our hard earned money is quickly gone on rent, utilities, smart phone bills, insurances, material possessions, beauty products and pleasure seeking.
- ▶ Entertainment. Escapes. Entrainment. Working to escape our everyday lives. People doing what they want often means chasing short term pleasures or releases from stress.





# Our rubber band lives

- ▶ We bounce between a rushed pressure to produce, achieve and accomplish followed by a rebound of release and escape from the stress of our days. We are stretched thin.
- ▶ People immerse themselves in petty distractions and unfulfilling addictive cycles. Modern technological trends, such as social media, Netflix and video games, exploit and perpetuate this cycle.
- ▶ This repeating pattern of work and recreation becomes habitual but creates a rather shallow level of being, keeping us far from our creative capacities.
- ▶ People seek lasting happiness but rarely find it. Deep satisfaction, inner peace and a sense of purpose evade so many.
- ▶ People look outward for solutions. They look to religion, government, doctors or things that money can buy. Not only do these efforts come up short, they give the false presentation of being a solution when in fact they are a band-aid or, even worse, a cause of the problems.
- ▶ If we just treat symptoms and not heal the root of the problem, we perpetuate the negative pattern. Happiness and Freedom will evade us.
- ▶ We can easily get ourselves stuck in a repeating cycle that is not taking us where we really want to go.



# Something is seriously wrong here.

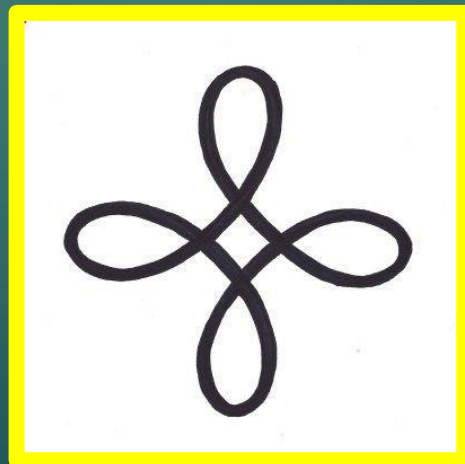
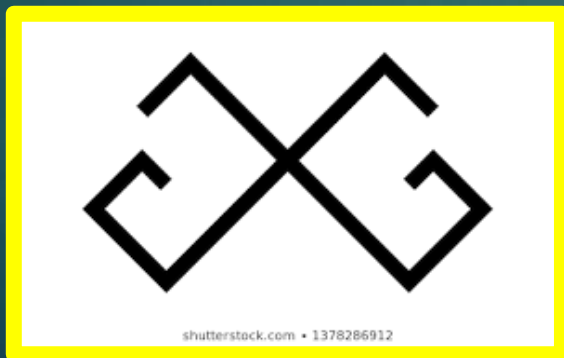
- ▶ We end up running in circles chasing our own tails.
- ▶ **This is a trap!**
- ▶ Our society is designed in such a way that we are chronically stressed out and harried,
- ▶ So we turn mindlessly to the distractions and chase false prophets.
- ▶ The repeated patterns can lead to an experience of Learned Helplessness.
- ▶ Oppression becomes Internalized. We Acquiesce.
- ▶ We perpetuate the trap with our own thoughts and behaviors. "We cant change it, so we might as well join it." Right?
- ▶ We become slaves to the status quo and the pursuit of pleasure.
- ▶ This happens at both the micro and macro levels of our lives.
- ▶ In effect, we allow our own entrapment.
- ▶ Is it enough to say "This is just how it is, so just accept it"?
- ▶ **I SAY NO!**



# What Do I Mean By **HAPPINESS**?

When I refer to Happiness as being a worthy goal for humans, I am not referring to happiness as an ephemeral, transitory mood state. I refer to it in the context of **LIFE SATISFACTION**, **WELL BEING**, **FLOURISHING** and **THRIVING**.

The Condition of Happiness is a possibility for every human. One can be Happy in Life while also experiencing the Full Spectrum of **Human Emotion** which includes feeling states such as **Enjoyment**, **Sadness**, **Fear**, **Anger** and **Disgust** in all their ranges.





"When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life."

- John Lennon

We are taught to pursue money-making pursuits rather than to value a state of consciousness such as happiness created by truth, freedom and love.





## Self-reflection

THRIVING is living up to our creative potential;  
 THRIVING is living with the freedom to fully express our unique selves without coercion, oppression or violence.

