THI-SHOW TRANSCRIPT 2020-10-08

Just try to accept we are in paradise when we are seeing and understanding something new, our god should be change, our religion should be understanding, searching for truth is our greatest social challenge and purpose.

With a fear based background attached to the alt media, lots of promises of mass arrests, indictments wracking up faster than American debt, Talk of the Dems creating havoc regardless of election result, food shortages, ballot cheating and carnage pursuing, and then we have the talk of doomsday planes. And some people call our show negative lol! The media ask who won the VP debate, yet forget to add triality to the answer, the answer is no one. The real question is who lost with the debate, the answer is we the people. We had two very unpleasant based shows in the past week, where two alt media channels currently operate as divide and conquer the people, to fulfill their own ends and egos, this tactic plays directly into the hands of the control system. It is easy to get carried away with the emotions of it all, and allow yourself to absorb it and not observe it. We were warned it would get ugly at times this year, and clowns with their ritual sacrifices ceremonies increasing this month, then at the end of the month, they get children to call in their demons to wreak more havoc, just before the election. Now is the time to breathe, take stock, increase your food stock, keep cash and take it all in your stride, 45/55 a must. You will be tested as the rest of society loses and gets worse, it has to play out, meanwhile we can carry on planning ahead and supporting each other. As British troops in full military gear which is an intimidation tactic on the public, now on the streets of the UK knocking on peoples doors, to fear tactic the public into taking fake covid tests. The world is going mad. So lets ponder on this shall we, now you have a computer expert acting as a global medical expert, a war machine acting as a nurse or doctor, you have the military acting as peace keepers whilst bombing everything into oblivion, the UN acting as peace keepers whilst raiding the war and poverty zones for child harvesting. We have a fake country acting as a real country and dominating global policies, you have politicians acting as clowns in their own play, you have real medical experts declared as not medical experts by a social media outlet acting as medical experts, you have a social media outlet acting like a judge and jury, you have factcheckers acting they are seeking facts, when it is lies they seek, you have news readers reading scripts and acting from a different world, shop keepers and staff acting like the police, you have some police acting like a military junta and Wall Street acting like they have a fiscal policy. We have a vaccine manufacturer acting as a government body the CDC, a virus that acting like it has a watch, a measuring tape, a calendar and age detector that can tell if your over 70 or not, a virus that since it's inception is acting like it has cured cancer, heart attacks, lung cancer and other major illnesses. We have a University the John Hopkins Center acting like they can count. BLM acting like they care for black people, you have top sports stars acting out a mans public death scene by taking the knee, major charities acting like they care for the people or animals, snake oil people acting like they are humanitarian, we have alien spies acting as cute household pets, we have intelligence agencies acting like they are concerned for our national security, we have the Rothschild's clan acting like they are Chinese elderlies, an Earth Archetype acting like the moon goddess, an Irish show host acting like a psychologist, and then you have the public walking around in masks acting like they are sick. As the band Rush warned us years ago, All the world is a stage, they also warned us in the 2112 overture back in 1976, of a world ran by the priests, who are Cohens, cohen cidence? But don't forget to stay tuned to the next exciting period, as according to certain claims we all look forward to the media this week of announcing the deaths of David Rene, Nathaniel, Jacob, Lynn Forester and Evelyn Rothschild and the subsequent state funeral arrangements and ceremonies. We will also get to finally find out the names of the deceased top order of the Black Sun and also we will see loads of advertisements for new CEO's for every major bank as well, exciting times we are told. I know something is wrong because Everton are top of the league.

Facebook on Wednesday announced that it will not allow any ads on its service that seek to delegitimize the outcome of an election, including the upcoming U.S. election on Nov. 3. This policy will prohibit any ads that call specific methods of voting, such as voting by mail, as being inherently fraudulent or corrupt. The new policy will apply to ads on Facebook and Instagram effective immediately. So now they are election specialists and dictate the outcome of an election, all very AIPAC that to me.

This week our FB was flagged with this caption. These are violations that were posted or approved by an admin or moderator. If more admin violations occur, we may disable your group. Your post goes against our Community Standards on dangerous individuals and organizations. We are unable to show content that goes against our Community Standards on dangerous individuals and organizations. Common sense question: how are we suppose to know. If you don't know the community standards how is anyone suppose to run their fascist owned social media page, which jackass comes up with these policies? Welcome to the beginning of Continuum, we did warn about.

Facebook has now ramped up attacks against our group and a part from slowing the page down to dial up levels, have now gone on an offensive against all posts, and are flagging everything. A group has settings and one of them is to allow all members to post freely, like a freedom of choice this country is known for, but that is an illusion now clearly. Now all posts have to be approved by the admins, why? because if admins approve them, that makes the admin responsible for the posts, and as the admins approved them the group is then held to account, then they can shut down the group based on admins approving posts. All mentions of Covid 19 in posts now are being flagged, when one member posted an alternative social media platform that is not censoring or fascist to FaceBook, that got flagged as well. Some of our members have been suspended by FB in

other groups and because they are in our group, that gives FB the right to flag our group, because 2 members were suspended in other groups. This has the potential to be misused and trolls and shills could get suspended by FB and then join THI to get our group shut down. That is not stating the 2 members who have been banned by FB are doing that to THI, but I need to raise the concern of, is that is what is actually taking place here? To comment, post or use messenger now there is a 5-10 second delay for typing, this is what FB warned if they flagged a group, they would slow down your page and divert traffic away. We set up Mewe 2 years back for this very reason, it seems THI is yet again over the target and why they wish to play fascist, yet childish games with our group. It is only a matter of time now before we get removed, move over to Mewe with your proper name please as it makes it easier to allow you in, fake or pet names will be discarded, there is no reason now for anonymity anymore. If Facebook continues this program people will leave, hopefully in droves and then there advertising revenue which they rely on will end and so will the fascist Hebrew Annunaki social media. But it is not just THI that is suffering even the President had his account locked this past week. Common sense question: I thought the President of USA was the most powerful man on the planet, and yet he can be blocked from a social media site?

Twitter said that it locked President Trump's account on Monday after the commanderin-chief violated company policies by sharing the email address of a New York Post columnist in a chirp. The social media giant confirmed to the Daily News on Tuesday that the coronavirus-stricken President had his account locked until the post was removed. These are dangerous times for freedom of speech, which America is renowned for allegedly, yet I see little evidence to support it. This is direct fascism and Trump needs to act and remove Twitters license to operate in America until they reverse their fascist policies.

