

## THI-SHOW TRANSCRIPT 2024-02-15

The music has a distinctly Florida based theme tonight as Creed the band came out of that state. A state where I made my own Columbus style landing back in 2002. I didn't come of peace, but with it. But creed is also a belief, faith and a statement of faith or knowledge, a confession of community, a set of beliefs or actions which guides someone's actions and also a pointer of what is to come.

### BLUEPRINT ACTION GROUP REPORT FOR WEEK ENDING THE 4<sup>th</sup> February 2024

#### OPEN DISCUSSION TOPICS AND QUESTIONS:

The meeting began with the intention setting on the focus of seeing the work we are doing spreading far across Midgard, bringing a new level of conscious awareness to all, as it plants the seeds. We visualised the people we have contacted beginning to engage with us and more and more people coming to join the groups, taking on new tasks and roles that benefit them and the all. A general discussion ensued around inhouse organisation of teams, as we are aware that this will be a busy year for the blueprint, so the focus was on keeping things in sync regardless of any interruptions to shows or meetings. Flexibility will be key now going forward and we must future think in order to be prepared for these changes. So many options remain on the table, that not doing so, would only lead to confusion which becomes the dam to our flow. Our thinking is shifting at a faster rate now, so becoming autonomous and not depending upon one person to direct, is also something that we have noticed could become an issue. Therefore, role rotation and taking the initiative is beginning to emerge more now in the group.

A team conversation began on organically connecting with others. This prompted a conversation of how setting intention in daily life, can attract people who are awakening and searching for truth. A member shared how they found simply taking opportunities to share the blueprint in our daily interactions, can have a massive affect in generating interest in the blueprint solutions. So many are desperate and confused around how they can change the global unrest and other more personal and local issues, they are experiencing right now. A great advantage to this is, you do not have to be on a team or in any particular group to spread the word. A smile or a nod can open up a whole new world for someone on any given day. A happenstance that may change their world for the better too.

We were delighted to find out that a member kindly submitted a flyer they had put together for the promotion of the blueprint. It looks fantastic and we are working on ways to make this available to all the members by placing it in several places on Mewe and they can choose to print it off themselves and place it in local shops, libraries, schools or organisations. Anyone that is interested in this can contact any member of the blueprint teams.

### The People's Club Gardening and Non-GMO Food Communal Gathering for January 2024:

The Garden group have been reviewing Korean Natural Farming Techniques every week and it's becoming an ad hoc study group in a very organic way. This month we reviewed the method of producing LAB, a form of lactobacillus made from rice and milk that is diluted and drenched on soil, to revive bacteria and we discussed members' experiments. We discussed the positive results a member is having with soaking and fermenting chicken feed overnight, with added lactobacillus from sour dough starter. We did a deep dive into the making of Chitosan, the Korean Natural Farming technique of extracting chitin, from the shells of shrimp and crabs to dilute and apply to soil. This feeds soil bacteria that benefit plants and these bacteria attack the shells of bugs that eat plants. It was also noted that chitin feeds bacteria that mitigates chromium pollution in soil. We discussed the benefits of pruning. We learned that, after being cut or damaged, plants give off Gibberellic Acid, a hormone that signals fast re-growth, and because it is released in the air, it also stimulates growth for all the plants nearby. We talked about how some farmers mimic the stress of hail storms on certain crops to stimulate new growth, by beating the plants and we thought this was cruel on some level, wondering if applying too much stress becomes negative. We talked about the dangerous chemicals in personal hygiene products and the lack of oversight on what is added to the products on the market. There was a focus on techniques for hair care that use no commercial shampoo, but instead use natural oils, herbs and vinegar rinses with water. We talked about plants such as neem for dental hygiene. We talked about starting a blog on natural personal hygiene for the website, with healthier solutions for natural hair care, dental care and skin care. We talked about health care and the challenges of transitioning from one hundred percent medically based health, to a proper balance between medical and herbal healing. With doctors refusing to talk about natural remedies, in terms of counter indications with pharmaceutical drugs and the cost of visiting Naturopathic practitioners, it is difficult for people to get the information needed to transition from medications to natural herbs, without risking severe relapses in their health conditions.

Our conclusions this month are: That nature finds a balance. Predators will eventually show up to eat overpopulated species that cause unhealthy Eco-systems. That we are re-learning how to be human and re-connecting with nature is an essential part of that process.

#### BOOKS TEAM REPORT:

The Dutch Consent booklet is completed and formatted, after much wrestling with word-processing incompatibilities between the apps of the translator and formatter. It is now ready to go on the THI Communal Gatherings site. From His Story to Our Story Volume 2 is now translated to Bulgarian and undergoing the formatting process to prepare for publication. Work on From His Story to Our Story Volume 4 is progressing. Backup files have been created for all books to ensure continuity in case team membership alters or other circumstances necessitate a change of duties for team members.

#### RESEARCH TEAM REPORT:

The Blueprint Research Team had a work party for its 3<sup>rd</sup> meeting of January. The focus was diversification. The group sought to select the next set of 40 names from the current database to receive the PDF version. The team admins had pre-categorized a group of names, to help build a report that could be selected from. It was vital to already have an email address or website contact form. We have sent 31 pdfs using e-mails and website contact forms. They are as follows:

3 activists:

Dr. Paul Alexander – A polio survivor, author of *Man in the Iron Lung*, who became a Canadian health researcher and whistleblower. He declined a Big Pharma pay off to keep quiet.

