

# Table of Contents

## Chapters

01. The “Set Up” .....	P. 92
02. Characteristic traits .....	P. 143
03. Relationships .....	P. 238
04. Racism in America .....	P. 307
05. Politics.....	P. 399
06. Gun Culture .....	P. 454
07. Religion .....	P. 467
08. Energy & Vibes .....	P. 550
09. Entertainment .....	P. 582
10. The Conclusion .....	P. 630

## Reference Keys

### Art of Overstanding

### Keys to the Soul

01. Key – Page(s) 31,97	P. 11
02. Key – Page(s) 32	P. 13
03. Key – Page(s) 56	P. 91
04. Key – Page(s) 30, 311, 319, 381,414, 499	P. 16, 18,120
05. Key – Page(s) 25, 571	P. 17
06. Key – Page(s) 101, 196, 198, 304, 517, 549	P. 17
07. Key – Page(s) 137, 568, 570, 573	P. 76
08. Key – Page(s) 175	P. 150
09. Key – Page(s) 205	P. 43, 106
10. Key – Page(s) 264	P. 129
11. Key – Page(s) 289, 309	P. 73
12. Key – Page(s) 309, 396	P. 36
13. Key – Page(s) 57	P. 27
14. Key – Page(s) 321	P. 77

	The Art of Overstanding
15. Key – Page(s) 382, 541	P. 213
16. Key – Page(s) 387	P. 115
17. Key – Page(s) 412	P. 134
18. Key – Page(s) 336, 428	P. 78, 124
19. Key – Page(s) 440	P. 41
20. Key – Page(s) 461, 605	P. 174
21. Key – Page(s) 474, 481	P. 176

*Copyright - The Overstanders LLC. 2020.*

*Website- [WWW.TheArtOfOverstanding.com](http://WWW.TheArtOfOverstanding.com)*

*ISBN - 978-1-7923-3339-2*

*Author- Countrified C. Wedman*

# THE ART OF OVERSTANDING

## Preface

*For many years I've been a man of observance, analyzing on the deepest level using various methods including meditation. For years, I have witnessed many different social issues that cause us much unhappiness every day. I see that most of us in America are emotionally unbalanced because we feel like actors in a movie who haven't had a meeting on what the movie script is about and why we have the role we are assigned. I **overstood** why we do the things we do and why we respond the way we do and decided it was time to report all my years of analyzing in this book. I have no sociology degree, no fancy resume on the subject, but I do feel the responsibility is mine to speak on the matter. My information comes from far beyond planet earth. The information can be received by anyone who taps into their free-thinking channel and accepts information from the universe.*

*I had and have a wonderfully interesting life, with no children and nothing but time to process people and life. I've had limited distractions to stop me from gathering and processing the information given to people in this book. My journey has taken me to the highest levels of entertainment, people, governmental knowledge, and social issues to name a few. I've always felt I was designed to experience this planet and report on it. At the*

*beginning of my life, I was an observer of why I was here and what life really meant. I developed a love for music, mainly because it had a channel of information attached to it. Music was my way and my plan to reach millions of people and inform them about **overstanding**. My music career never reached mainstream on a large scale but the experience and adventure that came with it placed me in a position to develop the **overstanding** I have today. Everything I wanted to experience as a young adult happened by the age of 35. To have everything come to pass at such an early age allowed me to evaluate it all even more. I wrote an autobiographical book about the experience titled 'My First 35'. I documented my adult experience for 15 years leading up to the writing of the book because I knew it would come to pass. While writing the book, I realized I did a lot of meditation, star gazing, visualizations and praying to the Gods for desired experiences. What I realized was that I was able to have every experience I wanted because we have the ability to create our own realities by practicing constantly the previously mentioned exercises. I have also applied these same tactics to evaluating, receiving and displaying information from the universe. I have placed myself in a position to receive information that is classified to most.*

*I truly feel my life has been designed to study social issues and report on them so we all can learn from them. The universe gives different people different gifts. Some of the gifts don't have to be taught or nurtured by an education system. For instance, some humans have terrific photographic memories, or the ability to add up large numbers in their minds quickly without being taught in our education system. I feel my ability to process and analyze*

The Art of Overstanding  
*information on a social and emotional level is a gift, and I would like to share it with you in this book.*

*This book is meant to challenge our wisdom, reflect on our past, allow us to elevate our way of thinking, and to give ourselves room for a fresh new **overstanding**. Once we finish this book, we'll have a better overstanding of why we feel the way we do and why certain things are the way they are. I will also give suggestions on how to rectify some of these issues. This book will cover many topics mostly from an **overstanding** point of view. Once you become an **overstander** you will never think the same again.*

*Please note that, throughout this book, all personal thoughts, experiences, and opinions from me will be displayed in this italic type text.*

## **INTRODUCTION**

Every soul has an experience and a reason for that experience, intertwined into a much larger experience. Every soul has unique capabilities with distinct roles to play during their experience on this planet and beyond.

*For years I knew life experiences were preparing me for something but I didn't quite know what it was. I always found myself fascinated with social issues, analyzing, reasoning, politics, and philosophy to name a few. For years, starting early in my adult life, I always took for granted my views and philosophy on issues because I didn't have much confidence in myself or my knowledge. I always concluded that if I had the information everyone else would have it too. The older I became and the more I analyzed America's*

*social programming, the more I realized that my way of thinking was in the minority. I have been privileged to study the game of life with limited distractions. I had no kids during this time of studying and have no stress from anyone or anything. My life has been designed to observe life and report on it. Since I have the perfect environment in which to receive the desired information, it pours into my soul - similar to a seed receiving all of the right elements to grow into what it was designed to be.*

*This book is filled with many different social issues, conscious and subconscious awareness subjects, and broader views of thinking.*

*I will explain the difference between understanding vs. **overstanding**, levels of **overstanding** and the difference between what's 'Real' vs. what's 'Right'. These differences are the key to wisdom and broader understanding. I'm not saying that all viewpoints in this book are superior to others, considered to be the only truth, or a 'one size fits all' type of thing; all I ask is to challenge yourself with what you're reading and really try and understand the points made in this book. The social issues and topics of this book are mostly geared toward the American culture and that way of life. You will also discover things that are outside of American culture, things on a global scale and beyond. This book is not meant to offend anyone but to explain things as simply and as realistically as possible. What you're about to read is so real that some subjects will hit you in the gut and cause you to do a 'subconscious autopsy'. You may read about different information and perspectives from ones you may be accustomed to.*

*This book will not hold back information for the sake of outrage, public relations, opposition, threats, hurt feelings, damage control, national security, retaliation, or any other distraction.*

*I **overstand** that putting the information delivered to me into this book will be in direct conflict with the entities that currently control this planet. I also know that being in opposition to the controlling forces makes me a target on many levels. The truth still must be spoken. I can't be killed, only this body can. I'm a soul that's been around for many years and will return again if I choose to. I am the vessel the information has been poured through. This was my designed destiny during this earthly existence. Taking my physical presence away during this known time of reality doesn't kill what I represent. The truth and **overstanding** are not only shared through my body but through other like-minded bodies as well.*

*I will not be speaking AT you throughout this literature. I will be speaking WITH you. As I explain, there are some social issues that even I, myself, still have to grow past and overcome. A lot of this knowledge was inspiring to me when I received it. This book is written to reconnect you with the truth about everything that exists without limitations. This book is designed for you to grow spiritually, mentally and socially. Once you are aware of certain things, it has a different effect on you and you can operate differently. Knowledge is power and you're about to receive the power.*

*Too many Americans are unhappy, even those with an abundance of wealth are in some ways unhappy. Poor people and rich folks are miserable people with different problems. If you don't think life is miserable, when was the last time you attended a great party at an*

*American adult nightclub that didn't have alcohol? Most people have to be under the influence of something or in an altered state in order to enjoy what we deem as 'fun times'. People commit suicide every day because they just don't understand or enjoy life. Some of these suicides are caused by a person's way of thinking, which affects their overall happiness. I'm hoping the words in this book will give you comfort and a better **overstanding** of our existence.*

*Some of you will become inspired by the information you read. However, after a certain length of time, some of you will go back to allowing everyday life to overcome you. Others will become inspired and will forever be changed mentally and spiritually for the rest of your lives.*

*Which one will you be?*

*This book is based on a variety of issues, wise thoughts, analysis, reasoning, and formulas - and you're encouraged to read them all! This first section will touch on topics that will be later explained in the book and some topics are discussed to prepare your mind for overstanding. It's important to grasp the variety of information in this section before entering chapter 1. Encourage a friend or family member to read certain helpful parts of the book to give them a broader **overstanding**. Some issues will have story examples (or **Stamples**) for better understanding. '**Stample**' is a new word, something I use in this book to refer to "Story Examples." A Stample is similar to an allegory and is used so more people can understand it. The Stample will help attach a scenario to the information. I'll also highlight the pros and cons of such actions or ways of thinking. Some issues will be broken down to discuss the core truth of the source or "The Breakdown". I will only highlight a few of the most popular examples when explaining it, knowing there are other*



*examples available. I'll also highlight what I like to call 'formulas' which are scenarios that have the most popular outcomes. This book will teach you how to identify the sources of issues. Once you learn to identify the sources of issues, you'll be a true overstander.*

The brain has muscles just like the rest of our body and the more we work any muscle, the stronger it becomes. This book challenges us to exercise parts of our brains so we can become wiser, and more capable of deep thought and rationalization. It's shocking how many of us don't use our brain muscles enough to become independent thinkers. Some topics will exercise our brains and we'll determine it's so easy it's a 'No Brainer'. Because some issues seem like 'No Brainers', this may cause us not to use our brain muscles on a constant basis. Of course, it's not helpful to exercise and analyze everything too often. Too much mental exercise is not good for our sanity! We commonly use our brain muscles when things are a bit more challenging. So, we must ask ourselves - which brain will come up with the best unique analysis of a situation or topic: the brain that only exercises during major issues or the brain that exercises issues both minor *and* major. This is similar to anything else in life.

For example, 4 guys shoot basketball every day at 3pm. The guys' endurance and overall performances have improved based on consistency. A new guy that joins the group with more athleticism than the other 4 guys, only plays 3 times a year. The new guy outperforms the others due to his athleticism at the beginning of the game but becomes very tired due to lack of conditioning mid-way through.

Why is this important?

It's important because some things that happen in life can only be explained, identified, or understood by a deeper and more rational

way of thinking. Some issues are more complicated than others and will take time to think about. If your brain doesn't have the endurance to think through things, you'll get frustrated easily and turn to something else more pleasant to think about. The less we analyze or use our brain muscles the harder it is for us to think on a broader spectrum, making it easier for us to be manipulated. If we truly key into the words of this book - use it in our everyday practices – we'll never be easily manipulated again.

## REFERENCE LEGEND

Please get familiar with the references and terms used throughout this book.

- STAMPLE (Story Example): *All Stamples will be in this text type*
- What's really going on: Breaking down the true meaning of thoughts and/or actions
- **Overstanding**: A complete overview of knowledge, viewpoints, agendas, and motivations. **Overstanding** is overlooking the entire process; knowing the reasoning and source behind the action.
- *Countrified C. Wedman's personal comments will be in this italic form.*

## LEVELS OF MORAL BEHAVIOUR AND THOUGHT PROCESSES

This book will cover things on *all* levels. Some things have deeper meanings that must be explained on higher levels. The differently colored text represents those.

## COLORED TEXT REPRESENTS THE DIFFERENT LEVELS THROUGHOUT THE BOOK.

**LOWER SELF - Red:** Person operating in their lowest form. This text appears in red.

When a person is operating in their lower self, they have limited, to no, self-awareness. They are the easiest to manipulate and be controlled by the Matrix. Most people operating from this level are being manipulated by the system. Therefore, most people in this realm operate based on emotions first, and thoughts last. This commonly represents the evil side of humans.

**ELEVATED AWARENESS – Blue:** -Blue: This person is more conscious of their surroundings and people. This text appears in blue.

This level has some awareness attached to it. Most of these people believe in karma, have religious ties, and stand for what's 'right'. This level goes into a deeper thought process of why things happen the way they do. This elevated awareness level can identify the source of many issues.

**HIGHER SELF – Green:** A person who is self-aware with an overall overstanding and approach. This text appears in green.

This person keeps a broad *overstanding* of all things and never thinks only inside the box. Right or wrong is determined by earth-links. This person is not tied to a religion or any single group. This person has a global perspective and embraces truth and variety. This level goes beyond individual perspectives and actions. This level includes all things because all things were created to experience.

**GALACTIC – Gold:** A person with infinite awareness throughout the Galaxy. This text appears in gold.

This person is connected to the universe. Their way of thinking is far beyond planet earth. This person *overstands* that they're connected to the universe and lives on parallel plains of existence. This person may feel that their spirit travels throughout the galaxy, and that they're having an experience on planet Earth for a short while. Galactic Gold is the awareness we must reach in order to truly ascend to the next dimension. We are a part of the universe and not just a part of the earth. Earth is just another location for the soul to have an experience. People at this level know there are many other experiences in the universes and the experience on planet Earth is just one of them Galactic Gold level.

### **(Reference Level)**

This book explains things to a certain level to prepare us for the deepest *overstanding*. Some things may be too bizarre for some of us to handle and we must be prepared for that. When things discussed have a much deeper source or meaning, please refer to the reference book. Most of the knowledge in the reference book is usually on the **Higher Self Green** and **Galactic Gold level**. This book contains the honest core truth about our planet, its deepest secrets, and the universal perspective.

The suggested approach is to read this first book completely. After finishing it, read the reference book. After reading both books, go back to this original book, read the locations that have reference numbers and find those reference numbers in the reference level book 'Keys to the soul'. This will enable a direct connection between the two books.

## **LIFE KNOWLEDGE**

### **UNDERSTANDING VS OVERSTANDING**

To understand is to perceive and explain the meaning or nature of something particular. Understanding can also be knowledge of a certain subject area or situation. Understanding is a direct connection to our thought processes. To *overstand* is to process the totality of the information (the big picture) and to recognize the core motivation. *Overstanding* is not only knowing what's happening but the core reason for why it's happening. *Overstanding* is also projecting many steps ahead – to the results of such actions, while processing the information. Checkers vs Chess is one scenario related to understanding vs *overstanding*. The game of checkers allows us to concentrate on minimum diversity (we only jump the checkers in our square range) which prompts us to look at the scenario in the 'now'. Jumping multiple

checkers is rare, giving the impression that the game requires less strategy than chess. Chess is much more complex. When playing chess, specific pieces have certain advantages and those advantages rank in importance. Chess allows our mind to practice strategy, importance levels, predictions, and looking multiple steps down the road before making a move. This is an **overstanding** approach. An **overstander** applies these chess principals to their everyday life and thought processes. An **overstander** focuses on the core issues or motivations and has limited interest in the sideshow.

## STAMPLE

*A soldier comes home from a war and tells his wife that he killed 4 people while in battle. He is a religious man and totally stands by 'Thou shall not kill'. He tells his wife that he feels bad for committing an act against his religion but that "...it was his job". He reiterated to his wife that he had to work and 'make a living' to keep a roof over their heads.*

## THE BREAKDOWN

If we try and understand what's going on we may conclude that a religious soldier killed 4 people, feels bad about it, but was only doing his job. To **overstand** the situation we note that money was the core motivator and he chose money over his salvation. He used his job as an excuse to make an exception to his religious beliefs. An even broader **overstanding** is the life test that was put before him to go to war and fight, or stay rooted in his beliefs. His decision,

for an *overstander*, boils down to choosing money over religious beliefs.

To *overstand* this on a Higher Self Green level, neither choice is right nor wrong. It's more about the experience of the choices. It's also a challenge to that person's identity. If the soldier identifies with a religion that says 'Thou shall not kill' he will be challenged on his beliefs. Although there is no right or wrong, there is still truth and the truth is that the soldier chose money over his religious identity.

*Overstanding* is one of the primary objectives of this book. It's very important that we exercise our brains to *overstand* situations. We must first process the information and look for the core motivations, insecurities or objectives. Then we must look to see if the situation is linked to a much larger purpose. Having this approach can help us identify people's actions, making them more predictable. We can also use trial and error or repetition and commonality - to name a few ways - to process information on an *overstanding* level.

When we have an *overstanding* of things, it gives us the advantage of seeing manipulations, avoiding them, and creating our own calculated responses. Without this type of *overstanding*, we'll find ourselves subject to manipulation and be distracted from our true powers. Without *overstanding*, we can't identify why the issues we have keep occurring. It also makes it harder to identify the manipulator.

## LIVING LIFE vs. EXPERIENCING LIFE

There's a big difference between just existing on this planet and totally embracing the journey of life. Going through life without truly observing ourselves and the world around us means we run the risk of lacking growth, awareness, and motivation. We need self-observation to help us to identify our strengths and weaknesses. Outwardly observing and analyzing our experiences changes the way we view our existence and that of others. Instead of just reacting in the moment, it's about trying to understand what that moment actually means.

If we live through a day without observing it, we lose the message or the lesson that day brings to us. If we disconnect from our daily experiences, we're more easily manipulated by outside forces. Those shallow days end up turning into an ongoing treadmill of work and responsibilities. We begin to feel dissatisfied and are easily angered.

Life constantly tests our character. If we're not aware of this we'll make bad decisions.

### STAMPLE

*Two 8<sup>th</sup> grade girls had piles of lovely freckles all over their faces, arms and legs. Unfortunately, their classmates teased them about it. Some days they got teased a lot. One of those girls took the insults personally. She was a person who lived life without observing it. She began to feel depressed*

*and worthless. Instead of striking out, she struck inward to deal with it. Three months later, she took her own life. The second girl chose to behave differently. She was a person who observed and analyzed life. She **overstood** that this was a life challenge for her to overcome. Instead of striking inward or outward, she let the teasing flow by her and moved forward through it. She refused to take part in actions that would not benefit her life's journey.*

## **THE BREAKDOWN**

In our society, we've chosen a narrow, unrealistic image to base our perception of beauty and good looks on. In keeping with this, we've been 'trained' to derogate (*to talk about or treat someone in a way that shows you don't respect them*) anything deviating from this image. We treat people who don't conform to the accepted norm as if they're flawed instead of as just another example of humanity's true beauty. One girl accepted these incorrect and inappropriate opinions instead of trying to **overstand** where they came from, and could not live with that. The other girl realized it was a life test and would not allow others to force her into a choice that was bad for her.

Most tweens or young teenagers operate in the red. They're trying to identify themselves, as well as stay entertained. They're motivated to pick on each other for several reasons. People who pick on the same person are accepted into a group, they feel a sense of belonging, and run less risk of being picked on themselves.



The strength of numbers allows them to continue without fear of repercussion. As well, at this uncertain age, when leaving childhood behind, there are many insecurities and much confusion. Some find it easier to deal with this by projecting it onto someone else and causing them to hurt. In doing this, they entertain themselves and others to get the desired positive attention.

Unfortunately, these kinds of actions are not limited to children and young adults.

In observing the world around her and analyzing it, the second girl was able to *overstand* the situation and diffuse it. She interpreted the teasing as a test of her self-confidence. When someone made a joke, she laughed along with the other kids. Soon some of them began to admire and support her. The people who teased her began to do so less and less because they didn't get the reaction they wanted from her or from the other tweens around them. Some of the ones who admired her began to speak up. By the time she reached grade 10, the teasing had stopped altogether.

Life challenges come in all shapes and sizes and will affect us emotionally on various levels. As long as we keep things in the proper perspective – by observing and analyzing – we won't be overcome by them. Instead, we'll learn from them and be all the better for it.

## **WHAT'S REALLY GOING ON?**

When we become too comfortable with the norm that society has set for us, we may get stuck in a rut. We might begin to behave like a robot, like we've been programmed, going through the same motions over and over, day by day. We may choose to never leave

our neighborhood or our state - much less our country - even for a brief time, like on a holiday. We might feel uncomfortable embracing new experiences. This can have the effect of narrowing our minds when it comes to things such as diversity and tolerance.

New experiences expand our minds, stretch our understanding, and enable the acceptance of new and different people and ways of life.

While there are no right or wrong choices, we do have to live with the outcomes of the choices we make. These outcomes have advantages and disadvantages. It's in our hands to make choices that offer us the most advantages.

There are many experiences that can shape our character and reconnect our soul to the purpose of experience. Many of us may choose to play the safe route without realizing that our experience is being hijacked by the *Matrix*.

We can't control *when* our bodies will expire on this planet. To remain in a comfort zone may increase our chances of survival, but not guarantee it. There is no right or wrong when it comes to those of us who choose to remain in a regular routine, but there are outcomes for such actions. Like anything else, these have both advantages and disadvantages.

## **WHAT'S REAL vs. WHAT'S RIGHT**

Every day, deep inside of us on a subconscious level, our minds deal with the difference between what's 'REAL' versus what's 'RIGHT' in the world around us.

RIGHT is the way we'd *like* the world to be - our very own Utopia.

Most of us would probably like the people around us to behave in a manner that's morally right. If we define RIGHT by the way we've been raised, it might be based on what we were taught by our parents and grandparents. We're usually more comfortable around people who behave and respond the same way we do. What it comes down to, is that our definition of RIGHT is a fantasy world where we're happy, everyone treats us well and everything falls into place.

In some cases, RIGHT is also defined by the standards set by what and who we see on television or the matrix.

What's 'REAL' is the way the world actually *is*. And while that's very different for each one of us, life doesn't always go the way we'd like it to, or the way it should go. We have to deal with all the curves that life has to throw at us. Sometimes, life – REAL-ity - can be disappointing, hurtful, unpredictable and downright nasty.

The internal battle that ensues when RIGHT vs REAL collides is not always easy to deal with or overcome.

When it comes to defining RIGHT-ness, it usually comes down to honesty, commitment, love and support, because these things make us feel good. This is also what we've been taught – or programmed - to believe. So we hold firmly to these traits as being RIGHT. When things don't go the way we're programmed to think they should, we find ourselves frustrated, angry, confused, and sometimes, we just zone out or numb ourselves to the situation.

If we *overstand* what's REAL, we realize that *anything* goes in this life of ours.

Not everything in the world fits under the RIGHT bubble. Our world is multifaceted with many different people and situations and energies interacting and reacting. If someone we love or respect does something to us that we feel isn't RIGHT, we must *overstand* that our situation has happened millions of times before - and will happen millions of times more. It's okay to experience disappointment in someone, but we can't allow it to overtake us emotionally. If it does, perhaps we're too self-centered to accept that disappointment is bound to happen at different points in our lives. Once we *overstand* this, we begin to tap into the world of what's REAL. The sooner we accept the REAL-ness of the world, the less the lack of RIGHT-ness at certain times will affect us.

It's important to *overstand* that the world has always had conflicts. There always have been and always will be jealous, envious, backstabbing, disrespectful, and power-tripping people. Is it RIGHT to be one of these people? No. But it's REAL that they exist. We must accept that.

A perfect example of RIGHT programming versus REAL life is seen in the modeling industry.

Models are presented to the world as what a perfect human being should look like and act like. Most models – female and male - are very attractive and in what has been chosen for us as 'perfect' physical shape. Having a 'model type' body and face is what most Americans would prefer, and some consider it a good thing – a

'RIGHT' thing – to achieve this look. Some people even become ill trying to look like a model.

What's REAL is that the vast majority of people in the world don't look like models.

A model is a rigid, contrived distortion of what people actually look like – in fact even *models'* pictures are touched up to make them seem even *more* impossibly perfect. People come in all shapes and sizes. Most of them aren't into fitness of any kind for various reasons, and they look it. So the model body certainly does not represent any kind of majority.

Holding up the image of the model as physical perfection is a way to emotionally control people.

It sets unfair standards for us to judge others and be judged by. A model is supposed to represent the majority – someone for us to 'model' ourselves after. Since it doesn't, it's not consistent to the *purpose* of a model. This lack of consistency raises the question of 'why'. This, in turn, forces us as *overstanders* to search for a motive. By processing and analyzing information it's valid to conclude that we're being made to believe that looking like a model will positively alter the way people think of us - that we'll benefit from looking like a model. Making us focus on what, for most people, is an impossible goal is a way to control large groups of us and keep us distracted for long periods of time. Some of us may even spend our entire *lives* focused on trying to attain and maintain this impossible, and in many cases unhealthy, image.

The next step in *overstanding* is to explore the reason or reasons for making sure large groups of people are being distracted to such a great degree.

## THE MATRIX

*Overstanding the Matrix* is critical to identifying the source of most of the issues dealt with in this book.

### **What is *The Matrix*?**

These terms describe an overall system of control over us. This system controls our thoughts, beliefs, perceptions, money, and freedom, among other things. This book will not only identify many operating sections of *The Matrix* but also the motivation behind *The Matrix* system.

A very small majority of people have hijacked and now control our lives and experiences on earth. We'll refer to them as, '*The Elites*'. This group of people is in charge of our banking systems, the media, religion, property ownership, wars, and all other controlling aspects of life. With this kind of power, they're in control of all of us. This all-encompassing control gives them a great advantage of pre-determined outcomes. *The Matrix* controls our everyday life. It's a hierarchy of control, like a massive web, that has insinuated itself into every level of our society.

By controlling the media, *The Matrix* affects our social perception.

Television programs us to feel a particular way about things and to adopt certain viewpoints of life. This, in turn, can lead to unhappiness or insecurity and even affect our health. Unhappy, insecure and unhealthy people spend more money, need more money and are more easily influenced. We're made to feel that having enough money to obtain a lot of expensive material goods and attain a certain lifestyle adds value to us. *The Matrix*-controlled media – television, radio, internet - programs us to be racist, jealous, envious, body image conscious, and status-seeking, just to name a few negative, energy-sapping attributes. Most of us don't even know we're being influenced by a system that feeds off of us. Not being aware of this, makes us vulnerable.

**Please *overstand* that when we watch television we're actually watching 'Tell a Vision' not 'Tell a Truth'. If we allow ourselves to be absorbed into *The Matrix*, this Vision becomes our new Truth.**

The same formula applies when it comes to most professions.

We must participate in an indoctrination process called college or university in order to receive the credentials - the pieces of paper - which allow us to make money to survive. Although some post-secondary education is beneficial, much of the information is rarely used in the real world. We can be trained for many jobs merely by having them explained to us and then shown how to do them. Slaves had little to no education and were able to build massive structures around America by just being told what to do and how to do it. Now those same tasks are manipulated in order to control employment. *The Matrix* has enmeshed the process of college or

The Art of Overstanding  
university, receiving the proper credentials and licensing, within  
the process of performing some labor jobs.

*The Matrix* controls religion.

We actually worship based on information giving to religious leaders by *The Elites*. They indoctrinate these leaders by having them attend training schools and bible colleges before fully reaching a congregation. This is how they extend the hierarchy of power and control. This means the information given to us by religious leaders can be altered by *The Elites*, keeping us from the ultimate truth.

*The Matrix* controls money - and therefore, power and influence.

Food is provided by our planet. Vegetables are grown in the earth, animals mate and give birth and multiply, and humans eat them and survive. Before *The Matrix*, people could eat food without having to pay for it with currency. *The Matrix* has placed a price tag between a person and what's naturally supposed to be on this earth for us. In most places on earth, we can't eat without paying. To pay we have to work at a job. To get a job, we have to abide by the rules set by *The Matrix*.

*The Matrix* controls medicine.

Medicine is taken from its natural sources of plants and herbs. It's then processed, renamed and sold to us. We're led to believe that only processed medicines are good for us, and the sources are usually hidden. So we believe we have to pay to remain healthy.



As long as we participate in a money-based system and use it for the exchange of goods and services, *The Matrix* system remains in place – and in control.

*The Matrix* is dependent on public participation.

Without public support - *our* support - it would have limited power. We'd be able to have different experiences without a central control. We'd be able to reconnect with each other, with nature, with our planet, with our Gods and beyond much more easily. When this time comes, we must be able to tap into our spiritual selves in order to handle retaliation. **(Reference key 05)**

\*\*\*\*\*

If we don't *overstand* how we're being influenced by *The Matrix*, both men and women are subject to relationship traps that keep us unfulfilled and unsatisfied.

## STAMPLE

*(Female)* A woman dated a man who worked at a local market. He was an all-around nice guy - grounded, not too flashy, made enough money to get by. The woman liked him and the way he treated her but felt something was missing. She went to a nightclub with her girlfriends one night and met another man. This man was sitting in the VIP section flashing a lot of money around,

*drinking expensive alcohol and talking loudly and animatedly with some well-dressed people. When he asked the woman to join him, she did. He bought her whatever she wanted and she had a great time. She knew she wanted to see him again. When they got together he showered her with gifts and spent a lot of money on her. Soon, she believed she had fallen in love, and that this man had what she thought was missing with her current boyfriend. So she broke off her relationship with the market man and committed herself to the big spender. A few months later, they were back in the VIP section of the nightclub. This time, though, he invited some other young and pretty girls to join them. The woman didn't like the way he was interacting with them and got upset. He curtly told her that if she didn't like it, she could leave. Hurt and confused, the woman left. A few days later she contacted her old boyfriend in hopes of rekindling their relationship, but he was no longer interested.*

## **THE BREAKDOWN**

This woman had a good man but felt that things were not good enough. She felt she was missing something in her current relationship. She felt better when she sat in the VIP section and enjoyed all the money lavished on her by the second man. She had been influenced to believe that having a lot of money was more

important than the type of person a man actually was. She was taught to believe that a man who makes less money is less valuable to a woman.

She didn't realize that the second man knew that most women were easily influenced by the media – television, radio, magazines – to be attracted to a wealthy lifestyle. He made sure he had enough money to project that image. While she thought she was leaving one man for a better one, he saw another brief experience with another pretty woman in a long line of pretty women. In this kind of transaction, he had the upper hand.

This woman had no control over the big spender. He had the money and the influence and could replace the woman with ease. This is a common mistake women make when seeking someone they think is better than the good person they're with. The woman didn't recognize that the empty feeling she'd experienced was due to *The Matrix* entering her sub-conscious. She also didn't **overstand** her lack of leverage when putting herself into the hands of a man with money and influence.

This example highlights how *The Matrix* plays a role in women's social perspective and happiness. Many women say they can't find a good man. This may be because a good man may not fit the image of a man set by *The Matrix*. If a woman wants a *Matrix* man, she needs to **overstand** that other women will want him too. Not only do these men know this, but they also enjoy it and play into it. That's why many, if not most of them, cheat or have multiple relationships.

**STAMPLE**

*(Male)* A shy, homely computer specialist who created online games taught a night school class. A female student kept asking for extra help and they started dating. She was plain, short, and chubby, but with beautiful eyes, a great smile, and a warm personality. They had a lot in common and soon became engaged. Although he had committed to her, the man always felt that something was missing. Then one of his games went viral. He became an overnight sensation and the money poured in. Attractive women started paying attention to him at parties. He began to criticize his fiancé, telling her to lose weight and wear more make-up when they went out. One extremely attractive woman convinced him to go home with her. He secretly began to see her and liked the way people looked up to him when he was with her. He broke off his engagement and lavished money and attention on this new woman, buying her anything she wanted. A year later his game began to lose popularity and he had to spend a lot of time working on another one. There was less money coming in so he wasn't able to spend as much. Around this time, he'd asked the woman to marry him, and she said she'd think about it. Shortly after,

*the woman stopped taking his phone calls, and he saw her at a party with another man. When confronted, she told him she was bored and it was time to move on. Devastated, he tried to look up his ex-fiancé only to find she'd accepted a job offer in Australia and had moved away.*

## **THE BREAKDOWN**

This man had a good woman, but he felt she was no longer good *enough*. He felt he deserved a more beautiful, more physically perfect person when he became famous and wealthy. He enjoyed the respect and envy of other men when they saw him with a beautiful woman. He was influenced to believe physical attractiveness was more important than the type of person a woman actually was. He was taught to believe that a woman who was not young, beautiful, and physically perfect was less valuable.

He didn't know that the woman was used to getting what she wanted from men by using her beautiful face and perfectly sculpted body. She knew that most men were easily influenced by the media – television, radio, magazines – to believe that a beautiful face and body was more important than what a woman was actually like as a person. She knew she'd have to make little effort to get what she wanted from him as he was not attractive himself. In this kind of transaction, she had the upper hand.

This man had no control over the beautiful woman. She could easily replace him. This is a common mistake men make when

seeking someone they think is better than the good person they're with. The man didn't recognize that his desire for physical perfection to go with his wealth and fame was due to *The Matrix* entering his sub-conscious. He also didn't **overstand** his lack of leverage when putting himself into the hands of a woman with physical beauty and charisma.

This example highlights how *The Matrix* plays a role in a man's social perspective and happiness. Many men say they can't find a good woman who truly loves them for themselves. This may be because a good woman may not have the perfect face or perfect body to fit the image of a woman set by *The Matrix*. If a man wants a *Matrix* woman, he needs to **overstand** that she really may not care about him as a person, only as a provider. She knows that other men will be waiting when she's tired of him or if his money runs out. These relationships are almost always unsatisfying in the long run and rarely last.

These are just a couple of examples of how *The Matrix* controls our lives and our perspectives. We'll find more examples and explanations throughout this book to enlighten us on how to **overstand** situations.

*The Matrix* must be defeated or ignored in order for our soul experience to ascend to a higher consciousness. However, we must **overstand** that the controllers, *themselves*, are controlled.

**(Reference key 04)**

## EFFECTS OF INDIVIDUALITY

In the early 1990's Los Angeles had a massive riot that resounded around the world. It was triggered by an unsettling verdict concerning the beating of an American man named Rodney King by the police. Over five days, this riot would result in 50 deaths, over 2-thousand injuries, and more than 1-billion dollars' worth of damage.

For those few of you who may not know the details, King, a man of color, was severely beaten by four white LA police officers – struck over 50 times – while 17 other officers stood and watched. All of this was caught on videotape which was delivered to a local television station. None of the officers, who watched and did nothing, were indicted. The officers charged with the beating were acquitted. Less than 2 hours after the verdict was announced, Los Angeles was in flames. A state of emergency was declared, and the National Guard was called out. Two days into the rioting, Rodney King made a statement that will never be forgotten. He said, *“People, I just want to say, can we all get along? Can we get along?”*

Unfortunately, the answer is NO - because we don't understand what's needed to make that happen.

To understand why we have the problems of today we must first understand where it all stems from.

Let's take a long, long trip back to the distant past. When our spirits first decided to set down here on this third planet from our sun, we

were beings made up solely of light – with no corporeal bodies. Later we developed bodies so we could have a physical experience on this planet, and called ourselves human beings. **(Reference key 01)** At that time, we were all one species. We communicated via telepathy. Everyone was the same and there was complete and perfect harmony on earth.

Then, our planet was introduced to something that would change its energy forever - Polarities.

Although humans were on an equal playing field, the sons of Gods begin producing off-spring and that resulted in a different type of humans with different abilities than the locals. Introducing another superior element into the human experience allowed differences and levels of appreciations to form. This is what causes separatism, secrecy, jealousy, elitism, attention-seeking and depression. **(Reference key 02)** These elements among many more are what disrupted the perfect harmony of life on this planet. The people being praised enjoyed it and wanted it to continue. They felt different from the others, better than them, above them. Thus began the idea of different societal levels for people and the idea of superiority.

Until we become one again, we'll never be in true harmony on earth.

The attention, praise and energy we give to individual people break down the unified whole - the spirit of 'oneness'. It makes us want to be individuals receiving praise – to be separate. We don't realize



that when we offer praise it's against our best interests, because we can't foresee the aftereffects of individuality.

Most things in this book will come back to this basic point of individuality, and how it distorts our energy from what it was intended to be. It makes us focus on ourselves rather than having a collective focus and *overstanding*. A group with a unified goal is always stronger than people with individual goals.

The more we focus on the 'self', the harder it is to connect with others.

Focusing too much on ourselves distorts a true understanding of circumstances and situations. We filter interactions with people through our personal experiences and standards. Having too many people caught up in their own personal 'worlds' results in a society based on judgment and subconscious competition.

Constantly comparing ourselves to others has its pros and cons.

*Pros:* It heightens our self-awareness, and may motivate us to improve our social status. It may boost our confidence, enabling us to perform better. It can be a core motivator to improve in certain areas.

*Cons:* It keeps us on an emotional roller coaster. It enables the treatment of people according to status instead of character. It may make us appear less genuine. We react to situations based on experience, instead of seeing the overall picture, or seeking

alternative ways to achieve goals. We view situations through self-centered lenses, forcing us to operate from our lower selves.

In 2013 the word 'selfie' was added to the Oxford English Dictionary.

As we all know, 'selfies' are photos we take of ourselves, usually with a cell phone. Many are shared online. The positive side of this is that they're a form of self-confidence and self-love. The downside is that we're becoming more self-centered and competitive, disdaining human interaction. It also makes us more dependent on others to bolster our confidence levels. When we base our self-confidence on other people's opinions, we become protective. Unfortunately, this makes us vulnerable to being controlled and inspired to act out of character. It can trigger unnecessary competition, and a tendency to devalue others. Simply put, it can turn us into a hater.

We need to become aware of the long-term effects of 'selfies' and other forms of extreme self-focus.

This increasing self-focus encourages us to operate as individuals and not as a part of a group with a common goal. It's much easier to control people using the timeworn 'divide and conquer' method. And it's harder to identify as controlling since it's based on self-interest and self-focus.

We should all think highly of ourselves.

We just need to learn how to monitor, balance, and maintain an even, positive energy. If we think too much of ourselves, it's hard to praise or cheer on another person. That's because we feel the underlying competitiveness.

**It's counterproductive on the level of understanding that 'we are all each other'. The tricky part is that we need some competitive spirit to fuel our performances and make us better. When do we use this type of thinking to fuel us, and when do we turn it off so we don't miss the context of our role in different situations? It may be appropriate to have that competitive spirit *before* a football game but not afterward. Imagine if players continued to want to hurt each other every day after a game for 20 years. We'd think the players were taking the game far too seriously. This is what we're doing when we can't come out of game mode. People don't *overstand* that it's a game, so often we don't know what to check out *from*. Now that we can see the game, it's easier to keep that balance. This is why we must know how to use our spirit, keep the bigger picture in perspective, and realize that competition, out of context, produces haters.**

We must know when to humble ourselves.

Our inner selves are constantly challenged on many levels, helping us to validate who we really are. Are we confident in who we are, when not being compared to someone else? Are we able to remain calm and unruffled when opposed? Are we all right with not being thought 'good enough' for something? Can we admit a mistake or give a fair apology? We're constantly being challenged. That's one of the purposes of the soul experience.

When we hear leaders and politicians say they want to see everyone rich and successful and doing well, it means their position as leaders, financiers and control is being challenged in some manner. It boils down to individual satisfaction versus fair competition and true ability assessment. The fact that most people fail this challenge is what makes it a formula. No matter what they say, the bottom line is that the experience of being rich and successful would be impossible if everyone had it. So this statement is both self-serving and half-hearted at best.

### STAMPLE

*Three Hollywood executives are in charge of the movie industry. These three men decide which movies are made and which are rejected. They accept scripts from only five people in the movie industry. These lucky five write scripts and submit them to the three executives. There are 2-thousand other writers in Hollywood and 5-hundred scripts that are better than the ones written by the five chosen scriptwriters. The three Hollywood executives are now challenged with keeping things 'in-house' to continue to reap the benefits, or opening the door to true competition, risking all they've become accustomed to.*

There are so many closed systems like this in the United States that it qualifies as a formula. We will discuss this practice more in the entertainment section.

## THE BREAKDOWN

To *overstand* it is to know that America is built on unfair competition that nurtures false perceptions and manufactures self-confidence. The five writers in the previous sample are praised so much and so often by the film industry that they've started to believe they're the greatest writers in Hollywood. Truth be told, if they were part of a fair competition they might not even be recognized at all.

What can we take away from this?

Our appreciation of talent, of any kind, should not be solely based on what we see and hear in the media. The greatest actors, singers, dancers, athletes may not appear on our television screen or be heard on our radio stations. Just because we're not seen or heard on every screen or speaker, doesn't mean we're less talented. We can't compete with an unfair system, nor can we let it define the degree of our talents.

**This is what *The Matrix* uses to suppress the masses.**

We may feel bad if we haven't made it to the top or because we don't look like that model on the magazine cover. If we're open to letting that impact our self-worth, it can cause anxiety and depression. But only if we fail to *overstand The Matrix*. It'll do its best to keep us functioning in our **lower Self Red status**.

If we decide to spend our money to see and hear a local singer or band...if we listen to community radio stations...if we choose to watch public access channels and support local filmmakers and buy independently owned magazines...if these venues began making more money than that small elite media at the top - the roles would reverse and the power would lie where it should, with the people, with you and me. (*More on the entertainment industry in chapter 8*) We don't necessarily ignore local and independently owned media, but they don't have the same support and status as those few at the top. When and if we band together in a common cause and support local talent, we could slowly phase out that formula of the elite picking and choosing who to honor with contracts, options and good-paying work.

It's healthy to have a competitive spirit with media supported talent but not to the point that it causes us stress. We can compare talent but never compare human responses or reactions because we don't have the same support structure. Media supported artists have access to all of the popular channels that a local citizen does not. This is why a local artist must not compare the number of CD sales, shows or supporters to major media supported artists.

**Compete, but don't compare.**

**We're all here for a different experience - not to compare, but to observe and appreciate. Some talented people will never be publicly recognized for their skills. Some will receive 15 minutes of fame. Some people will be rich and famous for years. There are others, not talented, who will also be rich and famous for years. There are many different scenarios and outcomes to experience on this earth. It's important that we not judge our talent by**

popularity or monetary gain, but instead by the response of those who witness our talent. We must also take into account the boundaries of *The Matrix* in which our talent may have to operate.

## **BALANCE**

‘Balance’ is the single most important word in our lives.

Without balance, everything falls apart - which can seriously affect our focus. We must constantly evaluate situations - and ourselves - in order to apply the proper balance to everything we do. Usually, our body and soul will tell us when we need balance before our mind will. We should never do too much of one thing even if it’s our passion. We must stay well-rounded and enjoy different experiences. The more we experience, the broader our understanding of life and our surroundings become.

Balance keeps us at peace.

We should never enjoy something to the extreme, and we should try not to let something disappoint us to the extreme. Life should not be taken too seriously, especially when we can’t fully control the future. Balance is the cure for not ‘going over the edge’ - it’s the foundation of our sanity. Balance doesn’t always mean 50 / 50, though. Balance can be 80 / 20, but it can’t be 90 / 10 or higher. We must constantly monitor ourselves and the world around us to be able to identify the necessary balance. Without this approach, it makes it more challenging to identify when we’re off balance.

The universe is diverse.

Our souls come from a diverse source. To disregard that diversity is counterproductive to our souls. With things being so diverse, balance is what will keep us grounded from so many elements. This will allow us to accept so many different energies into our lives on a balanced level. The main take away is to know how and when to apply balance to our lives to keep us centered. *I will refer to balance often throughout this book.*

*Pros:* Balance keeps us aware. Balance is the perfect complement to moderation. Balance allows us to identify when something is becoming too much. This allows us to identify the need for a break period before we have a 'breaking' period. Balance keeps us grounded and humble when necessary. Balance can lead to a longer existent in the current body occupied.

*Cons:* We must constantly evaluate our lives, decisions and situations. This constant evaluation can, on occasion, put us slightly *off* balance.

## **THE CHALLENGE OF PERSPECTIVE**

One of the biggest challenges in our society is to realize that people have different perspectives due to the way they were raised, and the experiences they've had in their lives.

This complicates how we receive information from others, and how we deliver it to them. We may be offended when others have a different perspective on an issue.



I'm sure we've all had a conversation where we mean something one way and someone took it another way. So it's critical to be as clear as possible when communicating, taking into account the wide range of perspectives and levels of understanding and *overstanding*. It's also important to maintain a positive perspective.

We must constantly remind ourselves about differing perspectives until it's second nature with us.

Having the proper perspective is important to our emotions, our relationships, and our communications. If we don't keep things in perspective, we'll constantly be at a disadvantage. Remember that things could always be worse, just as they could always be better.

We must maintain the best perspective for us, and make sure that it's based on reality.

We believe that things or activities we see or hear on television, on the radio, or on the internet will make us happy. We may realize that what we see is actually a scenario with actors or models pretending to be happy doing something or owning something. We may also see people around us pretending to be happy, and think that what they have or do might make us happy as well. When we get it or do it, one of two things will happen. We'll have the total peace and happiness we'd hoped for, or we'll feel as empty as we did before. **What we must *overstand* is that humans can become accustomed to anything, so the person whose life we may want may have become so accustomed to the lifestyle that it's taken for granted and they're no longer enthused. This is where the term, "I'm over it" stems from. This is just a term that describes**

**a person who is now over what they truly desired before, due to fulfillment or sudden lack of interest.** It's important that we identify what really makes us happy and not base our happiness on someone else's experience.

Once we achieve a goal, it's too easy to let non-important factors slip in and control our happiness. These non-important factors can distract us from the true blessings we've received.

### STAMPLE

*For years, a college football star dreamed of making big money in the NFL to provide for his family. He'd seen NFL players smiling after signing contracts and living the rich life. He imagined the cars he'd own and the house he'd buy for his mother. He thought if he made a lot of money doing what he loved, he'd be happy for the rest of his life. Part of his dream came true. He was drafted to the NFL in the second round and is making millions of dollars. He has his cars, his mom has her house, but the team he plays for is in last place, having lost almost every game. He's embarrassed, unhappy and unnecessarily anxious.*

### THE BREAKDOWN

He's allowed his perception of what's happening in the season to affect his perspective of what he actually has in his life. He has everything he wanted to be happy, but he's allowing the outcome

of a game to erode his peace. He must remember that even though his team is in last place, he's still well compensated, he's doing what he loves, and he belongs to an elite club. Men that *didn't* get drafted would rather play on a losing team making a pile of money than sit in the stands watching the game. Of course, their perspective might be challenged if they did get the job and the money. Much of this happens because we constantly want change and growth. It's the natural progression of our spirit. Desiring change and growth are motivating, but we must be careful. Without the proper balance, we can lose perspective of the blessings we already have.

'Experience perspective' is an outlook based on our own experiences. It can cause a lot of disagreement since we all have our own personal outlook. It's the reason some of us who experience the same thing have different memories of it and a different way of explaining it. We all have different past experiences to filter it through.

**We must *overstand* that we have multiple experiences and multiple perspectives.**

**If we choose not to honor a different yet valid perspective because it doesn't line up with ours, we're limiting ourselves and our *overstanding*. As well, this can produce conflict. We may argue with someone because we don't *overstand* the variety of experiences.**

Just think about the many times we, as Americans, say something from our own perspective and another country perceives it in a different way. This can easily happen with the English language.

Sometimes it's how we stress a certain word that gives it a different meaning to someone else. So even words can easily be taken out of context depending on the individual.

## STAMPLE

*A taxi company in Atlanta, Georgia hired two new cab drivers on the same day - one from Los Angeles, California and one from Columbia, South Carolina. Both drivers were new to Atlanta. Los Angeles has the worst traffic in America, about three times worse than Atlanta. Columbia, while busy, was much more laid back than Atlanta. At the end of their first day, the man from Columbia was ready to quit. The traffic was too much for him. The LA driver, on the other hand, was more than ready for her next day of work. She thought Atlanta was much easier to navigate than her hometown. She felt the driver from South Carolina didn't appreciate his job. The owner of the taxi company, however, encouraged the man to give it more time before he made a final decision. Due to his experience, the owner knew the demographics of the two home cities and *overstood* the different perspectives of each driver.*

## THE BREAKDOWN

We must operate in *overstanding* like the taxi company owner, and not like the LA native. This is what separates a lot of us. The more we operate on an individual self-serving level, the harder it is for us to *overstand* the overall beauty and importance of variety. The world is too complex for us to live it through the 'prism of self'. When we're not aware of this, we may find ourselves emotionally disadvantaged and sometimes in opposition to others. If we've ever said to ourselves, "Why would someone do that," or, "I'm offended by what they're saying," we may be causing ourselves added stress by trying to understand things through the 'prism of self'. If we can *overstand* different experiences and perspectives, we'll experience less stress and more harmony. We must remember that we are a part of a complex system with many different outcomes.

*Pros:* Perspective keeps us at peace with our current situation. It allows us to appreciate what we have instead of creating unnecessary anxiety over what we don't have. A positive perspective gives us the wisdom to share with those who need direction. Perspective gives us self-identity. Having the proper perspective helps us to maintain our sanity.

*Cons:* We must be careful not to undermine our growth or determination by setting our goals too low. This will challenge our self-esteem and self-worth. It's okay to strive for better things, just don't get emotionally attached to the process or outcome.

Having a self-centered perspective can show a lack of overstanding and cause unnecessary anxiety.

## THE BALANCE OF POWER

Everyone has an 'Achilles heel'.

This means that no matter how strong we are, there's always an unknown or hidden weakness that can bring about our downfall. It's a challenging concept to accept and defines who we are as a person on a very deep level. When we're good at something it boosts our confidence and expands our energy outwards. Problems happen when we don't observe ourselves and just *be* ourselves. Sometimes 'just being ourselves' can get us caught up in *The Matrix* system and we can overlook helpful things. 'Not observing ourselves' can affect our subconscious and may cause us to stop maintaining the proper balance. There is no 'one size fits all' answer to challenges. Each situation is unique and deserves its own customized solution.

To balance our power, we must know when to be ordinary and when to be *extra*-ordinary.

Once we hold any degree of power we must cultivate the ability to relate to those with less power, or who are powerless, to maintain their approval. It's important to interact with average people as well as with other people in power, but we shouldn't hide our abilities or confidence in doing so. However, we need to guard against using our power carelessly to harm or destroy others. Any decision should come as a result of deep thought, purpose, and relevancy. **Using power to destroy can have a reverse effect by highlighting the person and the possibility of them becoming a target. Karma and the universal energy of humbleness can also play a factor in a powerful man's misfortune for such motives.** We

must also guard against behaving *too* average around average people. This may make them feel so comfortable that they lose respect. They may even become demanding with us.

**On a higher level, all experiences are equal and it's okay for a rich man to be as common as he likes around common people. The rich man may experience the normal outcome of such acts.**

**On a lower level, this awareness is helpful since people are caught in *The Matrix* of financial influence. Poor people have a certain perception of rich people and how they socialize. Most poor people feel the rich only engage with the rich and look down on those with less. The fact is that our country has a great unbalance of wealth - most people are poor or middle class. Obviously, the poorer the people, the more help they need. The more that rich people interact with poorer people, the more those people will feel they can ask for help or favors. If a rich person spends too much time listening to poorer people's requests for favors, they're distracted from enjoying themselves. They really don't have much to offer a rich person other than working for them. While poor people understand this, they don't want to accept this principle because it doesn't serve their self-interests. Until they're able to interact with richer people without a financial motive, they can't expect a genuine relationship with them.**

## **POWER IN THE INNER CIRCLE**

The power center of a group, or a person who is a celebrity, must always be aware of energy.

If a celebrity constantly has a crew around for protection and friendship the energy must be balanced. He or she is the reason

these people are here. Supportive people recognize this but know the celebrity needs their support and familiarity. The person at the power center needs to balance this give and take – the energy – of the people in their inner circle. They must nurture relationships enough to make the crew feel loved while retaining a degree of separation to maintain respect. Too much separation can cause envy. Becoming too casual may encourage them to take advantage. This is why balance is important and must be *overstood* in the group. The degree of interaction between the artist and crew depends on the value of each crew member and their involvement with the celebrity's life.

In our lives, we have many different kinds of support people around us. Some give us emotional support.

Usually, it's a family member or a best friend, someone we trust and are most connected to – someone who's genuinely supportive and shares our life experience. This person's character determines how much a person of power needs to monitor this relationship. They can be the biggest liability as they usually know inner secrets. The celebrity must handle this relationship with care, and can't easily disrespect this person.

We should regularly monitor how much power, attention, and exposure the members of our inner circle receive. People feel their actions have a purpose if they're appreciated for helping someone else achieve greatness. If that person receives too much, however, there's a chance they might leave. They may feel they can be just as successful as the person of power.



**Progression is a natural part of human nature. Most people want to continually advance in whatever they're involved in. In order for a person of power to keep their support team, they must do a delicate dance of edifying and keeping the support team dependent on their success.**

Emotional support relationships always have an underlying anxiety. If a person close to us wants to move on and no longer support us, we need to step back from our emotional involvement. It's more beneficial to *overstand* the decision being made. It doesn't mean we won't react in some way, even negatively. It depends on the circumstances. We must *overstand* human nature and accept other people's choices that don't include us as a central character.

There are general or technical support people around us.

These are people we're friendly with but don't necessarily share a lot of history with. We depend on them but aren't as attached to them as to our emotional support team. They're in the inner circle as they have special talents or skills we may need. We must *edify* each person in their talents to keep them motivated and balance that energy to maintain their respect. We must also set physical boundaries to separate ourselves in a way that stresses our own importance. For example, a celebrity may invite their inner circle to come to a movie premiere. However, the inner circle flies business class, while the celebrity flies first class.

We have regular, everyday people around us.

As a power person, we like these people and appreciate the wide range of benefits they provide. They're not around as often as others closer to us, but they do serve a purpose. We don't need to

go out of our way much for these people, as they consider it a privilege to be with us. These people are easily replaced as there's little or no emotional attachment involved. Their relationship with us is based solely on having something we want or need at the time or familiarity from a past engagement. However, as a person of power, we must still monitor our energy around them since they have access to us. If we don't and disrespect them in some way, they can cause harm. If they receive negative energy, it's easier for them to turn on us.

**NOTE:** *We use the terms, 'celebrity' or 'person of power' but this applies to anyone who's the center or leader of a group of any kind – family, business, social, etc.*

## **LEVELS OF *OVERSTANDING***

We develop a level of *overstanding* about issues according to our life experiences.

Some disagreements come about because the people involved have different levels of understanding on an issue. For instance, we can place a person up on a stage and ten people watching will describe them in ten different ways. One person calls her Angela. Another person refers to her as a singer. Someone else may say she's an African American. A person with a higher level of understanding might refer to her simply as a woman. A person with a universal perspective may refer to her as an earth-bound soul. These differing perceptions can cause confusion during a discussion. Everyone's correct in their own way. They're just speaking from different levels of understanding.

Levels of *overstanding* determine the reasoning behind specific actions and motives.

Throughout this book, we discuss many issues with different levels of *overstanding*. Once we *overstand* the different levels, we're able to identify which level we're operating on. We'll also *overstand* why there's a disconnection between different sides of a debate.

Here's a brief reminder of the levels (*detailed levels are found at the front of the book*):

**Lower Self (RED): This person just lives life and doesn't observe it. They're self-focused and socially disconnected. They always choose the easiest way, and look for and enjoy controversy, negativity, and ways to divide. They're easily manipulated by *The Matrix* since they lack free thinking.**

**Elevated Awareness (BLUE): This person lives *and* observes life. They're more rational and have moral values. They know and understand what's fair and what's right. They're able to identify the sources of people's actions, moods, beliefs, and motivations.**

**Higher Self (GREEN): This person understands situations in-depth - why they happened and where and how they began. They can work out the motivation that initiated a situation and thus can predict certain outcomes. This is a person of diversity, capable of *overstanding* from different perspectives from a global standpoint.**

**Galactic (GOLD):** This person *overstands* experiences and energy far beyond this planet. To them, earthly issues are very small - minuscule. Time means nothing to them because they know everything is connected and interconnected and always was and will be. They recognize no beginning or end, no start or finish. To them, there just 'is'.

## STAMPLE

*A star basketball player played for the Cleveland Cavaliers, an American basketball team, for several seasons without being part of a championship victory. He decided to leave his hometown team to play with the Miami Heat. He thought they had a better chance of winning a championship, something he very much wanted to experience. After signing the contract, he held a press conference to announce his decision. When the story came out in the media, it spurred a lot of controversy and debate from different levels of understanding.*

## THE BREAKDOWN

The Cleveland organization and local fans felt betrayed. They looked at this from the level of their own organization and their personal feelings. They can't see beyond that. **This is Lower Self-thinking.**

The Miami organization and fans not only understood what they gained, but what Cleveland lost. They knew that players make these kinds of decisions to benefit themselves. **This is thinking in Elevated Awareness.**

The NBA considers this from an *overstanding* viewpoint by looking at the effect on all teams. They view this move as good for the league. They knew that any kind of change was good and would stimulate more changes, which keeps the league from stagnating. It also makes people pay more attention to the league, which is good for business. **This is thinking on a Higher Self level.**

With this, we can see how people's level of understanding is tied to their position or motivation. We've been so indoctrinated to be individuals that it's hard to gain perspective on things outside of a self-serving agenda. This is one of the major hurdles we must surmount in order to reach true and sustained happiness.

These four levels - **RED**, **BLUE**, **GREEN**, and **GOLD** - make up the basic foundation to fully understand and learn from the many topics we'll explore in this book. We'll break down each topic to show how these levels apply, so we're able to clearly receive the messages being offered.

## **DANGERS OF TECHNOLOGY**

### **SOCIAL & PHYSICAL DANGERS**

The mind is always growing and expanding with new ideas. These new ideas sometimes deal with technology. Technology has improved our lives. With technology, we've discovered quicker and easier ways to accomplish things.

With technology, we do more with less.

This is a great thing but we must have balance and an *overstanding* of the long-term effects of technology. To *overstand*, we must foresee things that could possibly be a benefit or a setback for the human race. We must always think this way about everything in order to be a true *overstander*. This will help us to evaluate things and avoid unwanted experiences in the future. We should appreciate technology but not depend on it. To do so would take away from some human abilities and place us in a vulnerable position in some forms.

Technology can alter our entire social structure if we're not careful.

For example - cell phone technology has evolved with many different features that can keep us occupied for hours. We may appreciate being able to do things on our phone but we've become more anti-social because of it. Few people like to meet unless being introduced, some people just want to appear busy, and we sub-consciously become 'pseudo' people behind virtual characters such as photos, emails, tweets, and texts instead of real people. Some of us have become so caught up in cell phone technology that we feel uncomfortable if we don't have our phones with us at all times. This dependence and the need to feel connected through technology has its advantages, but it also has disadvantages depending on the technology – such as being surrounded by magnetic waves from phones and cell phone towers 24/7.

