

## Almond

Maybe that is why I am coping well. I do not have a television or cell phone. I do not make myself available 24/7 to whoever wants to call, including marketers. I am getting to where I do not even like to listen to the radio, anymore, except one country & western station, when I can get reception. I used to wake up on a sunny summer morning to happy times rock & roll. Now, it is bad news, team sports (which I am not interested in), talking heads and politics, canned medical programs for advertisers, incontinence supplies and erectile dysfunction ads. The sounds in my life are the songs of birds, the wind thru the trees and ripples of water. I never feel lonesome or alone when I am surrounded by nature.

I will make an occasional trip out to spend time with good friends or a cup of tea with a neighbor. Except for creative new projects that are constantly rotating into and out of my life, our lives go on pretty much as usual. We follow the seasons and do the same activities, at the same times of year. I cook from scratch with what we produce so our meals also remain pretty much the same, according to the seasons. We do not get bored because we are fascinated by the cycle of nature and our place within it. There as much to explore in my own backyard as the rest of the universe. I could live a long time and never see or learn about everything in this limited, but wonderful space.

Posted On 05/04/2024

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## blowe

Your life sounds so blessed and wonderful, Almond!

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## LadyLifeGrows

Hmm, no TV or cell phone here, either. I am am calmly confident most of the time. And Like so many who search for the truth, I have found that whirling wheel of love energy near the heart that mystics call "the heart chakra." It is one's personal connection of the Creator. Amazing how many Truth seekers have come to Christ in the last few years and speaking radiantly about it instead of the pestering with Dogma that used to pass for preaching. Last week, it was Russell Brand getting baptized.

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## Guillermou

If it is about overcoming fear, we must know the strategies that are most frequently used by the media and political elites to manipulate the masses. The French writer Sylvain Timsit published a decalogue: ----1. Promote distraction by promoting information overload, or when said information contains a strong emotional charge such as reporting tragic events ----2. Create the problems and also the solutions as the intention to cause a specific reaction, so that this public demands measures and decision-making that solve the situation such as the loss of freedoms. ----3. Appeal to gradualness by applying important changes gradually, so that public and political reactions are equally gradual and easier to contain.

----4. Infantilize the interlocutor by positioning the public as a group of naive people or incapable of taking responsibility for themselves ----5. Make people think that this measure is painful but necessary, and that it is necessary to agree on it in the present although its effects will be perceived years later. ----6. Position the public as a group of people who are naive or incapable of taking responsibility for themselves, or of making critical and responsible decisions.

The public actually identifies with that position and ends up accepting the imposed measures and even supporting them with conviction. ----7. Appeal more to emotions than to reflection ----8. Promote complacency in mediocrity to reinforce the feeling of success and satisfaction with the situation in which we find ourselves, even if it is a precarious or unfair situation. ----9. Reinforce self-blame. It is being used for the unvaccinated. ----10. Know people better than they know themselves. It is the basis of artificial and emotional intelligence.

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## juststeve

Gui along with this - ----4. Infantilize the interlocutor by positioning the public as a group of naive people or incapable of taking responsibility for themselves, is, there have been many types of maneuvers where populations, people have been deliberately locked out of education, healthy foods, the access to their own resources, means to actively create, draw on their true potentials and then paint them as dumb, ignorant, lazy, needing a superior source to provide and maintain the very things holding this population back. If all else fails, brute force.

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## Guillermou

Yes Just and such power-loving psychopaths lead people into fearful situations, and such fear is associated with depression and anxiety. The doctor in psychology, Nathalie P. Lizeretti, director of the Center for Research, Training and Development of Emotional Intelligence (CIDIE) and member of the Official College of Psychology of Catalonia, assures that it is one of the most frequent mental disorders that occur in increase worldwide is depression: "it is estimated that it will be one of the main causes of disability worldwide in the year 2030," he says. The expert states that it is characterized by a state of deep sadness, low mood, pessimistic thoughts, loss of interest in everything, inability to experience pleasure, loss of the ability to enjoy, changes in sleep and appetite.