Edward Snowden - a famed NSA whistleblower in exile from the US.

Michael Chaves – he is a truther in the UK, who does a show called *Mad Mix Conspiracies*. For 4 years he has been exposing vaccination coercion and fighting against that agenda.

3 Business organizations:

The American Farm Bureau Federation

The American Poultry Association

The National Funeral Directors Association

2 Educators:

Ilchi Lee – a South Korean, Founder of the Brain Education System, Brain Education TV and the Global Cyber University.

Christopher Jay – Head of the Department of Philosophy at the University of York, in Kent, UK. Who accused the APA of waging war on men and boys. He also teaches and lectures on ethics and ethics history.

1 Legislator:

The Irish Member European Parliament Clare Daley calls the US President Butcher Biden. She and fellow Irish MEP Mick Wallace have been vocal critics of EU and NATO policy on Ukraine.

6 Media:

Luke Rudlowski of the U.S. based We Are Change which is a nonpartisan, independent media organization.

RT - which is the Russian News Service

Charlotte Gage, she is best known as the network director for the UK pressure group Ad Free Cities and as a movie and TV Editor represented by Berlin Associates.

Science Journal – an American academic publication.

Lancet – a British medical journal.

Current Biology Editor-in-Chief Geoffrey North, the publication is a peer-reviewed scientific journal.

7 people in the medical field:

Brook Jackson is another Pfizer whistleblower who worked at their trial sites. She sued them in 2021 for violating the False Claims Act, there is still no ruling on the case.

Dr. Robert W. Malone – he is a scientist inventor of the mRNA vaccines and a sceptic of them. He is an author, speaker and bioethicist.

James Dunne and Jaclyn Dunne, they are fitness and holistic health coaches in the UK who have a Mind & Body Detox online program. She was a guest speaker at a London protest during the Covid times. She now teaches vaccine danger and awareness after her daughter was injured when she was little.

Nurse Erin is an RN (Registered Nurse) in New York City and became a COVID whistleblower.

Dr. Pablo Sanchez of The Global Hunger Project, it was started by singer John Denver and his friend Werner Erhard in 1977. Their mission was to end worldwide hunger in 25 years, that would have been 2002. They have branches around the globe and keep working at it.

Clive de Carle is a nutritionist natural health educator, author, speaker and broadcaster. He was nearly killed by a hospital for a minor condition. It was after that he started educating people to treat ailments using alternative therapies, diet and lifestyles. YouTube deleted hundreds of his videos. He was a guest on Cosmic Voice and THI early on.

4 Musicians:

Hi-Rez the Rapper is a hip hop artist from the Bronx and Florida. He is an Orthodox Jew and fully aware of those hiding behind the label of Jews and feels they are not his own kind.

Dom Lucre – a conservative rapper and media personality.

Rick Munn is a presenter / host on the TNT Radio in Ireland. His radio guests are people speaking up against the regime.

Tom McDonald – he and his friend Adam Calhoun got 15 million views of their recent release American Flags. His Hangover Gang YouTube channel has 4.06 million followers. His rap lyrics speak of, They call me offensive, controversial. There's only two genders, boys, and girls They can't cancel my message. 'Cause I'm the biggest independent rapper in the whole freaking world Claim that I'm racist, yeah, right I'm not ashamed because I'm white.

3 Broadcast media:

Engineer Haim Yativ is the founder of the Nakim Organization, Nakim means master of their own destiny. The gentleman has roused the public's attention with his repeated petitions to the Supreme Court about the former Prime Minister of Israel, Ariel Sharon's alleged bribery corruption. On the Nakim website for January 5, 2006, it posted: when Prime Minister Sharon appeared in a dark corruption scandal as a partner of Martin Schlaff.

Martin Schlaff, an Austrian billionaire, ex-agent of the Stasi and close ally of Arab nations and the Hezbollah. This relationship directly led to Sharon's evacuation of Gush Katif despite the opposition of the majority of his country.

Oracle Films is an independent news production company. They produce high quality documentaries to get the truth messages out.

1 Scientist:

Elizabeth Bik is a Dutch Microbiologist and is a science consultant at Harbers Bik. She frequently contributes to Stanford University's online magazine Microbiome Digest.

3 Social media high-profile personalities:

Richard Vobes – The Bald Explorer UK podcaster.

George Galloway – Leader of the UK Leader of Workers Party.

J P Sears – He is a comedian, life-coach and conservative YouTuber. His channel is Awaken With JP. His message is I do not comply, he produces satire videos against the clown's agendas.

1 Political organization:

Riccardo Bosi of Australia One. He is an Australian far-right activist, motivational speaker and a former Australian Army Special Forces lieutenant colonel. He is the founder of Australia One, an unregistered political party.

#### MEDIA TEAM REPORT:

The media team are delighted to say that we now have a statics analysis tool, that is now on THI and the Blueprint websites, which will give us more of a balanced view on how the social media accounts are affecting traffic back to the website. This will aid us to finally be able to tie together all of our hard work in one place. This helps us to see our audience worldwide and although we do not record any IP addresses or identity information as we do things differently here, we will be able to clearly see what countries visit the sites and how many, plus other useful information. The media team can then target certain subjects of interest to those countries depending on the issues they may be experiencing at any time, for example the Gaza conflict. The first real report for this will be available at the end of February and we look forward to receiving that, so many thanks to the web team for aiding us with that.