Constantly having a phone or hands-free device to our ear can have a long-term effect.

Constantly staring at the phone screen for many hours also has an effect on our eyes. Everything in the phone is programmed so we don't need to exercise our brain to remember numbers. Before numbers were programmed into phones, we used to remember many numbers but now, probably can't remember 3! If we lose our phone, we often don't know a loved one's number. Many things can be done using our phones such as paying bills, banking, sending and receiving information. This is a great thing and with the world being as busy as it is this type of technology is relevant but it also helps further the 'disconnect' between us. It's great to use technology but also remember to keep things balanced. Make sure to remember the important numbers occasionally without looking them up. Go in to pay a bill every once in a while instead of always using a phone, to keep that balance.

These are just a few examples when it comes to *overstanding* technology, the dangers of it, and the need for balance when using it.

If we depend too much on something one day it may not be available and if we haven't applied balance the experience can be more traumatic.

*I love to apply balance to keep myself grounded in life, nature, and my soul. I'll sleep in a tent in the backyard periodically to keep the balance of having a house, and having to live without a house. This also gives me a great contrast between nature, living the tent life, and living comfortably in a home. I don't compare the experiences in terms of better or worse. I look at them as two different experiences.*

## ECONOMIC DANGERS:

Technology has an economic effect on us.

Technology can achieve things we can and cannot do. For this reason, technology has taken many jobs from us. We used to call a business and speak to an operator. Now we usually speak with a machine that recognizes our words and directs us – not always to the correct place. Human operators are no longer needed and therefore technology has claimed human income.

**We hear in the news that America needs more jobs. Every Presidential hopeful promises more jobs to the American public but it never seems to happen. Mathematically, jobs can't sustain the speed of population growth mixed with the need for fewer people to operate society. This causes many problems, which include anxiety, depression, desperation, and manipulation. Robberies and killing remain at an all-time high in this country due to the lack of funding, the disproportion of wealth, and the media depiction of the 'American Dream'. We see the manipulation of selling the American Dream while developing things that can replace the means to achieve that dream. (Reference key 03)**

*I have personally witnessed how technology destroyed the civilization of the small town I was brought up in. I was born in Clinton, South Carolina and back during the 80's until about the early 90's there were many cotton factory jobs available. This gave people employment which gave them the economic freedom to spend money. Since most of the citizens had money to spend, businesses were everywhere. There were many shopping areas and places to dine. Things were good for the people in my town. New*



*technology surfaced that would allow the same production - if not more - without as many people. All the cotton mill plants closed down and to this day, the city has never recovered. The lack of jobs lowered the vibration among the people. There are limited businesses available along with limited activities, and violence has spiked over the years.*

**When people experience a lack of resources to survive in a *Matrix* that *requires* those resources, it may cause depression. This can also make us operate outside of our normal realm.**

## **MONEY**

Money controls our world.

It's how *The Elites* control us. We've agreed to this bartering system, and *The Elites* control it - so they control all of us.

In America, and in most other places around the world, it's hard for us to get something we want and need without having money. In fact, it's almost impossible for most of us to *survive* without money. We'd have a hard time living without the basic necessities we need. So we're all controlled by money.

Many of us don't want to get up every morning and go to work, but we need money, so we do. I'm sure we'd all love to explore and experience this planet without the commitment of a work routine. The freedom of the soul, not being bonded to a routine commitment for survival, also lifts the spirit and minimizes stress. This can also cause the vibration of our spirit to escalate and give us a greater appreciation for our earthly experience. *The Elites* enjoy this freedom since they have so much money that they can

have anything they want, or go anywhere they want, whenever they want.

**The type of freedom the *elite* experience is the closest to what a true soul experiences before entering the controlled human experience on planet Earth. (Reference Key 13)**

It's one reason why a man with lots of money attracts women who would otherwise ignore him. These women appreciate the ease and comfort of living without financial stress. So money even has control over whom we choose for partners.

It's been said that, 'Money is the root of all evil'.

Money causes some of us to be deceptive and manipulative. These people abandon their morals or commit unlawful acts to survive, to support others, or just to experience more leisure time free from work and stress. Since *The Elites* control all money, they're ultimately the root of this evil.

Money triggers emotions.

Whether we want it, need it, have it, or don't have it, almost every emotion we have is tied up with money: joy, excitement, hatred, jealousy, arrogance, selflessness, compassion, depression, respect – and more. Since money can trigger emotions, having more or less money can control emotions. Since *The Elites* control the money – they control our emotions. As long as using money is this important in our lives, as long as this form of bartering continues, we'll always be controlled by *The Elites*.

## BUDGETING

Budgeting helps us regain some control over our lives.

Since money is critical to surviving in America, it's important that we *overstand* how to budget so we can get the most from the money we make. It's shocking how many of us don't budget, or even know *how* to. Without a budget, many of us remain poor or end up with a lot less money than we'd like, than we *should* have. We're constantly bombarded with images in the media of things we're supposed to have and supposed to want and need, so we're continually encouraged to spend beyond our income. It's one of the biggest problems in American today. Having a budget helps.

A budget is a plan for how our money should be spent.

For those who don't know what a budget is, or how to budget, here's a brief explanation. First, we should add up all of our monthly expenses. This may include some or all of the following: rent, mortgage payments, electricity, water, sewage, heating, food, car payments, car insurance, gasoline, credit card payments, clothing, education, life insurance, medicine, cigarettes, vaping, alcohol, coffee, restaurant meals, entertainment, etc. Now multiply this by two. That's the amount of money needed to survive for two months – the time it might take for us to find a new job, recover from an illness or accident, or for a car or house repairs. This amount of money should be considered as an emergency backup in case something happens. To save this, we put aside a portion of every paycheck not spent on bills until we reach the amount of money needed. We should then save up enough money to cover 1 month full of bills in our primary backup account, and

anything over that is money we have to afford. If we stick to this budgeting formula, we'll always have money and know what's in our budget.

## STAMPLE

*A man makes \$1500 a month and his bills total \$1000. After paying bills there's \$500 left. He has three bank accounts. His emergency account has \$2000, his savings account holds \$700 and he has \$1200 in a third account for bills, entertainment and other spending. He carefully puts in a little bit of money each month from his \$500 to build up these accounts. If he confines his additional spending to around \$500 or less each month, he can maintain and even grow his accounts. If he spends more than \$500 one month and takes an extra \$200 out of his entertainment account, he can always replace it the next month to keep that account at \$1200. He never lets his bills and entertainment account go below \$400.*

*This man likes to be prepared and eliminate stress in his life. So he plans ahead.*

*He goes on vacation every year. It usually costs around \$1200. So instead of removing the entire \$1200 out of his bills and entertainment account and emptying it, he puts in an extra \$25 per*

*paycheck into his savings, and in 12 months he has the money to go away, maintains his safety cushion, and he doesn't have to worry about bills being paid. He budgeted for his vacation.*

*If he needs major car repairs, he dips into his emergency account to pay for it. He knows it's important for him to have that two-month safety cushion. So after paying \$1500 for repairs, he puts \$150 from each paycheck into his emergency account for 10 months until it's topped up again.*

## **THE BREAKDOWN**

As we can see, this person looks ahead and plans. He pays for what he *needs* – his bills – first. Then he looks at what he *wants*, and budgets to afford it. He set limits for himself and holds back from spending all of his money at once. He has a bank account to handle any emergencies that arise, so his bills will be paid for up to two months. He tries never to spend more than is in his bank accounts, so he doesn't have to worry about running out of money. He carefully considers any spending he does, to make sure it's something he really wants or needs, so he doesn't waste his hard-earned cash. When he does find something he wants, he works out how much to save each month so he can pay for it without stressing out. This is how budgeting works, and how it helps us. Doing this, we have money for bills, money for emergencies, money for security, and money for enjoyment. Budgeting lets us control the money we make, and thus exercise some control over our lives.

We must *overstand* what money is and how it affects every single one of us.

If not, it'll affect our lives and even our souls in a negative way. Whether we do or don't have money, we need to *overstand* and appreciate its power over us. There are very few of us who don't feel some kind of money-related pressure. America is known as one of the richest countries in the world, making money even more relevant to people than in other countries. Those with more money have control over those with less money.

Some people in America have moved as far away as they can from the control of money. These people are what we call, '...living off the grid'. They usually inhabit wilderness areas far away from modern society. They have limited distractions and live close to nature. Since they live off the land and don't use electricity, they're out of the range of media influences and competition and thus escape a lot of the stress, control and negative emotions that come with money. In living this close to nature, their souls are able to feel a freedom and completeness few of us ever come close to.

Our barter system using money could be positive if it wasn't controlled by such a small group of people.

**85 of the richest people in the world have more money than half of all the people on earth. This number alone stinks of manipulation. 3.5-billion people have less money than 85 people. We only have strength in numbers if all of us are on the same page – if we follow the same agenda. In this case, our numbers actually work *against* us. It's easier for 85 people to collaborate than for billions.**

To have a fair and functional form of trade, we need a *new* form of currency.

We need a system that equalizes power instead of allowing it to be concentrated in the hands of a greedy few. If a majority of us no longer accept currency and its system, those *Elite* few will lose power. Perhaps we could pattern a culture, not unlike that of the *kibbutz*, where everyone has their place, everything belongs to the community, and food, shelter and clothing are free.

**Innovative thinking is needed to extract us from the control of money, and the powerful *Elite*.**

## **ACCOMPLISHING A GOAL**

A goal is something we picture in our minds and work toward.

Most of us have dreams we'd like to be real. Turning a dream into a goal and reaching that goal requires us to take action. Our minds, bodies and souls must work together to bring this about. It's important to have goals and to strive for them since creation and accomplishment are two of the positive driving forces of our existence.

**Spirits and souls come from an environment where desires, experiences, and creation take no effort. Once souls enter bodies here on earth we operate as physical beings. Souls still have the desire to experience and create but must now do so through a physical experience.**

Reaching a goal can be challenging.

Some goals are physical such as in sports competitions. They require a dedicated work ethic. If all competitors were in the same physical condition, then mental abilities such as confidence and dedication make a difference. When working toward a goal, it's important to envision it – see it, hear it, feel it and even taste it - until it's so real it's already here. For example, if a young college player aspires to professional sports, he must not only have a great work ethic, he must also project a vision of himself at that level, seeing himself in uniform on the field. Not everyone reaches their goals, but we have a better chance of doing so if we use all of our personal resources – body, mind, soul – to do so. This kind of focus can be applied to sports, or to any goal we wish to achieve.

## **DISTRACTIONS**

We must learn how to identify and eliminate distractions and outside influences.

With so many people around us, distractions and influences can make accomplishing goals more difficult than ever before. There are so many moving pieces to life and sometimes we can be sidetracked by others on our way to our goals. We may have people in our lives who may not have a mission or goal of their own, and they may want to spend time with us – taking time *away* from us. Even though it may feel generous to spend this time, we must balance or limit it so we aren't distracted from our current mission. If a person has no mission, they can be a liability to our mission if we spend too much time with them. It benefits them to have a companion when they have no mission but it doesn't benefit our



mission. This is just one way of *overstanding* certain distractions in life. There are many others to identify as well. Most of us are not operating from an *overstanding* point of view so it's harder to identify distractions. There are many other reasons why some of us don't accomplish our goals and we'll discuss a few.

## **LACK OF *OVERSTANDING***

Many of us may lack the mental and physical preparation for what a goal entails. We must try to get an *overstanding* of the overall process and then it's easier to identify any distractions that will take us off that path. There are so many distractions, that we must reference most of our decisions and actions to our goal agenda. This requires analyzing the current and future situation to make sure it's a benefit. Without establishing this *overstanding* approach before attempting a goal, we may be subject to distractions and manipulations.

## **LACK OF CONFIDENCE**

Many of us have goals but don't have the confidence to go after them.

It could stem from a lack of experience or a lack of moral support. This can make us feel insecure as we don't want to fail or be wrong about something. We're afraid of what people may think of us if we aren't at peak level right away. When we try for something we have no experience with, worrying about our ego works against us. We must humble ourselves and *overstand* that every one of us has to learn from mistakes in order to grow. It's all right not to be good at something right away. We need to develop a 'mindset' open to

learning from our journey. At the start of the process, we're beginners so we shouldn't hold ourselves to the same high standards as people with experience.

It's important that we not be intimidated while going after a goal, just because it's something new in our lives. We must always put forth our best efforts. We must also take the time to evaluate our methods as we progress so we learn from the mistakes we make.

**When we *overstand* the people and the world around us, we'll have more confidence in being able to reach a treasured goal, even if we've no experience. We'll understand the process and won't be affected by not knowing everything at once. With this, we'll develop a personal formula on how to approach goals in the future.**

We can build up our self-confidence by accomplishing small goals.

Start with making a list of things to accomplish every day – it doesn't have to be a long list. As each point on the list is done, cross it off. At the end of the day, most or all of our tasks will be done, and we'll have a well-deserved feeling of satisfaction and accomplishment – AND - we'll feel more confident about taking on something else. Soon, our feeling of accomplishment will boost our confidence so much that we feel comfortable moving on to bigger goals.

Many of us are overly concerned about what others may think or say.

These kinds of thoughts weaken our determination and sap the personal energy needed to maintain self-confidence. If someone

doesn't like our progress, we shouldn't take it personally. We must bear in mind that people's opinions come from different motives. We must process those opinions and decide which to take seriously. We must *overstand* these people, their opinions, and their motives. That's why it's important not to take outside criticism too personally, especially at the beginning. We need to protect and maintain our confidence.

### **LACK OF MENTAL PREPARATION:**

When preparing to go after a goal, most of us focus on the goal itself, not on how to get there.

The goal is something we desire and dwelling on having it fires up the pleasure centers in our brains. If we focus on only the goal itself, it may make the process of getting there seem very difficult. It often takes hard work and may entail giving up some things that we enjoy. This does *not* make our pleasure centers happy. So some of us may lose motivation if it's *too* hard, or we have to give up *too* much, or if we discover that getting there's not as much fun as something less challenging.

This happens when we're not mentally prepared by *overstanding* our goal. We must remember to always prepare our mind for the journey. This way we can enjoy the journey as well, even if it's challenging. If we accept the fact that we'll face some tough challenges, some unsuccessful moments, it won't throw us off when they happen. There will be those days when we might want to give up, but we'll push ahead anyway.

It's all in having the proper mindset.

## THE NEED FOR LOVE AND COMPANIONSHIP

Some of us strive for goals with limited or no emotional support.

It's easier when people who love us tell us what a great job we're doing. Not having family or friends as support can contribute to our lack of confidence, especially if we're the kind of person who needs approval from others to carry on. It may chip away at our dedication to achieving a goal if we don't have a support system. We might spend some of our personal energy on finding the support system we feel we need and be diverted from our goal.

**We need to dedicate 100 percent of our energy toward our goals. We must learn to move forward using our own personal support, and not count on or depend on it from others. If we direct 20 percent of our personal resources toward yearning for and looking for support people, it lowers our chances of reaching our goal, or at least delays when we reach it. It also creates an environment for companionship distractions.**

Whether we have a support system or not, people can become a distraction when it comes to going after our goals. Some of us are used to getting support from a specific person, or people, and feel we can't reach our goal without them. If they're not there cheering us on, we may feel we can't accomplish anything on our own. It's not always easy to *overstand* how to fit relationships and companionship into our journey toward a goal.

Sometimes it's hard to determine if someone is a support or a distraction.

Our need for love, our experience of it, and perhaps the lack of it, are all factors affecting our focus on a goal. We need to reflect on the actions of the people around us. Having a partner who caters to us or who needs support from us falls into the 'needs reflection from others' category. Some of us need this so much, it could derail us completely from moving toward a hard-to-reach goal.

We've all seen people form relationships and change the direction of their lives, giving up their dreams.

Some of us find it so nurturing and safe in a relationship. It often serves as a welcome balance to the stress and hardship of going after a long-term goal. Meeting certain people in our lives can convince us to change our goals. We're all different, meeting different people, so it's never completely the same for any of us. At this point, some of us may take longer to reach our goal. Some of us will be sidetracked for a time, while some will quit altogether.

**We must make sure to apply balance when we get involved in a relationship while on a journey to a goal. Compromise may be necessary, especially if we wish to remain honorable. There must be a balance in our compromise. We must never compromise to the detriment of our goals.**

## **THE AMOUNT OF TIME SOME GOALS DEMAND**

Life happens while we're going after our goals.

Sometimes life slams into us like a tsunami and becomes very challenging on many levels. It could be something serious like having the place where we work close down, embezzlement by a business associate, a partner who becomes seriously ill or injured,

a natural disaster destroying our home or business, a husband or wife leaving us, or a child dying. It could be something less complicated but just as diverting such as becoming allergic to a common food or losing our license to drive. All of these take their toll on us, emotionally, mentally, physically, and financially. These things should be factored in as possibilities while mentally preparing for the journey.

If we're not invested strongly enough, we can be completely distracted from our goal.

If that happens, we run the risk of never reaching it. We must embrace a strong work ethic, be able to *overstand* what's happening in our lives, move through it successfully, and continue on our journey. No matter what happens, we must hold on to our vision of that goal.

If we hold off on working toward our goals, we'll feel uncomfortable at times in realizing we're not moving forward. If we're too comfortable, we may not have the motivation to see it through. It all depends on what we make a priority in our lives, and how much we're willing to sacrifice.

*I'm proud of my personal track record when it comes to achieving goals. My book entitled, "My First 35" is an autobiography. I wrote it because I'd reached every goal I set for myself by the time I was 35 years old. When I set a goal, I focus my mind, body, and spirit on it and let nothing stand in my way. I experienced distractions but never to a level where they threw me off course.*

***This is how I believe we must feel if we truly want to reach our goals.***

*My formula for reaching a goal starts with believing I can reach it, then challenging myself to do so. I didn't consider myself an author when I wrote my first book. It was just something I knew I was destined to do. I took the time to prepare my thoughts on how I wanted to structure the book long before I started writing.*

*My second and third books took over 7 years to write.*

*I didn't want the challenge of writing these books at first because I **overstood** the time commitment and the extreme focus it would take. But I knew I had to do it, so I moved forward. It hasn't been an easy journey. My hyper-focus on this goal took its toll. My marriage suffered and I lost my wife to divorce. I had too many things to accomplish while remaining focused on this mission to entertain a relationship on the level it deserved. My wife wasn't engaging her life in my mission so that added more separation between us. I was prepared for the divorce because I knew she was meant to help me get to a certain point in my journey but not to accompany me throughout the entire process. The mission of completing and promoting such information could possibly be dangerous for her and I knew her character wasn't built for such controversy.*

*I have fewer friends since beginning these books.*

*I had to maintain my focus to reach my goal. I know that people without a goal or mission can distract me from completing my mission, so the current association is **overstand-able**. It's a lot of hard work and dedication but I can honestly say the joy of reaching this goal is much greater than the hours I dedicated.*

*To me, it's a calling that I want and need to share this knowledge with the world.*

## **THE MAKE-UP EFFECT**

Many of us take part in something called 'The Make-Up Effect.'

This is when we adjust or enhance ourselves or our actions to receive more attention from others. We may not realize it, but doing this causes us to become emotionally unbalanced. What happens is that we begin to feel we ARE the enhancement. Subconsciously we know we're not. We also know that we wouldn't receive as much attention *without* this self-adjustment or enhancement.

The term 'Make-Up Effect' comes from the process of a woman applying make-up to positively alter the way she looks. Make-up allows her to enhance her beauty according to what is currently in fashion – or rather, what has been determined that women must look like if they want to receive positive attention.

Makeup covers blemishes, but it also distorts a woman's true features – who she really is.

With makeup, we don't see a woman's natural beauty, but only how attractive she is when enhanced. Women who use makeup to conform to current beauty standards receive the attention and compliments they desire but end up being controlled by it. They need to constantly wear makeup or make physical alterations so they don't experience negative attention and lower other people's perception of them.



Some women become so dependent on make-up they consider it a part of who they actually are. Eventually, they don't feel normal going out without it. Some even have trouble looking into a mirror without makeup. There are women who actually get up earlier than their partners every day, just to ensure they have makeup on when their partner wakes up. Others choose permanent makeup and have eyeliner and lip color tattooed onto them. These women have rejected their true looks, and in many ways, their true selves. They live with a distortion of themselves.

This term not only applies to women and makeup.

It applies to anything any of us do when we adjust or enhance ourselves to receive attention from others. What we don't realize is that when we do this, we end up with an internal war that takes its toll on us. Part of us loves the attention we receive from people when we do this – but part of us is resentful that we can't receive that same energy *without* doing it.

**It comes down to wasting our power in striving for *Matrix*-controlled attention. It's buying into the system and being socially judged and emotionally controlled by questionable or unattainable standards. Seeking this kind of attention controls us and diverts us from more beneficial ways to use our energy, and happier, more appropriate ways to live our lives.**

**We do have to admit that receiving this kind of attention can boost our self-esteem. It can also have financial and status benefits - two of the most popular reasons people are drawn to striving for this form of attention. The problem is, "How do we deal with this emotionally?"**

**A subconscious battle goes on inside us since deep down we know we only get this attention due to our adjustment or enhancement. Some of us become emotionally unbalanced trying to live with this inner turmoil – having to deal with feelings of jealousy, continual competition, and those times when we don't get the attention we want from others, no matter *what* we do or how we look? What happens when we don't receive that same attention when we know we've got our 'A game' on? How do we deal with being considered a 'has been'? What do we do when someone else receives the attention we want in the same social situation?**

**The bottom line is that 'The Make-Up Effect' sets the stage for an emotional roller coaster that never stops. Being controlled by 'The Make-Up Effect' is no different than being addicted to drugs. We get addicted to the 'high' of receiving all that positive energy and end up in an endless loop of getting and needing and getting and needing and on and on and on... Some of us become so dependent on this loop that it becomes the focus of our lives.**

It's important that we see 'The Make-Up Effect' for what it truly is: something to keep us so deeply distracted that we don't appreciate what's really important in our lives - something that keeps us from seeing what's really going on around us - something that keeps us from experiencing true happiness.

We need to get off that endless emotional roller coaster, learn to appreciate who we really are, and take a good look around us. Reality is a much more stable place to ground ourselves in. Only then can we choose appropriate goals for our lives, find truly supportive and loving people, and experience real happiness.

## GIVING OUR POWER TO THE *MATRIX*

Giving our power to *The Matrix* is something we can feel but sometimes can't identify or explain. *The Matrix*, mostly through the media, advertisements, movies and radio, put out what it would like the standard to be through its channel outlets. The public, with really limited choices, becomes accustomed to what *The Matrix* is feeding it.

The public is made up of a group of individuals controlled by an individual group. It's harder for a group of individuals to get a consensus, thus leaving them at a disadvantage by assuming what's public is what's accepted.

For example, *The Matrix* has destroyed the self-esteem of American women, and women worldwide. This is the result of 'The Make-up Effect'.

We see flawless women, airbrushed and unrealistic on every magazine cover.

Most of the people we see on the screens we watch have on make-up, enhancing their appearance. Most of the pop stars are a certain size and must have a look customized to *The Matrix's* persona. When we see this, we think this is what beauty is supposed to be. If it wasn't, why are most people that fit that type of look or body type elevated for us to see? The respect we give the people that are elevated keeps us in the *Matrix*.

This is what happens to us for buying into *The Matrix*.

Men will lust for women with flawless skin that they reference from viewing screens and magazines. That lust has attention and energy attached to it. Women feel pressure to conform to the standard the *Matrix* has set. Men are subconsciously brainwashed to a specific standard of beauty and seek to experience it. Women feel they must conform to a certain image in order to receive attention. Women get operations, butt & breast implants, and fake hair all to conform to the *Matrix*. The *Matrix* displays what they want people to think is beautiful - the reality of how humans actually look is rarely displayed on this platform. It's an unfair fight to compete with *The Matrix* which has a global infrastructure of influence. Many men will become attracted to *The Matrix* of influence and will give their attention to the female image that's been placed into their subconscious.

We tend to look at attention from others as self-worth and appreciation.

Someone is taking the time to be interested in us and our life. Just because someone is interested in someone doesn't give them more worth over another. A lot of the time it's a person who has conformed more to *The Matrix* programming than others.

## STAMPLE

*Three girls who graduated from college 2 years ago, decided to reunite and plan a week-long vacation to Miami Beach. The girls were all single and wanted a little fun. Kammy was a very sweet girl with good morals and a positive attitude. She was*

*the type who would give us her last dollar. She was a very attractive lady but had an average body. Sasha was very outgoing and was an attention seeker. She loved to be the center of attention. She had no loyalty, was self-centered and would take advantage of people when she could. She had huge breast implants and a nice round butt. She liked to show off her body and flaunt it in public. When the girls arrived in Miami, Sasha received all of the attention from guys. The other girls received less attention but it wasn't due to them being less of a woman, or unequal in any way.*

## **THE BREAKDOWN**

This shows we are caught up in *The Matrix* and how we react to what's been put into our subconscious. Morally, Kammy has a more acceptable character. However, Sasha has more of *The Matrix* appeal.

Why is this important to ***overstand***?

Too many people try to compete with others who've conformed to *The Matrix*. We must either conform to *The Matrix* or refuse to participate in it. When we choose *not* to participate in it, we're empowering ourselves to know our self-worth without needing the attention of others. Remember that the root cause of most of this is self-identity through attention. If *The Matrix* was to highlight our character then more people would be attracted to us. This doesn't make us more or less important, it just means that our character

reflects what *The Matrix* has implanted into our subconscious. Becoming an **overstander** also helps us identify *The Matrix* and therefore prevents it from having more control over us.

*I remember in my early adult life, an overweight, dark skin rapper from New York was very popular among the urban community. His music was in all types of clubs and his videos were played on the popular video channels. His videos depicted models lusty over him. These depictions of an overweight dark-skinned man being wanted by beautiful women made women feel it was ok to date a man of that type. Models could feel comfortable out in public with a large man due to The Matrix influence. I remember for a short time large men driving Escalade trucks were in. The rapper died and The Matrix influence for large men in the urban community is not as strong now. This is a great example because large, overweight, dark men are not usually highlighted by The Matrix as sexy and therefore they don't receive the same type of attention. What we take away from this is the power of The Matrix influence - and to never compare to, or compete with, The Matrix. We can't allow it to affect us. We must find an alternate place to direct our attention.*

Check out this scenario.

Picture a part of *The Matrix* as Jesus' 'Last Supper' photo where he and his disciples are sitting at a table full of food. Now imagine that table sitting in front of 280 million starving people. Some people are selected to join the table for all to see, eating that food. The public begins to think higher of them because they're feasting for all the hungry people to see. Since the 280 million starving people are focusing their attention on the table full of food they lose their

focus on creating their own food in the fields around them. The people's actions are controlled by their desire to pursue a highlighted lifestyle because they feel that lifestyle is superior. The people are greater in number and could truly dictate their reality if they chose, but without organization, it's almost impossible.

We ask ourselves, "Why can't I just be myself"?

We *can* be ourselves - but we can't expect to be ourselves and receive the same response from people adapted to *The Matrix*. People caught in *The Matrix* don't **overstand** the subconscious indoctrination they are subjected to through the media and advertisement.

Being ourselves is always more challenging if it's outside of the *Matrix* image.

We're in an emotional losing battle if we're looking for a sane response to an insane *Matrix*. This is where the term 'What's Real vs. What's Right' comes in. 'What's Right' is how we feel life should be - while 'What's Real' is how life is according to *The Matrix*. The world is too complex to expect a perfect life. No-one can live on this planet for over 40 years and not experience disappointments. So people will cheat on us, lie to our faces, lose respect for us for nonsense reasons and so on and so on - because they're dealing with a certain challenge and their decision can affect the continuity of our present life. This is why we can't allow others to approve our validation. This is one of the greatest weapons we can have against *The Matrix* and depression.

## OVERSTANDING HUMAN AGING

This section explains aging from a social structure perspective.

We all know that aging is a natural process of life, but it can be altered due to social structures. Kids under 12 truly live life without much responsibility. But we do have influences and peer pressure around at this time. This is when we tap into our imagination about what we'd like to see in our futures. As high school teenagers, our bodies are ready for competition on that level. This includes sports, beauty pageants, spelling or math contests, or anything else that involves competition. This is the time when our bodies are working on development to compete on the highest level in just a few short years.

Ages 19 to 23 are college ages.

This is when our body is almost in its prime. We have more responsibilities at this age but also gain new freedoms to explore the world unsupervised.

Ages 24 to 28 are considered the prime age range

Our body is at its peak moments. This is the age most American professional sports players fall into. This means they're competing with the best in the world during this time so we can *overstand* that this is a prime age range. Considering the prime physical capabilities, this also applies to entertainers, entrepreneurs, artists, and people on many other journeys. In this age range, many Americans are fully capable of surviving and taking on responsibilities without the assistance of parents. The opportunities are endless for a person in this age range.



When we reach the ages of 29 to 34, we're in the mature prime stage.

This is a stage where we can be most dominant. We are more confident due to experience in our prime years. This stage normally carries more responsibility such as kids and marriage. Typically most of us are now parents and must take 'staying employed' more seriously which drives us to continue. This age range is on the outer edges of the prime stage so interest and competitiveness may still be there. This is the edge of enjoying the things we did when we were in our prime - to moving on to the responsibility stage. This stage of responsibility is not as enjoyable as self-adventure and therefore can cause vibrations to lower.

Age 35-42 is considered prime middle age.

Here, we have responsibilities but also have influence over others. This influence can come from being in charge of employees or from being a parent.

Age 42- 50 is the mature middle age stage.

Most of us are probably grandparents and do less physical work due to our high ranking of service. This age range has responsibilities but normally, some of the tasks can be delegated to others close to us.

Ages 60-70 are the early senior years.

Many of us will have grandchildren and most of us will be in our retirement stage. It's a time not to stress about going to work and enduring physical labor. At this stage, we could have a large family

and may be the leader of all of those souls. Most of the responsibility at this point is health and family.

70+ are the golden years.

Our bodies are mature and should be handled more carefully. This is the stage where we should enjoy food, family, and entertainment.

Note: As we briefly discuss the age ranges and the normal status of them, we'll explore how some of the social structures and stresses play a role in aging. We will also witness how these different age ranges produce different perspectives and can cause conflicts due to the lack of overstanding of the age experience.

When we have limited responsibility in a young body as we do in high school, we deal with limited stress. Peer pressure may play a role but the pressure to survive the economy is usually not involved.

*College-age is the time for exploration.* This is when we really want to have a great time in life. This is where we take risks. This is the time to build memories. This drives motivation with a nation set up for us to explore what we like. Our prime age range is what America caters to the most. Most of the models, entertainers, professional sports players fall into this range. Since America caters to this group, this is what drives the spirit to be the best at what this group can do. This keeps us in physical and mental shape for other prime competitions.

*The next age group is 29-34.* America begins to stop catering to this age range. This means we are on the outer edges of our prime

enjoyment. When we combine that fact with the responsibility of children, it builds stress. We begin to compare the attention and adventure of our prime years with the feeling of having a bigger responsibility with children. This stress weighs on us and the aging process starts here. Children can serve as a much-needed balance to offset anxiety from the lack of public attention but can be a challenge in raising them. The more we resent not being able to live in our past the quicker aging will develop. Here is where we must learn to respect and appreciate *all* levels of the aging process. We must be thankful to reach this stage and embrace it or it can be a factor in your vibration level and the aging process.

*At the ages of 35-42*, there are limited things America will cater to in this age group. These limitations have a reverse effect on some, as opposed to the younger generation. Not having an outlet where we feel catered to, combined with more responsibilities, can make us feel unworthy. New musical artists are not accepted at these ages and there are no sports that cater to this age range – except for golf. That’s why this age range is normally a mentoring stage for younger souls. Since we have no outlets to feel special, we may lack motivation for competition. There is no reason to compete. This is when some of us stop exercising and concentrating on self-development. The stress of responsibility also creates an environment for overeating comfort foods. In this age range, there is no motivation. Life becomes more about responsibility than fun. This also stiffens the body due to a lack of exercise and motivation. All of these things age us more quickly.

Imagine if America catered to *all* age ranges.

It would motivate those of us who are older to remain at top performance. Imagine a new 50-year-old singer coming out with a hit record and people flocking to see him sing. If this singer is in tip-top shape, it will motivate others. If America develop sports for older people and they create a fan base, this will slow the aging process. The energy from others can fuel motivation and this means a person is having fun with less stress. Many people in the hip-hop community age slower than their parents who were into soul music. This hip hop structure allowed people to continue their swag of hip hop as hip hop got older. This is a fun party type of music and keeps some people operating in their younger self which slows the aging process.

This is just a basic *overstanding* of how most of us deal with subconscious stress due to responsibilities and a lack of opportunities. This also briefly explains how the structure to cater to a certain age group can cause stress and take away motivation.

We must *overstand* this and not allow it to affect our souls. Do not make this timetable standard for all of us. We're different and we mature and accomplish things on many scales. It's simply a basic scale that fits most of our lives.

We can feel as young as we like and stress less about life. When this happens, we'll truly age slowly and with grace.

This section is for us to have an *overstanding* of ourselves during each stage of our lives.

Often we want people in different stages of their lives to see things and to act the way we do. Older people would like younger people to act and make decisions based on their own older past experience. It's noble to try and teach younger souls about the pitfalls of life, but it must be balanced with allowing younger people to have their own experiences. Older people must *overstand* that circumstances are different for younger people and this affects their actions. Younger people must also carry the *overstanding* of knowing that someday they'll be old - if they're lucky. We must all keep in mind the entire journey and try not to make mistakes that could jeopardize our peace in old age.

The bottom line is that we must *overstand* that people operate on different levels due to the stage of life we're in and the circumstances we must experience. Once we keep this in mind, it will not affect us as much when people of another age group act differently than we would.

## **AMERICAN FOOTBALL ANALOGY**

American football has many aspects to it that we can apply to our lives.

This sport is referenced many times throughout the book to explain certain life perspectives, so, it's important to briefly explain football before continuing for those who don't know enough about it.

American football is a game played with 22 players on a 120-yard field. Each team has an average of 52 players and is broken down into groups. A team will have an offensive group, a defensive group, a field goal unit, a field goal defense unit, a punt team, a

punt return team, a kick-off team, and a kickoff return team. The object of the game is to score points by running or passing the football to the end zone. Extra and alternative points can be made by the kicker, kicking the football between two posts.

**The Offensive side of the team is responsible for scoring points.**

The offensive unit of a team is made up of positions. The *Quarterback* is considered the leader of this team. This guy leads the plays, makes changes, throws the ball, and gives it to other players to run (among other jobs). The *Running Back's* job is to run the ball past the other team into the end zone. The *Tight End* is normally a large player who can stay up front on the line and block other players or catch a pass from the quarterback. The *Receivers'* jobs are to catch the ball from the quarterback. The *Center* is the person who touches the ball first before every play. The *Center* 'hikes' the ball between his legs to give it to the *Quarterback* and then blocks opposing players. The last group within the offense is the *Offensive Linemen*. The *Linemen* are labeled as *Offensive Guard* and *Offensive Tackle*. The *Linemen* are the largest men on the field and each team plays two each. The *Lineman's* job is to keep the opposing team from the *Quarterback* and to block players for the *Running Back*. The *Linemen* are not allowed to go out for a pass.

**The Defensive side is responsible for stopping the Offense from scoring points.**

The *Defense* is also broken down into positions. The *Corner Backs'* jobs are to stop the *Receivers* from the opposing team from catching the ball, and making tackles on opposing players when possible. The *Free Safety* is the last line of Defense for the team.

This person is normally the farthest in the back from the Offense. The *Defensive End* is on the line and is either trying to tackle the quarterback, or trying to stop the *Tight End* from catching the ball. *Linebackers* are the second line of Defense for a team. Their job is to tackle an opposing player with the ball if they get past the first line of defense. The last unit of the defense is the *Defensive Linemen*. Their job is to be the first line of defense by tackling the *Quarterback* or the *Running Back*. The *Defensive Lineman* can also hold the title of *Defensive Guard* and *Defensive Tackle*.

This barbaric sport of strength, speed, athleticism and competitiveness evokes a lot of emotions. Egos and manhood are tested and that's what drives players to compete. Players gain a reference to their ability through competition.

Football fits so well into the American construct due to the similarities to real life.

Often people in power or celebrities are like the *Quarterbacks*. They're the ones that can draw the most focus due to their positions. The Quarterback has no way of being successful without the protection and assistance of the entire Offensive unit. People take on similar positions in life as they do in football for the betterment of the team.

**The Lineman protects the Quarterback and allows him to be great.**

Are we *Lineman* characters? Do we know of people in our lives who are? The *Linemen* are not known - not celebrated or highlighted as stars like the skilled players. The Linemen don't receive many endorsements or have jerseys for sale. BUT - without the *Linemen*

protecting the *Quarterback* from the *Defensive Linemen*, he would never get a pass thrown and would have a greater chance of getting injured. If somehow the *Quarterback* was to get a pass thrown, the *Receiver* must still catch the ball in order for the *Quarterback* to be relevant.

The point is that we must not focus only on the highlighted subjects because it causes a lack of attention to people who are just as important. Without all positions cooperating the entire presentation falls apart. Great leaders, celebrities, and people of power recognize and honor those of us who made things possible - bad leaders don't.

This analogy is also confirmation to the support team that they're just as special and unique to the overall process even if they receive little attention for it. Some of us could be considered the *Lineman* to a *Quarterback*. Jobs such as executive assistants, makeup artists, line workers, bodyguards, security, managers, producers, parents, accountants are just a few examples. We may be the *Lineman* to someone who receives praise - and must remember how *The Matrix* is set up and not to give in to it in search of fair comparison or appreciation. It's great to be recognized but it's even greater to know our importance and keep a high vibration without the need for recognition. Without us being that very important piece needed to keep things going, it wouldn't be as successful.



## **The Kicker and Holder are important.**

The *Kicker* is a player on the football team who's considered the least athletic of the group. He's not subject to the rigorous workout the other players must perform. He may not have the most speed or athleticism as the other players, and not be highly recognized but he could be the person to make all the difference. The *Kicker* may not have the same athletic ability but is good at the ability he *does* have. He kicks a football with accuracy better than anyone else on the team. The *Kicker is* relevant depending on the circumstances. If a team is winning or losing a game by a large margin, the *Kicker* is irrelevant. There are some game time scenarios in which the *Kicker* makes the difference in winning or losing the game. No matter how hard the skilled players work to win the game, all of their efforts boil down to the least overall athletic person on the team: the *Kicker*.

This is how life is sometimes.

The person we take for granted or whom we may feel isn't important enough in a specific scenario, may be the person who makes all the difference in a *different* scenario. A very powerful group of businesspeople may find their efforts of drafting a plan to execute may lay in the hands of someone in a *Kicker* position. Their plans may need to be mailed out or delivered by a low-level assistant, by a certain time. If this low-level assistant doesn't complete the task on time, all the executive efforts are void. The local employee behind the counter could also be considered the *Kicker* if the powerful people need their help in order to get something done. His or her expertise in what they're great at can affect the efforts of the powerful person. The plot is even deeper

The Art of Overstanding  
than the *Kicker*. The *Kicker* could be the hero of the game but the *Holder* has to catch the ball, place it on the ground quickly, and turn it correctly - all before the *Kicker* kicks the ball. Without the *Holder*, the *Kicker* will have no ball to kick. The holder rarely gets praised for the game-winning field goal but the *Kicker* usually thanks the *Holder*.

*I was a Holder while playing the sport and know the importance of the role through experience.*

The *Holder* is the person who supports the *Kicker*. This could be a spouse, family member or best friend. *The Elites* will rarely recognize these people just as the public would barely recognize the *Holder* but they're just as important to the overall success.

These are just a couple of brief scenarios on how to apply certain football scenarios and positions to real life. We must observe this in life and know that everyone's position is relevant even if it's not in certain scenarios.

It's very important to keep that respect for *all* levels because we could make someone feel irrelevant because their contributions are not highlighted. This is disrespecting the harmony needed for everything to work. When we feel appreciated for our contributions, it raises our vibration and motivates us to continue.

## CONCLUSION

This concludes the fundamental section of this book.

Many things will be relevant throughout the book. Some subjects are to teach us how to have an *overstanding* approach, and some

The Art of Overstanding  
are for valuable information. We will approach many things from  
an *overstanding* point of view. We are encouraged to begin  
altering our lives to an *overstanding* mindset. Information may not  
be explained in the most sophisticated way but don't allow the  
message to become lost because of it. Welcome to the **Art Of  
Overstanding.**

## Chapter 1

### The 'Set Up'

#### INTRO:

#### What is the 'Set Up'?

The *Set up* gives us a false sense about life, from birth.

It gets children accustomed to a false reality. As parents, we know how the real world works and try to shield them from it so they can enjoy the beginning of life without truly experiencing it. But the more our children are fed a false reality the more difficult it will be for them to adjust to the real world. This chapter shows us how the beginning of a child's life will shape their future.

Many of us have a baby and focus on the '*now*'.

We don't focus on how the *now* will affect the future. An *overstander* looks at how the *now* will affect the future and raises their child accordingly. We can allow children to have a childhood, but must do it with an *overstanding* mindset so they don't think it's the way life actually works. This is why teaching responsibility, respect, accountability, and morals are important for a child early on while still allowing them to be children.

**Children enter the world as fresh spirits from the universe coming to have a physical experience. The joyful laughter and love from babies reflects the natural soul, full of joy and love. *The Matrix* intercepts that joy and replaces it with a system of dependence, competition, ego, envy and many more things that change their**

soul's vibration. This is why a sweet baby can turn into an immoral, drug-using robber in less than 25 years. Our spirits weren't meant to endure *The Matrix* but it's tolerable if we *overstand* it and play the game accordingly. This is why it's important to teach our children how to cope with living within *The Matrix* of control, and some limitations.

If our children become accustomed to how life works early on, they'll experience less stress when they grow up. This has the benefit of making children feel like their world IS the real world as opposed to being introduced to the real world later.

Most American adults have to deal with some type of emotional or social imbalance.

Many of us don't understand why we're jealous, envious, seek subconscious competition, seek attention, and have a lack of enjoyment of life. Without being able to *overstand* and identify what causes these emotions, we'll always be subject to them. This book will help us to identify the root cause of some issues, and to learn about other contributing factors as well. We'll discover how the *Set Up* is the basis for many of the contributing factors.

Let's discuss the possible reasons for most of our emotional and social failures.

As a newborn baby, everyone is excited to see us, hold us, and kiss us. Right away we're becoming accustomed to the comfort, attention and emotional attachment others have for us. Everyone gives us maximum praise and will attempt anything to see us smile. This process is the *Set Up* and one of the worst things adults can do to a child. We have now created a human who is dependent on

others' attention to feel validated. If we're always happy when we're speaking to a child and displaying great energy, why wouldn't they think this is how life is? **It's a familiar energy to the soul, so the baby's spirit is already accustomed to love.**

Many of us monitor our children to ensure they constantly receive this attention.

This is a distortion of the real world and has a long term effect on how our children deal with authority and scolding. By the time a child is four, they've been fully indoctrinated into the falsehood of life and it begins to play on them. Around the ages of 3 and 4 our children are always trying to get our attention to watch them do something, or to play with them. If our child is around other children and they perform a stunt, the other children want to show us that they can also do it. It doesn't matter to them that they can perform the stunt, what matters to them is that WE see them do it. We all know this to be true. This is confirmation that we've created a dependence in them on other people's approval at a very young age. We act so amazed at the non-challenging stunt. We tell them how impressed we are and respond with a big reaction of positive energy. Now this is important because our children need reassurance to build confidence, but it must be done with balance. Balance is important because our child is learning to deal with self-esteem as well as dependence on others.

**The ultimate goal is for children to feel great about themselves and their talents *without* the approval of others.**

If our child becomes too dependent on others' emotions at a young age, they'll desperately seek the approval of others to feel relevant

in their adult life. This can cause an emotional unbalance for them as an adult. They may become self-centered and demand attention, causing them to operate in the lower self-red. Our adult 'child' will always monitor how much attention they're receiving from others, and an attitude of retaliation energy will be introduced. The negative response can be traced back to not feeling they received a 'deserved' amount of attention from someone.

### STAMPLE

*A three-year-old boy has a new baby sister. He's excited at first to see his little sister and welcomes her into the home. A few months later, the boy starts to notice that most of the attention he was accustomed to is now going to his little sister. The grandparents rush over and pick up his little sister before him and he begins to feel this void. He goes into the bathroom and shaves off a piece of his hair in the middle of his head, then goes back into the living room where the adults are. The adults give him the temporary attention he seeks by asking him why he did it while comforting him. This little boy was so indoctrinated with attention at a young age that his mind decided on something drastic to get attention. He sees how he must act or 'act out' to get the attention he feels he deserves.*

## THE BREAKDOWN

If this can happen by age three, what makes us think a *baby* doesn't understand the energy and love they receive? If they understand it when they receive it, they also know when it's NOT present. Most children learn to speak entire sentences by the age of two, so why wouldn't they think life is one big 'cater to *them*' party when that's all we, as parents, show them at such a young age?

How many of us are always doing things to seek the attention and approval of others, giving them power over us? Many of us don't know why we do it but it's really because we've been *Set Up* since birth. It's planted within our souls during our 1<sup>st</sup> year of life. Many of us also don't have an assurance about life and are also trying to figure it all out. This lack of assurance creates an environment for the need for support.

A child is 9 years old and lives a life of nothing but fun and limited responsibility. This child is now playing sports and working on his or her social skills. They don't understand the responsibilities of the world such as working, paying bills, and attending appointments. Most of our children are sheltered by us so they can enjoy what we call 'childhood'. Our children will be adults a lot longer than they'll be kids, so as parents, we want to give them that time to just play. This is continuing the *Set Up* of presenting a false life to the child. Remember balance is critical when raising our children.



**We must balance fun and responsibility with our children – *for* our children - at a young age. Failure to do so will give them a lack of balance and structure.**

In high school, our children are introduced to a world without parental guidance. Here's where they learn they're not as special to the world as they are to us. This is where other children can be hard on ours, and they begin to realize that life isn't as great as it was when they were shielded from the real world. This is the stage where our children would like to do grown-up things but don't have the experience of handling grown-up responsibility. As teens, they feel a false sense of independence by not *overstanding* that it wouldn't be as easy for them if it wasn't for us, their parents. Once they graduate, they're introduced to the real world of responsibilities, criticism, disappointments, etc. Those children who have the most experience preparing for real-life responsibilities are the ones with a better chance of being responsible.

Real-life is not nearly as great as a sheltered childhood and that can be the basis of some of our unhappiness. We all know that every adult must at some point deal with the real world. We do our children a disservice by not preparing them for real-life at a young age, instead of allowing them to experience it all at once. This method is called the *Set Up*.

**The *Set Up* may be the core reason for major depression, dependence on drugs, and a lack of responsibility.**

**Some of us don't want to deal with the distractions of working and remembering to accomplish certain tasks throughout the**

day. We've allowed our childhood, or lack of responsibilities, to become attached to our motivation. We must always *overstand* that responsibility is not as nearly as gratifying as having fun. If we don't adapt our body, mind and soul to balancing the two, we will get too focused on having fun. The more this happens, the less desirable responsibility becomes. Some of us have not been properly prepared for such a transition, so it's harder for us to adapt.

When this happens, often our spirit is down because we've not reflected on what the *Matrix* says is right or successful. We may be called lazy, irresponsible, homeless, and other common terms for adults who don't handle responsibilities properly. *The Matrix* is full of responsibilities that are unnatural to the soul, but if the soul feels subjected to *The Matrix*, it may want to participate in what is offered. If we want a lack of responsibility, we must tap into our soul and remain uninfluenced by *The Matrix* way of life. This means we may be without many material things that most of us desire.

It's uncommon and unhealthy for a person to lack the responsibility needed to thrive in the *Matrix* and become obsessed with the benefits of the *Matrix*. It's counter-productive to desire things that we're unwilling to make an effort to earn.

On this level, we, as humans, are living outside of our element of having many things to be responsible for. Being able to enjoy life with limited responsibilities is truly the way to stay spiritually grounded. We're less connected to nature and have less of a spiritual awareness of this planet and beyond, due to responsibilities and distractions. We can easily spend 20 hours a

day dealing with responsibilities and distractions. The world we live in is more convenient due to all of our involvement but more stressful as well. Life existed before modern-day technology and humans were more spiritual due to fewer responsibilities and distractions. This is why so many people feel it's unnatural having to get up and go to work every day in order to survive. Many souls have lowered their vibrations due to the responsibility of working most of their prime adult life. It gives the subconscious the feeling of being a servant - knowing they must first contribute to *The Matrix* system in order to obtain or maintain a certain life experience.

The working and slave reality on planet earth has always been unnatural to the universal spirit of consciousness, but it's a planet that supports it. (Reference key 01)

## WINNING & LOSING

### Everyone gets a trophy *Set Up*

The mental and emotional ability to not discourage children at a young age is a noble one, but must have balance.

Our children are taught at a young age to enjoy life and have fun and we try hard to keep disappointments away from them. We want them to be rewarded for their efforts no matter how much work they put into something. This method can be effective up to the age of 8. After that, we must start teaching our child about competition, teamwork, preparation, winning, and losing. Awarding everyone the same for different levels of performance challenges the motivation to improve.

If there's no reason to improve, we will not elevate on this planet.

This is one of the causes and effects of, "*Everyone gets a trophy*". It indoctrinates a false sense of reality into our children. They must *overstand* that sometimes others are better at something. Keeping this reality from our children at an early age will cause them difficulty when adjusting to *not* winning. It can transform them into being hating, untrustworthy, manipulative and un-appreciative of others' talents when they become adults. We also run the risk of our children falling into a deep depression, or becoming dependent on drugs. Life is not just about winning in sports - sometimes we may lose out to someone else for a promotion at work - and we need to know how to handle situations such as this in a healthy way.

Fair or not, a person must *overstand* that it's all relative to our experience here on earth.

These are emotional issues we deal with every day, mainly because we're not used to processing the experience. When we *overstand* that most of the emotional discomfort we feel is mainly due to the *Set Up* of experiencing life through a self-serving, self-gratifying way, it will affect us less. The world is never about a single person, so everyone will always win and someone will always lose at something. The better we understand that life is full of both positive and negative experiences, the more we'll appreciate *all* experiences, win or lose – and the lessons they offer us.

## **Losing**

When we lose, it's meant to keep our lives balanced.

Losing allows us to reflect and connect on a more spiritual level. We will then understand that we have limited control over the challenges and outcomes life throws our way. Once we begin to feel better or worse at something, we risk judging our self-worth accordingly. Just because we may not be good at something doesn't mean we're not just as important to the human experience as the person who's better than us at it.

***The Matrix*** teaches us to value the winner and give most of our attention to winners.

This attention can be easily misunderstood as 'value'. We seem *less* valuable after losing by allowing public perception to influence us. The world is meant for souls to experience endless outcomes. This is how records are made, records are broken, upsets occur, and history is made. It all involves winning and losing. Each of our experiences is like the keys on a piano. If we don't have a range of experiences, our personal melody can't be played correctly. Someone has experienced these events or they could not exist, and the harmony would be off.

Imagine a sport that has no history-making events, record-breaking scores, or upsets.

It's not possible *NOT* to have those things because of the system of experience and progress. This is why people break records every day. This is also why champions lose and underdogs become champions. Throughout this circle of life with probabilities and outcomes, we all have a role to play. If we win every game and lose in the championship, it was meant for us to be that note on the piano in this melody.

The better we *overstand*, the less of a negative effect *losing* will have on us.

We must compete with our hardest effort, but once the competition is over, we should let go of the emotion attached to it. From that point, we must accept a positive mental strategy on how to improve, and not remain stuck in a sad emotional one. We must use our minds and not our emotions when striving to get better. If we use any emotions, we must make sure they're beneficial to the improvement of our performance, our life. If we find ourselves, not being the best after maximum effort, we must be okay with this. The alternative, results in a lot of unnecessary stress. Many people run the risk of putting themselves into an unfair emotional battle.

### **Why do we feel so bad when we lose?\***

It may be our own self-centered ego.

We want to be recognized. We want to feel we can do something *better* than someone else. We want to experience the attention applied to winners. We want to feel that our best is *better* than someone else's best. We want our intentions to be fulfilled. These are a few of the reasons losing hurts so much. Once a person *overstands* that it's meant for them to lose, even if they're considered better, the easier they'll be able to deal with it. The term, '*You can't win 'em all*' allows a person to deal with the process of winning and losing. We must also keep in mind that it's healthy to feel some discomfort when we lose. This uncomfortable feeling motivates us to perform and respond with passion. The discomfort also manifests balance within us. This balance often comes in the form of humbleness and respect for another's talent.

It's beneficial not to allow losing to emotionally overtake us. However, being too relaxed about losing will not elevate our performance. The difficult challenge in life is to balance this discomfort.

Balancing and *overstanding* is key to our sanity when we lose.

There are also other entities that benefit from and feed off of human emotions and therefore can possibly manipulate the outcome of certain things. (Reference key 06) Many sporting events cause emotional disappointments and those emotions are tied to energy. Energy is transferred and some entities feed off this energy so we must monitor our emotions at places like sporting events. The manipulation is not limited to sports games but takes place at other avenues of disappointment as well. We must *overstand* our emotions and not allow them to be manipulated when losing. If we fail to *overstand* this we're vulnerable to having ourselves manipulated physically and mentally.

## Winning

### Why does winning feel so good?\*

When we win, we feel special. It's a recognition of ourselves or our group by everyone involved. Since we're a self-centered people, this recognition is beneficial from that perspective. We also feel the celebration and energy from other humans due to winning. This energy is complementary to our self-centered perspective and our childhood upbringing. Winning also humbles us, especially when we've been selected to experience something that others won't. Winning also validates the preparation we endured. Winning gives us a feeling that we want to experience again and

again – a feeling that can motivate our performance to maintain that level of energy.

**A person must never invest too much into the energy response of winning because the formula could include losing at some point. A person must not allow their emotions to become too unbalanced when winning or losing.**

### **Disadvantages of Winning\***

Winning can be disadvantageous to our character if we fail to balance this feeling. Everyone loves and respects winners; this is how our society has been set up. The energy and experience of a winner can make us feel better than others. Depending on the situation, we may start to look at others as less valuable. Others did not win and they're not receiving the same preferential treatment as a winner - so we can see how easy it becomes for us to begin to compare on a 'self-worth' level.

The bigger the public involvement, the more this applies.

As a winner, we may begin to think that since we're great at one thing - receiving preferential energy from it - our life experience must be superior to others. Life is far more complex than one single thing that we're good at. We may be great at sports but not as exceptional at other things in life. This can cause an unbalance within us. We want to continue to be praised for what we're good at, to the point that we may be insecure about failing at other things. This may cause us to limit the number of new experiences we take part in. When we *overstand* this scenario, we'll discover it's our ego, and the energy we feed off from others, that's controlling our experience. If we care more about new experiences



than we do about the responses to our egos, we'll try new things no matter what the public response is.

## STAMPLE

*A rich, famous, talented basketball player believes the maid cleaning his hotel room is less relevant to the human experience because she receives less energy, recognition, and funding. He feels she's 'just a maid' while he's a winning sports champion. She's nobody important and less valuable as a human. This basketball player treats her like the football "Kicker" due to the irrelevancy of the circumstance. This happens because he values life according to the influence of **The Matrix**. Therefore, he ignores her when she's in his room, unwilling to acknowledge the part she plays in his life. To him, the room is being cleaned and replenished by someone who isn't really there.*

**The Matrix**, and much of the media, have accustomed us to the worship of money, in order to be able to experience **The Matrix**. Since most of us are influenced by this, we place a high value on stuff like money, attention, and material things. We buy into this notion of importance because of the influence of money. Money buys people who are servants. Servants are promoted as lesser beings because they're catering to someone else. This is why the basketball player feels more relevant and important.

## THE BREAKDOWN

**The truth is, everyone is important in order for the experience to happen.**

Please *overstand* that all experiences are relevant - if not, the famous basketball player wouldn't have anyone cleaning up his room, or there would be no-one working at the counter to give him a key. Without regular people watching the sport, paying for tickets, and buying merchandise, this player wouldn't be rich or famous.

Many of us, with far less money than entertainers, have a better life. Life for us can be less stressful, challenging and allow us to connect more with our soul experience. The maid who cleaned the basketball player's room might have a wonderful husband, great kids, and everything she needs in life. She may have a wonderful spirit and be more connected to God than the rich basketball player. Her life may actually be more enjoyable. Her life is *more* than just cleaning a hotel room.

When we are winners, we face the challenge of judging others' self-worth on a win-lose scale.

We also run the risk of evaluating our *own* self-worth on a win-lose scale. Winners may not always win, so we must experience and judge feelings and celebrations from a balanced perspective. Not getting too high when winning and not getting too low when losing - is a great approach to keeping our sanity as a winner.

**The root cause of why we feel so bad and so good when it comes to winning is not only because of the response we get from others**

- it's because we, personally, feel a certain way about winners and losers.

We don't monitor our thoughts and emotions so we get sucked into *The Matrix* of placing value on people according to if they win or lose. Many of us find the energy given to the winner by others is validation that they're more appreciated and valued. Once we buy into this way of feeling about someone, it becomes our reality.

Winning or losing shouldn't determine a person's value. However, if we feel that way about others, it's almost impossible to feel others don't think the same about us.

These views come from a self-centered perspective when we have no relation to the individual we're judging. If a family member or someone we fully support lose at something, we still have love and respect in our hearts for that person. That makes their life value bigger than just losing at something. If it's someone we're *not* that connected to, the feeling is different. We may judge their worth based on their performance.

The reason people support their loved ones comes down to being self-centered. We rationalize more about life - and detach 'losing' from 'value' - when we don't want to apply it to someone we love. We have no attachment to strangers or people we have no relationship with, therefore, we can easily place a value on them. This also means when this person loses, they know that people *not* in their inner circle will feel the same way.

**We must reach a level of compassion for everyone, even if it's not self-gratifying.**

**We all have different levels of abilities but they're *all relevant*. There would be no such thing as 'great' players, if we didn't have players *not* as good. We can lose our sanity over winning and losing by linking it all to self-worth. Once we *overstand* that it's relevant to life experience to have *all* levels, we'll feel more at peace with our efforts.**

## **POWER TO THE PEOPLE**

When it comes to winning and losing and being judged by people, we must remember not to give power to those who would upset our energy. These are the people who praise us when we're doing well and criticize us when we're not.

