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Portfolio of Thoughts

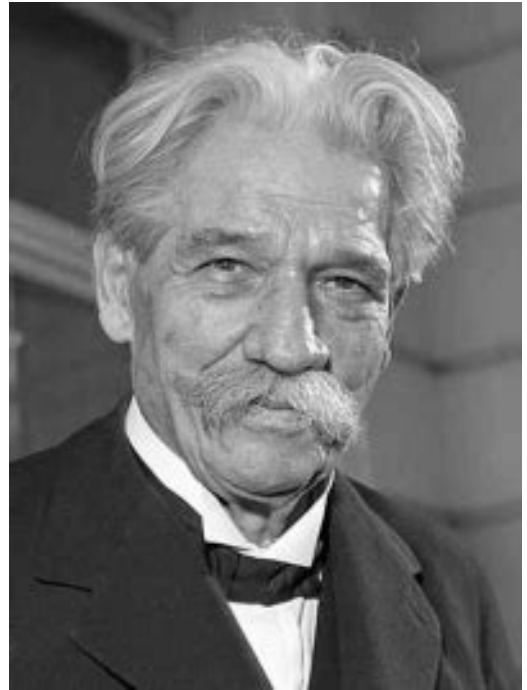


Jodi Picoult

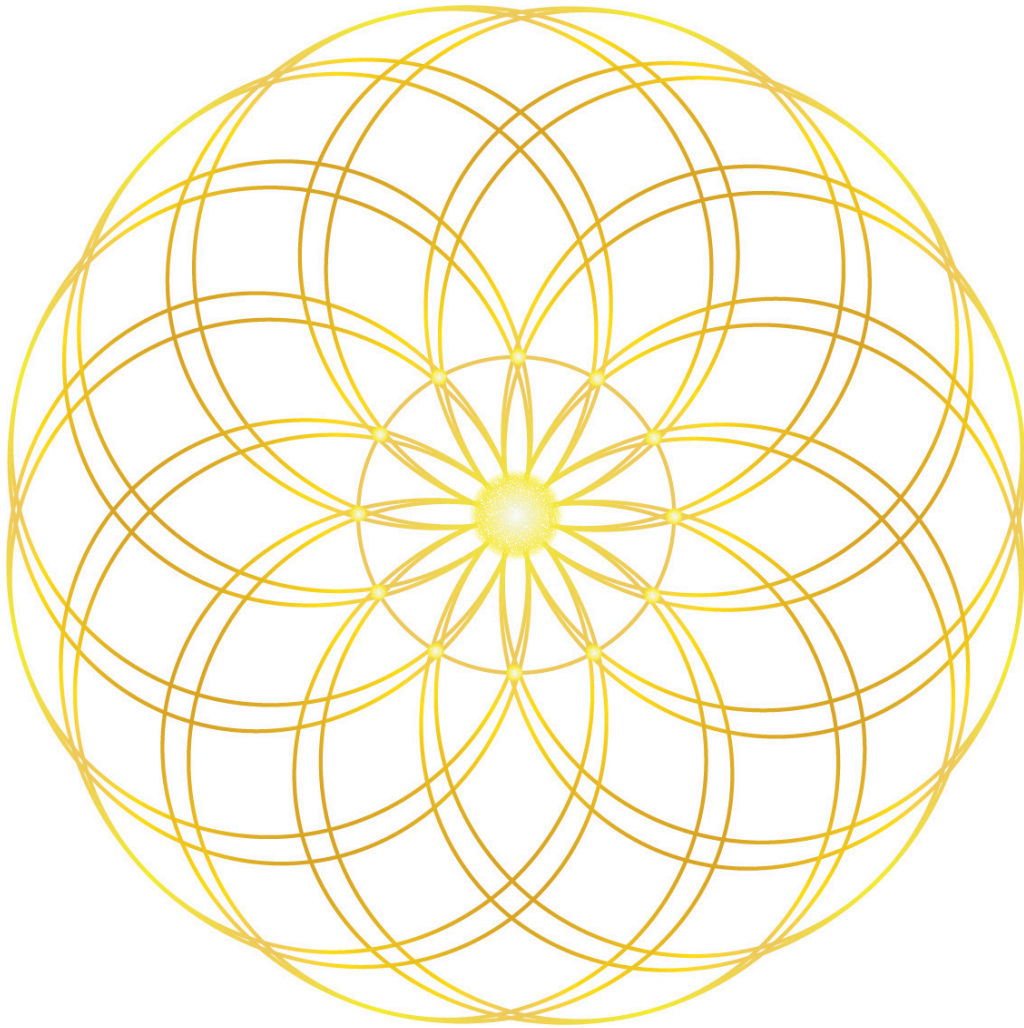
“The idea that somebody’s life is more worth than another’s, is the root of all evil here on Earth.”



“Humanitarianism consists in never sacrificing a human being to a purpose.”



Albert Schweitzer



FLOWER OF LIFE
(The Symbol of the Cycle of Life)

Our thoughts are going to all the victims of the Ukrainian war – to Ukrainians, Russians and to all people in all countries around the world for we are all victims of this war; we are all exposed to physical, psychological and societal dangers, violence, and crisis.



