

I've not subscribed to this Channel because as much as I like Rick & Doc, I'm not a bible bashing Christian. I don't believe God had just one Son, but that we are all the Sons and Daughters of God.

I share this snippet because they unearth truth that isn't available elsewhere:

<https://www.trunews.com/video-article/fbi-undercover-moles-infiltrate-catholic-churches-to-spy-on-patriotic-christians>

You always get the first part of their program (about 15 mins) unless of course you want to pay...

I share their firm views about the woke left and who the enemy of Humanity is – Zionism. They say that Trump and Kennedy are both Zionists and we all know that Biden is a self-confessed Zionist. So does it matter who wins next year? Time always reveals the truth...

Anyway, do have a listen and they have many more interesting links on their home page.

It's the 7<sup>th</sup> December and the Christmas season is upon us. I am not sure I can celebrate this year. I am utterly dismayed and disgusted by the slaughter of the innocent Palestinians by the Zionists.

That said, I know that I am not my mind because I can observe it. That should be some comfort to everyone and that is why I mention it. Please don't be disturbed by what your mind throws at you because you are not it!

Let it contemplate what is unreal (fantasies) and it will disgust you at times. It's just trying to bring you feelings and make you emotional. Stay in 'observer' mode and keep reminding yourself that you are not your mind. So what use is it to you?

*The righteous use of one's mind is to be constructive and creative. Let's just use our minds for that.*

It's heavy rain outside my door, but I always easily adapt to changing environments, don't you?

I only have beautiful experiences...

My knees give me some challenge when I walk my dogs, but I am always able-bodied, aren't you?

I am fit, healthy and strong...

The World can melt away around me, but I am always in the right place at the right time...

Your daily affirmations list is really important and I'm just trying to give you a few ideas...

We are all living in perilous times. We are all really Palestinians. What is happening over there can be on our doorsteps tomorrow. Humans tend to focus on compensation for their dead loved ones and stay silent when it comes to the genocide of a distant nation.

The Zionists rule the World. They are master conmen and conwomen. Can they be stopped? It's possible but very doubtful. Let's hope Trump gets a second chance and he proves to be a thorn in the side of Zionism. If he's one of them, it will be full steam ahead towards mass enslavement...

Can we rely on him? Definitely not. Can we unleash our minds? I'm working on it – are you?

~ Gary Bate of whatstress dot com.