**We must *overstand* that people have limited things to communicate about in America - and a large percentage of that is some kind of gossip. Knowing this, we must not allow this common practice to affect our energy about ourselves.**

We may win or lose at something that's determined by the judgment of others. When we lose, this makes us feel that our performance was not as good as our competitors, on a collective public agreement scale. As a loser, we may feel less important than the winner. When this happens, we must *overstand* that we're basing our emotions and confidence on the response of people who are limited. These people can only influence our confidence and emotions if we allow them to define us. We never know if the person judging is fair, biased, jealous, or has an agenda. Never allow a few judges to define us. If we receive a similar response from different people in different settings, we'll have the

information to make a true judgment on what improvements are necessary.

## STAMPLE

*A local radio station announced a huge singing competition. Three judges would oversee it. The winner would be able to record a song with a major singing star. Samiyah is an incredible singer. She has a great voice and was encouraged to attend the competition - so she did. Alison is also a great singer but not as good as Samiyah. Ironically, Alison and Samiyah were the two finalists and had to do a sing-off. Samiyah's performance was better but Alison won the competition. Now Samiyah feels she's not good enough since she didn't win. Samiyah started singing less and less. Sadly, now she just sings in the shower wasting all that beautiful talent.*

### The Breakdown

Samiyah allowed the opinion of three judges to determine her worth. She allowed it to affect her confidence enough that she was no longer interested in something that didn't match her gratifying expectations.

**This method points back to a lack of confidence and not preparing for the mission mentally.**

What Samiyah didn't know was that one of the judges had a break up with a girl that resembled her and he voted for Alison because

of it. Another judge was a friend of one of Alison's relatives and voted for her because of that. Due to this, even though Samiyah was the better singer, she allowed the judges' decision to throw her off her path. Samiyah should have been respectful and excited to be on stage. Afterwards, she should have begun preparing for her next performance.

When we lose, we may need to work harder to be accepted. Not everyone is great at everything. One big common mistake is making the matter bigger than what it actually is. Everyone won't see that performance. The entire world doesn't feel Samiyah sucks - and it's really not a huge deal when it comes to levels of importance.

When we win by the judgment of people, it gives us a feeling of reassurance in our ability, skills and hard work. This adds to our confidence and performance. The appreciation of others can also boost our respect for ourselves and spur us on to take our performance seriously. But – once again - a balance needs to be applied. We must not get too wrapped up in the approval process because we're giving power to the people.

What happens if we don't win *next* time?

Do we believe and accept that people feel we're less relevant or important? We hear it said all the time that people are 'in our corner' when things are going well - but when they're not, we find out who our true friends are. Knowing that many people are self-centered and influenced by ***The Matrix***, we must be careful not to emotionally invest in their support. Know that most people are only around for their own benefit.

**We must be aware of manipulators who make requests or demands attached to their support.**

Do not give power to the people who decide who wins or who loses. Others can only affect our personal harmony of peace if we allow them to by not *overstanding The Matrix* we're in. Balance is very important here because we sometimes *need* the same people we must not allow to affect us.

## **PARENTING**

Parenting is very important in shaping our child's reality, tolerance, discipline and self-acknowledgment. The impact of parenting shapes the soul by creating a certain reality in our children's brains. As parents, we provide many things for developing souls born into a *Matrix* world. We provide understanding, support, comfort, and guidance.

**Souls need these things in order to adapt to a restricted reality.**

**Without balance and proper monitoring of the support and guidance mentioned, it can truly affect our children in a negative way for the rest of their lives. The absence of these things also has a noticeable effect on a child.**

Parenting is a very important part of the 'Set up' process. We're now going to explore some of the most popular things to *overstand* about parenting, and explore the effect it has on us for the rest of our lives.

## **PITFALLS OF PARENTING**

The number one challenge to us as parents is disciplining an adorable child. This challenge may be even harder when we can see a personal resemblance in our child. We want what's *best* for our children. We want our children to have a life easier than we did. As parents, we want to provide everything for them. Most of us consider doing the things that were mentioned previously, as good parenting. In some cases, it could be great parenting and in other cases, we're actually molding our children for a false reality. When they enter their late teens and early adulthood, they'll be extremely lucky to find a group of people willing and able to provide that unwavering type of love and support to them.

The point is, when we totally cater to our children without balance, we can create long-term damage. Many of us parents feel that since our children are only young for a short while, they should enjoy their childhood. What we are not *overstanding* is that this child will soon be an adult with the same dependency and perspective of life. If our children are not taught bits and pieces of the real world properly they will not be able to adapt very well. This is why things like responsibilities, allowances, budgets and making decisions are healthy for children at a young age.

### **Balance Between Friends and Authority**

As parents, many of us find it a challenge to balance being friends with our children while maintaining our authority.

We want them to love and adore us when they're older - just like they did when they were younger - so we try to form more of a



bond with them socially. Some of us end up acting more like an older sibling than a parent. This bond could feel good. Our children may respond better to us for a while, and interactions may feel easier. However, we run the risk of having our child become too comfortable with us as a friend. They may lose respect for our authority.

We must apply balance to maintain the friendship *and* the authority position.

Correct, check or scold them immediately when they become disrespectful. Be firm and authoritative. Then, let them live with their aggression for a short while. Afterwards, reach out to them and suggest doing something together. Interact with them without mentioning the incident - act as if it never happened. The moment they repeat the disrespect, repeat the response. Doing this lets a child know that while we're a friend and like to have fun, we won't tolerate disrespect.

Next, we will look into some of the different types of parenting - and the most popular outcomes. Although this book doesn't cover every scenario, it will cover enough of the most common ones to give us an *overstanding*.

## **Daddy's Little Girl**

A girl is born, and daddy is there every step of the way.

She learns how to be a lady from her mom, but learns how she should be treated by a man from her dad. He holds her hand when they're out in public. He lets her know he's there to protect her. Anything she needs, he gets it for her. Every time she falls, daddy's

there to pick her up and comfort her. Daddy tells her she can do *anything* and he will support her. All of these things are considered, 'being a great father'. However, if he fails to have a conversation with his daughter on how to *overstand* the world and how men operate, he could put her at a disadvantage.

This could also be considered a *Set Up*.

When our little girl becomes old enough to date, she'll look for the same qualities in a boyfriend that she loves in us. She'll be attracted to someone she feels protected by, has fun with, but also receives comfort and support from. As a young woman, she'll seek the same qualities in a life partner that she enjoyed with us. She has a strong chance of *not* finding the type of support she received from her father, from young men who had *no* fathers in their homes.

By fully catering to our daughters and not applying balance, we, as dads, can give our girls a false sense of male relationships. We must make her aware of the diversity of men and relationships she will encounter that is not like ours.

Even though some younger and older men provide that atmosphere, there are enough that don't. Our daughters may be easily deceived into thinking a relationship with an unworthy man is perfect because he played on her voids. This man, at the beginning of the relationship, may cater to her in a way not unlike the way that we, as dads, treated her. This is what, 'daddy's little girl' relates to and is comfortable with. After the man becomes comfortable within the relationship, he begins to cater less and she becomes confused and emotionally unbalanced. She doesn't

*overstand* that the love and attention came from different motivational points from those of her father.

As dads, we feel that responsibility because she's our daughter, and she's a part of us. The young men she meets don't have that same connection and may have different motivations in allowing her expectations to crash. She's looking to other men for the attention her dad gave her but fails to receive it. She may receive a little bit of what she's looking for at the beginning of a relationship but if she's not receiving what she's accustomed to, eventually she'll feel that void.

This *Set Up* has women looking for the same affection from a stranger that they received from a person they're a part of.

There are other effects that creating a 'daddy's little girl' could have, but this is the most common one women must deal with. They don't *overstand* where the void is coming from.

## **Not Daddy's Little Girl**

When a father is temporary in a little girl's life at the beginning, and is absent most of the time throughout their developmental stage, it may cause them to be emotionally unbalanced if they have no other stable male figure. Little girls with less male energy around the house during their upbringing are at a disadvantage when it comes to understanding men. Some women don't know how they should be treated because they haven't witnessed examples of a loving relationship. This causes many problems for women when dating.

**It's challenging when a woman feels what she wants from a man, but doesn't know what it looks like.**

Little girls have more emotions and need structure from *both* parents.

Being a great dad without balance may hurt a young girl, but the lack of a father is another *Set Up* and has different effects. Our little girl, after being showered with attention, is accustomed to positive attention from male energy. As her dad, we're the closest male figure she knows and loves. The lack of our presence and love will leave a void that's begins to grow at an early age. This young girl will feel a lack of acceptance from male energy and this can lead to her overcompensating to receive their attention. She may not even know what she wants because she has never seen or witness true love during her development stage.

If her dad or a man is in the house, she will develop her sense of relationship based on how the man treats her mom. If there's constant arguing, she'll feel that's a part of a normal healthy relationship – and may end up becoming confrontational. She might feel that arguing is a way of showing love, and that it means the man cares about her.

**Sometimes enjoyment from arguing comes from the fact that this is the only time some couples have meaningful, deep discussions. Arguing can be the release of built-up emotions. It may give a person the chance to express their feelings without worry or consideration of how they're received.**

Arguing can have a different effect on a young girl. Being raised around such turmoil could cause her to want peace and not tolerate any negative energy.

This could be a good thing if it's truly an unhealthy relationship and she needs that strength to move on. This will make her less tolerant to deal with any relationship that's familiar to what she witnessed in her development stage.

It can also make her unable to handle heavy discussions. She may develop the tendency to escape *any* type of difficult conversation with a partner. She may draw a parallel from her relationships, to the parental arguments she experienced as a child.

As adults, our daughters must be careful not to leave every situation *too* quickly.

You and I know there will always be disagreements and arguments between couples. We've learned to measure a situation and put things into perspective. Our daughters must as well. If not, they run the risk of allowing hurt to turn into resentment. When resentment builds up, they run a high risk of acting in an unproductive manner.

When we combine the challenges of the *Set Up* with real-life issues, there's a strong possibility that some of us may lose control.

When 'NOT daddy's little girl' is grown, she'll make emotional decisions in dating, based on the void an absent father left in her life. She may be unaware that she's searching for the comfort, protection, love, and confidence she needed from a dad.

## Lack of Father for Boys

The lack of a father in the household has a *huge* effect on boys.

This is another *Set Up* and gives boys a false sense of real life. A boy growing up without a father figure in the home has no balance or structure. He may receive love and nourishment from his mom, but he needs a dad to build up the toughness he needs for manhood. There's no male energy in the house superior to him so he has little reference for authority. He makes choices without fear of another, senior, male. He may think he's growing up quickly. Carrying that attitude into the real world could get him into major trouble at a young age.

Boys and young men need to learn certain lessons and skills to actually *be* father figures themselves.

They need to learn how to provide, change a tire, fish, play sports, care for a woman, treat her with respect - and the list goes on. Without this, it's like they're navigating life without a tour guide. A young man without a dad never sees how a real monogamous relationship operates over the years, so he isn't experienced in that world. This makes him susceptible to peer pressure, so he may get involved in actions not fully thought out. Some boys bond with friends to fill the void of love and guidance left by absent fathers. This is a major contributing factor to how boys succumb to peer pressure and join street gangs.

This is how young and old relationships clash.

This *Set Up* has its consequences. If two people - a young woman and a young man - both with 'daddy issues' - get together, there's

a good chance their needs will not be met. This void may cause a dependency in each of them that they're not prepared for. It can cause conflicts in the relationship. Most people can't identify that the lack of a father may be the issue, so their communication with each other suffers when trying to explain their feelings. The girl is searching for something she's been wanting from her father since creation. She wants what a good father provides for his daughter. The young man has 'limited to no' references on how to be that father in the household, or that loving supportive partner. His motivation to be a provider and protector may not be strong, since he didn't identify the benefits of it at a young age. This lack of preparation for a relationship can cause anxiety that can be spun into arguments and disagreements. This relationship is challenging because of the Set Up and how it plays a major role on both the young lady and man.

Some of these fatherless young men will walk in their absent father's footsteps.

They've never seen a man handle responsibility so they'll go through life without exercising that spiritual muscle. They'll grow up to be selfish dads. They'd rather enjoy life, than stop the negative cycle.

We must *overstand* that it's not that the young men don't *want* to stop the cycle, it's that they have limited references and interventions to help them to stop. America must offer more training on manhood, for young men without fathers, in order to help break the cycle.

Some young men react differently to the absence of a dad.

When one of *these* men becomes a father, he remembers and still feels the pain of an absent father - and doesn't want to create that same pain for his own child. He may not know much about how to be a man or a dad, but does know the basics of working and providing. He'll be challenged with learning 'men things' and teaching them, but if his love is strong enough to not leave he will make it happen. This young man is motivated by pain - the pain that he doesn't want to cause to his own child. He has a chance of becoming a *great* father because he's got the motivation to do so. Although he may have limited experience observing what a father is supposed to do, he does recall what he wanted and needed from a father. Observing what *not* to do as a father, can make him a great father. The reflection of his own father-son relationship may keep him motivated as a father to his kids, forever.

We must always consider the long-term effects of our actions, to increase our chances of making the right ones.

## **Momma's Boy**

This is a boy without a father. He dotes on his mother and needs to be around her.

He constantly checks on his mother and has an unbalanced 'mother-daddy' relationship. There are obvious benefits and challenges when it comes to a Momma's Boy. When a young male spends so much time around his mom it may cause him to be more in touch with his emotional side. He may have more compassion for people, animals, and things. This could also spark a young man to want to take on the provider role at an early age. If a 'father figure' isn't present in his life, he still may be challenged in knowing



how to treat a woman appropriately. He will, however, know how to love a woman and provide for her.

With a lack of male authority, though, he may take on a false sense of authority himself, which could put him at a disadvantage. As a result, he may end up having problems taking orders from others. He also runs the risk of picking up his mother's female energy or mannerisms from spending so much time around her. This can affect his ability to tap into the characteristics needed to compete like a man. Sports are necessary in this case, as they develop an aggression to fuel motivation to perform at the highest level. This type of aggression normally doesn't come from mothers. The lack of that energy can affect a young man's performance in a competition setting. It can also challenge his ability to take on the role of a dominant male figure, motivated to provide for his family.

What does this mean?

If a woman has a son who's a Momma's Boy, she needs to monitor the number of interactions she has with him. And she needs to make sure he has positive male influences in his life. If not, some of the things mentioned may be a challenge for him later in life. This is needed mostly for balance, but is helpful in other areas as well.

Being a Momma's Boy is like any other scenario we discuss - people have different reactions to the same situation. We've shown some of the more common outcomes.

## Lack of Mother for Boys\*

When a mom is not in her son's life, it affects how he views the world.

Our sons need the nurturing energy a mom gives. If they don't receive it they may grow up lacking compassion, since they didn't experience it while growing up. The lack of a mom can also affect a young man's balance in life, causing him to be less considerate and more aggressive. A boy without a positive mother figure may grow up not knowing how to treat a future partner. He would not have seen his dad honor, love, and respect a woman in the household. Having a step-mom or another woman around the house can be healthy if she bonds with him while he's growing up.

A dad carries different emotions than a mom, and he raises his son accordingly.

As dads, we teach our sons to be tough to prepare them for life. This approach is of great benefit to a boy, but this upbringing is an unbalanced *Set Up* that gives him a view with a lack of compassion. If we don't have a woman around the house we must teach our sons how to treat women and girls. If this conversation doesn't happen, our sons could be at a disadvantage when it comes to dating. Their lack of respect could also have unintended consequences.

Without only one parent, a dad, our son may not receive the balance of energy needed to balance his approach to life. It's *overstood* that there are exceptions to every rule, but the majority of boys will be affected in some way.

We all come out of our mothers not knowing what the world is about. We can only develop our perception of life based on what's presented to us. This is why relationships are challenging to maintain on all levels. We must *overstand* that people live out a perception they've developed through life experiences. Since we're the only person we're around all the time we begin to view people from a self-centered position. We want people's actions to make sense to us. Instead of getting upset with someone's actions that we don't agree with, we must try to *overstand* that everyone handles the after-effects of the *Set Up* differently. It's not meant for everyone to come out of the *Set Up* unaffected.

**We must remember that God has many different experiences so we must always expect the unexpected.**

*The Matrix* tells us what's good, what's right, what's fair, and so on - but what's real is that most of it conflict with the *Set Up* we were accustomed to as kids. This is why we're so morally in conflict with our emotions and decision making. When we do something that's not right we must *overstand* that we may be dealing with the *Set Up* and may not be able to overcome it.

Look at it like a big bomb hitting America, with all of us being traumatized.

Most of us won't know how to deal with it. Some of us can operate on a normal basis. Others will deal with the experience on a scale of 1-100. Not all of us handle life and situations the same so we must have this *overstanding* when dealing with others. If we can see other people in this manner, we won't allow our actions to affect our spirit.

Most children take their hurts and disappointments into their adult lives

Just because we get older doesn't mean we have the ability to *overstand* why we're so hurt. The quicker we can *overstand* it, the easier it is for us to deal with it. We must evaluate our lives and truly come to grips with the source of our disappointments.

## STAMPLE

*Katrina is a little girl who is loved by her parents. She was the only child up to the age of 4 and she loved the attention. This was the Set Up that would be her downfall. When Katrina was 4, her little sister Tamesha was born. Katrina was happy at first, but began to notice that she wasn't getting as much attention. Katrina believed her sister was getting more attention. She began to feel that Tanesha thought she was better than Karina. In feeling this way, Katrina analyzed her relationship with her family more intensely. As the girls got older her resentment towards her sister and parents grew. She felt devalued by the attention she felt Tamesha was receiving. She gave her parents control over her self-worth, due to the way she perceived they treated her sister, Tamesha.*

We must *overstand* that it's 'made' for us to experience life this way. God has over 7 billion people on this planet and He wants to experience every circumstance. He wants to experience being Katrina and having a younger sister who receives more attention. We can ask ourselves, 'Why?' But the right question is 'Why not?' Why should every experience be the same? God also experiences scenarios where the older sister is more favored than the younger one. Once we *overstand* that everything is just an experience, we won't allow *The Matrix* of attention and comparison to affect us. We have the choice to allow these things to affect us, or not. Many of us don't *overstand* the situation and respond to how most people in *The Matrix* would.

*Tamesha became engaged before Katrina. Katrina said she felt happy for her but deep down she had a deep resentment. Katrina felt Tamesha received an unfair amount of attention from her parents and needed to be humbled. Katrina also felt devalued because her younger sister was getting married first. Four days before the wedding Tamesha's fiancé came over to pick up a few things at the family home. Tamesha was out, but Katrina was home. He told Katrina he'd pick up a few things, then leave. Katrina convinced him to stay and have a drink with her. She kept serving him drinks until he became intoxicated - then she seduced him, and they ended up having sex. This is how Katrina chose to express her resentment toward her sister.*

*When Tamesha found out, the wedding was off. Tamesha and their parents were devastated. In fact, everyone they knew was disappointed in Katrina.*

*Katrina felt bad over the backlash of her actions, but used anger to suppress it. She felt the family needed to experience some hurt to balance out all of the energy they shared among each other. She also wanted them to experience the disappointment she felt for not receiving what she believed was the attention she deserved from her sister and parents. Katrina is still carrying her resentment well into her adult life.*

## THE BREAKDOWN

We **overstand** things from Katrina's perspective. Let's look at it from the point of view of the other family members for a deeper **overstanding**.

The parents, even though they should have treated both girls the same, had a different bond and energy with Tamesha. It could have due to many reasons, but in order for them to feel a certain way it must first be injected into them. If it's injected into the parents to respond this way, it's because it's meant so they all could have that experience.

**We must overstand that the parents' choice in responding to the girls gave everyone a different experience. Katrina and Tamesha**

**were affected by these choices differently. We may feel on the surface that this is a bad thing, but the reality is that each experience is tailor-made.**

Let's look at this from Tamesha's perspective. All she experienced was positive attention from her parents. This made it hard for Tamesha to be at fault for feeling special. This special feeling gave Tamesha a positive perspective of herself and enhanced her self-esteem. Tamesha lived in the moment of what she knew. Her actions were innocent - but they can also be viewed as self-centered from Katrina's perspective. The challenge for Tamesha was to monitor her sister's feelings and balance the attention she received from her parents with her sister in some way. Tamesha should have made some effort to include Katrina. If Tamesha was unaware of this and not able to *overstand* it, she ran the risk of having her sister resent her. It's not Tamesha's fault that her parents showed her more attention, but she does have the power to help balance Katrina's resentment. This effort is up to Tamesha. She isn't responsible for changing her tailor-made experiences because of how it made her sister feel, but she could have changed the outcome. This also applies to other people in Tamesha's and Katrina's lives.

**It was wrong for Katrina to sleep with her sister's *fiancé*. The girls are sisters. Tamesha had every right to be upset with her sister. She may want to kick her butt for what her sister did to her. The hurt and resentment might become overwhelming for Tamesha, she may even be driven to take action. Sisters – siblings - shouldn't do this to each other. In her anger, Tamesha may have**

felt that Katrina was a nasty person who should burn in hell for her actions.

Most of us might feel this way because we'd look at the situation without identifying the root cause. Tamesha would feel less resentment if she *overstood* that her sister was dealing with the *Set-Up*. She'd been affected by *The Matrix* bomb of attention. Katrina wouldn't have slept with her sister's fiancé if she'd received equal attention from her parents after Tamesha was born. This long term lack of attention presented Katrina with a choice. Her choice lacked *overstanding* so she acted accordingly. Once she's able to identify why she did what she did, she'll have an easier time dealing with the situation.

Most people say we should make the right choice when it comes to this, but on a deeper level *what* is considered the *right* choice?

Choices are equivalent to left or right - not wrong or right. Each choice we make gives us a different experience. *The Matrix* makes us consider what's right and what's wrong depending on how we feel - this is how our actions are controlled. How *The Matrix* wants us to feel is programmed into us from birth. The challenge is for us not to equate how things make us feel to being right or wrong. We must *overstand* that everything is fair game for the sake of experience.

God wants to see how we respond to *The Matrix's* disappointments, as well as to its enjoyments.

Most of us are dealing with the effects of *The Matrix*, and many of us will not be able to *overstand* to make the choices we desire.



**When we do things that upset us, most of the time it can be traced back to the *Set Up* in some way.**

## ***FAMILY “SET-UP”***

### **RICH FAMILY**

A child raised by a family with secure finances has a certain freedom in the world that others do not experience.

Children from wealthy families can usually have whatever they desire and are surrounded by positive energy. Their life tasks are more easily accomplished without having to worry about the funding needed to make it happen.

A child receives energy from a parent or parents, and that energy is usually reflected by the child.

This child grows up accustomed to this energy and can maintain a false sense of reality, a false sense of accomplishment. This is not to take away from the accomplishments of rich people because it's still a challenge on all levels, but having money makes it easier for accomplishments to happen. Having monetary backing may give some of us a false sense of entitlement and we may disrespect the energy in public places without knowing it.

**It's very hard to be rich and feel that others are not as important. This is an energy fueled by experiencing the power to get things done by 'normal' people - being catered to, having the financial freedom to do whatever, and by the social agreement that most people want to be rich. If we feel everyone wants to be rich, this can be interpreted as 'rich is better' - so it is extremely challenging**

**for those of us who are rich to feel otherwise. Some of us may feel marginalized by our success or position, if we don't feel better than others. If a poor person gets the same treatment and respect as a rich person, this would marginalize some of the benefits of being rich. This is why the energy between rich and poor, bosses and employees, are often awkward.**

As adults, we run the risk of devaluing others for less accomplishments without taking into consideration their monetary advantages. Many of us will be successful through connections and education but may lack a labor work ethic. If challenged with hard labor to support our lifestyle, we may find it more difficult to deal with.

**We must remember that all experiences are valid, so the people who are really rich with no problems, who feel they're better than everyone in the room, is just another experience that must exist. The key is balance. Too much energy of divisiveness with egos will cause the harmony of the planet to be off-balance.**

## **PROs**

This energy keeps rich people accustomed to wealth, and can bring wealth due to the energy projected into the universe. Money helps to maintain a more upbeat and positive attitude. A rich person usually feels more confident, and may be more observant regarding their life and its impact.

## CONS

If we get too accustomed to having things too easily because we have money, it magnifies small challenges. We may not be able to emotionally deal with challenges, failures, and disappointments. The drama that poorer people are accustomed to would be a challenge for us to understand. If we monitor ourselves, we won't understand how blessed we are and will have trouble relating to poor people.

We run the risk of judging others' *self-worth* according to their *net worth*.

We may also develop a lack of respect for people who do physical work for much less money. The risk of an 'entitlement attitude' is also high when we have financial security growing up. It is also tempting to use finances as a crutch to be disingenuous. As a rich person, we could find ourselves constantly in an emotional battle between having money and power, and who would we be if we had neither.

Rich people are constantly around deceptive people, who are there due to their financial status. This can cause unhappiness, and necessitate constant monitoring of each encounter. This can also cause them to have a small circle of friends, restricting them from certain life experiences.

## THE ANTIDOTE

We must balance the energy of feeling blessed, with identifying ourselves with restrictions. Those of us who are poorer have many

restrictions and we'll be more complete people if we experience this energy.

Restricting ourselves occasionally, from things that we desire, is a way to keep our perspective balanced.

It's also a great idea to occasionally try and experience the lives of people other than ourselves, perhaps, poorer. Ride the public bus or subway, cut our own lawn or fly coach. If we really want to take a step down for experience, try living on the street for a few days, or stay overnight in a homeless shelter.

**Life is about experiences, those of us who have money die the same way as those of us who have less. At the end of the day, it's about experiences.** Rich people know what it's like to experience being rich. This is an experience poor people will never have but rich people have the opportunity to experience both energies. This experience would provide an overall better perspective of life and people. **This may be challenging for rich people who are famous and it's not recommended, but everyone else should.** As rich parents, we should challenge our children before giving them what they desire. This could be in the form of work, making good grades, or maintaining good behavior.

Parents must create a balance of emotions in their child.

## **POOR FAMILY:**

When a child is raised in poor circumstances, it has the potential to kill expectations.

They're limited on what they receive so that energy is embedded inside of them. They constantly remind themselves of what they can't afford and the experiences they missed. It can adversely affect their self-esteem and they may begin to determine their self-worth accordingly. People like this may have very low energy, or it may be suppressed. They may feel limited and restricted from attaining their true potential – what they might accomplish with the proper money. It can even make them question their existence here. They may feel that their life's purpose is being denied by society.

**We must *overstand* that everyone is here to experience different things. Most of us miss our life's purpose because we're trapped by the *Matrix* of money. Money is controlled so that people are controlled. This is why poor people have restrictions on what they can do or accomplish. Most of the ideas of what we'd like to do with our lives come from *The Matrix*. Most of us would like to make a pile of money, have expensive material things, and receive lots of energy from others. When these things no longer affect us, we'll see a different life purpose and will be able to maintain a positive outlook *without* money.**

We are one with nature - Life is more than material living.

This is why many of us feel energies of reflection when we sit at the beach or camp in a wooded area. Our souls are reconnecting with the planet and we can feel a true appreciation for creation. These environments provide peace, and a polarity to the chaotic lifestyle of *The Matrix*.

Many of us who are considered poor haven't had the opportunity to identify with success. This lack of identity can make us feel less confident in being able to become financially secure. We may always work for someone else, and not aspire to create and run our *own* business. The energy put out into the universe, from this type of suppression, maintains the cycle. We must always monitor the energy we give off when dealing with financial struggles.

### **PROs**

Those of us who are poor find ourselves being more creative to accomplish day to day task. We're accustomed to restrictions, which makes us more appreciative of opportunity. We find happiness in our current situations without envying wealthy people or desiring material things. We can be more genuine with other poor people, since we don't have any monetary distractions. Being poor also has a motivational factor. We can be motivated to work hard to get ourselves and our loved ones out of poverty. Being poor allows us to appreciate things more.

### **CONs**

If we don't monitor ourselves, we'll accept a game rigged against us when it comes to determining our own self-worth. We'll feel a deep insecurity for not being what ***The Matrix*** says a successful person should be – 'RICH'. We'll subconsciously feel like a failure or like we're irrelevant to society.

If this happens, we're allowing our restrictions to stress us out and age us before our time. Our restrictions may evolve into a deep resentment. This can lead to heavy drug use, deception, jealousy,

and even violence. Saddest of all, the energy we project at this stage would continue to keep us impoverished. The energy of frustration and sorrow can keep us on a vicious cycle of financial challenges. We must handle these challenges without giving off these energies to help stop the recycling process.

## THE ANTIDOTE

We must first *overstand* that it's impossible for all of us to be wealthy? The fact that we have limited resources and restrictions does not determine our gifts and talents. We must *know* that we're important with our own unique experiences.

We live within *The Matrix* that's controlled by money – and which entices us to participate. For example, we may have a low paying job but feel that we *need* the latest cell phone. We shouldn't trade our energy or emotion, yearning for things *The Matrix* tempts us to want – to need. We should not compare ourselves to rich people unless we *overstand* that we can be just as good - if not *better* - if we had the same resources. So smile and know that our experience - even with restrictions - is just as relevant on a larger scale as that of any 'rich' person. Rich people have their own challenges as well that can cause them to be unhappy.

## STAMPLE

*Freda, a single mother, has three young boys. She lost her husband in a car accident and is the sole provider. Freda has to make many sacrifices to raise her children. She works constantly and makes do with limited funds and resources. She*

might feel life isn't worth living if she was to buy into *The Matrix* due to her lack of money. She chooses instead to focus on her boys, making them more important than *The Matrix*. Though she sometimes feels a bit resentful not having the money for her boys, she doesn't allow it to overtake her. She's got less money than most people, but has the right way of thinking to give *The Matrix* less power. Her boys grew up to be successful adults making a good living, and they make sure she's well taken good care of! She has money now, but still won't let it determine her self-worth.

**Freda passed the test of not allowing her finances to determine her self-importance.**

She realized her boys were more important than *The Matrix* perception. It helps for us to have some type of motivation to combat the effects of *The Matrix* of economic relevance.

## **COMFORTING FAMILIES**

Like many American parents, we'd like to comfort our children in every way possible.

It makes us feel like 'overseers'. Due to our personal experiences, we like to make every effort to prepare children for hard or scary times, and try to minimize any negative energy. Some of us may be 'helicopter' parents, who hover over every move. Basically, we



all want what's best for them. It's our responsibility to protect our children, keep them out of harm's way, and give them good advice. As parents, though, we must keep in mind that this also requires balance.

If we try and protect our children too much, and not allow them to experience disappointment, we set them up with a disadvantage when they become older.

Overprotecting children and doing most things for them do more harm than good, if we don't monitor our actions. Children run the risk of emotional dependence on us and on others. They may become afraid of life, of taking chances, or tend to over-dramatize things. When people constantly need to seek comfort from others, they defer their power and confidence to those 'others'.

The constantly comforted child has difficulty developing independence and leadership skills.

This child has little chance of being adventurous, social, confident and tenacious. As an adult, they'd feel lonely without their parents or someone else to protect them. We often refer to them as 'Mamma's boy' or 'Daddy's girl'. There are levels within this kind of dependence.

**Remember, that no matter how much we try to protect our children - life gives no guarantees. Anything can happen at any given time, regardless of our preparation and oversight.**

**We must remember that God experiences our world through us, and all things happen for this reason.**

## **DISRUPTIVE FAMILIES**

Being disruptive in front of our children creates confrontational energy, which they take in. They feel the emotion and try to understand it. At a young age, they may not be able to make any sense of it, but the emotions are implanted inside of them. Confrontation is the opposite of peace, so we've taken some of their peace away from them at a young age. This lack of peace during critical development stages can cause resentment. This child runs a high risk of repeating the same actions as an adult. If they experience more disappointments along the journey to adulthood, this will only intensify the resentment and the level of confrontational responses could be more often and extreme.

If they have disagreements, they may respond in a confrontational manner. It may make maintaining healthy relationships challenging. They may be too quick to respond to disagreements in the manner they were exposed to, rather than trying another method to resolve conflicts. This may cause the other person to exit the relationship depending on the circumstances and level of confrontation. This disruptive family upbringing also plays a role with trust.

If a child's family is dysfunctional, it challenges the core foundation needed to be able to trust.

If two people – a couple - both come from disruptive environments, the clashes can be often and vicious. Both are dealing with past hurts and are trying to find love to off-set the resentment. The resentment is deep inside them so when they

experience conflict, it triggers that familiar place of resentment and they respond accordingly.

**We must not allow past experiences and observations of our parents to hold power over our current happiness.**

**We must not let conflicts trigger our emotions so that we feel them the same way we felt them as children. This shows no growth within us. Once we *overstand* that disagreements are just a part of life and of relationships, we won't let it deeply affect us. We may exit a relationship depending on the level of confrontation, but we'll no longer allow disagreements and disappointments to have the strongest emotional effect.**

**Growth means getting beyond old hurts from the past. Elevating ourselves to handle conflicts differently takes us out of our comfort zone. We may feel like it's not us going through the motions, if we'd been brought up with disappointments and conflicts for all of our young lives – never having seen conflict dealt with in a peaceful way.**

**There are also emotion control techniques and chemical compounds in the air that can affect our mood. See (Reference Key 07)**

This type of environment may also have the opposite effect. We might become so traumatized by growing up in a disruptive family that we have a low tolerance for drama. We may just want peace and no signs to remind us of the '*Set Up*'. When we identify drama we want to quickly try and defuse it, or get away from it.

**We have to balance these reactions because we'll run a high risk of not being able to handle difficult things. We may fold on healthy debates and may quickly back off from challenging tasks. We may also get a false sense of relationships - that there should be no drama at all - and may back off from a potentially good relationship prematurely. All relationships have their challenges. We'll see why later in this book. But what we must learn now is that we should always measure the frequency and the seriousness of any conflict before moving on.**

## **THE ANTIDOTE**

We must identify what our core issues are, to understand what makes us so resentful inside. Often times it has to do with unmet expectations, or negative energy growing up. Once we have truly identified what our core issue is, we must then weigh that in importance to the peace we want for the rest of our lives.

**If we can't get over it, it'll get over us. We'll never break out of that box of misunderstanding.**

We're challenged with handling conflict in a better manner than what we grew up with, what we've been accustomed to. We want to know that the things that made our parents argue and destroy their relationship will not affect us the same way. We must identify if our anger, for a current disagreement, is fueled by emotions from past resentments. We must not allow our emotions to override our brain's instructions once we've prepared for this challenge. We must also feel good and have respect for ourselves. The less respect we have for ourselves, the less

motivated we'll feel about leaving our comfort zone of resentment.

## CONCLUSION

**We must always be aware of the '*Set Up*'.**

The quicker we identify this the sooner and easier we can deal with our emotions. We must be honest with ourselves and burrow back to the source of our actions and emotions. The things we've talked about have a lifetime effect on us, so we must train our children to avoid it. As *overstanders*, we must raise our children for the future and not just the here and now. We must evaluate current actions in regards to their long term effects.

We must also consider other things that may alter our emotions, such as chemicals and frequency waves. Unseen, they are harder to detect. The best way to combat this is to have a real *overstanding* of self. Then we'll know when something is not in sequence with who we are or who we want to become.

Our mind must be stronger than our emotions. Our mind must control our emotions.

Throughout this book, we'll touch on many issues that can control our emotions and thought patterns. We'll find that most of the issues can be traced back to the '*Set Up*'. Most of us don't know how to identify our core issues - some of us don't even know we *have* core issues. Most of this is because many of us focus on the conscious level of our lives and ignore the subconscious energy and imagery that's being imposed on us. This is why it's hard for some of us to identify our emotional issues. We need to know

that the emotions we experienced as children can affect us as adults – to be aware of their true source. If we're conscious of this, we have a chance to combat it mentally. The information in this chapter will also enlighten us on the lifelong effects our choices and upbringing will have on our children.

## Chapter 2

### The Character Traits

This section breaks down and evaluates the different characteristics of American culture.

We'll also explore scenarios involving different types of people. We may not cover all of them, but we'll touch on the most common ones. Many of us know these traits or possess them. We'll discuss and break them down so we can better understand them and identify the sources. Then we'll be able to develop a better *overstanding* of people and ourselves. Often we get so caught up in *The Matrix* that we rarely have a self-evaluation moment - or we may be too hurt to identify the source.

Throughout this chapter, we'll use the terms 'Mr.' and 'Ms.' while in no way suggesting any character trait is specific to either gender. Some of us allow other people's character traits to upset our energy. In fact, it's often a main topic of discussion. But we must *overstand* there are many reasons that people act the way they do. We evaluate other people's character based on what we like or dislike.

**Those of us who are self-centered will have a more difficult time adjusting to actions we disapprove of. We usually judge people according to how we feel they should operate. This reassures us by comparison. The downfall is that our energy is constantly disrupted by the actions of someone else. This unnecessary pressure and anxiety is mostly caused by ego and the need to compare.**

**Different people adapt to circumstances differently. It's part of the experience of living on earth. It's okay not to be comfortable with certain character traits - but letting this affect our emotions to the extreme shows a lack of *overstanding* for the galactic process. When we can *overstand* that it's not only natural to encounter all of these characteristic but also necessary, we won't let diverse characteristics sap our energy.**

## **01. Mr. One Upper**

He must always have something better to share than what's being presented. *Mr. One Upper* always has a better story. He's seen better and done more than anyone he's in contact with. He has to make it known, and feeds off the attention of others. He's dependent on the energy of other's reassurance. He wants people to think highly of him. This person may be a great person and may have done some great things, but he doesn't feel validated without the recognition of others. He is constantly in subconscious competition with everyone. He finds self-worth by feeling that others are having less of an experience than he is.

This person's perspective is self-serving and could be considered a hater. The hating is usually not direct but indirect. If it's appropriate to tell a better story, or if it's done in moderation that would be fine. *Mr. One Upper*, however, consistently feels the need to 'one-up' anything or anyone around him. Basically, he takes the joy from whomever he's around and diminishes it by presenting something he considers greater. This takes the energy from the person presenting the story and gives it to *Mr. One Upper*. He is uncomfortable watching others do well, or experiencing joy.



This example is one of many types of encounters we may have with a *Mr. or Ms. One Upper*. It could involve material things, relationships or status, etc.

### **What's really going on?**

*Mr. One Upper* does not feel valuable without other people's approval. It's not enough to be great, they must be better than anyone around them at any given time and they need everyone there to know it. His need to be important in our eyes drives his disruption of energy when he's around us.

### **The Antidote**

*Mr. One Upper* can be aware or unaware of what he's doing, or why. The way to stop it is to call it out in front of a crowd when it happens. What he's actually doing is silently hating and most of us can feel it but don't want to discuss it. When we identify it in front of others, it allows us to evaluate everything he's said. It also lets him evaluate his actions. He may try to protect his position and become emotionally upset or defensive, but in the long run he'll adjust his tactics. If we allow *Mr. One Upper* to continue his silent attack on energy he'll continue to take advantage of it.

### **STAMPLE**

*Fifteen prisoners meet after lunch in the yard every day to talk about life on the outside. Jamal always has to be the center of attention. He always has a better story than everyone else. Most of the inmates notice it but never question it. One day Brandon told a story about making \$500*

*a day selling computer software to people in the street. Before he could finish, Jamal interrupted and said, “Man that’s it, only \$500? My boy Chris was the man with the computer parts. He made \$1500 a day selling out of the trunk of his car.” Brandon calls Jamal out. “Jamal, why every time someone tells a story, you always feel the need to tell a better story? Do you need attention that bad that you need to interrupt everyone just so you can have the spotlight?” At this, everyone added their opinions and Jamal became defensive. After being called out, Jamal was too embarrassed to continue to ‘one-up’ conversations. In doing so, he learned to be more inclusive with people.*

*Mr. One Upper must learn to accept his personal story without needing to have it validated by others. Each of us has a unique life experience. Others may have the same, or a better or worse experience. We must respect these experiences by not draining energy from others to validate them. It’s okay if people don’t know how special we are. Living through other people’s opinions gives those people power over us. The more we need to be validated by others, the more open we are to being manipulated in order to receive that feedback.*

## **02. Mr. Self-Validator (through other people’s success)**

This person constantly compares his successes to the success of others. It comforts him to feel he’s just as good, even though he didn’t have the same opportunities in life. Actually, it’s beneficial

to us if we do feel this way, and could be true in some cases. The fault in this trait is when we need to diminish someone else's success to feel this way. This person is insecure with where they are in life. They're uncomfortable with their level of success by *Matrix* terms. To balance out this feeling they need an outlet. The outlet usually comes with feeling things are unfair and that's the reason for their current position.

If he knows the successful person personally, he may feel envy and resentment. This can cause him to even desire their downfall. This insecurity can result in actions of bad character.

### STAMPLE

*Tony Davis is a small-time drug dealer. He'd been a high school football star wanted by many major colleges, but a drug charge sent him to jail instead. After being released, he began dealing drugs full-time. He desperately wanted recognition as someone to be feared and respected. A neighborhood guy named Kurt Thomas who played high school football with Tony, had gone pro and now played for the NFL. Kurt is scheduled to come home for a visit and the neighborhood is excited. Tony begins to compare himself to Kurt, trying to get Kurt's football success to reflect on him. He felt, rightly so, that his life was not what it could have been. He felt he was just as good as Kurt - if not better - and*

*would have been even more successful if he hadn't received a drug charge. This slowly turned into jealousy and rage. So he decided to rob Kurt to gain respect from the neighborhood and boost his status. When Kurt was leaving a local night club, Tony robbed him at gunpoint, shocking the crowd around them. Tony feels validated that he robbed someone so successful, and that he'll be known as the dude who robbed Kurt Thomas. But instead, Tony was arrested three hours later and spent over 10 years in jail.*

### **What's really going on?**

Tony was disappointed by his life choices. He needed to validate his current situation by diminishing someone else's success. He let his wrong choice take him over emotionally, and decided to lash out in response. His emotional actions resulted in an even more negative experience, landing him in prison again, for a much longer time.

### **The Antidote**

We must remember that all experiences are relevant and not buy into *The Matrix* definition of success. Tony spent time in prison and lost his ability to change his life for the better by playing a sport he not only loved, but was good at. His desire to have the experience that Kurt had, made him feel Kurt's experience was more relevant. It is, according to *The Matrix*, because Kurt was glamorized on television. He received a lot of positive attention from others, and he received funding to make his life easier to

navigate. This is how *The Matrix* can control our perceptions to make unproductive choices.

**We make the choices we're meant to make.**

**Tony could not know that if he'd been accepted by a major college he'd help to win the championship for them in his first year. He'd celebrate by going out and getting drunk with friends. On the way home the driver would swerve into oncoming traffic and all would be killed.**

**Instead, while in jail, Tony became an inspiration to some of the inmates, one of them nicknamed 'Turtle'. He'd heard Tony's story about how he threw a pro football future away by dealing drugs. After Turtle was released, he motivated his son to stay in football, and stay away from a bad crowd. He spent a lot of time with his son encouraging him to make good choices. As a result, his son was accepted to a good college and ended up turning pro.**

**The message here? Speculating about what *could* have been will always put us at an emotional disadvantage. This is why all experiences are relevant. We do not know the overall plan so we must be at peace with our current situation. If we believe there are no mistakes in life, then no outcome should be questioned.**

### **03. Mr. & Ms. Gossip**

American people LOVE to gossip – it should be an Olympic sport the way we go at it! We gossip about our friends, enemies, co-workers, celebrities, and family.

## Why?

We have nothing else to talk about except for what's in *The Matrix* - and each other – if we haven't elevated our mentality. We study, evaluate, and judge each other. We have limited discussions on things that could be happening all around our planet – since many of us only know what the media tells us. Unfortunately, we have only limited discussions about consciousness, self-awareness, and propaganda. This lack of conversation topics limits discussion to gossip, pop culture, and news propaganda.

**Once we elevate our mental thinking, we think of gossip as being at the same level as baby talk.**

Gossip gives us a common dialogue about a person or situation. Something we can share with others. Not only is it interesting, it's also gratifying to gossip about other people. Some gossip is for bonding conversations, but *Mr. & Ms. Gossip* do it to the excess. They live in self-centered boxes, looking at life through selfish perspectives with limited, if any, *overstanding*. Once they gossip about someone, they must face the pressure of not being the next person gossiped about. So they're always on high alert regarding other people's opinions. Once we play the game of gossip we become *part* of the game. We might also have a need for attention and to be highly thought of.

**The more we talk about people to others, the more others feel we'll talk about them. Most people tolerate gossipers for the information and entertainment they provide – BUT they won't trust them. If gossip becomes a pattern, the people listening will begin to secretly disapprove of the gossipers. They'll limit the amount of information they share.**

There's a difference between having a discussion, and gossiping about someone or something. A discussion benefits both parties. Gossip informs, and can also hurt.

**If we're trying to highlight how awful a person's situation is in order to appear better – no-one really wins. We're just showing that we don't *overstand* how God behaves. God has many different experiences happening at once. Just because our experience is not like that of others, doesn't mean we should ridicule it. It makes them feel better inside for a short time, but at a cost. It's highly likely that *Mr. or Ms. Gossip* has experienced hurt and disappointment. Showcasing another's downfall makes it seem as if others are worse off than he or she is. This automatically triggers a humbleness and becomes a crutch to suppress those hurt feelings.**

If we're gossiping about someone who could directly affect our way of life and the choices we make - then the gossip may be beneficial. For instance, if an employee where we work was jeopardizing the company due to inappropriate behavior, it's beneficial to discuss it with the proper people to see if they share our view.

## **PROs**

We may feel superior by gossiping because it makes us seem better than the person we're gossiping about. This can force us to elevate or maintain our level of energy as a better person. This high level energy is put out into the universe and can cause a boomerang effect with positive opportunities. We will also be aware of what *not* to do, because it's something to gossip about, so it keeps our choices and attitudes in check.

## CONs

Gossiping too much gets us caught up in *The Matrix*. We may develop a disregard for God's experience. If we don't try to *overstand* we'll be constantly saying, "I don't understand". Many gossipers start by saying, "I don't understand".

*"I don't understand why he would do that to him." "I don't understand why she would wear those clothes." "I don't understand how he could do that to his own mother."*

Too much gossiping eventually ends up with the gossip being neither liked nor respected. He or she will be tolerated, may be loved, but will no longer be trusted with intimate or important information. In some extreme cases, malicious gossip can even get *Mr. or Ms. Gossip* hurt or killed.

### 04. Ms. Misery

*"Why does this always happen to me?"*

*Ms. Misery* saddens the mood and lowers the energy in any room. When asked how she's doing, she finds comfort in releasing her frustrations and getting others to share her sorrow. Life is challenging for her because she looks at it on a lower level, so she can't see the overall experience. *Ms. Misery* allowing her challenges to overcome her emotions. She looks at life through a self-centered lens. Reality upsets her because she had different expectations. She needs compassion in order to deal with life's challenges. She needs people to listen to her. She wants to know others suffer the same way, and she needs sympathetic energy to validate her disappointments. Some of this may stem from the 'Set up' - having all of her emotional needs met by her parents. Since



her parents are no longer there, she seeks constant comfort from others.

**NOTE:** It's okay to have discussions with appropriate people about life challenges – and to receive compassion and understanding. However, *Ms. Misery* needs to suck that energy from everyone she comes into contact with.

### STAMPLE

*Kendra and Ursula, single mothers, have both experienced the same major difficulties over the past 6 years. They've both been evicted due to lack of funds. They barely have enough money to feed their kids. Both mothers have also been diagnosed with a tumor. At a house party given by a mutual friend, they speak - separately - of their challenges, to their hostess. Kendra said, "I'm good. I'm making it. I'm just trying to live every day to the fullest." Then Ursula spoke with her friend, "I've been going through it. Things are tough for me right now. Money's tight. I need stuff for my kids. And I just found out I have cancer, so please keep me in your prayers." This automatically takes the happy 'party' energy from the host and brings it down to a more serious level. The host now has to change her energy to meet Ursula's expectations of her.*

## What's really going on?

Kendra *overstood* energy. She *overstood* that her situation presented an energy that wasn't appropriate for the party. She put her happiness into *overstanding* that things happened and that's life - so why worry about something she had no control over. Kendra knows how to put the difficulties of life into perspective.

Ursula was unaware of the energy manipulation she imposed on her friend, or was just too self-centered to care. Ursula needed compassion from her friend to validate her sadness. She wanted others to feel sad so she wouldn't feel alone – misery does love company. It comforts her to feel someone cares about her condition.

Ursula lets life's challenges overtake her and her perspective. It allows her sorrow to intensify and become a kind of 'comfort zone'. She feels life isn't fair and desperately seeks compassion or goes into a low energy mode. She has no *overstanding* of energy, and just wants attention to get comfort for her sorrow.

Ursula's friends will begin to distance themselves from her or hate to see her coming around if she continues this pattern of imposing her low energy onto people. They'll become tired of having her bring down the mood wherever she goes.

## The Antidote

If we're around a *Ms. Misery*, interrupt her with something positive. Make her feel that her situation isn't as bad as it seems. Re-frame her situation by noting that everyone is going through something, but we can choose to not allow it to overtake our happy moments.

We can also call her out and say “*Ursula sorry to hear what you’re going through but every time I see you it’s always something wrong or you’re sad about something and it’s killing our positive vibes*”. This will stop her from imposing her energy onto others. But we also run the risk of her holding in her pain, and there is the risk of suicide. It’s best to pull her from the crowd and speak to her with a voice of compassion so she’ll will listen and respond more positively.

**Most of us feel that we’re the most important person on earth.**

**We’re on the inside looking out every single day, all day. So our personal experiences are greater than what happens to others. We’re the star of our own movie, so it blinds us to see all the other movies being made around us. We all have good and bad experiences and, eventually, all of us will die. The bigger deal we make of it, the more intense life becomes. The less of a deal we make of it, the more limited an effect it has on us. We must balance our emotions – depending on the situation.**

#### **04. Mr. & Mrs. Braggart**

These people LOVE to brag about themselves or a loved one.

*Ms. & Mr. Braggart* brag constantly to everyone. No matter how much they have, or how good they are, it means nothing to them without a reaction from other people. They live for the energy of people wanting to be in their position – it means their position is exclusive and important, which makes *them* exclusive and important. They’re a lot like *Mr. One Upper*.

## **What's really going on?**

It reveals how insecure they are about themselves – how people would feel about them if they weren't successful. They need to feel important. And are either subconsciously or consciously in silent competition with everyone around them. They also need constant reassurance to fuel their confidence, their motivation, and keep their energy levels high. Promoting themselves to the public, makes them feel relevant.

### **PROs**

Promoting and bragging about ourselves can sometimes convince people to think highly of us. There's an additional benefit if we receive an economic gain. The energy of bragging about one's self puts our self-love out into the universe, and more successes may be the result. Bragging can also help us maintain a high production level for more to brag about.

### **CONS**

If we brag too much, we may turn people against us. In fact, they may want to see us fall, to be humbled. This may encourage people to plot against us, and others not to protect us. Those people would find satisfaction if we were to fall, after bragging.

If and when we brag, we must be careful not to selfishly take too much energy from those around us.

**A person who is constantly bragging leaves no room for the person or people they're with to share their own successes. This unbalance can result in plotting and negative energy.**

## 05. Mr. & Ms. Status Seeker

Status around the world has respect and privileges – which can easily be interpreted as being more valuable. When we have status, it causes a number of things to happen. We deal in everything from maintaining status to the fear of losing that status. It also includes dealing with multiple individuals on many levels. Along with this status comes perks and privileges which help to keep our energy level up. Part of our identity is based on interactions with and the responses of others. We treat people who have status with respect, so it's a position to be respected. It usually comes with relevance and power.

**PROs:** Status gives us the power to change lives for the better. With status, we can motivate others. The status can keep vibrations high within a person and can boost self-esteem and confidence.

**CONS:** Status can give us a false view of reality. Status can cause us to be out of touch with people we consider below our status level. People also run the risk of always harboring the feeling of having power over people due to status. A person can abuse their status to hurt people or for personal gain. A person can easily think their status is who they are. This can never be true because if a person loses their status, can they truly be themselves?

### STAMPLE

*Larry Jefferson served his country as a U.S. Marine for 21 years. He's considered a 'hard dog' – a 'take no nonsense' type of man. He reached the rank of Master Sergeant which is considered*

*an enlisted 9 status. He was in charge of 100 marines of lower rank. Master Sergeant Jefferson struck fear into his troops. He had the status and authority to hurt others' careers so he was highly respected.*

*One day Master Sergeant Jefferson had one drink too many in a bar and started a fight. The man on the receiving end needed medical attention. Not only was Jefferson arrested but it turns out the man he assaulted was a Marine Corps officer who outranked him, so he's also facing charges of insubordination. He was reduced in rank down to an enlisted 4. The people he was in charge of were now over him. Jefferson was very humbled by this, and his spirit was low. He was no longer mean and intimidating. He had no authority left to fuel his confidence.*

## **06. Ms. Jealousy**

Jealousy is an emotion most of us don't like to admit to. Those of us who feel jealous are envious of someone else and value ourselves by comparison. This silent competition grows and can turn into resentment.

**This resentment stems from an uncomfortable self-evaluation in comparing ourselves to someone else. It counteracts our ability to boost our vibration off of self-esteem when we're constantly comparing ourselves to someone we feel is better.**

**This person will battle emotions between resentment and depression.**

We can be openly jealous or discreetly jealous. When we're openly jealous, we make comments and commit acts that reflect jealousy. The comparison affects us deeply. We may feel our pride and self-esteem is at stake if we don't measure up to someone else. We might need that person to be humbled or equaled in order to feel better about ourselves.

**Many jealous feelings can be traced back to 'The Set-Up'. Most of us exist in a self-centered world that forces us to subconsciously compare ourselves to others. If someone else receives more attention, this may trigger childhood memories. If we received a lot of attention as a child, we might believe that attention meant we were important and worthy. So, if we're not operating in an *overstanding* way, as an adult, we could find ourselves becoming jealous of someone else receiving more attention.**

If we're discreetly jealous, we do things in ways harder to detect. We'll smile in front of the person's face and appear to be comfortable around them - but secretly pray for misfortune to balance things out.

This person is normally around due to history or we may need the person we're jealous of. If we have a history with the person, there's probably a lot of silent competition. This type of jealousy usually grows over time and happens when things are no longer the same and status changes. When jealousy develops over time, we might become too embarrassed to admit it or try to convince ourselves that we're not. If we need the person we're jealous of, we'll never intentionally show our jealousy in public. Instead, we

The Art of Overstanding may show our jealousy in discreet ways. We may secretly wish for this person's downfall, even if it affects us negatively. They are many ways we can display discreet jealousy. Two of the most common ones are engaging in damaging gossip, and not supporting them when they need us. Discreet jealousy is often harder to detect. We'd need to be able to read body language, energy, comments, consistency, and motivations.

### **What's really going on?**

As we've discussed, *'The Set-Up'* has a lot to do with our emotions as adults. Receiving attention feels great, whether we're adults or children. As parents, we're encouraging, supportive and attentive to our children because of the environment. However, while it makes a child feel special, it may become a subconscious crutch to their self-esteem. Even as a child we could feel jealous when another child got the attention we wanted. We were introduced to attention at birth and received plenty of it. Attention – or lack of it – is a core reason for jealousy. If we're jealous of a neighbor's nice car or house, we're really jealous that they get to experience it and the attention they receive from having it.

Another core reason for jealousy comes from comparing ourselves to someone we admire. The admired person serves as a raised bar to us, and it hurts our self-esteem not to be up to it.

**If we gain pleasure by feeling someone is lower or less than us, this could trigger jealousy when we encounter situations that are opposite. That 'higher' person may feel the same pleasure about us being lower. Those feelings are inescapable since they're being used constantly for a self-esteem boost. This will automatically pull on the emotional strings.**



**We all want to be the best and feed off our own ego while starring in our self-centered life story. Considering this, we may look for ways to minimize the person above us, just to keep our self-esteem in order. The fact that we encounter people who alter our self-esteem is uncomfortable, and may turn into resentment – which is part of jealousy. If and when we take a ride on the ‘comparison adventure’ of life, we’ll constantly be on an emotional roller coaster depending on who we encounter. The drama will never end.**

**PROs:** Being jealous of someone may motivate us to elevate and self-improve. If this motivation is productive in the overall agenda it can be used as a positive thing.

**CONS:** Jealousy of someone can cause us not to appreciate ourselves and what we bring to the table in our own lives. It can turn into depression and that can affect our energy, production, and peace. When jealousy turns into resentment, we run the risk of taking some action against that person that we may later regret. Being jealous of someone creates counter-productive energy when it comes to harmony. This type of energy comes back to us, and we’ll just encounter more things to make us feel jealous. Jealousy can cause us to react on emotions and not thoughts. This can have life-changing consequences.

## **The ANTIDOTE**

Understand that we give our power and confidence to others because they’re better at something, or more popular. Everyone has a role to play and a life adventure to experience. To constantly compare and evaluate ourselves against someone else’s unique experience has no benefit to our self-confidence. We should be confident and appreciate ourselves even if we’re in a lower status

according to ‘*The Matrix*’. It’s more challenging and rewarding to maintain the same level of dignity as someone in a higher status. We must then ask ourselves, will that higher person have the same confidence if the roles were reversed?

We must learn to love ourselves at *this* moment in time – right *now*. If we need to make changes, we should then appreciate all of the steps along the way until we get to our desired goal. We need to elevate our thinking to identify the difference between a soul entity and a physical body. We are not our body. Our soul will have multiple experiences and hold many different positions. Being aware of this, we can stop ourselves from being influenced by the negative nature the planet has adopted through polarities. We must *overstand* the effects ‘*The Matrix*’ has on us, and not compare ourselves to someone or something enhanced by this system.

**We must *overstand* that the influence of ‘*The Matrix*’ is like a disease affecting us, so we must not take personally the actions of people under its influence. If someone gains more attention by appealing more to ‘*The Matrix*’s’ influences, we need to recognize it – and not engage in an unfair emotional war.**

To help us to overcome jealousy, we must show appreciation for others, no matter what their difference or status, without the need to self-compare. The perspective of being jealous of someone can also be looked at as a challenge to our self-worth and self-love. Can we truly feel self-love if someone else receives more attention or more benefits than we do? We can if we don’t allow someone else’s life experience to be an indication of our own self-worth.