Extreme poverty is set to rise this year for the first time in more than two decades, with corona virus expected to push up to 115 million people into that category, the World Bank has said. It was not the corona virus, we warned of this in June last year with Clowns in Panic show, before the virus was magically produced. The pandemic is compounding the forces of conflict and climate change, which were already slowing poverty reduction, the bank said. By 2021, this could rise to as many as 150 million, it added, Extreme poverty is defined as living on less than \$1.90 (£1.50) a day. The projected increase would be the first since 1998, when the Asian financial crisis shook the global economy. Before the pandemic struck, the extreme poverty rate was expected to drop to 7.9% in 2020. 8% of the planet living on less than \$2 a day wtf, this is why the TPC has the mandate of need not greed, 8% living on less than \$2 a day and then as a recent example, the we are humanitarian crew at UNC woman stating I will do the bio machine test for \$150 an hour, where is the perspective and rational thinking behind that? I am not just singling her out, as she is far from alone in that greed based thinking, it has

to change. The first Trust funds should go to all the people without the 5 basics as the have no money flow, we in the western world do have money flow, but our issue is, it is just not shared out fairly. But now they say it is likely to affect between 9.1% and 9.4% of the world's population this year, according to the bank's biennial Poverty and Shared Prosperity Report. At the other end of the scale, billionaires have seen their fortunes hit record highs during the pandemic, with top executives from technology and industry earning the most. The world's richest saw their wealth climb 27.5% to \$10.2tn (£7.9tn) from April to July this year, according to a report from Swiss bank UBS. Since 2013, the World Bank has been working towards the target of having no more than 3% of the world's population living on just \$1.90 a day by 2030. However, it now says that goal will be beyond reach without "swift, significant and substantial policy action". The World Bank report found that many of the new poor would be in countries that already have high poverty rates, with 82% of the total expected in what are classed as middle-income countries. The bank said progress in reducing global poverty was already slowing even before the Covid-19 crisis, no shit sherlock. Between 2015 and 2017, 52 million people rose out of poverty, but the rate of reduction over that period was less than half a percentage point a year. I suspect the bulk of that was in China, they did an aggressive policy of reducing poverty within their country a few years back and was reported in our show. This was less rapid than in the years between 1990 and 2015, when global poverty had dropped at the rate of about one percentage point a year. "The pandemic and global recession may cause over 1.4% of the world's population to fall into extreme poverty," said World Bank Group president David Malpass. I guess Mr. Malpass is from the John Hopkins Center for calculations, because earlier the report said 9.1 to 9.4% unless he meant an extra 1.4%, do people actually think before they speak these days? a clear example of non thinking was in our Tuesday show, perhaps that is the real epidemic, non thinking. But this is exactly as we forecasted in June last year, the harvesting continues and the harvesting by the now billionaires game, is raping the whole planet. What gets me is, the World Bank along with the IMF are the two biggest components of the global imbalance to begin with. It is they who create debts for countries and the peoples, with their deliberately designed loan programs. The very fact that they stated they are working towards only 3% having less than \$1.95 a day in not 2020, but 2030 is beyond shocking. \$1.95 today buys next to nothing, but in 2030? and why 3% and not 0% earning less \$2 an hour never mind a day. It can be fixed within a month, if the need not greed culture was promoted and then shared amongst all peoples. This is why and what the premise of the TPC is about, need not greed, caring and sharing, cooperative and not competitive, sharing not sole ownership.

Secretary of State Mike Pompeo recently published a sharp letter slamming the Vatican's plans to renew an agreement with the Chinese government on Church operations in China. He promoted the article in a tweet, concluding, "The Vatican endangers its moral authority, should it renew the deal." So now America's deep state dictates church policy

as well now? Common sense question: why and how is it their business? An indignant Vatican took the article more as a calculated affront than a diplomatic gesture. The friction broke into the open on Wednesday as Mr. Pompeo arrived in Rome and met with prelates and others who are hostile to Pope Francis, so he met with Langley CIA agents then. The Vatican denied him a meeting with the pontiff and rebuffed his efforts to derail the deal with China. "Pompeo asked to meet" the pope, who turned him down because Francis had "clearly said that he does not receive political figures ahead of the elections," Cardinal Pietro Parolin, who, as secretary of state, is the Vatican's second-ranking official, told reporters. But to some observers on both sides of the tensions between the Roman Catholic Church and the Trump administration, Mr. Pompeo's visit is as much about the coming presidential election as about China policy. Mr. Pompeo dismissed that suggestion as absurd, but intended or not, his trip signals that President Trump is on the side of those conservative American Catholics who worry about the church's direction under Francis and think he is soft on China. Erm hello McFly Mr. Trump, if dealing with China is such an issue as stated, I ask another common sense question: What about Jared Kushner's involvement with China for over priced and microchipped masks? Francis and Mr. Trump, who have exchanged sharp words in the past, present starkly different visions on issues ranging from the environment to immigration to the threat of populism. Yes, it is called faction fighting and nothing to do with Making America Great Again as promised. In appealing to the Vatican's support for religious freedom as a reason to drop its China agreement, Mr. Pompeo seemed to seek common ground, but in a way that upset the pope's chief allies and delighted his chief critics. Religious freedom haha, they said that about the Pilgrims and yet they only came here to rape the country and kill the natives, religious freedoms my arse Mr. Pompeo. Cardinal Parolin said Mr. Pompeo's article had caused "surprise" at the Vatican, because this visit to Rome by the secretary and the meetings with high officials at the Holy See had already been in the works, and would have been a "more opportune" forum for airing grievances. He added that Mr. Pompeo's choice to publish in First Things, a conservative Christian magazine that has called Francis a failure as Pope, also mattered. Your failure to look after the American peoples interests only and not factions is a spectacular failure Mr. Secretary of Deep State. Mr. Pompeo declined to respond to the remarks of Cardinal Parolin, whom he will meet at the Vatican on Thursday. Secretary of State of the Vatican, Cardinal Pietro Parolin, right, told reporters that Pope Francis had to turn down a meeting with Mr. Pompeo because he does not receive political figures ahead of elections. For decades, China's Communist government operated a Catholic Church that it controlled, insisting that Beijing, not the Vatican, had the power to appoint bishops, while persecuting priests and parishioners who answer to the Holy See. Under a 2018 agreement, China recognized some papal authority and the Church accepted the legitimacy of bishops chosen by Beijing — a shameful retreat, according to Francis's critics. It is that deal that the two sides are trying to renew, and Cardinal Parolin said delicate negotiations over the future appointment of bishops would "go ahead." Mr. Pompeo, who consistently promotes