We also have been working on ways to create a new buzz and flow around the Twitter account, which will be generated out throughout the rest of the social media accounts. A group of members have come together and are working on a strategy, which involves commenting on our blueprint twitter posts and then choosing some influencers to comment on using our hashtags and the website links. This group effort not only will aid the platform but will bring more together working on a common goal together. We feel this is a win-win scenario, that will increase the energetic wave out further.

We are also working on creating a new hashtag around the blueprint website by using the acronym #TNBPFH. It is a shorter version which is easier to use and a snappier way to create an interest in the blueprint and get people wondering, A. what it stands for and B. it creates an intrigue that will hopefully lead them to look us up and learn more about us. We are also incorporating memes that correspond with whatever is trending at number 1 on Twitter, so far this week we used #idonotconsent #nofarmersnofood. The I do not consent plays a big part in THI ethos, as we uncover the traps, loops, hooks, patterns and overlays. This helps us bring added awareness to the general public, of all that was hidden now coming into plain site. It also helps us push the solutions that correspond to the blueprint. We also have several other ideas that we are fine tuning right now. Last year was about laying the foundation and planting the seeds. This year we will begin to water them and take them to the next level. It has taken time to attract people to come join our team, as many of us tend to shy away from social media. While it is understandable, there are also times in life where we do what is necessary until the desired

affect is reached, then we do whatever is next. We thank all that are taking the time to support the social media channels and those that have come forward for their courage.

#### LAW TEAM REPORT:

On Sunday, January 28th the Law Team held the first teach back zoom. The topics were the True Rule of Law and what are our Natural Rights. Pre-read material was posted on the Law Mewe page, with the expectation that participants studied the material and came prepared to share their thoughts and learning. A wonderful discussion was had, with the sharing of insights and questions. The key conclusion was how important it is to know who we are, how our natural rights flow directly to us from our divine self and what the True Rule of Law is. Why is this important? A key pillar that holds up the current system is, the belief that we live in a just society under the rule of law. The system shares certain knowledge and will let a certain percentage of people win in their court system. Why? Because they need us to believe that remedy is possible in their system, that it is fair, unbiased and works. They need our free will consent to legitimize their system. Fear is a powerful tool, just enough hope is even more powerful than fear. They give us just enough hope to think we can win.

When we know what the True Rule of Law, Due Process and Justice are, we see through their illusions, the curtain is pulled back and we see their system for exactly what it is. A private commercial system of one law for the elite and another set of laws for the masses, designed to trick us into implied consent, so they can harvest our energy. We see that there has been no True Rule of Law in society for at least 500 years, and how we now live in a corporate system of codes, mandates, rules and summary courts where we are treated as things considered guilty. We also see the internet gurus and those who pitch common law and other solutions claiming they can defeat the system for what they are, disinformation agents, opportunists or ignorant because they are people looking for a quick fix or magic bullet. The only remedy to the current system is to know who you are, learn and become competent in the True Rule of Law and Natural Rights. So, we can create a law system based on truth, honour and integrity, restore the Golden Rule that all are equal under the law and no one is above the law. In other words, do unto others as you would have done unto you, and do not do unto others as you would not have done unto you. We are in the planning process for the first Intro to Law zoom, times and dates to be announced.

#### YOUTH TEAM REPORT:

The youth team members have been working hard to finalise content creation for the up-and-coming launch of the youTHInk different website, which is due to be unveiled to the world very soon. Like most labour of love working groups within the blueprint team, the youth team has a few active members all volunteering, growing together and thinking different. It takes a lot of life force energy and time to inspire ideas, produce actions and see outcomes. Often patience and refinement is needed for concepts to be defined and aligned in Ti-Me, to produce a product or in this case a website platform. One that will inform youth of the truth, speak to their soul and give them a voice and space to connect with like-minded individuals to shape their blueprint for the future.

We value those that have contributed to the process, whether large or small every intention and action makes a difference to the all. We are the Dreamers, dreaming our life and creations into being. We are all imperfectly perfect, a living and growing work of art just like the things we chose to spend our time and energy creating. The media team has been of great assistance supporting the members of the youth team to transform their words into multimedia visuals, both videos and memes have been created for the youth to see inside and out. The web team has created a website design to import the content into, to hold space for what is present in the now and what shall grow in the future. Allowing the flow of life and the youth themselves to shape what is to come. The law team has added truth, rights, rules and values. Standards of operating from one's free will, limiting beliefs, programs, ego and overlays not consented to in this co-creational space. As embodying truth, honor and integrity is the way of the future. Knowing we are one on one with the one connected to unique collective awareness. The THI members have created and given rights of use to the songs of their souls. Creating music from the heart to use in various video content throughout the website and a youth anthem. The power of music to move people.

A THI member has been busily putting pen to pad, to create the anime graphics for one or more videos. As well as another member offering his previous personal interviews with youth, asking about their visions for the future that may contribute to the tell- a- vision section. THI members creating mentoring videos speaking of lessons learned in their life journey for the living library section, supporting youth to see the wisdom in wounds and treasures in trauma from generations past. Giving them the knowledge and tools to make a better choice to honour themselves, others and the earth. Sharing of past sub optimum choices and patterns, to allow them to see a higher awareness and higher path to take in their lives. While offering understanding of the illusions and limiting beliefs that get us into these situations. If you would like to contribute your words of wisdom to support youth by telling your story, please get in contact.