"People with depression have an atrocious fear that makes it impossible for them to face the difficulties of their daily lives. In fact, you could say it is fear of life or of living," she explains. As a society we have been witnessing for some time what seems to be an organized campaign to immerse ourselves in collective fear as a way to understand life. That it becomes an active part of our lives could be the objective, since we do not leave one when we enter another.

Coronavirus, Ukrainian war, bird flu. monkeypox, global warming, forest fires, drought, energy crisis, Chinese missiles. Our mind must avoid reality, because we must live without fear. Fear causes us nervousness, insecurity, and anxiety. A fearful person is someone who self-limits their rights and freedoms to protect themselves from a danger that may not exist. That fear is used by the system to control us, and it does so in all areas of our lives. Rejecting C-19 "vaccines," lab-grown meat, or cooking organically raised chicken without Crikey is part of our lives that shows we live without fear.

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## grandmax4ever

GUI - LOL - We've been conditioned to fear from birth too. I recall using fear to control my kids: "Wait until your dad gets home", "The big bad wolf is coming to get you", "Santa is making a list", "1, 2, 3" as my mom used to say to me too

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## Guillermou

LOL -grandmax. I'm sure you are an excellent mother who combines "fear" with love. Yes, using fear alone to control children's behavior is an inadequate educational practice. The "if you're not good, I'll call the bogeyman" solves situations momentarily, but can cause long-term problems. It is better to educate positively, using praise and incentives, rather than threats and coercion. It is advisable to train the child in courage, encouraging him to face situations that cause fear little by little, highlighting his courageous behaviors with verbal aids (good!, cheer up!, etc.) that are more powerful if accompanied by physical contact (high-fives, slaps on the back, etc.). This can help create people prepared for this world full of real "bogeymen."

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## zenlinda

There is a book that I believe all the public and students should read. it is called One Idea to Rule them all by Michelle Stiles it is eye opening on how we are and can be manipulated.

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## Almond

This is a special heartfelt message to all Mercolians. It may be one of the most important and subtle things I ever write, so please pay attention. I cannot say more for fear of censorship. -But, I will try. We are living in perilous times. The sands of time are shifting beneath our feet. Great evil continues to be released among us. It comes from all directions, even where we least expect it. Be especially aware of the unexpected. Be very careful of many whom you might have long trusted—people are being corrupted and misled. It is sad when you see this happen to friends or relatives, but you must be responsible for your own life and the welfare of your own household.

The goal is to control us by regulating our minds and possessing our souls. Hopefully, most of the adults and many of the young readers have already established their identity, faith and are confident and secure in themselves. We also hold strong responsibility for the children who are yet, unformed in their true natures. I gained one important life lesson from my dramatic recovery from cancer. Do not believe what you are told only because it is repeated by some kind of “expert”. Retain an open mind, but, at the same time, prove everything to yourself. All logic must be established on a firm foundation.

Do not take anyone else’s word for anything. Educate yourself. Do your own research comparing various sources. Study a thing as far back as the premises upon which it is founded before taking any life-altering actions. If the foundation is not strong, the conclusions built upon it will be faulty. This is a time for critical thinking. Avoid responding only emotionally. Acquire skills and knowledge. Become as self-reliant as you can. Avoid the dependency trap. Stay strong, remain united in purpose and committed to all that is good. Help each other. May you all lead lives of righteousness and be richly blessed. Love to one and all

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## ByHerLone

Thank you Almond. What you wrote is very powerful! Thinking critically and non emotionally is going to be incredibly challenging when SHF as I think it will this season. Self reliance is almost impossible for most of us for various reasons but if we can just be as prepared as we can possibly be. Keep everything as local as possible and build relationships. Greater darkness is coming for sure and we have to be able to discern correctly and subtly and above all love one another and be strong and courageous.

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## hoplitex

@Almond, thank you. Your words are golden, especially ----- "Do not take anyone else's word for anything. ... Do your own research comparing various sources. Study a thing as far back as the premises upon which it is founded before taking any life-altering actions. If the foundation is not strong, the conclusions built upon it will be faulty. ----- You are describing characteristics of mathematical thinking. Which is why mathematics, in particular, has been dumbed-down in America's public school curriculum.