religious freedom and verbally thrashes China's leadership, talked to reporters on Wednesday afternoon about bringing the Vatican's moral authority to bear on China. He said American policy was "to bring every actor who can benefit the people of China to take away the horrors of the authoritarian regime." Ah there is that word again we used a lot in opening piece, actor, yes Mr. Pompeo there are lots of actors in the aptly named Theater of War. He has not been bashful about using religious backdrops for political messages. He addressed the Republican National Convention from Jerusalem, what a surprise that is a Republican convention in Jerusalem, oh my Mr. Kushner and his string pullers approved of that no doubt. Another common sense question: Why is a Republican convention for an American election being held in a foreign country? Could that not be perceived as a foreign collusion of an election? just saying. There he was speaking against China with holy sites visible over his shoulder. Earlier this month, at a Baptist megachurch in Plano, Texas, he described China's abuse of Uighur Muslims as "a war on faith," then urged the congregation to vote on Nov. 3. Archbishop Paul Gallagher, the Vatican foreign minister, was asked whether Mr. Pompeo had sought to manipulate the Vatican for political purposes. "Well, that's one of the reasons that the Holy Father is not receiving the secretary of state," he said. Cardinal Parolin said he had no evidence that Mr. Pompeo's article and visit were meant to aid the president's re-election, "but it is a thought that can be made." Desperate stuff and actions to play the faction games Mr. Pompeo and our group knows the Jesuits are your rival faction. You are paid to look after the interests of the American people, not fly at our expense to far flung countries dictating their policies.

WEATHER WARS AND FAKE CLIMATE CHANGE: At least one person has died and at least 19 are missing after a powerful storm hit southern France and north-western Italy. Named Alex, it brought fierce winds and torrential rains causing severe floods. A number of villages suffered serious damage around the southern city of Nice, its mayor described it as the worst flooding in living memory. In northern Italy, several roads and bridges were swept away by floodwater, while several rivers burst their banks. The man who died was an Italian firefighter in the Aosta Valley. Another 11 people are said to be missing in the country's north-west after heavy rains hit overnight. In the Piedmont region, several villages were cut off after the rains made roads impassable. The situation there was described as "extremely critical" by officials. Hundreds of aid workers have been sent to help rescue efforts in the cut-off villages. The storm also affected the north-western regions of Lombardy and Liguria. The city of Venice, which had been braced for high waters after suffering violent storms in August, was successfully protected by a flood barrier system recently declared fully operational. With the recent hurricane in Greece added into the mix, in regions traditionally not prone to these levels of storms, is this weather wars, or an example the tilt of the world is moving quicker, and more northern section are moving SW as our show hypothecated, or both?

Climate change poses such a severe threat that the world's only option is to adopt a military-style response reminiscent of the U.S. Marshall Plan to rebuild post-war Europe, Prince Charles said on Monday. A long-time advocate for nature, the British royal said climate change was rapidly becoming a "comprehensive catastrophe" that will dwarf the impact of the corona virus pandemic. So, now we have a royalist acting as a climate change specialist. "At this late stage I can see no other way forward but to call for a Marshall-like plan for nature, people and planet," Charles said in a video recorded for the launch of a week of virtual climate change events in New York. "We must now put ourselves on a warlike footing, approaching our action from the perspective of a military-style campaign," he said. This is a justification and also heads up to us that a military led martial law plan, will be rolled out globally. Common sense question: what is the Trustee and highest national security clearance doing to prevent this event? In light of the sad death this week of Eddie Van Halen and my message to Charlie is in the next song, please go to the tallest cliff and....... jump.

TRUMP SECTION: The House passed a \$2.2 trillion coronavirus relief bill Thursday as bipartisan negotiations with the Trump administration dragged on, with Democrats moving forward on their legislation in the absence of a deal with Republicans. The vote had earlier been postponed to give House Speaker Nancy Pelosi (D., Calif.) and Treasury Secretary Steven Mnuchin more time to agree on an aid package. But those conversations haven't yet yielded a bipartisan agreement. "We're still far apart," Mrs. Pelosi said Thursday. "Hopefully, we can find our common ground on this and do so soon." The best common ground for you Pelosi is a cemetery, with all the other zombies. Mrs. Pelosi and Mr. Mnuchin spoke multiple times on Thursday. That was what is known as NATO chat, No Action Talk Only. Mrs. Pelosi said Thursday evening she was going to review documents from Mr. Mnuchin, but no deal was likely Thursday evening. The legislation passed 214-207, with 18 Democrats joining Republicans in opposition to the bill. The Democratic bill would give money to state and local governments, send another round of stimulus checks to many Americans, reinstate a \$600 weekly supplement to unemployment benefits, and give assistance to airlines, restaurants and performance venues, among other measures. Republicans have panned the bill, giving it no chance of passage in the GOP-controlled Senate. Putting in a bill that had no chance of being passed in the Senate, is a further waste of public money. After Mrs. Pelosi put forward her \$2.2 trillion plan this week, Mr. Mnuchin made a \$1.6 trillion counteroffer, an increase from the \$1.5 trillion that the administration had previously signaled it could support. The new offer from Mr. Mnuchin included \$250 billion in funding for state and local governments, which has been a key disagreement in the talks. Republicans had earlier offered \$150 billion for state and local governments. The Democrats' \$2.2 trillion price tag marks a reduction from the \$3.5 trillion bill House Democrats passed in May. Instead of the \$915 billion for state and local governments Democrats originally sought, their new bill now seeks \$436 billion for localities and municipalities. Common sense question: where is this money coming from with the country on shutdown? Whether the two sides can close the remaining distance, though, is unclear. White House press secretary Kayleigh McEnany said Thursday that Mrs. Pelosi should accept the administration's new offer. "It is a good proposal, but it is one she is not interested in," she said of Mrs. Pelosi. She didn't rule out a further revision to the White House position. "Right now, we have the \$1.6 trillion number, and I'll let you know if that number goes up," she said. Both the White House and House Democrats are renewing their attempts to reach a deal as the absence of another stimulus bill is beginning to visibly weigh on the economy.