As parents, if we show favoritism to one child, it doesn’t make our other child any less on a higher scale. However, the child who

receives less attention may become jealous because they want the treatment they see the other child getting. It may become a liability to their happiness; therefore, they need to lessen their desire for that extra attention. We must always look for positive things to offset desirous feelings. This process is mostly mental and if we can truly change our focus from our detrimental desires, we'll continue to keep our vibrations high.

**A person must *overstand* that we all come from the same source, we've just had different experiences. When we compare ourselves to someone else we're really comparing ourselves to the same source from which both souls came from.**

## **07. Mr. Has-Been**

This is a person who was popular on some level for some reason but is no longer recognized as much. If a person has had a chance to have some level of public success or notoriety they have become accustomed to some level of public acknowledgment. This acknowledgment is energy given by people and can raise a person's vibration and self-esteem. It's highly likely that the same level of attention towards one person over time will fade, so the challenge is how that person deals with it. There is a range of emotions a *Has-Been* will experience. These emotions, of course, vary and mostly depend on the level of success a person experienced. The *Has-Been* thinks that if they're no longer relevant, they're no longer valuable. They feel they must have done something wrong or lost their powers. This perspective makes life less enjoyable for the individual to live and causes deep depression.

**A person can allow others to hurt them by saying statements such as: 'He's not what he used to be', or 'She was prettier**

**back in the day’, or ‘He was the man but fell off’ or ‘He used to be pretty good a long time ago’.**

This pressure is compounded if the person was rich and successful and is no longer either. This suggests to the public that a person mismanaged their finances, paid the price for it, and is now broke.

A person can also have the opposite perspective of a *Has-Been* status. This person feels they accomplished what they needed to at that designated time, and relish in their past adventures.

**The level of success a person had and the amount of economic freedom they currently maintain are major components in their self-esteem.**

They can continue to keep their spirits high by tapping into the reality they experienced in the past, what others are experiencing in the present. To identify with that feeling can keep a person humble and appreciative. This person can also build confidence within himself by remembering the level he accomplished. This person doesn't need to express to people who they are if others are not aware, they no longer require public energy to reassure their self-worth.

### **What's really going on?**

When a person feels depressed by no longer receiving public acknowledgment it's because they subconsciously attached the attention to their self-worth. When a person attaches self-acknowledgment by people to their personal self-worth, they're setting themselves up to emotionally depend on others energy. If a person feels a higher vibration and self-worth due to their popularity, that same feeling will be challenged when those things

are not present. When a person needs public reassurance, they run the risk of allowing the public to manipulate their emotions.

**If a person is publicly acknowledged, on a national level, they're supported by the elite system. This makes them more of a public figure and also makes it harder to deal with their new status of unpopularity. This new status can result from retiring, an injury, or the elites' desire to no longer support a person. Either way, the fact of not continuing to have the same level of public energy is rarely on the individual, but it's inevitable like old age. When time is up, it only means it's time for that person to experience a new reality. If a person can *overstand* this process, it will make it easier for them to maintain positive energy and their self-esteem moving forward.**

## **The ANTIDOTE**

To overcome the depression of being a *Has-Been* takes an *overstanding* perspective of life. A person develops an appreciation for themselves by changing the perspective of their current status. This person must feel that it's better to be a *Has-Been* than a 'never-at-all'. Many people on earth will never receive the amount of public energy they had and it must be respected. This person was successful enough to draw the attention of others during their time and that means this person accomplished a challenge. The journey in life constantly changes and just because a person doesn't receive the same amount of attention any longer doesn't affect their self-worth. It's similar to attending high school. People have 4 years of their life to attend high school. During high school, a person could be the most popular person in school because the environment provided that opportunity. A person develops relationships and a familiarity with their peers for 4 years. Eventually, students graduate and

have new experiences around others who are unaware of their high school popularity. We could consider this person a *Has-Been* because they're no longer popular. But the truth is they all had to eventually graduate into a new experience. This is the same with past fame - the person just graduated into a different experience. The popular kid in school can wind up having a hard life or a great life depending on if they allow past attention to affect their current state negatively.

Many times a person must respond to the influence of *The Matrix*. This person must also know that people are not aware of the elite-controlled *Matrix*. We must not emotionally hold people accountable for what they do not *overstand*.

## STAMPLE

*Tulsa is a talented songwriter, famous for her music. She's been on world tours and has inspired many people. She even starred in four Hollywood movies. Over the span of 6 years, she was the talk of America. She was successful, rich, and having the time of her life. She received two Grammy awards and an Oscar for a lead role in a movie. Tulsa was very good at what she did and had the right energy to give back to others since she received so much. Tulsa was asked to attend a Hollywood party one night by a big record executive. She attended and one of the record executives got very intoxicated and attempted to kiss Tulsa. Tulsa, engaged at the time, was very*

*uncomfortable about this and smacked the executive across the face. Tulsa didn't mean to strike the man, her reflexes just took over. He was very upset about this and the executive retaliated professionally. The record label placed her album on the shelf and pulled her promotional budget. She was stuck in a contract where she couldn't produce another album elsewhere, killing her music career. The executive for the record company is also in with the executives in the movie industry and Tulsa hasn't received another movie offer since. The public hasn't heard from their beloved superstar in a couple of years now and the public feels she has fallen off and is no longer good enough to put out hit songs. After 5 years people will see Tulsa out in public and say "Hey, I remember you. What happened to you, seems like you just fell off the face of the earth!"*

### **What's really going on?**

The public doesn't *overstand* how **The Matrix** works, so they will think that a person chooses to stop receiving all the fine things **The Matrix** provides. People are brainwashed to think if talent is not supported by the elites they're not good enough. This way of thinking allows the elites to maintain their influential power. When people support other people's talent without the approval of national media – that is when the power of the elite control will stop. Tulsa was still the same talented songwriter and actress she

was 5 years later, but since she was no longer supported by *The Matrix* the public felt she must not be relevant any longer. If Tulsa has to accept a source of income that would be considered lower by *The Matrix* standards, this will make others feel she is less worthy now because of her new status. The truth is Tulsa *was* amazing, still *is* amazing and will *continue* to be amazing at being an entertainer. Even though her self-worth isn't tied into her talent, her ability to handle the position of influence in a graceful way can never be taken away. The fact that she could no longer participate in the elite-controlled media world doesn't equate to her abilities. A person must keep this level of *overstanding* so they don't enter the unfair self-worth war with the elites.

## 08. Mr. Hold a Grudge

With so many people on the planet and so many different motivations, they often clash with each other. That's the natural formula of life.

We will come across people that will wrong us. The motivation of the person may be selfish at the time but that's how *The Matrix* has influenced the energy and vibration on this planet. When a person has a grudge against someone, the energy a person holds towards that person is only detrimental to themselves, their health, and their energy. We allow disappointing actions to continue to have an effect on us every time we think about them.

This causes our spirit to become unbalanced.

The last thing we should want is for that person to still have a way to affect us. When we hold a grudge, that's what we're allowing this person to do. The person people have a grudge against is unaware of the emotion the grudge holder has and is not affected



by the experience. At that very moment, a person is allowing themselves to relive the anguish caused by a person who's free from emotional attacks.

We could have wronged someone in the past and they could be thinking about it at this very moment. Their spirit is sad reliving the past encounter - we don't even have them on our mind. Holding a grudge and reliving things done to a person has no benefit to the grudge holder. This will only eat at a person's energy, self-esteem and overall life enjoyment. It's not worth it!

Often, grudges feed into our ego.

We feel so highly of ourselves that the thought of someone disrespecting that offends us. We feel somehow the world is supposed to miss us with trials, tribulations and mistreatments. If we didn't feel like the world should be perfect in that sense, we wouldn't hold a grudge when things happen to us. People would know that others are imperfect and self-centered due to ***The Matrix***. It's impossible for one's motivation to line up with every person they encounter in such a complex society. Once we *overstand* this we will have no need to hold a grudge against people. This is how life has been adapted due to ***The Matrix*** of power, money and influence. When someone does something that upsets a person, they can be disappointed and implement sanctions with their relationship but to hold a grudge is to show a lack of *overstanding* of this current social society. A person can remind us of our past uncomfortable encounter but they shouldn't cause us to have any emotional reaction because of it.

## The ANTIDOTE

*Overstand* that people are not perfect and every encounter with someone else will continue to define who we are as people. A person is not defined by what a person does to them, but how they respond and allow that action to affect them. We can't take people under the influence of *The Matrix* too seriously.

**A person can also have the perspective that people are not doing them wrong, but are simply pawns in their own character development.**

A person must immediately release the anger for that person because it serves no benefit. This doesn't mean one must associate with this person in any way. It simply means to protect one's happiness. If a spouse was unfaithful and kids are involved, the two must still maintain some level of association. There are no benefits in holding grudges for the sake of the kids. It's a challenge to one's soul and spirit to be able to *overstand* life without the elements of it affecting the overall experience.

### 09. Ms. Living Past Hurt

*Living Past Hurt* is something not only Americans deal with, but many people on the planet. When we really *overstand* past hurts, we're affecting our future by continuing to reflect on an uncomfortable past. This formula is similar to holding a grudge. Everything and everyone has a journey, not just a past. The past is a part of the overall journey and not the journey itself. When a person continues to relive past hurt, they're making the past into their journey. When a person relives the past, what they're saying is that they expected life to be perfect or without any major disappointments. This person has so many great things in life to

focus on but they choose to focus on the part of life that causes them an unproductive reaction. A person must *overstand* that anything goes in life - and with 7 billion people on the planet, a person can experience *anything* during their journey. We could have lost a family member, children, property, material possessions, freedom, or a companionship - it's all what we call life. Our soul experiences this journey through a human body, but has unbalanced emotions because of lack of conditioning to real life.

**This is also cause by the 'Set Up'. Kids are not prepared for what life really is and when people experience disappointment outside of the kid fantasy presented by parents, it can be hard to handle.**

**It's the same with life.**

Life is full of anything a person can imagine, so if it happens, it happens because that's the event we're in. People can change some of the things of the event but until then the event is still in control. The more comfortable people become with the environment the less the elements will affect them. A person must *overstand The Matrix* and conditioning and how that ties into one's happiness.

Something tragic may have happened to a person in the past and they have a difficult time getting over it. It's very hard for their mind to not think of it. This is understandable and it may be difficult to block it out, but a person must not allow it to affect their emotions over time. A person can live with past hurts for a number of reasons, but one of the most common ones is truly having an excuse not to move forward.

**Having an excuse allows the spirit to convince itself that it may have accomplished certain tasks if it wasn't for the events of the past. This can cause a person to feel sorry for themselves and it can become subconsciously addictive like any other spirit a person caters to. This person will find themselves always gravitating to sadness. They will empathize more with sad TV and radio programming and continue to mentally handicap their happiness. This approach also gives a person a reason to be lazy and not take on the challenging life we exist in. The sadness from that person can also project energy out into the universe and it will continue to bring them sadness.**

### **The passing of a love one**

Some of us can't seem to regroup and continue on with life after a loved one has passed away.

This is normally because that loved one was that person's world. Life as they knew it has the loved one in the center of it. This person became accustomed to having that person as a part of their life experience. When that soul is spiritually no longer inside of that vessel, the person can no longer experience life with them in this dimension. This change brings a person into a new life experience. This is a reminder that life is constantly changing. Life is a journey not a moment, so many things will change along the journey. Each experience is a growth process for each soul to experience while on this journey.

We must keep this perspective in order to deal with things we can't control.

It's healthy to celebrate the journey of life by reflecting on times the loved one was a part of our world in this physical form but it's

not healthy for the spirit to desire the past. Continuing to be sad for long periods of time and desiring the past with the loved one can't bring the person back to life, it can only affect the person's energy.

What most people are sad about is losing the security and life enjoyments with a person. If a person doesn't make the world their family and really enjoy many people, they will be more devastated when someone dies from a small circle of support. Never make one person our world. A person can enjoy the time spent with them but they must also respect the journey and at some point, it may not include the person one may wrap their world around. The changes in life can present more of a challenge and that can cause a level of depression but that's all a part of the conditioning.

**There is nothing that will happen to a person that hasn't already happened to someone else.**

A person can adjust themselves to be happy about any state of being they're in, because there's always someone out there who would love to trade places with them. The happiness lies in a person's way of thinking about any situation. Adjust the brain to *overstand* mode and a person will be less affected by anything that happens during their experience.

**Love and support from people are so important and nurturing to the soul that it's tough to live without it after having it from a loved one. The comfortable relationship and routine developed with a loved one makes it harder to adapt to new ones. Once we *overstand* life and things happen, we can continue to have joy in the journey. We will learn what's**

**needed from the experience and continue on to new one. The past must be a part of our strength, not our weakness.**

This same kind of effect, although maybe not as extreme, can apply to relationship break-ups and friendships. A great relationship can have the same common bonds as a loved one. When the relationship has ended, so has the routine and support of it. The same method must apply in order to have happiness. This is not to say that a person will not grieve or have an emotional low due to these circumstances. This is to say, we must *overstand* life and all that comes with it. We must continue on our journey and have a balance in life that respects the continued journey.

### **Past hurts determine future decisions**

Many people allow past disappointments to affect their future happiness. Some people have experienced bad relationships with people and this discourages them from pursuing relationships. Life is full of surprises, so each person someone encounters can have a totally different outcome. If a person notices a pattern of uncomfortable encounters with the same type of people they must *overstand* they attract those encounters with the energy lingering from the past uncomfortable experience. This is why living in the past too long can contribute to the cycle continuing.

### **The ANTIDOTE**

When a person would like to counteract past hurts and disappointment, it's a state of mind. They must feel that their past is not worth their future. They *overstand* that life is full of changes and challenges and is all apart of an experience. When a person can set the mental battle lines in this manner, it will help them block out any past hurts.

When it comes to a loved one leaving, one must come to terms with how life works and know that death of the bodies is inevitable. One must also know that the body is the only thing that dies, the spirit within the person travels to a new physical experience.

**One's *overstanding* and happiness can be affected by the way a person feels about one life versus many life experiences. If a person feels they have one life to experience and their soul goes to heaven or hell, then past hurts may affect a person more. This was their one shot at a physical experience and it was what they considered perfect. If a person feels they have multiple life experiences, it has less effect on the way life happens this time around. A person's mind, knowledge, and way of thinking are keys to happiness.**

It will also help to mentally feel like a loved one has passed on when they're still here. Imagine from time to time that they have passed on and what life is like now that they're gone. Doing this will mentally prepare a person to lose a loved one when it happens. If someone feels doing this will somehow contribute to an early death, it's tailoring their thinking to support such a case. Like this book previously stated regarding reincarnation issues, a person will be as they think. People will die whether a person mentally prepares themselves for it or not. One thing is for sure, a prepared person will always handle things better than a person who has done no preparation.

## **10. Mr. Bully - Gang Gangster**

A bully is a person that energizes themselves by causing others misery.

We all have heard the saying, ‘misery loves company’. Bullies are upset with the world and their experience here. Love and empathy were mostly missing from this person’s upbringing and it turned into a subconscious resentment. When a person like this encounters people whom they feel haven’t felt the pain they have through life, it makes them want to share some of their grievances with others. So if a bully encounters people that they feel don’t have a violent nature, this can relay to them that this person hasn’t had enough disappointments in life and everyone should have their fair share. This will cause the bully to lash out at easy targets with less chance of retaliation. This gives the bully comfort that someone else was able to suffer disappointment in life as well. This is why bullies don’t attack other bullies or people that have had a similar upbringing.

Bullies also see this method as a way of gaining access to things they wouldn’t otherwise. Bullying others out of resources for personal gain is the bully taking advantage of people who don’t want any trouble.

**If most people retaliated when a bully tried to gain access to their resources, this wouldn’t happen. The fact that most people are peaceful creates an atmosphere for bullying to occur.**

If a bully truly wants to lash out from built-up emotions, they should challenge themselves. When a bully doesn’t challenge himself and focuses his attention on targets just as powerful or more powerful, it shows they’re uncomfortable with retaliation.

The bully can feel like they’re owed the resources they receive due to misfortune in their earlier life. When a bully or group of bullies begin to see financial or status advancements in their lives they



become fully engulfed in the bully mentality. This means it's very possible for the mentality to become 'bully or death'. This type of mentality has highly been adopted by groups such as mobs, mafia, clans and gangs. When a person becomes a part of one of these groups or something similar, they can validate their bullying spirit by connecting with like minds. Joining like-minded bullies also caters to the emptiness of love, trust, and loyalty so many people crave.

**It's similar to any like-minded people joining together for a shared reason.**

### **America has a bully mentality**

America teaches kids not to bully while it remains the 'Bully of the World'.

America has more military bases in the most countries, but there are no foreign military bases in America. America has the most nuclear weapons in the world and won't allow other countries to have even a small fraction of that. The US attacked Iraq without them even provoking the country. The US toppled their president, took their resources, and remains in authority in that region of the country even now. This is bullying to receive resources from a less powerful location for America's gain. America didn't just become the world leading force by accident. It was designed that way and their role is basically: military control of the planet. See **{Reference key 8}**

### **Bullying vs Circumstantial Bullying**

We discussed bullies, where people feel the need to bully others due to their personal resentment. This person may not be in need of something other than the appreciation of sharing misery.

Circumstantial bullying is a little different. This type of bullying is normally a onetime encounter with a person and is derived from circumstances. This could mean a person on hard times may only carjack someone once. Someone may rob a person because they have hungry kids at home. When someone engages in circumstantial bullying often times it's fueled by resentment on some level, and there is an immediate need. This immediate need is what justifies the need to bully. They support that by feeling there is an unjust system rigged against them.

**This person's soul is being challenged and they're lashing out to cause discomfort to innocent people due to *The Matrix* our planet is enduring. If we can attack and change *The Matrix* the need to perform such actions against the people would become obsolete.**

## **The ANTIDOTE**

When a bully has entered a union with others, they will have two levels of detoxing to return to a calm humble spirit. They will first have to detox themselves from past hurts, forgive themselves, and develop the mentality that the change is growth. The second level is to detox themselves from their organization. Sometimes there are protocols and consequences when leaving a violent organization - but it *can* be done. A person must feel the need to leave the people behind in order to have a fresh start with minimum influences of the past.

It's a mental process to regain one's sanity and self-love, after experience a life of violence.

First, *overstand* that the tough life, lack of love, or anything that can cause unhappiness, is one's story and an obstacle to overcome

in this life. There is no need to bring other innocent people into our experience. Even though it may seem not as enjoyable as others are having, it's still our mission to handle and accomplish. Adopt the mentality that taking aggression out on innocent weak people doesn't define toughness. If a person adopts this frame of thinking, bullying will not bring the same enjoyment.

**True toughness is overtaking people who are equal or more powerful.**

## **11. Mrs. & Mr. Quitter**

The quitter mentality is developed by people not accustomed to dealing with pressure.

Mr. and Mrs. Quitter often don't finish the projects they start. They give up easily under pressure. Neither wants to deal with stress on any level. When the pressure gets to them, they'd rather return to a place of calmness. When a person is always in a calm place or dwelling in a joyful atmosphere, they can become addicted to it and any energy that disrupts that can be hard to bear.

**This is common to any additional formula where we have become accustomed to it so much that nothing else matters. Being a quitter is something that develops during the early stages of childhood. Lack of challenges and always participating in pleasure activities without balance can contribute to this. Challenges, drama, opposition, and many other similar situations are a part of life's journey. The more comfortable a person becomes with *overstanding* this, the better they will be able to put these encounters in perspective.**

Calmness and less stress become one of the most important things to their life and sanity. To challenge this low energy field is not

worth the outcome of their goals. This will make people quit under pressure when on a mission of accomplishments. Most people in this category have a high pleasure appetite so they imagine and dream big about their goals. They focus so much on their goals and outcomes, due to a high pleasure appetite, they fail to consider the mission. The mission is where the challenge is and little mental preparation combined with an accustomed low energy level makes it difficult to achieve.

This approach also lowers expectations for a *Quitter*.

When the mission or challenge comes into play, it challenges the easy expectations they envision. This makes the goal at hand less desirable to the point it's not worth it for the *Quitter*, and they often won't even attempt to complete anything. Most of these people are considered procrastinators.

***Quitters have a hard time with rejection.***

This rejection upsets the calmness of the person because their goals are not only in their hands. With rejection being harder to take, they will quit the mission after encountering a small amount of rejection or opposition. If a person is highly insecure and allows rejection to be attached to their self-worth they have a high chance of quitting to protect their emotions.

This person may think highly of themselves or about their chances of accomplishing a certain goal. This self-esteem boost is what keeps this person's energy at a higher vibration. When that person is rejected by someone else, this challenges what they feel about themselves in their world vs. others' world. This will challenge that person's self-esteem and make them feel their idea or goal may only be great to them, for self-serving reasons, and not good

The Art of Overstanding  
enough for the public. A *Quitter* will take the rejection as having a lack of respect for their idea and *overstanding* of goal accomplishment challenges. Most of these people will not attempt to accomplish their goals again because a second rejection would solidify a *Quitter* position. This solidification will directly affect the accustomed pleasure sensors needed to boost their self-esteem.

A quitter doesn't like challenging themselves to self-improve if it's difficult.

We will hear this person make up excuses for why they couldn't complete the mission. Excuses are a way to keep a person's self-esteem high while not accomplishing certain tasks or goals. The excuse makes a person feel they're capable of accomplishing a certain goal if the conditions are correct. Excuses are a way to cater to the pleasure sensors the "Quitter" has become accustomed to.

## **The ANTIDOTE**

A quitter built up their love for comfort so they must exercise themselves gradually to deal with discomfort.

**One must get comfortable *being* uncomfortable in such an unpredictable world to not allow challenges to lower their energy vibration.**

They should start off with small goals that require some level of discomfort or dedication. Once they complete that goal, continue with a larger goal that requires more dedication. When that person begins to develop the love for accomplishments, then comfort takes a back seat. When a person attaches the ability to go hard at a challenge with their self-worth, they will take going hard at their

goal personally. Making it personal gives them internal energy strength fueled by self-ego.

**Another person's opinion will no longer affect their world, self-esteem, or mission.**

A rejection is now looked at as a challenge to prove them wrong vs. accepting their suggestion as fact. This person is now chasing the feeling of accomplishment, and not comfort.

### **Rejection**

Never take rejection personally.

Rejection can be a great poke for a person to improve if needed. We're not all here to be perfect and challenges are a part of the journey. Given these truths, rejections are necessary and unavoidable. They're necessary for character development and evaluation. A person's response to rejection displays a lot about that person's character. The more *overstanding* a person has, the better they will respond to the challenge of rejection. Rejection can be better *overstood* when a person accomplishes their mission despite it.

## **12. Mr. Uncomfortable with Change**

One thing about this world that will never change, is the fact the world is *always* changing.

Given this fact, not accustoming ourselves to change and making that a part of one's life, is a set up for emotional disappointment. People all love it when things are great, routine and secure but that experience is just for a moment. At some point change will come and it will be time for a new experience, better or worse. When

people become uncomfortable with this change it lowers their vibration and eats at their emotions. This can cause stress and even severe depression. This person identified life through the security of routine experiences.

**This is very similar to ‘09 Living Past Hurts’.**

When people allow themselves to give their comfortable routine that much power, it makes it uncomfortable to accept change. It’s unproductive to accustom one’s self to operate in an opposing manner of life. One reason people are uncomfortable with change is that society doesn’t dedicate time to focus on the ever changing life circumstances. Most of American society focuses on the ‘here and now’, and not the ‘here and next’. Another reason people are uncomfortable with change is because it can bring less security into a dangerous world. When things are routine they’re more predictable and that offers security. A routine can bring a person so much joy that they can become too engulfed in it, so they never mentally prepare themselves for a change.

**This mental preparation should be balanced. Never mentally prepare for a change too much so that it disconnects the enjoyment of the current routine. Focusing too much on change can actually inspire it to happen in some cases.**

**Remaining in our comfort zone**

Many people are comfortable remaining inside of their comfort zone in life. This is a safer life and is more predictable when a person experiences life on a repetitive basis. Having this type of lifestyle does have some benefits in elevating a person’s confidence in their surroundings. This person knows a lot about their neighborhood and has developed a comfort zone. This person

never takes trips out of town or state. Taking trips away from their comfort zone places them in an unpredictable atmosphere and causes them to be overly cautious or un-adventurous when they do arrive. Normally the person is afraid of death and therefore adventuring outside of their comfort zone makes them vulnerable. A person with this mentality will never experience many exciting things because of their fear of death.

**As an *overstander* we must know that we can't control death and staying within a comfort zone has never guaranteed anyone a pass. This means whether they choose to experience life or not they can still lose their body at any moment. People's adventurous nature will come from their mind frame and perspective. People shouldn't be afraid to live because they're afraid to die.**

**When we take into consideration that our soul doesn't die, only our body, we're negating the experience. It's like someone giving us a new car to travel all across America but we only drive around in our neighborhood because we don't want the car to get damaged or stolen when we have full coverage insurance.**

## **PROs**

A person can be motivated to perform at a high level or develop a great determination to accomplish something if it continues the status quo.

## **CONs**

People run the risk of losing their motivation in this life's existent when they can't bear change. A deep depression can set in and this can cause sickness and even an early death. Never leaving a



comfort zone keeps one's perspective contained, and the true nature of their visit on this planet can become compromised. People run the risk of being small-minded and easily manipulated when they're less traveled.

## **The ANTIDOTE**

People must adopt the mindset that life is constantly changing and that they will remain centered no matter what the changes may be. Even in the midst of a comfortable routine lifestyle, one must occasionally create a mental picture of the lifestyle no longer being there. Creating this mental picture can prepare people emotionally if change does occur. A person may also, if applicable, try experiences outside of the box to train the body to deal with different things. So the best way to deal with change is to mentally *overstand* 'that's how life works' and to remain uncomfortable about something a person can't change is a personal unfair battle.

### **Don't allow energy to be taken by something we can't change.**

Have an optimistic viewpoint on change and go into it with encouragement. If it wasn't meant for one to endure, it probably wouldn't have happened. A person must force themselves to take on a fun adventure. Once a person develops a love for the adventure it will overcome the fear of tragedy. People will look at their comfort zone as a home base to venture out into the world, as opposed to their home base being the only world they adventure in.

## **13. Mr. Gambler**

Let's first *overstand* how a person gets caught up in a gambling addiction.

This will help us to identify it, avoid it, and overcome it. This person is obsessed with having money and is totally influenced by *The Matrix* of money and material gains. When a person has to put in a certain amount of effort or work to achieve money, it sets the basic standard for their economic habit. When that person gambles the money they have to achieve more money, they have now disrupted their economic routine. When this person wins money, their economic routine becomes instantly easier. They have more money than they started with by risking the money they already had. Having a large sum of money instantly without working for it slowly becomes addictive - and they begin to not appreciate the amount earned from working. How could a person appreciate the money they earned when they just received a large sum of money that would take one month of work or more?

If this person doesn't *overstand* balance, they'll consider gambling an easier lifestyle and become drawn to it. They will also develop the feeling that if they can win that much money instantly, it can happen again at any time. Entertaining these thoughts creates the environment to become a gambler. The easiness and the thrill of winning money, they technically didn't work for, have no bounds, and therefore people can't identify a stopping point. This why a person can start off gambling, win a large sum of money, and gamble the entire amount away including all the money they came with.

Gambling can become spiritual for some people.

They will feel like the win is somehow spiritual and it's a sign of assistance by receiving funds with such huge odds. This can make a person feel special and connected to the lifestyle. This type of lifestyle has obvious problems when a person gambles away money they earned that's allocated for responsibilities. This can

blind a person to their responsibilities and encourage them to take risk over a 'safe' bet.

### **The gamblers trap**

Most gamblers don't know when to quit because their perspective is off. Gamblers think they go to win money but subconsciously they're there to spend time gambling. This is one of the biggest traps to gambling. A person must identify if they love gambling 'more or equal to' winning money. If it's truly about winning money that day, when they win a good amount of money, they should be done gambling for that day. If they want to spend time gambling the chances of walking away a winner is slim unless they continue to win off of their winnings. If they do continue to win off their winnings on a particular day, the odds of that continuing in the gambler's favors are impossible.

### **How to be a responsible gambler**

Being responsible means a person must set boundaries, develop rules for themselves, and never buy into the voice that tells them that they can get the money back that they lost if they bet more money outside of their budget.

### **Never gamble with money allocated to responsibilities.**

When this person does gamble, it is best to only bring the amount of funds they're willing to lose. If they lose that amount of money, gambling must cease until that person has built up a surplus of funds to have money allocated to gamble again. If that person wins money early on while gambling, the most responsible thing to do is pocket the amount of winning they would like to walk away with, and only gamble with the remaining balance.

**It would be more beneficial for the gambler to deposit the money, give it to a friend, or develop a way to make it hard to obtain.**

If they lose the remaining balance, gambling is over for that day. This is when the voice speaks to them and tempts them to spend more money than they have already won. They're now at risk of losing their winnings for the sake of greed. If they can walk away a winner without being greedy, they will be practicing responsibility. If this person wins more money from the balance, the process repeats itself and the gambler will walk away a sure winner. When that person returns home with the winnings, the best thing to do is add it to their current bank account and allocate some of the winnings for future gambling. This person must also develop a moderation to gambling so they can stay appreciative of the money earned from working. Gambling every day or on an unbalanced routine is usually unsuccessful and should be avoided.

### STAMPLE

*Johnny Ace was a gambling addict. He loved the thrill of gambling. He received the name from his friends who know he's good at playing black jack. On a Thursday evening, Johnny ventured to the casino to gamble. He kissed his wife and told her he was going down to the casino to gamble for a couple of hours. Johnny had it on his mind to win \$1000 that night. That was his goal and that's what he would be happy with. Johnny Ace arrived at the black jack table at 7:20 pm. By 7:35 pm Johnny Ace*

was up \$1100.00. Johnny had accomplished his goal of winning but internally, Johnny was in love with gambling so his motivation changed from being good with \$1000.00 to seeing if tonight was his 'hot' night. He could have gambled the \$100 dollars away and walked away a winner but he received his winnings too fast and wanted to spend more time. At 8:40 Johnny's winnings were down to \$400. He now regretted losing the money he won. He was humble enough to quit if he could just regain that amount. So Johnny Ace continued to gamble to win the \$1000 back. At 9:15 Johnny was down to only \$50 of his winnings. Johnny now wants to win something and just walk away a winner so he being to gamble with the money he arrived with. By 10:00 pm, Johnny had lost all of the money he came with and walked home feeling emotionally distraught.

### **What's really going on?**

Johnny was more in love with gambling, than he was with walking away a winner. He immediately received the amount of money he asked for but didn't spend enough time doing what he loved. Achieving his goal so quickly took away from the entertainment that he wanted as well. That created the atmosphere to make him feel like that night could be a hot night for him and maybe he was meant to win more. This is why gamblers must have rules that they abide by so this doesn't happen. It would benefit those people who love

to gamble to take some of the winnings and gamble a lesser amount to continue the thrill, and then spend the last hour or so gambling with the rest of the winnings allocated to gambling. This is the art of *overstanding*.

**One must break down a situation to identify the core issue(s) in order to find a solution.**

### **PROs**

Gambling can add value to ones' life if done responsibly, *and* in moderation. Gambling can change a person's lifestyle, if lucky. Gambling, due to the unpredictable outcomes, has a way of attaching an optimistic spiritual component to it. Gamblers can develop self-awareness on some levels. People that gamble take notice of their winnings and losses and have some sense of a pattern. By continuing to evaluate the wins and losses, this person subconsciously trains their brain to become self-aware of other things.

### **CONs**

Gambling can develop a lack of discipline and responsibility. Having an unbalanced approach to gambling can leave a person, and their families, with financial challenges. Too much gambling can challenge a person's gut instinct so often that they become out of tune with it. Gambling can cause depression especially after losing something after trying to get more.

## **14. Mrs. Insecure**

When a person is insecure, they're afraid of rejection by others, or by the confirmation that they may not be good enough for something. Insecurity is also formed due to the '*Set Up*' at an

early age. Parents falsely boost a kid's self-esteem by telling them that they did great at something that they obviously didn't. This feeling of approval and acceptance by parents is the feeling people chase into adulthood. If people's approval makes a person feel worthy, then their disapproval will also have an effect on their self-worth.

**Often people are battling real-life experiences with *The Matrix* produced perception of life. In real life, people gain weight, people are all sizes and colors with different income experiences. *The Matrix* promotes a certain body type or lifestyle to indoctrinated people so that's what the people give their energy to. This energy and attention is what Mrs. Insecure appreciates and to her detriment, she considers that as self-worth.**

## STAMPLE

*23 year old Shayla lives in Atlanta. Shayla is considered an attractive woman with an average size body but she had no big butt. The music that played on the radio was promoting women with big butts. The videos on television were promoting women with big butts. Men were indoctrinated to think what was valuable due to *The Matrix* tools of media influence and gave Shayla little attention. Shayla observed the attention girls with big butts were receiving and concluded she was less valuable because she wasn't born with the body appreciated by men. After a*

*year of this, the depression built up so deep within Shayla she decided to alter her body to have a big butt. She had a butt enhancement procedure performed on her and died from the injections.*

### **What's really going on?**

Shayla died because she felt she had to compete with *The Matrix* to be considered valuable.

She was chasing the feeling of attention and acceptance from the childhood '*Set up*'. There is a similar quote in the bible that says, "*We can be in the world but not of the world*". Shayla was trying to be of the world which means giving her energy, soul and spirit to *The Matrix*. If she was in the world, she would exist with an *overstanding* of *The Matrix* existence and influence and choose not to allow it to affect her energy and experience on earth. Although this *Stample* concluded in death - the story could have ended many ways - the point is identifying the source of insecurities. This *Stample* was focused on big butts but we can apply this formula to many different things men and women subject themselves to. Most people are influenced by *The Matrix* and convince themselves that they're improving if they conform more to it.

### **Avoid the spotlight**

Many people like to avoid the spotlight because they don't want any self-critical pressure on themselves to impress others. Most people are not up to *Matrix* model standards and to highlight that would be more pressure than a person's desires. Many of these people hear folks criticize others on a daily basis. These criticisms can be about people at the job, to celebrities. After hearing so



many people criticize others for so long, a person can gauge the level of acceptance put out by *The Matrix*. If a person feels that level is too much to maintain or they're clearly below that level, they'd rather not be reminded of this. This can lower their self-esteem and energy so these people choose not to play the game at all for protection. Unfortunately, most of these people will also criticize others within a small circle of friends as an artificial self-esteem boost. It makes some people feel better about themselves to pick on someone else's shortcomings, in trying to normalize their own shortcomings.

**Remember, shortcomings are only due to *The Matrix* in most cases and what the public agrees on as right or wrong, good or bad.**

### **Protecting our inner person**

Most people would love to protect their inner self. This is the core of their self-esteem and insecurity.

This is the 'go-to' inner voice that's with a person for a lifetime. The inner person that people cherish and protect the most may not be accepted by others. That inner person that they try to protect is the secure person they can turn to. If that inner person is not accepted by something or someone it can eat at the core of their existence. People know what they're insecure about and sometimes feel others know also. Many people may not be aware of the person's insecurity area but the person is so focused on judgment from others, that it carries almost the same anxiety.

Many people must realize that their trying to compete with *The Matrix* and it's an unfair comparison. People have been indoctrinated into what they like, what they think and what they

do. So a person must *overstand* that their existence may conflict with the indoctrination of *The Matrix*.

If a person had to travel 3000 miles by bike they will not compare themselves to people that travel the same distance by plane. It's an unfair comparison so much so that people will not even begin to compare. The same method must be applied to the power of *The Matrix* and all of its tools. There are very few conscious minds on this planet that *overstand* the manipulation process. Most people don't. Therefore a person may subject their happiness to people that are indoctrinated.

### STAMPLE

*Gina Simpson was married to James Simpson for five years. When James first met Gina she weighed 134 pounds with a very nice body. James liked women with nice bodies. He loved watching music videos with women showing off their bodies. When he met Gina, her body was what attracted him at first, but after getting to know her he really fell in love with who this lady was. Gina was very smart, trustworthy, fun and loyal. She's a very good woman. She gave birth to a little girl two years ago. She gained 25 pounds from the pregnancy and her body doesn't look the same. As every day goes by Gina becomes less attractive to James. James begins to see another woman that has the body type he was accustomed to. He*

*began to spend more time with his mistress and Gina was beginning to feel a difference. She became insecure about her new figure and the lack of attention from her spouse. Gina followed James one day and caught him with his mistress. She saw how pretty the mistress was and her body, and became instantly insecure. She divorced James for his infidelity but the disappointment from his choices left Gina in a deep depression. This depression fueled her insecurity about herself as if something was wrong with who she was, all because her body had changed.*

### **What's really going on?**

Gina's body changed like women's bodies do in life, with or without a pregnancy. The changing of a body doesn't change the person necessarily; so to feel less valuable as a person because of one's body type means they're competing with *The Matrix*. A person only feels less valuable because *The Matrix* promotes a certain type of body type as worthy. *The Matrix* presents a false reality of women by only promoting women during a certain time in their life and not taking into account the evolution of women's bodies. Gina is trying to compete with the indoctrination of *The Matrix* placed onto James. He was indoctrinated into what he equated to value in a women before marrying Gina. Once Gina was no longer the type of beauty he was indoctrinated to value, he begin to offset her by devoting some of his energy to someone that fits his criteria. It's an unfair battle for Gina to engage in because

she's allowing her value to be determined by an indoctrinated person. We must *overstand* that if this is happening, we need to keep our peace. If not, we will allow the approval of others to determine us.

**If we love ourselves, we will be tested by the disapproval or disappointment of others to see how much.**

If a person appreciates a certain experience that they feel they may not be able to achieve, this can cause insecurity. This person places a self-value on not being able to achieve or experience a certain lifestyle. This person lacks appreciation for their 'self' because they want to compete and compare. Everyone's experience is different for various reasons. If someone has more talent to sing or rap, it doesn't make them more valuable than another, it just means they're very talented in that area.

If a person would like to improve on something to be better, only compete with themselves and not with others. There will always be someone just as good as or better than someone at anything. To place value on oneself and their earthly importance due to being great at a certain thing is unbalanced. People continue to lower their vibration because they tie their value and importance into *The Matrix* influence of competition.

A person should not feel the lifestyle that's presented by the elite media is real life or common.

## **The ANTIDOTE**

To battle insecurities, one must be okay with not being great at everything.

Make clear to others the things we're not good at so they have limited room to criticize. This person must also never place a value on themselves through comparison of or competition with others. One should feel comfortable being around people that are smarter, faster, bigger etc. This level of comfort can be achieved if the person is okay with everything about themselves. This person doesn't mind bucking *The Matrix* and remaining on their square to appreciate who they are. A person must *overstand* the power of *The Matrix* so that they lose interest in trying to compete with it. This means being okay with not receiving the attention other indoctrinated people are experiencing.

Everyone knows that people in America love to compete, compare and place value on people they encounter or witness. To get over this insecurity is to truly have no interest in what indoctrinated people are saying. They're in *The Matrix* so that's what they're manipulated into thinking. A person must not take this sick society seriously in order to avoid getting caught up in it. For example, a child says when they grow up they would like to be Superman. The parents will entertain the kid but not take him seriously because they know his mind set is influenced by *The Matrix*. This is the same approach a person must have when dealing with an indoctrinated society. A lack of knowledge and information allows *The Matrix* to indoctrinate society in the direction it chooses. For this reason, we can't take life too seriously. We must also remember 'The Kicker' scenario in which the person with the least amount of talent can have a chance to win the game due to their one special skill. An insecure person must know that just because they're not good at many things doesn't mean they're not extremely good at one thing. That one thing may not be relevant to all people during all times just like 'The Kicker' but when the

person or 'Kicker' is needed they can fill the void. This is why all creations are necessary. This is why we are necessary.

## 15. Drama Queen (Drama King)

It's a term meant for people who like drama and interrupting vibrations.

Even though we will mostly use the term *Drama Queen* and refer to women in this passage the term *Drama King* also applies.

The 'Set up' has a lot to do with a *Drama Queen*. This person was introduced to life with much attention from parents early on. Afterward, they began to receive less attention and they became resentful. A *Drama Queen* has centered their world on *them*. So they must always feel relevant around people. They also feel the need to silently compete with whoever is around to validate them in their world. Anyone that seems to threaten their self-centered world makes them uncomfortable. The discomfort triggers dormant pain and this pain triggers drama. This person is very disappointed with one or many things and they allow it to overtake the emotions in their life. This person is also similar to the *Bully* with respect that they would like others to share in their pain by projecting that negative energy onto them. Their life is so uncomfortable that they need to make others feel uncomfortable, so *they* can feel comfortable.

**Just as she consumes the negative energy for her benefit, the entities that are manipulating her emotions also feed off her depression and negative energy. {Reference Key 6}**

There are other things that eat at the core of people to cause them to seek attention from others in order to offset it. This is just one example caused by the 'Set up'. The main point is a *Drama Queen*

is emotionally unbalanced, needs others to comfort her, and has created an atmosphere that allows anger to be a choice.

**Anger trumps guilt, but it also suppresses hurt.**

## **The ANTIDOTE**

To stop being a *Drama Queen*, one must identify the source of their hurt or anger and change their focus to a challenge.

Being disappointed with a past experience or an insecurity can be the basis for so many *Drama Queens*. The need for public validation fuels this attitude. The *Drama Queen* is looking for validation to suppress her hurt. The challenge for the *Drama Queen* is to not allow her internal rage to overtake her life and her actions. A *Drama Queen* must love herself without validation, without the need to compare, and stop allowing things she resents to affect her any longer. **She is fully indoctrinated by *The Matrix* and therefore subject to the manipulation process.** She must take a deep breath and deal with the life she has been given. The life of a *Drama Queen* may not be as great as someone else by *The Matrix* standards but the *Drama Queen* that takes on a lot of emotional issues and doesn't allow it to affect her actions towards others is a stronger character.

She must allow love - and her response to people should be rooted in love - to overpower the hurt and resentment *The Matrix* wants her to endure.

It's almost like a parent who's taking on the responsibility of work, paying bills and needing to rush home to cook for the kids. The responsibilities have them tired and frustrated but they know the kids are innocent and so they don't bring the frustration into their life. The parent takes on the challenge and does not drop that

stress onto others. It's the same when it comes to challenging ourselves in dealing with our lives and not feeling the need to lash out at others so quickly due to pressure.

**One of the reasons this method is so challenging is because when people have built up anger or resentment they need to release it and to feel that they're not alone. To not release that energy on others will elevate a person to a higher spiritual awakening and many things will have less effect on one's spiritual vibration. This person will receive less drama into their lives because they will put out less negative energy into the universe. The biggest challenge for Ms. Insecure to accomplish this is to have no need to seek attention to be validated.**

## **16. Mrs. Sympathy Seeker**

Mrs. Sympathy Seeker allows sorrow to overtake her, and looks for comfort from others.

Disappointments and tragedies cause a lot of sorrow and sympathy from others can help balance that sorrow. The notion of seeking sympathy from others is not a bad trait - in fact it's necessary at times. This changes when a person becomes addicted to the sorrow and attention received from it. This is the person who always complains about how life is so unfair to them.

This person rarely has selective 'sympathy seeking' moments.

This person makes everyone uncomfortable feeling a 'sympathy seeking' moment. By continuing to entertain the sorrow in which a person receives, only sends that energy out into the universe and more sorrow is coming. This becomes a cycle with a sympathy seeker, and they impose their sorrow on others thus lowering their



vibrations. We may recall having a good time around a group of people and someone will enter and lower the vibration with their own personal tragedies. Energy is important and the sympathy seeker does not realize that when they subscribe to sorrow and seek sympathy excessively it disrupts the energy of others.

When the person spreads it to others they're increasing the feeding frenzy for these entities. **{Reference Key 6}**

### **What's really going on?**

*Sympathy Seekers* have a hard time dealing with uncomfortable life experiences alone. They must share this information and feel the concern from others to offset the lonely battle. Others are now emotionally involved in whatever disappointment they may be experiencing and this provides comfort. This person just wants to feel love, and to be relevant to others to deal with any personal tragedies that occur. This person is in a world of sorrow and often feels lonely. This makes the need for others to care that much stronger.

The more people that care, the more *Sympathy Seekers* feel their relevance to society.

### **The ANTIDOTE**

There are a few ways to handle a *Sympathy Seeker* and one is to marginalize the complaints. Whatever her problem is someone else is also going through the same problem. Once a person normalizes her position and shows they're not giving out the sympathy she desires, it forces her to re-position her thought process. Not only is she not receiving her desired and anticipated feedback she no longer feels special about her issues. This can become a benefit to *Mrs. Sympathy Seeker* if she can accept life for

what it is while trying to improve her experience here rather than complain about it.

Another way to handle *Mrs. Sympathy Seeker* is to apply the, ‘*It could always be worse*’ formula on her. This formula automatically suppresses any sympathy a person is searching for. This is more powerful than the first example of simply marginalizing her. When a person is forced to consider things could be worse, it automatically makes them appreciate their temporary position.

The last way to deal with a sympathy seeker is to call them out on their sympathy seeking. They should know that their problems are like everyone else’s, but they’re beginning to become unbalanced with sorrow on each encounter and it’s making them undesirable to be around. This approach may spark a backlash from the person because they now will be exposed and embarrassed. Although the backlash is possible, they will certainly reflect on the message and begin to balance their complaint around others.

Example of a blunt response

*“Mrs. Johnson, I’m sorry you’re going through problems but every time you come around us it’s always something. It was okay at first but now all you do is come around here and tell us about your problems, bringing down our vibe. We all got our own problems and don’t need to hear yours every day”.*

That statement will make Mrs. Johnson reconsider her approach around people. This approach is normally done when a person is at their tipping point of hearing Mrs. Johnson’s complaints. Some approaches should be delivered more tactfully than the example but the same message should still apply.

## 17. Mr. Workaholic

This person is dedicated to their job and spends most of their time working.

They may have the motivation of accomplishing something, purchasing something, or providing a standard of life for a family. If we think of the average workweek in America we think of the standard 40 hours a week. Let's just say *Mr. Workaholic* worked the basic 8 hours, in America, Monday through Friday. He lives 45 minutes from his job and it takes him 1 hour to get ready and eat breakfast before work. This means he dedicates 10 1/2 hours a day to work. This is the basic work schedule. Imagine *Mr. Workaholic* working 12 or more hours a day making the time spent with family and himself even less.

**This person gets into a rhythm of working and their job becomes their life.**

The workaholic has trained himself to chase money to keep the family secure. This is normal and honorable. At the end of the day, this person has an unbalanced life of work and pleasure. To dedicate so much time and focus on working for money takes away from a person's opportunity to explore and process other experiences. If most of a person's life experience is tailored towards working all the time, they become unbalanced. This doesn't mean a person shouldn't work hard or maintain an occupation for a long period of time, but a person must not lose their ambition to experience and process.

If we can enjoy our lives during the process of work, this will help the process.

**STAMPLE**

*Two fathers work for a truck driving company in San Diego. Roderick loves to work and make money, but Patrick was a workaholic. Both fathers are married with working wives and two kids. They both live in nice houses but Patrick house is bigger, and he has a more expensive tastes. The supervisor often asks the drivers who would like to make extra money doing longer runs around the country. Patrick would always volunteer. Roderick doesn't want to do long runs and would rather stay regional so he can have dinner with his kids every night. Patrick begins to get addicted to the extra money and really begins to have a love for being out on the road alone as a trucker. Patrick worked long hours, would barely see his wife and kids, but have a great time when he's home. The family would go out to nice places and have a great time as a family. Although the family is taken care of and they do have a great time as a family, the time is unbalanced and the family would like more time with Patrick. Patrick, in becoming accustomed to his job, is also comfortable being a loner, and that will become more of who he is rather than a father and husband. Two years later, the two*

*drivers had lunch. Roderick was telling Patrick how his oldest son is MVP of his football team and how his daughter is on the honor roll. He spoke more about sharing himself with his family and the benefits from it. Patrick had a different story. He told Roderick, his wife was cheating on him while he was away on long trips. He said his son was having emotional issues and his wife would call him while he was away to complain about it. He's now filing for a divorce and is fighting for custody of the kids.*

### **What's really going on?**

Roderick loved to go to work every morning to make a living for his family and spending the rest of the time connecting with his family. This allowed Roderick to have a balanced life between work and life experience. He didn't need to have a major surplus of cash or fancy things that would make him work longer hours to feel secure. His focus was more toward balance, and having less luxurious things helps with that approach. Patrick was into more expensive things so he worked more for that. The issue for him was that he became addicted to his work environment and allowed himself to become unbalanced. In Patrick's case, he may have the opportunity to tap into his spiritual journey as a truck driver but many occupations don't provide the same environment. He was still unbalanced when it came to his family life and everything else outside of his job. Although he did experience things as a family, it was unbalanced and the family reacted to it.

This is just a *Stample* with one determined outcome. There are many outcomes in life and there are no guarantees. The point this *Stample* is making is to balance the love for experience with the love of working. Never allow life to be tailored to a job. That makes a person just a subconscious slave.

## **PROs**

When a person is a workaholic, this shows discipline and dedication to work for what they would like to experience. Working allows a person to experience the many things this *Matrix* has to offer if they remain dedicated and strategic regarding their desires. A workaholic keeps a busy and productive lifestyle which in some cases can prolong health. A workaholic has more stability, and most of their energy is geared towards sustainability and familiarity. Also, the risk of connecting with a negative influence becomes less when most time is spent at the job.

## **CONs**

When a person is a workaholic they run the risk of being socially and emotionally unbalanced. Working must be balanced with life experience. If most of the experience is within working, a person is gearing their entire existent to supply *The Matrix*. This is why some married couples have issues if one spouse works too much. Time is the experience of this life's journey and is the most important. If a person doesn't balance that, they will lose the essence of their experience.

**When a person constantly works, they have limited time to meditate or tap into themselves, their surroundings, and their purpose.**

Most feel their existence is just to work and provide rather than experience. Unless a person really loves their occupation, working is something most people tolerate to operate within *The Matrix*. This means that the vibration is lowered since it must be at a certain location for a determined amount of hours. Even though a person may feel secure with having a job and the benefits it provides, the need to maintain that level of dedication under the demands of others can impact energy levels.

## 18. Mr. Drug Addict

An addiction to a drug happens like all other addictions - it's the same formula.

People engage in something that enhances their experience and they would like to continue that experience, and the body becomes adjusted to it. Drugs are no different. Drugs have an influence on people because it helps them escape the unnatural life they're living. Some drugs have the ability to suppress anxiety and therefore allow a person to reason with *The Matrix*. *The Matrix* is so different than the easy world we present to kids. The 'Set up' could also be a major part of depression and drug use. There are so many things that happen to us that can cause stress and anxiety that drugs seem to be a common alternative for escaping.

**Once some people feel the benefit of escaping or lowering anxiety about life through drugs, they will do it again.**

This becomes a common practice of not only escape, but an enjoyable moment as well. When a person feels the need to be intoxicated on all occasions, *Mr. Drug Addict* is born. The brain will start to refer to the outlet that drugs bring and a person will sometimes hear an encouraging voice telling them to escape

through drugs. This internal voice can become a part of the human if they don't monitor it correctly and separate themselves from it. This person will also find like-minded people to engage with and can become indoctrinated into their drug habit due to support.

**Before a person knows it, using drugs can become a part of their everyday routine.**

There're so many Americans and people across the world dealing with drug addiction in order to cope with life. Possibly, it's because people are living in a manipulated world that they can only feel, but not identify.

**This world reflects a slave planet that causes anxiety to spirits that come from infinite possibilities. Drugs try and calm human anxiety from the experience. This planet has limited things for regular earth links to explore, mixed with other things to keep humans suppressed. The current humans are unable to tap into their full potential to combat this if they remain distracted. {Reference Key 09}**

## **The ANTIDOTE**

Quitting a drug or alcohol abuse problem begins with the brain.

The person must be ready to make the change. They must feel their life has levels and the drug and alcohol level has passed them. They must enjoy more simple things as opposed to feeling they need to be around attractive energy.

This person must tap into their soul self and begin to elevate to a higher *overstanding* of life.



This gives a person a newfound joy and approach to life and will make drugs and alcohol seem minor. This is what happens when people join a church and get off drugs and alcohol. This person must stay away from all peer pressure and never consider going back to the past. A person must overcome all past hurts, disappointments, regrets and any insecurity that will cause a person to want to drink.

## **19. Mr. Inconsistent Morals**

Americans are divided and mostly by design.

The divisiveness is indoctrinated through news pundits and radio personalities when it comes to politics, but regular people also have this challenge. When people are inconsistent with their morals and have selective outrage, we can identify their motivations and credibility. Too many people fail to stand by their standards and moral beliefs, no matter who is involved. Many people will disagree with someone who speaks out against their beliefs of what's right. The person may have very strong views and opinions if the outcome benefits them. If they can benefit by making someone else look less worthy or moral by pointing out specific flaws, most people will do it enthusiastically. If someone does the exact same thing and the person responds with compassion, search for loopholes and try to technically defend the position, we can identify the moral inconsistency. When a person tries to technically defend a similar position, it's mainly due to a motivation or agenda of some sort.

This is an attempt to convince themselves - and others – there's a difference between the two.

In politics, Republicans and Democrats play the same game of criticizing the other side when it benefits them, and doing damage control when it doesn't. If people were like referees, they would call out the person for their immoral actions no matter who it was. If this was the case, it would lift the vibration of the entire planet because everyone would be held accountable under the same standards. No one would feel above the others, allowing the possibility of human unity. Most people allow race, party affiliation, family, social gangs, lifestyles, and cliques to influence their original perception of the issue.

The motivation and outrage is not as strong when it's against someone we're connected to.

This same compassion for others doesn't benefit the individual, fueling their selective outrage. The core of this person is usually selfish or agenda-driven. The political system, among other systems, is set up for others to band together for some type of benefit, so selective outrage is understandable but not consistent.

Republicans will blame a Democratic president for something they may feel is unethical. Later, when the Republicans gain the White House, their president commits the same unethical act.

Republicans have a motivation to spin or minimize the issue because their party is at stake. If Republicans allow themselves to appear as unethical as the Democrats they called out, they may lose the next election.

**Money and control - this is what motivates politicians to have inconsistent morals.**

If a person is of a particular race and is not consistent in the criticism of a person of his own race as he is of another race, a

person can identify the motivation is race. This person may take the action of his own race personal, and would like to defend it to somehow defend himself. This could be the motivation of the selected outrage. These are just a few examples of *overstanding* the formula.

### **Action vs. reaction**

A person will identify their position by focusing on the action or reaction of a public event. The focus will change between action and reaction depending on the motivation of the person.

### **STAMPLE**

*Politicians in a small town decided to allow genetically altered foods with harmful chemicals to be sold at local markets. The politicians saved lots of money by allowing these type of foods in the market. The money they saved was profit for the select few in on the deal. The citizens begin to suffer from health problems and couldn't identify the issue. After research, it was discovered that the food was the core issue. The food caused people to become ill due to toxic chemicals. An investigation revealed that the politicians had ordered a change in the food supply to save money. The politicians didn't eat the same food that was ordered for the community. The news of this sent the community into an outrage. The community demanded answers, taking to the*

*streets in protest. After a day of peaceful protest and no answers, the people felt ignored and unimportant to the people they elected. This feeling turns into rage and the people begin vandalizing the city. After days of this, the city was ruined and suffered millions of dollars of damage.*

### **What's really going on?**

This event made national news and the pundits appeared on television to discuss it. Most of the time we will see people on the action side or the reaction side. Once again, we can tie the sides back to motivations and benefits.

The people that protect the interest of government corruption, big business, and power will focus on the reaction.

This person will focus on the citizens tearing down the city, the money it will cost to rebuild and how to maintain order so that it doesn't happen again. By this person keeping the focus on the reaction and not touching on the action that caused the reaction is an attempt to dictate the focus. The motivation is to make the citizens seem irrational. If this person was to touch on the reasoning behind the outrage, it could jeopardize the structure that allowed this type of back door dealing to exist. This could also threaten the power over the people due to loss of trust and respect. The motivation could be plentiful but those are a few common ones.

A person that represents the people and has a motivation of fair treatment and respect will focus on the action of the politicians.

They will focus on the lack of respect for human life over money and the effects of their choices. This person will attempt to justify the reaction of the people by keeping the focus on the cause. If the motivation is to protect the people from powerful government figures, the focus would be on the cause. They will focus on the politicians that made the deal and failed the people. They will attempt to justify the reaction to vandalizing the city by the lack of cooperation from the elected officials. There could have been other effective ways to handle the situation without vandalizing the city but that's a narrative that challenges the impulsive reaction to the elected officials. This means people reacted in **lower-self red** when they became frustrated as opposed to being unified and more creative. This can show a lack of creativity and discipline. Since there was no unity or structure among the people other than frustration, they followed after the first person that began vandalizing the community.

Although the attempt to get answers peacefully was not respected, vandalizing the community is one out of many ways to retaliate. To avoid the narrative of 'there could have been a better way to respond to the elites', the focus remains on the cause.

The point is most people have some agenda when taking a position on something.

The planet has a lower vibration because people are not fair about things across the board. The truth in this matter is that politicians see poor people as cattle, and are on a higher level of life and business. He took the food to save money to enhance life on his level while not caring about the poor. The poor are also just trying to live and are retaliating the best they know how, due to what's been imposed on them.

This is a clash of two worlds: the powerful make decisions - the poor deal with the aftermath.

Depending on who the person is trying to defend will determine the narrative they would like to focus on, instead of pointing out the wrongdoing from all sides. We must be fair about all of this to raise the vibration of the planet.

### **Self-excuse syndrome (Double Standard)**

If a person has inconsistent morals, they will most likely also have *self-excuse syndrome*.

This person will blame another for their actions, but when they commit the same action, they will develop an excuse or reason why it's permissible. This person wants to protect the image and self-esteem they have about themselves. To feel they're just as wrong as the person they've pointed out means they're no better, therefore killing the fuel needed for self-esteem. They must convince themselves that their choice was made under different circumstances and was reasonable. This formula is no different than the others that convince themselves of an alternate truth to maintain a certain energy level.

