



The Holistic Approach

We are coming out of the age of control and manipulation into the age of truth and spirit.

For centuries humanity has been coerced and controlled by a small minority and some of those have not even been human. Hence the anti-human mechanisms in society making people suffer and giving rise to competition and conflicts. All the while there is abundance everywhere and plenty for all. No need for wars.

First, you have to come to your own self-realizations that the system and culture you have been raised in, all that you know, has been a lie. Nature itself doesn't lie, but morally and ethically corrupt and weak men and women do, and they manipulate the system and populate the system being the way it is.

There are good humans and bad humans and that's just how life is.

Unfortunately, devious scheming bad humans tend to gravitate to organisations or entities that have power over others. And so we arrive at the current situation where most of these institutions and governments have now removed any honesty and truth and are only playing for their own gain at the expense of the populations. It's a toxic system designed to harvest the masses.

Steps

Steps that can be taken to remove the toxic slave system out of your physical body, and the self-sabotage and slavery matrix programming from your psychology.

The Toxic Self to Non-Toxic Self

A 3D person will have a combination of toxins inside them which damage their body, but also they will have a highly programmed perception of reality that is limited and limits their thinking.

- They wish to prefer indoor spaces
- A diet of processed foods
- Lots of time spent on the web or with digital products.
- Materialistic mindset.
- Working long shifts or flexible hours for a low wage.
- No great aspiration.
- Not sociable or like people.
- Doesn't like going outdoors.
- Wears synthetic fabrics.
- Wears tattoos, piercings or hair dye.
- Wears artificial perfumes and deodorants
- Wears make-up and skin products
- Uses sunscreen

When the body has a combination of toxins and poisons in them, along with a programmed perception of a limited reality, they don't care about themselves or about anyone else. They become selfish and lost in the identity of the person they think they are. They are cut off from Source and instead are broadcasting their controller's programmed rhetoric and are happily trained Agent Smiths, Karens, Daves. They are the NPCs just operating on their programming and not able to think independently from a more objective perspective. They are sceptical and cynical of anything that challenges their programming algorithms and will attack those who challenge the collective "mind-slave system."

This is how the mind and psychology of the false ID ego construct is maintained and how the mind's perception of reality is then cut-off from the divine-spark Source connection that's within them.

Institutional Brainwashing

To maintain control of the population you have to use punishment as a stick, but not only that, you, as a state, will use all sorts of ways to make sure your population are hypnotised into patronising and defending the system. As the system has hypnotised minds to perceive their subjective realities in a collective program.

Social Engineering

Having been indoctrinated, conditioned, and hypnotised through repetition, reward and punishment, the hypnotised brainwashed individual is then released from educational academia into society with that prerequisite mind state and controlled perception of how they see reality. Into the social engineering programs and following faithfully the social norms. This predictive construction of the perception of self, along with the scripts about what reality is to them, is needed to maintain control over how the population thinks and reacts predictively to media and social narratives. You now have a population that can be fed news media narratives that they react to, and those reactions are then manipulated through predictive programming.

The population will comply to the narratives believing them to be truth and predictably respond as desired by the state.

There are many hundreds of different socially engineered programs running narratives and operations going on that shape the culture and even the national identity of that country or state. The aim is to create public opinion to justify an action or agenda of the state and to make its population compliant to those directives.

Their goal for controlling humanity:

Anti-human

Anti-God

Anti-Life

Anti-Children

Anti-Connection

Anti-Love

Anti-Human

When a mind has been corrupted, its consciousness can no longer see itself and becomes enchanted by hypnotism. One of the worst forms of enchantment is to justify

abusing and killing other humans because the hypnotised mind has been polluted with hatred for others they consider less human.

Anti-God

There is no mention of Jesus at Easter, all you see are Easter eggs and bunnies. They allow preachers of different faiths to preach on the streets but arrest Christians doing the same. They rebrand god into their own versions that justify killing others.

Anti-Life

The cancer Act preventing cures, the bioweapon depopulations agenda to make profits. The governments not allowing you to generate your own fuel and self-sufficiency. The power and utility companies chaining you to their subscription enforcement. The courts and Judges separating parents from their children, the gender wars, the trans movement denying men and women's rights while demanding their own at the detriment of others. The financial debt tools to keep you in a debit state. The jabs from birth giving us built in obsolescence and then being blamed for our illness as a result of lifestyle choices and not the jabs or medical intervention from birth and injections being the cause. The exploitation of children, the trafficking of humans, organ harvesting, turning it into fast food products. The wars to make profits from. The list is endless.

