

ANTI-DEPENDENCY

SUGGESTION GUIDE



10 aspects of life that most of us have the ability to adjust and be more in-control of our **health**, our **self**, our **possessions** & **property**





We have way more control than we've been led to believe.
We are far more powerful than we've been led to believe.

Powerful commercial influences have shaped every aspect of our lives.

Our food supply.
Our water.
Our health.
Our information.
Our entertainment.
Our history.
Our understanding.

Everything appears to be manipulated. Distraction is everywhere. Most people can feel the chaos in all directions. Who to trust? What to believe?

The purpose of this guide is to simply share valuable knowledge for the purpose of empowering the individual to be less dependent on the corporate commercial industrial complex.

There are many, many possibilities and opportunities available to everyone that don't cost large sums of money to be healthy, happy and independent.

The hope is that you, the reader, find at least ONE THING in this guide that will improve your overall situation and further your path towards true sovereignty.

If you do find this guide interesting and valuable, please share it with others.



1. WATER: Your #1 Ingredient. Your #1 Priority

The single most thing that affects the overall health and operation of the human body is water. Think about it. It's long since been recognized that the human body is mostly water.

- The brain and heart are composed of 73% water
- The lungs are about 83% water
- The skin contains 64% water
- Muscles and kidneys are 79% water
- Even our bones are 31% water

Yet most human beings rarely consume healthy, living, natural water.

Tap water is most commonly consumed. Unfortunately, tap water is dead water and contains many, many toxins. Bottled water is even worse, being that most bottled water is simply filtered tap water stored in cheap plastic bottles. And those plastic bottles leach even more toxins into the already dead, toxic water.

At best, many people have some form of simple water filter for their drinking water. It should be noted that no water filter will remove Hydrofluosilicic Acid (aka: "fluoride") which is known to be both corrosive and toxic.

A FAIR QUESTION:



Fluoride is corrosive. So why would the dental industry support the use of it? Is it possible that the dental industry might have a vested interest in securing ongoing business opportunities?



TRY IT FOR YOURSELF:

The next time you are in a store, try and find an oral hygiene product that contains fluoride that DOES NOT contain a warning not to swallow or ingest the product.

Even fresh spring water is loaded with inorganic material that is of zero use to the human body when consumed.

All minerals found in water are INORGANIC. Humans cannot assimilate/absorb inorganic minerals.

Nature is science. Science is nature:

- Minerals are inorganic as they exist naturally in the soil and water.
- Minerals are organic as they exist in plants and animals.
- Only plants can transform inorganic minerals into organic minerals.
- Humans and animals must eat plants or plant-eating animals to obtain their organic minerals.
- Inorganic minerals are useless and injurious to the human, animal or organism.

There is only one type of water that is completely free of all toxins and inorganic material: Distilled water.

You might have heard that drinking distilled water leaches minerals from your body. And that is mostly true. It's a bit of a half-truth, intended to scare people.

Distilled water is negatively charged. Inorganic minerals are positively charged. When you drink distilled water, it attracts inorganic minerals as it passes through your body. You then pee or sweat the inorganic minerals out of your body.

And that's a VERY GOOD THING.

Inorganic minerals piling-up and accumulating in the body is where all stones come from.

Distilled water acts as a "toxin-magnet" as it passes through the body. It's one of the easiest, most effective ways to detox and clean up your body.

It's also one of the cheapest.



TRY IT FOR YOURSELF:

The next time you are in the grocery store, compare the price of a gallon of distilled water (usually less than a dollar) to the price of a gallon of milk, juice or soda.

- Provides optimum natural hydration
- Massively effective detoxification agent
- Removes inorganic minerals
- Promotes decalcification
- Eliminates stones

There is no part of the human body that isn't affected positively or negatively depending on the quality of the water it's exposed to.

Through the distillation process, water naturally falls from the sky and springs from the ground. Yet, most people are completely dependent upon a commercial entity for their water supply.

As advanced and progressive and we'd like to think we are... shouldn't water be the one thing that human beings provide for themselves as a necessity rather than commercially purchase as a product?

Water sovereignty should be a basic and universal goal for every human being.

Further resources:

The Water in You: Water and the Human Body:

<https://www.usgs.gov/special-topics/water-science-school/science/water-you-water-and-human-body>

The Truth About Distilled Water:

<https://artofdetox.com/the-truth-about-distilled-water/>



It is an accepted truth that most forms of life on earth depend on natural sunlight for life itself. There is a natural light cycle that is completely controlled by the sun and moon and their daily patterns.

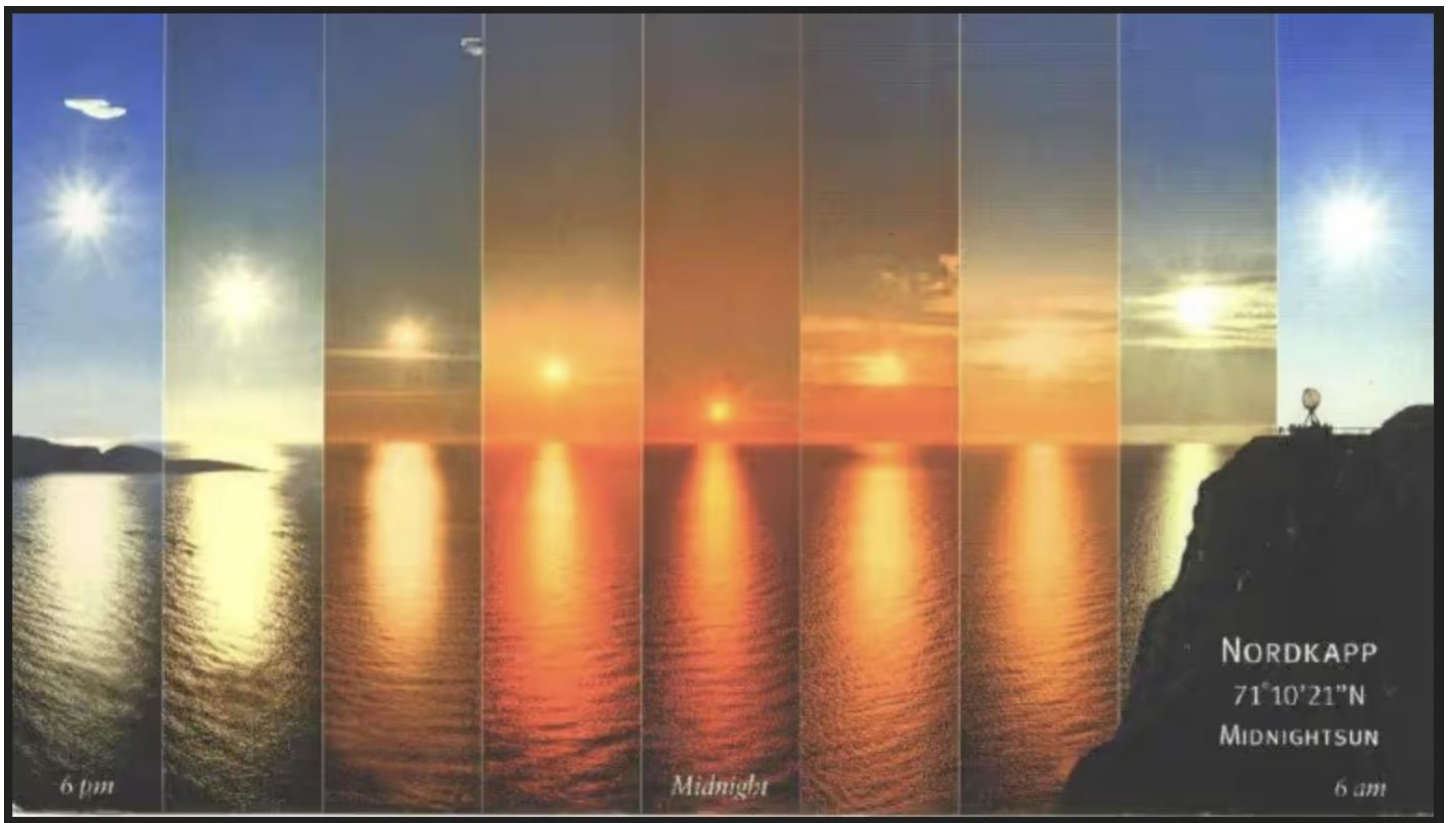
This is called

The Circadian Rhythm.