Youth are also rising up out of the shadows to offer their time, knowledge and skills to create and shape the space, with some youth already contributing to the initial content for the website launch. Many more that have expressed an interest to offer help with various areas such as writing, recording, narrating, creating, marketing and using the space. If more youth would like to join us, please let us know, once the site is launched much of its future content, we envision being user generated. This co-creation has had many hands making light work and has showed us all how to think different. The new way forward of how teamwork can be, being the new blueprint for humanity living from the heart in truth and trust, whilst valuing yourself and your Ti-Me.

#### IN OVERVIEW:

As we move through our day in conscious flow, by setting the intention of what will manifest and appear throughout our day, we become the organic wave that Thomas speaks about regularly. We often hear the word organic, but have we understood the significance of it in relation to us humans and is our change of thoughts all that is needed to bring something to life? Much to ponder on.



So, what is the meaning of the word organic: - Organic describes things that are natural or related to nature. When we think of the word Nature, it might conjure up images of forests, lakes, beaches, animals and land. But are we not part of nature also, an organic life form? Have we become so far removed from our natural form and roots that we only apply the word Organic to food nowadays? Have they tricked us to become separate from our essence and therefore only believe that nature only exists from the soil? Yet in the group meeting we spoke of having organic conversations with others. These often occur in the most random places or social events, when we gravitate towards someone that we seem to resonate with, without knowledge of them previously. Or the other way around: They seem to zone in on us. In a room full of people, we seem to end up with the most unlikely person, having a good chat. Yet we leave feeling different, acknowledged, even validated and interested in knowing more about them. Then we speak of these people to others who have never met them either, and we then leave an imprint of that stranger on their minds and they ponder about them also. Perhaps even giving them a body or a face. A natural occurrence, a fateful moment, you may never meet them again but think of them often in the days that follow. An organic interlude. In THI we are becoming our true organic selves. We are returning to the original form of who and what we are meant to be. This means we are also learning to live that form and be our organic selves everywhere we go. We are creating the wave of natural flow that becomes the spiral dance. It contains all of you, which now contains the seeds of the blueprint. Each one complimenting the other, moving in unison, releasing the inorganic traits that no longer serve us or humanity well. Everything is connected it cannot be anything other than what it is, a frequency, a wave form emerging into matter into natural form. We are from the stars they say, another natural organic form. If all returns to soil, then nature contains parts of us too. The organic matter containing all of the universe. Are we then the conduit of all organic life emitting an organic signal far and wide, which is heard and felt by the all. Is it a coincidence that our new gardening website is named Organic Living? Never underestimate the power of who and what you are because you matter. You are the organic frequency.

In Tommy's words: The big changes of the world are not because of shows, blogs, websites, protests or petitions, it is frequency work. Everything is understood when you combine frequency, energy and vibration. They are internal organic understandings, improvements and all that ever was. In essence the cause, everything else is the effect. It is all about frequency/tone, vibration/resonance, and energy. Everything stems from that, including life. The magic ingredient is consciousness.

This is a series about personality types that plays into the Divine Masculine and Feminine booklet. This is the Masculine version this week, the next show will deliver the Feminine version. Will this be hard to hear, you bet. Why? Because it is the truth of where we are all at in terms of personal standing. Following on from the What is series, this delves deeply into us and shines a light upon on us. The question then is, how much light do we shine back? Is it a fake neon light or the spark of creation lighting up its own beacon? We have often heard of the duality types of alpha and beta, but there is a triality and a balance of both called sigma. Sigma males only recently started to gain recognition as a personality type. For a very long time the males psyche discussion was classified into black or white or alpha and beta. Sigma males while having traits from both, is different from

them both. He could be a good listener but also state his point eloquently. He will abstain from immediate judgement, but can be a good judge of character through his observation and listening skills. He will not crave leadership or dominance, but can handle the responsibility. This tells you how to become a real man with substance, not the illusionary version so many men have bought into. Ever since the archetype of sigma males started to gain popularity, people want to know what makes a sigma male so different from an alpha male. So what are the differences?

1. The value of silence: Alpha males need a specific environment to function. They like to speak and want to be heard. They are active for the audience and at their best when people are watching. In short, they allowed personalities and wish to remain the same. Sigma males are the opposite in every way, they respect silence and appreciate a quiet environment. They can perform better without an audience and rarely do things for public acknowledgement. (T) Observe the sound of silence a key component to self-mastery, which brings in amusing quotes of I hear you and I see you. Silence can say little, but also reveal a lot. The secret of wisdom is in the silence and the powers of observation and having good listening skills. In essence the sigma man operates within the higher thinking and dimensional patterns and they are not anchored to 3D images and ways of thinking. In overview it is operating outside of the box or matrix, as you are not constrained by the earthly limitations imposed and or embedded upon the other personalities. Alpha's will hate silence, where sigma's embrace it to use it to understand or create new ideas. Alpha's need a small stage to operate, Sigma's know their stage is everywhere and has no limitation.