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## artist.jill

You can honor Gavin de Beckers wonderful contribution to RFK, Jr.'s security on the campaign trail by signing this petition: [security.kennedy24.com](https://security.kennedy24.com)

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## sschank

I do not trust RFK. He is just another scum who is against everything reasonable people want. He made his guests to get a C19 shot or not come to his holiday party. He is all for injections, climate change, EV's, he hates the 2nd amendment. Just another player and distraction. He will NEVER get my vote!

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## juststeve

RFKJR is more a Messenger of nearly all the issues of discussion and concern here for years. Nearly all our Issues are RFKJR's message, and our issues message is the candidate needing to be elected. If either of the 1% owned supposedly two parties answered to, We, the People, they would be - Earning - our vote by addressing our issues. Over the years RFKJR has done more than lip service, or offer solutions blocking real solutions. He has fought the good fight, in court, and has often Won. Instead, We, the People and RFKJR have had to deal with a Wall of Silence for decades.

It is a big tell when a citizen has to run for President to bring to Light serious extreme issues negatively affecting all of Life at this point, not just Humanity. A bigger tell yet is, while cracks are growing wider the Wall of Silence is still there, it is big. Whoever is to be elected it should be so because they \* Earned \* our Vote and have addressed Our Issues with Real Solutions. Not because they have rose the most Corporate/1%'s donations. Not because they have the Slick Sales Dog PR Message Machine to cloud and fog minds.

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## juststeve

RFKJR I won't take your guns: [www.youtube.com/watch](http://www.youtube.com/watch) There is what RFKJR has actually said and done, and then there what is told he has said and done. Once hearing what others say he has said or is, look up his, from the horse's mouth what has really been said. Often it is just - Play - the - Whole - Clip.

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## LadyLifeGrows

Why ask Biden to provide RFK Jr with the security that killed his father and his uncle? Especially when he has the awesome Gavin deBecker.

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## Kitera

I agree with the posters that there are some psychopaths at the top of the heap (or maybe it is the pursuit of wealth at any cost - including harming everyone else that makes them psychopaths) but the vast majority of people in decision making positions aren't very bright and can be sold anything if it is repeated often enough. They fear ridicule and being an "outsider" to the current thinking (not a trait shared by my posters on this form) and will quietly obey - no matter how stupid because they don't want to be the one seen questioning. Do you remember after COVID calmed down there was monkey pox that would need world wide vaxxing or everyone would perish and they had new vaxxes standing by! The collective response seemed to be -don't (%uck) monkeys and you will be OK. That was an epic public relations failure. But now cows are getting bird flu (maybe inter-species mating?) and here we are again - off to the races with the "stupid" in the lead.

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So here is another foundational article provided by Doc and Staff. One needing to be copied and put on the nightstand to read and reread. Another thing to consider is while being prepared is an excellent attitude to have and along with it is better to have it and not need it, then to need it and not have it. Yet, when it comes to law enforcement or military considerations, this can become a closed loop situation where round and round it all goes getting further then further yet into more extreme measures for things facts on the ground just don't justify. Just as serious as exposed in the article are the Power Moves using unwarranted Fear, Fear Mongering.

Legacy Media is rift with this. Their underlying drive is to keep the eyeballs and mind captured. The actual Program are the commercials and the shows feed fear to pull all to whatever the commercial is selling. Another important issue is The Wall of Silence. What is missing, suppressed, denied. As the interview pointed out and it is just one of many similar things -..." Interestingly, [CDC] just did release something for FOIA, a ... 140-page report on myocarditis and pericarditis associated with the [COVID-19] vaccines. Every single page redacted, every single page ... Why does the CDC ever have secrets?" Long experienced by followers here, A Wall of Silence on what should be of extreme importance to nearly everyone.