The possible issue with this way of thinking is that it disrupts the harmony of accountability. When a person feels the need to project a negative energy about someone's action into the universe but not for their actions, it creates a self-centered atmosphere. This self-centered atmosphere is opposite from unity and therefore counterproductive to earth's transformation.

### **The ANTIDOTE**

This person must not feel the need to be perfect.

**This person should become far less judgmental of others because it triggers his defense to not feel the same about himself.**

**Once he taps into his universal being, he will become one with people and the atmosphere. There's too much love on that level to defend common mistakes or to criticize others for making them. He will have no problem accepting and correcting an action he once criticized because accountability overrules.**

## **20. Mr. or Ms. Entitled**

When we feel entitled, it makes us feel better and more superior to others that surround us.

This often interrupts the harmony of the environment. This entitlement can be fueled by many things such as money, power and influence. Although each of these things has its perks and in some instances respect should be given, if that person feels entitled this changes the subconscious relationship. The entitled person may feel others are obligated to act accordingly in respect of what he provides. He is basically paying for their cooperation in some instances.

People may feel the need to alter their energy to cater to the entitled one.

This type of entitlement of control has its relevance but the energy of the relationship will be determined on how entitled the person wants to feel. It can range from a person just wanting people to respect company rules while at work, to someone feeling the need to take sexual advantage of their position.

One of the entrapments of entitled people is that they carry that energy outside of their controlled area and into a complex society.

It's great to have a high level of self-respect and energy but we must be respectful of levels that can alter our energy. This can happen when someone feels the world must operate and cater to them as they are accustomed to in their controlled environment. This is the guy who is rude to the waiter or the local guy at the counter because they're accustomed to things going perfectly.

The entitled person constantly battles with themselves to have things just the way they want, *when* they want it.

A person can get so accustomed to it that it will be harder to deal with things *not* going their way. This can produce a quick temper towards others. This will create an environment for *Mr. Entitled* of having people around for non-genuine motives. Entitled people can't operate totally in this fashion in such a complex world without developing unwanted scenarios for themselves. This is why everyone must develop an *overstanding* mindset in order to operate better in this complex society.

## **The ANTIDOTE**

*Ms. Entitled* must appreciate what she can control and still have respect for herself. She must *overstand* that having an entitled attitude has its place and time in a complex society. When she learns when it's appropriate, she will not allow her entitled ways to affect others around her as much. She will not have the need to cater to everything going exactly as planned; she will allow her energy to be appreciative of areas within her control. She will develop an appreciation for others below her, while maintaining respect for herself.



## CONCLUSION

There are obviously more personalities among us, but these are the most common ones. This book didn't cover every possible reason behind certain traits but touched on enough points to gain an overstanding.

These personalities all developed from multiple experiences. Although we may not agree with some of the characteristics, they're all part of the entire experience.

People can change character depending on their circumstances as well.

Things are consistently changing in a complex world of characters. This is very important to *overstand* so we don't give our power to people with characteristics we don't agree with. Often times people focus too much of their life experiences on other people's characters. It's *overstandable* to acknowledge it for navigation purposes or identity but it must not lower our positive vibration.

*Overstand* it without getting emotionally attached to it.

If someone has a characteristic we disapprove of we will *overstand* that the characteristic is a part of life and we will respond without emotion. If we fail to follow this formula we risk developing a deep rooted hate for a person due to their character. This is also what stresses most American people out. Most people have a disagreement with at least one character flaw with most people they will encounter. We must *overstand* that we're truly asking for people to be a model character that's catering to us. We must get control of the stress caused by an unfair battle of what's '*real*' vs. '*what's right*'. People are who they are and not who we would like

them to be, but the quicker we can *overstand* and adapt to this without emotion, the less stressful life will be.

When we analyze another person's character, what's really happening is that consciousness is studying consciousness. Consciousness is also seeking identity through this earthly experience.

## **Character Side Effects & Debate Tactics**

In this section, we touch on common scenarios and common responses to those scenarios.

This section is meant to break down and give more of an *overstanding* of different interactions and likely outcomes. This book will touch on a few common examples, but encourages everyone to apply the same formula to other scenarios. This section will also touch on common debate tactics, and views of others.

Side effects are undesirable things a person can experience due to their character choices. Once a person can identify the side effects of their choices, they can prevent future occurrences. Many of these character choices are due to life circumstances and lack of oversight. If a person is not aware of certain things they will allow it to become a part of their character without acknowledging it.

### **01. “Keeping the peace” side effects**

Many people find themselves interacting with others with some level of discomfort.

This person doesn't want to cause any trouble or become a target of someone's aggression so they remain cooperative. This

cooperation can begin to affect a person's energy, will, and self-esteem. This is the alternative of not confronting the issue. If others sense kindness as a weakness, they could possibly exploit it. This person is now subject to many things such as lack of respect, bullying, and manipulation.

**A person must *overstand* that keeping the peace and being peaceful are two different things.**

**A peaceful person has a peaceful center, has high energy, and usually remains that way. This person also, on occasion, has to disrupt their peaceful energy to match the drama that will disturb their peaceful energy in order to return to their peaceful center. This is the person people make statements about like, “*he’s a really nice guy but you don’t want to cross him*”. This person knows how to keep things in perspective. He doesn’t allow contested encounters with low energy beings to affect the overall energy he gives off to the public. The person that doesn’t have this type of *overstanding* will allow their dramatic encounter to keep them on the defense and they’ll eventually become defensive. When a person wants to keep the peace, they have a hard time putting things into perspective and make an extra effort to keep the peace.**

This person is usually of a kind heart and just doesn’t want to get involved in any high energy altercations with anyone. They’re very rooted in their peace and would rather suffer in other ways than to disrupt the peace. This person also doesn’t want the other person to feel uncomfortable by their change in attitude.

## The ANTIDOTE

This person must first tactfully inform the person of the issue and make the appropriate request that will make them comfortable. If the person continues, then one must cause a temporary disruption in their peace and aggressively defend their position. The defending person will normally have a similar aggressive response to defend their actions, because anger trumps guilt. This anger and emotional outburst is something the peaceful person never wanted but found necessary. If the peaceful person is correct in their position the counter person will take it all in later when things have calmed down. When the person has only time to reason with themselves, they will make the adjustment suggested.

Some people are afraid of causing any type of ripple effect with others because they may have to leave that person's life forever. If a person can easily exit out of a friend or family member's life due to their imposing actions on others, they're existing in a self-centered relationship. A person must have enough love and respect for themselves and be willing to be without anyone that has a self-centered position.

### **Let 'no' mean 'no'**

A person must be firm with a friendly, tactful approach.

Being tactful gives the person receiving the information one less thing to attach their aggression to for validation. A person doesn't have to be consistent with their denial verdicts but they must stand on them when they do. A mother may not tell her daughter every time that she can't babysit, but when she says '*No not tonight*', she means it.

**NOTE:** A person must choose their battles when determining what's appropriate to respond to with contention. One must monitor their position in reference to whom the aggression is directed upon. If disturbing the peace leaves a person in a worse position, it's wiser to work towards a position of independence in the scenario before responding.

### STAMPLE

*55-year-old Ethel has been raising her younger sister's two teenage boys for three years. Her sister died in a car wreck and Ethel was the boy's favorite aunt so they lived with her. Since the boys considered Ethel their favorite aunt, she loved that and didn't want to upset the love the boys had for her. She would go to work during the day and come home and cook for the boys. After cooking, she cleaned the house from all of the mess the boys made. This routine has been going on for three years. Ethel's body is suffering more, and there's more damage being done due to constant movement in a body that's maturing. She wants to tell the boys to clean up after themselves and help more around the house, but she don't want to upset the boys. By her keeping her grief silent, it begins to eat at her spirit and lowers her vibration. She is truly sacrificing her happiness for someone else. Ethel had begun to tell the boys*

*tactfully that she is tired when getting off from work and cleaning the house would help her. The boys still continued their regular practice around the house. One day Ethel came home and was very frustrated with little energy left from work. She saw the house was a mess and became very aggressive with the boys. She demanded that they clean the house and keep it clean from now on. The boys were shocked, embarrassed and that fueled their need to be defensive. Although the boys were defensive, they had little leverage in the case, and later understood the reasons behind Ethel's outrage and began to keep the house clean from that point on. This made Ethel happy because things were better. She had more time to rest after work, and the boys respected her more.*

### **What's really going on?**

A kind person that holds the more dominant position in the relationship shouldn't allow anyone to take advantage of fairness. Ethel was in a more dominant position. She owned the house and made the money for the house. After showcasing her outrage and made valid points, the boys understood and began to keep the place clean. The boys understood the circumstances.

If a person is in a position with someone that has more of a dominant position than them, the outrage must be tactful if at all. This person may need to minimize any negative action from the person in a higher position until they're in an independent position.

## 02. Feeling the ‘need to defend’

When a person expresses a strong opinion, a second person may automatically feel the need to defend or promote themselves around the person making the opinion.

A man may say to a woman, *“I don’t like a woman that is overly athletic and work out at the gym constantly”*. A woman may feel the need to defend herself to make him feel more comfortable about her. She may say, *“I work out at the gym but I don’t go all of the time”*. Although he never asked her if she attended the gym, she felt compelled to share that information. She wanted his acceptance by making him feel she is supporting his opinion.

### **A person shouldn’t feel the need to fit in everyone else’s box.**

If a person has a view on something that doesn’t relate to the listener, the listener must remain comfortable with who they are, even if their views conflict. The listener shouldn’t feel the need to comment unless asked. When asked, the listener should remain true to themselves and give their perspective even if it conflicts. When the man commented that he didn’t like women that attended the gym regularly, she could have chosen not to respond. If he asked her if she attended the gym regularly, she could have been honest and said yes. When the man asked this question and the lady catered her existence to make him feel more comfortable, this allowed the man to feel more in control. The woman could have replied, *“If you don’t like women that attend the gym regularly, you’re sure going to hate me because I love going to the gym”*. When she takes this position, he doesn’t feel he has as much control. He’s dealing with someone that doesn’t feel the need to cater to his perspective. This can cause the man to have resentment or respect for the lady depending on his motivations.

On the other hand, the woman has not given away her power or felt the need to compromise who she was because of his views.

**A person will encounter many spirits with many different views during their journey and they will not all coincide with each other. If a person chooses to conform themselves to everyone they encounter, they could lose their core base of self-acknowledgment and appreciation.**

**If a person in charge of other people feels the need to publicly comment about characteristics they agree with, they're creating a deceptive environment for themselves.**

When this person makes personal comments, the people under him will usually feel the need to defend and promote his position.

**The person has a motivation, in this case, to cater to the boss or other people. This catering is only necessary depending on the severity of the situation.**

This may make the person in charge think he's in control but he has actually exposed how he can be manipulated. He exposed his likeness, so if someone isn't similar to his likeness they can now disguise themselves in his presence. This can allow those people to develop a secret hatred or agenda towards the person in charge. If the person in charge takes a different approach and never openly expresses his views to the people around him, they will not know what to conform to, leaving him a clear perspective of his people.

### **03. Taking examples literally**

When a person debates another about an issue, they often use examples or scenarios.



This is an attempt to get the person to see the gist of their position by using a reference. The person receiving the information often understands the gist of the information but it doesn't help their position. The listener often evades the point made and deflects it to the example, literally. The listener wants to compare the current situation *literally* with the example. They know the two are not the same and will point out the differences in the example, avoiding the similar gist of the positions. When a person attempts this, it shows they can't defend their position and is seeking an escape route. This causes a person not to be honest with themselves in public. This character trait eats away at the person like a bad secret.

**Being fair and honest about issues, ideas, or conversations even when it doesn't support their position is a challenge for many.**

### **The ANTIDOTE**

When a person encounters someone in a debate who tries this approach, it's best to immediately exploit it. Make sure the listener doesn't try to deviate from the gist of the position. If the person continues to evade, consider it a surrender tactic and don't waste any more energy towards a response.

**The person knows they have no defense or they wouldn't evade, so to continue probing is sometimes unnecessary.**

If the person is the one evading the truth, they must advance their spirit past what others may think if they were wrong. Not being correct at something is a natural part of life and a person shouldn't feel the need to defend a natural part of life. This person must *overstand* that the challenge is how to respond to being wrong or

misinformed. A person's desire to remain centered and truthful must be more powerful than the ego before people.

#### **04. The 'opt-out' defense**

This when people defend being corrected by choosing to just 'opt-out'.

This person doesn't like criticism and must find support for a defense. This person can find their support in feeling they don't even need to entertain it any longer. So the person begins to say they don't want to be involved in the process. What they're really feeling is that they don't want to be wrong or corrected. If a person constantly builds themselves up and has some support from people around them, they want to protect that. This can make a person subconsciously feel perfect. Correcting or scolding them about a mistake cuts into the built-up esteem or ego. The person wants to protect their self-esteem so they will lash out and opt-out as a defense. The self-esteem and support from others are what fuels this and allows the person to, in some respect, feel they're damaging the other person by not participating. Having so much praise also weakens the mental muscle needed to handle stress. So when stress hits this person in ways such as confrontation, corrections, or advice, they'd rather opt-out. Emotions get involved and the defense mode takes over.

#### **STAMPLE**

*A well-known music producer named Big Willie was producing an album for an up and coming rapper. Big Willie was more of a plus to the rapper, due to his well-known popularity. After*

12 days, Big Willie had produced three songs on the rapper's album. On day 4, the rapper asked Big Willie to go to the store and get some items for their studio session. Big Willie grabbed the items and continued to ask the rapper if he wanted anything before the session started from that day forward. On day 12 Big Willie went to the store to pick up the items for the rapper and he forgot two of the items. The rapper wasn't happy about the mistake and suggested Big Willie return to the store. Big Willie disagreed and became defensive. Big Willie replied, "*Man look, I just went to the store for you all as a favor, that isn't my job to make store runs, I'm here to produce albums. So you can just get someone else to make your store runs next time. As a matter of fact, you can get someone else to produce the rest of your album. We will just stop at the three songs we have completed already. I don't need this, I have better stuff to do with my time. I'm helping you out anyways*".

### **What's really going on?**

A mature person, comfortable with themselves will separate the issue, solve it and continue to make things work as a team.

The ego plays a major factor in the opt-out defense. Big Willie made a mistake and forgot a few items at the store. Mistakes will

be made but it cut into his ego for the rapper to question him about his mistake. Big Willie should have not allowed the mistake to overtake him personally and should have responded differently. Since he had to be corrected, he opted out of making a store run for his client. Since his client was less powerful in the same industry, that fueled his ego even more and he decided to opt-out of the entire project. This *Stample* is designed to exploit the formula of the opt-out defense. It will come in many different scenarios but the motivations are usually similar.

People must *overstand* that no one is perfect and everyone will make mistakes no matter how many successful accomplishments they have. There is no need to feel defensive or insecure about a mistake. It's only challenging because a person has built themselves up to live in an alternate reality. If a person can humble themselves without attaching it to their self-esteem, they will live a more balanced life. A person must look at things as a test. Will a person allow the ego to overpower their response or rational higher-level thinking?

## **05. Blaming the other side**

In America, it seems people don't stand on their morals if it doesn't benefit them or an agenda.

If a person has morals, they should stay consistent on those morals no matter what. The issue is, people know that it's an alternative world of deception that's never discussed until someone is caught doing it. The defense to operating in such a manner is that the opposition also does it. This is revealing the previous point made. Both sides do it, so it's the normal way of conducting themselves as a deception to the public. The person tries to reason with themselves that they're not the only ones operating in this manner.

They may even feel they must conduct themselves in this manner in order to compete with the other side.

**These people also had the opportunity to expose things before they got caught so they choose to participate in the deceptive world. It's like a sports player taking performance enhancement drugs and someone else choosing to do the same to compete, versus exposing the advantage.**

The *overstanding* of this is that many people operate in a manner that is not displayed to the public. When a person is exposed for operating in such a manner, they expose the entire thing by saying the other side does it also. Blaming the other side for something someone also does will never improve things. It will always serve as an escape route for the accused. This tactic goes for individuals in relationships as well.

Using the double standard defense is common when blaming the other side.

People will say things like, “*We didn't hear all of this criticism when he or she did it*”, and “*You want to blame me but didn't say anything about their issues*”. Some of these things would be fair to say if it's a true agenda, but if it's in defense to being caught or exposed, it's not beneficial to blame others. It's similar to getting caught by the cops doing something illegal and exposing all of the other people that were in on the plan because of the capture.

## **The ANTIDOTE**

What's ‘right is right’ and what's ‘wrong is wrong’ - no matter *who* it's coming from.

When a person can criticize someone's action from an opposing side *and* from their side - things will change. If a person takes the criticism for their actions and apologizes for them without blaming the other side for similar actions, things will change. The other side will not be able to exist without having another side to point to. Once a group shows a moral high ground on a consistent basis, others will follow or be exposed even more. People must treat each character flaw independently, and like a referee. The need to be righteous must override any agenda that will allow a person to waver from their moral character.

### **06. Don't put words in my mouth**

This common phrase is a defense after being exposed.

People know that things can be described many different ways. They also know the point they're making by certain words they say and how they say them. Often people try to get their point across without exposing any agenda or negativity. The responding person will also see the agenda or the negativity in the comments made and will use different words to explain it. The person that made the comments is aware of being exposed and as a defense they will say "*Don't put words in my mouth*". It benefits a person in the first place to say things the way they did, or they wouldn't say things that way. This still doesn't exempt them from the true meaning of their comments, even though they didn't use certain words.

### **STAMPLE**

*A religious woman was in a debate with a man over same sex marriages. The woman said to the man "I'm a Christian and in the bible it says that*

*marriage should be between a man and a woman. Anything else is outside of the bible shouldn't be respected and should be considered an abomination". The man asked the lady "So you're saying it's wrong to you for me to marry my husband?" She replied, "Don't put words in my mouth, I didn't say it was wrong for you to marry your husband."*

### **What's really going on?**

The Christian lady clearly had her views on marriage and if she agreed with her position then she disagreed with his.

If she believed in her faith enough to make those comments she couldn't possibly believe two men getting married was okay. Her comments *imply* something, like most comments do. The man acknowledged the point she was getting across and phrased it in a more direct way. This direct way may seem unkind and the Christian lady didn't want to seem unkind so she relayed her message in an indirect way hiding behind her religion. The man exposed her tactics in a more direct way, which made her a little uncomfortable. She's uncomfortable because her position had been exposed. Her position of being intolerant to anyone's happiness of marriage due to her own religious beliefs was exposed. This is why the religious lady immediately went to her defense tactic of saying, "*Don't put words in my mouth.*" She knew the point she wanted to make, she just wasn't comfortable being direct with her comments.

This happens far too often when people want to have a negative agenda, but don't want to be exposed for it. Whenever a person

uses the term, “*Don’t put words in my mouth,*” it’s normally a defense tactic upon being exposed. They must explain the difference and why someone is putting words in their mouth. To simply say it without explanation is telling.

The gist of what a person is saying can be delivered in many ways.

The person wants people to focus on the way it’s explained and not focus on the meaning of their comments. Always be aware of this tactic. A person must not spend energy debating or arguing with people that use this defense tactic, because many times the conversation is no longer genuine.

### **07. The art of compartmentalizing emotions**

This means not allowing a temporary situation to control the entire energy of an experience or relationship. Just a few experiences shouldn’t define the entire experience.

Many people do not compartmentalize their emotions when dealing with people or experiences, and it alters their character. Most of this comes from a self-centered position when dealing with others and the *overstanding* of different experiences. For example, a person may have a great relationship with a person and due to lack of emotional compartmentalizing, the relationship can potentially become less than genuine. The person, due to not compartmentalizing their emotions, has succumbed to their self-centered position.

#### **STAMPLE**

*William and Jeffery have been friends for over 5 years. William and Jeffery helped each other out in the past. The guys have a great vibe together*



*and also work as business partners on different construction projects. The two always have each other's back in the competitive construction industry. One day William got a new car and he was in love with it. A week later Jeffery needs a car for an important meeting that could secure a construction job. He asked if he could borrow William's car and William said no. This hurt Jeffery because he felt his friend should allow him to use the car. Jeffery found another means of transportation to his meeting, but was late. The deal didn't go through and Jeffery felt his friend has some fault in it.*

**Even though Jeffery was still great friends with William he continued to allow the emotions of that past event to linger. This created an environment for vendettas, secret plotting and disloyalty.**

### **What's really going on?**

This is how a person can ruin a friendship by not compartmentalizing their emotions.

Jeffery received many things from Williams over the past 5 years and he had given many things back. The fact that they gave so much to each other shows the overall dedication to the relationship. In real life, everything to a request will not always be 'yes'. If a friend chooses to say 'no', it doesn't mean a person should start secretly hating that friend. A person must keep that one event of rejection in check so that it doesn't change their

overall perception of a true friend. Jeffery needing the car wasn't a life and death situation, so the rejections shouldn't be taking as serious. If the no was on a consistent basis, for very important things, then the relationship may need to be re-evaluated.

**If a true friend doesn't agree or say yes to everything doesn't mean they're not a true friend.**

Jeffery was accustomed to everything being 'yes' from his friend and when he received one 'no', it changed his overall perception of the relationship. The single 'no' can be more powerful than the 25 'yes's when people operate from a self-centered position. Jeffery must not allow that one 'no' to affect his overall love for his friend in any way. When a friend asks another friend a 'yes' or 'no' question, they must compartmentalize the response and love that person the same - no matter their decision.

When a person gets angry at a person, they must also compartmentalize those emotions, especially in a position of power.

If a boss or parent scolds a person for something they've done wrong for the first time, he must compartmentalize his anger. Many people will become angry when scolding a person over their mistakes. After angrily explaining to the person the right way to do something, the anger for that person should go out the window and so they can start with a clean slate. This means the person that was scolded has now received the correct way to do something. To continue to harbor the same emotions used during the scolding is not productive. The boss or parent must communicate with the vibe as if it never happened. This doesn't mean forget, it simply means compartmentalize the emotions. This will also help a person take charge of their emotions as well.

**If a person continues to do things that cause scolding to the point that it becomes repetitive, then the same compartmentalization still applies. Only this time it's overtaking the clean slate approach and is now in a sanction stage.**

**In a complex world, people have different views and they may not all match up.**

If a person has some great qualities and a few that are disagreeable, those emotions must be compartmentalized. For example, a person may be in love with a celebrity because of the movies or music they put out. After the person discovers things about the celebrity that don't match their position, they can have a distaste for their talent. This is when a person doesn't compartmentalize their emotions from a self-centered position. If the person had a love for their talent that should remain, and not be overpowered by other qualities. The disagreement should be handled in its own form. For example, if a person disagrees with a celebrity's lifestyle or sexual preference, but loves their talent, then just support the talent portion of the person. Lack of compartmentalizing blurs the lines and people begin to have a distaste for the talent they love.

A common challenge to compartmentalizing emotions is learning how to single out the few without dismissing all.

A few people in a group may be disruptive, dismissive, or negative. We often allow those small groups of people to represent the majority. The disappointment is not compartmentalized to those individuals as it should be. Often we can blame the entire group. By us not compartmentalizing our anger, we allow ourselves to be unfair to others and the process.

**Often it depends on the motivation of the person. If they're not in favor of something or an organization, they'll be quick to condemn the entire organization over the actions of a few.**

The lack of compartmentalizing experience can cause a person to have a general view of a group.

For example, if a black man robs a white woman on the subway, the woman must compartmentalize that experience to this specific incident. If she fails to do so, she can create an atmosphere that condemns a group of people. She may feel that every black man from that point on will try to rob her. She may be uncomfortable for the rest of her life because she failed to compartmentalize the experience to what it was. This generalization can subconsciously venture over into other trains of thought. This can cause people to begin to stereotype, or become heavily influenced by negative media.

**It's very important that people learn to compartmentalize their feelings and emotions when it comes to events. This can truly have an emotional pull and make a person unfair in their perspective on diversity.**

This doesn't mean having a sense of certain things with highly predicted outcomes shouldn't be made aware of. There are dangerous people in America. High crime neighborhoods obviously have a higher chance of crime happening. This doesn't mean everyone there is a criminal or desire to do harm, but it's fair to have a higher sense of caution.

### **Conclusion of compartmentalizing**

This book offers some common examples so we can *overstand* and identify how to compartmentalize our emotions - so that we can be

fair to a diverse life. If a person operates from a realm of *overstanding* and not from a self-centered position, it will be easier to compartmentalize emotions towards others. People are complex, and we must respect this. The *overstanding* approach is critical to keeping us from falling into an emotional downward spiral with people, and with life.

\*\*\*\*\*

## CONCLUSION

This chapter was designed to help a person identify and *overstand* characteristics in themselves or others. This chapter was also designed to break down the elements of certain popular scenarios so the reader can apply the same formula to identify root motivations.

**There are no right or wrong traits on the highest level.**

**These traits are only considered bad and good on a lower level. Most of these traits can be traced to the ‘Set Up’, and are altered by life experiences. Life experiences are altered by *The Matrix* so one must *overstand* the effects, to not be as affected.**

**When a person has truly set their attention on ascension to another phase of their soul existence beyond this planet, they can’t allow people influenced by *The Matrix* to affect them.**

## Chapter 3

### Relationships

They are one of the greatest things to experience, but one of the most difficult to maintain.

The word ‘relationship’ comes from the term ‘relate’. Many of us can relate to people but only to a certain understanding. The lack of *overstanding* is where we haven’t elevated our thinking process and this causes relationships to be challenging. This book will explore a few of the most popular types of relationships and break down why we have such difficulty maintaining them.

We must *overstand* that relationships change just like motivations and interests do. A person may love a song when they first hear it and two months later, they can be tired of hearing the song. This doesn’t mean the song isn’t a great song but circumstances such as repetitive play cause a change in emotion over the song. This happens to people in many different formulas.

**Each person has different moods and energies from day to day.**

If a partner has their own energy and agenda without recognizing and respecting the diverse temperament of their partner, they can clash. A person may not be upbeat one day and may not be as interactive as usual. A person could also simply be frustrated and if we don’t pick up on this change of energy it can challenge relationships. The more a person *overstands* these circumstances the fewer relationships will affect their energy.

## MAN & WOMAN - EMOTIONAL RELATIONSHIPS

The most common relationship is the one between a man and a woman.

Although emotional relationships exist in different ways the same principals apply to most of them. We will use the heterosexual relationship as an example.

Emotional relationships are a joy to be in and a pain to exit out of. Having an emotional relationship allows a person to have a self-identity. They have someone on this planet that recognizes and loves them. Their mate gives them relevance in someone's life. This relevance gives a person comfort in their life existence.

**This type of love and recognition is sought after by most on this planet - even God. If people did not acknowledge God, he wouldn't exist.**

The relationship becomes a partnership, and most would agree, two is better than one. Having this emotional type of relationship creates a bond of oneness and brings the soul out of a self-centered state. The mind and soul are now considered by others like the spouse and kids. This type of relationship is the one most people would like to experience. Although many relationships last a lifetime, there are more that don't.

Emotional relationships work both ways, they can consist of love or hate. The person we feel we can't spend life without can turn into a person we never want to see again.

**We must *overstand* how relationships get to this point and try to see if this can happen down the road before experiencing a committed relationship. We must focus on the little things and respect that those little things could increase to an intolerable level later in the relationship. This is why we must evaluate our new relationships like the game of chess and not checkers. This approach must be balanced or we will run the risk of judging someone too soon and exit a great relationship.**

Most relationships end in some way between men and women.

We often have difficulty spending life with one person. Given the high percent of relationships ending one must really ask themselves, are relationships meant to last forever? If life is about experiences, why wouldn't experiencing multiple relationships apply to this same philosophy? Would a person like to experience the same car forever, the same clothes, the same house, the same friends etc.?

Given the fact that we're here to grow, very few first relationships make it a lifetime. If a person can *overstand* this, they can get why some relationships are so hard to maintain.

It's obvious there are couples in America who last for years until death, but there are far more couples that end up calling it quits. Humans are here to experience and progress. This is why people become less amused with things that happen on a repetitive basis.

**Being in a committed relationship can be in direct opposition to the human nature of experience. For the sake of multiple experiences, there will be examples of such committed relationships but they will be considered in the minority.**



If a person is with one person forever, it diminishes the multiple outcomes and possibilities of different energies combining.

Considering modern-day circumstances, commitment is taught, applauded, and appreciated. A committed relationship has its benefits within the current **Matrix**. The benefits of a committed relationship are why it's promoted so heavily. A committed relationship can give a couple more financial security, social security, and structure. Kids will more than likely benefit from having two parents in the home. Having a healthy relationship also takes away a lot of anxiety about being wanted, or the need for another's attention. This commitment also lessens the amount of sexually transmitted diseases, making the world safer. Given these positions, commitment seems necessary to promote, but that doesn't mean it's natural. So this is the true reason why people would like to cheat and experience others but are held back from the manipulation that's meant to uphold the previously mentioned agenda.

**The human spirit, while in relationships, can be in a constant battle with commitment.**

As circumstances change, motivations and commitments often change as well. If a couple doesn't see themselves as one unit totally dependent on each other equally, they subject themselves to the pressure of commitment. Even full commitment and dependence on each other doesn't render the couple immune from divorce - but it lessens the chances.

## **Creatures of habit or change**

We can become creatures of habit or creatures of change. This has a direct effect on relationships.

A person of habit may get comfortable within a relationship and would like to continue the status quo. This relationship has a good chance if the partner is also a person of habit. This relationship, like any other, will have disagreements but the two would not want to change their living conditions enough for it to make a difference. The most challenging issue for this couple would be life changes that they can't control, forcing them out of their comfort zone. If the habit is focused in certain directions, it can have different outcomes. If the habit is focused on being committed, it can produce one outcome, if the habit focuses on outside things that attract them to each other it can cause a different outcome as shown in *Example 1*.

If one person is not a creature of habit the relationship will be challenged at some point. This will force the person seeking new experiences to be torn between commitments and their own self-interest, leave the current situation or combine the two.

### ***Example 1***

If a couple is comfortable with each other, accustomed to their lifestyle, and can no longer afford it, this can cause resentment in the relationship. The habit is based on being comfortable with the lifestyle and not with each other. Once the thing that they're comfortable with has changed, it forces them to reevaluate their relationship. This then exposes what really brought the two together. This example is one that couples are too uncomfortable

to discuss because it reveals that their love is based on contingencies. If the couple never speaks of it, it can go on for a long time until things change.

### ***Example 2***

If a couple truly enjoys being with each other, there is a different outcome - if they like how the other person talks, dresses, smells, walks, communicates, responds, and makes love, they will be invested in those habits. If this couple can no longer afford their lifestyle, they will be able to handle it more positively. Their habit of being with each other has grown and that becomes central to the relationship. Since their habit was more about each other, it makes them stronger in dealing with other life's problems.

### **Creatures of change**

Some of us need different experiences in life and repetition can make us un-motivated.

This is a person who gets excited about a new relationship and gives a lot of energy to it. A person may notice the man or woman being extra nice and polite at the beginning. Everything is new so they're still on an adventure with this person. They're very curious about how the relationship will go. Once they become accustomed to the relationship, they will have limited motivation. Things begin to seem repetitious to this person and they want change. If the person they're with doesn't give them something new to explore, they will begin to look for new experiences. They may or may not want to continue with their previous relationship for various reasons but they will look for excitement in someone else. This doesn't mean the person he left for another woman isn't amazing,

if that was the case he wouldn't have been attracted to her in the first place, it simply means this person caters mostly to his human nature of experience over-commitment.

There are many people who get bored easily and always look for the next thing to hold their excitement. This person has the challenge of being in a relationship with a person who's a creature of habit.

We must also note that there are many souls on this planet who comes from locations of infinite capabilities and are now restricted to the few things earth can provide. They will get bored fast. An advancement from their current location, or something new, is what keeps this spirit inspired.

## **THE 'SET UP' DIRECTLY AFFECTS OUR RELATIONSHIP**

Before we continue to identify some of the reasons relationships are so difficult to maintain, we must start with one of the major root causes of breakups - the 'Set Up'. Please read this section carefully.

*This has been the hardest discussion for women I have come in contact with to **overstand**.*

## **MEN VS. WOMEN UPBRINGING**

### **Men**

If we analyze the upbringing of both genders, we see that it's made to put us on a collision course as adults.

We are taught to do things totally opposite from each other and this can have a direct effect on why relationships are hard to figure out. Men are taught to be providers and hunters – strong and hard. Most men have been taught to have multiple experiences with women. Men know that sex and emotions are women’s most guarded positions and for them to experience that from a woman gives a man self-reflection and self-esteem.

**If getting sex from women was easy, men wouldn’t appreciate it as much.**

He can evaluate himself through the type of females who give him that attention. The more experiences he has, the more he will feel that his position and personality is accepted by the mainstream. This reassures him of being appreciated

**This man allows the validation of women to be his driving force for self-validation. Everything he does will be predicated on the acceptance of women. Since he fails to overstand this, he will be subject to women manipulations.**

**We must *overstand* we’re dealing with men who have chosen a mode of validation that doesn’t support a stable relationship.**

Once this becomes his motivation, it presents a challenge for this man to have a monogamous relationship, especially in his younger years. Now we have a man who needs validation of himself through women’s attention, mixed with being taught to be a hunter. This makes a man feels he has a goal to accomplish to continue to validate himself. This is why some men are considered ‘players’. These men will do everything and say anything a woman wants to hear so he can provide a temporary fantasy about their

relationship long enough to experience her most guarded positions. Once the challenge is over and a man sees no new excitements to pull from, he will seek validation again from a new experience.

**Women often subconsciously know a man's motivation, but may be blinded by emotions and optimism. They often want to have an emotional orgasmic experience with him but want it to have more meaning to comply with *The Matrix* of commitment.**

Many women are shocked, depressed and upset about a man's choice to look for validation through other women. Women often say, "*All you had to do is be honest with me.*" BUT - if a man told a lady that he wanted to be in her life for three months, have sex with her regularly during that time, go out on a few dates, and move on to someone new, she probably wouldn't accept it. The way she was raised is in direct conflict with that idea. Men know this, so they must lie and become someone that women desire in order to accomplish it.

Women must ask themselves, "If a man wants me sexually, why would he say something to me to jeopardize that?" Once a woman has that personal conversation, it will help them identify 'talk over action'.

A woman should focus more on his intentions. This gives her a better position to identify compatibility. If a woman presents herself in a sexual manner, often, giving the nature of men, most of her encounters will be motivated by sex. If women could accept this harsh reality, men would be more honest.

Men's emotions are wired differently than women.

Most men have an upbringing that taught them not to allow emotions to affect their mental decision or ego. This is not to say men don't have emotions or love but it can be different for men at a higher rate than women. Men relate a lot of their emotions through sex more than women. This is a moment of joy, gratification, and emotional assessment. After this encounter is over, men go back into their mode. This is why most men don't ask to cuddle after sex.

**Even though it's not guaranteed, sex is one way a man can become emotionally attached to a relationship.**

## **Women**

Women are born with different emotions than men.

These emotions cater to certain needs. The needs are reflective of their upbringing. Women are taught not to be hunters, or to be hard, or many of the characteristics taught to boys. They are taught to demand respect, feel special, look pretty, look for a protector, and not sleep with a lot of men.

**Society has a double standard when it comes to women and men having sex. The reason is that men are raised to be predators so it's expected for them to easily have sex with any woman that offers it to them. Women are more emotional than physical, giving their sexual desire more meaning and therefore more challenging to get. If a man receives something that's challenging from multiple women he is praised for his accomplishments. If a woman is caught up in the physical and allows many men to have**

sex with her, it contradicts the social acceptance of a woman's role. Women are expected to act a certain way because they were born with certain emotions and society decided how they would view the scenarios. If a man and a woman have many sexual encounters, a man is considered a player and has a high stock value. The woman will be considered a whore and devalued within society.

There really is no double standard. God experiences all types of experiences with no boundaries. This means God has created some women to be more physical than emotional, and vice versa with men. Men are free to have multiple experiences and so are women but *The Matrix* has a social agreement on how it's viewed. On this level, social agreements are irrelevant and all sexes have the right to experience.

### **Women have different motivations in relationships.**

They look for commitment, security, energy, comfort, and love. These things are directly connected to their emotions and often to their upbringing. Women look for these things in a man because it continues what she's been taught and sometimes seen in her own family. She is an emotional creature and would like to be loved, held, and feel protected. This is why most women prefer cuddling after sex. Some women desire this type of companionship so much that they become optimistic or even naive about their man's contradictory behavior.

### **Defending an insecurity**

Some women accept a man's contradictory behavior to defend insecurities.



Some women don't want to be alone. They think being alone means not being good enough to be accepted by mainstream society. Being alone means she's missing out on someone doing something special for her. If she makes someone else feel special, this assures her that she is special. If this becomes her motivation, she will ignore things up into her breaking point. She has a breaking point because she's in a relationship that doesn't truly fit her fantasy of commitment and its overriding her need for a companion. It also overrides her insecurity of others knowing she's not in a healthy, committed relationship. By the time a person gets to this point, they have enough evidence to know that their relationship is not what is presented.

We know when a woman is defending her insecurity by how she switches positions about her man when confronted. A woman may complain to her friend about how bad her man treats her and how she feels she's better than that to take his disrespect.

**This woman highlights her insecurities by taking abuse from a man. This means there's a high possibility that her man is over the initial excitement of her and she's accepting his backlash. This also exposes the fact she knows she's in a relationship that's not as desirable as it was but is willing to endure it for lack of ambition or esteem to find a new man. She also knows that finding a new man means being single for a while in hopes that a better situation comes along. The fact that the option of finding a better man can take months if ever, can deter a woman from leaving her current relationship.**

The friend responds, "*Why do a strong woman like you put up with such a scumbag?*" The woman now has to defend her position as

a strong woman and doesn't want that image of her to be publicly compromised. She is insecure because she's not the strong woman that she presents to the public so she must defend her insecurities by replying, *"Well, he's bad but not that bad. He does a lot of sweet things for me, too."*

**Once her friend challenges her on the issue, her insecurities became highlighted as well and she switches positions to disguise it. If her main point was to highlight how bad he was, why does she feel the need to marginalize it by saying something good about him?**

There are a number of reasons. We'll deal with two of them.

### **Reason 1**

She is frustrated that things aren't perfect. This tends to happen when she has high expectations. He does many things that upset her and makes her feel unappreciated but the little things he does for her keep her around just a little longer. She has become accustomed to not receiving the type of energy she's looking for and that causes her to try and get his attention more and become satisfied with the little attention he does give. Once the relationship gets to this stage, it's highly unlikely that the male will give more energy than what he's been giving to keep the relationship going.

**The relationship has become unbalanced.**

He feels it's unnecessary to give more energy but notes that he must continue to give some energy to keep her around. The female can also develop a weird type of respect for this type of guy

because he's not overly excited about her but excited enough to keep her going. The female knows deep down that this man can be with her but has no problem being without her. If the man was overly aggressive and gave her too much attention, she may feel it's no challenge and become uninterested. There are so many types of people that any type of response is possible.

## **Reason 2**

A woman knows the social standard when it comes to how men treat women. This lady knew that the way her man was treating her was below the social standard and for her to continue to put up with it means a number of things. She just wanted to get her situation off her chest by speaking to a friend but when she did, she realized that she's one of the females that accept low standards from a man. Not only did she realize it but now her friend is aware of it, and she needs to do damage control so her friend will continue to think highly of her.

Some women's insecurities allow men to control their validation.

**Some of the reasons for this insecurity are that women are raised to be beautiful and desired. If these things don't happen, they may take it as a direct insult to their beauty or self-worth.**

As long as she's in that relationship, she can validate that she's accepted enough by this guy for him to give her his time, money, and energy. She is now controlled by this motivation. The more self-centered she is the harder she will be in dealing with a man who is cheating. She will take the cheating as a direct reflection on her. She'll think she's not good enough and that's why he's out cheating with someone better. As we stated before, some men's

choices to cheat have nothing to do with how great or bad the woman is. It's the way men are structured. Men are hunters, so if she has a man who has that spirit in him, it's a high possibility that he will need to have a new experience.

**He may cherish the experience with his current relationship the most, but still needs the challenge of other females to continue his motivation. So it's very possible that a man could love a woman deeply and still sleep with other women.**

## The Antidote

The battle women face with *The Matrix* - is how society says relationships 'should be' versus how relationships 'are'.

Given the nature of this chapter, knowing how boys are raised and the effects of *The Matrix*, women must make a clear decision. Men can become less interested in a relationship but still invest in it enough to maintain it. This doesn't match up with a woman's desire to have a man's full interest and commitment. She must rise above *The Matrix* influence and be comfortable with whichever decision she makes. She can choose not to accept anything less than a man with total commitment and be willing to be without any attention until then. She can also *overstand* the nature of men and gain an appreciation for what the relationship is and not what it should be. If she feels some attention is better than none, she must be okay with her choices and not complain about it.

Keep all personal relationship matters private from those who don't *overstand The Matrix*.

If a person feels the need to get their frustrations out by speaking with someone, it's best to speak with a stranger or someone who will not judge. This way a person can deal with their unpopular relationships without judgment. Sharing this information with people directly connected to us could be used as retaliation later.

Normally when a man speaks disrespectfully to his main woman, it's possibly out of frustration that he's committed to her and can't openly cheat without resistance. If cheating with women is not the motivation, the need for a change of some kind is. Being around the same person constantly can be frustrating for some and this can add to the blow-up. Some men lose respect for their women altogether. If the respect level goes down, so does the relationship for the woman.

## **RELATIONSHIPS WITH FALSE PRESENTATIONS**

One of the top reasons most relationships fail is the fact that they're mostly based on a false representation. If we base things on false presentations, we will certainly be challenged when faced with reality.

**Not many people are happy with false presentations - that's why it lowers people's vibrations.**

***The Matrix*** plays a major role in this false representation.

It sets the standards and people try and follow it. Magazines and TV only show certain women all glamorized. This makes men look for those types of women. This also makes women feel they must adapt themselves to ***The Matrix*** standard of beauty. We are being controlled on what to think and how to feel about certain images.

The 'make-up effect' comes from **The Matrix**. Women will alter themselves with fake eyes, hair, breasts, eyelashes, nails, lipstick, eyeliner and makeup to smooth their skin to fit within **The Matrix** standards. The lady now fits the mode of **The Matrix** and feels more comfortable about her appearance. She has become accustomed to her look and the response she's getting from men. She is now participating in **The Matrix** and is presenting a false representation of herself to the public. She has been so indoctrinated with this method that she will never attend a public event without her accessories. Not only did she have her accessories intact, but let's say she also has on clothing that's sexual in nature. She is presenting herself as a sexy lady. She is someone who would like to be desired by men or at least receive some attention for her beauty efforts. If she receives lots of attention, she is well aware that she's acceptable to **The Matrix** standard of beauty and can demand men with financial advantages.

### **Female false presentation meets male expectations**

Let's **overstand** what's really going on and how most relationships fall apart based on false presentation.

### **STAMPLE**

*Lisa gets pretty, with a sexy wardrobe and goes out with her girls to a party. Lisa hopes to meet a great guy. Lisa is tired of the games but wants a guy who is honest with her and ready to settle down. She and her friends head to a local nightclub, grab a*

*few drinks and begin to feel the alcohol. They begin dancing sexually and have a good time. A guy name Rick sees Lisa and becomes sexually enticed with her beauty and sexuality. He has also been drinking and decides to go over and speak to Lisa. The alcohol begins to spur emotions between the two and the chemistry builds. They exchange numbers after spending some time together and leave the party. They went out on a date three days later. Rick was very nice, attentive - seemed interested in everything Lisa had to say and paid for all the activities. Both were putting their best efforts forward to impress the other.*

**This is also a false representation of energy unless a person plans to maintain it.**

*Rick and Lisa go to dinner and a movie a week later and go back to Rick's place for a few more drinks. Things began to get lusty and they have sex. The two become very close and in love. After three months, the relationship has no new adventures and they begin to act in their normal capacity. Lisa appears around Rick without any of her accessories. Sometimes when they're having sex, Lisa will have her hair wrapped in a scarf with face cream on her face. Rick remains in a relationship with Lisa for two more months but*

*meets another girl at a nightclub with a different look and begins to cheat with this woman. Lisa finds out and ends the relationship. She is disappointed in Rick and hurt.* She feels she has failed again at a relationship because another man cheated on her and was into games. She is now more defensive when it comes to men but still doesn't want to be alone so she is in mental turmoil. She may feel she can't be alone and must continue to date but fails to **overstand** what happened so she will commit the same mistake by dressing sexy with accessories.

### **What's really going on?**

This is a common scenario when it comes to American women meeting men through alcohol and false representation. Let's break down what really happens in this short-term relationship.

Lisa wanted a man and wanted someone who wasn't about games. What she doesn't **overstand** is that she started the game by her sexual presentation. She's putting her energy out there for a great guy with the wrong presentation. She is also in a night club that mostly includes drinking and impaired judgment. Without **overstanding** these things, and other things not mentioned, can subject women to games quicker.

She understands that she must fit the mode of **The Matrix** in order to attract a guy like Rick so she put on her accessories and sexy clothing. She looks great but this isn't how she looks in everyday life around the house. Since she has enhanced her look, she needs to be validated by attention even if it's someone she turns down. If no one gives her any attention, insecurity can set in. She is now



mixing alcohol with her deep inter-emotions on wanting love or attention. This causes her to begin to dance sexual, excusing it as having fun but really auditioning for men. Rick sees Lisa. She's very pretty with her accessories, has on a sexy dress, and is dancing sexually. When Rick witnesses this, sex is more than likely to enter his head and that will become a part of his mission. Most men don't meet a sexy woman in a nightclub intoxicated, and think she would make a good mother, housemate, or wife immediately. But men do immediately have the desire to have sex with that woman. Now women are tasked with trying to get a man to focus on their other qualities in addition to the sexual benefits presented. She painted an image in his head of a sexy woman so he wants to experience it.

**Lisa advertised beauty and sex and was upset that she had a man that only wanted beauty and sex.**

Rick wanted to see if he was appealing enough to make Lisa want to share her most guarded position. Rick knew, through conversation, how to impress Lisa. He had a challenge so his energy level was high and he didn't mind paying for activities. When he had sex with Lisa he felt accomplished. Rick now feels his appeal is enough to make a sexy looking lady, according to **The Matrix**, sleep with him. This builds Rick's confidence even more. He enjoys the first few months with Lisa. After spending a lot of time together, Lisa begins to get really comfortable with Rick. She wants marriage out of this relationship even though the relationship is fairly new. Since marriage is Lisa's motivation, she really wants to spend a lot of time with Rick and wants to be herself around him with no accessories. Rick's motivation was visual and sexual. As Rick begins to see Lisa in her plain form, it did not match his expectations.

**If the couple doesn't develop a tolerance for each other and has motivations contrary to a strong relationship, it will encounter these challenges.**

Once Rick became comfortable with the relationship, he began to look for new challenges. He still feels a benefit to continuing a relationship with Lisa but is uninterested in being monogamous. The relationship ended. Lisa didn't get married to Rick because she presented a false image of herself that promoted lustful expectations.

**She wanted a man to be real without realizing most men are under a *Matrix* spell of appeal mixed with a hunter's spirit upbringing. Lisa also fails to realize she's looking for a real man using a false presentation.**

Rick accomplished his desire to sleep with Lisa but the experience wasn't strong enough to keep him faithful. Rick had a visual motivation that he wanted to accomplish for his ego. Once that motivation was over, the excitement was too. He still enjoyed having sex with Lisa and this is why he continued the relationship but needed a new challenge. Sex was the motivation and sex was her most valuable asset to him. If she had other qualities that he admired, he would have given more attention to the relationship.

**Personality, understanding, and chemistry are what bonds people together. If a relationship lacks those three things, it will be challenging for it to last long term.**

**Women must overstand that they attract the energy they put out. They can't disrespect or ignore the energy rule and question the outcome of relationships with men. If Rick saw Lisa working**

behind the counter at a business, he may have another motivation other than sex. This is not to say Rick wouldn't have sex immediately on his mind, but it increases the chances that Rick would respect her intelligence more immediately.

If a woman feels she's becoming emotionally attached to her mate, she must reveal her true look to them without any of the accessories. When this happens, the woman can assess a few things about their mate. They will know if they can love them without the accessories or not. This can save a woman time in a relationship. A man will eventually see the woman in her natural beauty so she must display it before her emotions get too involved.

**NOTE:** There are many different types of relationships, reasons, and scenarios being experienced on this earth that we won't highlight in this book - so please use the examples given and apply the logic to other situations.

### **Male false presentation meets female expectation**

Men understand that women are interested in the things *The Matrix* says he must have in order to be valued by women. Men know that women like men who are strong, handsome, providers, financially stable, and popular. This is what makes men buy all of their fancy toys to give off the perception of being a provider and being successful. Men will pay for many things during the first few months of dating to entice a woman with great activities and gifts without her having to pay. He plays the role of a guy who is in love and can provide for his mate.

A man may feel this way at some point in the new relationship but the mind can be changed easily with other temptations, distractions, and disagreements.

A woman may find out, once the relationship settles in, that the man she's been dating is not as financially secure as he portrays. She may also find that he is not as attentive and respectful as he was at the beginning. The guy may have a nice car but doesn't have his own home. He may brag that he has more power and connections than he actually does. He may tell her that he has no kids or a wife. These are some common false presentations men present to women.

**Most men will not reveal their true selves until after they've become comfortable with her sex.**

Men and women like sex, the biggest difference is, men, don't require as much moral chemistry to engage in sex. This means men rarely care if a woman is attractive, married, has kids, a boyfriend, lives with her parents, has no car, is not a responsible person, etc. These are some of the most common things women may be uncomfortable with before having sex.

**Until women can accept the uncomfortable truth from a man and still have sex with him, men will always have a motivation to lie.**

## **UNSPOKEN TRICK & WHORE RELATIONSHIP**

A real trick and whore relationship is simpler and the terms are discussed upfront.

The man is looking for sex and the woman wants to feel she's getting more than sex out the deal which is normally money or gifts. The man wants to have sex now without all of the obstacles that could prevent that. This is why he is upfront with his intentions and is paying for sex. The woman feels having sex with him without an emotional connection will mostly benefit the man. He would have gotten the sex he wanted but the woman wouldn't have gotten the emotional connection she wanted. Since she's lacking the desired experience in her sexual encounter, money or gifts for having sex will even out the exchange.

Our **Matrix** society has taught us to despise and downgrade that behavior.

A woman having sex for money is devalued in **The Matrix**. Women should have sex for love, marriage, or commitment. **The Matrix** pressures Americans to have an unspoken 'trick & whore' relationship. Of course, this doesn't represent all relationships but it does represent more than a few. A woman may not feel she is offering herself up for money, but that actually is what's happening if she is attracted to a man due to his finances. She is basically saying that if I sleep with a man he must have money. This body is worth money and will be devalued if she sleeps with a poor man. He will not have the finances to give her the life experience she feels she deserves according to **The Matrix**.

**This means she puts most of a man's value into his finances. Most women would like money or gifts in exchange for having sex with someone they have less of an emotional attachment to. Also, women could have sex with these men and become emotionally attached by appreciating the lifestyle they offer her. She may feel**

her beauty is too broadly accepted by society for her to have to struggle or work, so having a man with money is the way out. If this woman chooses not to be her own moneymaker, with her own career and goal-driven life, and chooses to marry or date a man due to his finances, she is in an unspoken trick & whore relationship.

Women will not sleep with a man who offers her money directly for sex but will sleep with a man who uses money to cater to her. Men will spend money on nice things and dates and this is what makes her want to have sex with him.

### STAMPLE

*A woman meets two men. Both have lots of money. Thomas was direct with Sheila. He met her at a store, exchanged numbers and called her the next day. Thomas expressed how he was attracted to her and wanted to sleep with her. He explained he knows they just met but he wanted to be honest and open about his intentions. He offered Sheila \$500.00 for sex. Sheila was offended. She replied that her sex was worth more than \$500.00 and she doesn't have sex for money. Sheila was offended and hung up the phone. Days later, she met Jarvis. Jarvis was a smooth talker and the romantic type. He offered to take Sheila out for a night out in town. She agreed and he picked her up in his car. They had an amazing date. The couple went to the*

*movies, had an amazing dinner, witness some live entertainment and more. The couple was having a great time together and Jarvis was saying all of the right things to Sheila. The two get drinks later that night and become intoxicated. The two head back to Jarvis's place and have sex. Jarvis spent \$157.48 for the entire date for both of them and had sex.*

*Sheila says her sex was worth more than \$500.00 and had sex for less than half of that amount on the first date. She didn't want to have sex with a man she was attracted to that offered her the money directly but she did have sex with a man who spent less money but catered to her emotions.*

### **Two things are happening here.**

The first thing is, this woman is having an unspoken trick & whore relationship. She is choosing to have sex with a man who spends money on her directly or indirectly. If a man has no money to provide such a date he will not be worthy enough to sleep with her. It's very rare that a couple go out on a first date and she pays for everything and sleeps with him at the end of the night. This type of relationship does exist, however, it's very rare. So women are basically having sex for money but it's more indirectly.

**If a woman feels she shouldn't ever have to pay for anything on any date, then one must ask themselves what she is contributing. If she feels just her presence of beauty is worth a man contributing financially to every outing, it's in conflict with most**

**men's motivations. She must realize that a man is spending money and time with her to have sex or have her in his life for a long time. Both of these are commitments to the contribution received by the woman. If a woman doesn't begin to commit to these motivations, a man will replace her with someone just as beautiful who will commit to the motivations. So sex is really what a woman has to offer if she is not contributing financially to the entertainment sector of the relationship.**

If a woman genuinely likes a man and doesn't place any value on him due to finances, she may not be in an unspoken trick & whore relationship. This woman will also cater to the man financially. She may suggest they pay for their own meals during the first few dates. If the woman doesn't have finances, she can contribute in ways that don't require money to balance the energy. She will have the same energy of giving that she is receiving from a man if it's not a financial motivation.

**When a woman contributes financially on the first date it challenges the unspoken trick & whore concept. The man may now feel less pressure to have sex with a woman and more respect. This action will make a man think more about the woman's character than her sexual benefits. The man may be highly motivated to look at her as a partner. The woman will also show that her motivation is not money and it will take the pressure of feeling obligated to have sex right away.**

The second thing that could be happening in this relationship is that a woman is saying time, energy, and tactfulness is more important than money. A woman is basically saying that she would rather take less money for sex from a person who shows her a great time



and gives her great energy, than a person who would only like to have sex with no other memories. When women are offered money for sex, they may feel that men see sex as their best asset and that she as an individual have no value. These women see time and adventure as more of a benefit than money. So women would rather cater to someone who would like to spend time around them - even if it's all a false presentation to have sex - than to have sex just for money.

Attention and self-appreciation on some level are instilled in Americans since the 'Set up'.

**As times get harder and the lack of appreciation for people gets stronger, the demand for attention through relationships goes up even more. If the trend continues, women will be more appreciative of less than what was previously expected of men. Sixty years ago the approach and appreciation for dating women were totally different than it was twenty-five years ago, and things are different in the present date than it was then. The trend of less commitment, a change in roles due to financial empowerment for both genders, hardships, and national violence are also things that make the need for love and recognition more relevant.**

**It's similar to the effect of supply and demand.**

**People may have sex without much history just to feel love. *The Matrix* will make women feel they're lowering their standards but in actuality, *The Matrix* has changed the environment in which the standards exist. Since men have less opportunity, influence, and control than they did in previous years, it affects the number**

of eligible men available for high standard women. The fact that America has a massive amount of single women and many others are in unhealthy relationships is evident that something has changed. If high standard women are looking for the man who has everything *The Matrix* makes her feel he should have, she must *overstand* the challenges from the lack of opportunity to contested competition.

Having a man who doesn't have everything *The Matrix* promotes but has great qualities, should be given a healthy consideration in order to adapt to the current social programming.

Women shouldn't allow *The Matrix*, or the public influenced by it, to make them feel they're lowering their standards without taking all we have discussed into consideration. It's like a woman driving an expensive car that only takes high octane gas but due to wars and storms (Reference key 10) there are only three gas stations in the entire city with high octane gas. Other gas stations have a limited amount of gas but they only have regular gas. The situation causes her to fill up on the limited amount of regular gas because even that is hard to come by. She drove past the other gas stations with the high octane gas and there were so many high standard cars in line that it wasn't worth it. Now *The Matrix* wants and feeds off the woman's emotions for not having premium gas for her high standard car at every gas station. The elites changed the game through their tactics of war and storms but expect the woman to still have the same standards that existed before. If women are not aware of this 'bait and switch' tactic, they will not *overstand* why things are the way they are.

**NOTE:** It's great for women to consider a man's financial ability if it fits in context with her standards but it shouldn't be the dominant determining factor. God created men with great character who would be great fathers and husbands, but with limited financial ability. God also created men with lots of financial resources who lack the character traits a woman may desire. **A woman must be qualified for the mate she is seeking, if not she is placing herself at a huge disadvantage in the relationship such as the stamper explains. This is one of the challenges of dating up, man or woman.**

There are too many different variations to base a soul mate totally on finances.

Women must also consider other factors they like in a man, such as clean, respectful, communicative, honest, trustworthy, ambitious, hardworking, responsible, nurturing, and a provider. If a woman is too caught up in *The Matrix* of material things, she's conditioned to only see finances as a man's main benefit, which limits her chances of existing with a good man.

## **GROUPIES VS. GOLD DIGGERS**

A *Groupie* is a lady who strongly desires to be within the atmosphere of a popular guy or girl. She will do anything to be around the popular person she chooses. A *Gold Digger* is a lady who sets out to seek financial gain from the man she chooses. This woman is with this man for more than popularity, she is in it for the money. The difference between Groupies and Gold Diggers is money. *Groupies* don't desire an exclusive relationship, they mostly want to be recognized and catered to during the

experience. *Gold Diggers* go for a relationship so they can be more exclusive and have access to obtaining funding.

### **Let's discuss the mindsets of Groupies and Gold Diggers\***

*Groupies* are girls looking for adventure and validation.