With no new aid in sight, American Airlines Group Inc. and United Airlines Holdings Inc. said they would go forward for now with a total of more than 32,000 job cuts. Government data showed U.S. household income fell sharply in August, due to a drop in unemployment benefits. Worker layoffs also remained high. Economists surveyed by The Wall Street Journal expect the September unemployment rate, set to be released Friday, to improve to 8.2% from 8.4% in the prior month. Ahead of Thursday's vote, some centrist Democrats had pushed for the House to take up a bill to demonstrate action in the weeks before the election. Some Democratic lawmakers had said they would join with Republicans on a procedural motion to compel a floor vote on small-business aid if House leaders didn't tee up another vote. In reaching a deal, House Democrats and the Trump administration also face another obstacle: Senate Republicans opposed to again doling out money for a major aid package. Many Republicans in the Senate see the economy recovering without additional aid injections and are wary of further deficit spending. After a \$1 trillion plan from GOP leaders didn't draw broad support in their party, last month, Senate Republicans put together a "skinny" proposal to try to unify their ranks. That bill, which called for \$300 billion in new funds and repurposing \$350 billion in other funds, failed in the Senate when Democrats blocked it. Senate Republicans said they might not be able to support a package as expensive as the one Mr. Mnuchin has offered. "If the Secretary is over \$1.6 trillion then I think he's outnegotiated his majority in the Senate," said Sen. Roger Wicker (R., Miss.). Senate Majority Leader Mitch McConnell (R., Ky.) said he would continue to leave the negotiations to Mrs. Pelosi and the White House. "If they can reach an agreement, I'll take a look at it and see whether I can sell that to Senate Republicans," he said on Fox News. As the election nears, skepticism has grown on Capitol Hill that an agreement is possible at this stage. Time to cut a deal is running out: The House is slated to leave for a month long recess at the end of this week, though Mrs. Pelosi has said she would hold the House in session and continue working with the administration. Any deal would have to pass the Senate, which is currently focused on filling a Supreme Court vacancy and planning to recess much of October. Democratic lawmakers are also looking ahead to the election. Former Vice President Joe Biden, the Democratic nominee, is up in nationwide polls, and some speculators are favoring the Democrats to win the Senate. Some Democratic lawmakers see the increased potential for an aid package after the inauguration. "We're getting ready for what comes next, but we need stuff now," Mrs. Pelosi said. Yes Pelosi you need more alcohol and adrenochrome, and one of our THI memes applies now, and what happens next? werrrll.

President Trump pulled the plug on bipartisan coronavirus relief talks, putting off efforts to get more aid to struggling households and businesses at least until after Election Day, an abrupt move that jolted Wall Street and surprised lawmakers of both parties. "I have instructed my representatives to stop negotiating until after the election when, immediately after I win, we will pass a major Stimulus Bill," Mr. Trump wrote Tuesday on Twitter. Mr. Trump's tweet appeared to end, at least for now, a long-running effort between House Speaker Nancy Pelosi (D., Calif.) and Treasury Secretary Steven Mnuchin to reach an agreement on another trillion-dollar-plus coronavirus relief deal. Some common sense questions: Is that or could that not be seen as a bribe? and why do we have to wait after an election? why do we the people always have bills that benefit us, delayed or canceled? has that much really changed in 4 years of American politics? Trump like the Trustee and the Q group are all keen on putting forward promises, and yet how many are being delivered to we the people?

Clinton and Russian collusion documents declassified this week, was cheered on from the peanut gallery of the Q group, now it is a good move by Trump but, it has to be viewed as rival faction based, at this point. Whilst many will jump up and down at this declassification, we at THI will not learn anything of note about the collusion or the Hillary emails. It was fake in 2016, it is fake in 2020, only thing different is, Hillary is not Hillary anymore and yet whoever it is, still walks free amongst us. Trump needs to address we the people, we need jobs, we need investment, we need an end to this fake lockdown and masks, end the vaccine program, we need shelter, we need food, we need to help the homeless, help the poverty stricken, end the wars, we need self sufficiency, we need full on tax reform, we need sovereignty, we need government overhaul, we need a competent disaster relief program and much more. Most of that was handed to him on a plate by the Trustee, and none to date has been delivered. And that after 4 years in office is a bad indictment of the government officials, and not just Trump.

EXPOSURES: A U.S. government report published Thursday found that the Federal Emergency Management Agency mismanaged the distribution of goods in Puerto Rico after hurricanes Irma and Maria, leading to delays in the delivery of food and water. Common sense questions: Haven't FEMA done this after every disaster? and why hasn't it been addressed? The Office of the Inspector General said it took more than two months on average for the goods to reach their final destination, and that FEMA lost sight of nearly 40% of its shipments to the U.S. territory that were worth more than \$250 million, of which 98% of those shipments were meals and water, according to the report. 40% of

it's shipments missing? yeah right that is there usual trick, bill for supplies and never deliver them. Common sense question: will lead FEMA officials be responsible for paying back the American people the 40% of the shipments lost? Given the lost visibility and delayed shipments, FEMA cannot ensure it provided commodities to Puerto Rico disaster survivors as needed to sustain life and alleviate suffering," the report stated. Officials said goods sat in FEMA's custody for roughly 48 days, with water and food experiencing shipping delays of 71 and 59 days respectively. The office said it also conducted a survey that found it took FEMA an average of 10 days after the hurricanes to deliver the first food and water to survivors. Officials noted that while goods were airdropped immediately after the disaster, "the quantities were insufficient to meet the survivors' needs." One of the tasks I was asked to take part in for the Trust was a disaster relief program that replaced FEMA. Where 6 super centers would be built 100 miles from the hurricane affected coasts, stacked with everything that would be required for any disaster all in bulk. It would have created thousands of jobs, we had transportation companies lined up as delivery to the site, proper oversight staff to ensure it all arrived and every cent was accountable. The bill came to \$105B and was given to Mr. Trump in October 2018, with the Trust paying the \$105B bill in it's entirety. Trump approved it and arranged for 5 Treasury backed credit cards with 5 names on them including one for Kim, one for me, one for Tom the WH advisors and two others, which would be loaded with \$21B each to carry out the project. The Treasury was raided by Citadel a company that runs NYPD and linked to Hillary Clinton and blocked the cards, and threw the ambassador for the Trust out of the building, stating we don't care what Trump says or does, and out the door we went. Two years on now, and Trump has still not fixed that issue either.