In most basic terms:

- The sun rises emitting a more RED color. This color activates melatonin secretion to stop and causes the body to begin to wake-up and begin the day.
- Around mid-morning, the sun begins to emit a more YELLOW color. This causes maximum testosterone secretion for alertness, coordination, cardiovascular efficiency and muscle strength.
- Approaching noon, the sun begins to emit a more WHITE/BLUE color. The body is at its most efficient.

Then the pattern reverses, ending with the sun back to emitting a more RED color at sunset. Shortly after sunset, melatonin secretion starts back up to prepare the body for sleep.



Melatonin is the hormone that controls the sleep/wake cycle.

This is how our body NATURALLY works. Unfortunately, very few people are exposed to natural sunlight throughout the entire day. Being indoors under artificial lighting completely disrupts the body's natural Circadian Rhythm.

The sunlight color around mid-day is WHITE/BLUE.
BLUE light is the farthest color light away from melatonin production.

Makes sense, right? BLUE light = mid-day and wide awake.

Or put another way, BLUE light is activating the human body to NOT PRODUCE melatonin. Therefore, it will be very hard to sleep with no melatonin production.

The following devices are major sources of intense BLUE light:

- Cell Phone Screens
- Computer Screens
- Tablet Screens
- Television Screens
- LED Lights
- Fluorescent Lights

The Sleep Cycle: After the sun sets every evening, the body will naturally begin secreting melatonin and prepare itself for sleep. However, if after the sun goes down and the body is exposed to LED or fluorescent lighting, TV and computer screens... the body is now tricked into thinking that it is mid-day.

Sleep will now be more challenging and difficult.

The vast majority of sleep issues can be solved by simply paying attention to the light you are exposed to after sunset each evening.



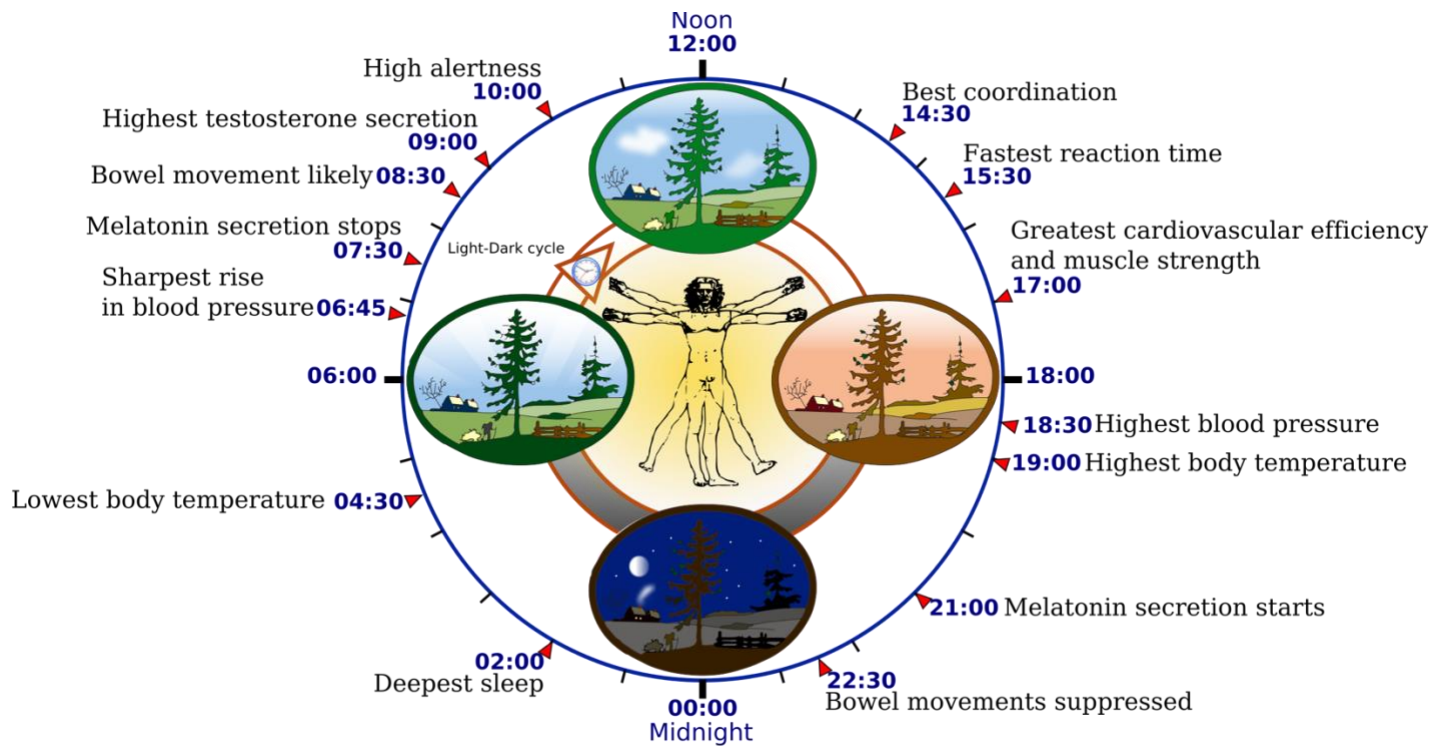
TRY IT FOR YOURSELF:

- *Avoid LED or Fluorescent lighting after sunset. Both emit BLUE light.*
- *Incandescent light bulbs and natural candlelight are best. They do not emit BLUE light.*
- *Limit or eliminate screen time after sunset. Screens emit BLUE light.*
- *There are BLUE light-blocking glasses and screen covers available should screen time after sunset be necessary.*
- *Try sleeping in complete darkness. Even the artificial light from a small LED can disrupt sleep.*

A FAIR QUESTION:



From a business perspective, would the Pharmaceutical Industry prefer you to fix your sleeping issues yourself, by simply paying closer attention to the light you expose yourself to after dark and requiring no pharmaceutical products... or would they prefer you to depend on their pharmaceutical products to manage sleep issues?