They have a subconscious desire to be accepted at a high level. They're respectful of the power of fame. They understand that a famous person can choose anybody they want to be in their presence. *Groupies* also respect the fact that so many people would like to be in the famous person's presence. Having an experience with this famous person will give someone memories to refer to for life. This is where *Groupies* find their motivation.

They value themselves through the validations of the famous people who accept them.

They will do almost anything to achieve this acceptance. *Groupies* know that they must be highly cooperative with the famous person in order to maintain acceptance. These women are driven by experience and a subconscious competition with status. Once a *Groupie* is allowed around the famous person in an exclusive location, she feels special. This is a location that only a few are selected to be at so they begin to equate that with their status and self-worth. The effort she puts into her appearance before she leaves the house is now validated. She is basing her power and dignity on acceptance by popular people. What happens when she is not allowed backstage at a concert, or free to walk into a restricted area where the famous person is? She will be constantly evaluating herself through the acceptance of exclusivity. This can also cause her to do more desperate things in order to accomplish

her mission of having her desired experience around fame. This will also cause another internal conflict of knowing that she wouldn't be accepted by this person if she wasn't being someone she's usually not.

**Groupies know deep down that they're not more special than some of the other beautiful ladies who want to be in an exclusive position with fame. They know they were chosen due to their wiliness to be spontaneous and cooperative. These women would like to be chosen for a relationship but have no high expectations like a *Gold Digger*. The validation and the experience are the most important things to a Groupie. They also know that their presentation as a woman is accepted enough by the famous person to keep their self-esteem high. Once she is accepted by multiple famous people, she will feel that her presence is qualified for acceptance at the highest level and that boosts her confidence when associating with people of less popularity.**

***Gold Diggers*** are similar to *Groupies* in validating themselves through acceptance by someone with fame or financial stability.

*Gold Diggers* are often very beautiful, according to ***The Matrix*** perception, and 'beautiful women shouldn't struggle' is the misconception that drives their motivation. With her beauty, she feels a certain lifestyle must compliment it in order to validate her presence. She will seek men with wealth and power so she can attach herself to someone with her desired lifestyle. This is not the same as a successful woman looking for a man of equal or greater benefits, this is a woman who makes a man's finances her top priority, while she brings limited financial resources to the

relationship. This woman often has no experience of hard work or labor and has lived in comfort. Due to her limited work experience, she is very insecure about being poor. This doesn't fit ***The Matrix*** of her image or expectations of herself. She must have funds to attain the status she desires. She chooses not to be an entrepreneur and build her own wealth. She looks for the quick and easy way to secure her lifestyle. She will adjust her strategy according to who she is trying to manipulate.

**This is a true unspoken 'trick & whore' relationship because it's an exchange of money for beauty and sex.**

Her main goal is financial security through marriage or children. If she can secure one or both of those goals she'll have financial freedom for life. *Gold Diggers* use many tactics to achieve these goals. Many men are weak when it comes to sex and *Gold Diggers* know that's their strongest weapon. They will try to get pregnant to secure years of support. These women will also perform at a high rate around the person they would like to attract. They will always be supportive, nice, understanding, and catering. They have a strong motivation to put on a show every day for the male in hopes of a ring. If she can secure a ring without a prenuptial agreement, she can begin to lessen her performance. She now owns half of what he has. She didn't work for what he has but she now has half of it. Now that she has accomplished her mission, she still will keep her energy level high to maintain the relationship while it's still fresh. She will accept certain things as she did in the past but as time goes on and she becomes accustomed to the lifestyle, she will begin to demand changes from her male. Her security of owning half of everything gives her a platform to demand more respect or change.

**It's human nature to want to progress once becoming accustomed to a current status so this practice by a woman is normal.**

She will react more in her common nature now that she doesn't need to conform in order to achieve her goals.

**NOTE:** *Gold Digging* is like a job. Some women work to become financially secure and some women are *Gold Diggers* to accomplish the same result.

**There is no right or wrong way to live so judgment is not placed upon any experience. This book is simply highlighting the truth behind the motivations.**

**How to counteract or minimize *Gold Digging* in American society\***

There are a number of ways *Gold Digging* will become less of a motivation for women but we will need to touch on the American court system. If our court system reflected the rules in a way that takes the motivation out of *Gold Diggers*, it would decrease the motivation. The court systems give women half of a man's wealth even if she has a limited contribution to the success. Women are allowed to receive money to maintain their lifestyle for a number of years after the marriage. In most cases, the woman receives money for child support when they're not the most financially secure parent. American courts should allow that a woman is not entitled to half of a man's wealth and she should only receive benefits from the start of the marriage and based on her involvement in accumulating that wealth. If men and women were truly equal, women would not receive any alimony after marriage - she would have to make a living on her own.

Alimony says a man should maintain a woman's lifestyle even if they're not together because he exposed her to such a life. That sounds like saying a job must continue to pay us money after being fired because they exposed us to that type of pay. Some deserving women are those who had careers and gave up their life and chances to have their desired experience to help her husband succeed. This is the mindset of the courts but every marriage should be judged on a case by case basis. Some of these women didn't have careers and didn't give up anything to be in their position. If the courts rewarded women accordingly, it would change *Gold Diggers'* tactics, and they would be more involved in the relationship.

The courts could decide that the richest parent can provide the most for the kid - therefore, they should have custody. If the child does remain with the mother their needs to be a cap on the amount of child support she can receive for a child at such a young age. If the court gives the mother just enough support to help make it easier but not so much support that she never has to work again, due to someone else's finances, this will minimize *Gold Digging* practices.

The US court system promotes *Gold Digging* and the system is stacked against men.

If everyone is equal, the courts should reflect that for both men and women. America must *overstand* that the court system was put in place many years ago when society was much different. It was more relevant for such rules to be in place due to the lack of opportunity and control women had. Men made most of the money during earlier American times. These types of laws would



even the playing field for women and would prohibit men from avoiding financial support. Now women are considered equal to their male counterparts and have more power and economic influence than in the past. Since the social structure has changed, so should the court system in their protocol for child support.

**Although women must pay men if the roles are reversed we must *overstand* that it comes from predated positions of men and women in society.**

We just touched on a great example of the lady with the expensive car who has to settle for regular gas because things changed. The American court system is doing the same thing to men. The social structure has changed and so should the court system. Women cannot ask to be treated equally in society and expect the court system to favor them due to any disadvantages.

## **MONOGAMIST RELATIONSHIPS**

This is a commitment between two individuals to keep their relationship exclusive.

This type of relationship has less stress, more understanding of their partner, a strong bond, and a comfortable routine. People's love life becomes less complex with one partner and they will feel more secure with one partner. The journey, with someone to share it with, can be much easier when we have a great partner. People receive the sexual energy of one person versus several when in a monogamous relationship. There are many factors why someone would prefer a monogamous relationship.

**There are three main types of monogamous relationships.**

First, is a relationship where the two are very in love, are connected, and have grown more in love.

When this happens a person has truly found their life partner. This a person and mate can coexist without feeling they're missing out on something. This couple has developed a dependence on each other and a great bond as they journey through life.

The second type of monogamous relationship is one out of convenience.

This couple loves each other, but are not truly 'in love'. Staying together makes things easier financially and the physical companionship shared between the two keeps them from the need to search for it. Even though this couple is monogamist their bond can be broken by an outsider if they can provide, or play on the void of the companion. The reason this is possible is that both members of this couple would like to be with someone else but are self-motivated to be content with their current situation to avoid disruption. Also, a person in this type of relationship can't afford to be wrong about a new choice, so being optimistic about finding a better mate rarely occurs.

**There is a benefit in having a relationship with someone who makes life more comfortable. Everyone will not have the luxury of finding the perfect person. Having someone who doesn't have everything a person wants but many great qualities is more realistic, and Americans should adjust to this realization. Many people are discontented with a relationship because they want the perfect person. Just as a person can choose to be**

**discontented they can also choose to be satisfied with having someone with many good qualities.**

The third type of monogamous relationship is one that develops out of investments.

This couple has so much invested in each other's lives that the thought of getting caught cheating would cause too many changes. Cheating isn't worth it to this couple. This couple usually has properties, kids, businesses, and many more things that bond couples together. The thought of having to dramatically change their lifestyle and hurt so many people kills any sexual desire to cheat on their spouse. This couple could or could not be in love but have much respect for their lifestyle and wouldn't want to change it. This couple has a great chance of growing old together. They may face a small challenge when things around them change without their control such as kids leaving the house or maybe a financial challenge. When life changes this couple's normal structure, they must have developed a strong bond with each other and not the things that changed, in order to continue. If a couple stays together for the kids, when the kids leave for college and are no longer in the house, the couple may become miserable.

Having a great monogamous relationship requires lots of overstanding, communication, and a balance of routines and spontaneity.

When it comes to maintaining a healthy relationship, women and men must know each other and how the other person operates. Once a person becomes accustomed to what their partner's likes and dislikes are they can put forth the effort to keep the

relationship strong. If both give equal energy to each other, they have a better chance of sustaining a monogamous relationship. Even though a person may think their partner is not keeping account of energy and recognition, subconsciously, they do. So if one person in the relationship is always the 'giver' it will soon become unbalanced and problems occur.

One must also *overstand* that disagreements are a part of any relationship.

When we enter a new relationship, not envisioning a disagreement with that person is like focusing on the end goal without imagining the challenging journey. The disagreement isn't the challenge, it's how we deal with the disagreement. Communication is key in a monogamous relationship. A person can develop a pattern with their partner if they communicate with them often. This pattern will serve as a reference point if there is any alteration in their behavior or ways. If the communication begins to change, then it's easier to identify since it's something that happens often.

There must be a balance between routine and spontaneous actions.

Having a routine allows a couple to get accustomed to each other. These actions can cause a bond to form quickly and strongly. People can get accustomed to anything and the body can become comfortable with it. So if people apply a routine method to their relationship, it will have a stronger chance of surviving. **Couples must be aware when a routine has run its course and is becoming problematic in the relationship.** This is where spontaneous actions come into play. Do something to keep the relationship exciting and

optimistic. This change needs to come from both people, over the years, to have the best chance of adapting to new challenges.

### **Conclusion on a Monogamist relationship**

Having a loving, healthy relationship can be one of the best experiences in life.

Committing to another helps a couple feel appreciation for themselves. Although a monogamist relationship has the best chance of lasting a lifetime, there are still no guarantees. Times change, people change and so do feelings. Given this reality, it's beneficial to have an *overstanding* of the relationship. A person is here to experience many different things. Some of those experiences last longer than others.

A person must cherish their life journey more than the monogamous relationship they're in.

This means a person must sometimes imagine themselves without that person. If people don't cherish their personal journey over relationships, they will allow a relationship to affect the rest of their earthly experience. If the monogamous relationship was to come to an end a person must be able to put that relationship into the context of life. Some people are meant to never have a monogamous relationship, some people were meant to have one and some people were meant to experience several.

There are many different combinations that people are here to experience on earth.

It may be meant for a person to experience two relationships and no more. It may be time for this person to tap into a different

experience that doesn't involve a traditional relationship. A person shouldn't feel disappointed about not falling in love again. Once a person has experienced it, they may again but if not, they shouldn't be envious of the feeling.

It's like going to an amusement park and riding a ride that a person really loves. They would love to ride it again but there are so many other rides to experience. The person could choose to walk around the amusement park depressed from wanting to ride the same ride again or they can have joy experiencing new rides. They have already experienced their favorite ride so having that same experience will be thrilling but they will miss out on the entire park.

## **CHEATING RELATIONSHIP**

The biggest challenge in American relationships is cheating.

We must *overstand* why cheating is popular and why it's been happening for many centuries. The natural human soul is accustomed to different things so they can identify themselves through those experiences. So a person may like two or three different houses, cars, vacation spots, and even people. It depends on the person's upbringing, character, moral perspective, and motivations.

If a person is more self-centered they will be more likely to cheat.

This person wants to experience things and has little compassion for whom it may affect. The self-centered perspective forces a person to value themselves according to their experiences. This means they will take the chance to have a memorable experience if it adds to their self-esteem. Others cheat because they're too

comfortable or over-familiar with their relationship. This will force a person to explore new adventures to keep a balance. They'll value the history and love from their current relationship but need a balance to continue the relationship.

**This is why communication, having a routine, and being spontaneous is so important to a monogamous relationship.**

There are many different things that may cause a person to want to have a sexual experience with someone other than their current sex partner. The one thing that is hard to grasp is that people are meant to have many different experiences here on earth.

**People have a natural instinct to become accustomed to repetition, and, to search for new experiences. Some animals repeat the same daily routine for their entire lives and never have the motivation to seek a different experience. Mating in human society is different from the rest of the animal kingdom. People don't have a certain time of year to mate and they don't just do it to procreate. When we add human nature's thirst for adventure and diversity with no sexual protocol we have created a society that may desire more than one partner.**

Looking at some periods of history, it was common for a man to have multiple wives living together. The man having the dominant energy and position created a vibration that allowed the thoughts of spreading himself to others to manifest. If he was powerful and could take care of seven women why have only one? During these times, there was no television or music influencing people to reflect on their self-worth according to *The Matrix*. So the women were not jealous of each other and they all came together as a unit and

supported the man. This practice is still relevant in some lands and religions around the world. This system is possible because it's promoted to the citizens and they believe in that lifestyle and accept having a bigger family which includes multiple wives. This system is also possible due to the limited roles women played during that time. Since most women weren't in leadership or powerful positions, their vibrations attracted thoughts of servants and inclusion. The lifestyle wasn't technical and filled with commerce back then.

If society says a person should only be married to one person, then that is their basis of marriage.

The reason for this monogamous message is because it's beneficial in today's society. Life has become very technical, busy, sexual, expensive, and sometimes overwhelming. These things, along with many others, make it more challenging to have multiple women in the house. The fact that more women are providing for their families makes it a challenge to have a woman share a man. Once women joined the workforce and reached positions of power, they tapped into the same high vibrations as men. These vibrations attracted thoughts of power, independence, and self-gratitude. When we combine that with the media indoctrination of a monogamous relationship between two people *The Matrix* has to create an atmosphere of acceptance.

**One must *overstand* that there is an advantage to monogamy in today's world. Having a sexual relationship with one person allows people to stay focused on goals in a complex and challenging environment. This also presents a great environment to raise kids. Having one partner also takes away any sexual**



**tension or anxiety one may have for others. It's also a great benefit when it comes to avoiding the high number of sexually transmitted diseases.**

It's very hard to get women that have been molded into that world to accept sharing a man with another woman. Although a man is used as an example of having multiple women, this method can also apply to women. Women are less likely to desire many men at one time but scenarios have created such women.

Cheating can have a major effect on people's emotions.

The core of the hurt comes from a person believing in something that's not true. The amount of love displayed, the accustomed routine, and the perception of the relationship combined makes it really tough for people to discover that it's not real. When people experience this manipulation, many emotions occur. We'll touch on a few of the common ones.

Cheating can challenge a person's core of reality.

What they believed in was not true so this often calls their ability to observe into question. This can make a person uncomfortable with their future choices and cause them to develop trust issues. This person can become skeptical of legitimate experiences due to cheating. When a person discovers cheating, it can also make them devalue their self-worth due to the cheating action. They may feel they're not doing something correctly, not well enough, or that they have lost a certain status. Although some of those could be key contributors to cheating, it may not be the person's fault. We shouldn't allow a person's ability to love or have sex with someone else to determine our value. A person's journey is much bigger

than a cheating relationship. The cheating relationship is just one of many chapters of a person's life book.

**A person must *overstand* to get through the tough feeling of cheating. A person must *overstand* that life is full of anything, and everything goes. A person must *overstand* that cheating is nothing new and is a part of human nature on some levels. A person must *overstand* that different people have different energies and spirits and some people are more likely to cheat than others.**

Cheating can also make people afraid to love again so they don't experience betrayal again. When a person is afraid to love but wants to love, it can turn into bitterness and resentment. If a person doesn't break the resentment spell they decrease their chances of finding happiness again through relationships. We must keep things in perspective at all times. A cheating relationship must have been necessary or the experience wouldn't have happened. A person must never generalize others due to one cheating person. This can make a person overlook a person who's compatible with a monogamous relationship.

### **Why women cheat**

More women cheat today due to role changes, environment, technology, and influence.

We must *overstand* that certain positions and experiences can change our vibration up or down. When the vibration changes, we allow other energies and ideas on that level to enter our thought process. For example, a boss man may take advantage of his secretary and force her to have sex with him. The boss has this

thought of having sex with his secretary due to his position and environment. The boss has power and control. These forces can make a person feel great about themselves and that energy has a risk of attracting self-serving thoughts. If the same man was working at a company as the assistant to the owner, who is a woman, he would never have the thoughts or feel entitled to pressure her for sex. The position carries a different energy, and therefore different thoughts and energies on that frequency would enter.

Women are in more powerful positions and have become more independent than ever before, and this attracts a different vibration level. When women are in charge of men at work and are also considered the breadwinners at home, this gives women a similar vibration pattern to a man in these positions.

**Women are more emotional than men so the response may be different but the formula remains.**

Before women were in these positions, they were more monogamous and if a woman cheated on a man in those days, she really loved the man she was cheating with. This doesn't mean that women are not in love with the men they choose to cheat with, but less often they are. Women may just want to try a different man because they have a nice body or material wealth.

**All of this is possible because conditions in America make it possible. Cheating women would not flourish in certain Arab countries because the system won't allow it. The society highly condemns such acts and there is a vicious backlash when such an act is committed by a woman. Women in these countries are**

**neither in powerful positions nor independent. The environment doesn't allow women to experience power and independence so they won't experience the vibration that comes with it. This also keeps their vibration and self-worth low and therefore the thoughts of cheating may not enter their minds as often.**

**Given positions of power and independence, women develop the same self-centered energy a man does.**

This means a woman recognizes her independence and contribution to the relationship.

Now that she no longer needs to depend on her man, she can take more of a risk of losing the relationship. She may also love her companion but could have a lack of respect for him physically or financially that may cause her to search for a balance. This balance is based on living a comfortable life with her spouse and feeding her ego of independence with a complimentary companion. Women in these positions may have a certain expectation of what their man should be like. If a woman settles for a man she may cheat on him if she encounters someone that seems to fit her vision. She will remain with the man she's with unless he doesn't treat her kindly but will still feel the need to have the person that validates her.

Women have so many accessories to beautify themselves and this makes competition between them more noticeable. When a woman beautifies herself, this means sometimes hours of preparation before going public. The person in the mirror may be beautiful to her but some women need the approval and attention of men to validate their beauty. Some women may cater more to

sexual advertisements because that's an easier attraction for attention. This means a woman will dress more provocatively to gain the attention of men. Combine this action with advertisements and movies about women just having random sex, and they may develop an energy level that allows thoughts of infidelity to creep into their heads.

The above literature is basically giving the *overstanding* of how certain conditions may encourage women to cheat more now than in the past. There are many different reasons why women cheat under these conditions so let's discuss a few of the more popular ones.

### **Lack of communication\***

Women are in relationships with men who are wired differently than they are.

Men have different motivations that clash with those of women. Women love to communicate in relationships. Their nurturing spirit promotes communication because communication can encourage closeness between two people. So if a man has a lack of communication with a woman, she can feel that she's not valued in the relationship. Her communication is her and if a man is not interested in her communication she can sense that a man is not interested in her. She develops this notion if a man seems to be interested in her when it's time for a sexual encounter. A woman can feel she's not as close to a man without communication. She doesn't know what he's thinking so this takes away her understanding of him. This could also make her feel less of a connection due to her lack of knowledge about him.

Lack of communication often leads to misunderstandings.

A person could do something and mean it one way, and their mate can take it another way. If they have a lack of communication about it, it may create dormant frustration and build up. The other person could have no idea that their mate is upset by the action. This is why a lack of communication can be dangerous for a relationship.

If communication is not there and a woman develops a communication channel with someone else and it fills her void, the chemistry can grow. This chemistry can lead to emotional attachments and then sex.

### **Lack of time spent\***

Women aren't housewives sitting at home waiting for their knight in shining armor to come home from work. Women are more adventures now and are out and controlling things in the world almost as much as men. Women value their time with their spouses, and when alone, it subconsciously allows them to reflect on life without him. The more absent the spouse becomes in the marriage the more the subconscious grows independent. The lady can grow accustomed to not having her husband around just as well as she can become accustomed to having her husband around. Both scenarios have different motivations and consequences. The lack of time around a spouse can lead to a 'disconnect' in the relationship, and if a woman meets a man that has time for her, an affair can easily start.

Coworker love affairs can happen because of the lack of time spent away from the spouse at home. Often people spend more time and

communicate more with co-workers than with their own spouse. The fact that we see this person every day and have no stressful ties to them, leads us to appreciate them. This could grow into something much bigger and possibly lead to an affair.

### **Unequal sexual energy\***

A woman seeks sexual pleasure from another if she doesn't feel she's receiving enough satisfaction from her current partner.

Some women have higher sex drives than their male partners and sometimes the male partner may not completely satisfy her sexually. This poses a huge challenge for women like this. Some women will remain committed for spiritual, karma, or investment reasons but others will seek self-pleasure despite the consequences. Having a different sex partner to her satisfaction balances her relationship with her current spouse.

### **Why men cheat**

Men have a warrior spirit and they identify themselves sometimes through the attention of the opposite sex. Men have a different motivation when it comes to sex than women. Men are more like a predator, an aggressor while the woman plays the role of the receiver and the one releasing sounds of pleasure. Considering these factors, men will cheat with a woman he has no interest in at all. He simply would like to experience how he can make her react through a sexual encounter. When a man cheats with a woman he's not in love with and just wants to experience her, it's purely ego-driven.

The ego of control, power, and influence that women now have - men have had for centuries. The fact that men cheat is silently accepted among men. This is because men have a different upbringing, different environment, and different positions to allow the energy of womanizing.

Men cheat for more reasons than we can name in this book - so just *overstand* that men do this.

The biggest misconception for women when it comes to men that cheat is that if a man cheats, he doesn't love his woman. The woman may worry about what she did wrong or could have done better. The truth is, a woman can do everything right and a man will still cheat on her. The man can be very much in love with his spouse but wants to have sex with other women to offset his experience with his wife. Since the American environment doesn't allow multiple wives men will have one wife and a relationship with the other women. This is called cheating due to the current social structure. If the country promoted polygamy or multiple wives, women's views would be different. This means we are allowing our feeling to be determined by the laws set up by the country. A person's perception must outgrow the laws of the United States in order to overstand the manipulation.

### **Identifying the cheating man**

Many women say they're tired of games and they want someone who wants to settle down.

If the goal is to find someone to settle down with, different elements must be considered. A woman must consider a man's age. A younger guy may not be ready to settle down. If he is he



will show it in his action and not his words. She must also consider if this person is a ladies man. Is he the life of the party? Does he needs to be validated by attention and did he have an aggressive approach in the first encounter? How fast did he try to have sex? Does he seem self-centered? These are just a few elements to consider to determine if a man is serious about settling down. When having a conversation with the man, does he have a plan in life? Do his story and conversation reflect someone who's at the point of settling down? Is his actions a reflection of his words? This is an approach both men and women must take to identify cheaters early.

Women must also overstand that men have different levels of interest. The level of interest will determine how long he will continue to give high energy towards the woman. All encounters begin with high energy towards a woman especially if sex is the goal. This is why it's so important to focus on actions and body language and not just words.

### **Identifying the cheating woman**

When identifying if a woman is likely to cheat, we must seek her body language, her character, If she completely influence by the matrix and if she's self-centered, to name a few. If a woman demands a lot of attention, she could be a high risk to cheat. [This need for attention, love and acceptance could be from the "Set Up"](#). This particular woman dress for the attention of others constantly, she is posting videos and photos of herself for social media and is very adventures. This woman could love the party life and enjoy being intoxicated while doing so. These things could cause her to be too self-centered and she will cheat if it pleases her

ego. Of course, there are many cheating women that don't display these characteristics, but this is to identify some of the most popular signs. This is not to say that women that have the characteristics will cheat but it is to say many women that do cheat have these characteristics.

### **Conclusion of cheating**

There are many different scenarios that could happen in a relationship to cause someone to cheat. This book gives us an *overstanding* on why things are the way they are. When we *overstand* this process, we will conclude that cheating is only what we perceive it to be through *The Matrix* of indoctrination. If society says it's okay for multiple women to date one man or marry him, it would be okay if she chooses to participate. An *overstander* thinks for himself and does not automatically allow others to easily influence him. A person must make a decision on their own about how they feel about a sexual partner having other partners. Often cheating is in direct conflict of feeling special to that one person on this earth. We feel like the trust is violated and we're not the most important person in that person's life because they cheated. This could be true but it could also be false. Just because a person cheats doesn't mean their significant other is not the most important person to them. Many people will like someone enough to have sex with them but it doesn't mean they mean more to that person. This is not condoning infidelity, it's simply an attempt to get others to *overstand* cheating.

## Conclusion of being single

Many Americans walk around the earth disappointed that they don't have a mate.

This means they may not have another person catering to them and this can cause a person to lose reference of themselves. Although it's great to have people recognize us, we can't be slaves to the feeling. We must learn to empower ourselves without the validation of others. There are many reasons a person is single and if that person doesn't have an *overstanding* approach, it could lower their vibration. A person can be single for many reasons but the main reason that creeps into people's heads is that they're unattractive or not good enough. Some people are single because too many other available people are caught up in *The Matrix* and this is a turn off for people of higher consciousness.

Also, a person must *overstand* that spirits and Gods can help them on their earthly journey to accomplish their purpose. **(Reference Key 11)**

This means a relationship may not benefit the person at the time and they're being kept away from it. A relationship can be a distraction from someone's mission. Relationships have stopped many people from accomplishing their goals. A person must evaluate their life and see if a relationship fits. Life is about many different experiences. Some experiences may require a person to be single or in a relationship, but one or the other shouldn't define the overall person or experience.

*I personally had to evaluate this throughout my life.*

*It took a little time for me to realize what was happening but I was able to realize it because I was an **overstander** observing life. I knew I had a mission to deliver this information to the world. I constantly kept my mind on observing people and implanted my studies for this book. I was also married at the time.*

*I loved my wife but wasn't truly head over heels about her. I didn't think of her enough for her to be a distraction. She was a great woman and wife and at moments I would really appreciate her and begin to focus my mind into loving her more. Every time I had that thought in my head, she and I would get into a huge argument within 24 hours. The simplest things would trigger us. After about the 4<sup>th</sup> time, I begin to notice the trends and had to ask the Gods about the re-occurrence. I was told then that she was there to help me on this journey but not for her to be a distraction. Even after having the conversation, I still continued to want to love my wife as a husband should. Every time, the same thing happened. I finally submitted because I was sure that what the Gods told me was real. I even shared this with my wife but she didn't understand the situation. She and I moved from Los Angeles, California to Atlanta, Georgia in 2014. After arriving at the new city, I had to continue my mission but it was difficult for my wife. She missed her family and the Gods wouldn't allow me to love her the way she wanted so she left and returned to her hometown of Houston, Texas.*

*I was alone in Atlanta but still felt I had to complete this mission. I had time, space, and no distractions in Atlanta and it was perfect for me to continue writing. I was lonely and had been accustomed to being a ladies man and this caused me to venture out for female companions. I was a single, very eligible man in a city full of available women looking for a great guy. I was unable to get into*

*a relationship with anyone and I had to evaluate this as well. The only women I would get to spend a little time with were women that I was not truly infatuated with. These relationships wouldn't take my focus off my mission. If I did meet someone that I really like and begin to mentally spend time thinking about them, they will get taken away somehow. If a female is no good or becomes a burden on my life and journey, they will not contact me, even if they ask for my number. I have given my number to very un-attractive women looking for a man and they never called. I did this because I was aware of my situation and wanted to validate it.*

*After a couple of years of experiencing this, I noticed that there were invisible powers at play to ensure certain things happened. I completed this book in order to inspire people and this may have never happened if I'd been caught up with the wrong person or had become too distracted to finish. I wanted to share my personal experiences with knowing that relationships can become distractions because someone may have a similar journey and not recognize what's happening. People should have an **overstanding** of life and where they are in their life to help determine if a relationship is right for the person at the time.*

**A person's current relationship status may not be for them, it could also be for someone they may never meet.**

Most people just want to be loved and recognized so they will seek love and a relationship constantly. This person is often insecure about living life alone and they constantly need others for validation. A loving relationship can't be more important than the overall journey. A great relationship is a small part of who a person is and what their journey is about. If a person makes the

relationship too important, a bad relationship can ruin their life. A person must keep their mentality of life in check or they will get overwhelmed by the experiences.

Some people are opposites regarding their relationship insecurities.

Some people avoid relationships because it challenges their self-esteem. If a person has an insecurity, it can be pretty much dealt with within, but if that person has a companion that calls out that insecurity it's much harder to deal with. So this person would rather stay single to boost their unchallenged perception of themselves. This can also raise a person's vibration. Having no outside critic has its benefits for the right person and being single may be best for them. This person may be lonely and desire a companion but the need to protect themselves from insecurities is much more of a priority.

**Whatever the insecurity is, get over it - because it's not that serious. Life can be a lot worse than the insecurities most people carry around. The more a person embraces their insecurity the less effect it will have on them.**

These are just a few suggestions of why some people are single and enjoy remaining single. The main thing to take away from being single is knowing that life's journey is much more important than a relationship. If a person is single, it's helpful to make friends and build other healthy relationships with people.

## **DANGERS OF CHECKER DATING IN A CHESS GAME**

Checkers is a more fast-paced game than chess. One where decisions are made in the 'here and now'. Decision and moves are normally made based on the current situation. Chess is a game of more thought. Moves are made not just for the now, but for the future, attached to an overall agenda.

Many people live a less desirable life due to dating in a *checker* fashion. This section will discuss some of the common pitfalls and aftermaths of dating without a foreseeable future. This section will focus on some of the most common mistakes made when having a *checker* approach to a *chess* game of dating.

A woman may have sex unprotected with a man she barely knows because she's having a great time - he's attractive and she's intoxicated. This means a woman has allowed alcohol and a great experience to override her overall agenda so she jeopardizes it by reacting in the moment. The need for attention can also fuel these decisions. Her acting in the moment is like a checker move.

**A stressful life plays a role in the need to escape, and reckless decisions can develop from it.**

There are many known outcomes to having unprotected sex with people early in the encounter but let's take the most common one.

The lady becomes pregnant. She now has to carry a baby for nine months, and her chances to explore and for adventure are now limited. Her body will also go through what may end up being permanent changes, and not for the better. She is now a mom and must support her kid alone. Even if she is receiving financial support

from a man, she still has the responsibility of caring for that child alone. This type of demand on a constant basis alone can weigh on the spirit of the mom. The motherly strength and the love of the child are what keeps her going. She didn't envision this possible reality while experiencing her temporary moment of enjoyment. This stress sometimes needs to be offset and the lady still needs attention and companionship so her ways can also cause her to develop a similar scenario. She now has two kids and more responsibility.

This is one of many dangers of dating while not having a clear objective of an overall agenda.

If a lady's overall agenda is not to have kids without being married first, and marrying a man with a certain character, this is what she will have to guide her. She may have sex with a man but will not have unprotected sex with him until she feels comfortable that she has the best chance to achieve her overall agenda. Obviously, in life, there are no guarantees, so making the best choice can still land any woman in the same position but the lack of awareness makes the chances greater. We must have a *chess* approach to dating to have the best outcome. Intoxicated or not, a person must never allow any condition to override or jeopardize their overall agenda. If she was a *chess* dater, she would have projected what might happen – imagining being pregnant, raising a kid alone, and how much harder it would be to reach her goals. She would have demanded he used protection no matter the intensity of the moment.

One of the major pitfalls of *checker* dating is the person gets caught up in the now. They love the way a person is now and never



envision what they may be in the future. If a man loves a woman with a nice body and he fails to visualize that she may gain weight from human body development or after having a child, he will be more uncomfortable with the relationship when it happens. This can be avoided if people get connected to the souls and *overstand* that people will always change as age sets in. If a person doesn't love the soul of that person, they may be discouraged in the relationship when their bodies change. There are many things that will change with a person but if we're connected to their soul, it makes the changes less of a distraction. The purpose of this session is to remind people that when they feel they want to be serious with someone and consider marriage, they must seek how the relationship will be 10 years later and beyond. Failure to do so could put relationships at a disadvantage. If this isn't true, most people wouldn't hate the guts of an ex-lover they were once inseparable with.

## **Abusive Relationships**

A woman gets involved in an abusive relationship by focusing on the honeymoon stage of the relationship, not taking the time out to evaluate things that may lead her to believe he's abusive. He may be demanding or controlling at the beginning of the relationship but since he's also loving and spending money, she caters to that side without visualizing how he would be in the future. She is taking a *checker* approach by focusing on the now with all of the catering and not focusing on the future. If she was a *chess* dater, she'd observe his temper, his family, his controlling ways, his body language, his opinions, his demeanor, and his character. She must know that a man will show his best side while

the relationship is new and fresh, so small things could become bigger things once the relationship is no longer new. She must make a determination of what his future actions would be like before becoming emotionally invested. Many women that are in an abusive relationship obviously weren't introduced to the man with that type of character so this means it was concealed. This also means there could have been signs that this person was abusive but due to *checker* dating, many women become distracted.

## Men

A man enjoys having fun and living in the moment with women, and having unprotected sex.

We know for both people that sexually transmitted diseases are a huge consequence of this but that aside, he makes her pregnant. He now has a baby on the way. This temporary moment of pleasure will cost the man many years of child support, and she will have many sleepless nights. He has a baby with a woman that he doesn't really know and is not in a relationship with. The lady is in a relationship with another man and he must continue to pay a certain amount of his earnings to support that child. He may or may not be in the child's life but having a child by a woman not living in his household makes being a male parent difficult.

The man works but has less money to enjoy the lifestyle he hoped to live. He also needs love and attention and could eventually live in the moment again and have a similar outcome. Now he has more kids to support and less money to explore life. If his overall agenda was to marry the woman of his dreams and raise his kids

under one roof, he will always protect himself when having sex with a woman who doesn't qualify. If his agenda is to explore the earth and have an income to support it, having a child makes that harder unless a person has the financial means to support both. If the man was to have a *chess* approach to dating, he would visualize the long-term consequences of his actions at all times.

Having an overall agenda planned gives a person a standard to relate to. A person will experience many people and encounters as they should due to life being designed for it, but if they don't have an overall agenda they will have no map to follow. We all know that having an overall agenda and plan for life is not guaranteed, things happen but not having an overall agenda leaves a person subject to another's agenda.

**A person must live in the moment and enjoy the moment but always allow the overall agenda to override any actions that would jeopardize it. This is the mindset of a true *overstander*.**

## ***Overstanding* Male Domestic Abuse**

Domestic violence occurs in American homes and in homes all around the world.

This is can be perpetrated by any sex but the most common instances come from the males so this book will focus mostly from this point of view. This book is not to judge or condone the behavior of male domestic violence, it is simply focusing on the motivations behind such behavior for *overstanding* purposes. We will break down the common factors and analyze them to trace back to the true motivation of such actions. The focus is on physical

domestic violence and not verbal. Although this book will not cover every motivation, we will cover the most common ones.

When we think about male domestic violence, we must break down the physical scenario.

Men are physically stronger than women. For a man to have a physical altercation with a woman, whom he knows he has a physical advantage over, can be revealing. This behavior fits a formula. Just like anything in life, if something or someone is more powerful and they feel that their power is not being respected, it can create a choice for that power to relate itself through its power. The motivation can be traced back to the deep insecurity of a man who knows that his credibility and self-esteem are tied to the response and energy of his female companion. If women don't cater to the ego, they threaten the ego of a man and that could cause insecurities to flourish. To protect the feeling of insecurities often times promotes anger because anger trumps guilt. This anger is then projected on to the female to increase the chances, through pain and fear, of making her continue to cater to the males' ego of power.

**This formula has some similarities to parents who feel the need to physically discipline their child. They feel a certain dominance over them and for that a certain respect should be given.**

This conclusion is made by analyzing the fact that a male couldn't possibly feel an accomplishment from a disadvantage confrontation so the accomplishment must come in the form of esteem to the ego. The ego is supported by feeling the power over the powerless and have them to cooperate. This is the atmosphere

created due to the respect of power. This doesn't just apply to humans but also too many others in the animal kingdom.

**The earth still supports the draconian energy of an individual that provokes the negative energy used to abuse power. The power is often fueled by anger to support the ego of the individual. It has become a way of self-identity to some. Individualism and ego are the two main reasons the planet is out of harmony. The strengths of some people should be used to elevate surrounding souls, not to intimidate, manipulate or separate from them.**

### **The entitled male abuser**

Society puts pressure on a man to take responsibility for his family.

He is responsible for providing for and protecting his family. These responsibilities create pressure. We must also consider the fact that America requires the body to work, sometimes long hours to provide for a family. A man dealing with the pressures of life and responsibility can develop a sense of respect for maintaining such demands. This respect for himself is what drives his ego to continue. When he feels his effort of maintaining these responsibilities is not respected by the people he's providing, that may provoke anger. This anger could come from feeling he has a lack of control over a situation he's responsible for or a lack of appreciation.

With the world being so complex with many things out of his control – that makes the control of home more critical to the common man. The man can be the king of his castle and make key decisions for his family.

The challenge to most male heads of the house is to be a leader and not a controller. Being in control and being a controller are two different things. Men can fall into the trap of being too controlling of their spouse. It can be a complex journey for some men. The man is responsible for providing and protecting but must limit the amount of control he applies to her. When a man doesn't apply this balance, it can cause his spouse to rebel and he may respond with domestic violence. The choice of domestic violence may come when a man feels words are not enough to regain obedience and respect, mixed with pressure and passion.

A leader knows he must allow kids and spouses to make mistakes that could ultimately fall on him to fix but that comes with the alternative to control. The man must balance this practice as well and not allow certain things that could be detrimental to the overall family's well-being.

More and more, it's *overstood* that women are also providers and bread-winners. It used to be that women were under no pressure to protect or be the leader of the household. Society placed that pressure on men. In more and more single-parent families, however, the father has abandoned the family, leaving the mother to shoulder both roles in the household. So she is entitled to the same respect, even though she's not a man or a father.

We must also *overstand* that relationships are difficult and every day will not host the same energy. When people are together for long periods of time, disagreements happen. Arguments and frustrations occur. These things are normal when a person is around the same person constantly. Women and men both can get

equally frustrated but the male holds more physical power and that's s challenge for some men.

**Considering the draconian system we exist in, women probably would have the same approach if the roles were reversed.**

Domestic violence happens during life eruptions and when a weak-minded male exercises his physical advantage. An argument places both couples on even ground. At this point, there are just words. As passion develops, so does the choice to escalate the assault. When a woman raises her passion, she may try to attack him with an object or something that will equalize his physical advantage. These attacks are few and far between, and usually in defense. When a male escalates his passion in the argument, it's much easier for him to use violence since he knows he has a physical advantage. It's similar to someone pulling a gun when they're engaging in a fistfight. It's common for people to quickly use their advantage in an even situation to hurt the opposition, especially if they have a dislike for them.

### **'Bad wife' abusers**

Some men may have a woman whom they feel is not good and is doing things to counteract the goodness of a family relationship. There are some things that women do that men use as an excuse to use violence against them. Things like adultery, negative gossip, disloyalty, heavy drug use, and highlighting his insecurities. Or it could be something as simple as talking to a friend he does not like or staying up after he goes to bed. This does not condone the behavior of a man who uses violence but the reality is, that passion can cloud judgment in weaker men. Some men feel that women

The Art of Overstanding should bear some responsibility when they verbally provoke a man during an argument. But this is when a man must step up and BE a man. There is no valid excuse for a man to strike a woman, unless in self-defense.

### **Unseen influences of domestic violence**

Most of us are unaware of the unseen influences of domestic violence.

Most people's frustration comes from energy. If a person's energy wave can be altered so can their mood. One must *overstand* that there are other elements that may cause people in relationships to argue. The chemical trails we breathe in can cause frustration to build up – it can be taken out on the closest people. The food we eat also has chemicals in it which may cause an unbalanced energy in our spirit. The television in our homes can lower a person's frequency waves and alter their energy level as well. The government also has mind-altering technology that can be applied to make people react in such a manner.

There are many things that can cause a couple to get frustrated with each other.

*Early during my marriage in California, I had many arguments with my wife inside the home. We noticed that we were getting frustrated once we both were home and often times around the TV. We also knew that chem-trails existed and may have been the cause. So we begin to pick up on the pattern of frustration building for no real reason. When those moments came up, we would stop and say, "These are 'chem-trail moments' and we will not allow it to ruin our day." It took some investigating to notice what was*



*happening but when we did get it, it cut back on lots of unnecessary arguments. Although we did have some legitimate arguments, they were no longer out of the blue from frustration.*

A person must take inventory of themselves to be able to identify when their energy is being altered by an unseen influence. This is a *must* to be able to combat all of the energy altering technology presents. This book will go into more detail about energy altering in the energy chapter.

### **The Antidote**

With men and domestic violence, it comes down to the challenge of not being weak-minded and taking advantage of physical strength.

A man must have respect for himself not to put himself in a position that could be worse. Engaging in domestic violence can have consequences and therefore, it may not be worth it. It's counterproductive to engage in something that can affect his overall status. A man must engage in a debate or an exchange with his spouse on his position. If the man feels the woman will not adapt to his position, he must show her his worth in his absence or through sanctions. If this doesn't work, then the man should make arrangements for a divorce or separation. This process is more complicated when kids are involved. Although it's more complicated, it's still not healthy to remain in a relationship such as this one.

## Relationship Conclusion

Relationships end for many reasons, but it's compatible with such a complex world of influence and self-identity. Some people are meant to experience others for different ranges of time. We can learn something from these experiences if we're wise enough to analyze our human encounters. We must not become unbalanced with self-love for the need of love from others. When we feel we must have the need for love from others, it opens us up to manipulation and self-esteem issues. There will be great relationships of all sorts and we will have some encounters that are not so great - but it's all one unique journey. Everything becomes a learning experience.

We should never feel that our self-worth is linked to another person's desire for us.

If that person doesn't want to be with us, then 'we must not be valuable enough' is the wrong way to think. That's giving too much self-esteem power to individuals. **We must apply overstanding methods to relationships so we're not emotionally consumed by them.**

# Chapter 4

## Racism in America

Why do we have racist feelings?

People find that most of it is trying to self-identify and taking exclusive pride in that identification. This pride can boost the spirit and pride in someone and help them navigate through life. The more someone respects the totality of all races, the more it counteracts the exclusivity of their race. This opposition is what motivates the divisiveness and negativity towards other races. It's a formula that relates to most of the division in things such as religion.

**The more pride a person takes in one aspect of a totality the less they will be able to *overstand* the totality and therefore will be subject to manipulation.**

If a person studies the planet, they will learn that many species stick together and will often come to the aid of a like species if in danger from others. A person will learn that certain species or insects take, steal and kill to get what they want. This reveals that certain races sticking together or battling other races isn't just something people engage in. The difference with people is that dividing, going to war, and hating other races is not productive in uplifting the vibration needed on this planet. Insects and other animals live in an environment that allows these actions without lowering the vibration of the planet. Humans are capable of destroying the planet, which doesn't work for man, animals or insects. It's this

reason that people must stop allowing race disharmony to keep this planet out of harmony.

This chapter will also discuss the start of man, why racism exists, the history of America's racism and what a post-racial society really looks like. Our nation hasn't had a real in-depth conversation about race.

We'll discuss the hard truth so people can gather more of an *overstanding* and use this as a platform to continue the conversation.

### **Overview of the History of America's racism between European and African Americans**

Most people have a conversation on race as if it has no history.

America can't have a conversation on race without starting at America's creation. A certain group of Europeans didn't like living under the dictatorship of the queen of England and the people in charge. Their souls wanted to be free and have the opportunity to create and achieve anything without restrictions. Christopher Columbus had discovered the New World while looking for a new route to India – a world inhabited by Native Americans. So these Europeans set sail to come here and quickly took over the land of the Native Americans, transported slaves from Africa to build the country, and were able to quickly grow as a functioning nation because of it. European people had imposed harsher treatment and oppression on others than the kind they sought refuge from.

During 1776, European Americans silenced the Native Americans and controlled the slaves.

This was their home and they felt justified in their actions. In order to feel justified in taking someone's land, bringing humans here against their will and opposing the same measures they fled from, this would equate to a formula of hypocrisy and elitism. One must feel superior in order to impose such actions on others to maintain a lifestyle. This is the core of what some refer to as 'White guilt'. One must have some audacity in order to change history and teach American kids that Christopher Columbus discovered America. How can someone 'discover' a place that already had people on it, without feeling superior? This is documented history without speculation.

This type of double standard energy keeps the vibration of energy on the planet unstable.

The advantages the European Americans had over the Native Americans, Mexicans, and Africans allowed the race to solidify their self-convincing belief of superiority. This grew and became almost inseparable when Europe Americans became accustomed to a lifestyle of control over many years. If any race has been accustomed to a certain lifestyle for hundreds of years, it will take an amazing *overstanding* in order to apply balance. This balance, in general terms, means Europe Americans must share power and influence while competing on a fair basis. African Americans and other races need to be relevant in order to achieve true balance. If all things are fair and everyone feels relevant, this will produce the harmony and the balance needed for human souls to exist without suppression. This balance is the point that America is evolving to achieve.

America has made progress in balance but still has some ways to go in order to achieve this. We will speak about some of the reasons it is so difficult to reach that balance for all.

We must understand the position of European Americans, and how it relates to the African American. European Americans have done horrific things to African Americans in order to have an advantage on the planet. This can cause European Americans to feel they need to continue the oppression, maintain power, stay steps beyond Africans, and regurgitate power to never receive the karma. European Americans can identify with the oppression they sought refuge from, so they're well aware of how African Americans feel.

The fact that most of the major corporations in the country are owned by White men can make it challenging for some African Americans to advance on a fair playing field. Also, many Blacks are not resentful about the past and would just like to be treated fairly going forward. That can be challenging for some Whites to accept when they continue to hear the outcry of the African American for equal justice. This concept is not the only one among Blacks and Whites but it is one that keeps people prejudiced. Until each side shows they don't harbor those feelings, pre-judging will continue and so will the uncomfortable energy. Whites own most of the responsibility to balance the harmony on the planet because they own most of the resources in America, and started the slavery trend in America.

**The mission to balance power with righteousness is the challenge many Europe Americans is faced with for their moral advancement.**

If they remain selfish during this time on earth, when faced with the decision, their souls will not advance. **(Reference Key 11)** When a person is more spiritually connected, it helps them make this decision, but doesn't guarantee it. Some people convince themselves of righteousness due to their consistency in attending church and praying, but when the challenge comes, unrighteous feelings are acted upon. People who choose special treatment over fairness operate in the mind frame of just one life. They want the experience they're having to be mostly about them and not about the 'Creator of All'. This decision for righteousness will be more of a choice if humans *overstood* that their soul goes through many tests while experiencing things in different body containers. After one life is over, the soul will have a different experience. When a person realizes that righteousness is more important than selfishness for the advancement of their soul, the current life they're living in will be processed differently.

All souls are here to experience life and adventure with few limitations but the human experience has been intercepted by *The Matrix*. Once a person allows their spirit and soul to get involved with comparing and competing they have allowed *The Matrix* to keep their vibrations low enough to remain under the Draco influence. **(Reference Key 12)**

Blacks can't be as proactive as Whites because they don't own as much.

If Whites are no longer in control of most things in America and everything is on an even playing field, Blacks will lack the motivation to hate Whites. European Americans understood how bad it felt to be told what to do, and to be under a 'glass ceiling' of

control. They wanted this freedom so much they threw out the Golden Rule, *'Do unto others as you would have them do unto you'*. This is important because it's the very core of the issues that America still faces today.

The taste of freedom was a blessing and a curse for European Americans.

Once they felt the power of freedom and control, they never wanted to release it. To keep this power and control means they had to do some devilish things. Some of those things involved acts committed against other races of people – things that today, we would not consider to be in keeping with American values.

**The upside to some evil is having an earthly gain of wealth and power, but the downside is the risk of the soul never advancing.**

The taste of freedom inspired entrepreneurship for a wide range of people who could get it done with cheap labor. This practice is what made America the superpower it is today.

**The fact that America became a superpower on the backs of black people is a major 'guilt' of America's illegitimacy.**

**For this reason, an honest conversation on race doesn't benefit European Americans financially, emotionally, or socially. This is why an honest conversation on race hasn't taken place up to the time this book was written. The challenge for the rich and powerful in this country is to release privileges and power for fairness to all humanity, as described previously. Europe Americans must come to grips with the fact that their success was only possible through the participation of everyone else. Often a**



**person thinks that they built their success totally by themselves without considering the factors put in place that made it possible. Most successful people try and block that out of their minds or convince themselves otherwise in order to produce the energy to perform at a high appreciation.**

**On the highest level, most people in power feel they're entitled to their position because they're direct descendants of the reptilian bloodline. Some *overstand* the power structure of human control and someone has to be in those positions to maintain order. (Reference Key 04)**

**Some powerful people fall outside the bloodline but are loyal to their position of privilege. This keeps the powerful in line with the controlling elites.**

We must understand what power does to the mind and the inner spirit.

Power makes a person feel relevant and alive. The energy that a person receives from respect and attention builds them as a person – kind of like a lady who needs a compliment to remind her of her beauty or value. This could be a blessing and a curse because once humans stick their heads too deeply into that rabbit hole, being on top becomes their God, their life, and their reason for existing. Since White Americans have not run into opposition, some even think they're special - that God meant for them to rule over others. Of course, this doesn't happen in all minds but most people that get caught up in themselves do have those feelings. We must understand the history and how White people felt about themselves in relation to Black people. Whites were called

'Master' or 'Mistress' and Blacks were called 'Niggers'. Whites owned Blacks and were in total control of the country.

**It's very hard to release that type of power, especially to someone that we once ruled over. This is where formulas come into play. No matter what it is, if it's a group that is experiencing an advantage over others, it is very hard to dilute the advantage by sharing it with others.**

Whites made Blacks do all of the work and hard labor while they worked on the more technical stuff. Deep down, the White man understood that by continuing to keep Blacks in deplorable conditions, while having them perform tough labor, was strengthening an already physically strong race. The things African Americans were missing were education and opportunity. European Americans understood that meant competition and would threaten their way of life.

**For Example:** Originally, the American Basketball League was made up only of White men. They had a monopoly on the game and were the only ones to enjoy the adventure of the game. Whites didn't allow Blacks to play in the league so this allowed them to perform without any outside competition. Blacks were eventually allowed to play in the game. Today, Americans can look out onto an NBA court on any given night and see all Black players from both teams on the court.

This is one of the greatest fears of the White power structure.

Once Whites took control of America, most things were created and implemented by Whites for the benefit of Whites. This means they had accustomed their life and soul spirit to superiority without

compromise. European Americans had no other race they needed approval or viewpoints from, giving them a false sense of human existence. Whites feel that the whole system is created by them and for them, and therefore feel it's their country. For this reason, it's difficult for some European Americans to accept and give respect to other variations of human creations, viewpoints, races, and styles.

European Americans must acknowledge the '*Set-Up*' of American history of White power, and how it affects the way they interact with other races and viewpoints.

**NOTE:** It creates a false sense of superiority. If a person can truly convince themselves that their practices are justified, it will help them operate in high spirits and confidence. A person's mind can project energy into the universe to give them their desired experience. If they feel they're the best God has created, that confidence is projected into the universe and favor will come to them. It's similar to the star quarterback on a team. He has the confidence of being the best man for the job. This confidence is what makes him perform at a high level. If we take that same guy and make him the backup quarterback, his confidence may not be as high, even though his ability matches that of the starter.

Also, if a person can suppress the guilt of illegitimacy, it won't affect their work ethic or tactics as much. This is a common struggle for European Americans in America. White privilege is often witnessed but barely reported or highlighted in America because it's counter-productive to them. This is why money, power and media control must be in the hands of the European Americans in order to keep such privileges out of the discussion.

## **CONFUSING RACIAL TOLERANCE WITH RACIAL IMPROVEMENT**

Many White Americans, would like to think that race relations have improved.

Although the American race problem has improved, the improvements that people point to are skewed. As time goes on, Blacks have been able to secure key positions in American society. Blacks are on TV and are role models for kids and adults of all races. This allows Whites to be more tolerant of the Black race than in the past. As time progresses, being openly racist didn't work for business or society. So the respect to *not* publicly humiliate the Black man has grown over the years. Considering that racism is less open, Blacks have some representation in key positions. Most of these improvements are due to evolution and must happen to keep harmony in America. That's one way of measuring progress.

**There's another way to measure progress in America – the number of racial incidents.**

A person can claim 'growth' as it pertains to an issue when they haven't had to deal with the issue for a while. The REAL measure of growth is how we handle it when the challenge comes up again. White Americans say they've evolved on the issue of race, but the true test is when someone White does something racist. If that person remains silent or doesn't condone that way of thinking, they have not evolved on that level. They have become more tolerant of Blacks, not less racial against Blacks.

**STAMPLE**

*A man cheats on his wife in front of her, daily. Often, when she comes home, he's having sex with another lady. Sometimes, he even asks his wife to join them. The wife feels trapped by his power and takes this treatment for as long as she can. She then decides to leave him. The wife leaves for four days. She chooses to go back when he says he will stop having sex with other women. When she returns, the husband never apologizes even though he knew it was wrong and had deeply hurt her. Weeks and months go by and the subject doesn't come up. The relationship seems great again until the husband comes home smelling like perfume from another lady. His reasoning for the perfume could be innocent but she is now questioning his motives and an argument erupts. She is still hurt about him cheating on her, she still has the images of him on top of someone else and she reveals this in her argument. The husband says that she is overreacting and is taking them backward in the relationship versus going forward. He says things like, "You're being divisive by continuing to bring up the past instead of looking at how far we have come. We haven't had an argument about this in months."*

## **What's really going on?**

He never apologized, acknowledged responsibility, or displayed actions to show he'd changed.

He also thought they had improved just because they weren't arguing. They weren't arguing because he wasn't cheating. When he was faced with the same encounter, he chose not to display growth and slept with another woman and this caused old feelings to erupt. We must understand that, without acknowledging the history and the root of the problem, things are not solved just because they're not discussed or experienced. If a person repeats the offense that caused the tension to begin with, they should expect a similar or even more outrageous response. We must *overstand* that just because a couple stops arguing about something, doesn't mean they have grown from that issue.

The time to show growth is when the issue comes up again.

## **ALL WHITE PEOPLE ARE NOT THE SAME**

Just like all Black people are not the same; all Whites are not.

There are great White people out there who want liberty for all. They believe in a fair shot for every human being. They believe that this world is bigger than they are, and that it's a moral challenge to make less of any of God's creations. They don't care if they were once what was considered to be a 'superior race' in America. They want to live morally right and compete with a clear conscience.

**One must remember that humans are spirit-filled and experience driven.**

**They feel about things according to their experience. So many European Americans that feel closer to Blacks being treated equally, are usually Whites who are not in power positions. This means they too experience a sense of discrimination and unequal footing. Most souls are more compassionate when they can identify with an experience. If European Americans are in powerful positions and benefit from it, the enjoyment of their experiences makes it more challenging for them to be as sympathetic as other European Americans. This formula is the same for all races. The driving factors are the positions and the experiences that come with those positions and levels.**

There's another White man - a man of separation for gratification.

The Black community refers to this White man as, '*The Devil.*' This person identifies themselves through the suppression of others. They need to have a superior feeling in order to feel relevant. Their forefathers owned the land and they hold onto the superiority of that time. When Whites refer to their forefathers, they are referring to white supremacy. The forefathers were not good to Black people. These are the people that, no matter how America adjusts, will make sure to stay one step ahead, just to stay in power. The slaves were freed by the good White people - but what did the other side do? They created 'separate, but equal'.

This was a tactic to continue the separation between races.

This also allowed Whites to continue to have better things than Blacks in America. Everyone could ride the same bus but the Blacks had to sit in the back section. The places were separate but they

sure were not equal. This is a prime example of staying 'one up' on the competition while withholding power from others.

Eventually, Blacks, and the good White people decided that their races shouldn't be separated.

People felt a moral obligation to allow every human in America the same rights. The White people of power understood that they had to stay one up on everyone and maintain their power structure. Blacks were freed and had the same opportunity as a White person, but they didn't have the *advantage* of a White person. The people of power wanted to continue their, 'Old boys Club' to make sure the power was not shared, and that Black men would have a hard time moving up into a position of power. A few Blacks broke through so it would not be obvious, but most of the people in power would be White.

To keep this system going, the bad Whites unleashed a silent war on Blacks in America.

Some good White people understood this method, and joined the fight again to ensure Blacks had equal justice.

**Blacks must remember that there are a lot of White people who choose morals over money and power. A huge number of these people don't have much power so this may be a possible reason for their position - but maybe not. We must keep in mind that people's souls adjust to their experience. If a White person is a common person with limited power, often they've experienced enough depression to identify with the Black race. If a White person has had no experience with financial stress, they may not**



**identify with the Black struggle because it could jeopardize their lifestyle.**

There is also a deeper meaning of why all White people are not the same. This planet has top secret information on this topic. To gain a better *overstanding* of the planet we're living on and the true protocol of power, we must check the reference book. **(Reference Key 04)**

### **The difference between *White people* and *White power***

True White power players are interested mainly in controlling things and people on this planet.

They identify with regular White people and even socialize with them but, on a controlling scale, even successful white people are just a part of the masses. The successful White people in this country may feel they're part of the power structure because they have money, local influence, and a few connections. In reality, they're just pawns, to keep the influence of the true White power operating. The formula of giving someone more than they had, but less than they deserve, is what keeps the people at bay.

Whites protect White power for their image.

They benefit from this financially and emotionally. This may be the reason why most Whites don't challenge other Whites publicly on issues of race, social injustice and foreign affairs. What White people don't *overstand* is that there's a line between *White power* and *White people* - that some *White power* people are different than regular White people. Once regular White people realize that they're perpetuating an agenda against their own demise,

The Art of Overstanding  
disguised by power and privileges, they will make it more difficult for White *power* to run the planet. As the American White power structure advances their agenda with other world leaders to have a central control over the planet, more White people will feel this manipulation.

The White power structure keeps the public distracted by racism.