A Texas grand jury has indicted streaming giant Netflix on child pornography charges. The indictment accuses Netflix and its top executives of "promotion of lewd visual material depicting [a] child" with regard to the controversial French film "Cuties." According to the indictment, which was handed down Sept. 23 but only revealed Tuesday, Netflix did "knowingly promote visual material which depicts, the lewd exhibition of the genitals or pubic area of a clothed or partially clothed child, who was younger than 18 years of age at the time." The indictment goes on to note, relevant to the legal definitions of pornography, that the visual material in "Cuties" appeals to the prurient interest in sex, and has no serious, literary, artistic, political, or scientific value." "Cuties," which won a prize at the prestigious Sundance Film Festival in February, was put online to stream into America's homes by Netflix on Sept. 9. The Sundance festival hidden up in the hills of Utah with guarded entrances is a ritual sacrifice event, just saying. The French movie, which was called "Mignon-nes" in its native land, depicts a "Mean Girls"-type clique of 11-year-olds, one of the activities of which is a dance troupe. The climactic scene is a contest for which the protagonist, a Senegalese immigrant, devises a routine that includes group twerks, mouth gestures, ground humping and hip grinding. Other scenes show them rehearsing the numbers and other sexualized moves that the girls are sometimes depicted as only half-understanding. "Cuties' is a social commentary against the sexualization of young children. This charge is without merit and we stand by the film," Netflix said. Again we warned of this, this is an attempt by the perverts in our society to normalize it and so eliminate any judicial actions taken against them when caught. Once you go down a path like that there is no end, coming soon bestiality is good for the animals, you may laugh, but this is what these people do and promote it, for the publics acceptance. This movie is a tester of public opinions exercise, see how many reject it.

RACE ISSUES: A black militia group, the Not F***ing Around Coalition (NFAC), assembled in Lafayette, Louisiana to protest police violence. The demonstration comes amid growing racial tensions in the United States. Several hundred black-clad NFAC members, many of them carrying assault rifles, paraded through Lafayette on Saturday. The column included people wearing body armor and other tactical gear. The march was held to seek justice for Trayford Pellerin, a black man who was shot and killed by Lafayette police in August. The militia was also reportedly motivated to hold a rally in the city after a Louisiana congressman allegedly threatened them in a Facebook message. The march ended peacefully, but one individual was detained after accidentally discharging his firearm. NFAC told the media that the person involved was not part of their organization. The US has been rocked by months of anti-racism demonstrations, initially sparked by the death of George Floyd at the hands of the Minneapolis police. Many of the protests have descended into riots. The NFAC leader, who calls himself Grandmaster Jay, gave a speech during the event in which he argued that US President Donald Trump's 'Make America Great Again' slogan doesn't apply to black people. "I can't remember a time in this country when it was great for us," he said, and then led the crowd in chants of "black power." Yes I agree on one statement, much of the treatment of blacks before 1980 was beyond barbaric, that brought much shame to this country, but has anything changed since within the black communities since there rightful joining with all other colors? Why are their communities still rendered like ghettos with graffiti everywhere, riddled with drug and prostitution racketeering, and why are they the highest rate of murders of black on black killings? There has to be some balance here on both sides, black people demand respect, which is fine, then drastically clean up your own communities then and the rest of the people will support you in that endeavor. Respect is something you earn through your own actions, not demand because you are one color or another. How about a not fing around coalition to clean up your neighborhoods? I am calling on the many good and decent black people to organize that, and stop these actors within your community causing mayhem and running divide and conquer programs. The Grandmaster eh, do people not get the irony of that label, one it is freemasonic, which has traditionally not allowed blacks in many fraternities, and two it is a KKK term for the leader, oh my how stupid can people get?

Then we come to more levels of jackassery, a Linguistics professor Mary Bucholtz kicked off her presentation at a recent online conference for academics, by condemning all white Americans as racists, and said deniers must acknowledge their guilt and "do better." "As a white American, I am by definition racist," Bucholtz, who chairs the linguistics department at the University of California Santa Barbara, said at a Sept. 11 webinar hosted by the University of Wisconsin-Madison. "Don't let anyone tell you otherwise," she added, with a chuckle. As a guest speaker at the lecture, Bucholtz's topic was billed as "The white-supremacist and colonial underpinnings of linguistics," but her talk centered more on the allegedly inherent racism of white people. "I know there is this sort of rhetoric of white people in the United States rejecting the label of racism, but I think we need to acknowledge that and do better," Bucholtz said. She likened white supremacy to a pandemic or disease and argued that there is no such thing as "nonracism," as all people are either "racist" or "anti-racist," and "you can't be neutral." Yet again we see the Hebrew Annunaki policy of declaring one particular group as racist to fulfill their agenda, the fact is all colors are racist, fact. Not one group in overview terms wishes to mix and cohabitate as a group, look around you, natives are on their own resevations, we have regions of this country that house Germans, Italians, Puerto Rican, Jamaican, Jewish, Irish, Chinese, Koreans, Hispanics only communities, people go and mix only with their own people. That is not created by the system, that is done by the people themselves, and that by definition is a form of racism. Don't tell me that black parents have not gone ballistic if their child brings home a white person as their boy or girl friend, it is frowned upon by many in the black community, mixing with Hispanics for blacks is also considered a no no, in overall terms. So, please lets cut out all this sanctimonious bullcrap of we are not racist, because the evidence states otherwise. My theory as mentioned in a previous show is, we don't by and large mix, because we are not all originating from the same planet or species, and by species I mean we did not all come from the same humanoid stock, genetics proves that beyond a doubt. The latter assertion echoed the race obsession of Ibram Kendi, a Boston University professor who directs a Center for Anti-Racist Research that was rewarded in August with a \$10 million donation from Twitter founder Jack Dorsey. So, people can send \$10M for a fake program, but cant send \$10M to feed people, oh my what fantastic versions of humanity we live amongst- not. Kendi went so far as to argue that the term "not racist" should be removed from "the human vocabulary" because a person can only be racist or anti-racist. Oh my yet more think tank word salad by so called professors or experts, like I said there are no experts in any field, they are only experts on the shortened scripts of narrative, real experts know 95% or more of their subject. Most experts have less than 65% and the 1/3 missing are the key components. Mr. Kendi was born in, just saying. Bucholtz also railed against capitalizing the "W" in the word "white," even though the AP Stylebook for journalists earlier this year ruled that the "B" in "black" must be capitalized when referring to black people. White people have built a system of white supremacy "to

oppress everybody else," Bucholtz argued. The professor shared with her audience a link to documents from a workshop on how to be "white allies, apprentices and accomplices. NO, just no, white people in the main have been labeled as the oppressors, when a certain other race of people who declared themselves as white, when they are not, the Hebrews had much to do with the oppression. It was they who ran all of the slavery ships, go and research it for yourselves. Just bad actors with their sweet little and maybe large lies.

