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**WHO ARE YOUR ENEMIES?**

**WHO ARE THE ENEMIES OF US ALL?**



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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**

# WHO ARE YOUR ENEMIES?

**WHO ARE THE ENEMIES OF US ALL?**

All areas of life that are essential for the survival of humans are being viciously attacked by those in power: air, water, soil, food, physical and psychological health of humans.

**It's not enough with changes in political parties, religions or governments!**

# **YOU AND I, ALL OF HUMANITY NEED A TOTAL SYSTEM CHANGE!!!**

**We need a totally new societal system with strong moral foundations and a new fair distribution of assets! Where the life of each and everyone is equally respected and appreciated!!! Where every peaceful, non-violent and supportive life form is honoured!**

*We need:*

- A new societal system where everyone can have a decent life in wellbeing.
- A new societal system where the assets are distributed to all people!
- A new societal system where health is the number one priority and every vulnerable person is well taken care of!
- A new societal system where the elderly are taken well care of for they worked for us, for the whole society in their whole lives and they possess great knowledge and experience!
- A new societal system where true knowledge is taught to everyone!





Important:

**THERE IS ALWAYS FINANCIAL FRAMEWORK** for these kinds of things, because people always work more than enough for the society in order to have a financial framework for those things!!!  
If only...


***If only those in power didn't rob the people.  
If only they didn't spend the fruits of people's  
labour on disgusting, inutile and meaningless  
weapons, wars, harmful researches; on  
ridiculous and meaningless purchases of  
mountains, lands, lakes, islands, planets, etc.***

***Without all that, we could suddenly live in  
incredible richness, every single one of us!!!***

So let's just do it! Let's take our power back for the devilish, diabolical small group in power! We have definitely had more than enough of that!

***For we have lived so long in this opposite to  
God's world!!!***





Let's make the necessary changes for creating God's world for us, with the help of the mightiest power of All that is, with the power of the Living God who is **Light, Love, Wisdom, Perfect Health, Harmony, Balance, Beauty and Abundance!**  
Let's build a society that reflects God in every aspect!



# SO WHO ARE YOUR ENEMIES?

You would think sometimes that your enemies are your neighbours.

You would think that your enemies are Muslims, or Christians, Buddhists or Hindus. Or possibly other nationalities or ethnic groups. Or your relatives, friends or even your family members when they have different opinions from yours or when they leave you...

## **BUT NO!!! OH, YOU ARE SO DECEIVED! THOSE PEOPLE ARE NOT YOUR ENEMIES!**

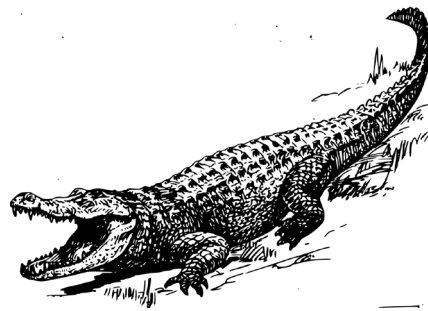
They might have been brainwashed and manipulated into the acting limbs and extremities of evil, destructive, negative forces. They might have been manipulated by the means of people-hostile governments, the TV, the news, the mainstream media, the so-called jurisdiction, etc. These negative forces always have gone to extremes in order to manipulate you and me, each and every one of us into harmful and loveless actions towards each other which only serve the dirty goals and agendas of those negative forces.

**!!!** These evil forces and their servants, the people-hostile governments, leaders and their vassals, **they are your real enemies**, and not the brainwashed people!



## **BUT WHO ARE THEY, THESE EVIL FORCES?**

Firstly, they cannot be humans! *We know that humans are born with an innate conscience, empathy and compassion, feeling guilty when and if they act against their nature.*



Therefore, beings in human form that haven't got these qualities must have been genetically manipulated, cloned or made otherwise. These beings are visibly acting in our 3-D reality, committing all kind of horrendous crimes against people.