Let all of us be opposed to all forms of violence against innocent people. That includes all wars, all kinetic violence, but also vaccine violence, medical violence, hospital homicide, biological warfare, economic warfare, censorship, government propaganda, journo-terrorism and everything else we've all been subjected to, especially under these past two years; under covid, the Ukrainian war and other narratives!!!

II. MONTHLY THOUGHTS

WARS; TEN COMMANDMENTS OF WAR PROPAGANDA; HEADLINE THINKING

WAR IS WRONG IN ALL ITS FORMS!!!

**“The idea that somebody’s life is more worth than another’s,
is the root of all evil here on Earth.”**

(Attributed to Jodi Picoult)

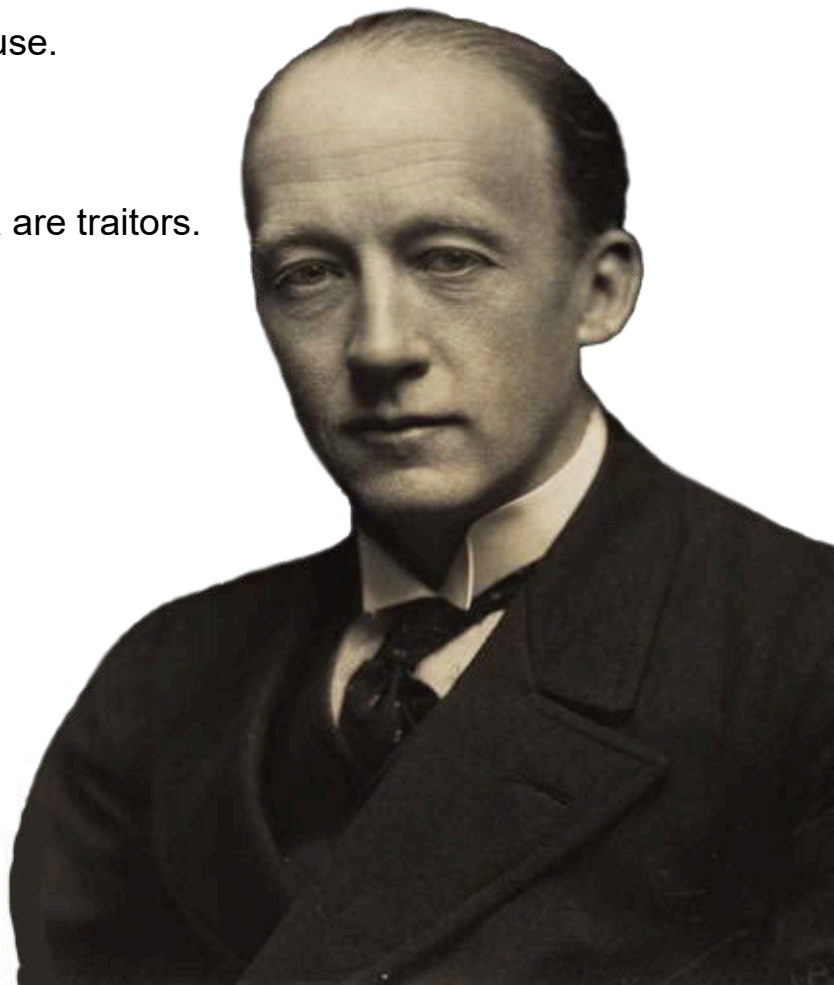
**WE ARE
ALL BORN
EQUAL**

“WHEN WAR IS DECLARED, TRUTH IS THE FIRST CASUALTY.”

Ten Commandments of War Propaganda

1. We do not want War.
2. The opposite party alone is guilty of war.
3. The enemy is the face of the devil.
4. We defend a noble cause, not our own interest.
5. The enemy systematically commits cruelties: our mishaps are involuntary.
6. The enemy uses forbidden weapons.
7. We suffer small losses, those of the enemy are enormous.
8. Artists and intellectuals back our cause.
9. Our cause is sacred.
10. All those who doubt our propaganda are traitors.

--- Arthur Ponsonby ---



All big decisions about wars, sending weapons, buying in vaccines in huge quantities, etc. have been taken and are being taken without even asking or consulting the taxpayers, the people. Although it is the taxpayers' money which is being spent on those unnecessary and unwanted huge costs! These decisions have been made and are being made over people's heads! **Who gave the governments the permission to do so? That is a very relevant question to ask those leaders.**

They are spending, rather scattering around the money of people on unwanted and useless things!!! Here, e.g. in New Zealand, more and more people are starving; many of them are homeless. There is a frightening and ever-growing poverty which is present in this country. People, in general, work for slave wages without any appreciation; the housing conditions are miserable, people are getting ill because of the very low standard of existing building routines and implementations; prices in general are rising at a horrible rate; and the list just could go on.

So money is very wrongly spent on things that people don't want. Although it is the people who have been worked hard for that money!!!

Even a small country like New Zealand is sending weapons to Ukraine...


SO THAT ALL KILLINGS WOULD BE MORE EFFICIENT AND COULD CONTINUE EVER LONGER OVER THERE...