2. Flexibility and dominance: Alpha males have a compulsive need to compete and dominate their current environment. So, in a workplace they tend to be competitive and ambitious. They do not perform well in groups, where they are not the leader or center of attention. Sigma males don't care about dominance or hierarchy. They would operate outside of known structures and hierarchies, to get the best possible results. Their outlook towards people is based more on their value set and they do not see others as competition or threats. They are also more flexible and do not mind working as a team or in a subordinate position, as long as they like the job. (T) This means they are not competitive or comparative and drive themselves onto greater heights from within, not external to others. It is all about results within, all of which keeps ego in check. Alpha's need to impress externally, whilst Sigma's need to only fulfill from within.

3. Social validation: Alphas are often seen as dominant and leaders. But in their established social hierarchy, they have to see what the game is, play it and win it to become alphas. These men derive their entire sense of self-worth and respect from their position of dominance over others. Sigma males differ as social validation and hierarchy mean little or nothing to them. As they do not want to be part of any social games or power plays. They are also least concerned with how others view them and instead derive their self-worth and respect from their values. (T) Again that is showing the difference of the external and internal effects of validation. Alphas have to be dominant and or domineering, but who said that was a path to take? Is that not creating division and struggles within and around their frame or network? All of which is not conducive to harmony. As a sigma, they have no need to engage in that field and so they are comfortable within their own skin.

4. The need to belong: An alpha is only an alpha if he is at the head of the pack. Thus, they need a social construct that they can lead or dominate to define themselves. It constrains them to specific behavioral patterns and social circles. A sigma male doesn't require any of this to be himself and is fine in a social hierarchy, as long as he likes what he is doing. Indeed he can function better as a loner, not relying on anyone at all. It allows such men greater social freedom. (T) An alpha must be the lead, that is service to self only. It is the corporate role model for everyone to dominate or be dominated, again who said that was a valid exercise to do? In essence it is playing upon people's emotions and fear, using them to drive home the desire for profits, at the expense of people. An alpha is playing their game, a sigma doesn't play the game at all.

5. Humility: Since an alphas self-worth is closely tied to society's perception, they have an innate need to showcase their personality and achievements. They talk or brag about themselves and reinforce to the rest of the pack, that they are the alpha males. Sigma males differ in this regard as well, their focus lies more on the job itself, than the societal standards. They will do the job to the best of their ability and not care for praise or public opinion. Their need for appreciation ends with them being seen as people who can do a good job. (T) something I have often said, I do not wish to be seen as an important person, only a person that is doing important work. One is unbalanced ego, the other is not. Alpha's can't do humility as they have to be seen as the leader, the dominant one or always right. And so humility cannot exist in their field, as that would require them and what would consider as lowering themselves, when in actuality they are elevating themselves. So humility to an alpha is seen as a weakness. All of which means they operate in fear.

6. Perception: Alpha men are characterized as aggressive, opinionated, competitive and constantly active. People who usually see an alpha as someone who craves attention and lives for social validation. Sigma males are harder to read for most people, indeed most people might not even know, what that term even means. Since mainstream psychology has bracketed men as alpha versus beta for so long. Once people know someone with sigma characteristics, they are seen as independent thinkers, lone wolves as opposed to being in an alpha's pack. Disassociated from a lot of social conventions and also they are good listeners. (T) Alpha male is an emotional bully in overview, acting tough as an image, but internally they are inherently weak. They are seeking the external glory, ratification and verification that life is all about them and their needs, wants and desires. It is a control system based upon emotional bullying, that has plagued many men on this planet for far too long.

Sigma and alpha males share many common characteristics: They are both confident in their life choices and aim high. The main differences lies in their attitude. Sigma's choose to sit outside of the hierarchy, while alpha's prefer to be at the top of it. The latter achieves success by climbing the hierarchy ladder, sigma's on the other hand don't belong to any tribe. They do everything on their own.

A sigma male has a veil of mystery around him, which makes him intriguing and it is hard to ignore his intelligence and independence. Sigma's never follow the crowd and don't seek approval. This is what makes this type appealing to both men and women. Alpha men are aware of their social standing and work hard at

maintaining it. They care about who they are and where they are in their social circle and do not like to be challenged, ridiculed or lose face in any way. This hurts the alpha greatly. (T) Ironically, the people who don't wish to lose face don't realize they have already lost it, another lunacy effect. He goes out with all the pretty girls, earns high salaries and dresses sharp, usually will follow fashion and be loud, bold and brash. Alpha men require beta males around him, that they can dominate. Whether it is work colleagues or beta friends, he will make sure they know who the boss is. Sigma man does not care for any of those things. He can be just as powerful as the alpha and can rise to them for personal protection. He can get the girl if he wants to, but will pass on relationships and women if it gets in the way of his self-interest. He is the opposite of the alpha in terms of personality and priorities, but possesses all the same qualities and more. Sigma men are independent men who do not need followers, but can be social and to some extent be likeable and popular, but will vanish from the group when he gets bored of the same faces. (T) essentially the sigma chooses to use his energy wisely, where alphas don't. Alpha men are more powerful in that they have more possessions and property. Sigma's are more powerful still, because they have social independence and still succeed. The sigma is clear on how the future should look and will work with quiet logical determination to make it happen. He loves an intellectual challenge and is stimulated by the abstract, the complex, the new and the untried. They can seem a little detached from others, as they quietly process so much information inside their heads. The alpha will take charge bringing order, structure and focus to situations. Their desire to get things done may mean they ignore the people's issues, as they act on the facts and so they are not so tuned into people's feelings. However everyone will know where they stand and they will use their vast store of knowledge and experience to plan and deliver. (T) Alphas speak at people, Sigma's speak to people, big difference in approach.