White power manipulates White people into supporting their agenda through racism and politics. It's harder for Whites to identify with this manipulation because it's being done by other Whites. What the privileged don't *overstand* is that the *Elites* affect the people that the privileged *need* to survive - lumping everyone into the 'same boat' while the *Elites* control the 'ocean'.

Here's how White *power* manipulates White *people*.

### STAMPLE

*A huge storm threatened a small island. This storm was huge and could completely wipe it out. The storm was two weeks away and everyone was scared and wanted to leave the island. They only had one large cruise ship which could carry 500 people. This island of 3000 people was in panic mode! The 500 Elite people on the island knew it would be challenging to get off the island with so many desperate people. The Elite hired 50 armed guards to watch over the ship, allow them easy access in, and keep the other people at bay. The*

*guards were showered with gifts, public recognition, and money. They were also promised places on the cruise ship. The guards felt more important than the rest of the public because they had more power, money, and fame. The guards even constructed a plan to distract the public to make their containment of the public easier. They announced that more ships and submarines would arrive on the opposite side of the island. When the storm was one day away, it was time for the Elite to set sail. The armed guards were busy distracting people from the truth while showing their force of firepower. As the Elite ship sailed safely away, the guards realized they were lied to, and they're stuck on the island with the rest of the people they were in charge of. (Reference Key 14)*

**If control over this planet is to pass from a few powerful players over to the masses, White people must join forces and use their limited resources and knowledge to take on White power. The longer White people wait, the more challenging it will be to reverse the course.**

### **‘White privilege’**

It’s difficult to discuss White privilege.

The discussion identifies many things that affect the positive energy of European Americans. Privilege can be identified as

having an advantage over other people operating in the same capacity. If a person needs an advantage just to compete or to win, emotions are triggered telling them they're not that great. These emotions are usually counteracted by convincing one's self that they are great, that they have this position due to their character and work ethic. The more a person convinces themselves of this, the better they can operate at a high level. To identify the advantage is counteractive to convincing one's self, so it triggers anger emotions. For this reason, when people identify White privilege, many White Americans choose not to agree that it exists.

**This uncomfortable feeling can make a person envy or hate another person or race because of the need to have an advantage to compete.**

Some European Americans say they had to work hard to make it in America. Some Whites say they grew up poor too. As an *overstander* one must know that every European American will not be privileged, just by the number of people and the formula of life. When this concept of struggle and being poor by Whites is displayed, it's convincing since they have no advantage due to their economic experience. White privilege is never solely one thing such as economic power but has many different advantages that one can benefit from *indirectly* from economic power. The media image of European Americans as portrayed by European Americans is positive and sometimes softens the negative events.

**The ability to control the image Americans see and think about a race is a privilege.**

What people see and hear through the media is absorbed by their subconscious. So a White person *without* any economic power and wealth may be perceived better than a Black man *with* economic wealth and power. This advantage plays a role in American society in many ways. Just look at the shopping experiences, police perceptions, the criminal penal system, and employment. Poor Whites endure pressure from the economic system but Blacks endure pressure from many other factors including economics. Blacks are given limited resources for their education and after-school activities. Black people are still being depicted in some American media channels as criminals and thugs with limited successful occupational choices such as sports or entertainment. Black radio plays songs that are destructive to the community and this doesn't happen on White radio stations. There are many other examples of oppression that Blacks experience that poor Whites never have to. The point is, poor Whites would like their struggles to be compared equally to those of Blacks, based on economics alone – without considering the many other privileges they enjoy.

To only consider privilege in the realm of economics allows poor Whites to feel on an equal footing.

To feel that they still have privileges takes away from their self-esteem. When poor White people compare themselves to Blacks, it sometimes produces White guilt since they know they still have some advantages.

Economic privilege - since the United States was born - is what keeps European Americans in charge of the country they took from Native Americans. One must *overstand* that power and privilege feel great, boost the system, and raise the vibration level of the soul experiencing it. This has been practiced in America for over 230 years, so it's synonymous with life here. This means that, when a person feels that power and privilege are synonymous with life, they'd rather die than not to have it. This also means that they run a high possibility of entertaining thoughts of destroying it for everyone else. This is where the delicate dance of power comes into play if citizens really seek change. All American citizens are not privy to the information and tactics the government has in place to destroy things if they can't control it.

**Americans must be made aware of the importance of equal rights and justice for all. White privilege must be diluted in order for this to happen. With it diluted, fewer people that identify life with power will *have* that power. They will either go into a deep depression, commit suicide, or allow their anger to lash out and destroy others. If citizens threaten the life of these powerful people, they'll be attacked, often without knowing it. This is because the *Elites* are a team with communication and coordination, while citizens, on a large scale, are not.**

To keep from destroying things, European Americans contain the power among themselves.

This is not to mean that other races and energies won't be among them. It means that they will always have a ruling majority. Having this economic web of power keeps the power in check. The web is designed for one company in power to need another company in

The Art of Overstanding power in order to *stay* in power. This is designed in case power is a threat to the overall structure. At this point, the power structure in violation will be threatened with the removal of support by other powers, bad press, and loss of monetary advantages.

## STAMPLE

*An African American quarterback plays football for a professional American team. He's paid millions of dollars to play a sport he loves. The quarterback sees a lot of unequal justice happening to African Americans and decides not to stand for the national anthem or for an American flag which was - to some people - a flag that stood for Whites only. The original national Anthem stated, "No refuge could save the hireling and slave from the terror of flight or the gloom of the grave". This poem was written about the American war of 1812. The reference to killing slaves was in reference to the slaves who escaped, joined forces with the British soldiers, and overtook America. So basically, the American national anthem is from a poem in which America loses a war to British soldiers and former slaves. When this poem was first written, America was still a slaved owning and White dominated the land. When the slaves were freed and Blacks and others contributed to America, it was not beneficial to*

*keep that portion of the poem in the national anthem. After the quarterback decided not to honor a national anthem, others began to join him. This changed the formula. Now the movement is growing.*

### **What's really going on?**

This can threaten the legitimacy of the flag and of the anthem.

The *Elite* know that this can grow in ways that could ultimately threaten White power. The *Elite* need people to be indoctrinated with their rituals in order for it to work.

When people aren't obedient to indoctrination, they lose control of their minds.

This is one reason the military paid money to the NFL to use their players as national props. The players stand with their hands over their hearts so Americans are more inspired about their country. The indoctrination of 'love of country' allows the American *Elite* to do tragic things to other countries and still receive support from its patriots. This *Stamper* brings us back to White privilege and why it must be defended – they need to receive the energy convincing brings.

American Whites and Blacks soon became familiar with the unfair treatment of Blacks in the United States. So did the rest of the world.

There were many instances of unarmed Black men shot by White police officers without consequences. The media, controlled by



mostly by Europeans and Jewish Americans, knew what to show through their media outlets to engage the people. They also didn't show much interest in fixing the issue of Blacks getting killed. Police reform, prison reform, and economic unbalance in the Black community are things that didn't get fixed and are rarely publicly discussed. To know these things to be true and to still feel that everyone will feel the same about an anthem or flag is self-centered, and an attempt to hide privilege.

A common distraction attempt is having a Black quarterback tell everyone that he feels privileged to make a lot of money in America doing what he loves.

When *overstanders* break down this comment, they discover a couple of things.

It admits White privilege by telling a Black man that he's lucky to have the same experience as privileged people in America do. It also says that he should keep quiet and benefit as they do. This reveals why most Whites won't speak up for the injustice of Blacks on a larger scale - it threatens privilege. It also reminds everyone about the perks of America where regular citizens can work their way up to economic freedom.

This comment also relays the message that Blacks should be thankful that Whites allowed them to make this much money - so they should remain silent about the injustices their kind still experiences. This position is implied by noting that people rarely complain or mention how much money the owners and advertisers make. These players make millions of dollars but

even more people benefit – receive MUCH more money - because of it.

Even the local bar has a boost of business from patrons coming in to see the games. The game of football affects many people's lives in America emotionally *and* economically.

Since the Black football player's protest was a threat to White privilege and power, most major media outlets and Whites didn't discuss the meaning behind it.

The media focused on the protest, and expressed dislike for the quarterback's actions. To discuss the meaning behind the protest would reveal White privilege and power – it would reveal selling an image of inclusion when it's not the truth. To really engage in what the quarterback was protesting against, would mean that White privilege - and the historical advantage - would be put on trial again. Whites will have to revisit the privileges and advantages they currently have. If they really wanted to correct the problem and give equal rights to Blacks, one must remember that this will dilute the power held by people in power. Given this fact, Whites focused on the protest, rather than the reason for the protest.

The trend grew. Other players chose not to stand for the flag or anthem, so the power structure got involved.

The power structure which owns all the media changed the narrative - from someone exercising their right to protest, to someone disrespecting America and the armed forces. This narrative allowed many White Americans to overlook the First Amendment and see a Black American as someone who was

unpatriotic. If the player had said he was ashamed of the military or something negative and that's why he was not standing, then a valid point of disrespect could be made. This is not why the quarterback stated he's not participating in the anthem. To make it into something that it's not, just to fuel a narrative for opposition purposes, shows a discomfort with the truth. This tactic rallied some Americans to continue to overlook the injustice Black people live with, *and* First Amendment rights - all in the name of patriotism.

**This response from Americans proves the player's position is valid.**

If people were in step with the constitution, they'd have supported a peaceful protest. The truth is, even if most Whites were behind the player and the movement, the *Elite* Whites control the media so they control the narrative. They can make others think most Whites are against the movement. This can convince non-*overstanding* Whites to change their minds about the issue and jump on the bandwagon.

**Power checking power.**

The National Football League is a billion-dollar industry, which means it's close to one of the power players. Other people of power must keep the NFL in check by threatening to pull support.

The NFL would like to respect its players because that's how they make the money to maintain their position of power. Once they're in power, they're part of the power web and need the support of others. Other power structures put pressure on the NFL to have *all* of their players stand for the anthem or they

would pull their sponsorship and engage in negative media, so viewership would go down.

**In response, the NFL created a new rule stating that all players on the field must stand for the national anthem and for the American flag, if on the field.**

Example - The NFL told the league owners that they'd be fined five million dollars for every player who did not stand - each and every time it happened. The owners held a meeting with the teams, informing them of the new rules. They explained that if they choose not to stand they would not play in the first half, and they'd be fined five million dollars. All players began standing for the national anthem. Once again, the power of White privilege was maintained.

This is one way that White power uses economics to keep other powers in check.

White power rolls the pressure all the way down to the source to keep things in order. Since Whites control the rules, they can change them to ensure that power is maintained. This is how the NFL immediately mandated new rule changes without opposition and forced it onto the league owners. This power structure can't continue to maintain itself unless the powerful positions are contained between other European Americans. This is possibly why – during the time of the preparation of this book - NFL league owners are 100 % White.

Black NFL players didn't choose to take on racial injustice in America, but they know it exists.

The quarterback who inflamed the country through his protest was expelled from the league. Other players, however, identified with the cause and displayed their level of non-participation concerning the indoctrination. The combination of pressure on the NFL and the fact that players were getting paid good money to play football convinced most of them to cave in to the new rules and begin standing for the anthem again. Blacks are not as oppressed as they were during the civil rights movement, so they have less of a desire to stand for something. Since civil rights were not the football player's motive, expertise, or profession, the impact to coordinate an effort for the cause was not strong. The players held all the cards to be respected as Black men and to have the public look into the issue. The players made millions of dollars, but many other people also benefitted from their dangerous entertainment. The players are not replaceable - everyone else is. The players are the best in the world and can't be replaced as an owner or sponsor might be.

**If Black players refuse to stand for something they don't believe in, everyone would cave in.**

If they don't play, then a lot of people will not make a lot of money. The players have the power to make the change over the power structure. The players may have missed an opportunity to bring awareness to their cause. This comes from a lack of coordination by the players, by Blacks, and by society as a whole.

If America is the country most Whites says it is, there should be outrage by *every* race over so many unarmed Blacks being killed by police officers.

Holding this economic power gives White Americans a sense of freedom and that raises the vibration level of the race as a whole. Some Americans said they didn't want to watch NFL games because players were not standing for the anthem. Not standing for the anthem is a constitutional right and was not currently a violation of the NFL's rules so everything should have been fine. The reason others don't want to watch something like that is that it takes away the pride of their position. If everyone supports the position, it gives it power. When someone doesn't support the position, it raises questions and doubts. This is one reason why someone would stop watching something they love - someone doesn't agree with their viewpoint. This is like someone not attending a religious service because someone has a different religious viewpoint. It shouldn't affect how others feel about what they love unless there is a deeper, hidden agenda.

**As racial diversity grows in America it will be harder to continue White privilege under the disguise of 'justice for all'.**

As policies become more progressive in favor of the powerful, more people are recognizing the manipulation. More Whites will feel the same oppression and will begin to speak out against the true *Elite*. The regular to underclass Whites that keep others at bay for the *Elite* will now begin to feel the pinch of oppression as well. This will not sit well with these groups because they too have been accustomed to some advantages. This will make things messy among European Americans, because the same people who supported the power structure are now feeling the manipulation. This will threaten the most powerful *Elite* position of power. SO - the thought of destroying a large number of

people in a manipulative way to maintain this power is highly possible.

**This danger faces not only Americans but the world as a whole.**

This makes sense to an *overstander* who knows the level of existence and responsibility among humans and beyond.

{Reference 04}

### **Social privileges**

Whites receive the benefit of the doubt in most life experiences. Since it's socially agreed upon that Whites are rich and powerful people, society really never knows which White person is rich or related to power. This usually keeps law enforcement in a respectful relationship with White citizens and inspires compassionate justice in comparison to their Black counterparts. This social privilege, fueled by media imagery, has many built-in perks, from the assumption of wealth, to having an intellectual advantage.

Showing White images as beautiful fuels their spirits. They don't feel they need to conform in any way to maintain this level of energy. Blacks do not have the advantage of projecting their images as beautiful on a large scale due to a lack of media control. So African American women feel they need to look European in order to be considered beautiful. This is why many African American women wear unnatural hair and European accessories. This is also why Blacks feel the need to dress impressively, or make music about having money. They'd like to break the stereotype of being broke and the desperate actions that come with it. These are

just some effects caused by the advantages or disadvantages of social privileges. There are many more.

### **Employment privileges**

Americans hear about Whites getting jobs over more qualified Blacks. This is White privilege.

There may be many reasons why a less qualified White person will be hired instead of a Black person. Let's discuss why this happens. One must remember the regurgitation of power in the White race has happened for many years, so there is a strong mission to maintain that. For a White-dominated company to hire a White person who is less qualified than their Black competition is not unusual when we put things into this perspective.

Giving a White person an economic advantage like a job keeps the power structure in this country White.

Having people that look like them and think like them in the workplace raises the respect for their own race and that keeps the vibration high. Having the same interests and communication makes the work environment more comfortable to one's soul and makes the workday enjoyable. Whites also carry a very high energy vibration as they're not dealing with as much oppression and financial turmoil. Whites know that other Whites are familiar with that same energy source even if they're not experiencing financial freedom at the time and this makes them a better fit for some employers.



Hiring qualified Blacks counteracts some of these benefits.

Blacks have experienced discrimination, hardships, and disappointment for so long, that it's implanted a spirit of resentment, lowering their energy vibration. That lower energy can offset and interfere with strong White vibrations and that is unwanted in their environment. Sometimes qualified Blacks are hired and this keeps things in the office from being completely unbalanced. Blacks may operate differently or bring a different energy to the environment and this keeps Whites on alert. They will not allow too many people of this energy to be among the powerful because then it threatens the direction of power and policies. This means, if they have filled the quota of having the energy that comes with a Black person, they will choose a less qualified white person to fill the role.

**The need to protect this privilege may create an atmosphere of immoral thoughts.**

If a person tries to maintain privilege, they must engage in ways to keep others from it. Keeping others from advancing their life experience in reaching the same level of privilege is distorting life's experience. This also places a person in a position to develop evil thoughts to maintain privilege. This is one of the dangers of privilege and the effect it has on the souls in *The Matrix*.

**It's also overstandable. It's not considered a privilege if everyone has it.**

A danger of being privileged, is that it causes a person to become oblivious to what most Americans are going through and living like. It's easy for things that don't affect their privileges not be a concern

to them. People will be unable to relate to certain peoples' actions or reactions to specific things. This distorted view of reality places the person of privilege in a narrow mindset. It takes away from a true spiritual connection of respecting all levels of life experiences.

**Privilege creates an atmosphere in which there is a guilt factor.**

The privileged person knows their life is much easier than that of many other Americans. The guilt comes in if a person is privileged without putting in more effort for that experience than others. This can cause a person to experience an emotional roller coaster of guilt versus enjoyment of their position. One method of overcoming privileged guilt is to feel entitled to the lifestyle or position. Feeling special and as if they're entitled to this lifestyle takes away most guilt. It's also another level of reality with the privileged entitled people on the highest level. **(Reference Key 18)**

Another method to overcome privileged guilt is anger.

People with privileges defend their lifestyle or position with anger. This can make it difficult to have any meaningful conversation with them about a host of issues. This anger can also cause irrational behavior and cause the privileged one to be easily offended. Developing this anger becomes a distraction tactic not to deal with the issue of privilege.

Privilege has a control advantage to it.

People get accustomed to that control and demand things of others. This control is also a method to keep the planet in an unbalanced vibration. This control is dangerous to the privileged if

they're unaware of their surroundings, and unaware of whom they're trying to control. This causes a secret envy towards the privileged and places them at a disadvantage. This can also make a privileged person feel they must be in control of all aspects of their life experience. This makes it more difficult for them to experience an environment they can't control. This causes major anxiety for some people. This anxiety will not occur as much if the privileged person had more respect for all levels and *overstood* that sometimes someone will be in charge of *them*.

## **PROUD TO BE AN AMERICAN**

Most European Americans are proud of their country for the benefits previously mentioned and more.

But the things America has done in order to receive these benefits are things many would *not* be proud of. This means a person is proud of enslaving people for monetary gain, economic collusion by one race, delivered oppression, manipulation of other countries, taking without negotiation, and being the 'worlds bully'.

The system was not set up for any other race and therefore wasn't designed for any other race.

The system of freedom and opportunity has expanded to other races of people they weren't intended for. Since other races receive some of the benefits set up by European Americans, they should be proud. Basically, European Americans say people should be proud to live in a system they created for themselves because they benefit from it too. What's being overlooked is the history and the experience of other races in America.

The history of African Americans is different.

They may not be as proud of, or feel the same way about the country due to their experience regardless of the economic benefit. Only an arrogant person expects someone to love something as much as him when they've had a less desirable experience. So if someone lives in America and is not proud of its history and current experience, that's fair. America created the conditions for such diverse emotions to occur. Most proud American citizens don't *overstand* that America is a corporation more than it is a country - and the corporation has major stakeholders that aren't even *American!* Having American citizens be proud allows the *Elite* to do things with the consent of brainwashed people.

America has also done some great things and made great strides. America has helped many countries around the world and is considered the power source of the world. The system set up in America gives people more freedom and opportunity than many places in the world and that is something to be proud of.

The point is, there are many things to be proud of about America - BUT - there are plenty of things *not* to be proud of.

Given these facts, one must not feel that everyone must be proud of America in order to live there. To suggest others must leave a country because they haven't had the same joyful experience is being insensitive, self-centered, and arrogant. The people who suggest this are trying to defend an identity. If people don't agree with a person or support their ideology, it weakens their confidence in it. This must be defended at all cost. This is where the 'take it or leave' approach comes from. This is where the

The Art of Overstanding  
comment, *“If you don’t like America then leave”* comes from. Most people who make that comment forget that the country really belongs to the Native Americans.

## **THE SILENT WAR AGAINST AFRICAN AMERICANS**

This silent war is seen and felt all around America but rarely discussed.

The core of the issue is that many Blacks are still denied the opportunity to work and earn the same living wage as Whites. This is how European Americans retain power and confidence. Denying Blacks the same financial opportunities has its effects. Whites have created a neighborhood full of Blacks that live below the poverty level. These people are depressed and can feel the discrimination. This plays on the Black man’s self-worth.

**It’s in the best interest of the Whites in power, that the Black man doesn’t feel self-worth.**

This has always been the position of White men in America when it comes to Africans. This is how slavery was able to be carried out. The slaves were bigger and stronger but it was in the best interest of the Whites to keep them uneducated and uninspired. Financial struggles combined with unequal opportunities keep the Black community in disarray. To add fuel to the fire, liquor stores were planted throughout the community along with illegal drugs and guns. Most of the store owners in Black neighborhoods are not even from America. Most of them get tax breaks for opening up a business. If that same opportunity was afforded to Blacks, America would have more African American store owners. America doesn’t give incentives to African American store owners because that

would be counterproductive to the silent war. This tactic is also geared to keep Blacks from recycling money back into their own communities.

Blacks don't make guns, and they don't make the drugs that flood their communities.

This means the people of power, that we trust, are supplying poor neighborhoods with these items. We've never heard of a group of blacks robbing the people of power for drugs or guns so it's obvious they've been supplied by our power structure. Once America introduces poverty, drugs, guns and alcohol into a community we can almost predict the outcome. Broken spirits find escape through drugs and alcohol. Once they consume it, they will need more of it and it leads them on a destructive path. Alcohol is a controlled substance that can result in violent behavior. Drugs can be very addictive and can force people into illegal activities to support their habits. So, it's no surprise that black neighborhoods are full of violence and drugs. It all stems from not having the same financial and educational opportunities, not feeling relevant, receiving unfair treatment and manipulation tactics by the elite.

The media is used to assault the Black man's image – presenting him as a drug dealing thug.

The American power structure provides the atmosphere for such chaos and highlights it to maximize the effect. These White created images, mixed with true situations, shows the Black race as unbecoming. If other media outlets glorify the lifestyle, it can, unfortunately, influence other Blacks to continue the lifestyle of

drugs and violence and continue to plant stereotypes inside the mind of Whites.

Hollywood creates self-esteem issues by mostly ignoring people of color.

This makes people of color feel their projects or self-worth is not worthy to be highlighted and recognized. This is another example of privilege and control - projecting a false narrative to the public. There will be a balance when it comes to unfair practices, and even karma if we choose to believe in it.

**People of color must not give power to the media and their award shows which project a false narrative. People of color shouldn't feel any less of themselves because they haven't been recognized by a self-serving system. The power the media has is to recognize someone for their accomplishments on a national scale. Blacks must never allow that power to determine *their* talents. Don't allow an unfair and unbalanced system to define or affect one's spirits.**

**The long, silent war on Blacks is another reason why race is hard to speak about in America.**

Whites don't really want to investigate race inequality in America because they know they're the root cause of it. The people in power created this scenario for Blacks to endure. They know that they created a situation which would make Blacks do things out of character in order to survive. They also understand that Blacks are wounded people and their character may reflect that at any time. For this reason, it's hard for Whites to think that Blacks are

innocent or worthy. This also makes it easier to display people of color as dangerous and untrustworthy.

**It is part of the reason that many police officers are not held accountable for killing Black men - they say they feared for their life while in apparently non-threatening circumstances.**

Whites are afraid of what they've created.

They understand the only way to fix it is to start with economic and social equality. This equality poses a risk to white supremacy, and the fear of losing power, leverage and security. This means generalizing their existence of exception in this country. Until America is honest about this, there can never be an honest discussion on race.

### **Silent war strategies**

The silent war has been in effect since slaves were brought to this country.

Even though Whites made significant progress, they're still battling with privilege versus 'justice for all'. At one time in the media, Whites would put on what they called 'black face' to portray a Negro. Blacks were so restricted, they were not even allowed to play themselves in mainstream media. Blacks were eventually able to appear on TV but started off with black make-up on already black faces. This furthered the stereotype of African Americans as buffoons, not to be taken seriously.

After some Blacks were freed, the media characterized them as animals without a master's control.



White Americans basically showed that they expected Blacks to be released from years of physiological and physical oppression with no side effects. Even if Blacks were not affected by slavery, the Whites made sure it was publicized that Blacks were an inferior race. Slaves were known as property and once the slaves were free many Whites received reparations for their loss of property.

European Americas made great strides by freeing the slaves but still had a long way to go.

Black slaves still had no rights when it came to Whites and were considered equal to 3-fifths of a White person, due to political influences. America even advanced from feeling Blacks were worth less than one vote, and developed a *separate but equal* relationship. The atmosphere was separate, but defiantly *not* equal. For both races to have equal privileges would mean that White Americans would no longer benefit from the spirit of superiority.

**Once superiority is the sole reason for existing, people will avoid a broad *overstanding* and disturb the harmony that's meant for this realm of existence. We run the risk of justifying evil acts as a part of our position to maintain power.**

America continues her journey to be a perfect union by abolishing *the separate but equal act* and allowing any and all people to integrate. Although this legislation was passed by some great White people, the silent war continues.

America is at a place where there are no public laws of discrimination against African Americans. This only means that the tactics to continue the silent war have changed.

The war tactics of European Americans is more covert, and targets separation of families through an unjust criminal system, high unemployment, violent music, media influence and perceptions. This silent war is waged mostly against Blacks in this country by European Americans. Blacks are not getting the attention they deserve over what's happening because they lack the coordination of joining together with the *overstanding* of the manipulation. Many Black Americans feel the oppression but have no real communication channels or agendas to free themselves from it. For this reason, most Blacks continue to tolerate and adapt to society than try to change it.

Other races may have had some obstacles, but the Black race has a history of oppression. This comes with a strong motivation to keep the systems going.

One is to not allow the race which once oppressed them to be their superior. This makes it too easy to refer to it as karma, or suffering the consequences of their actions. Whites must also maintain the narrative that they're the most capable in order to fuel their confidence to accomplish things. Owning most of the controlling interest in America helps fuel that confidence but must be protected with superior imagery. Allowing people of color to be recognized and appreciated for the same things Whites are highlighted for will dilute their perception of themselves if done dis-proportionally.

## STAMPLE

*In 2008, America elected its first Black president. Americans feel they have overcome lots of racial hurdles by electing someone who was not White to lead the country. The president was of the Democratic Party but faced opposition from the Republican Party in a way no president before had to endure. Nearly every single move or act legislation this president wanted to introduce was met by opposition from the Republican Party. Often one heard commentators say Obama was not a real American, or he lacked the leadership skills to be the president. The first Black president was not only elected by America but was re-elected by America. If a President is reelected, why is he met by so much opposition from the Republican Party?*

### **What's really going on?**

It all comes down to 'perception'.

Whites up to that point had always been the face of America. The perception of the White man is honored over all others. Having a Black face in that position jeopardizes that. So the media on the Republican side had an agenda to make the case that only White people were capable of running a country created for White people. By trying to protect this narrative, one must meet the president with opposition and unfair criticism. This negativity

allowed the public to draw a racial conclusion from a country deeply rooted in racism.

**Most politicians like to imagine that racial feelings disappeared just because some laws were changed, so their comments have no racial basis. The truth is, it's hard for Blacks in this country to feel that it's not racial when these practices weren't used against White presidents. So the struggle to protect the image of only White sophistication is met by being politically correct – the fallacy that all Americans are sophisticated, and minorities and women can handle the same tasks as White males.**

Some people say the election of a half-Black president set racism back *years*.

When people analyze it, having a president of color for the first time injected racism because now Whites were in a position to publicly criticize a president of color from a country built on racism. This contrast forced people to debate and study the difference in treatment of this non-White president with past presidents. In a country with such a deep and dark racial history, it's naive not to consider a racial component to some of the comments and tactics directed toward the first president of color. The racial divide, support, and dissatisfaction for a president of color all stimulate emotions and spirited discussions.

**This energy is what feeds the *Elite* and continues to keep the masses occupied, while being controlled spiritually, emotionally, and physically.**

**The election of a person of color was necessary to keep the masses occupied with something fresh and new. The election of**

his predecessor exposed too much of the *Elite* agenda and power structure so the timing was right. His predecessor exposed that he was a part of a power structure that was interested in more than America - they're interested in the world economy and its structure. With the first attack on American soil, the president of the time remained seated in a chair in a kids' classroom after receiving the information – a terrible response. The president of color was also under the same control as his predecessor, but responded by switching the focus to race and other social issues.

### **Silent war tactics**

Blacks are damaged people with years of depression and historical identity issues.

Many come from neighborhoods with more drama due to a lack of income. These pressures the human soul must endure make it harder to exist with the same vibration as the energies of people with power and money. Blacks endure more stress and obstacles in America, not just because of the color of their skin, but due the *history* of their skin. Instead of Whites adopting a spirit of compassion, many take the easier route of domination and denial. This makes it easier not to accept the job application of a name that appears to be from a person of color, or to not hire a more qualified black person over a white person.

### **The key to a healthy family is financial security.**

This means having what's needed to live. The male role is to be the key provider for his family and a positive influence on his children. If America takes job opportunities away from the men, it makes it difficult for them to *overstand* a society that subconsciously

equates 'providing' with manhood. If this man can't provide for his family, his soul is torn with decisions on how to do so. There all types of scenarios and decisions human souls must face when placed in this position. Let's briefly discuss the most common two scenarios and decisions.

**1. Wait it out. Make a small amount of legal money until he can find secure employment.**

**PROs:** This keeps men productive while buying time. People project the energy of desperation out into the universe and there's a good chance they'll receive some type of employment. This approach keeps a person from making a decision that can worsen their current situation.

**CONS:** Waiting can add to a man's emotional depression. Even though it's beneficial for him to stay productive, it can become demanding and tiresome. The depression of waiting it out can turn into rage and regret, if something doesn't change financially in the predicted amount of time.

**2. Undertaking illegal activities to make money to feed the family. Some men allow the pressure of *The Matrix* imagery to affect their self-identity.**

**Men of color must not feel less of a man for not being able to provide for their family in a system that is not set up for them to succeed. If a man is willing to work and is looking for employment, this man may be just as capable of taking care of his family as any other man. If a man is lazy and is not looking for employment, he doesn't deserve the same respect. If a man doesn't care about his job and quits over small adversity knowing**

**he has innocent souls depending on him – he doesn't deserve the same respect either.**

This stimulates a vengeance to commit acts of violence against a system that is not fair to everyone that exists in it. This can cause a person to do things to provide his family with financial stability *outside* of the American system.

**PROs:** People will have the chance to add financial influence to their current living conditions. They may have the opportunity to capitalize on our financial gain the legal way. They will feel a sense of gratitude from gaining from an unfair system.

**CONS:** This can make the situation worse. It can have irreversible consequences and it can possibly cause harm to one's family. Taking this route is what lands people in jail away from their family. Now people have gone from being unemployed to being unavailable to the family. This is a common trap that must be avoided.

If a man is attacked economically, these tactics will encourage him to make one of these decisions.

Men can make different decisions and each decision produces a different outcome. European Americans know that the lack of job opportunities will present these two options for poor men with families to choose from.

The war tactics don't stop there.

Decisions made by the under privileged African American male are further complicated when they're enticed by illegal drugs being dumped into the community. Once a person of color decides to sell

or use the illegal items (presented to them by the same power structure that's at war with them) they'll be placed in jail. Now the African American male has a high risk of being convicted of a felony. If convicted of a felony, he must display this information on every job application and this puts him at a disadvantage and makes employment for a great job even more challenging. Most applications just ask, *'Have you been convicted of a felony?'* and usually don't ask for details. Once that box is checked, it's a code to the power structure that this person is high risk.

**This person may not be high risk at all. They may be someone who made a choice that had a prison outcome due to a lack of job opportunities. These tactics are designed to keep people of color in continued poverty.**

This makes it easier not to hire someone of color and to keep the silent war going without an emotional attachment. So a person may find that the only way they have to survive is outside of the system, so they get involved in illegal practices again. The system repeats itself unless someone gives these men of color a chance, some guidance, and some understanding.

**We need programs to help these men provide for their families within the system.**

The reason we don't see many programs like this is because it would counteract the silent war agenda. Once a person goes to prison they're worth more money to the power players than when they're walking around as poor citizens. The motivation to keep Blacks in prison is to transfer wealth from the taxpayers to the



prison industry community. The prison industrial complex is a big business in America.

**Many prisons are on the stock market so people can actually invest in imprisonment in the United States.**

This is why our country has far more people in prison than any other country. Everyone who owns a private prison, or supplies the prisons in some way, benefits from incarceration. The motivation of big business supports Blacks going to prison. An *overstander* knows that these practices are true and deliberate for two reasons.

The first is American's history against Blacks in this country. The second is pure numbers.

America has more crimes committed by Whites in this country based on the large portion of the population but Blacks occupy most of the prisons. Based on numbers alone, an *overstander* knows it's a silent war and a motivation to take taxpayers' money for the citizens with the least influence. If a prisoner is released from prison and is under a parole officer, he has to pay money to a private organization to stay free. Until the American public starts to *overstand* that the system is structured to gain money from taxpayers off the backs of poor Black men, the system will continue. This system presents monetary motivations for judges, prosecutors, lawyers, police officers, and district attorneys. This is why most internal and independent investigations against the powers of the system rarely result in any major changes.

Once the Black man is placed in prison, he can't provide moral, physical, or emotional support to his family. Removing the Black man as head of his household role destroys Black families. This

causes major stress and produces a nation of misguided babies with no male supervision or influences. This is an added complication for a race of people who've been taken from their country of origin, and who are still trying to develop their identity.

### **The educational war tactics\***

Reasonable people would ask why kids of color struggle to have the same opportunities and desire for schooling as Whites in this country. If this is all 'one nation under God', why are the poorest among us not encouraged or inspired to do better? Their success means the United States' success, doesn't it?

There are signs that the education and advancement of people of color in this country are not just small priorities, but are actually seen as a threat. This country has had an agenda to keep Blacks from being as educated as Whites, since the beginning of the American slave trade. The United States spends a lot of money on things less important than making sure every school has proper up-to-date books for its students, so we can compete on a global scale. The United States gives breaks and incentives to foreigners to come and be educated in our country but we still have a lack of education and materials in poor communities.

Undocumented citizens are granted in-state tuition in some states in America.

So a person who's not even a legal resident can receive money to further their education while poor Black kids use outdated textbooks? America has lots of money set aside for education grants, but still does not provide basic education to all of its people. This is because the grant system allows the government to give

money to people they'd like to have under their guidelines, while poor Black people remain overlooked when it comes to equal education and funding. Privileged schools receive more tax-funded assistance than poor schools when each school should receive the same amount.

An *overstander* would ask themselves why this happens in the 'richest country in the world'.

It prompts even more questions when they compare what American *Elite* actually spend tax payers' money *on*. America spends enough money on building nations overseas, to give every child in America a high-grade education. Any intelligent person could draw the conclusion that America is not interested in the education of its poor Black citizens. If America was serious about helping Blacks in education, they would pour tons of money into education and school programs. College education should be as reasonable as the United States military, or as free as grade school education.

**When we hear people say that America can't afford it, what they're actually saying is that it's not a priority. If America can afford to spend money in places that don't support the foundation of the success of this country, they should be able to support education.**

**Many must also *overstand* that America is an international corporation so the priority to educate its citizens may not be that high on the importance scale.**

**Education is a tactic because the American system ties economic success to education.**

To get a job in American most people must have participated in the European style educational system. If people have not completed a certain level of participation, the system disqualifies them from specific positions. The system basically says that if a person can't comprehend a certain level of educational challenges, they're not capable of holding these jobs.

In some jobs and some instances, education is a must in order to be employed.

Tactics come into play when jobs are available that can be taught to individuals with no education. Most jobs Americans apply for and even go to school for don't require them to use the information taught to them in order to run their job. This education is just a measurement of how much a person can comprehend, and that will produce a person who will likely make a positive decision for the company. Employers can take a person with limited education and train him on what to do. In a couple of months, this person will do the job just as good as the person who went to school for it. This person may even develop an innovative way to do the job easier or better.

**Great ideas are injected into people and education is not necessary for those ideas to occur.**

We can teach or train an animal, so teaching or training a person how to perform common sense tasks should work as well – and in many cases, does! Some people learn better through 'hands on' experience and visual guidance. These people may not be strong readers or have an interest in learning through our educational system.

The way the current system is set up, everyone must read in order to be educated. There is little or less emphasis on visual or on the job training.

## STAMPLE

*Cynthia is a single parent with two kids. She changed states to start over, and to get away from her ex-husband. She ran low on money and her resume was not getting her many interviews. She only had a high school education but was very organized, had customer service experience, and plenty of common sense. Becoming desperate, she changed her application to include a bachelor's degree in human resources. She interviewed for a job at the Department of Motor Vehicles to be a customer service clerk - and was hired. Cynthia underwent training for three months. She shadowed a more experienced employee to learn the position. She learned quickly because most of it was just common sense. After working there for seven months, Cynthia excelled at her job and found clever ways to get more work done. The department heads took notice of how well organized and innovative Cynthia was. The DMV later had a position that became available that would require Cynthia to move up in responsibility and pay. She was granted the job and excelled at*

*it. A year later Cynthia was asked to become the manager of her department. This required her to go through the application process again. During this process, they asked Cynthia to provide her educational credentials and she couldn't. The DMV realized that Cynthia had lied on her application. She was terminated later that day.*

### **What's really going on?**

This exposes the system that ties American education to financial stability.

Cynthia was not only great at her job, but she was better than some people who were college educated. Cynthia's performance was a direct threat to the notion that people must be college educated to work at a high-level management position. If the system begins to accept people like Cynthia they risk losing the educational motivation, and that would pose a major threat to the American indoctrination and power structure.

### **Blacks in a White education system\***

Black people can learn and be taught things. Their creative consciousness can also explore possible ways to make things better.

The ability to learn is not as challenging as the motivation to learn for Blacks in a European American system. Blacks are still trying to develop roots as African Americans. African Americans are the only transplanted people here with a limited connection to their mother

country. They're constantly trying to put together their own history and identity. Not clearly having a root identity makes it harder not to adopt some European American influences. Some of these influences are possible due to their ability to shape the perception of an educated American. Some of the European influences don't benefit or complement the spirit of African American people.

Language is one of the challenges Blacks face in the American school system.

Blacks don't have an official language recognized by others. They were taken from several countries that had different languages. In the United States, they had to adopt English as their first language. Blacks begin to develop their own language, calling it slang or *Ebonics*. They took the American language and played with the pronunciation to make it more hip to their rhythmic spirit. They developed words and phrases that constantly evolve. These phrases and words are normally used in the African American community but not promoted mainstream. If those words and phrases are used on a national public scale, it's considered counter-educational and would not receive the same respect as other languages.

Criticizing and making fun of their language is a continued assault on Blacks' self-worth. It means that no teacher teaches in a language that Blacks feel most comfortable with. Textbooks and training are all in the very correct 'Kings' English. This can cause a Black student to feel out of place in a society built for White success. If Blacks students use a language that teachers ignore and

do not use, is that not a 'disconnect' between the teacher and those being taught?

Black kids become uninterested in school when they don't feel they're part of the possibility of success, and if they don't feel that the culture reflects their spirit and interest.

This is why lots of young African American males work hard and aspire to be entertainers or sports figures. These jobs inspire Blacks because they know they have a real chance of being successful in these fields. They see many examples of successful people of color in those positions. These types of jobs speak to the rhythmic spirit of the Africans.

Breaking down the key issues affecting Blacks in a White education system, we find broken motivation, under-representation, and rhythmic language barriers. Blacks would be just as motivated as Whites to attend school if they felt their constantly evolving culture was accepted, and their chances of *Elite* success were possible. If our language changed to reflect some urban culture, the feeling of inclusion would motivate Black students to want to attend classes.

Other people come to America, learned the language and achieved exceptional educational milestones. Why not most Blacks?

Even though many Blacks in America have achieved educational milestones, the disparity comes from a lack of motivation, which we've discussed. Other races have a culture and a language they can identify with. They are fully confident in their background and this gives them the freedom to explore other cultures and challenges. African Americans don't have that luxury of identification. Most of their ancestors come from Africa but many



The Art of Overstanding countries and languages make up Africa. African Americans are the only race in America in this unique position. This affects Black participation in a White-dominated educational system.

### **Inconsiderate educational comparisons\***

Whites receive an education from people who speak like them, and represent the same interests that benefit them.

White students are not only assured success by seeing relatable imagery, some even feel they're *guaranteed* success in a system designed for them. Attending school and learning is more fascinating when the system caters to their soul existence and outlook on life. Whites are the wealthiest people in America, so the chances of their kids attending the schools with the best teachers and programs are more likely.

**Even if some White kids don't do well in school, most of the powerful positions in America are held by their relatives and favor comes into play.**

This boosts kids' confidence especially in a prestigious college with mostly White students. Most Whites compare their experience with the Black students as if the motivations are the same and the opportunities are the same. Of course, a Black student can follow the European American system and become successful at it but that avoids the complications imposed on the spirit. Some Whites don't care to understand. Others have no motivation to understand why Black students perform differently than Whites in a European American system.

White students never had to deal with learning outside of their comfort zone in America.

They didn't have to listen to teachers who don't speak the way they do. Since Whites never had the same experiences as Blacks, they're socially disconnected from their privileges. When comparing educational needs and opportunities, it's only fair to take both versions, White and Black, into consideration.

The economic roadblock to higher education is another hurdle for Blacks even if they fully embrace the European American educational system.

There is a lack of educational funding when it comes to the Black community. Many African Americans cannot afford to attend the best colleges in America. America has made attending a prestigious college possible for *some* minority students, in the form of academic and sports scholarships. Another method is 'affirmative action'. This allowed a certain percentage of minority students to attend college to 'present' diversity.

The fact that the US had to create a program to enable non-white races to attend their advanced educational system is evidence that most policies and practices were designed to keep them out.

The lack of diversity exposes the American power structure and brings too much attention.

Now many White Americans feel that *affirmative action* is unnecessary and the playing field is even. This perception stems from the fact that it's possible for Black students to be successful and attend prestigious colleges, and many in this country have. The

*overstander* knows that in order to continue White supremacy in an evolving society, they must allow a small percentage of other people into the circle. This doesn't mean the power structure doesn't continue to favor their own kind at an unequal rate. This is a common formula that some Whites would like to adopt by highlighting the success of the small minority as a distraction from the affected majority.

**An *overstander* knows that in the USA, education can lead to money and power so tactics must be in place to ensure most of the money and power remains among European Americans.**

### **There are many methods of teaching & of learning\***

People have many different strengths and weaknesses. This needs to be taken into account when it comes to teaching kids.

All kids are not readers. Some kids learn visually or by hands-on training. If America had a system to determine the best way a kid learned, and allotted the same educational value to each method they'd produce more kids who'd reach their full potential. While the Montessori private schools use this method, it is only available to people who can afford them and is not open to all of us. Validating other educational systems or styles would also dilute the advantage White Americans currently have. Until our educational system taps into kids' strengths, rather than having a 'one size fits all' approach, it will remain unbalanced.

## **AMERICA'S UNFAIR JUSTICE SYSTEM IS ROBBERY & MODERN DAY SLAVERY**

The American police force was originally created to police and round up the slaves.

The duty of those first police officers was to capture runaway slaves. After the slaves were freed, their duties changed to maintaining public safety for all. The duties changed, but that didn't mean their attitude toward Blacks did. To this day, Blacks feel unequal in a country their ancestors helped to build. Many Whites say that, "*Racism is a thing of the past. There may be racism but things are pretty fair in America*". Most Blacks disagree, and feel that while things are better, the country is still run, controlled, and designed for Whites.

**Things will not be truly equal in America until the majority of Blacks feel that it is.**

Blacks are treated unfairly in the justice system because of their low value and high tax revenue to the power structure. America has rich and powerful people with a vested interest in continuing this practice, and keeping it undercover so the rest of the public thinks we have a post-racial country. People who benefit from the system say, "*This is just race baiting. When it come to the justice system, there is no unequal treatment of Blacks in America. There is no war on black men through the criminal system.*" An *overstander* knows that if a White man is racist and benefited monetarily and emotionally from locking up Black men, it wouldn't benefit him to admit it.

People will say anything in the name of damage control.

To prove that America has an unfair justice system and a motivation to keep Black men in prison longer, just look at the numbers. Numbers don't lie. America has only 5% of the world's population, yet they house nearly 25% of the world's total prison population. From these numbers alone, it appears that America has an agenda or motivation to prosecute its citizens - or has developed a society that triggers mass incarceration.

**America incarcerates people at a higher rate than any other country on Earth.**

Here is where the numbers tell the story.

America's Blacks are less than 15% of the population. They commit 50% of the crimes compared to their White counterparts, and Blacks still fill the prison system with a whopping 60%. It appears that when Whites commit crimes in America they're less likely to face jail time than Blacks.

**The chances of White vs. Black Americans getting locked up in their lifetime goes as follows:**

1 in 17 White men *versus* 1 in 3 Black men

1 in 111 White women *versus* 1 in 18 Black women

If people spin the numbers to come to another conclusion, they're trying to cover up obvious injustice in America. Whites who get arrested are more likely to contribute to society so they will be released earlier. This also ensures the power of the White race to be able to manipulate the outcome of someone's freedom. Blacks are already fighting a silent war so their value is of little to nothing

to the controlling powers. Since they contribute little, this motivates people to lock up Blacks for revenue.

The system also has a way of imposing conditions on the Black communities, offering choices that could return them to prison. No hope of a second chance leaves a man with responsibilities in poverty. When times are bad sometimes men make risky decisions. If the situation wasn't present there would be no need for risky decisions to come to mind. We must *overstand* that people make decisions based on the circumstances they're in. We can judge people's decisions but it's unnecessary to an *overstander* who knows that life is about multiple experiences and they're all relevant on a larger scale.

**Many people judge other people's negative choices because it makes them feel more confident in their character.**

Many people benefit from the process when a Black man is sentenced to jail for years.

We must *overstand* *who* benefits from locking up Black men. An inmate is worth up to four times in tax revenue in jail than they are holding a minimum wage job. There are many beneficiaries of incarceration: judges, law enforcement people, lawyers, federal employees, public defenders, and even the suppliers that keep the facilities running, to name a few. The American prison industrial complex is the big winner here. It's actually a publicly-traded stock so this could explain why America that represents 5% of the world population has 25% of the world's prisoners. For this reason, we see black men doing large amounts of time for non-violent charges.

Some states must even maintain a certain occupancy percentage in order for the private prisons to thrive.

European Americans continue to oppress Black people like they did at the beginning.

Slavery is illegal, but giving black men large amounts of jail time in return for cheap labor and tax revenue isn't. The 13th Amendment to the constitution allows this. This amendment must be amended so that corporations can no longer enslave prisoners for cheap labor.

**The ability to use inmates for cheap labor must be reviewed, to eliminate incentives to incarcerate massive numbers of people.**

If we don't acknowledge these facts, we can't continue to have an honest conversation on race. Whites who are not speaking about this openly are like the husband who doesn't apologize for cheating, while he's still cheating. Whites must understand that Blacks don't feel equal when the justice system gives them more time for crack - which is cocaine mixed with baking soda - than for pure cocaine. Pure cocaine is more expensive and is used mostly by Whites. We would think the sentences would be equal or even more for pure cocaine.

When we break down the numbers and put all the players in perspective, we see a clear picture of why Blacks are targeted in this unfair justice system. Here's how it works.

18-year-old Tyrone only has a high school diploma. His job at a small packing plant pays him \$9.10 an hour. He works a 40 hour week and makes around \$365. The government takes 15% in taxes,

so Tyrone has only \$304 per week to spend. The government earns less than \$150 a month in tax revenue, and a portion of that is designated to state and federal entities. The government also receives some tax revenue from what Tyrone spends his \$304 per week on. Tyrone saves \$216 a month in a bank account and spends the rest on living expenses. Tyrone contributes \$1000 to society after paying less than \$150 in income taxes. Out of the \$1000 invested back into society, the government may receive \$80 in tax revenue.

This means Tyrone only contributes \$230 a month to the government with his job.

Tyrone feels the money is not supporting his lifestyle comfortably. His friends who sell drugs live better, and the temptation is too much for him to resist. He decides to add to his income by selling drugs on the side as well as working. Three weeks later, he's pulled over on a routine traffic stop. The police find drugs in his possession. After paying a lawyer and appearing before a judge, Tyrone is sentenced to 14 years in prison. Public opinion is, "*He got what he deserved.*"

**Tyrone, a Black man, is imprisoned for a non-violent crime longer than some people who commit *violent* crimes because this benefits the silent war. He receives limited compassion due to *The Matrix* image of selling drugs in the black community. Many people die from prescription overdoses from major pharmaceutical dealers every day. The image of this practice is not highlighted so it's not scrutinized the way neighborhood drug dealers are.**



When Tyrone goes to prison, the same taxpayers who stated he should get what he deserves are paying for him to stay at a facility where he will provide cheap labor while receiving room and board. It costs the taxpayers sometimes \$20,000 to \$80,000 to house some of these inmates. This makes this person worth a lot more, to the people in the prison industry, than a working citizen.

Who does this money go to?

The money is filtered from the taxpayers to the power structure that put the system in place to profit from imprisonment. For fourteen years, the prison industry will benefit from the tax-funded incarceration of Tyrone for a non-violent crime. Not only is the prison community benefiting from tax-funded incarcerations, they are also benefiting from the slave labor they impose on the prisoners for pennies. The citizens of the United States are being outsmarted and robbed of their tax funds.

**This is not sustainable for too long without being detected. The tax budget is being drained from major players and the prison industry must keep the balance and not overrun the budget. So it will soon make sense to release some non-violent prisoners from prison to balance the share of the tax-funded pie.**

If it costs the taxpayers \$20,000 a year to keep a prisoner locked up for a non-violence offense, wouldn't they demand a punishment with less economic impact? Tyrone went from a tax-paying citizen contributing less than \$2800 a year to the overall system, to being a publicly-traded commodity worth \$20,000 to the prison community.

The prison community has been taking taxpayers' funds – which could be used to benefit the community - by locking up Black people for many years.

Many industrial communities are in competition for this money. Every industry has its own way of soliciting funds. An *overstander* must know this in order to trace the manipulation back to its origin, to its initiators. A lot of this is allowed to go on because the money earned from these industrial communities is dumped back into the state or federal systems. This money is shared with stockholders and everyone who does business with the prison system.

### **THE MUSIC INFLUENCE TACTICS**

Many Blacks feel the hip-hop industry belongs to them.

They're the people who dictate hip-hop and the type of music that's put out by a hip-hop artist. Even though the culture was invented by Blacks and highly represented by Blacks, they haven't placed themselves in a position to control the direction of the hip-hop culture. Many of these positions are under European and Jewish American influence. They control the distribution channels of music, radio, media promotions, and record labels. So while Blacks may think they're dictating a culture of music, they're really being manipulated into creating music for their own demise.

Blacks don't control the channels responsible for making the masses love the artist. Blacks don't even have a structure on how to dictate hip-hop and the direction it goes because they don't control those channels. Even though Blacks feel they own hip hop an *overstander* will disagree and feel Blacks own the creation of hip hop but not the dictation of hip-hop.

Humans must *overstand* the power of rhythm and words. Rhythm has a frequency that can alter a person's vibe and emotions in different ways. This is why some music rhythms can set a mood. Words also play an important role in energy. Negative words and promoting things that usually have a negative outcome all play a role when it comes to attacks by and on people. Not only are negative words projecting negative energy, but they also indoctrinate listeners to repeat them, and thus, the message. Negative lyrics can manifest a negative reality. The same mind and vision people use during prayer are the same minds that subconsciously project the power of negative thought. Once we can *overstand* this, we will see why it's so important for the masses to control hip hop music.

If a person listens to any American radio station, they will clearly hear and feel the difference in the vibe, rhymes and lyrics of a station with mostly White artists and listeners.

European Americans *overstand* the power of what's promoted over the airways so they don't allow music or artists, with negative energy against them, to have a huge platform. Until African Americans can *overstand* this manipulation, they will continue to fall victim to it and never be respected. The public must demand good music and stop supporting or listening to uncreative music on those stations.

### **How the control and take over happened.**

When hip-hop music was introduced, it started out in clubs in Black communities.

The music went mainstream in the 1970's. The music was not taken seriously and wasn't expected to remain mainstream for long. Hip-hop became popular and the music flourished. Most hip-hop music was fun and told stories and situations. The *Elite* sees a capital gain in this genre of music and begins to promote rap artists on their labels. The main benefit for the *Elite* at this time was capitalizing on the opportunity. Blacks began to really identify with rap music and adopted it as a part of their culture. Rappers began to have a heavy influence on the black community.

Rappers begin an era of 'conscience' rap.

This speaks to African Americans about oppression and self-liberation. This was similar to having civil right leaders speak to the people through music to gain their conscious awareness. A rap group by the name of *Public Enemy* released a song called, 'Fight the Power'. This song spoke of rebelling against the White power structure put into place to oppress Black people. This song was a direct threat to the *Elite's* power structure. This song motivated the masses to organize against, and become aware of, the *Elite* oppressors in America. This was a major threat to the *Elite* who controlled the airwaves. The *Elite's* interest was not only in money at this point but also in controlling hip-hop music. The *Elite* who controlled the masses had to get control over what's being played, and what's considered popular or mainstream from the hip-hop community. The easiest way to do this was by getting everyone in control of publicizing and distributing music onto the same page. A record like, 'Fight the Power' would *never* be considered mainstream again according to the *Elite* - and the powers that be put the plan in operation. They would now dictate what was

played, and how it was marketed, to control the emotions of the masses.

The song 'Fight the Power' debuted in 1989. There hasn't been a hip-hop song against the government aired on mainstream radio since then.

When gangster rap was introduced from the west coast of America, the *Elite* had to deal with the public and, in particular, the Black communities. The music spoke of hard life in the 'hood or ghetto that Blacks could relate to.

Once the *Elite* mainstreamed the music, it connected Blacks to each other.

Gangster music was glamorized and promoted by all the major music channels of the *Elite*. This maximized the effect it had on the black communities. It made Blacks feel that their struggle and pains were exposed to the world. This gangster music expressed the poor conditions and unfairness, up to that present moment, that Blacks dealt within American society. It also expressed what it felt like to be a hurt person with limited to no opportunities, acknowledgment, compassion, or respect from society. People who hurt, in turn, hurt people. This was the core of gangster rap.

Blacks hadn't figured out a way to change their circumstances, so they adapted to it.

When rappers speak about the pain they feel, it's mostly because they're surrounded by greater life experiences but don't have the same opportunity in society to experience it. This makes life worth living but not worth enjoying so, Black gangster rap is basically

reflecting a society that has been so suppressed that death shouldn't be feared. So we hear music about shooting people and selling drugs without fear of being arrested. We hear music about not being afraid of violence. It's become a symbol of strength to be, 'hard' which means, not being afraid of anything or anyone, and not mind dying - at any time.

This built-up anger isn't taken out on the oppressors because Blacks still feel inferior to the White society.

They know that Whites own the most meaningful things in this country so they have fewer chances of getting away with violence against them. When it comes to Blacks, they have more of a chance of displaying their aggression against their own and getting away with it. Blacks in poor neighborhoods feel that society doesn't care about them, so this makes them feel they don't matter and have no problem killing each other.

**By Blacks not seeing many Black positive role models, people in power, business owners, and politicians can also play on their perception of worthlessness.**

This aggression is rooted in hurt and disappointment, which causes people to detach from their feelings. This detachment may be the reason Blacks refer the way they do to their women in music - the glamorization of exploiting Black women sexually and referring to them as, 'bitches' in their music.

**The name 'bitch' in reference to women is not used by any other culture or music. Some criticize this saying it's inappropriate. Some feel it's degrading to call women this name. But then a person must ask what her name is? We can refer to a woman in**

many different ways and rappers choose the word 'bitch' in the music. Rappers didn't create the word 'bitch' and they weren't the first to use the term to refer to women as such. When the term is used by rappers it's obviously not because he hates the woman he's inviting to his circle.

'Bitch is a term used by male Blacks with a level of endearment similar to the word 'nigga'.

Women are angry that Black men refer to them by that name but they choose the same term when they're angry at another woman. This is because the *Elite* have taught Americans how to think. When rappers are condemned for using this term, it could also be considered an attempt to challenge Blacks, once again, for their struggle to identify themselves. One must also consider the intent over the content. The intent is what brings energy.

Some Blacks think gangster rap is the current thing of the moment. It's music that reflects the culture Blacks live in.

It's okay for a rapper to highlight the life he knows. If, however, he's not content with the life he knows and doesn't speak of a legal way to have the life he desires, he's only compounding the issues. His influence will benefit other African Americans who can relate to the rapper. But without a way to change an undesirable condition, Blacks will become complacent. These artists allowed glamorization to distract them from highlighting the problems in poor American neighborhoods and how to fix them. The *Elite* recruited the influential rappers, blinded them with glamorization, took them off the agenda of public rebellion, and maximized the damaging effects to other neighborhoods. If

**rappers were to speak about things to better their situation it probably would get little to no radio play.**

A hip-hop person may think Gangster music is popular since we hear a lot of it on the radio. We must be in a gangster-era now since most of the popular artists are speaking on some type of gangster level. This will influence another artist to write music reflecting this gangster atmosphere and feel it's the direction hip-hop has chosen to take. Blacks may feel they have dictated that gangster rap was the popular mix of the time but in reality, the *Elite* dictated what songs would be played on the radio, and which video- concepts would be funded. When the *Elite* places different artists in the mainstream and gives them cash to show poor Americans, while rapping about illegal activities, this is a direct war tactic. Gangster music has its effects on the community. Some major record labels are also beneficiaries of the prison system and creating music that promotes criminality contributes to their financial success. The public must be aware of this to overstand the motivation to promote such music.

If people mix drugs, alcohol, and gangster music, it can create a hostile influence.

This combination caused a spike in crime and violence in black communities. Many people agree that music puts them into different moods. If this is true, we must consider what a rhythmic beat and violent lyrics do to a person who's subconsciously damaged, drunk, drugged up, or oppressed. This music might make an individual want to lash out with anger. This music ignites the violent rebellion of the oppressed and becomes an influence to act out. People still have freedom of choice and most Blacks choose



not to engage in the activities expressed in some gangster music, but the words suggest alternate choices to intoxicated people. Gangster rap at one point divided the east and west coast due to the tension developed from this style of music.