VIRUS BS: Over a half of coronavirus infections revealed this summer by one of Belgium's biggest labs were old and no longer contagious, but were still reported as new cases, local media discovered. Belgian daily newspaper Het Laatste Nieuws examined the tests carried out by AZ Delta, one of the largest labs in the country, and made a stunning discovery. Almost half of all positive cases reported throughout June, July and August were actually people with an old infection. The problem, it turns out, lies in the PCR Covid-19 tests. The paper reports that scientific data reveals virus particles can be detected up to 83 days after the actual infection. This led to instances where people were no longer contagious, but were still registered as positive cases. According to HLN, all of these people had to be quarantined. Belgian experts sounded the alarm in mid-July, when corona virus numbers spiked after a relief in June, and even insisted that the second wave had already begun for the country. "We may have had to deal with old infections largely in the summer months," the lab's clinical biologist Frederik Van Hoecke told the paper. Another the fakechecker group will now flag on social media, when someone states the actual facts. Common sense question: Why is this not reported in the media?

The UK has agreed to settle a lawsuit over how it selected an IT contract for corona virus testing at its Lighthouse labs. The BBC understands that the settlement will cost the government up to £2m. British company Diagnostics AI claimed it lost out to a European rival UgenTec despite spotting some positive corona virus cases its rival missed. It sued the government over the decision, claiming the selection process was "unfair and unlawful". Lighthouse labs are a UK-wide network of specialist coronavirus laboratories managed by the government and run by private firms. When the labs were set up, companies pitched to analyse the test results. The UK Lighthouse Labs have been established to dramatically increase the number of coronavirus tests that can take place each day to support the national effort against the coronavirus pandemic. The Lighthouse Labs are managed through a partnership with the Department of Health, Medicines Discovery Catapult, who are out of Alderley Park facility involved in adrenochrome scandal we covered in Expose 3, UK Biocentre, the University of Glasgow, GSK, AstraZeneca, who was funded with American peoples money by Trump, the University of Cambridge, and PerkinElmer. Their development is supported by the NHS, Public Health England, the Scottish Government, BioAscent, the University of Dundee, the Welsh Government and their Life Sciences Hub Wales.

UK foreign secretary Dominic Raab has said he was "really worried" the UK PM could have died from Covid-19 after he was admitted to intensive care in the spring. What a load of bs Mr. Raab yet another leading figure who is born to, it seems the real pandemic is largely people who are born to, to me anyway. The foreign secretary stood in for Boris Johnson during his time in intensive care and while he recovered. Speaking to the Conservative Party conference, Mr Raab said the virus "nearly took the life" of the PM. Mr Raab also said he worried for the PM's fiancee Carrie Symonds but "always had faith" he would "pull through". Mr Johnson spent three nights in intensive care at London's St Thomas' Hospital in April after contracting coronavirus. He would have been better served spending 3 days in the barbers, if you ask me.

President Trump said Thursday night that he and first lady Melania Trump would begin "the quarantine process" after one of his closest advisers, Hope Hicks, who traveled with him several times this week aboard Air Force One, tested positive for the coronavirus. Hicks, 31, served as Trump's 2016 campaign spokeswoman from the beginning of his candidacy and then as White House communications director before leaving in March 2018 for a job at Fox News. She returned to the White House in February in the role of counselor to the president. Trump told Fox News's Sean Hannity during a live interview Thursday night that he and the first lady were tested after they learned about Hicks and were awaiting the results. "She tested positive and I just went out with a test ... so whether we quarantine or whether we have it, I don't know," Trump said. "So I just went for a test and we'll see what happens. Who knows? ... We spend a lot of time with Hope, so we'll see what happens." Trump later tweeted that he and the first lady "In the meantime ... will begin our quarantine process." It was unclear what that would look like in practice and whether that means he'll be canceling his events Friday, which include a campaign rally in Florida. What a load of Trumpery that is and was, more acting, because according to the Trustee he was in Greenland with Black Sun members.

Common sense question: Has anyone asked why all the governments involved in the NWO installation insist on wearing the masks - even though it has been proven that they offer no protection against viruses? I suspect we are about to find out. The mask manufacturers have switched the alleged virus protection masks, to new ones with secretly built-in microchipped masks with hard to find RFID chips in them. These masks all came from China, and now you know why Kushner, FEMA and Newsome with the complicity of Mr. Trump, as he was told about it, blocked American companies selling masks, and bought them from China and India. France was forced to respond to fears about micro chipped face masks only last month. Jérôme Salomon, Director General for Health in France has tried to reassure the public, after questions surfaced as to why some face masks have an electronic chip inside of them, some fear that they could be used to trace the wearer. Salomon: "I can tell you that cloth masks are excellent in France, I wear them every day and they are better for our environment; they can be washed and reused.

They are made in France and have no chip inside, I can guarantee that ". He went on and did a contradictin ma contradictions pieces that kind of reminds me of our last show and said, still, some masks actually have chips inside - but these are not intended for any type of identification, tracking, or tracing. Common sense question: how does he know they are not used for those purposes? but then he revealed this classic. He said, Instead, they allow the manufacturer to count the number of times the mask has been washed and reused, so that they can warn the user when the recommended maximum has been reached. Ok Mr. Salomon or is it Solomon? so basically what your saying here is, let me get this right. So, for the manufacturers to warn the user of the maximum washing has been reached, would have to then contact the user to do so, right? so how would they be able to do that without tracing or tracking? yes I know common sense question again. In other words, the French director general for health claims to his country people that some masks, wear this chip to show the owners how often they have already been washed. An RFID chip for a scrap of fabric that is not worth washing because of the low price - and even less because it is known to be infected by bacteria and mold after a short period of wear, so that this health risk does not disappear with normal laundry? The manufacturers of these masks have started to equip them with an RFID chip, which can be used to determine the location and daily movement profile of each mask wearer down to the meter and at any time. The total surveillance of humanity is one of the primary goals of the NWO, as not only I, but also other alternative media could irrefutably prove. All very RDS and the Clowns in panic show is it not? So lets now take a closer look at Mr. Salomon shall we. Jérôme Salomon was born on April 26, 1969 in the 16th arrondissement of Paris to a father who was administrator in the National Assembly and a mother who was a teacher. He is the grandson of the resistance fighter Simone Lévy (1918-2004), himself the granddaughter of Captain Alfred Dreyfus (1859-1935) 3, who was convicted of espionage and then rehabilitated. He is also the great-grandson of Pierre-Paul Lévy, one of the discoverers of the diphtheria vaccine. Yet again it is a line of being born to, and at that point is way beyond a cohen-cidence. Now we have, the French General Director for Health of a born to Jewish parents as well. The article goes on and states Jérôme Salomon, is of particular importance, as it is well known, the New World Order is not only, but above all, an idea of Jewish globalists. The Jewish globalist Jacques Attali wrote as follows in 2011: "Around 2050, under the pressure of the market and thanks to new technological means, the world order will become a single world market, planetary and stateless, to unite. The whole world as a single market without democracy. I call this coming world super empire . First public order is dismantled, then the sovereign states and finally the nations themselves. This global market will be uniform and stateless and will be based on the former nature of California. Since London's cultural values have long resembled those of Amsterdam, Boston's those of London and Los Angeles' those of New York, the super-empire will remain partly American. The consumer goods produced will largely be a continuation of nomadic goods. The culture of the super empire will be a crossroads, its way of life unstable, its