The peace-loving New Zealand...

BUT ACTUALLY, WHAT PURPOSE IS THIS WAR FOUGHT FOR??

As all wars, it is about power- hunger, greed and gaining more wealth for a small group of people!
As in all wars, many innocent people are and will be forced to sacrifice their precious lives in one way or another for the sake of that small group so that the members of it can prey upon more riches while the rest of the people are getting poorer and poorer and living in big danger! And that small group won't sacrifice anything! They never did!





Do we, the innocent common people want to continue like this? Do we want to sacrifice our precious lives for their sake, for nothing?!!!

We just had the Anzac day here in NZ... With all respect and without wanting to diminish the glory of those people who made big sacrifices back then...

But if we value life above all, which we logically and reasonably should do, then we have to ask: Why on earth, for what reason did Australians and New Zealanders actually take part in World War I? So far away from home? What was the purpose? To fight for the Queen of England and for the British Empire? For achieving what? Was it worth? To voluntarily kill so many people and get killed? Was it for some kind of honour that we may not quite understand any longer today?..

According to Britannica approximately 13,000,000 civilians and 8,500,000 soldiers died during the World War I. Among the dominions of the British Empire, New Zealand had the highest percentage (5%) of its military-age men killed! The loss of 18,166 men and women severely affected the small communities.

Two-thirds (12,483) had fallen in the 30-month Western Front campaign, which remains New Zealand's most costly. Of those who survived, many were maimed or suffered from shell-shock (post-traumatic stress disorder), imposing a longstanding burden on their families and communities.

Now then, if you really and highly respect life above all, your own life and others', then you realize that all wars are nothing else just a huge waste of so many innocent and precious human lives!

And in addition you can also realize that the so-called 'conflict' which the members of that small group kept referring to back then still wasn't solved after the World War I. And it still hasn't solved and never will! Unless their vicious greed and power-hunger are cured first!

That conflict never has been and never will be the conflict of the innocent common people! The rest of the story is just brainwashing!





“The World War II was in many respects a continuation, after an uneasy 20-year hiatus, of the disputes left unsettled by World War I. The 40,000,000 – 50,000,000 deaths incurred in World War II make it the bloodiest conflict, as well as the largest war, in history.” (Britannica)

A very important question arises:

How could a small group of psychopaths force so many people to kill each other in such an incredible quantity during World War I and II? And how could they do so in all other 'conflicts' and wars of our history?

What kind of inhuman force has been reigned on Earth for eons in the shape of governments and rulers?

Yes, it must be just that! An inhuman, that is a not-human force, a vicious enemy of the human race!



Nowadays the superpowers and world leaders are 'playing chess' again, using the population of the world as chess-pieces for their own profit hunting goals.

Just like they always did... And these world leaders are ready to sacrifice millions, rather billions of innocent lives, without any compassion and remorse. It's really very disgusting, and very-very psychopathic, rather Machiavellian!!!!



We, the people should not
participate in their
dirty games any more!!!

Is the economic profit of a certain small group of psychopathic people (or not humans) more worth than the PRECIOUS LIFE of Yours, Mine and Everybody else's?!



THE ANSWER IS A BIG NO!!!

Let them, this small group fight their own battle! Let them place, all of them, on a deserted island. Let them decide their game among themselves by any means it suits them, harming each other as they want, without being able to harm others! We, the common people, shouldn't be involved!

We don't have to believe in and do everything they say! We don't have to hate each other and we absolutely do not need to jump to each other's throat just because they tell us and so cunningly encourage us to do so.

It's high time to realize



FOR US ALL:
**WE
ARE
NOT
EACH
OTHER'S
ENEMY!**

OUR REAL ENEMIES ARE THOSE WHO ORCHESTRATE WARS, WHO DON'T HAVE ANY HUMAN MORALS, COMPASSION AND LOVE; WHO FOLLOW THE WISHES AND TEMPTATIONS OF THE TWISTED NEGATIVE ENERGY FORCE FOR KILLING, TORTURING PEOPLE AND MAKING THEM SUFFER ALL THE TIME!!!

It is very easy to see that this negative force and their servants and puppets, the superpowers and world leaders want only one thing: more and more power and control over people, at any cost; inter alia through fascistic censorship, total and brutal military, social and medical control. You must ask yourself: Do they wish exterminate the majority of people as the last step?!!! These world leaders and the servants and puppets of the negative force should or rather must not exist and live among us here on Earth!

As we know from stories of elderly people and from historic sources the World Wars I and II were terrible. And then we have a frightening chronology of U.S. military interventions during the after-war period, like the Vietnam War (1961-1973), Beirut, Lebanon (1982-1984), Grenada (1983), Tripoli, Libya (1986), Panama (1989), Persian Gulf War (1990 – 1991), Somalia (1992 – 1993), Haiti (1994), Bosnia (1995), and you name it. And God knows what the Russian and other leaders were up to during this time...

Regardless if you live in a western country or in Russia, we all are exposed now to 'one-sided communication' (= you are allowed to get all information and news only from one source, determined by authorities). One-sided communication is always biased, with fascistic and despotic censorship which has always been a sign for harsh, evil and unmerciful war times. Apparently history keeps repeating itself. Only one-sided communication was allowed during the nazi time; the same thing happened during the far-out socialistic time... And now it is happening again.

