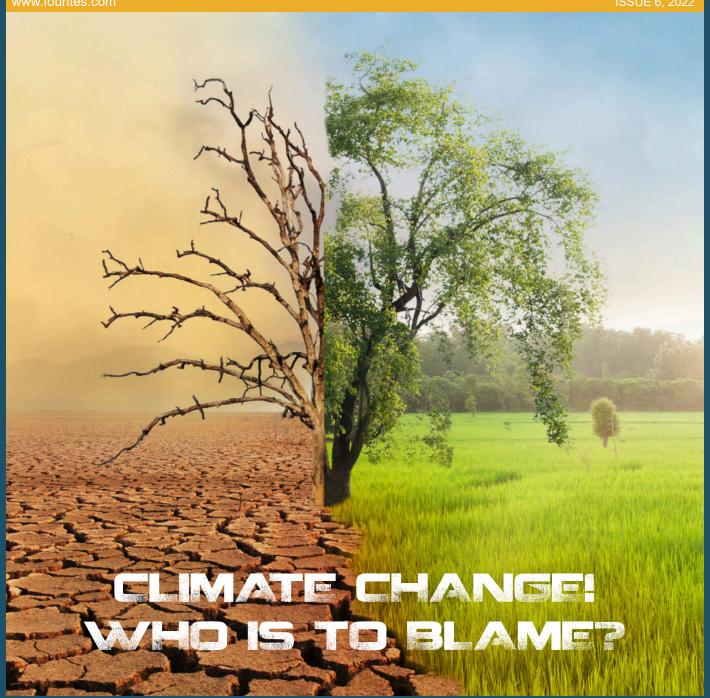
FREE!

BREZE





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Portfolio of Thoughts



St. Teresa Benedicta of the Cross, original name Edith Stein

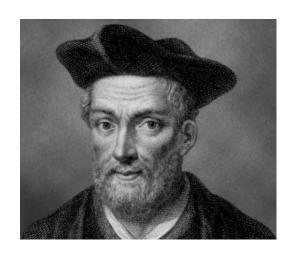
"Do not accept anything as the truth if it lacks love.

And so do not accept anything as love which lacks truth!

One without the other becomes a destructive lie."



"Science without conscience is but ruination of the soul."



François Rabelais



CLIMATE CHANGE! WHO IS TO BLAME?

We experience many natural disasters nowadays, like flooding, extreme droughts, devastating rainfalls, volcano eruptions, earthquakes, dust storms, tornados and other unusual and dangerous weather conditions. In addition we are threatened continuously by all kinds of new and old diseases, harmful experimental vaccines, wars, economical disasters, famine, shortage of water, and personal, national and worldwide collapse of our whole world.



WHO IS TO BLAME?

What we know for sure is that our planet has its own life cycle. Humanity and all living things on Earth always had to cope with all kinds of changes in nature and that is what we have to do today as well.

Apart from this, we know that some invisible groups do everything they can to make these natural climate changes more serious and more dangerous.



1. SO WHO ARE THEY?

It is not us, not you and me, it is not the average working people, or the so called 'populace' who is the cause of this climate change!

But it is us who are forced to pay the extra taxes for things we haven't done, with which we have nothing to do!

It's not us, not you and me, who spend billions of our hard earned money on murderous weapons, bombs, manipulated viruses and other microorganisms plus on all research in the fields of inventing and producing these absolutely needless and harmful things *while we, ourselves, live in scarcity and many of us in poverty!*



It's not us, not you and me, who kill millions of people with these diabolic inventions! But it is us who are forced to finance it!!!

It's not us, not you and me, who detonate nuclear bombs underground, on the surface of the Earth, in the air and in the cosmos, destroying the Earth! And all that from our tax money!

It's not us, not you and me, who spend billions of our hard earned money on murderous weapons, bombs, manipulated viruses and other microorganisms plus on all research in the fields of inventing and producing these absolutely needless and harmful things while we, ourselves, live in scarcity and many of us in poverty!





It's not us who contaminate air, water, soil and food, which are poisoning all of us to death!!! And we are forced to finance all that as well!





It's not us who spray the clouds to get rain in Dubai, in China or in other places through which they disrupt the total balance of the atmosphere!

It's not us who empty lakes, rivers and now even the Mediterranean Sea (Israel) from water which affects terribly the natural water balance of the Earth!





It's not us who support and pay richly from our hard earned money many conceited, arrogant, insensitive, immature and purely dishonest scientists and researchers who don't even have the slightest empathy but suffer from psychopathic disorders and seek to exterminate species with genetic manipulations and other techniques without any consideration, without taking any responsibility for the consequences they cause in the natural chain of the living world!

2. A planned genetic experiment in New Zealand



A little while ago there was an international conference discussing some scientists' proposal regarding a plan for a genetic experiment in New Zealand and in some small islands. One of the very arrogant, ego-bloated and fame-hungry American scientists suggested that New Zealand, for example, would be a perfect place for the experiment because it's remote, far from the main centres of population so if something goes wrong it will remain on the island!

Really? Well, do your sh...y experiment at home, Mr. so-called 'Scientist'. Do the damage at home if you have to and are allowed to, not in other places! How on earth would this experiment affect the whole country, all living things, including people here? It was not his concern at all. These kinds of scientists and researchers shouldn't' be allowed to work in the scientific fields, and not anywhere else for that matter!!!

What luck it was for New Zealand that there were some Maori scientists also present there who were totally against the experiment and prevented it from being carried out! The Maori scientists were the only ones who seemed still possessing the common sense and a kind of thinking that sustains the human race and nature.