Thriving is Being Empowered

Adapted from: Watson, P., Gist, R., Taylor, V. Evlander, E., Leto, F., Martin, R., Vaught, D., Nash, W.P., Westphal, R., & Litz, B. (2013). Stress First Aid for Firefighters and Emergency Services Personnel. National Fallen Firefighters Foundation.



# “All the Little Things are The Big Things”

## They Add Up

### They Set a Precedent for Future Patterns

- ▶ In our busy lives we ‘lose the forest for the trees’.
- ▶ Wrong Doing and Evil sneak up on us.
- ▶ We all condone evil in one way or another. We let the small things slide.
- ▶ Sometimes, we do so with the best of intentions. We think we are doing the right thing, when in fact we are not.
- ▶ Examples of this may include:
  - Encouraging a child to “follow directions” from an authority figure even when the adult is teaching something against our own morals,
  - Tolerating self-deprecating treatment when it starts as “a joke”,
  - “Letting it slide” when a partner searches your phone or attempts to restrict your social life.
  - Following a rule despite the moral consequences or harm caused by it.
  - Macro examples include tolerating ever increasing government restrictions, red tape and hoops, taxes, or escalating fees.



What Evils Do You  
Condone due to  
Acquiesce?



# REPRESSION and OPPRESSION

**Repression:** The unconscious exclusion of painful impulses, desires, or fears from the conscious mind. The act of restraining or subduing.

**Oppression:** Arbitrary and cruel exercise of power. The exercise of authority or power in a burdensome, cruel, or unjust manner.

External oppression in our childhood can lead to Internal Repression.

Repression is a psychological defense mechanism meant to protect our selves from emotional pain or punishment.

Additionally, we may continue to treat ourselves in the unkind ways of our oppressors, thus perpetuating the cruelty inflicted upon ourselves. We take on the role of our oppressing both ourselves and others.

*Don't oppress yourself with negative self talk and limiting beliefs.*

*Don't repress imagination and hope.*







what are other  
words for  
repression?

suppression, restraint,  
inhibition, control, constraint,  
oppression, tyranny, despotism,  
subjugation, coercion



“To **oppress** means to keep (someone) down by unjust force or authority. To **repress** is (1) to hold back, or (2) to put down by force. **Suppress**, which is broader and more common than the other two, means (1) to put an end to, (2) to inhibit, and (3) to keep from being revealed.” Mar 24, 2011

What are the meanings of 'oppress', 'repress' and 'suppress ...  
<https://english.stackexchange.com> › wha...



# CORRESPONDENCE between Internal and External States

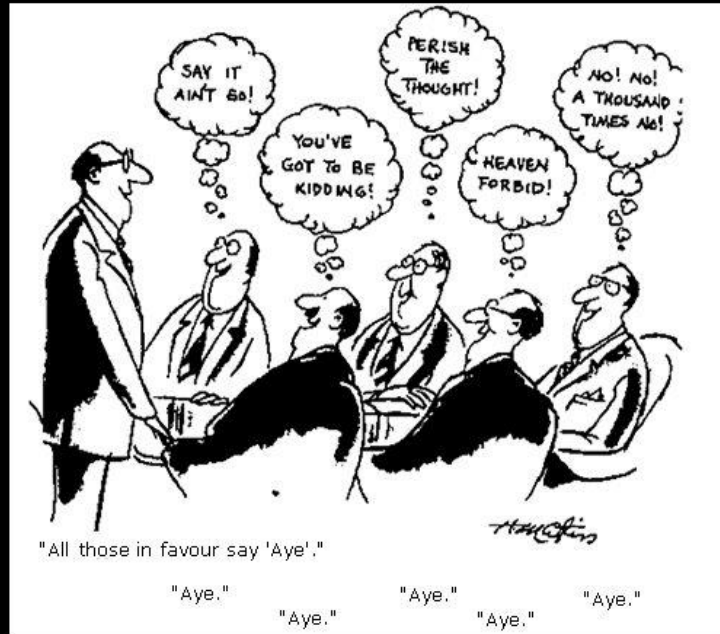
- ▶ External conditions of government, economic systems, belief in authority, manufactured hierarchies and bureaucracies all create compartmentalization and confusion.
- ▶ The Oppression operates at all levels of our lives from within our own minds to our global condition. As Above So Below, As Within So Without.
- ▶ Our own minds often mirror that which is around us.
- ▶ Our own minds become compartmentalized like the external conditions.
- ▶ We fall into willful ignorance.
- ▶ Group Think dangerously drives our behaviors. Sometimes we are the bully.
- ▶ We're so busy that there is no time to question or examine issues on all sides.
- ▶ Our minds are so powerful that we can convince ourselves of untruths in order to adapt, avoid conflict, and seek perceived peace.
- ▶ This allows us to tolerate and even justify oppressive situations.
- ▶ We betray ourselves without intending to.
- ▶ We conspire with circumstances to perpetuate our own entanglement.
- ▶ We consent to it. We allow our victimhood.