A couple of weeks ago there was a discussion on social media about the Ukrainian biological laboratories. The discussion might miss one important question: Why on earth, and for what purpose do scientists conduct experiments over the whole world that are incredibly harmful

to human life and can be used as deadly biological weapons? WHY? Why in Ukraine, and why elsewhere?!!! Nowhere should these kinds of experiments be conducted! All such research and experiments must be banned immediately!!!

All these kinds of things show us clearly that we all are living in an extremely mad and dangerous time! Our future history will, with all certainty, show that today we are just as misled, manipulated and indoctrinated as our forefathers were back then, during the World War I and II, and also other war and conflict times.

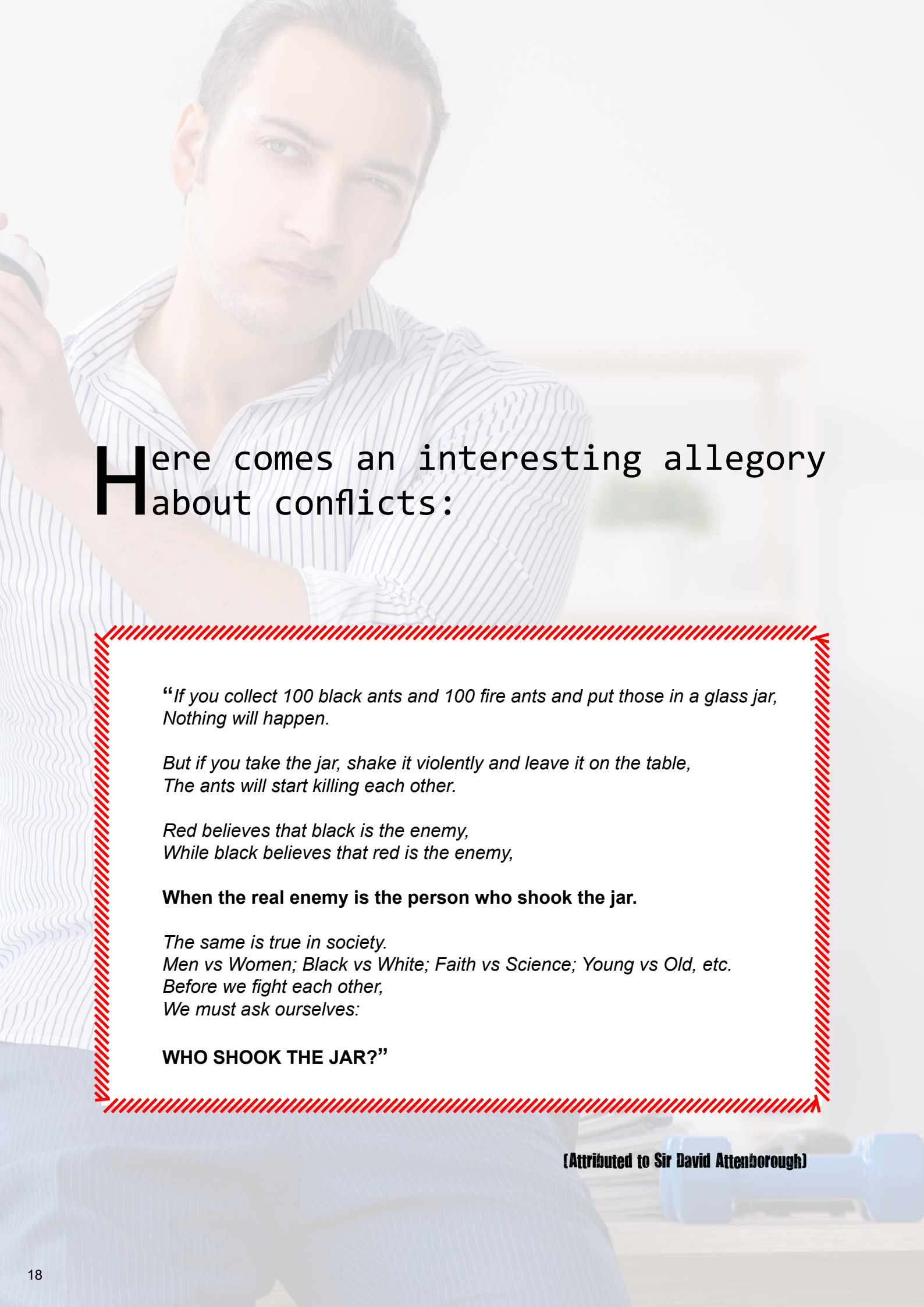
If you are a trained negotiator or mediator, or you just have common sense, then you know, you see and experience that some people just cannot manage to listen patiently to different views of others, and they don't want to acknowledge that others also have the right to own another and different opinion from theirs. These intolerant people are badly biased and also emotionally blinded; therefore it's hard, rather impossible for them to see clearly and to make correct decisions. They don't want to have knowledge or facts; they just keep on, often in a very angry and aggressive manner, parroting views and opinions, which they hear from authorities and the mainstream media. But these opinions are not even their own opinions to begin with! These people have already become victims; they have been indoctrinated, manipulated and brainwashed by authorities, religions, relatives, traditions, etc., in order to take sides.