Myths about sigma males: One common myth about sigma men is that they're shy, this is not true at all. Other myths, they are unfriendly, being a sigma doesn't affect how friendly you may be. Some people think that they are unfriendly, as they don't tend to have large groups of friends and they may reflect on situations quietly, rather than joining in on conversations at gatherings. The myth of they can't be leaders. Although people may think of an alpha personality when they imagine a leader, sigma men have the skills to be bosses and leaders too. Some of their qualities makes them effective leaders. They listen to their employees ideas, they can stay focused on long term goals and they may seem less threatening, so people may accept them in their roles. The myth of it is hard to get to know them. Sigma men prefer to have deep friendships with only a handful of people. They may not open up to everyone who wants to small talk, but the people they are close with know them very well and develop real friendships with them. (T) Sigma is the 18<sup>th</sup> letter of the Greek alphabet, which makes a sigma a nine. Alpha man uses more energy fulfilling an illusion, Sigma man doesn't have to, he just goes with the flow. Sigma man leads to self-mastery, whereas alpha and beta cannot fully attain that, without giving up their falsely created images. In essence they haven't found enough of themselves yet, to be comfortable in becoming a sigma. Sigma's are deep ponders and assess from the overview perspective, alpha's react to the situation to protect their fake image. Alpha men are by and large emotional bullies, they have to be, to keep up their appearance of external strength, but that is the illusion again, as beneath the harsh confident exterior lies a weak man with little to no inner strength.

In a world that often categorizes into alphas and betas, a sigma man stands as a rare and enigmatic figure, embracing a philosophy deeply rooted in stoicism and independence. A sigma man thrives in the solitude of his own company, whilst still placing immense value on inter-personal connections. What sets a sigma apart is the noticeable appreciation they have for their personal space, even though they possess the ability to exude charisma and charm at will. A distinctive trait of sigma males is their unmatched comfort when navigating the world solo. Introverts at heart, they relish in the time and space to reflect and decompress, as the energy of others can sometimes feel draining, akin to dealing with energy vampires. (T) Like I have said, if only we had an energy app for everyone. Where we see who is giving and who is harvesting, plus where your actual energy is going or not going. Despite their solitary tendencies, sigma males grasp the significance of surrounding themselves with valuable individuals. They recognize that to accomplish their goals, necessitates the support and collaboration of others. This understanding however doesn't make a relationship with sigma males a walk in the park, especially for those accustomed to partners who shower them with constant attention. Enter into a relationship with a sigma male and you'll discover a unique dynamic. These men are with women who don't require constant presence, as a typical relationship might feel emotionally and mentally overwhelming for a sigma man. It's a delicate balance of appreciating solitude, whilst understanding the importance of meaningful connections in their pursuit of their goals. Picture a leader in your mind, a traditional alpha male standing at the forefront with a retinue of officials or subordinates, making assertive decisions on the executive floor. This alpha male is loud, imposing and seemingly invincible, a figure you wouldn't dare challenge. Now shift your perspective to the sigma male, a silent leader with an entirely different approach. Sigma males possess leadership qualities just as potent as the alpha males, but their methodology is distinct. You can count on a sigma man to tackle any challenge with a blend of self-reliance, introspection and intelligence. They excel in transforming any inefficiencies into streamlined processes, by demonstrating a quiet, yet powerful leadership style. (T) Alpha's dabble in illusion, Sigma's reign in reality.

What makes a sigma male an asset to any team, is the confidence and leadership prowess reminiscent of an alpha male, minus the drawbacks of a large and fragile ego constantly seeking validation. Sigma males don't back down, facing obstacles and inconveniences head on, persisting until they find a solution. Their commitment to their goals surpasses concerns about maintaining a certain image, making them individuals who aren't afraid to get their hands dirty, if it means achieving success. In the world of sigma males, their priority is always the end goal, not their public perception. A sigma male possesses a remarkable skill, the ability to adapt seemingly to diverse situations, unlike alpha males who may assert dominance in social groups or situations. Sigma males have a distinctive advantage in their approach, where alpha males counter scenarios where assuming leadership isn't feasible or advisable. They may struggle and often becoming a diminished version of themselves, when denied the respect or the authority they seek. This is where the sigma male excels, while perfectly capable of taking charge when necessary, sigma males don't require the constant validation of being the leader in every social dynamic. Sigma males are content to fill any role required of them in any given moment, showcasing a fluidity and flexibility, that sets them apart from their alpha counterparts. This adaptability contributes to their more widespread success in various situations, with no self-imposed expectations or pressures. (T) Again notice the preservation of energy of the sigma. A sigma male is comfortable