values in individualistic and its ideals narcissistic. This is how the first phase of the future begins. "

Some of you have sent me the latest videos from Lifeforce, and requested me to comment on them, you all stated it contains more errors and more inconsistencies. I could do a whole piece on it, like I did with some previous shows of theirs, but I ended up leaving all of them out of the show. Why? because constructive criticism, supportive suggestions, trying to correct obvious errors and glaring gaps in the narrative, and asking common sense questions, is now deemed as attacking them. Accountability yet again only applies to me and THI it seems. I will just sit back and watch it all unfold, but when the latest claims don't come to fruition, and dire warnings do, she will be held accountable for all of it, as she is the one, on all levels. I see many of you now mentioning for yourselves the slide downwards of global issues since May and are putting 2+2 together, is it indicative? not for me to say. I no longer wish to waste my energy trying to help someone, that seems hellbent on ruining herself and her reputation, and in doing so damages we the people. I tried. As for Tuesday's show I need pass no further comment on that except to repeat a line Oscar Wilde once said, Imitation is the sincerest form of flattery, that mediocrity can pay, to greatness.

Lets do a flow chart shall we for pondering purposes: 1. there was an election 4 years ago and one person was paid to NOT win 2. all was going well and then there was "intervention" by one person or so we were told 3. the non winner then won 4. non winner shat his pants 5. non winner was given ultimate help for him to succeed 6. non winner was funded more than any other president 7. non winner then goes back to his hebrew annunaki roots 8. supporter of non winner pulls back or out (all very Alan that) 9. non winner decides he cant continue 10. non winner declares himself out of the race 11. new winner is declared 12. new winner declared incompetent 13. she devil takes over With MSNBC doing a mock interview this week with Pelosi acting as stand in President, are they telling you something? But then we were told he went to Greenland with his Black Sun people and did not have Covid. Common sense question is, why is the Trustee engaging or helping a known to her, Black Sun member?

Q group ran a headline statement with a picture of Edward Snowden, saying CIA shill, traitor to the Union. With two Q drops stating, on 1/23/18 @snowden How's Russia, almost time Q, the 2nd one 2/17/19 @Snowden, what happens when Russia gives you up? Will the CIA protect you? sleep is important. A few things about this that may bring some clarity. The first was the date 1/23/18 and almost time, it is now 33 months later since that statement of almost time, it appears they don't move too quickly or perhaps not at all? The 2nd one of, will Russia give you up and will CIA protect him, will become more clear with next pondering on this piece. But sleep is important is I would suggest is an assassination warning, but who is warning and who will assassinate him? So, Q

declared Snowden a CIA shill, but Snowden exposed the CIA and the NSA of illegal operations on and against we the people. The meme statement of Snowden being a CIA shill, carries merit, Snowden worked for all the clown operations during his working life as cyber security, which essentially translates as espionage and spy. The CIA, NSA, private contractor of NSA Booz Hamilton, whilst stationed in Geneva Switzerland (Rothschild country) he worked in the UN field, attended NATO summits, worked for Dell computers and attended John Hopkins University. So, he was fully involved in all clown based organizations. One interesting story he told, which tells you exactly how these people operate and also how the blackmail game ran by CIA and other 5, 9 or zero eves operations. An incident whilst in Switzerland and whilst he was working for the CIA, Snowden described his CIA experience in Geneva as formative, stating that the CIA deliberately got a Swiss banker drunk and encouraged him to drive home. Snowden said that when the latter was arrested, a CIA operative offered to help in exchange for the banker becoming an informant. So, back to the main headline and why is it significant? a CIA shill, is this an example of the factions within the CIA, remember there is 4 separate CIA factions within that organization, none are for and by the people. Point Two, the term used traitor to The Union, the Union is representative of the Civil War, where the Union ran by the Crown was against the people of America. The Union represented the North, the Confederacy the South. The Union, like the United States are both European based control systems and nothing to do with America or Americans. They are Crown based organizations and an enemy of we the people. And dare I say it, the conclusion of this piece is, Q is not for we the people, but is a faction based group intending on taking over the power game for themselves. Snowden is working for one faction, Q an opposition faction. Now whilst they battle things out in public, we the people will get all kinds of disclosures, which is great for us, but we all have to remember this is largely a faction based war, and not for the benefit of we the people. It will ultimately turn out new boss same as the old boss, unless we the people become a force ourselves. To do that, we have to build up the Peoples Club, it is what it is designed for, a club for and by the people. Numbers of like minded people all pulling together, equals power.