They don't think for themselves; others do that for them...

This is a dangerous and ignorant attitude even if it is quite common, especially in time of conflicts. *And it is exactly the kind of not-thinking and blindly-following attitude of people that is enormously exploited by governments and authorities for their own profits.*

An important question arises:

Have we learned anything from the mistakes of our forefathers?



Here comes an interesting allegory
about conflicts:

*“If you collect 100 black ants and 100 fire ants and put those in a glass jar,
Nothing will happen.*

*But if you take the jar, shake it violently and leave it on the table,
The ants will start killing each other.*

*Red believes that black is the enemy,
While black believes that red is the enemy,*

When the real enemy is the person who shook the jar.

*The same is true in society.
Men vs Women; Black vs White; Faith vs Science; Young vs Old, etc.
Before we fight each other,
We must ask ourselves:*

WHO SHOOK THE JAR?”

(Attributed to Sir David Attenborough)

IT IS ESSENTIAL, ESPECIALLY IN THESE TURBULENT TIMES, TO GET RID OF THE “NOT-THINKING” ATTITUDE AND OUR HEADLINE- THINKING!!!

WHAT IS HEADLINE – THINKING?

When a headline in a newspaper or a couple of sentences in any media platform catch your attention and you get very emotional about them, instantly taking the content of the headline as ‘the big truth’; then you have headline-thinking. You don’t bother about having any afterthoughts, or making some analysis or fact-checking. You just swallow what is said to you without thinking, and you choose to blindly believe in it. (See more about it in NLP – the Science of Change.)

If you just could take a step back and use some of your time for reading and thinking thoroughly through e.g. the body of the article, then you could often discover that the headline is misleading at best and downright fake news at worst. **Things are not as black or white as the newspapers and the whole mainstream media may initially want us to think when they attempt to grab our attention. Remember always that newspapers and the whole media business want desperately to sell and gain profit, to manipulate and brainwash at any cost, for their own profit and agenda; they don’t just merely show or tell you facts, events and happenings!** Their information very rarely contains the whole truth and if it does, then it is too often twisted! Sometimes something stated as an immutable fact in a headline turns out to be simply a guess or speculation, or even just a faint possibility, or opinion when we bother to read further.

So we should read, watch and listen to everything with much-much attention and afterthought.

Sometimes we all think in ‘headlines’ that can be incomplete or downright misleading. We hear, see or think something about others or about ourselves, and we instantly take it as the ‘big truth’, without any reflection, afterthought and consideration. This ‘headlines-thinking’ can be disastrous, leading often to anxiety and depression as an end result...

And now, to close this part, let us repeat the following thoughts once more:

We are opposed to all forms of violence against innocent people.

That includes all wars, all kinetic violence, but also vaccine violence, medical violence, hospital homicide, biological warfare, economic warfare, censorship, government propaganda, journo-terrorism and everything else we’ve all been subjected to especially under these past two years; under covid, the Ukrainian war and other narratives!!