And what a shame that all the other participants took a supportive position for the experiment or they remained silent...

3. They, who really cause all issues, should pay and suffer



WHO IS, OR WHO ARE BEHIND ALL THESE DIABOLIC, FIENDISH AND DEVILISH PLANS AND DEEDS AGAINST US, ALL HUMANITY AND ALL LIFE HERE ON EARTH?

WHO IS THIS PROBLEM-CAUSING GROUP WHO POSSESSES AND SEEMINGLY ORDERS ALL GOVERNMENTS OF THE WORLD TODAY TO INDUCE AND MAKE WORSE ALL CLIMATE CHANGE AND HEALTH ISSUES THROUGHOUT THE WORLD?

THEY HAVE TO BE FOUND, REMOVED IMMEDIATELY AND HELD ACCOUNTABLE!

WE NEED A TOTAL SYSTEM CHANGE!





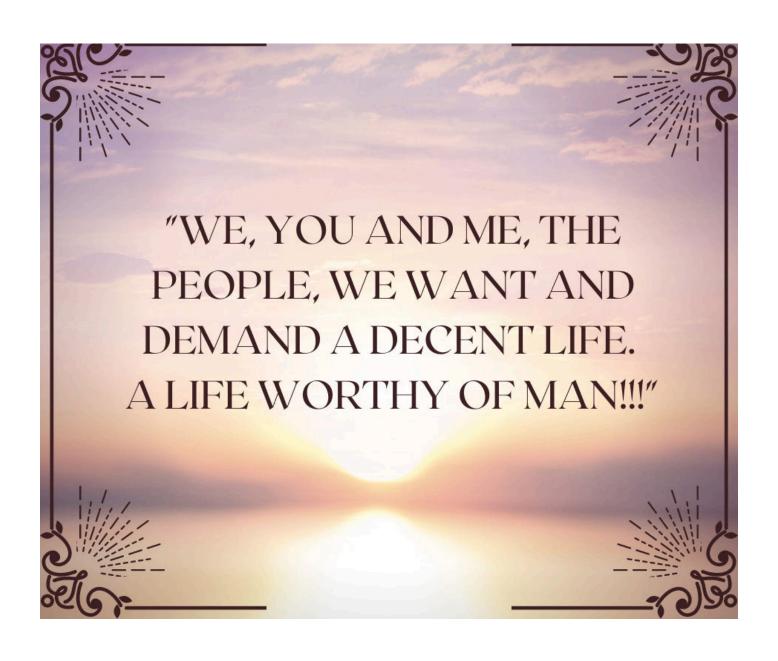
We, you and me, the people, we work and produce so much that everybody should live a happy and decent human life having proper homes, sufficient finances, good healthcare and educational system and personal freedom, entirely covered and cared for!

If, of course, all the fruits of our hard work, all our money weren't ripped off from us!!!

If all that wasn't accumulated and hoarded by a certain group!

We, the people, don't want to be ripped off anymore!

We don't want to be deprived of our happiness, safety, health and life!!!



Monthly Herbarium

BAY LEAF



Bay leaf is a nutritious herb that not only adds great flavour and taste to the food, but high in iron, vitamin A, and magnesium. It also helps to give relief from abdominal pain, gastrointestinal infections, flatulence, bloating, constipation and diarrhoea. It may also be used as a diuretic.

Health Benefits of Bay Leaves

- Improves Digestion
- Aids Kidney Health
- Improves Heart Health
- Helps Manage Diabetes
- Alleviates Respiratory Conditions
- Reduces Inflammation and Enhances Wound Healing
- Remedy for Arthritis, Inflammation, and Skin Diseases
- Reduces Stress and Anxiety
- Provides Antimicrobial Protection (including antibacterial and antifungal protection)
- Provides Antioxidants
- Has Anticancer Properties
- Improves Hair Health
- Helps Induce Sleep
- Insect Repellent

Monthly Herbarium CINNAMON AND LEAF TEA



There is a healthy weight loss drink with the goodness of cinnamon and the antioxidant properties of bay leaves. They play a significant role in burning fat effectively and preventing fat accumulation in the body. This drink also improves the nutrient absorption ability of the body, and improves cholesterol levels.

Ingredients

- 1 cinnamon stick or 1 tsp cinnamon powder
- 3 4 bay leaves
- 1 tsp honey
- 8 10 dl water (3-4 cups)

Method

- 1. Bring water to a boil in a vessel.
- 2. Add bay leaves and cinnamon to the water.
- 3. Let it cook for about 15 minutes.
- 4. Strain and add honey.
- 5. Drink warm, sip by sip

Monthly Recipe

WARMING SOUP WITH BAY LEAVES



Ingredients

6 small potatoes

1 smaller red onion

2 bay leaves

2 litres of water

3 dl cream

2 cubes chicken broth

salt after taste

nutmeg after taste

black pepper, ground, after taste

For serving

4 slices of bacon (or more to taste)

Method

- 1. Peel the potatoes and cut them into cubes.
- 2. Bring to a boil with salt, black pepper, chicken broth, bay leaf, onion (left whole) and water. (The water should cover everything well.)
- 3. When the potatoes have softened, remove bay leaf and onion.
- 4. Mash the potatoes.
- 5. Add cream, season with nutmeg.
- 6. Cook until it boils again, and then it can be served immediately!
- 7. When serving, sprinkle with chopped, toasted bacon. We can even take a slice of delicious bread with it.

Monthly Joke

"I got all sentimental when I saw my husband looking at our marriage certificate for half an hour...

Then I found out he's been looking for an expiry date."







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