*But the real evil force, which has so far been mainly invisible to us, might govern, manipulate and keep on destroying all lives from a different, more distant place...*

***Secondly, those in power, who might have been called in human history tsars, pharaohs, kings, queens, squires, religious leaders, gurus, etc., have surely never been purely humans!***

We know from history, from our ancestors and even from our own experiences, that they always have been wicked, cruel and mean, taking advantage, abusing, maltreating and easily sacrificing the lives of millions of people on whom they always have been parasiting!!!

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**THOSE IN POWER HAVE ALWAYS USED  
PEOPLE FOR THEIR OWN DIRTY AND  
DISGUSTING AGENDAS!!!**

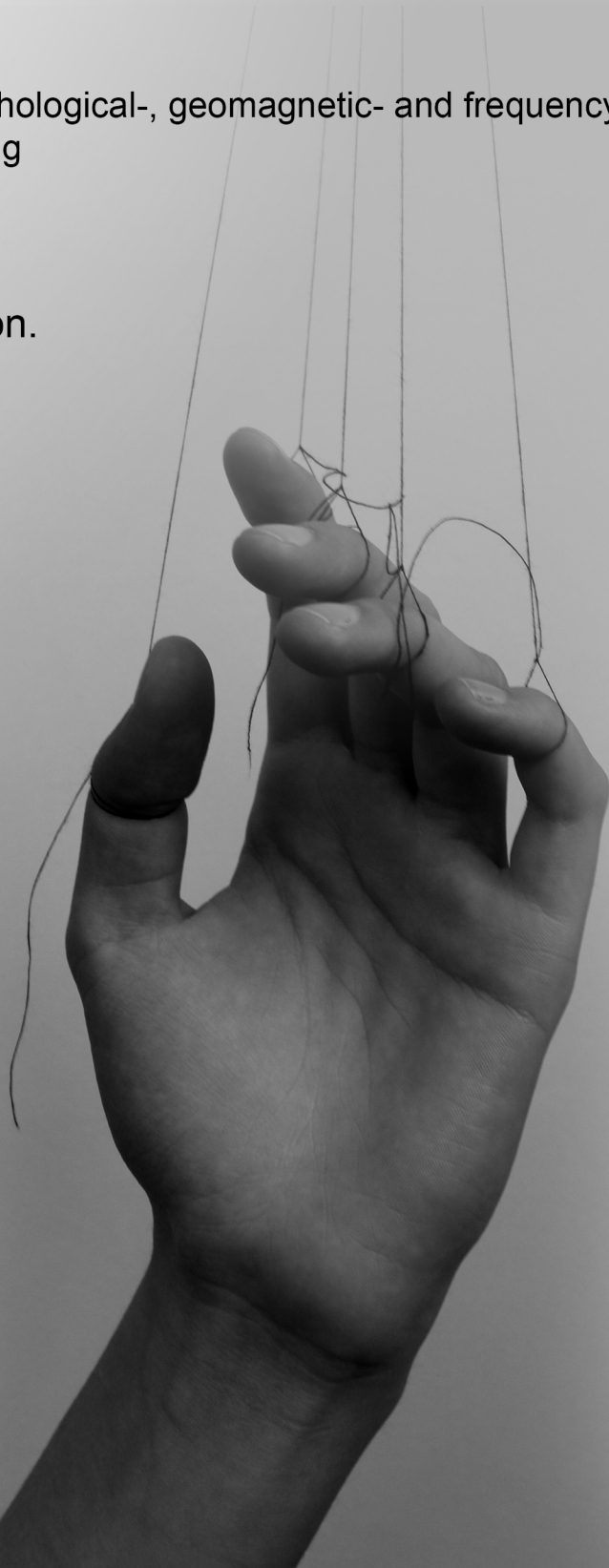
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# They have always manipulated people by

- physical and psychological force and violence
- spineless and evil governments and world leaders
- the so-called jurisdiction
- the media
- belief systems
- military
- police
- fear and war mongering
- bribery
- blackmail
- biological-, chemical-, medical-, psychological-, geomagnetic- and frequency weapons
- pollution, contamination and poisoning
- brainwashing
- quackery

....and the long list just could go on.