being a follower, a leader or any position in between, as long as they are being utilized efficiently and productively. However this versatility can occasionally rub others the wrong way, but the unabashed confidence and freedom to assume any role, may be perceived as arrogance and potentially intimidating those around the sigma male. It is a delicate balance between adaptability and managing the perceptions of those in their vicinity. (T) It is interesting to note that the alpha is brash and loud, which is arrogance. Yet a quiet unassuming sigma is potentially labeled as arrogant, quite a contradiction. Based upon assumptions again and fear of the unknown, all of which means you should study it and them and the fears goes away, whether a sigma male or life itself. A distinctive trade of a sigma male is their egalitarian approach to treating everyone around them, in a world deeply entrenched in social hierarchies, a reality ingrained in us from early school days. Sigma males stand out by rejecting these invisible power dynamics, based on unearned social status, unlike many who navigate social structures with set rules on how to interact with different individuals. Sigma males refuse to conform to these norms, they adamantly reject the idea that one should treat people differently, solely based on unspoken rules dictating their perceived status or popularity. This refusal to succumb to social expectations makes sigma males exceptional leaders. They don't limit their engagement to those, who have simply appeased their way onto the top. Instead sigma males recognize and appreciate the value and intelligence present in any individual, irrespective of their social standing. (T) The difference between a cooperative approach and a corporate approach. Other people don't intimidate them, because they aren't engaged in a competitive struggle with them. This impartial and inclusive attitude set sigma males apart, making them adept at fostering diverse perspectives and creating environments where everyone's voice is valued. (T) As those on the Common Sense zooms will attest. A sigma males doesn't require a social circle to define their identity, unlike alpha males who often derive their personality from the validation and control they exert within social structures. Sigma males are distinct in their approach, alpha males derive on the reflection of themselves through others. Finding validation and a sense of self within their social circles. In contrast, sigma males whilst not averse to being part of social circles, don't immerse themselves in social obligations and commitments the way alpha males do. They possess a profound sense of security, knowing that their personality exists independently of the bonds formed with others. (T) Observe don't absorb applies in those situations. Sigma males stand apart as they don't conform to trends, aren't avid followers of celebrity gossip and shun the notion of popularity, let alone aspiring to be social media influencers. Whether in the company of others or navigating life solo. A sigma male remains unwaveringly true to themselves, this consistency makes them remarkably straightforward to deal with, once you understand who they are, there is no need to constantly relearn their personality. A sigma male remains unchanged by external influences, steadfast in preserving their core identity regardless of the social context. A sigma male comprehends the significance of silence. Sigma males are known for their succinct communication, you'll rarely find them indulging in lengthy conversations or gossiping about trivial matters. This isn't just because they dismiss small inconsequential details that lose relevance quickly, but also because they highly value the protection of their own energy. For a sigma man, preserving their energy is paramount and few things matter more to them. While they may be quiet by nature, it doesn't mean they allow themselves to be pushed around. Sigma males are best described as dominant introverts, they effortless command a room, not through boisterous voices or grand actions like alpha males, but through their mere presence and aura. When interacting with a sigma male, it's crucial to grant them the quiet time they seek. Many fail to recognize that silence between two

people, doesn't indicate a lack of connection. Becoming someone who can offer a sigma man the tranquility they desire without feeling awkward about it, is an effortless way to establish yourself as a pillar in their life. Understanding the importance of silence is key when navigating the world of a sigma male.

A sigma male despises living life safely, is fearless when it comes to risks. The sigma males doesn't shy away from calculated challenges, it is important to note that this doesn't translate to a constant rebellion against authority or reckless behavior. Unlike outright rebels sigma males are strategic in breaking a few rules or taking calculated risks, always with a clear purpose in mind. Their motivation isn't to flaunt authority or demand respect, unless it aligns with their larger plan. Rather they embrace risk to propel their projects forward. This discerning approach of finding the sweet balance between pragmatism and idealism, makes sigma males exceptionally efficient leaders and partners. They possess the ability to envision the best possible scenario and navigate situations, that while not perfect are better suited and more probable for the given circumstances. In various situations sigma males often find themselves at the top of the food chain, their complex personality resist being confined to one box, making sigma males rarely fitting into archetypes. Excelling as athletes, entrepreneurs, intellectuals and creatives. Sigma males showcase their capacity to broaden horizons and adapt, demonstrating proficiency in any environment they choose. A sigma male is remarkably self-aware, introspection stands out as one of their primary traits. Unlike an alpha male who projects their persona outward for all to see, the sigma male directs their focus inward, assessing how their impact affect their entire being. Sigma males possess an intricate understanding of themselves, they are acutely aware of their strengths and actively strive to improve the weaknesses they deem significant. While sigma males may not spend as much time surrounding themselves with others, they often retreat into their own bubble, engaging in self-analysis to discern how they could have performed better. (T) Self introspection is the key to inner and shadow work, that eventually leads to self-mastery. Despite potentially lacking in the best social graces, sigma males skillfully avoid drama. Their ability to navigate social situations and present themselves in a likeable manner, sets them apart. Living predominantly in their heads and not actively seeking external validation, sigma males genuinely appreciate it when someone notices the unique aspects of their character. Though deeply introspective, sigma males are still human and may find themselves in occasional trouble. However, their ability to swiftly address lapses in judgement and transform failures into opportunities for self-development, showcases their resilience and commitment to personal growth.