**WE DO
NOT**

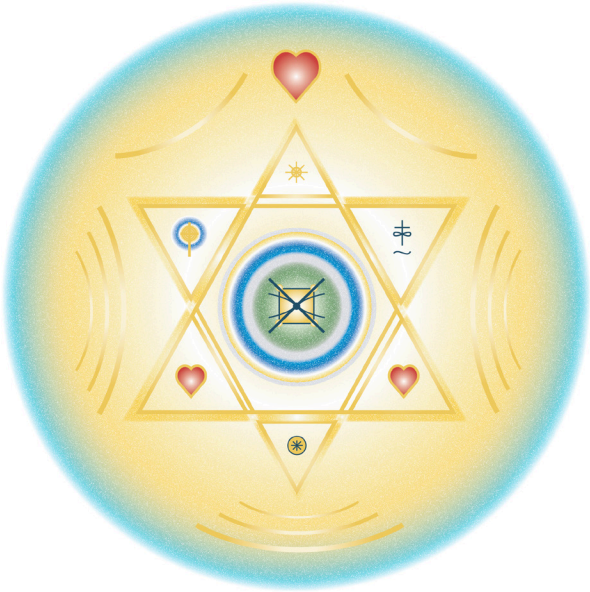
**WANT ANY
WARS OR CONFLICTS
ANY MORE!!!**



MONTHLY CODES

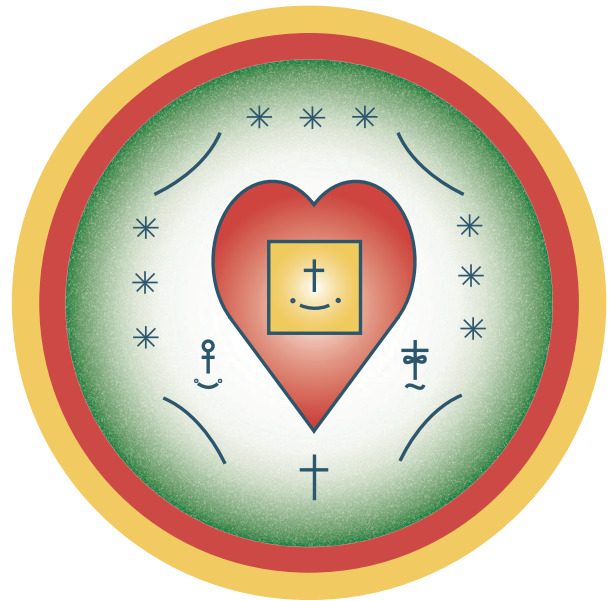
1. EIMES

In the name of the Almighty Light and Love Energy sending immediately all negative entities, all negative energies, all evil spirits and beings from Earth to the Divine Tribunal



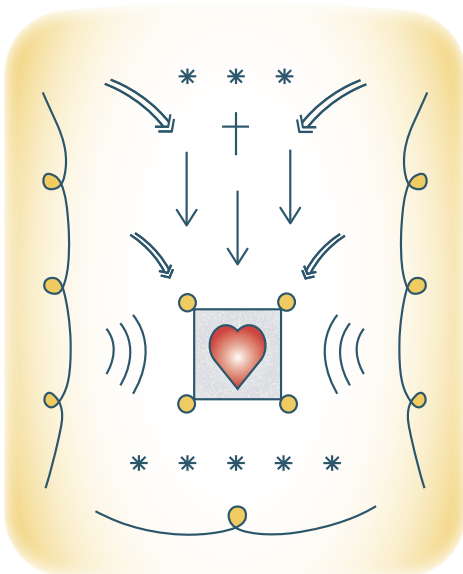
2. SIANES

Love and Respect for LIFE



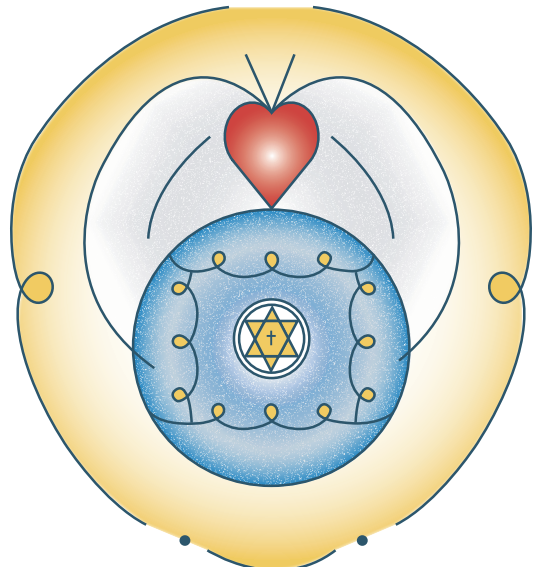
3. MERAS

Maximally Strengthening Human Goodness
(Eliminating Human Evil)



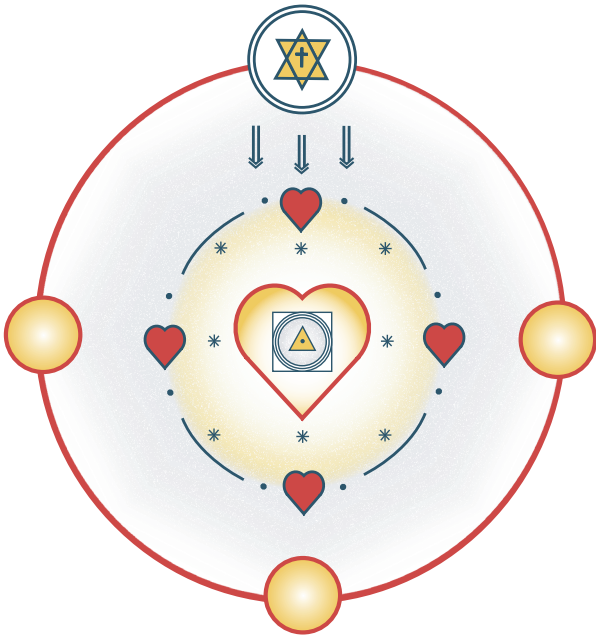
4. HINOTOS

World Peace
(The Elimination of Every War and Fight)