**Diagram by Yassine Mrabet*

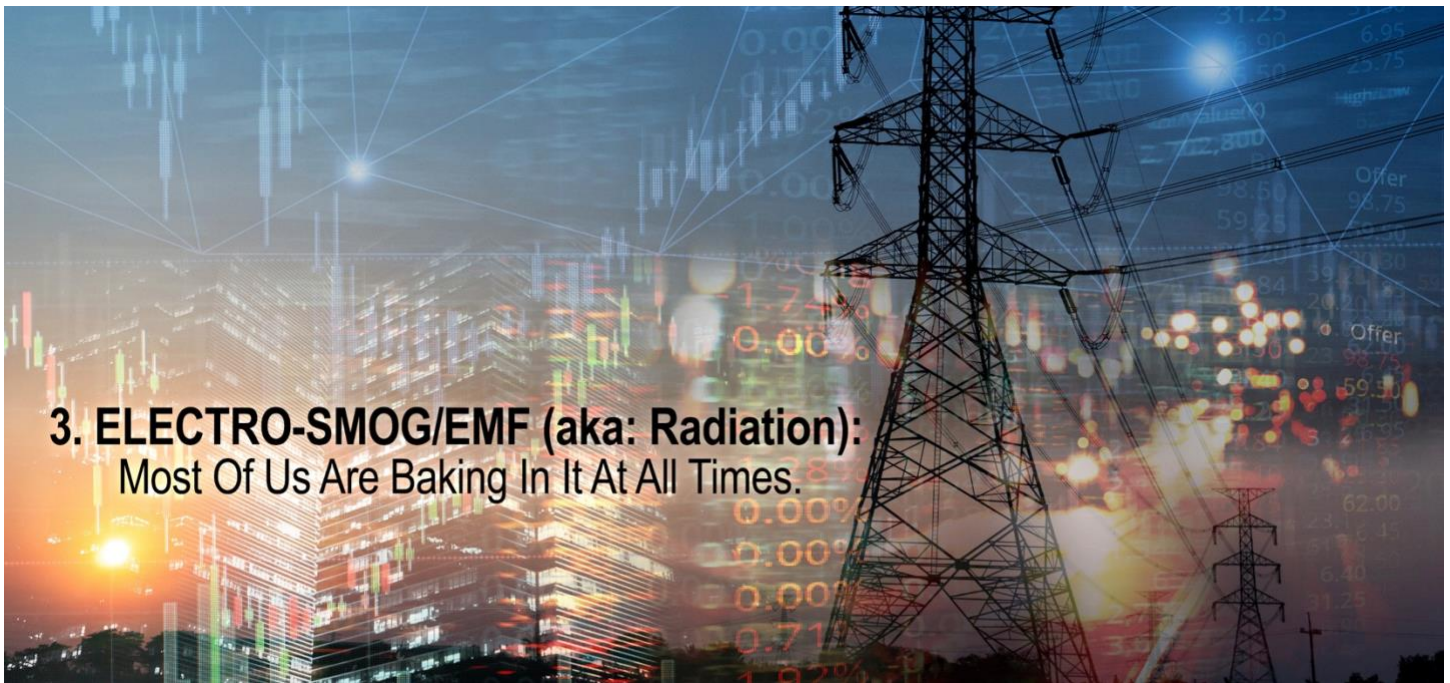
Further resources:

Circadian Rhythm:

https://en.wikipedia.org/wiki/Circadian_rhythm

What is Blue Light and How Does it Affect My Sleep? by Dr. Michael Breus:

<https://thesleepdoctor.com/technology/how-blue-light-affects-sleep/>



3. ELECTRO-SMOG/EMF (aka: Radiation): Most Of Us Are Baking In It At All Times.

Two very simple truths:

1. All electronic devices emit some level of radiation.
2. All radiation has some level of effect on living organisms

There is an incredible amount of natural electric activity taking place in the human body at any given time. Especially at the microscopic level.

Out-of-sight, out-of-mind... right?

Unfortunately, "out-of-sight, out-of-mind" is how many individuals choose to live their day-to-day lives.

To be clear, not ALL radiation is harmful or deadly.
But all radiation has SOME effect on living organisms.

Let's single out humans for a moment, because many other life forms seem to be aware of dangerous electronic emissions (aka: frequencies).



TRY IT FOR YOURSELF:

*You'll rarely see birds perched on cell towers. And the ground area around cell towers are often void of mammals/rodents, snakes, reptiles and insects. There's a definite and **natural** reason for this.*



The modern narrative positions the term "radiation" as scary, sometimes deadly, invisible waves that shoot out from government weapons and nuclear power plants. But, as previously stated... ALL electronic devices emit radiation.

Anything that has an electric current running thru it emits radiation.

There are many different types of frequencies (aka: radiation) that manifest different results. Some frequencies emit light. Some frequencies emit sound. All of it is radiation.

Here are two easy-to-comprehend examples of frequencies (aka: radiation) actually MOVING physical objects:

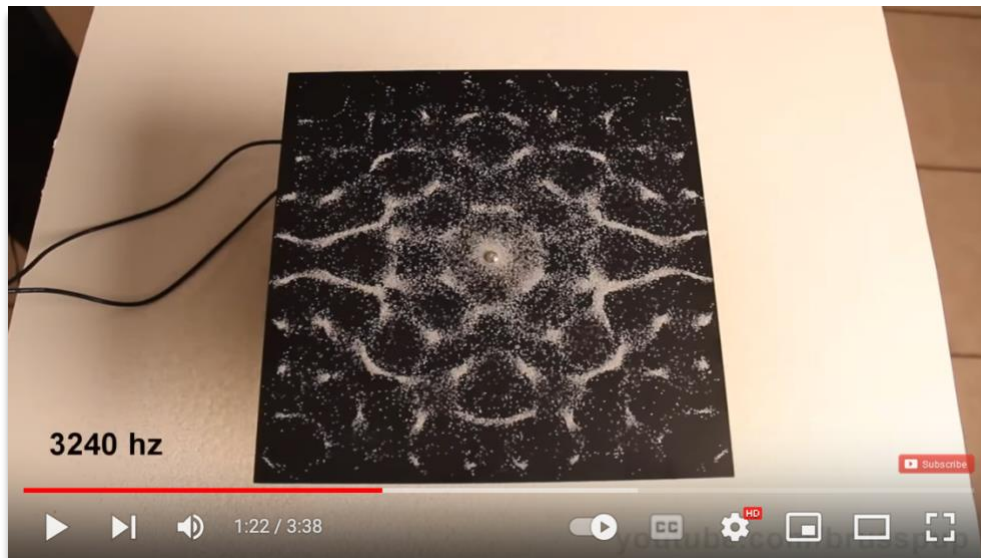
Example Video #1:



Video Source: Ante Milina: <https://www.youtube.com/c/AnteMilina>

Direct link to video: <https://youtu.be/ikcoiALcucq>

Example Video #2:



Video Source: brusspup: <https://www.youtube.com/@brusspup>
Direct link to video: <https://youtu.be/wvJAgUBF4w>

It would stand to reason that if certain frequencies can move and creatively arrange physical objects that we CAN see, then perhaps it is reasonable to consider that certain frequencies can move and creatively arrange things at micro and macro levels as well.



VALID CONSIDERATION:

Many things on the micro level have a natural order and arrangement. Things such as blood cells, for instance. When that natural order and arrangement is disrupted, changed or manipulated by frequencies emitted from electronic currents and devices... there will always be some level of consequence.

Sometimes those consequences are positive and therapeutic.

E-Stim therapies like Transcutaneous Electrical Neuromuscular Stimulation (TENS), infrared light therapy and 432mhz natural tone meditation are common examples of positive, healing effects of radiation (aka: frequencies).

Sometimes those consequences are negative. Sleep disruption, Neurological conditions and even some cancers can be directly linked to radiation coming from microwave ovens, cell towers, smart meters and power lines.

Being mindful of the electrosmog/EMF that you are exposing yourself to throughout the day, and **ESPECIALLY** while you sleep, can help with everything from headaches, sleep problems and immune system health.



TRY IT FOR YOURSELF:

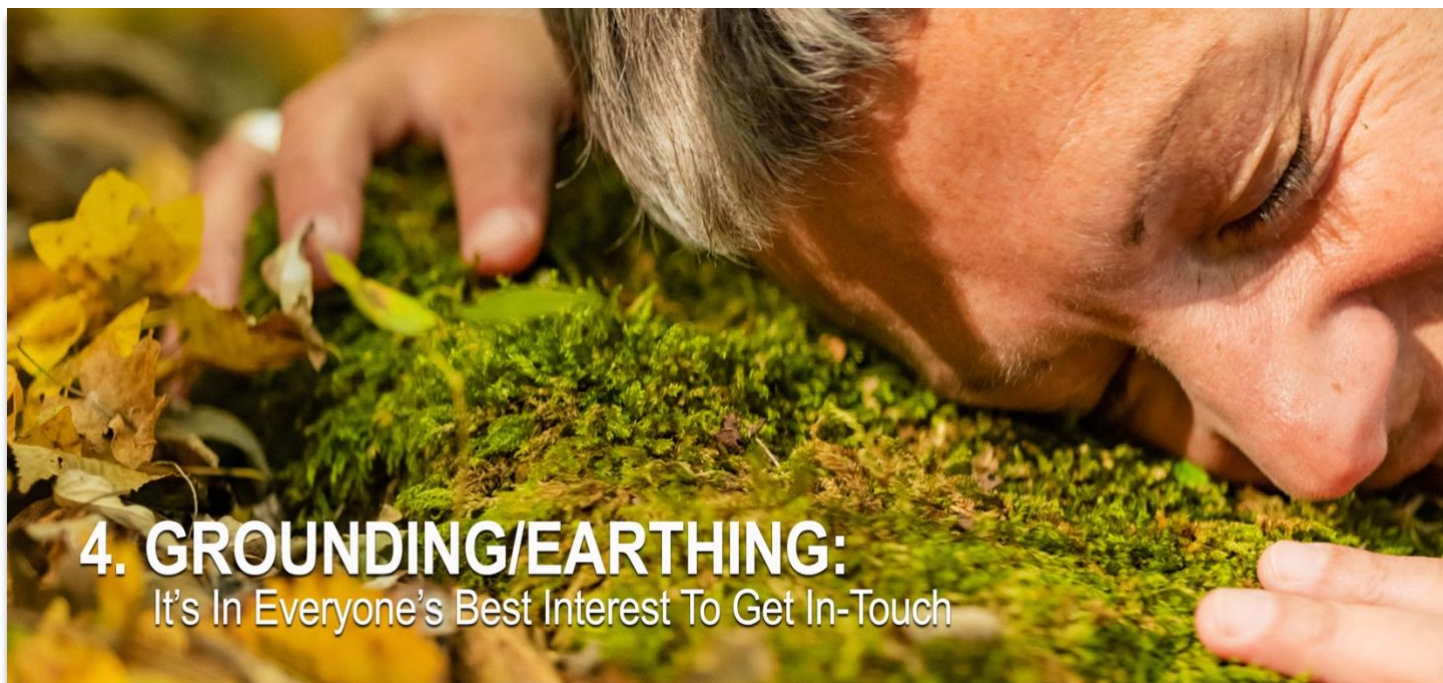
Some basic steps you can take to limit your electrosmog/EMF exposure:

- *Keep electronic devices at least one foot away from your body to reduce exposure by up to 80%*
- *Many cell phone manufacturers recommend keeping your cell phone at least a few inches away from your body at all times.*
- *Be mindful of second-hand sources such as WiFi hot spots, cell phone networks, and people around you using wireless devices.*
- *Turn on your computer or cell phone only when you need them.*
- *Avoid using wireless computer mice, headphones, internet, phones, keyboards, monitors or speakers. It's best to have them directly connected vs. using wireless or bluetooth.*
- *Locate the electric meter on the outside of your home. This is a massive source of radiation. Be mindful of what is on the interior side of the wall it is located on. If there is a bedroom area, move the bed as far away from that wall as possible.*
- *Give your body a “baking break” and make it a regular routine to take walks (without your phone) in areas away from all electrical lines, buildings and roadways.*
- *Look into the various EMF-shielding products that are available. These products conduct, absorb and dissipate the radiation that's between you and the source.*

Further resources:

DefenderShield - "How to Reduce Your EMF Exposure":
<https://defendershield.com/protect-electromagnetic-radiation>

EMF Academy:
<https://emfacademy.com/what-is-emf-protection/>



4. GROUNDING/EARTHING:

It's In Everyone's Best Interest To Get In-Touch

Fact: The Earth is electrical.

Fact: The human body is a bioelectrical living battery with an amazing amount of electric energy and activity happening within it and around it at any given time. The heart and nervous system are prime examples of this.

The human body is also a massive antenna that is attracting, absorbing and holding radiation and electrical charges from its surrounding environment.

When the human body has direct contact with the earth, two things happen:

1. A natural "circuit" is completed. Natural ionic energy from the earth enters the body. This energy infusion is powerful. It can restore and stabilize the bioelectrical circuitry that governs the body's physiology and organs, harmonize the body's biological rhythms, activate the body's self-healing mechanisms, reduce inflammation and pain, instill a feeling of calmness and greatly improve sleep.

2. A natural "discharge" occurs. Any unhealthy, unnecessary electrical charge build-up that the body has absorbed is discharged into the ground.

It almost sounds too easy and simple. But you don't have to look too hard to find many, many examples of how grounding/earthing has very quickly and efficiently yielded a wide assortment of healing benefits to millions of people worldwide.

**Make direct contact with the earth
a regular part of your daily routine.**

FAIR QUESTIONS:



How many people rarely (if ever) actually touch the natural earth?

Direct contact with the earth allows for a natural “completed circuit” of electrical energy flow between the earth and the human (or animal) body.

This is extremely healthy.

It also allows for the body to discharge any unhealthy energetic build-up it may have absorbed.



TRY IT FOR YOURSELF:

The next time that you experience a headache or general nausea, find an area outside where you can stand barefoot on grass. If the sun is out, stand facing the sun. Close your eyes and just bathe in the sunlight.

If cloudy/no direct sunlight is possible, still stand facing the direction of the sun.

You will still be absorbing the sun's UV rays. If nighttime, do the same but face the direction of the moon.

In most cases, you will feel measurably better in a noticeably short amount of time.



TRY IT FOR YOURSELF:

A potted plant is like a caged bird. A plant's root system is how it is naturally connecting and grounding itself to the earth. Running a simple copper wire from the actual ground to the soil of the potted plant will almost always result in a healthier plant.

Help the potted plant make the connection that it's being prevented from doing on its own.

Then watch the results.

Further resources:

The Earthing Institute:

<https://earthinginstitute.net/>

Dr. Stephen T. Sinatra - Heart/Mind Institute:

<https://heartmdinstitute.com/alternative-medicine/what-is-earthing-or-grounding/>



5.SOURCING FOOD & ESSENTIALS:

Phase-Out Dependency On Retail Stores. Establish Important Relationships At The Source.

Most of us have been conditioned to accept that our main sources of food are:

Retail grocery stores and commercial restaurants.

And let's be honest... the same corporate supply chain is stocking and supplying both of them.

But what if/when that supply chain suddenly changes the rules? Such as mandates to enter the premises, rationing of items, limiting quantities, limiting purchases, refusing to stock certain products or... stop accepting cash altogether and forcing the use of a digital currency?

Or what happens if that supply chain is disrupted or breaks down completely?

It is an amazingly valuable and fulfilling process to establish direct relationships with non-corporate sources for your essentials.

Start with something easy.

Like eggs, produce or baked goods.

With very few exceptions, most people live well within an hour of local producers who deal in:

- Meats
- Produce
- Eggs
- Breads & Baked Goods
- Honey
- Dairy

Take the time to form and nurture these relationships.

These relationships will result in you and your family regularly consuming a much higher quality product that will likely be void of unhealthy chemicals and additives that are required of the large, corporate manufacturers.

Consider how much most people value the relationship of a trusted auto mechanic, home contractor or hair stylist.

Now consider that the kind of relationships that concern your ability feed yourself and your family and the ability to obtain essentials... regardless of whatever mainstream corporate nonsense may be happening at any given time.

Form these relationships.

Learn from these relationships.

Protect these relationships.