# GROUP THINK Definition

## What is Groupthink?

- Refers to a group making bad decisions because the group is more concerned about reaching an agreement/ sticking together and the individual is more concerned with fitting in.



## Groupthink

A cultural phenomenon whereby group-self-reflection is discouraged to preserve group identity and unity. Group cohesion holds a higher worth than critical thinking, which comes with risk of being ostracized.



# Savior Complex

- ▶ Sometimes we are waiting around for some one or some thing to save us. This is a dangerous assumption that can result in PASSIVITY.
- ▶ PASSIVITY or LACK OF ACTION can be an expression of external locus of control.
- ▶ Believing that someone else has “got this” can make us sitting ducks instead.

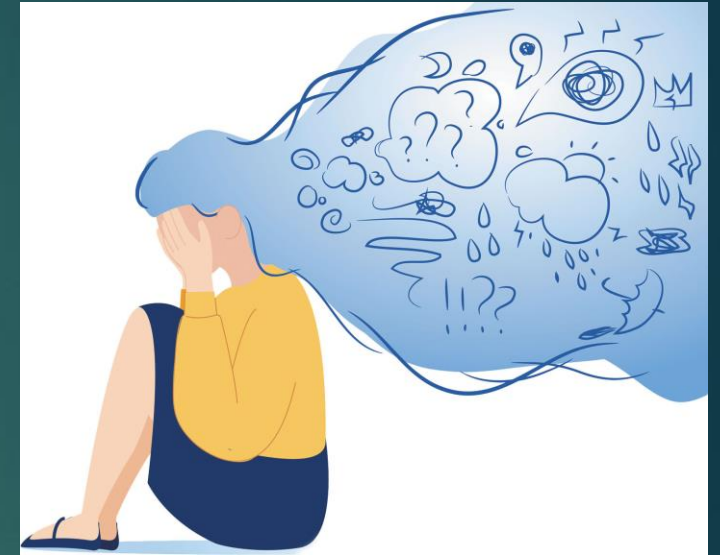


# LOCUS OF CONTROL

Locus of Control is the degree to which people believe that they, as opposed to external forces (beyond their influence), have control over the outcome of events in their lives.

- ▶ **INTERNAL** – a belief that one can control one's own life, and that events in their life derive primarily from their own actions.
- ▶ **EXTERNAL** – a belief that life is controlled by outside factors which the person cannot influence, or that chance or fate controls their lives.

Locus of Control is a World View outlook that has an extremely high impact on our mental health and our behaviors under stress.



# Self-Efficacy and Learned Helplessness

**Self Efficacy:** “An individual’s belief in their innate ability to achieve their goals.”

**Learned Helplessness:** When people feel like they have no control over what happens, they tend to simply give up and accept their fate.

The term was coined from animal psychology: when an animal was repeatedly subjected to aversive stimuli that it could not escape, eventually the animal stopped trying to avoid the stimuli and acted helpless to change the situation. This giving up persisted even after presented with opportunities to escape. The same dynamic can be applied to situations involving humans as well.

When people feel that they have no control over a situation, they may behave in a helpless manner and give up trying to change it.



People who seek power through controlling others attain positions where they can act out that power. Your best interest is usually not the priority even if they say it is.

- ▶ People who attempt to control others through coercion, rule making and laws have agendas, conscious or unconscious, that have nothing to do with your well being.
- ▶ People who follow rules blindly are often acting immorally and putting others in potential danger.



# RULE FOLLOWING CAN BE HARMFUL

- ▶ Human-Made Laws change and morph over time and place and the whim of legislators
- ▶ They are often arbitrary and inconsistent
- ▶ Man's Law is based on Dogmatic Beliefs
- ▶ Are complied with due to fear of punishment
- ▶ Can be morally wrong

Oppressive rules and laws wrongly steal freedoms from others.

## Negative Results of Rule-Following :

- ▶ LOSS OF RIGHTS
- ▶ LOSS OF CRITICAL THINKING SKILLS
- ▶ DUMBING DOWN
- ▶ CORRUPTION
- ▶ TYRANNY
- ▶ SOCIALISM
- ▶ FASCISM

**SLAVERY**



**WHO'S RULES ARE YOU FOLLOWING ANYWAYS?**

