



What do I mean by this? Well, things outside of yourself that you consider are difficult or impossible for you to influence and control, which may be having a huge impact on your life. For example when you go outside where you live is the air pure and clean? What does water from the tap taste like? What about Wi-Fi that surrounds us all? Do you mostly watch the mainstream media? Does it matter what's going on in far-flung locations?

What kind of environment do you live in? Are you surrounded by bricks and concrete or trees and fields or a mixture of the two?

Have you ever realised that everything in the built environment began with a thought, yet almost everything in nature did not?

Do your family and friends support you in your important life choices in terms of relationships, career and how you spend your leisure time?

How much control do you have over your own personal “reality”?

Maybe more than you imagine...

Much that follows, if not all, can be challenged! **You don't have to believe anything I'm saying.** You can believe fluoride in the water supply cuts down tooth decay, and chlorine kills germs and that's okay. But if there is a grain of truth in anything I'm about to reveal which contributes positively to yours and your family's life and health then it is surely worth 10 minutes of your time? It is all about discernment. Life is all about discernment. Ultimately it is for you to decide. If you blindly accept everything those in authority tell you, then you would not be watching these videos.

Most of you will know there were times when you were told cigarettes were harmless. That you could spray DDT on people to end diseases. Thalidomide was safe. Asbestos was okay, along with external cladding on tower blocks.

I'm going to avoid a rant and tirade against “the system.” All I'm asking of you is to pay attention. It is never a good idea to look the other way whilst the train is coming. You will ultimately find this information uplifting. It is information you need to know about. Each topic appears as a graphic with or without a short explanation. So, please do your own research, all the time asking yourself who benefits (cui bono) from a particular policy or standpoint.

Enjoy!

1. **Chemtrails.** White trails which often criss-cross the sky daily, all around the world, emitted from aeroplanes. They are not contrails, normal jet engine emissions which evaporate minutes after discharge. Why would anyone be doing this? Are they harmful or benign? They have been around for at least 20 years...
2. **Fluoride in the water supply.** Does fluoride prevent tooth decay? What else might it do? Where does it come from?
3. **Wi-fi.** The internet, e-mails, Skype. Keeping us all connected. Might the waves be harmful to us? If so, can we protect ourselves? Have you heard of 4G? What about 5G?
4. **Prescription drugs.** Have changed the lives of billions. The long term effects of some drugs can be harmful, but drugs can offer a short-term solution to many illnesses. But what about communities, countries or societies that use natural remedies? Aren't all drugs derived from nature and then patented? What about side effects? What would happen if a cure for cancer was found? What would you say if any already existed? Can we avoid becoming ill by eating a proper diet?
5. **Stress.** Prestigious mainstream medical institutions agree that stress contributes to over 90% of all illnesses. Can you minimise or eliminate stress from your life? What would happen if you did? How much stress is buried in your subconscious, your early childhood?

You may have noticed that only two things from the above list are genuinely outside our control. You can't stop chemtrails, and Wi-Fi is everywhere. You can drink bottled or filtered water, or buy a shower filter (because harmful substances are absorbed by the skin) and you don't have to take prescription drugs. Some stress is genuinely outside our control, for example the death of a close family member or friend. Can you influence in any way chemtrails and Wi-Fi?

Here's where I may lose some viewers! Suppose you **ble**ss the chemtrails and the Wi-Fi? Try it. What have you got to lose? You may not agree, but thoughts are things, and I have already suggested we may be able to change our external "reality" in ways you never thought possible.

- A Huge Stretch!

The information above refers to things OUTSIDE of you. What if there were **no** outside, but all was an out-picturing, a projection of what lay INSIDE?

Can you over-ride the potentially harmful effects of these substances and processes beyond blessing? Is ignorance bliss? The majority of people have never heard of Chemtrails. Can you suffer the effects from a harmful substance even if you think it is safe? Another no-brainer.

I will close with a short anecdote. Many years ago I read a story about some laboratory rabbits being injected with a radioactive chemical to determine its toxicity. Isn't life wonderful? However, the so-called scientists couldn't work out why the rabbits weren't dying as quickly as their models predicted. Some rabbits appeared to be in rude health! What they eventually discovered is that a lone lab assistant had been taking the rabbits out of their cages at night and stroking them, and giving them hugs.

Love heals eh?

You might think some of these are the rantings of a lunatic! But all I'm asking you to do is keep your mind open and realise you have far more choice and control over things you had hitherto found outside of your reach.

As always, Namaste.

Further reading:

Chemtrails <https://savedmag.com/chemtrails-geoengineering/>

Fluoride <https://www.youtube.com/watch?v=3dZPOJ4p1DM>

Wi-Fi <https://globalhealing.com/natural-health/10-shocking-facts-health-dangers-wifi/>

Drugs <https://articles.mercola.com/sites/articles/archive/2011/05/03/tips-to-avoiding-depression.aspx>

Stress <https://www.dralexanderloyd.com/>