**Do we, the people, You and I, still want to accept all that?**

*Do we want to accept to just keep on leading a fearful, hard and miserable life in poverty and scarcity, even to die for mad purposes and agendas of an anti-human group?*

*Do we really want to sacrifice our children, grandchildren, our loved ones and ourselves, the wellbeing of us all for dirty goals and agendas of a small, anti-God, anti-Life, anti-human, maybe even non-human and psychopathic small group and their vassals? Who seemingly want nothing else just to torture, abuse and maltreat people and see their blood flowing?*

*Do we really still want to do that? The answer is:*

**NO!!! NO!!! NO!!!**



DID YOU KNOW?!!!



1.

**DID YOU KNOW THAT TELEVISION WAS  
CREATED AS A MIND-CONTROL WEAPON?**

# DANGER

“News” is one of their deadliest missiles. It is directed at the heads of the ignorant and unsuspecting masses. Flicker rates come from the screen in certain series and bursts. They are absolutely designed to lock the brain into an impressionable hypnotic state. They bypass the conscious mind and embed the programming in the lower mind, the subconscious mind, which is much more powerful and dictates behaviour patterns and belief structures.

*EVERYONE who consumes large amounts of TV or “news” is absolutely, and in a high percentage, hypnotized. They are under a very strong spell of mind control.*

## 2.

# Did you know that the following could be the other side of the coin?

A reliable site, which has been truthful for decades, states the following:

“The European gas grab did not work. [Russia came into possession of a plan to invade Russia last March](#) and took the assertive by invading the Ukraine. Russia has the largest known natural gas reserves in the world, and the Ukraine intended to push into Russia and take possession.

Russia’s Ministry of Defence has made public documents confirming preparation by Kiev authorities of an offensive operation in Donbass in March.

‘In the course of a special military operation, secret documents of the command of the National Guard of Ukraine came into the possession of the Russian military. These documents confirm covert preparation by the Kiev regime of an offensive operation in Donbas scheduled for March 2022. The spokesman specified that the MoD had in its possession the order of the Commander of the National Guard of Ukraine, Colonel-General Mykola Balan, dated 22 January 2022, which describes in detail the plan for preparing an offensive in the Donbass.’

When Russia stepped into the Ukraine at the request of the independent states that border Russia, it was for two reasons – to stop the continuing murder of Russian speaking citizens there, and to prevent Europe from pushing into Russia to grab the oil and gas fields. NATO expected the Biden Administration to join their push against Russia, but the US government not being entirely controlled by the Biden Administration, refused to join NATO. During the ensuing months, NATO and the European Union elites persisted, assuming that draconian sanctions on Russia would wear Russia down.

Russia is well situated to be self-sufficient, exporting both grain and oil and gas and backed by their relationship with China. Russia retaliated against NATO’s plans and the sanctions imposed by the European Union by withholding natural gas deliveries. Now that it is obvious that Russia has not only won the conflict in Ukraine but also won the staring contest over sanctions vs gas and oil, Europe is facing a cold winter with no respite. Oil producing nations such as Iran and Venezuela are siding with Russia. Now what?

[The arrogant European Union elite and NATO](#), still living in the Colonial Days and beset with a royalty attitude, are shocked at their downfall. They will hold out until it is obvious that securing oil and gas from sources other than Russia is not going to happen or will be insufficient. The rage in their populace will lead to an unexampled Revolution. This will be compounded by the New Madrid rupture that will assault European coastlines with a tsunami. Lifting the sanctions and admitting defeat will be the only way forward.”

# Monthly Herbarium

## BAY LEAF



Bay leaf is a nutritious herb that not only adds great flavour and taste to the food, but is 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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