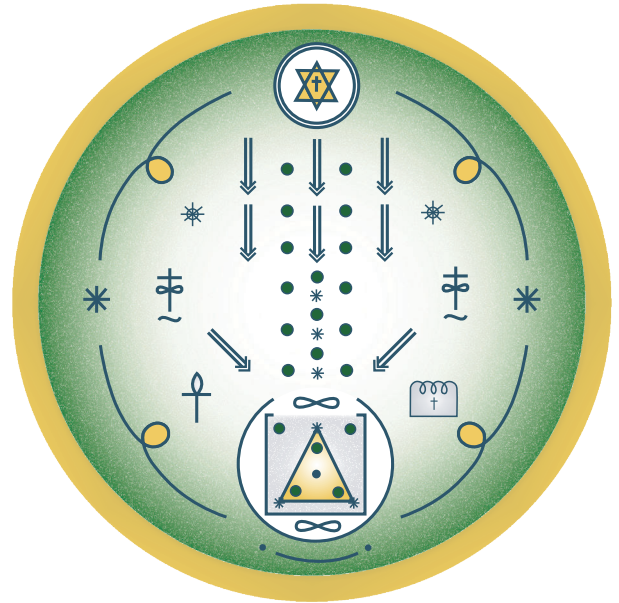
5. VATENIS

Manifesting Emphatic World Leaders



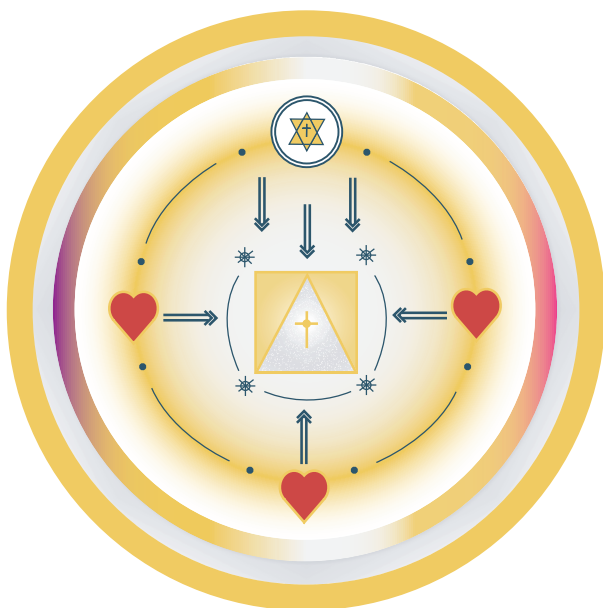
6. ATENIS

Worldwide Prosperity



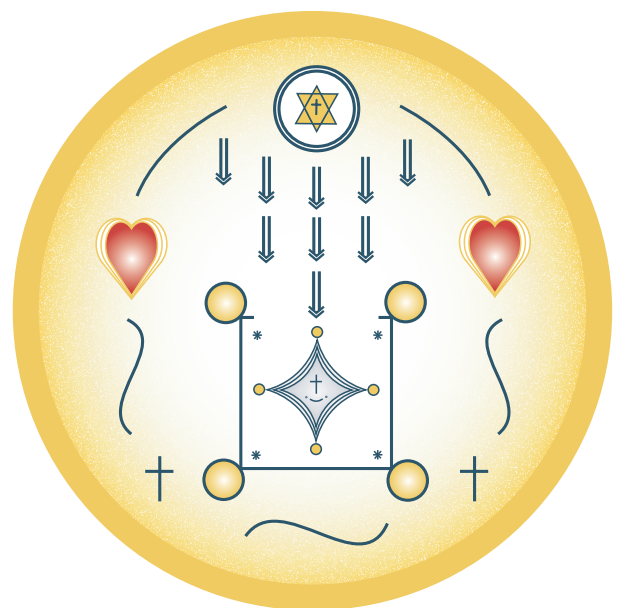
7. FOUNTIANES

The Source of All Creation's Arrival onto the Earth



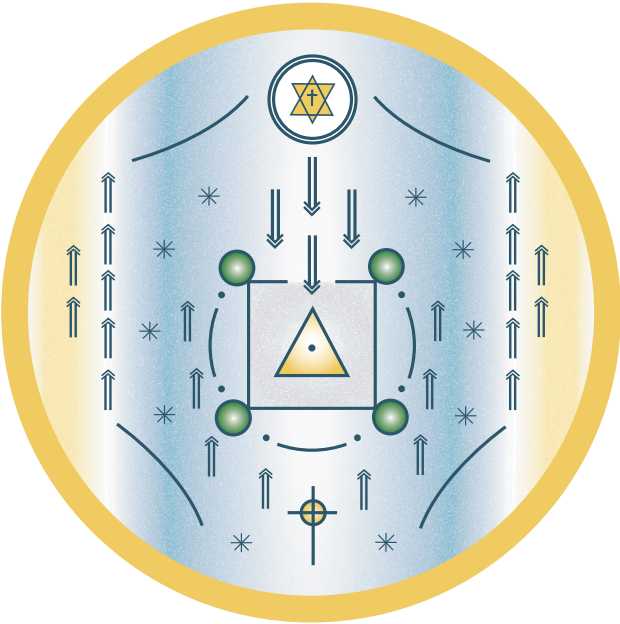
8. IES ENTEROS

Jesus' and His Government's Arrival onto the Earth



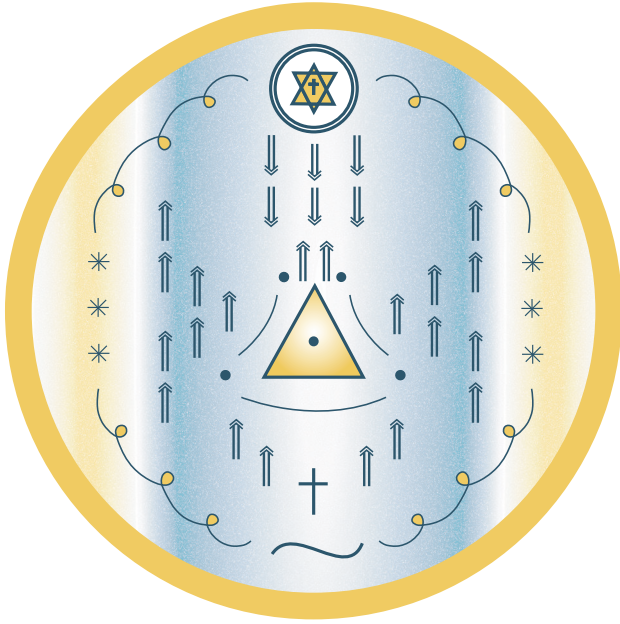
9. TERASCENDES

Earth Ascension Code



10. EASCENDES

Individual Ascension Code



Monthly Herbarium

PURSLANE



Purslane is known scientifically as *Portulaca oleracea*, and is also called pigweed, little hogweed, fatweed and pusley.

It is best known as a weed. However, it is also an edible and highly nutritious green, leafy vegetable that can be eaten raw or cooked. It is loaded with all sorts of nutrients, including omega-3 fatty acids.

It is a succulent plant which contains about 93% water. It has a slightly sour or salty taste, similar to spinach and watercress. It can be used in many of the same ways as spinach and lettuce, such as in salads or sandwiches.

Purslane has a long history of use in traditional/alternative medicine.

It contains:

Vitamin A (from beta-carotene)

Vitamin C

Magnesium

Manganese

Potassium

Iron

Calcium

Small amounts of vitamins B1, B2, B3, folate
copper and phosphorus

You get all of these nutrients with only 16 calories! This makes it one of the most nutrient-dense foods on the planet, calorie for calorie.

While purslane is low in total fat, a large portion of the fat it does contain is in the form of omega-3 fatty acids. It contains two types of omega-3 fatty acids, ALA and EPA. ALA is found in many plants, but EPA is found mostly in animal products (like fatty fish) and algae. Compared to other greens, it is exceptionally high in ALA. It contains 5-7 times more ALA than spinach.