To then be followed by Attacks of Fear Porn, Scream Memes, Smear Hit Pieces on those making noise getting past The Wall of Silence. So why such extreme measure to keep a Wall of Silence around Doc? Why such an extreme Wall of Silence around RFKJR? Why such a Wall of Silence around the many interviewed here over the years? When you can fool all of the people some of the time, but you can't fool all the people all of the time the extreme attempts to maintain the Silence Screams Volumes the Wall of Silence is meant to fool as many as possible for the longest time.

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## Guillermou

Interesting points for reflection, Just. This world is run by psychopathic minds that obey an oligarchy trained to lead humanity to economic and social extermination, destroying human beings, destroying their health and making them slaves of a political and economic tyranny. Psychopaths are exceptionally selfish, constant liars, manipulative, callous, grandiose, and parasitic. Psychopaths are ruthless, manipulative, and permanently dishonest. They may be charming but are remorseless in their dealings with others; They do things that normal people would consider terrible. But they never feel guilty. Many of these psychopaths are incapable of accepting their responsibilities, and always find someone to blame for everything.

Blaming a person can help an emotional manipulator subdue them, since someone who experiences a great feeling of guilt is capable of doing anything to “repair” the supposed damage they have done. They are people with selfish and narcissistic traits, who do not feel empathy towards the suffering of others, nor remorse, with a high intelligence that allows them to manipulate those around them, and who usually repeat their actions. Blaming others and playing the victim are the main tools of emotional manipulators. Thanks to these tactics, they manage to dominate others, and in this way, get what they want from them.

The objective of these people is always to take advantage of others, and thus be able to achieve their personal goals. Many scientists, doctors and people with good feelings have known how to constantly confront the silence of the terrible damage that humanity is being subjected to and to responsibly exercise the future, defeating fear and projecting the reality of this pandemic and all the hidden data that surrounds the lies and power of the ruling class. At the other extreme we find psychopaths who are exceptionally selfish, constant liars, manipulative and insensitive, grandiose

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**juststeve**

Thank you Gui and for all the reasons you shared about psychopaths there are little to any ways to reform or change psychopaths. A waste of time, energy, resources better spent on a focus of what We, the People can do as individuals and together Locally to bypass the most Toxic of the psychopaths' designs. The more we do so the better. This builds A Defensive Firewall between us and them. They actually build little and depend on us to build the things they need for themselves and to keep us in line. We have led away and have forgotten just how much we can or should do. Marry the best of the old with the best of the new, Biodynamic/Regenerative/Sustainable Living, Society in tune with our distinct Local Area and Regions.

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**juststeve**

A huge shout out of Thank You and Gratitude to Gavin de Becker for filling in an intuition. Just one of those Gut Talks over so many years and observing people. Long aware of Legacy Media's shock and awe pieces of constant pain and sorrow disasters from everywhere and anywhere, the distinct feeling these cause copycats, or pour fuel on the Fear Porn Fires. Gavin gave a missing piece of the puzzle for me. The video images of violence, disaster, crime one horrible nightmare following another - the Core of Our Being does not distinguish much between images experienced and an actual experience. Reading however gives room for reflection and a measured determination about what has been presented.

Also, an added observation as to why there is a constant push to prevent people from actually being together. When people are in their communities and engage in conversations about what is happening in our own backyards, we have the potential of breaking out of the Modern Tower of Babble cubicles and engaging in healthy, meaningful action and activities to maintain a healthy community for all of us in that local community, region. Undesirable behavior for those who wish to impose a One Size Will Fit All.

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## versatile

The cure for a pandemic is sunlight. Sunlight is the best disinfectant. Note: "pandemic" is a very different problem from COVID.

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## Barbara Dyjak

This is a very informative and helpful article, because it puts the subject in a rational and realistic view. Once analyzed, fear is more apt to be controlled. My nature is fearful, unfortunately, and I've had to work continuously to get it under control. Sometimes, it is irrational, sometimes intuition plays into it. My best source of succor, guidance, comfort and encouragement has always come from Scripture, which deals with fear abundantly. [dailyverses.net/.../kjb](https://dailyverses.net/.../kjb)

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## RonaldHL

As much as I strive to live healthily, I balance that with knowledge that we all die in our mortal lives. Being fine with that is the basis of my risk tolerance and willingness to die for worthy causes. That is how this connects to our topic of fear. I use fear in a healthy ways in balancing it with duty and dedications. Putting that into perspective, I'm very much into preparedness for the harsh times to come yet I'm not a survivalist because I'm unwilling to be a slave. I question the mindset of perhaps the hundred fifty million people rounded up and exterminated in genocides by their own nations that became and are now the communist nations of the world.