Anti-Children

The Reverse Transcriptase in the jabs, the child abuse by the people in power, the anti-heterosexual agenda of dividing families. The indoctrination of the youth against their parents isolating them to program them at school and through academia.

Anti-Connection

Closing down social gathering places and events, preventing congregations and having their own beliefs that go against the state. Preventing social gathering through lockdowns or 6ft distance apart, forcing people to not see their families. Stopping protests that are not the planned opposition ones run by the state against the state. Documenting, tracking, monitoring and recording your movements and who you associate with. Surveillance of the population through their phones and other tracking infrastructure. Demonetising, de-platforming, censoring accounts, banning accounts, correcting people's free speech through apps and social media. Banning alternative social media from countries so censoring alternate views and beliefs and information. Making pubs and clubs close down, withdrawing funds from mental health and other social welfare

Anti-Love

The aim is to set partners in conflict against each other, to make people so tired from working that they have little time for their families, and to atomise and split families up,

so that the children can be isolated psychologically from accepting their parents' guidance, instead being programmed by the state education systems.

To create a society where religions are death cults following dead people and celebrating them. Following religious dogmas to control the masses, controlling their minds in a collective rules and punishment-based system. To socially engineer hedonism and entertainment, to teach children about sex and sexualise them. To watch endless programs and movies about killing and violence, war and all sorts of conflict and drama in mainstream media.

To prevent social gathering where people meet and form relationships. To promote women's rights above men's rights and promote trans rights above both.

To pollute the psychology of how one gender sees the other gender. All this and much more makes people programmed. With lack of empathy and care for themselves or others, resulting in anti-love and depopulation.

Reluctant Compliance

So, people are funnelled and herded into systems that were sold as good things or popular things or useful things. Only for those systems to turn against their subscribers once they knew they owned the market and could dictate whatever they want on their terms and conditions. Updating their contracts and charging premiums for advertising and marketing products etc. Subscribers have been and are reluctantly compliant because their friends, family, lives and business are now intertwined into these platforms and apps, making people dependant on the technology. We have all seen violence and sexually explicit content that we have not requested come on to our media feed. We have been exposed to content that we would not have chosen to watch or look at if we were given the choice. The result is that people who subscribe to those digital products are also having to reluctantly comply to them or be restricted or banned. Connections to friends or earnings from business being cut, fact checked and censored. Free speech is now being filtered and monitored through these various apps and digital products. People begrudgingly are compliant because they have become dependent on giving their lives and powers away to corrupt systems of control.

Rapid World Changes

We live in a world that has changed radically within just the last 5 years.

Since the death of the Queen, since the bioweapon program rolled out across the world in 2021, and the changes made in compliance to those directives, there is a certain amount of the population that did not comply. They saw what was happening and in good conscience decided to take themselves out of the corrupt system and find alternative ways to earn money and survive that does not involve harming and murdering people en masse for the state.

The Freedom & Truth Movements

The protests, the marches on parliament, the state petitions, the judicial mechanisms, the ever-increasing dictates and new harsh laws and imprisonment of freedom protestors and activists. The censorship of harms done by the state and big pharma. The apparatus is the state institutions and social engineering of compliance. The indoctrinated slaves upholding the system of division, the hypnotised arm of the population defending their murderers and helping the state prosecute depopulation under a false premise it's preventing harms. All these brainwashing techniques and truths about who runs the world came to light as people started digging.

Many people discovered that our modern western societies are just constructed to harvest humans and the systems ways of despatching humans through death pathways.

Big psychological self-realizations that the further up the chain a person is in terms of prominence or status, the more likely they are compromised morally and ethically in some way.

Many allegiances to the cabal have been revealed, many files disclosed about all these various crimes. Politics has collapsed and there is not one single candidate who isn't compromised in some way, shape or form to head up a new independent freedom party.

So, the truth and freedom movements have evolved as new information has come to light.

Even so, the truth and freedom movement was still plagued by certain issues. People who are rightly angry at the injustice would get stuck into loops of anger, stuck on their particular life's story of how it happened to them or they experienced some sort of adverse effect. You would get the community groups springing up with all sorts of interesting perspectives.