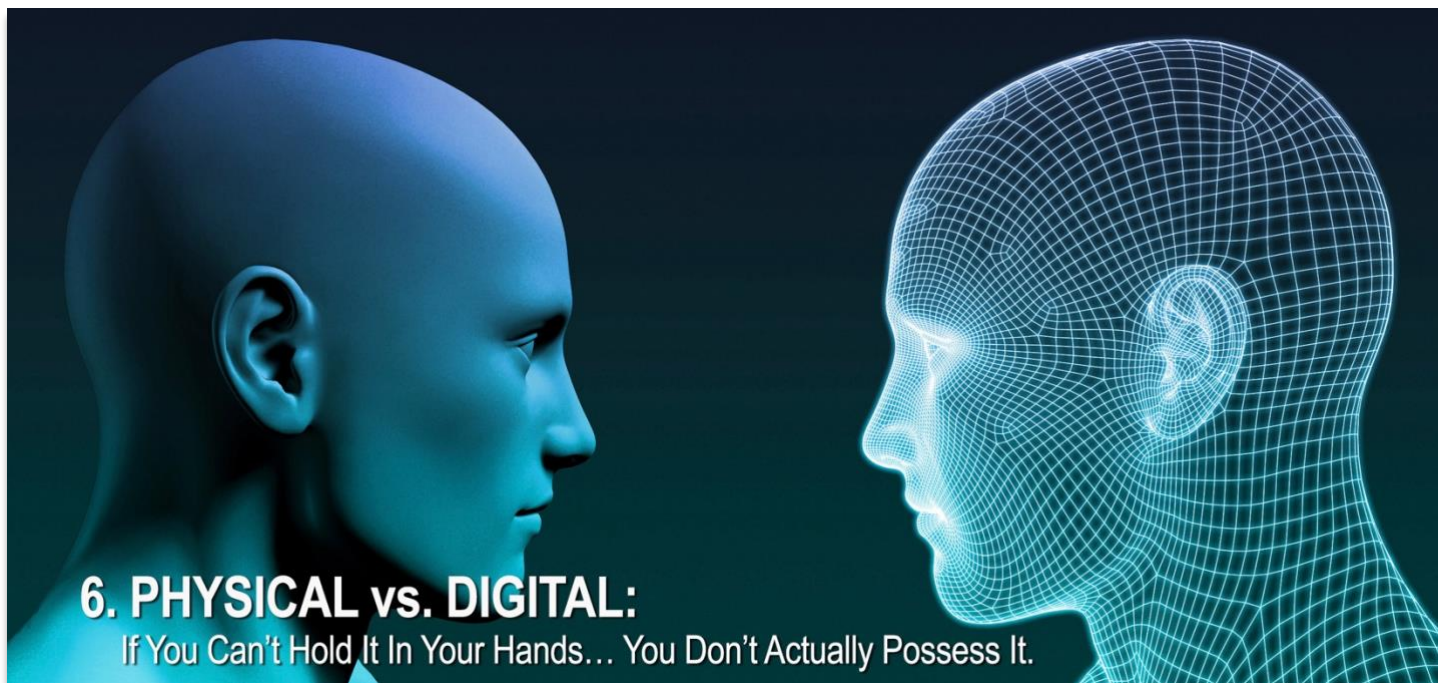
You will ABSOLUTELY need them someday.

And once you've formed these relationships, it is highly unlikely that you will ever go back to mainstream corporate retail options.

Take control of where your food comes from.

Take control of who you're paying for your food.

Support local suppliers who are focused on quality instead of profit and convenience.



There was a time - not so long ago - when if you asked someone to show you their music collection, they would point towards a shelf (or shelves) loaded full of vinyl records, tapes or CDs.

There was a time when if someone asked to see your movie or book collection... again, you'd point to shelves or boxes filled with video tapes, DVDs and physical books.

Ask most people today to show you their music, movie or book collection and they will simply hand you their phone.

There has been a definite and deliberate push by the corporate structure to move people AWAY FROM physical ownership of media and TOWARDS paying for **access to** and **online storage of** personal media.

But ask yourself, is having “access” to something actual ownership?
Having “access” to something is like a lease. Or a rental. But is it ownership?

Perhaps access is ownership in a digital sense, but digital access to something is dependent upon power, devices and regular payment. Whereas, if you own and possess a physical book, CD or movie that you can actually hold in your hands... it is available to you whenever you wish.

Now apply those same dynamics to your money.

Digital “credits” in a bank account are one thing. But actual cash in-hand makes your money all the more real.

And you are definitely in complete control of your money if you actually hold it in your hands.

A FAIR QUESTION:



*Of all the photos that you've taken or been given in the last few years, how many of them do you actually have a **physical** copy of?*



VALID CONSIDERATION:

*There is no "cloud" when it comes to digital storage. That's just an established corporate buzz term that really just refers to **someone else's computer** that you simply have "access" to.*



TRY IT FOR YOURSELF:

Start weaning yourself off of using digital money. Move towards always using cash.

Literally CASH your next paycheck. Get it all in cash. Go through the process of transacting primarily in cash.

It is a refreshing and liberating process. You are in complete control. Your transactions are not being tracked, analyzed and fed into creepy computer algorithms designed to manipulate.

By transacting in cash, you will almost always spend less overall and make more solid, reasonable financial decisions.

Every time that you use cash, you help save and preserve the use of cash for everyone. The need for businesses to provide proper change, store their cash and engage in actual physical commerce helps EVERYONE.

More tips:

- Consider boycotting any business that advertises a "Cards Only" policy.
- When you tip at a restaurant, personally hand your server the tip in cash. This allows your server the opportunity to enjoy the entire tip (tax-free!) if they wish to do so.
- Avoid giving gift cards. This just perpetuates the use of "digital" money. Just simply give cash instead. Who doesn't like a gift of cash? And, the recipient of your thoughtful cash gift will do one of two things: Spend it. Or save/hoard it. Either way... it's win-win for all involved.



Many people are conditioned to accept the following:

1. The term “healthcare” means having access to corporate government’s medical industrial complex and pharmaceutical industry.
2. Healthcare “access” almost always comes via one’s employer in the form of a “benefit”.

Not enough people take the time to consider how incredibly bizarre this arrangement actually is.

Healthcare is the maintenance and upkeep of ones own body, mind and spirit. Our bodies are our most precious and valuable possession. The maintenance and upkeep of our bodies are our most important personal responsibility.

Why would anyone consider it “normal” to outsource that responsibility to anyone other than ourselves?

Do we treat the responsibility of the upkeep and maintenance of our homes that way?
Do we treat the responsibility of the upkeep and maintenance of our automobiles that way?
Do we treat the responsibility of the upkeep and maintenance of ANY OF OUR possessions that way?

Of course, we don’t.
Not if we actually own any of these things.

The responsibility of the maintenance and upkeep of any of our personal possessions is 100% our own responsibility.

So why would anyone willingly transfer the responsibility of their most important and valuable asset - their bodies - to anyone other than themselves?

More importantly, why would anyone transfer that responsibility to a corporate structure that has proven time-and-time-again that overall health and wellness is not their main focus or goal.

BUSINESS 101: The main goal and responsibility of ANY corporate (aka: “commercial”) entity is to be profitable.



VALID CONSIDERATIONS:

- A talented and honest auto mechanic will actually fix and help maintain your vehicle. Their business depends on it. If not, you will take your business elsewhere.

- A talented and honest hair stylist will do as instructed in regard to your hair. Their business depends on it. If not, you will take your business elsewhere.

- Pretty much ANY talented and honest, service-based business will do what's in your best interest. Their business depends on it. If not, you will take your business elsewhere.

But not the Medical Industrial Complex and their pharmaceutical corporate partners. They don't have a direct financial relationship with you. Because you don't pay them directly. The money that they make is laundered through the insurance industry... which is also part of the Medical Industrial Complex.

Stop giving that entire system any of your time, attention or money.

***DIRTY LITTLE SECRET:** You don't need them at all! But they sure need you.

The “medical” industrial complex and their pharmaceutical partners are far from the only option when it comes to “healthcare”.

By simply implementing the basics discussed in this guide, you can take an incredible amount of control over your own healthcare.

And there is a very wise adage that states that **“the best medicine cabinet is your own kitchen”**.

It is also wise to acknowledge the difference between the **Medical Industrial Complex** and the **Health and Wellness** industry.

The **Medical Industrial Complex's** *"treat the symptom, not the cause"* approach to most situations:

- **Surgery** (cut)
- **Pharmaceuticals** (drug)
- **Radiation** (burn)

VS.