Was fear their hindrance to not fighting that! I imagine it would be a different world today, IF they weren't into survival more than doing what is right even at risk and cost to their lives. I imagine rounding up and exterminating tens of millions of people in genocides to implement communism would have failed miserably, IF those people were even the slightest bit like me.

I imagine it would be impossible to kill tens of millions of people, IF they would have fought violently to not allow their demise. The opposite end of the spectrum is among us with people actually voting for their own demise. I will survive what they bring onto themselves and the rest of us among them, but not as a survivalist as I know we all die. I won't become a slave. I will protect my future children (haven't found the special one for me) with my life without inhibitions of fear yet likely with skills such that I will be likely to survive to do it again and again and I will teach my future children to thrive in living The American Dream and should that become impossible, to be, in the spirit of our Founding Fathers, the most violent and effective warriors the world has ever known to change that and then live The American Dream!

Fear must not be an inhibition to man living in freedom and prosperity! Is the world of eight

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## RonaldHL

Is the world of eight billion people so inhibited by fear that they will submit to the very few Luciferian billionaires who have diabolical designs for depopulation and world domination? Perhaps so. But, even so, my future children will change that outcome as they will be raised with the knowledge, skills and resolve to not only not submit, but to change the future of the world from what "they" have in store for us. Man isn't designed by our Creator to submit to evil. Further, I say: "I won't let a little thing like impossible stop me!" George Washington did his parts against multiple layers of impossibility with the resolve to do what is right regardless.

That we won against the mighty British Empire with the most powerful military in the world doesn't take away from it being truly impossible because impossible was overcome by our Creator. I recognize our Creator's presence in my life, so fear is not in my calculations on possibilities as I have already seen miracles from our Creator in my life. I'm politically active with extraordinary effectiveness getting bad public servants voted out of office and making very powerful people angry in doing that as they have "stopped" many.

I walked into a meeting that I didn't know existed. Of all places possible, of all days the meeting could have taken place and of all moments, it is statistically highly improbable that I walked in at the very moment that the question was stated: "How can we stop Ronald?" Their shock, as profound as it was, was dwarfed by my response: "I'll tell you how to stop me. Kill me. Anything short of that will just give me more resolve!" Ironically to me, recognition of the powers of our Creator is greater among those who have chosen to pursue powers on the side of Lucifer. It is they who have fear! Ronald H Levine  
Sandy, Utah

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## robbie2u

Embedded fear is often veiled. You feel it and cannot articulate it because your brain shuts down. It is in articulation that enables you to understand and to describe it and in so doing "call it out" so to speak and force your mind to evaluate it. If you can make sense of it or give it meaning then you can figure out how to deal with it but if you cannot then it is an absurdity or I would describe also as a "time bomb" that needs you to diffuse it. Bouts of anger can be seen as "time bombs" that need to be diffused by the person themselves. Diffusing the bomb can take many forms that are individual and preferential and often lead to self-control and tolerance within.

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## josephunger

Gift of Fear is AWESOME!

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## DebbyW

I think RFK Jr should keep Gavin de Becker's team protecting him. The Secret Service didn't do their jobs to protect his father and uncle. Maybe even, colluded with others to assassinate them. But, he should submit his invoices for protection to the US government.

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## hoplitex

He should submit the bills to Zelensky. That pudgy little purr rick got a lot of our taxpayer money.

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**tmacy916**

I read Gavin's book, The Gift of Fear years ago. It was incredibly enlightening since at the time we had a stalker. Fortunately the police got involved and the person stopped. His book was so empowering and encouraging with listening to your gift of fear. I gave it to dozens of young women along with their college graduation gifts. It is book that has stuck with me. Thank you for highlighting him and thank you, Gavin!

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