Community groups would gather and people would be asked to speak about their pet peeve or trigger. The flat earthers, the chemtrailers, 5G masters etc all stuck fighting the system in some way. The spiritual movement also with its influence and ideas blended into these truth and freedom initiatives.

Lots of people searching for answers, looking for lawful redress through the legal system, which is flawed psychology still because you are expecting your jailers to accept your rejection of your slavery and compliance. You are still entangling in their system that is rigged against freedom and managed by slaves of the controlled opposition.

People were looking to high profile and well-respected individuals like doctors or politicians to speak for them. Many doctors did and got struck off or murdered or smeared by the media as dangerous. Slowly it became apparent to some that all the

supposed democratic mechanisms to protect the public from harm were removed or were just a front only for fooling the masses that they lived in a caring democratic society that upheld human rights. Some still choose to entangle into the legal system that is corrupt, some still are looking for saviour politicians or trusting mainstream or controlled alternative media. So, it's a mixed bag the freedom and truth movement as it has a mixed collection of all walks of like and each with their own story. Mostly because of suffering that they had woken up to the corruption in some way. They could see the system was broken and have worked out that it isn't actually broken, it's working as it is supposed to. It's just their perception has realised the system is a controlled system of slavery that brainwashed their population from an early age into thinking they live in a free and Democratic society, and they never did, only were hypnotised into believing that.

Suffering motivates Change

Many people are still suffering from all these world changing events, the changes in our governments to our controllers, the changes in our perception of what freedom and truth is, the changes in world politics and changes throughout all society and in each of our lives.

Many are still looking for solutions or answers or healing.

Suffering motivates change, there are also other motivational factors, like love, that provide energy for change in people. Some people are also not aware they are suffering and will class it as just normal life, not knowing other kinder ways to live with supportive people around them. So don't even consider they're suffering too. It can be long term or short term, can be instant or a slow creep, suffering isn't always about physical pain it's also psychological.

Many people who still have their own ethics and morals intact were driven out of the Matrix. Their whole understanding of themselves changed as they realised that they were and are no longer aligned with the death cult brainwashing slavery matrix and seek alternate perspectives.

Shifting Nature of Time

As the cabal playbook unfolds it is starting to be clear what the agenda for the future looks like from the minds of those that would wish to control us. The characters that seek control over your own freedom and who profit from harvesting your data, your time, your energy and earnings have been revealed. In every which way possible by hypnotising you first and capturing your consciousness by brainwashing you into thinking you are free.

So they want to shut down the world economy and independent business and force everyone into their corporation's business. They want to remove cash and replace it with

an ai controlled punishment and reward digital money system of compliance. Along with the digital identification and tracking and monitoring of what you consume, do, say, where you go and what you think. It's clear that any form of entanglement with government or corporations is entanglement into their one-sided system. So, people choose to go off grid or live in vans or camp or move abroad etc to get away from all these forms of slavery.

Contracts

Mortgage, Marriage, Employment, Status and responsibility, Credit scores, indemnity, credit and debit. All financial and social forms of control. Life is constantly changing and contracts etc cannot reflect that change over time effectively. Especially not through the legal system or human rights justice system either.

These are the chains if you like, that make you dependent on the state to survive but not live. These are all the types of bonds that keep people locked into debt and trying to pay off interest only.

Pivot Point

At some point in one's life there is a pivot in thinking, where you realise that you no longer wish to participate in a toxic system that makes you suffer and puts you under duress.

Most people don't come to this realisation because they are still believing in some hope or form of justice coming to fix it all. Or some saviour politician etc. it doesn't work like that because all those mechanisms are to enslave the mind. Using your hope for better things and false belief or programming to have faith in the system working things out.

What is Real Anymore?

Things will eventually return to more order but meanwhile the chaos and crumbling of all areas of our lives is happening and people are not knowing what is real anymore, or who to trust.

Psychology causing Changes

So, what happens is you go into introspection, you observe and try not to entangle, you change your psychology about the reality you once thought you knew. You start to withdraw your support and trust, and your close relationships change as you evolve while other remain lost in the system protecting it and calling you the crazy one. How ironic they cannot see what they are upholding. All that human conflict and competitive and violence and division and death. No good.

They are blind and are justifying their actions in an ignorant ego construct.