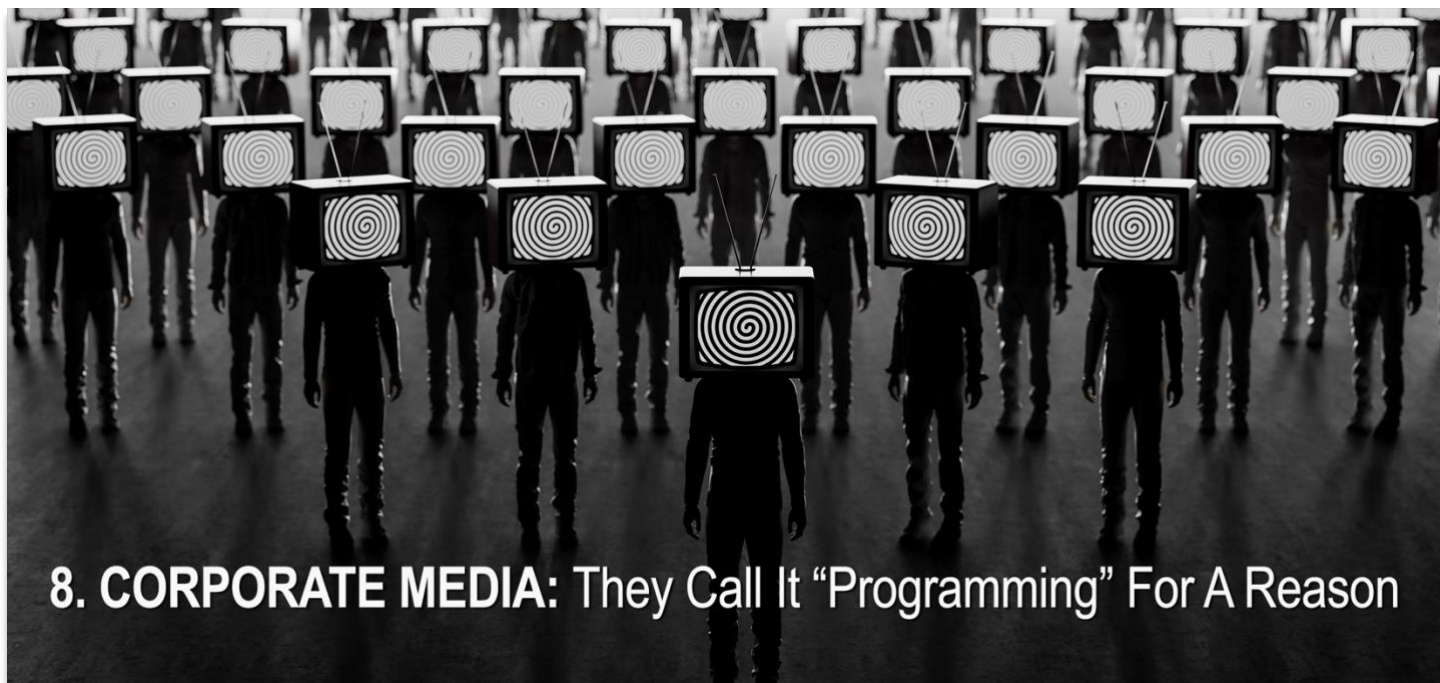
The **Health & Wellness** industry's *"responsible & healthy lifestyle"* approach:

- **Natural Real Food Diet**
- **Preventative Protocols**
- **Natural Remedies**
- **Regular Exercise & Healthy Sleep**

Taking "care" of your health is YOUR responsibility.

Don't transfer or pass that responsibility off to someone else.

Own it.



8. CORPORATE MEDIA: They Call It “Programming” For A Reason

When used as a verb, one of the definitions of the word “Program” is the following:

“to predetermine the thinking, behavior, or operations of as if by computer”

***Source:** Merriam-Webster Dictionary: <https://www.merriam-webster.com/dictionary/program>

This definition should be taken very seriously.

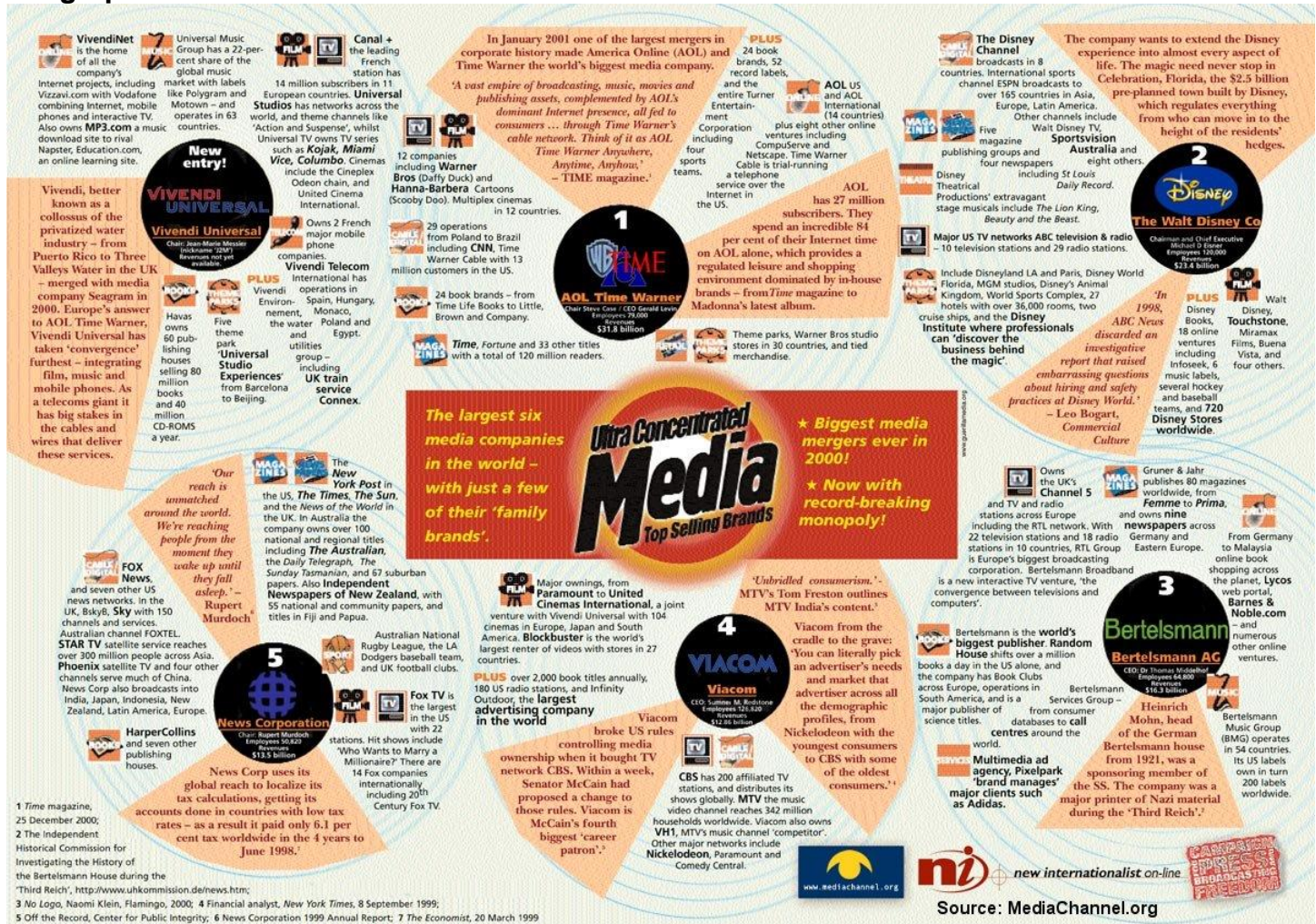
The primary goal of the corporate media structure is to direct, distract and divide.

And a significant segment of the population forms their opinions, perspectives and understandings based entirely on the corporate programming they consume and expose themselves to.

Massive amounts of time, effort and money have been spent carefully consolidating and coordinating all the different points of corporate media influence.

Below are two popular infographics showing how a very small handful of powerful corporations control almost the entire media landscape.

