

D. Cowdrey

United States Air Force Honorable Retired, Service Veteran
The Energy of Hate, Smear Campaigning or Geno-Camping

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Research:

Casenotes:

Hate campaigning, smear campaigning or genocide campaigning:

1. <https://www.collinsdictionary.com/dictionary/english/hate-campaign>
2. <https://www.collinsdictionary.com/dictionary/english/smear-campaign>
3. <https://www.collinsdictionary.com/dictionary/english/genocide>

As opposed to, peace campaigning, uplifting, rescuing:

1. <https://www.collinsdictionary.com/dictionary/english/peace-campaign>
2. <https://www.collinsdictionary.com/dictionary/english/uplifting>
3. <https://www.collinsdictionary.com/dictionary/english/rescuing>

It is so- important to know the difference.

We reap what we **sow**.

Because of modern **hate** campaigns, US is very strict about who we connect with, associate with and spend time with. US was really designed for personal spiritual **protection, to be who we are, and to grow as individuals, without outside harm or without hateful people constantly taking jabs at us or bringing us down**. Society as it stands right now, needs an old-fashioned **time out**. Do the expressions of others towards US **make the bar?** An opportunity for learning, but to a point. Being around those who degrade us and aim to keep us down just is not on the agenda for US. We were designed to raise the bar, and to stay above it. We sow, "the bar." -**US Bar Nuns**