The Holistic Way

Ways to detox the body

- From processed foods and drinks for more whole natural unprocessed foods and drinks.
- Reduced alcohol consumption.
- Increased natural medicines.
- Craving more sunlight and daylight.
- Earthing and grounding more.
- Reducing and removing digital products. Less reliance on tracking products. No SMART meters etc.
- Wearing more natural fibres like cotton and linen etc, less synthetic fibres.
- Being outdoors in nature more and absorbing those natural frequencies and elements.
- Getting regular rest and play help to recharge and vitalise the body.
- Following your natural cyclic rhythms and getting plenty of sleep.

These are ways to improve from being too tired, too overwhelmed and reducing anxiety and stress. Along with the assistance of others in a non-judgemental supportive space, people can also remove the toxic programming and victim psychology, they can start to become creator beings once more.

The Whole-Body System

Psychology detox

With holistic principles it's not a fashion statement, it's more a real transformative process of detoxing the mind and body and providing information that is much more aligned with a different lifestyle choice. No one is forced into holistic living; it is chosen by them as their free choice. In holistic practice we consider the whole of something and not the separate parts. Spirit, Mind and Body.

With an emphasis on supporting others who choose to also support you.

Pro-Human

What common themes unite us, giving our presence and attention to ourself and others. Bring less judgemental and more tolerant.

Pro-God/Source

Helping people to find their inner light and natural true calling. Not dictating to others who or what to believe but allowing others to have their own beliefs as they allow you to have your own personal beliefs too. Knowing the divine within you, encouraging that aspect of you to come out. Knowing there is a divine intelligence to all life, regardless of its names and labels.

Pro-Life

Pro creativity, sex and body positive attitude, self-confidence without arrogance. Helping unite people along common themes and what we share. Encouraging nature and stewarding nature, creating more harmonious systems with nature that are long term sustainable for humans and the planet.

Pro-Children

Thinking at least 7 generations ahead and how to help the young grow up in less harsh environments or in less abusive families.

Helping young minds follow their passions and learn real world topics that can help them be resilient and resourceful and thrive.

Pro-Connection

Creating good times, fun, happiness but also most importantly, creating meaning. Finding out what works to create more authentic connection and doing it.

Pro-Love

Of course, the main thing to hold on to, the one thing that can bring you back to sanity and normality, is love. Love of the self in a non-egotistical way, love of others from that love of self. Love of the life you have and the person you are. Creating good friends and relationships that are of love. Realising that your love is like a nurturing gift for others, it helps them to do the same from a place where they thought they could not. But seeing and feeling your love for them shows them it's possible for them to love themselves and others too.

Once we are each at inner peace and have pronia (the mindset that the universe works in our favour) then as manifesters of reality what we think into being, becomes visible.

We are pure love, but we forget that we have still yet to meet people who will love us very much too. And we also forget to say "I love you" to the most important people in our lives on a regular basis. So that's a good place to start living a more holistic life in more balance and harmony with yourself detoxed and with nature. So, less pollution all round.

Organise

These people who choose a kinder outlook on life in service to others are organising themselves into supportive communities now. Realising that the people in your local town or city that you know are the ones who are trustworthy. The people who are altruistic and kind and supportive of others.

Many templates and models are being put into practice and by their merits they will grow or fade.

I do know that it's a slow organic change and it's not a movement as such but a psychological change of lifestyle from self-realisation about the previous lifestyle.

Free food networks, helping local farmers, making naturopathic medicines, providing healing services, lawful advice to rebut corrupt claims, community gardens and growers and producers and many other holistic projects.

So Positive Living Communities is one such holistic community supporting each of its members to thrive and detox from the old system and find what works for them after their mindset shift.

Not By Appointment

No one appoints you a role or a career, you find your own through your interests, skills, experience and passions. You find your own niche and are celebrated by others and supported whilst you establish your new priorities.

Holistic Community Sacred Spaces

Supportive sacred spaces like little high vibe sanctuaries where supportive members of the local community come together and help maintain local food producers and local customs and local trades and local economies.

Having friendly social gathering and making new local friends whilst doing it.

I've seen the changes in people and how with the right support they can thrive and so that is proof the PLC is a growing energy system and helping people to come out of the slavery matrix and start to live a life they are in control of. As these holistic communities start to organise and become long term viable sustainable options, many more people will come to see that the old system is crumbling exactly because it was not sustainable. Better holistic ways of living and health and society are making the old one obsolete. Come join the party, it's much better on the other side, haha!

Much love!