Trump and Q at this point look like another savior program, wait clubs, would love to be proven wrong but, I am not sitting back and waiting on TRUSTing a plan, nobody has any idea of what the plan is. If the highest security clearance person on the planet cant find out about the plan, then who can? Only THI has stated that we save us, and that is the main of the problem with the alt media, all too content to sit back and let saviors do it for them. We have the solutions, it is called THE PEOPLES CLUB. THI/TPC was tasked to create the new system. The key to THI is ALL take part, the TPC also, we can build a new way on all levels with the backing of the people. I am not asking for you all to follow me, I am asking you to be by my side and we all go forward together as one. To do that we take the AVR assemblies, UNC assemblies, NLA grand juries, Kevin Annett and THI state members into one new group under The People Club banner, not because it

is my group, it is not my group, I am just the guardian, the group belongs to the people. 5 separate groups helps no one, 5 groups together helps us all, no one has to leave their main group to join or participate, so AVR people can still carry on following AVR, but this creates a solid movement where it is about the people coming together, not divided as currently. AVR, John Darash, Kim, Kevin and myself are not following mechanisms, you are not sheep, to go forward we all become leaders, not just 5. Individual groups have never worked in the past, and will not work now, this is why I stated the first show we must think and act different. Go into your schools, work places, church or social gathering and get people to donate to the TPC and show them the videos of how we are different and plan to move forward, all people all colors all as one. Imagine 20-30K in each state all operating and thinking in a better way for and by the people, with need not greed, caring and sharing, cooperative not cor pirate, all with the goal to improve each other and other peoples lives. With 20-30K of like minded people, in 40 of the 50 states we would have voting power as well, don't like one candidate, dont vote, if other candidate wont improve our lives in that state, don't vote, if we push forward our own candidate, The Peoples Club party with 20-30K in 40 out of 50 states voting for TPC candidate, we will have our own TPC candidate in the government. One member wrote this: Bloom where you're planted ... position yourself around the like minded ... through combined thoughts / ideas / determination ... we will be successful ... build it and they will show up !!

Something to ponder on for you all, we have spoken about the left and right path, the letter N in capital form. The left has the gate of no gate and no outward path, but the right does have the out gate. This brings in the east and west gate. The left and west path of Set, in which the Sun Sets, and the right and east path of which the Sun Rises. But then I pondered again about the Earth tilt and which way is Earth tilted? Well currently it is all tilted to the west or the left, when viewing from the Sun. Earth tilts one way then the next, what if it tilts towards west gate all the time in the egg timer analogy? what is left now is right if it happens now it will be easier, are you sun set or sun rise? Whilst you ponder on that a little light humor, is the fact that the west gate will be easier to spot nowadays? as those going west are wearing masks, go left and you are left with a or the savior, go right and decide the right path for you.

From time to time we have often included pieces that members wrote whether in emails, poems or chat comments. I pondered long and hard about this piece given the background of accusations thrown at me, of whether to include this piece not from me, but from one of the members, that piece was supported and agreed to by many who were in the chat and so it becomes a collective thought process, and perhaps your voice should be heard on a wider scale. This is what our members think and feel, in a country where free speech is becoming obsolete, we will carry on promoting it, it is your voice and no one should take that away from them. What a hard show this must have been for you to do, Thomas,

all during such difficult times for you, with your father and the backlashes regarding Kim and others. I am glad though that you did the show, I could hear the strength within you and you ARE truth, honor & integrity. I as well as our special group, stand with and beside you, I am proud to be with you and a part of THI, I am grateful to you, our admins and members. I have been disappointed regarding Kim and have held my tongue, I expected higher standards for the guardian/trustee/Eve. I see unresolved ego issues and still cannot fathom her ill treatment of you, and I was in chat the day she thundered in attempting to humiliate you, it was childish and just UGLY. I felt many emotions when she dumped THI to go start a "new" group with Tank, none of what's transpired with her makes sense to me but Time will reveal all. Time will tell about Alan's statement she said no funding for THI, It's disturbing about the funding to black rock as well. I'm seriously questioning her and her position although I applaud the good things she did do. I hope she gets back on track and does inner work, I believe she lost her greatest ally, supporter and protector in you and I'm so sorry you've been drug thru it all from no fault of your own. That with Alan was a real shocker, I'm glad you exposed it and you had every right to defend your character. Seems Alan has much jealousy, and who issues and used the classic projection, it's a real shame. What the hell is happening with all these people? They seem to be choosing the money lure and the left hand path, it seems the dark is claiming more souls. But yes we will move forward and you and THI are of and in the light, and have our hearts in the right places. Thank you Thomas for being who you are. We love you and we are with you. Love to our members. My thanks to you all for a very difficult time for me personally and work wise. You have spoken out loud now for all to hear, it is important you all have your own say, because you are the voice.

What we have witnessed over this year in particular, the year the masks shed it's final skin and we would "see", it is and has been not a pretty picture. The divide and conquer program as I have stated in previous shows, and received some criticism for saying so, is largely done by the people ourselves. Yes, we can blame the Illuminati, cabal, clowns or the government, but it is the people who implement the programs. Look at what has happened within our own alt media platform this year, why would the cabal have to do anything, when the people they target do so much damage to each other themselves? The old classic seducement programs over being lured status, titles, fame, ego and money, it is the classic fall game. But it is their fall not ours, and that is the important thing to distance yourself from. It is all about observing not absorbing. Before March this year and pre masks, lockdowns, business and job losses, this planet's people were rising much in higher vibration, and many were starting to wake up to the illusion that was presented to us all. The key was the frequency was rising and the clowns were panicking as we had forecasted. The clowns were being frozen out, but then with the funding of the Fed in March, they suddenly had the funds to roll out the programs they wanted to unfold, which was to reduce the frequency of the people and subsequently the planet. But, what has unfolded since March and escalated since May many are now seeing humanity being

stalled or going in a low vibrational frequency and losing the plot. That has gone beyond all the wildest expectations of the clown elites. There can be many reasons given, and finger pointing as to who is to blame and you all have your own opinions on that, without any further interjection from me. But despite all of that, it still hasn't changed our resolve within our group, and we can redouble our efforts to raise the frequency again. It hasn't changed anything within our group, or our plans or our resolve. But what it has changed is, despite all the lies and attacks we all stuck together and gained an even stronger bond between us all, go forward with that in your hearts and not look back in anger. There is a new game happening amongst the people now and their propensity for divide and conquer, it is called the frequency and spiritual envy game. Anyone who raises their frequency or evolves on their soul development level, is now fair game for attack by low frequency, low vibrational, non shadow or inner work people. They can no longer mask that anymore, and for those who have done their work, those people are easy to spot now from well more than a mile away, observe not absorb is the key factor in it from all of our perspectives. It is sad to see, but this is your spiritual journey only, and on that level it is a selfish exercise, only you can do it. You cannot do it for others and no one can do it for you either. The greatest friend you can have is yourself, make peace and love with that, then seek out like minded and combine your frequencies. The highest frequency is love and I love you all.