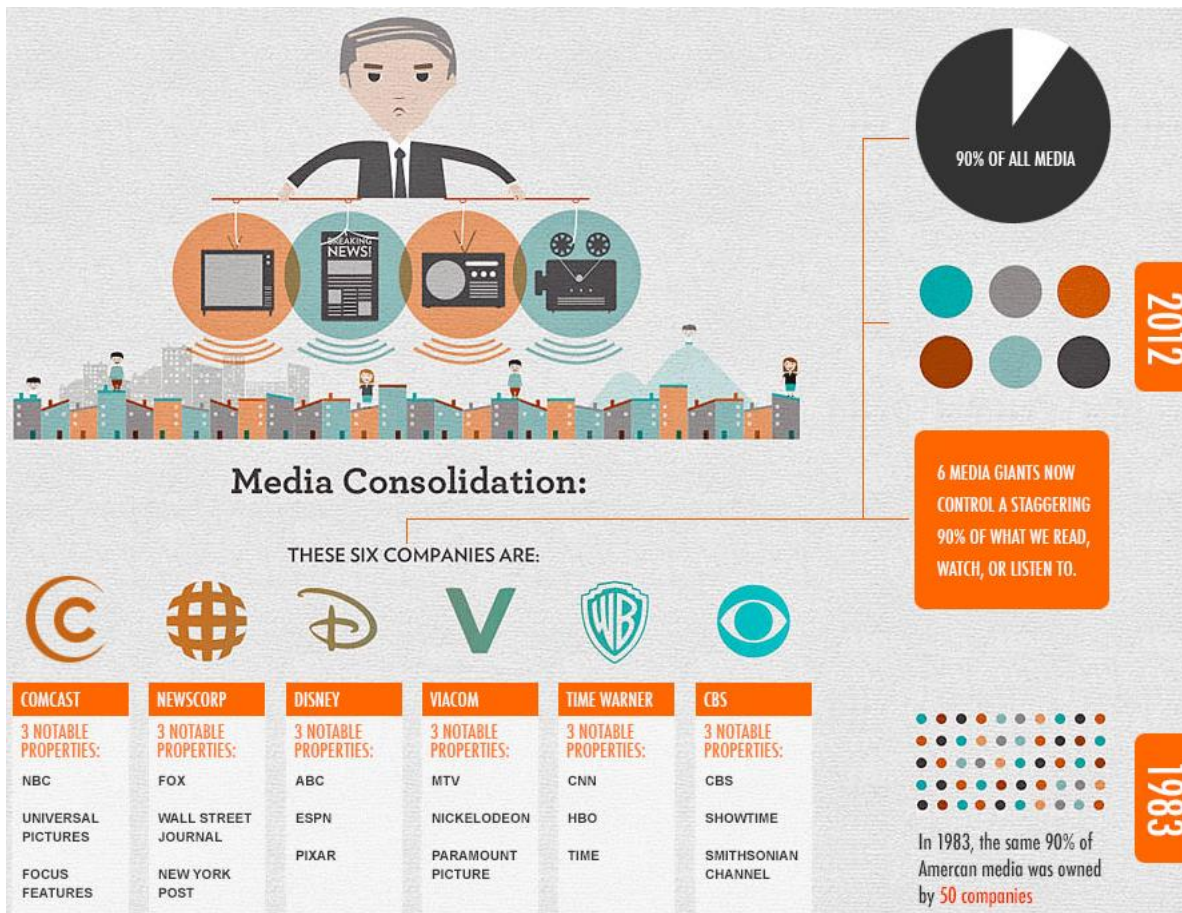
Infographic #1:



*Source: <https://3.bp.blogspot.com/DD9eyxQXkQ4/S8Kd8P4qwAI/AAAAAAAAADQ/B5IXZEJo32A/s1600/mediamoguls.jpg>

Infographic #2:

Visit TheRedPillRevolution.com for interesting news and valuable content



*Source: https://2.bp.blogspot.com/-igl06Cj0rzc/WfXyF26KH0I/AAAAAAB3ew/Zyxmu_nO3tc94MuJ-8H7dLAb0Gh4qT4EqCLcBGAs/s1600/media_consolidation.png

And while it is true that corporate media yields an amazing amount of power and influence... it cannot be stressed enough that all that power and influence is **100% completely dependent upon our attention.**

Think about that.
And let that sink in.

It once again sounds too simple. But do not underestimate the value and power of our attention. Millions of dollars are spent every second of every day trying to get our attention.

But we all possess something that money can't buy:
The power to simply ignore. To turn our attention elsewhere.

We've all been conditioned to believe that our lives will be enhanced the more educated, informed, distracted and entertained we are.

Imagine all the extra time and attention you would have each day if you simply ignored all corporate media.

TRY IT FOR YOURSELF:

Instead of binge-watching the latest Netflix series, what if that extra time and attention was spent on creating something, learning a skill, becoming more self-sufficient or taking care of someone or something that could use your valuable attention?

Corporate media intentionally bakes in heavy doses of conflict, drama, anxiety and tension into every production and commercial. It's how marketing works.

Marketing is simply the art of manipulation.

By simply unplugging and taking a break from media manipulation, it almost always results in immediate and noticeable stress relief.

Regularly de-program yourself by not giving your attention away so easily to commercial media. And that includes commercial entertainment. Commercial sports, commercial music, commercial movies, commercial gaming and internet content.

Reclaiming your attention immediately takes away corporate media's control and influence over your life.

Support independent media, content and entertainment whenever possible.



It's a massive topic that could never be covered in one single discussion.

But in the simplest of terms...

Whether we like it or not...

We all exist in two separate and very different worlds at the same time:

The COMMERCIAL world and the PRIVATE world.

It's to everyone's advantage to understand these two worlds as best we can.

The COMMERCIAL world is ruled by a LEGAL system. This system is contract-based. Everything exists only on paper. It is in this world that CORPORATIONS exist. And because everything only exists on paper in this world, an abundance of deceptive and confusing nonsense takes place using words and phrases.

The rules which control the COMMERCIAL world are known as The Uniform Commercial Code.

https://en.wikipedia.org/wiki/Uniform_Commercial_Code

It should be noted that a result of the 14th Amendment to the US Constitution, corporations were to be recognized as "persons". This created a controversial legal concept known as "corporate personhood".

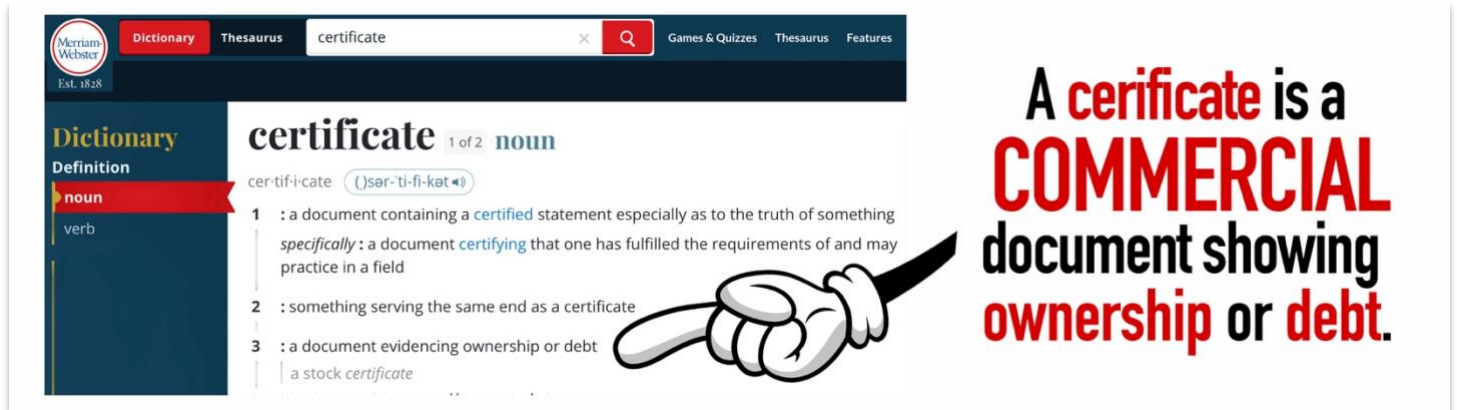
Many corporations rely on deceptive, confusing words and phrases in The Uniform Commercial Code in order to survive and thrive.