A sigma male is the master of his own fate, these individuals are independent and self-starters, commonly found in executive and managerial positions due to their deep introspection and keen sense of inefficiency. Sigma males exude ambition and while they not always be the loudest voices in the room, their convictions and morals remain unwavering, even when no one is listening. Their rejection of rigid structures is evident, as they strive to create lifestyles that align best with their personalities. In work, creativity and relationships the rebellious nature of a sigma male shines through. They pursue these aspects of life without conforming to the standard norms, establishing systems that compliment their goals and skills. Notably a significant number of entrepreneurs embody sigma male personalities. This dominant trait among sigma males, propels them to assert their positions, take stands and build something for themselves, rather than working for someone else. Fiercely

confident sigma males are individuals who pursue their desires relentlessly, stopping at nothing to transform their reality into what they envision it to be. Their drive and self-determination make them the true masters of their own destinies. (T) The journey of self-discovery and the journey not the destination applies here. But the destination can in overview apply the term destiny-nation, which is essential in understanding what we at THI are doing currently.

Understanding a sigma male can be quite challenging. This personality type situated between alpha and beta possesses a uniqueness that defies our binary understanding of dominance and submission. Dating a sigma male presents its own set of challenges, primarily rooted in their reserved nature. Communication while not their forte, takes a back seat to their innate problem solving skills, which may not always align with emotional needs. This coupled with their disregard for conforming to societal expectations, might make sigma males appear robotic or emotionally distant. However the reality is quite the opposite. Sigma males stand out as exceptional partners due to their high self-awareness, although they may not verbalize their thoughts and plans as frequently, it doesn't mean they don't consider you. Their focus on solutions and the drive to propel both themselves and their loved one forward, showcase their genuine care. While their efficiency focused approach may seem lacking in empathy at times, it's their unique way of expressing their concern. In the world of a sigma male actions speak louder than words.

#### SUMMARY:

Actions do speak louder than words as our meme suggests, think and act different. The mention of living predominantly in their heads, does not always have to be the case, you are far better living in the heart as life is so much simpler there. It said: "This personality type situated between alpha and beta possesses a uniqueness that defies our binary understanding of dominance and submission". Because societal norms, which sigma's reject, means people always dance in duality choices that are not of their own making. A true sigma dances in triality and makes his own choices in and of life, big difference. In essence it is about taking personal responsibility for your own lives. Corporate to cooperative plays into the sigma male as well. Alpha and Beta reign mainly in the corporate world as they are steered into dancing in the duality choice fields. Cooperative when in true form can only be done by a sigma male. Many members will see the sigma man rippling through me, but that came with many years of inner workings, of studying all other people and a healthy dose of love and care from a former member Chloe. She in many ways helped develop the man you see today. This is important for all men to study, unlearn the past trends and traits and chart a new you and path. The world is changing, as more of the divine masculine is now entering the field and will be important for you all to embrace it. Alpha and beta versions are masks of illusion that permeated throughout the corporate world. It creates bullies, weakness, division and low self-worth. Sigma is not hampered by a mask, does not waste energies on being an image, does not discount others and adopts an all-encompassing mode. The gap is stark, but with things playing out well differently on this planet now and expected increases of what we wish to see, it is time for all men to study this, find out where they truly lie and then work on correcting themselves. Remember an old line from a Rush song, and the meek shall inherit the Earth, that will and has to be the sigma man.



Couple of announcements, on Spreaker I have created folder dated 1/1/16 and moved all the shows that year into one folder. There is also show that is marked 1/1/17 and all the 2017 show are in there. I will go through other years when time allows. This coming Tuesday will bring in the FHSTOS Plus 24, another epic show I have no doubt. Final piece tonight as we enter into uncharted waters, that is not something to fear, but be prepared and something to be very much excited about. There are lots of interesting videos and events flying around currently, building excitement within our community.

The Colonel MacGregor interview revealed much and he called it, as it is. It danced in some of the warnings our show gave out some time back, in light of the dire state of this country and in particular the military. The Carlson non-interview, he didn't have an ear piece and so was not an interview, the bizarre mention of Elon Musk, and of course Mr. Putin himself via Sergey Lavrov and the Russian Embassy – the common denominator? They all received the Blueprint book. We started out with a message, series and now books of to Russia with love, the information coming out now is From Russia with Love. They are now revealing his story, following THI revealing our story. Exciting times no doubt, but we must be prepared for what is to follow. There will be lots of emotions running through you all at this time, as reality is beginning to bite. All those things you were told or warned of is now unfolding at a record pace in their world now. There is no going back from and no excuses either, you were told to get everything ready and be prepared. You were told we were in a holding pattern and that was the time to prepare. You were told we were coming out of the holding pattern and be ready. You were told 2023 would be the last of their “normal” years. You were told we the people are now a player in the game of life, for the first time in 16500 and potentially 105K years. That platform for we the people was effectively started in 2016 with the true purpose of The People's club, which is teaching the world a better way and a complete 180 of everything in society, including us.

The cohen-cidences playing out now in their world are reaching epic proportions as last Thursday's show revealed. THI has played a large role in that, ably supported in the past by the Trustee and many others. The never ending planting of the seeds that THI has done, are now starting to grow exponentially. There are no coincidences anymore, it is what it is and myself and THI are now prepared for a much bigger stage. When I say bigger stage, do not mistake that for fame or celebrity status, it just means our platform of humility, honor, truth and integrity is about to grow and expand much further and embrace the world as equals. I am ready to embrace it all, the question is, are you? As always you must learn and adapt to, follow your heart.