



32. BUILD TRUST.

- * Have frequency of interaction.
- * Make small agreements and KEEP THEM.
- * Have a long term viewpoint on meeting our challenges.
- * Hold your common VISION for a bright future of the more beautiful world.

Greetings to curious and enquiring readers.

Clear, transparent communication and shared Vision for the good of ALL Life is the backbone of TRUST.

Charles Eisenstein, a 53 year old American teacher, speaker, and writer is a relevant communicator. He says:

“An increasingly medicalised society thinks, ‘we know better than you what your body needs’ This is reinforced by the attitude of, “We know better than you do about what is good for your mind as well as your body. We control what you read and watch—for your own good, of course.” This is very disempowering. Keeps people like puppets and stops, or delays, individuation and self responsibility.

Citizens are deprived of their rights as full, sovereign adults.”

“ People in power must listen. Doctors have a responsibility to listen to their patients and see them as full, dignified human beings who, in every instance, may have knowledge of themselves that the doctor does not.

Politicians have a responsibility to respect the public, not manipulate it, not “message” it, not hide the truth, apply PR and propaganda. To treat us as full

sovereign adults. The current social crisis, of which of which the health crisis is but one aspect, will only resolve with honesty, transparency, and respect.

Drug companies, regulators, public health agencies, doctors, and scientists have to stop manipulating, cheating and hiding, bullying, censoring, bribing and coercing the public. Honest laboratory, clinical, and demographic research, untainted by financial gain or political power and conducted in an atmosphere of goodwill for ALL Life, could reveal whether the vaccines are likely to be useful and safe. Until then, we will refuse to receive an injection pushed upon us by people we do not trust.” Charles Eisenstein

What can you do personally to inherit your full humanness?
Feel, name your emotions and breathe belly breaths. Meditate. Write in your gratitude journal. Be very kind to yourself and others.

Speed up the connection between right and left brain. Integrate = Integrity. Bring together the qualities and support you need to become the wholesome, empowered, sovereign person you really are.

With so much love and gold stars. I believe in you. You can do it. Keep going.



Skye

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