Monthly Recipe

PORTUGUESE PURSLANE SOUP



Ingredients

3 tbsp oil
1 large onion
1 large carrot
4 cloves garlic
100 g of sausage
2 dl white wine
2 medium potatoes
3 l green herb stock / or chicken stock
50 g rice (2 handfuls)
2 bay leaves
¼ tsp cinnamon (gives a little warmth to the food)
purslane to taste, about 2 dl chopped
juice of ½ lemon
parsley or peppermint to taste

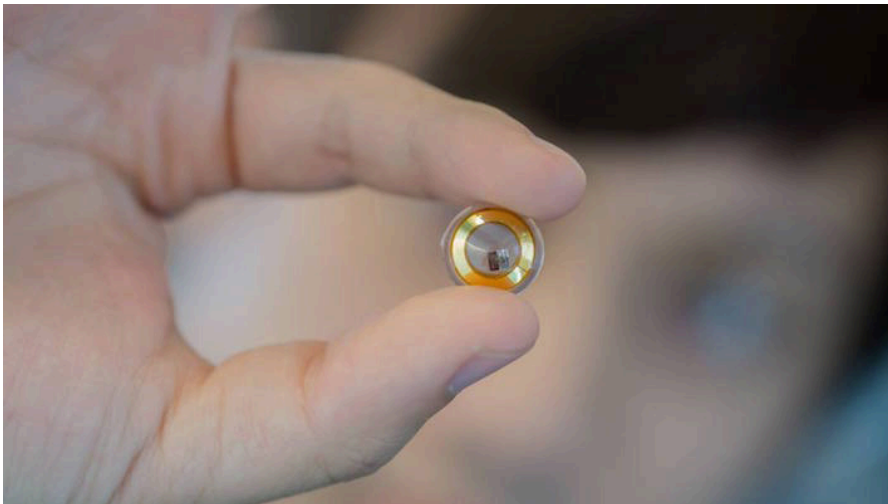
Method

1. Sauté onion and garlic in oil.
2. After a few minutes, add sausage, carrots and white wine.
3. Cook for a while.
4. Add stock, then rice, potatoes, cinnamon and bay leaf.
5. When thoroughly cooked, puree after taste.
6. Finally, add the chopped purslane.
7. Boil for another 10 minutes.
8. Serve with lemon juice, parsley or mint, and a nice slice of bread.

Monthly Joke

The teenager lost a contact lens while playing basketball in his driveway. After a brief, fruitless search, he gave up. His mother took up the cause and within minutes found the lens.

- “How did you do that?” he asked.
- “We weren’t looking for the same thing, she explained. You were looking for a small piece of plastic. I was looking for \$150.”



X-CODES SOURCE LIFE CODES

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For the new followers, more detailed information about the codes:
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How to Use and Enter the Source Life Codes: <https://www.youtube.com/watch?v=bxSfwOtlDOE>

The book X-CODES is available now from Xlibris in hardback, paperback and e-book.
<https://www.xlibris.com/en/search?query=X-Codes>

It can also be bought from Amazon and Barnes & Noble.

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