In stark contrast... the PRIVATE world is ruled by Common LAW.
The LAWFUL realm deals in real life. In real life, LAW steps in when someone is harmed.
In LAW, it must be shown that actual harm has been done before a consequence can be applied.

And because of the profit-driven nature of anything COMMERCIAL, the commercial world has worked its way into most aspects of the modern lifestyle.

Unfortunately, many people are willingly giving away far too much of their lives to the COMMERCIAL world when they don't need to.

And most don't even realize it. This is because most of us were opted into the COMMERCIAL world at the time of our birth via our naive parents, a deceptive hospital system and a *certification process*.



Source: <https://www.merriam-webster.com/dictionary/certificate>

It's a lot to wrap one's head around, but yes... for every birth certificate created, a COMMERCIAL entity was created. That COMMERCIAL entity is completely *different and separate* from the natural PRIVATE entity that it's named after.

It is to everyone's advantage to understand The Who (the COMMERCIAL or PRIVATE entity) and the WHAT/WHERE (a COMMERCIAL or PRIVATE situation) in every aspect of one's life.

As ridiculous as it sounds, it's to everyone's advantage to know which "you" (COMMERCIAL or PRIVATE) "they" are referring to. And exactly which world (COMMERCIAL or PRIVATE) "they" assume you to be operating in.

In both the COMMERCIAL world and the PRIVATE world, it's the words, phrases and paperwork from where all the authority comes from.

The more we understand WHO we are and WHERE we are, the better we can control and own our situation.



TRY IT FOR YOURSELF:

ASK AN OFFICIAL FOR LAW & YOU'LL GET CODE:

When you get the chance, politely ask a police officer, lawyer, city, county or state official to direct you to the specific LAW for anything you might be curious about. Your state's seatbelt "law" for example. You will always be directed to COMMERCIAL CODE.

Commercial CODE is very different from Private Common LAW.

You can recognize code by the Section Sign, §, a typographical character for referencing individually numbered sections of a document and frequently used when citing sections of a legal (commercial) code.

***Example:** The UCC pertaining to the State of New Mexico can be found at **NMSA §§55-1-101**

Source: https://en.wikipedia.org/wiki/Section_sign

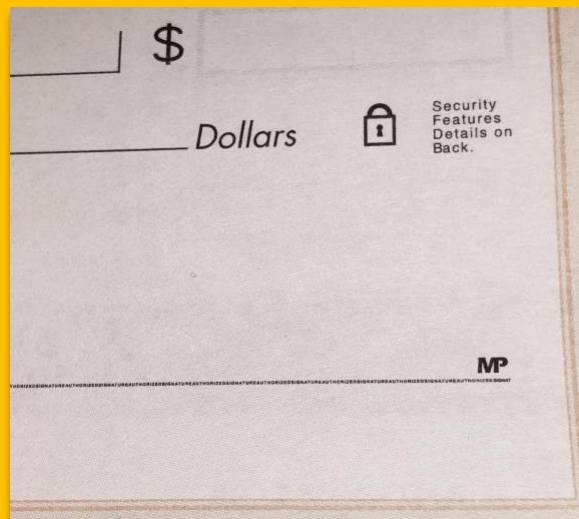


TRY IT FOR YOURSELF:

A PERSONAL CHECK IS A COMMERCIAL CONTRACT:

Look at any personal check. Look closely at the signature line. It's not a line at all. It's a feature called micro-security print, usually indicated with the "MP" (Micro Print) logo on the signature line. The logo indicates that very tiny print is present.

While the signature line looks like an ordinary horizontal line, it is actually made up of the very small repeating words: AUTHORIZED SIGNATURE





10: CONSENT: Embrace Your Ability To Say “No”

Never underestimate the power of saying “**No**”.

It’s one of the most simple and powerful actions we can take.

Yet, so many people just willingly go along with whatever they are instructed and told to do. Many are hesitant or afraid to question things out of the fear of social peer-pressure.

It’s this exact same fear and social peer-pressure that corporate government/industry use to control and manipulate entire demographics of human beings.

When people are afraid to say “**No**” to things... that is when abuse happens.



In the COMMERCIAL world, consent can be a funny thing.

Through the power of deceptive words, phrases and actions... you could be consenting to a contractual agreement and not even realize it.

Believe it or not, but TACIT consent is actually a thing:

tacit

🔊 tăc'īt

adjective

1. Not spoken.
2. Implied by or inferred from actions or statements.
3. Not speaking; silent.



The American Heritage® Dictionary of the English Language, 5th Edition.

Which is why saying “No” is so powerful and important.

Because in many COMMERCIAL (legal) situations, simply *not saying* “No” is implied to be a “Yes” (aka: consent).

The following are some basic things to keep in mind when dealing with COMMERCIAL situations:

- All COMMERCIAL authority comes from contract agreements.
- In order for a contract to be valid, it must contain the actual signatures of BOTH sides of the agreement.
- In order for a contract to be valid, all things must be clearly understood and agreed to by both sides.
- If there is not a contract signed and agreed to by both sides, it is a fraudulent agreement.
- It is illegal (against commercial code) to force/coerce or trick anyone into signing a contract.
- If a COMMERCIAL entity is claiming an agreement with you, ask to see a SIGNED copy of the agreement showing both your signatures.

Those who seek to control others cannot stand being told “No”.

It’s also what they fear the most. So much so, that the very act of saying “No” has been socially stigmatized as being negative and difficult.

Saying “No” is not mean. It can be said politely.

Saying “No” is not negative. Not if it’s said for a positive purpose, such as protecting yourself or your family.

The single-most important point of this guide is to share knowledge and perspective.
Never stop exposing yourself to new and different knowledge and perspective.

Be aware of the differences between the CORPORATE/COMMERCIAL world and the PRIVATE/NATURAL world.

- CORPORATE/COMMERCIAL **food** is not the same as PRIVATE/NATURAL **food**.
 - CORPORATE/COMMERCIAL **water** is not the same as PRIVATE/NATURAL **water**.
 - CORPORATE/COMMERCIAL **medicine** is not the same as PRIVATE/NATURAL **medicine**.
 - CORPORATE/COMMERCIAL **science** is not the same as PRIVATE/NATURAL **science**.
 - CORPORATE/COMMERCIAL **education** is not the same as PRIVATE/NATURAL **education**.
 - CORPORATE/COMMERCIAL **entertainment** is not the same as PRIVATE/NATURAL **entertainment**.
 - CORPORATE/COMMERCIAL **media** is not the same as PRIVATE/NATURAL **media**.
- ...and so on, and so on.



VALID CONSIDERATION:

Not all corporations are bad.

But ALL corporations share the main objective to be financially profitable, or they cease to exist.

*In the private/natural world, financial profit is still present... but it's not a **requirement** for existing.*

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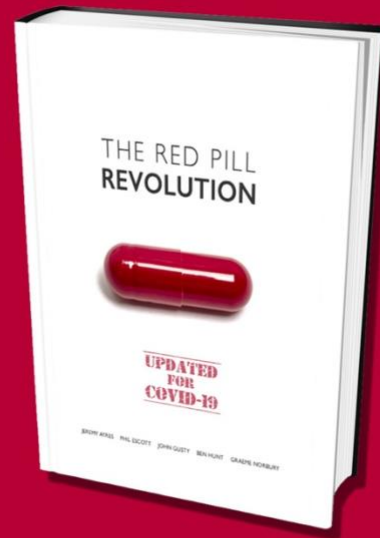


1 to 1
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that must be had for anyone
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that we all find ourselves living in.



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