The Black community only realized that glamorizing and taking rap lyrics seriously was not worth it when two legendary rappers died over rap lyrics. The Black community awakened and realized that taking rap lyrics literally had no real benefit in the economic structure of the rap community. A lot of violent rap was not as appealing to the rap community shortly after the loss of the rappers. The rap community for the first time was able to feel misled by *Elite* glamorization tactics, but still hadn't identified the source. Now that the rap community was no longer interested in rapping about shooting each other, the *Elite* needed something else to keep the Black community occupied, distracted, and spiritually destructive. Even though some gangster rap was still mainstream, the *Elite* chose to go for the emotion of economic disparity. Most of the music started to become about having lots of money, buying large amounts of expensive champagne, and being better than other Blacks because of it. Most of the artists that flashed cash, had hot girls on them in videos, and drove fancy cars, didn't actually have the funds to live that life. They're just pawns in the game.

This is clearly and simply a war tactic to be used on young, impressionable Black people.

Now we have youth dedicating their time to becoming rappers, or feeling it's okay to participate in illegal activities to get money because the perception is being made that without money, they're

worthless. Now everyone that's struggling to make ends meet in this world feels added pressure to have the nicest things. With Blacks already having a limited amount of opportunities in this country, this added pressure builds on their anxiety. This caused people to steal, kill, and even hate other people for having things that represented a higher status. An *overstander* can see these practices and the effects it has on the community. Most people are too distracted to take the time out to break things down to *overstand* the entire agenda.

Rap music in the mid-twenty-teens, begin to take on a form of music called Trap music.

Some felt this music could be a new expression of rap. A generation of musicians may have chosen this form of music where it's basically limited subject matter with rhythmic lyrics over great music. Older generation hip-hop music lovers are not fans of Trap music. They say it lacks subject matter and some of the lyrics are hard to understand due to auto-tunes. It's up for debate whether or not Trap music is a certified evolution for hip-hop or another 'trap' tactic of the *Elite* to destroy hip-hop.

When America publicizes music with limited subject matter, a few things will happen.

The rap industry will be oversaturated with music of limited content that's easy enough for almost *anyone* to write. This will inspire people to become rappers. The industry can easily choose anyone to make into a star and the public will love them -this has always been the case - but this time the artist doesn't need to be very as talented to be elevated. This means manipulation is more

possible with the artist chosen. If rap continues on the path of music with no creative or witty lyrics, it risks hip-hop no longer being respected and essentially destroyed. If Blacks truly controlled hip-hop they would demand to hear the type of talented music they desire. Instead of demanding, the hip-hop community is being dictated to as to what to like. If it's played on the radio daily and has no talented lyrics, a person will feel they have no power to change it and it must be great if they're playing it on the radio. This popular way of thinking is what continues to fuel the manipulation and keep power with the Elites.

### **THE 'N' WORD. USE OF THE WORD NIGGA VS. NIGGER**

The 'N' word is still a controversial topic in America's modern-day social structure.

The word '*nigger*' can be traced back to the Latin word Niger, which means 'black'. Around 1442, the Portuguese first arrived in southern Africa while trying to find a sea route to India. The term '*Negro*', literally meaning 'black', was used by the Spanish and Portuguese as a simple description to refer to the Bantu people that they encountered.

One can compare to '*negre*' the derogatory nigger and earlier English substitutes such as '*negar*', '*neegar*', '*neger*', and '*niggor*' that developed into its lexico-semantic true version in English.

The word nigger became a phonetic spelling of the White Southern mispronunciation or slang for Negro. Despite its origin, by the early 1800s, it was firmly established as a derogative name. In the 21st century, it remains a principal term of White racism, regardless of who is using it. Whites used this word repeatedly towards Blacks

to give the indication that they're not worthy of being properly recognized as Negros.

Calling Blacks *niggers* degraded the king and queen spirit they once had as African Negros.

When America recognized a group of people outside of their physical, spiritual and emotional construct, it broke down their self-identity, and ultimately their self-esteem. One race recognizing another race in a derogatory way only works if the offended race entertains the attack. In the African American case, they were slaves and had no choice but to endure identity attacks on their soul. This word reinforced the European Americans' position of power. So throughout American history, this word has been used to denigrate God's creation of colored humans. The word *nigger* is an attempt to get Blacks to separate themselves from their strong African heritage and feel less of it by responding to a slang term. If a person endures something repetitively over a long period of time they will become accustomed to it. Blacks had become so accustomed to being called the word *nigger*; they begin to feel like *niggers* and not Negros. Even though the Black race was free from slavery, they still had to deal with seeing this word *nigger* in public places around the country and most of the time, it was considered second class at best. The psychological war was won by European Americans and its effects are relevant to this day. Blacks took the word and placed their own slang to it to identify the struggle.

**African Americans are in the most unique position on the planet.**

They're one of the only groups of people forced to adapt to a country controlled by their oppressors. African Americans have no country of their own, unlike other people on earth. Since the release of slaves, black people have been trying to find a self-identity in a country run predominately by their oppressors. This self-identity is what produces the word *nigga*. Blacks understand the oppression and the history of hardship in this country. By

remaining strong and tougher for it, they use the word *nigga* as a term of endearment.

**Oppression and privileges have both benefits and downfalls in life. The more privilege we have, the harder it is to deal with unwanted controversy or changes. The more people have been oppressed and still adapt to some form of happiness, the stronger they become, and the opposition doesn't affect them as much. This is a simple formula for exercising our 'emotional muscles'.**

People will hear in the Black community the term, 'my nigga'. This is saying: this is another person in the same unfair struggle - and they have a bond because of it. This reference could also mean one understands the slang and the urban lifestyle in Black America.

The controversy surrounding the word *nigga* in modern America is that it reflects the deep-rooted history of oppression by Whites. The other controversy is that Whites feel that if they can no longer use the word *nigger* or *nigga*, then no one should.

We must *overstand* that Blacks are still trying to find their identity.

It's not supportive of their cultural identity crisis to have society disagreeing with their choices. White Americans own all of the media and control most of the moving parts of America, so they control the perception of their race and others. People who say Blacks shouldn't use the word *nigga* because it takes us backward and not forward, are basically saying they disagree with a choice Blacks made as part of their cultural identity. This disagreement is deeply rooted in not wanting to be reminded that White people used to refer to people in this manner. Since Whites control the narrative of America they have Blacks feeling that their choice to use the word is inappropriate.

The second controversy is around fairness.

If Blacks can say the word *nigga*, then Whites can say the word *nigger*. This controversy is complex with different levels. The disagreement comes in when people try to make a point on

differing levels. On one level, Whites used the term in history as a way to degrade Black people. Whites have been the oppressor of Blacks in this country for hundreds of years. So when the term *nigger* comes from a White person, it's normally not used casually or as a term of endearment. If the term was used by Whites as reference slang or simply as a term of endearment like Blacks do, then Whites will use the term to refer to other Whites. Blacks use the term to refer to each other and different races in general.

When the word comes from a White person, history automatically comes into play and it's harder to distinguish if the word is just a reference or is meant to degrade.

This is human nature and a basic formula. What Whites are asking for is fairness to communicate just like the Blacks as if the word has no history. On one level, some Blacks may feel that Whites in this country have been so accustomed to privilege that it's difficult for them not to be allowed to do something someone else is doing. Some Blacks feel that Whites are so privileged that they still want to be treated fairly giving their history of unfairness to others.

This is one of the weaknesses of privilege - being blinded to fairness for the sake of relevance, status, and power.

Blacks also feel if people don't go through the American struggle of oppression, then they have no right to claim that word. The other level to this is that the word is like all words - just a word - and people can choose what they answer to and not allow other people's energy to affect theirs. This doesn't mean a person should become naive to a person's character, but it doesn't have to affect their spirit or actions.

So this is a brief history of the controversy surrounding the, 'N' word. In closing, the word "*nigger*" is a slang degrading term used by European Americans to refer to Blacks and the word "*nigga*" is a term of endearment created by the African American culture to also partially identify the struggle of living under oppression.

## WHY SOME FEEL IT'S A SILENT WAR

In this section, we will cover some valid points to gain a better *overstanding* of why some Blacks may feel it's a silent war. This is in addition to the tactics mentioned earlier.

We must remember, America spends more than 10 times the money in overseas interests, and in building up other countries, than it would take to bring every poor person of color out of poverty.

**The means of giving minorities a real chance to be successful is there - the will to do it is not.**

This is once again tied to motivations and interests. European Americans are not interested in sharing the wealth of the country with minorities. This will undermine their control and jeopardize the benefits afforded to power on the planet. This will also jeopardize the system of years of relationships of global players that make the world run on a higher level. **(Reference Key 04)**

Given this information, a silent war is necessary to keep the original occupying humans of this planet under foreign control. So it's easy to identify the silent war by identifying the tactics, policies, and the results of Black lives due to such tactics and policies. Without having economic power and influence, there are very limited things, physically, that can be done to change it.

**The projection of thoughts and energy by a large number of African Americans can challenge the current vibration on this planet. This will change the situation. People have power in**

thought and can enact any change if it's done correctly and collectively. The actions are similar to prayer - people must envision the change and project it. (Reference Key 15) The *Elite* knows this - so religion is the antidote to prevent it. Most major religious organizations are bought and controlled. The government in part does this by classifying religious institutions as non-profits so they don't have to pay taxes. They lose this non-profit status if they get involved in politics. This is why many preachers don't speak about politics, or mobilizing against power. This book will touch more on this in the religious chapter.

**The silent war prevents Blacks from having and controlling their own news media outlets.**

Blacks own no major news networks in America. Without news media, Blacks have limited ways to challenge fake news stories. A Black-owned news outlet would be a major threat to White power. The news media has a subconscious way of informing the public how important a story or issue is. If a story is in the news for several weeks, the public will think it's a big deal and conversations about the story would continue. If the news reports a story for four days and turns to another story never to return to the previous one, people feel it must not be that important.

**The news media dictates how much coverage certain social issues receive.**

Having a Black news media outlet would jeopardize that power and allow Blacks to continue to focus on issues affecting them the most. This can also be a platform to mobilize and network. That could be a direct threat to White power which would like to continue the



status quo of oppression. This is why it's extremely important to control the flow of information without any opposition. If this is not true, one must ask themselves why Blacks have been able to create every other type of entertainment or information show in America except major news. In order for Blacks to mobilize and receive information without an agenda, they must get a major news organization that is not under the Elite's control. If the news station is under the Elite's control, it will serve a limited purpose and will only be another manipulation tactic placed on the Black community.

### **Why some Blacks still feel inferior due to the silent war**

Many Blacks still feel inferior to the White race due to *The Matrix* of power and privilege.

Most of the power structures in America are run by Whites - therein lie power and policies.

This money and power allow Whites to research, explore new technology, create laws, and collude on the highest levels to keep secrets for the benefit of the race. Blacks don't have nearly as much coordination in this department. This lack of coordination is what also makes some Blacks feel inferior to White *Elites*. The silent war has left Black people in such a subconscious world of self-hate that it's hard to coordinate.

**When people mentally stop giving the power to secret technology, it will lose power. If people believed in themselves and didn't fear any consequence, it could affect the outcome of any secrete developed technology.**

## ***'Black Lives Matter'***

Too many unarmed Black men are killed by police in America.

Most of the time, the officers are not held responsible. The shooting of unarmed Black men by police in America is nothing new, but the video footage from multiple sources now makes these actions public. If a white officer is involved in shooting an unarmed black man, it opens up old wounds. It makes some Blacks feel that another White man has the privilege to exercise his racism under the protection of the law. It also makes Whites feel they must protect the narrative that America is no longer racist.

When an incident like this happens the public rages in anger and that benefits the Draconian system. **(Reference Key 06)**

This also produces news ratings and creates an energy of hate that's projected out and returns to the planet. The officers make similar accusations, stating they feared for their lives. If officers are acquitted using this common phrase, we can take a few things from that. This means it's dangerous for Blacks to be 'handled' by White cops who may kill them the minute they feel threatened. Cops who easily 'fear for their lives' can't be considered brave men and women if they're so afraid that they're killing unarmed people. This is the job police officers sign up for. It's a dangerous job and only people ready for that challenge should go into law enforcement. The media projection of violent Black people, along with the rough living conditions some Blacks live under, makes it possible for people to accept this treatment of killing the 'dangerous' Black man. It seems to be a subconscious belief that Blacks are physically stronger, are naturally aggressive, and therefore are more

dangerous than Whites, which gives them a reason to invoke that privilege during the shooting of Black men. People rarely hear of a White officer stating he was afraid for his life when dealing with any other race.

It happens so often that Blacks feel their lives don't matter in America – even in the 21<sup>st</sup> century.

This resulted in Blacks and Whites who believe in 'freedom for all', to form '*Black Lives Matter*'. It followed many public shootings of unarmed Black men that were resolved without justice. This group was a ploy to beg America to take Black lives into consideration, as they do with White lives, when it comes to justice in killing. If America was to consider all races and apply everything fairly, it wouldn't give Whites any advantage. When someone controls the system it's done so they can have an advantage. For Whites to treat everyone fairly would be counter-productive to that. For this reason, the news media will present paid pundits to come on and debate the issue. This also happens in talk radio around the country. Blacks will speak about the repeated oppression and unfair justice system when it comes to police brutality.

There should be a new federal and state law that if any officer kills an individual without verifying that a gun is involved, they should be immediately released from the department. The officer may not face charges depending on the nature of the incident, but should automatically be relieved from duty.

***Black Lives Matter is not about the killing of Black lives. It's about the killing of Black lives by non-Black people who are not held accountable.***

One of the most common diversion tactics of the police department's shootings of unarmed black men is *Black on Black* crime. When someone says what about *Black on Black* crime if *Black Lives Matter*, what they're attempting to do is to deflect the direction of the slogan. When someone says what about *Black on Black* crime, what they're asking is if Blacks cared so much about Black lives why do they kill each other. The truth is, people kill their own race more than they do others, so Blacks are not exclusive to this.

When a Black person kills another Black person, the killer goes to prison for a long time. The prison industry will benefit from taxpayer's dollars for a long time because of it. If the same Black man was killed by a White man, this person might not even do jail time. This is White America saying to Blacks that their lives don't matter to them. The term *Black Lives Matter* is short for the sentence, 'Black lives should matter just as much in the justice system as Whites, when killed by non-Black people.'" This is the truth the power structure wants to avoid so they will dilute the problem in the Black community by saying, *all* lives matter. By saying *all* lives matter is saying all lives carry the same criminal punishment when killed by a person of *any* race. This has not been shown to be true, so the term, *All Lives Matter* is an attempt to dilute what's happening to the African American race. People can be identified by their perspective on this issue.

Blacks must *overstand* who they are as a people. They will then *overstand* why it's been a constant battle for them not to feel the same level of freedom in America as Whites. **(Reference Key 16)**

### **Diversions tactics.**

There are many common diversion tactics when it comes to dealing with police brutality. One is saying that people should just comply with whatever an officer says. This suggests that the officers have the right to make demands outside of his job description or unlawful demands. If this is not the case, every citizen should be able to question an officer who works and is paid by the public to serve and protect. Officers should be trained to communicate all information to citizens so that they're aware of the situation. Some officers may feel above the law and make a request without engaging in a meaningful conversation that could diffuse a situation. A citizen's rights must be respected and protected at all times, or there is a chance of losing them.

Another common reply in support of police killings is, "*Officers don't wake up in the morning looking to kill Black people*". This may be true for the majority. An *overstander* knows that the statement alone can be used as a distraction from the true issue – and the true issue is the valuing of human life by color. So a police officer may not wake up looking to shoot a Black person, but if they encounter an altercation with a Black person, they may use deadly force quicker than with Whites. So this issue really has no connection to an officer waking up thinking about killing, as much as it is about human perception.

## Identifying signs of racism

Many people in America agree that there are racist people living in their country.

Many people agree, but people seldom hear anyone actually say they're a racist. People will almost never hear a public figure of power and control say they're a racist. It doesn't benefit racist people to say they're racist. Given these factors, an *overstander* must never expect a racist to reveal who they are, since there's a good chance it can affect their income.

**An *overstander* must focus on different factors to determine a person's motives.**

There are many different signs of racism. We will touch on a few to give an *overstanding* viewpoint. When a mixed race couple, White and Black, has an offspring, it's technically considered to be mulatto, but it's socially considered Black. Blacks have the most dominant genes in the world, so any of their offspring will have more melanin present. Highlighting only the black half, though, is viewed by some as suggesting the baby isn't good enough to be identified as White since it's mixed with black DNA. For Whites to take the position of devaluing a person whose mix includes a more dominate DNA strand, goes back to protecting the spirit of convincing in order to keep vibrations high. They use this attitude to dismiss these people as 'not White' so mentally they can convince themselves, and hopefully others, that being pure White is better than being mixed. The position is *overstandable*.

When Whites, especially in the national media, refer to members of the American community they often times place a hyphen on nationality descriptions.

**People are described as African-American, Asian-American, and Spanish-American.**

But, when it comes to describing Whites in the national media they just refer to themselves as Americans or White Americans. If everyone is equal and is truly included in the American fabric as portrayed by America, then everyone should be described the same - or Whites should use the term: European Americans. The term European American is not used because it reminds Whites that they settled here from Europe and took over someone else's homeland. Whites reference to themselves as Americans, fuels the spirit of ownership, while burying the truth about how that ownership was achieved and why. Referring to everyone else with a hyphen fuels the misconception that this land belongs to White people - and everyone else is just a co-owner or occupant. The fact that Whites exclude themselves from the rest of American society shows *Elitism* - and that resembles racism.

Another way to uncover racism is when people don't agree that racism exists, or that it was evident at an event.

Most Whites will defend an act that might be racist because actions may present an outside chance that it wasn't racist. This small percentage that it may not be racist is what some racist people choose to focus on when it serves them, with comments like, "*We can't tell what's in a person's heart so we can't prove they're a racist.*" This is a person who won't admit that something is racist.

**Example 1:** When a person is against something they think, ‘If it talks like a duck and walks like a duck, then there’s a good chance that it’s a duck’.

When someone wants to support something, they think:” Just because it ‘walks like a duck and talks like a duck doesn’t necessary mean it is a duck’.

**Example 2:** When a person does not support an unlawful act by an individual they will focus strictly on the law and show no empathy for other factors that may have contributed to the act.

When a person is in support of someone in an unlawful act they will focus more on the contributing factors that cause the person to commit those action, than on the law.

The previous examples are just two out of many formulas an *overstander* must be able to analyze. When a person uses these formulas consistently, they will be able to identify a person’s position. If the same incident happens and a person switches from one position to the other and race is a factor, there’s a great chance they may be racist.

This is uncomfortable for Whites because they will have to speak out against the very evil that’s beneficial to them. It will also acknowledge and feed into the narrative that America is still racist. So given these factors and others, people must observe if Whites are truly being honest and engaging, or if they’re seeking distractions and a deflection outlet.

**There is also racism toward Whites by Blacks, as well as racism *between* Blacks.**



The racism Blacks hold towards Whites is usually in response to White oppression. Some Blacks have unfairly lumped all Whites in the same category as oppressors. This could pose a challenge for the Black community. They could possibly alienate themselves from Whites who would like to support their cause. Blacks must *overstand* that all White people don't think the same and are not out to protect White supremacy.

Everyone – White, Black, or mixed race - must be identified and evaluated on an individual basis.

There is racism between Blacks determined by lighter or darker skin. This shows that they're as capable of discrimination as their White oppressors. This is because humans are programmed to identify themselves through people with energies that are the same. The lighter colored the skin, is the more acceptable these Blacks were to Whites. This started during slavery by allowing the lighter-skinned slaves to work in the house. Darker-skinned Blacks still feel the same to this day, that lighter skin Blacks have an easier experience in America. People can identify signs of this racism by how some Black publications and media outlets promote lighter-skinned people. When some men state they only date light-skinned or dark-skinned women – this is a sign of racism.

**Racism is a mental challenge, not to compare and compete, but to build and bond.**

An atmosphere of inflated egos and narcissists fuels racism. We must remember that people's souls are at stake. We must overstand the manipulations and overcome them.

## HOW TO END RACISM. WHAT WOULD IT LOOK LIKE?

Ending racism is a challenge that takes far more than the time being dedicated to solving it.

America will never end people's obsession with self-love and the promotion of separateness. Some people need to feel better than a person or race in order to convince themselves that they're better - and remember this convincing has power.

Procedures, policies, transparency, and accountability must take place to protect citizens from racist practices and discrimination.

**For Example:** America has certain laws, practices and rules around sexual harassment in the workplace. Before this law was enforced and respected, women would get uncomfortable attention from men at work daily. They had no protection from aggressive men. Now that policies are in place to better protect women in the workplace, women can work without feeling this unwanted attention. There are still aggressive men working with the females but since the policies are in place and being enforced, the aggressive men seem almost invisible.

The key is not to end racism, but not to allow racist people to have power over others.

Policies are needed to reform the criminal justice system to make it fair, even if some of the people involved are racist. Policies like, 'All people, regardless of color or culture, will receive the same jail time for the same crime.' A new precedent must be set. Abolish privately owned prisons and make it less beneficial for companies

to profit from long term prisoners. These are just two examples of what will help to end racist practices in the justice system.

A post-racist America will enact these policies into the justice system - and other areas - to create an environment of fairness with no dominance of any single race. A way to enforce this is to have a mix of races in power positions and ownership across the board. This will allow other races to respect each other in order to be successful.

**America gets closer every day to a post-racist society.**

It will take the dying off of those spirits that experience the benefits of exploring the privilege of this country, without limited interaction or approval from other races. Europe Americans are now growing up around many different cultures, so racial feuds between Whites and Blacks will become progressively diluted. A post-racial society is when everyone can look at each other as light energy having different earthly experiences in a physical form. People will then respect the journey, appreciate the diversity, and grow confident in being part of a nation as a whole and no longer separate.

This means no special treatment for any race of people in any arena.

This includes: employment, the justice system, the media, educational opportunities, politics, corporate American, and positions of authority. A post-race America will have everyone on the side of right or wrong - not Black or White. This means if a White man commits a crime against a Black man, other Whites will be outraged and will demand justice for the Black man with no

exceptions. Blacks must be just as outraged if someone Black commits an offense against a person of another race.

**Whites must let go of power in order to compete fairly and raise the consciousness of the planet. If this sacrifice is agreed upon, only then will true racial healing begin. As well, many Blacks will have a challenge in standing up against their own, due to frustrations built up from oppression. They may feel that a little injustice in *their* favor balances things out. Blacks must let go of past hurts from White oppression. They must overcome the challenge of remaining hostage to past events.**

If Whites can overcome their power challenges, and Blacks can overcome the past, America will be headed toward a post-racial society.

In a post-racial America, racial discrimination will not be allowed by employers, law enforcement, government, American businesses, housing locations, and education systems. The media will begin to reflect a diverse society and the recognition of diversity. News pundits will not have an alternate agenda to protect or project - they will report the news and give a fair judgment on actions no matter the race. This will be similar to a referee at a sports game. People know the rules and when the refs point out a certain violation, everyone agrees with the ruling. The refs don't discriminate on who the person is or their status.

A sport, such as football, is a great analogy of how a post-racial America would operate.

Players of all races protect the person on their team against the other team's players no matter what their color is. A brotherhood

is formed in football and that's the one sport where people can truly experience love and connections - truly tapping into the essence of bonding without boundaries. This happens because the system is set up for players to do this in order to win.

Winning trumps racial differences. This is what brings people together.

America must set up a similar structure to ensure that each race needs each other in order to win – to survive.

In this post-racial society, everyone will experience a boss of a different race while exploring America. This will help with one race not feeling superior to another. People will no longer vote for people just because they're connected by race. Policy, character, experience, and work ethics will all come into play when selecting leadership.

Separation by political parties will be a thing of the past.

Racism is a 'divide and conquer' method - and so is political affiliation. Once America gets rid of racism, its citizens must abolish any activities and entities that might stir up the same divisive energy as racism.

### **Why it's important to end racism**

When we end racism, we end the hatred for God's creation and diversity.

The country and the world will show they have graduated to a place where everyone can operate in self-love, and love for all. This will end the stress of identifying self-worth through other people's

existence and differing circumstances. People will also have no need to boost their spirit or energy vibration by feeling superior to someone. Having an 'all in it together' approach gives people a true evaluation and will raise the vibration of the planet. Allowing others to exist in their higher self, benefits the planet in innovation and confidence.

To show how divisive tactics like race hurts the overall experience – look at a football team.

Imagine if the defense secretly hated the offense, and the offensive line secretly hated the quarterback because he thinks he's better than the rest of the team. It makes it difficult to be as good as a team in harmony. A team in harmony respects the talent that each member brings to the team and that makes it work as best as it can. In this unified group of men, there is no need to compare or hate - there is just an appreciation for diversity.

After truly achieving post-racial status, the consciousness of the planet will shift towards righteousness and fairness for all. This will raise the vibration of the citizens and the vibration of the planet.

Once the vibration of the planet is raised, souls are able to ascend to a higher dimension. **{Reference Key 12}**

# Chapter 5

## Politics

### AMERICAN GOVERNMENT & POLITICS

The purpose of the American government is to serve and protect the citizens of this country. This chapter will touch on subjects that will allow us to overstand the government's true role and motivations to keep the public controlled.

Our governments - federal and state - were created to reflect the will of the people through open and fair elections. Government authorities are ultimately the ones who ensure that the constitution and other historical protocols are protected. Elected officials are there to maintain or improve the lives of their constituents. These elected officials are part of the community and should always have the peoples' best interests at heart. They should put tremendous effort into keeping the promises he or she made to get elected.

This is what we think of when we think of American politics.

As an *overstander*, we must break down the government structure, add formulas, and consider likely outcomes. So let's break this down.

America is the richest and most powerful country in the world. Just 1% of Americans (and others) have as much wealth as 90% of the country. When we consider this enormous wage and power gap, we can *overstand* why things operate the way they do. If 1% of

Americans own as much as 90%, is America really the richest country on the planet?

### **Is the United States just a location that some of the wealthiest people invest in?**

When have we ever considered 1% to represent the whole? If people take 1% away from just about anything, it normally wouldn't have that much of an effect. If we take the 1% richest Americans (and others) out of the equation, America would be a poor country. In other words, American citizens have no true wealth or power, but are manipulated to think they do by the *Elite*, in order to continue to carry out American operations. Americans benefit from having the richest 1% on their side for protection, freedoms other countries can't enjoy, and sustainable economics.

The only way Americans have any chance of change is for the masses to stop the day to day operations that fuel the pockets of the 1% – then they'll lose power. The people must engage in a different type of currency to help dilute the power for the elites.

This is challenging as some people – also victims - are made to feel special and are given power over people less fortunate to keep them in line. It's like a pyramid scheme. If the people in charge knew that they were a part of their own demise – at the hands of the Elite – they could effectively lead the effort to return power to the people.

Let highlight how this 1% controls Americans.

It's like having a rich uncle who owns the mansion the entire family lives in due to hard times. The adults work and earn a little money,



but rich Uncle Robert takes care of the bulk of the bills, keeps a roof over their heads, and feeds them. They do all the maintenance in the house, which keeps it running, neat, and functional. It may be called the family home but in reality, Uncle Richard owns 90% and everyone else owns less than 10%. Uncle Richard wants the family to feel like part of his success, but the family knows it's his house and they just a small part of it.

The only difference is that Americans don't *overstand* they're living in the rich 1%'s 'house' and they're just living there enjoying the fringe benefits.

Since Americans think it's their house, they demand changes to the house. Since Uncle Robert wants harmony within the family, he allows minor changes but will never grant a family member's request for any type of change that will take away his controlling interest. Uncle Robert owns almost everything in the house. The last thing he wants is to lose the power and respect he has from the other family members by allowing drastic changes. Family members can argue with the rich uncle about change but they have no real power to enforce change, so it never happens. The only real power the family has is that, without them, none of the maintenance would be done. Nothing would be cleaned, cared for, maintained. It would all go downhill. And rich Uncle Robert would have no family. If the family really wants change, they must develop their own way of living to make the rich uncle irrelevant. The family may start off in a smaller house but they can do whatever they like to it and build from there.

When we consider 1% owning that much of America - what does that say about Americans?

Are 99% of Americans incapable of earning enough wealth to surpass the 1%? An *overstander* knows that this can't be possible unless most Americans are incapable, or, the opportunity to achieve such riches has been monopolized.

**Two energies come into play when someone from the 1% thinks about giving up power.**

The first energy is that of guilt.

The 1% can feel they are where they are because of manipulation - and under God everyone deserves a fair shot even at the expense of giving up power to someone deserving of it.

The second energy is that of relevance.

This energy is the one most chosen. If they're in the top 1% they experience a life that very few will ever get to experience. They feel this position was meant for them and they must continue to do their jobs to maintain a human structure on planet earth. These experiences and the control they have over the public make them feel special and exclusive. They control America so it will be hard for them to feel equal to normal citizens.

**A formula an *overstander* must consider when a person represents a group of people is that, a person may look at the group as a single unit. This disconnects the person from the group since they're the head representative and not within the group. Once people get a group of representatives or an organization together that represents people - like politicians, military or police - it's easy to separate themselves from the masses. The group itself works together constantly and they subconsciously**

**become a team. When this happens, a slight disconnect from the public is possible and it creates an undercurrent of 'us versus them'. This can make the organization feel it knows what's best for the public, and lets it choose what to keep secret from the citizens.**

Given this fact, we can see how the 1% can become detached from the American public, and view them like cattle. The interest of the 1% is to control human life, spirits, and souls on this planet because everything else is meaningless. This means the 1% controls our entertainment, government, politicians and presidents. This may be hard to understand but it's easy to *overstand* when people realize who has the power and money. America is a business and the *Elite* 1% will not allow their businesses to fail due to an American choice of politician. So if people wonder why no matter what political party wins the election, no major changes happen - this is why.

### **Let's get deeper into American politics.**

The American system is broken down into three parties- the Democratic Party, the Republican Party, and the Independent party. These parties represent the American public and their belief systems.

The Democratic Party has changed.

Most of the earliest members of the Democratic Party were Whites, and Blacks chose to join the Republican Party. Today, more Blacks support the Democrats.

The Independents are not committed to Republicans or Democrats.

American politics has a strong undercurrent of class and/or status battles. The Republican Party is made up of mostly European Americans. Lots of these members are wealthy. They own corporations and institutions - and influence American social structure. Republicans say they stand for limited government and conservative values.

When an *overstander* analyzes what the values mean, they may approach it this way.

We must seek the motivation behind advocating for limited government and conservative values. An overstander would be curious as to why the Republicans in government, meant to oversee the people, advocate to limit their responsibility. To overstand why the Republicans would choose this approach, we must analyze the elements. In order to be a conservative one must want to preserve what they have. Most Republicans own lots of big businesses in America, so they would like to conserve that which contains wealth among the circle. Lots of times these businesses can take advantage of the citizens without oversight. So when Republicans say they're in favor of smaller government and fewer regulations, they are advocating for their business interests, with the public not having any oversight or regulations from the Federal government. Some regulations can make things more difficult and cause businesses to lack the motivation to exist in America but those regulations can serve as a protector of consumers. If most of the regulations are in place to protect the American people from large corporations in some way, the regulations are necessary.

American has had its problems fighting over the measly 10%. These problems come from unfair business practices by corporations and businesses to earn more money. If they can continue this practice without oversight, it would be a dream come true for the people in power who own 5% of the wealth. Most of the people in these powerful positions are not people of color. This is why the Republican Party lacks people of color in their organization.

In 2012 the Republicans lost the election for the second time in a row. They needed to find out how to win a general election again so they had a Republican autopsy. They did surveys, had focus groups, and did research on the changing times. The results stated that they were an old white male-dominated party and that their conservative views were out of touch with where America is now. They needed to appeal to more minorities in order to win a general election.

The Republicans still have made no effort to reach out to minorities to expand their party.

The reason why is because conservatism is a thing of the past that mainly represented and benefited Whites. The conservative Republicans have to give up their conservative view in order to expand the party and that means they must change how they feel about the past versus the present. Evolution and progress are their biggest threats and challenges. This also means they must share their power and wealth in order to expand the party. **It's not beneficial to join an organization that's already self-established and not willing to embrace other's interest, due to challenging that establishment.**

The Democratic Party has people from many different backgrounds.

This party represents the masses. They feel oversight is necessary to protect people from predatory practices by large corporations. Democrats are more liberal and have more tolerance for change. Democrats represent a larger range of people, therefore, giving them a more powerful voting block over Republicans. Democrats also have powerful people in the 5% as well and many people that own corporations are also Democrats.

The difference is the two parties is the battle between rich and poor.

The Democrats know that Republican interests directly benefit the wealthiest 5% so they try and represent the minorities for balance. Democrats propose things for the American public to balance out unfair practices by some of the rich corporations in America. Democrats propose things like higher taxes on the rich, universal health care, and free college. This is in direct contrast to the Republicans who benefit from the large medical facilities in America, the lack of company-provided health care, high college tuition, and corporate tax loopholes. This is just a few examples of how the undercurrent between the two parties plays out.

The Independent party is not caught up in the formula of parties.

Once people become a member of a party they're more liable to become biased to great ideas and politicians because they have a loyalty to a party. This party loyalty formula can trump people's judgment when it comes to voting on ideas, policies, and politicians. An Independent voter is not bound by such loyalty and

has the freedom to choose who they feel would be best for the state, city or country. The reason America has not chosen to promote or select an Independent candidate as president, is that it will threaten the benefits provided by the 'divide and conquer' method. An Independent president will provide an opportunity for Democrats and Republicans to be a part of the white house staff. This will allow people to operate more independently without the influence of one party against another.

### **What's really going on?**

Once people *overstand* that the 1% owns America, they'll know that American politics is just theater. We have a 'good cop - bad cop' scenario playing out.

Republicans are the 'bad cop'. They stand for the rich, their conservative views and lack of diversity. This has made many minorities feel there's a racist undertone to the party. Democrats are the 'good cop'. The Democrats are for the middle class and working families.

We must have this contrast in order to keep the attention of the American people balanced. If both parties were for the rich, the poor and middle class would revolt and the system could not continue. If both parties were totally for the poor and middle class, the rich wouldn't give money to the campaigns and would rebel with their investments. This will also be a problem to keep the system going. The battle between the two keeps things balanced and entertaining, but make no mistake, these people are all part of a system to keep Americans emotionally occupied.

Democrats, Republicans, and Independents are all working together on a day to day basis even if their views are opposing.

This means they're an *Elite* group of people subconsciously disconnected from the people. They 'play' politics within their realms of power to change a few things but nothing major will be done unless 'Uncle Robert' says so. Once people have chosen a party, they will begin to take on the party's way of thinking even if they don't agree with everything. This will cause people to have a difference with other Americans and it becomes the 'divide and conquer' scenario. This is the system America has for its citizens. This system makes citizens feel as if they have freedom of choice. They do - but both choices are controlled by the same interests. This way American people remain under control, no matter what choice they make.

**The conservative wing of the Republican Party is in direct contrast with the progressiveness of the country. The controlling *Elite* risk losing the Republican Party as their way to keep the system functioning.**

If Republicans continue to hold on to old conservative values, their party will become smaller every four years. Conservatives must *overstand* that America is like a person. It changes as time goes on. We may not always agree with the changes America makes but one thing is for sure - it will continue to change. Change is hard for people who are comfortable and benefit from the way things are or have been.

**Benefits and comforts have power over people being able to *overstand* the evolution of change and experience through that**



**change. The quicker people can accept what it has become and let go of what it used to be - the easier the transition.**

If they fail to appeal to more voters, the Republicans will never win another general election unless the *Elite* interject to keep the formula going.

This is where the Electoral College comes into play to override a popular vote. The Electoral College should not be part of a democratic system. The vote should go to the people only. The people are who the president is representing - not the Electoral College. An *overstander* will seek the Electoral College as an example of *Elite* control over people who believe they have a choice. The Electoral College provides oversight of the people's democratic process exposing the control. So, in essence, the Electoral College can choose whom they would like to be the president because their delegate votes count *more* than the popular vote.

**This is 'Uncle Robert' overriding the family vote on something they wanted done to the house.**

It will take a massive effort in the media to convince people of the winner but the masses have no way of controlling or fact-checking things so they will eventually buy into it. If they don't do this they risk politics going to an independent system with no party affiliations. The independent system takes away party biases and alleviates those distractions for the American public. The 'divide and conquer' scenario will have a limited effect on the masses at that point. The *Elite* will still control the direction of their businesses no matter who votes for whom - but at least the

American public can make a decision without party loyalty distractions.

It's more beneficial for citizens to take part in local and state elections.

These people are allowed to make small changes in the area where their people actually live. It doesn't affect the entire country. These local elections are more often done without manipulation and we're encouraged to participate in them. Participating in national elections has no real benefit to the people since there is no guarantee their choices will be respected.

The government needs the attention and participation of the public to continue to operate.

If the public stops participating in national elections, that doesn't represent a true democracy. The system would fall apart and so will the distractions. Currently, people are distracted by politics and who the president is. The media encourages Americans to vote and makes it feel like it's their right, and that they have a say in things on a national level. These distractions keep the people engaged while the *Elite* continue their lifestyle on a global scale. This energy, projected by the people, gives the manipulation more power, and the practice continues.

## **AMERICA'S FIRST BLACK PRESIDENT**

In the year 2000, George W. Bush was elected president.

His father had also been a president. When his father was in office, America was dealing with a war overseas in the Middle East. When

George W. Bush became president America picked up where 'daddy Bush' left off - involving America in *more* wars overseas.

**We must *overstand* that all wars are approved and orchestrated by the *Elite*.**

The 1% percent that runs America is part of a global group that controls the planet. The issue with George Bush was he was a bad actor and exposed some of the American *Elite's* tactics to the masses. The attack on Sept 11, 2001, was a planned attack. They needed to have a reason to wage a war for a controlled interest in the Middle East.

**The fact that the *Elite* would allow this to happen in America reveals that they're not American or beholden to protect it over their own interests. Not only do they not care about Americans' opinions, they will create opinions for them. This only happens because people don't believe this level of thinking or manipulation is possible. War is big business and people will always come and go, but the business structure remains the same. So if an American citizen feels they matter to the power structure, they must ask themselves, why? People eventually die and another person will be born on that same day.**

President George Bush created a series of fumbles exposing some of America's top secrets by his response to the crisis.

During the attack on the World Trade Center, George Bush happened to be out of the White House at the time and reading a book with some kids in a school. One of his aides informed him of what was happening and George remained seated. This was the first major blunder of a series of blunders. For the country to get

attacked by a foreign enemy on its soil for the first time in history and the president remains seated was very telling. We can never be certain, but it's more than likely that the President knew what was happening at the time, and wanted to make sure the job was completed before he took action. The excuse from the president's camp on why he remained seated after being informed of the attack was, "*...he didn't want to scare the children*". So an *overstander* will automatically feel the president felt it was more important for a few kids not be afraid of his sudden movement out of the classroom, than the hundreds of millions of people that were looking to the president for leadership. The aides could have told the kids anything once the president was out of the room to keep them calm, but they would eventually hear why the president had to leave so abruptly.

An *overstander* can sense that the excuse doesn't make sense and doesn't match up as easily as the accusation that he was aware of the attack.

To confirm things were more of an inside job, the building was imploded with dynamite.

Both buildings, plus a building next to it that had no jet fuel, crumbled to the ground similar to an imploded building. The *Elite* run the media, so it was reported that the building collapsed after jet fuel burned the top of the structure. The fuel was actually burned out *long* before the building started to fall.

Never in the history of the world have two massive structures crumbled to the ground that way due to any type of fuel or fire.

This also doesn't explain why Building 5 right next to it, that housed lots of information on the power structure, also collapsed. The explanation defies logic. Building 5 crumbled just like the towers did, but no other buildings crumbled like Building 5. There is documented video where people can see explosions coming out of the building as the tower falls. This logic of an imploded building makes much more sense, given the way it came down and the bombs blowing as the towers fell.

After the attack, the controlled media got to work.

The media outlets did damage control to protect the 1%'s investment and image. Their advantage is that the American public is gullible and will believe whatever a nicely dressed person on TV tells them. The media did damage control by not challenging the president on his failure to spring into action and quickly moved on. This tactic made the public forget about it and focused on the person they said was responsible, Osama Bin Laden.

The *Elite* plan was to invade the Middle East but - make no mistake - the people in the Middle East were also part of the war games and plans. George Bush made another serious blunder by invading a country that we were not at war with, under the accusation that they had 'weapons of mass destruction'.

If another sovereign country had 'weapons of mass destruction', should we go to war with them toot? How is America not the bully if they can wage war on another country because of something they have the right to have?

America has *many* 'weapons of mass destruction'.

This is the unfairness America must engage in nationally in order to remain a nation of power. So George Bush wanted to attack a country that had nothing to do with the attack on America and the politicians and the public fell for it. America was sure that Iraq had 'weapons of mass destruction' because America sold the weapons to them! To actually find the weapons could backfire on America if the truth was told.

After America toppled the Iraq government, killed their president and occupied their country, why is America still in the country years later after it was reported that Iraq had no weapons?

Not only did America invade a country that didn't attack America, but they had a false excuse to occupy their country. America remained in the country even after acknowledging they were wrong. This is bullying at the highest level and creates resentment against America. This resentment is because of American bullying and the Bush administration's failure to stay on course.

Another great blunder of the Bush presidency was Hurricane Katrina.

This storm was created by the technology of our government to create storms. **(Reference Key 17)** They can create all types of weather creations. It's as simple as knowing the elements to create certain storms and creating them. Katrina was designed to flood the lower community of New Orleans. This city has lots of tourists and receives lots of money from tourism. They also have high poverty and payout large amounts of money in assistance. To flood these communities and remove some of the citizens would save New Orleans lots of money.

George Bush was aware of this storm and it's strongly possible that he was aware of the mission.

The storm was created to hit New Orleans but, under conditions the government *couldn't* control, the storm veered off-target to hit Biloxi, Mississippi. The brunt of the storm missed New Orleans. However, seconds later, explosions rang out around the three levees connected to the lower-income communities. The explosion of the levees was a backup plan in case Katrina didn't destroy the lower wards. That three levees broking at once in different locations shortly after the storm passed doesn't make sense to an *overstander*. New Orleans was flooded and there was massive property damage. Many lives were destroyed and families were separated and relocated.

It was tragic to see the most powerful country in the world unable to rescue its own citizens on U.S. soil.

Our military saves people in other countries all over the world but the president made no effort to use the proper resources to save people of color. Not only did he show a lack of interest to help, he wouldn't even consider visiting the places where the people were struggling. The photos of him flying over the devastation was another public blunder showing that American President George W. Bush was less concerned about people of color. Even though this notion could be true, when it comes to the *Elite* establishment in relation to people of color, they know that they can't be so blatant about it.

George W. Bush again was a horrible actor and when we combine that with his response to questions, tragedies, and the economic gap widening, he is bringing attention to the *Elite*.

We now have average Whites disagreeing with the president and demanding change. George Bush lost the popular vote when he was up for reelection. He only won the election through the Electoral College process. This process, many Americans feel, was manipulated in order to get Bush reelected. After 8 years of conflict, turmoil, lies, and bad acting, America was looking for a change. The Elite needed something different than the normal White establishment to keep the people's attention on politics. The *Elite* needed to give the public that change in order to keep their aggression at bay. What better way to keep the American public attention off of how America truly works than to introduce America's first black president, Barrack H. Obama.

### **Overstand the presidential candidate qualifications.**

**Americans must *overstand* that all presidents come from a certain bloodline. No one will be president of this country without being affiliated with that bloodline. Barack Obama is a mulatto. The White half of his family is within the bloodlines that run all nations. (Reference Key 04) This made Barack a candidate for president long before anyone even knew who he was.**

**America refers to him as the first black president and not as a biracial president because the notion in American is that if people are not completely White, they're not considered White at all. If people are not 100% Black they are still considered African American in America. The fact that the president chose a Black**



wife also made it easier to consider him the first Black president. He was a person who could offer change and distraction.

The *Elite* allowed Barack Obama to run against an easy opponent – an old Vietnam vet and a female running mate marketed by the media to appeal to a different demographic as the Democrats did.

The Republicans ran someone who looked like the old establishment that got America into so much trouble. His running mate seemed clueless on certain policies and quit her job as Governor of Alaska due to all of the ridicule. This scenario made it easy for someone fresh like a young well-spoken black president to be elected.

This was the *Elite's* way of balancing the emotion of the citizens and keeping them occupied.

American citizens fell for the *Elite's* substitution for president. Blacks felt better about America and Whites felt the country has evolved. Whenever we hear someone White says America is no longer a racist country because we elected the first black president, they're not considering the elite's involvement and the overall treatment of Blacks outside to the presidential election. Placing a half-black man at the head of America when people of color are still being discriminated against is not an example of a post-racist country. It's an example of a country that would like to *appear* post-racial. It's evident that Barack was put into office for these reasons. Progress has been made by America. For a large number of Whites to vote for the first black president is an improvement on race relations - but in no way is America post-racial because of that

one vote. When America is truly post-racial they will be able to celebrate more than just having a black president.

### **The effect of the first Black president**

When America elected (or was given) their first black president, they stepped into uncharted territory.

Whites had been the face of American leadership ever since they seized the land from the American Indians. Some felt it was morally correct to not abuse a system of leadership forever - especially after George Bush's performance as president. Some felt, rejecting a well-spoken charismatic man with a respectable temperament over the establishment candidate would send a subliminal message to people of America and the world - America would rather continue to decline and become more resentful in the world than to put a black face on America.

**Whatever people's feelings were for voting for the first black president, we must *overstand* that those feelings were provoked by the *Elite's* choice for a presidential candidate. The *Elite* knew that the extreme difference between the two candidates would present a small number of emotions to choose from. The *Elite* also knew what type of emotions would be provoked by highly egotistical people who have never had another race in charge of the country.**

Even though some Whites in America welcomed change, some were very uncomfortable with having to recognize another race as the leader of their country. Placing a black man in charge of the United States actually felt like karma to some. For the Whites against the idea of a Black president, the source of their dismay was

imagery. Whites have been seen as the ultimate leaders and problem solvers in America. To have a Black man fill that role successfully revealed that leadership in America is *not* monopolized by one race of people.

**This could threaten White leadership around the country and boost the confidence of other races in the country. This process will make it more challenging to continue the imagery of Whites as the superior leaders and problem solvers.**

**The fact that the White *Elite* would love to continue to be the face of leadership means they only placed Barrack in office for public relations purposes.**

To protect the image of White supremacy in America, the first Black president faced opposition the entire eight years he was in office.

The president was disrespected to an extreme never seen before.

A government official publicly said his mission was to make the president a one-term president during the beginning of his term. He was heckled and interrupted and called a liar during a speech that no president had to endure during the history of the country. The Republican Party often said the president lacked 'leadership'.

This was a big buzzword his entire eight years in office.

Republicans continued to use that word to send the message that no one had the leadership skills and the knowledge unless they were White. Even after the Republicans lost the second election and offered no new ideas, they still continued to use the 'leadership' buzzword.

If we're truly one country, having elected the first Black president, and Republicans don't feel he has leadership skills, an *overstander* would ask, why don't the Republicans offer leadership suggestions? After an American majority re-elected the president, the Republicans still used this word. The Republicans undermined America's choice for president by provided minimum support and respect. The Republican Party represents most of the richest people in the country but lacks diversity in comparison to the Democrats. This lack of diversity has made it harder for Republicans to adapt to a person of color being in charge. This factor made politics more emotional and personal for Republicans.

**Although White people from all parties were uncomfortable with Black leadership, the Republican Party made no effort to curtail their feelings. The *Elite* knew this would not sit well with Republicans and they'd be opposed to it. This opposition would continue to divide the country and distract the American people.**

The Republicans wanted to stand by their pledge and make President Barrack Obama a one-term president but failed. The Republicans were in opposition to any issue the president raised even if they were for it *before* the president was. After two years of the first Black president in office, a Republican Congress was elected.

**This was a great move by the *Elite* to keep political parties gridlocked. It caused a lot of bickering, drama, and sometimes even entertainment for the American public. Even after the president was reelected in 2012 a Republican congress remained intact. The Democrats had a million more votes but the *Elite***

**changed the districts to give Republicans the advantage. This made it business as usual.**

America's 'Do Nothing' Congress had the lowest approval ratings in history.

The Republicans became the party of, 'No' which means they would veto anything this president wanted to do. Republicans supported the previous president who took the country from a surplus to a great depression and got the country involved in an immoral war with Iraq. To help the president, they would confirm even more that their party's practices are not good for America. This would make it difficult for people to vote Republican and they risked never gaining the presidency again. The Republicans are trying to make the President seem incompetent, and show that the country is moving in the wrong direction – to try and win support for their previous tactics.

The country REALLY started going in the wrong direction under George W. Bush and the Republicans can't fairly criticize the new president's tactics without acknowledging their responsibility - but they did.

## STAMPLE

*Christina's boyfriend Trevor ruined her credit and tainted her image. She also has a scar above her right eye from a fight with Trevor's ex-girlfriend. Trevor has been caught lying to Christina on a number of occasions. She eventually said at the end of the month, when the lease it up, she's moving out*

*and moving on. Christina did just what she said and moved out. Days later, she met another handsome man whom she became fully engaged with named Marlo. Marlo, after having a conversation with Christina about her past, decided he wanted to be with her and help her get back on her feet. Every time Marlo did support Christina, Trevor would reach out to her and say how that's a bad idea and what Marlo is doing will make her life worse. Anything Marlo did for Christina, Trevor dissed it, in order to win Christina back. Trevor never acknowledged his transgressions against Christina, nor did he offer any meaningful reform. He only wanted to minimize what Marlo is doing. Because of this, Christina will never return to Trevor.*

### **What's really going on?**

If the Republicans want to survive as a party they must first acknowledge following the Bush administration without challenging him was a mistake. They then must acknowledge that they're more of a top-down driven party and they will now begin to be a bottom-up type of party. They must offer ideas of improvement to expand their base and not just be opposing to the president. This shows the Republicans have no new ideas by just being obstructionist.

Republicans need to tell the *Elite* to release more money to the American public so they can offer more assistance to keep their party more attractive. Otherwise, the Republicans will be an irrelevant party and face extinction - and the *Elite* will lose control of their 'divide and conquer' agenda. It will get harder as time goes on for the *Elite* to continue to have influence over people through media.

### **The racial effect of the first Black president.**

Republican news pundits and politicians say that our first Black president has divided America along racial lines more than ever before.

This comes from a party that on Day One issued a statement of opposition to the president. The president, being the first person of color, had a unique perspective on inequality and the effects of not being a part of a privileged system. He was considered an outsider, **even though he's an insider just like all presidents**, and in direct contrast with previous presidents. The president stated he wanted to fundamentally transform America.

This transformation begins with the foundation.

This means the injustice system, which mostly benefits the White establishment. This means making opportunities truly fair for all and not just one race. This is a direct threat to the people who have power over the 'pocket change' of America. This direct conflict between trying to develop a fair system and the status quo is what makes it convenient to use race as the reason. It's really a class-warfare over the 10% that Americans do own in America.

We must ask ourselves, what has the president done to racially divide the country? If we say policies, we're basically supporting what we mentioned about it not aligning up to White privilege. We must ask ourselves, if he was a White president with the same policies, would he then be considered dividing the county through race? The president has not favored one race over the other publicly. Blacks in America felt having a Black president didn't do much to change the social structure in America. So if we can't point to anything race specific, other than the fact that it's another race and another perspective in the White House, how has this president made race relations worse?

This prompts the question, is it because he's *half* Black?

The president has no control over his race but the media has control over the situation and they can take advantage of his race to keep the country distracted. The media is powerful and has a major influence with unchecked power. If the media comes out and says that most American support or do not support a certain issue, the American public has no way to see if that's correct. Once the American public *overstands* the role of the media, the sooner they will realize the media is like the sheepdog. They can make Americans go in the direction they want them to if they believe they're the true source of un-bias information and transparency.

Many times we hear that President Obama's policies resulted in a redistribution of wealth.

An *overstander* thinks if 1 % own over 70% of the country's wealth, there's been a redistribution of wealth in this country for a long



time. Distributing a little of the wealth to the American people would at least appear as if they mattered and the *Elite* can continue to play the game. There are other contributing factors such as race superiority, energy contrast (*which means people feel better about themselves in comparison to someone not as privileged as them*) generational wealth, etcetera. When a national racial issue happens and the first Black president comments on the issue it's convenient for the national news media to make it race-related. The president highlights a perspective that wasn't proposed by Whites and is sometimes in direct conflict with tactics that benefit the European American culture.

Having a Black president forced some people out of their comfort zone and they began to act irrationally. It's similar to a team that is undefeated and is now in a game where they're losing. They begin to act out of character. This made news stations draw a distinct comparison to which party they were for. Some news and radio stations were totally against the president and seldom gave him credit for anything. Other news stations kept the game balanced by giving the president credit, but sometimes these stations weren't challenging enough of the president. Once we *overstand* that the government (*which is controlled by the 1% who may not even be Americans*) controls all of the major media outlets, we can see that President Obama was the perfect puppet to use for a racial divide. When paid people said on a national news station that the President divided the country, this is so that the American public can buy into it and take sides.

The *Elite* know people have been conditioned to retreat to what they self-identify with.

Race is the core factor in most major issues in America so to make it about race is a sure bet for a distraction. The American public lacks the **overstanding** of the media's role in the thought process of the country and the world. The media is there to tell people what to think, not to give them options. The media chooses what to show, what to edit out, what spin to put on it, how to respond to an issue, which politician to interview, and who to have as a pundit. These things are done to shape the American public's opinions on things.

It's like a favorite song playing on the radio over and over again.

Some of these viewpoints get into the subconscious if we don't evaluate the information and process it correctly. Giving these facts, we must ask ourselves why certain things are shown on major American news stations and why some things are not. Once we **overstand** how the system works, we can read into the agenda and see the role the media is playing. If we continue to allow information to shape our opinions without challenging all points for a clear, moral, honest perspective, we're being indoctrinated for our own disadvantage.

### **Exposing the system to oppose the first Black President\***

The American government has largely benefited from operating in a top-secret fashion.

Most of these things our moral conscience wouldn't agree with. It was normally a certain code of silence when it came to the American government. The media played a role in challenging president Bush but in a way to not make him look incompetent for the sake of public imagery of the position. Politicians and officials

on both sides knew that Iraq had not attacked America and had weapons of mass destruction that the United States sold to them. No one challenged the president on these grounds. They just placed the blame on the intelligence community.

The point is that when the American government does things immorally, the news media usually tries to keep some type of respect for the position. The media criticized George Bush Jr. for some highly publicized mistakes like flying over New Orleans without landing, but the media still retained a certain level of respect during their criticism. The first Black president provoked different emotions and the respect for his efforts by his opposition exposed the system. It revealed that trusted media sources and government officials engage in biases and agendas. No matter what happened in any segment of the government, some news stations tried to link others' behavior to the president. Some public stations were always on the opposite side of the president even if they agreed with his position. When we have a national news media that constantly says that the President lacks leadership and is incompetent and publicly criticizes the government under his administration, it shows a different level of disrespect. Some media outlets don't mind exposing government tactics and failures if it makes President Barrack Obama look bad.

Here's the problem.

Under a Black president, the news media has drawn such distinctions between their support for a party that it will be hard for them to truly be neutral again. This means that no matter who the president is, the other side will always have something negative

to say about the sitting president in order to regain the White House during the next election cycle.

**This process will always keep the American president in a disrespectful position and continue to divide voters. We must *overstand* this or we will get caught up in the political agenda of divide and conquer.**

### **The Black community expectation of Obama\***

Every Black person that voted for Obama felt like they were a part of history.

They were proud that someone with their shared history was in charge of America. Blacks had been feeling suppressed and under-represented since slavery. Blacks felt the justice system was unfair, the system is rigged, and unfair hiring practices were at an all-time high - and that the first Black president would solve all of this. Blacks felt that the prison system would be reformed to a high degree and that unarmed Black men wouldn't continue to be killed by police without any officers being held responsible. Of course, ever Black didn't think this way, but a large percentage had similar expectations.

This was the vision of most Blacks when electing President Obama.

Many Blacks finally realized that the president couldn't make any drastic changes in their lives. The president makes decisions on a federal level, while the states are sovereign. If the state has biased laws, the president can't deal with it unless they violate federal laws. If American citizens want real change, it starts with the governor.

This is why some complained that the first Black president did nothing for Black people.

We must *overstand* that if the system was rigged against Blacks for profit *before* President Obama entered office, it's hard for him to fully revamp the system alone. America has wealthy people that donate to campaigns to keep this system going. When a president proposes something that would help Blacks or any under-represented Americans, it may affect one of the wealthiest donors. These people don't give large sums of money to political campaigns without receiving something in return. These people are a part of the system that keeps citizens in check. These are powerful people overseen by the super *Elite*. We have wealthy donors on both political sides and policy control is what keeps the game going for them.

**This also keeps them distracted, so they don't realize they're being controlled by the super *Elite* to keep the people divided.**

So Black Americans asked one man to completely change a system that was in place for decades.

This is like asking a running style quarterback to go to a football team with a different system and ask him to perform. He can no longer be a running style quarterback if the team system he goes to doesn't operate in that fashion. The quarterback can make a few changes and maybe get a few first downs by running on broken plays, but for the most part, he must operate within the system of the team or be replaced. The quarterback is the leader of the team but not in charge of the organization. There are many people that

make key decisions that are then filtered down to the quarterback. This is the same position as the president.

No matter who the president is, there is no drastic change to American culture and policies.

This president was specifically selected because of the emotions he would draw on from multiple races. He is a part of the distraction team. The NFL is broken down a lot like how the world and America are broken down. The fans are the people, the president is the quarterback, the US government is the offensive and defensive coordinators, the *Elite* are the franchise owners, and the others **(Reference Key 18)** are the commissioners of the entire league.

The president, however, has done many things to improve the lives of Blacks.

The image of the president has its benefits and disadvantages for Blacks. The main advantage is the image of a Black man in charge. This image made it easier for society to accept Blacks in leadership positions. Blacks could now be judged by their character and work performance first.

One of the disadvantages is that some Whites felt their position of power was threatened by having a Black man in charge of the country. It's okay for him to be seen as the president, but to have him and other Blacks in top controlling positions in the private sector felt to some like a takeover of power. If a White person feels this way they could double down on only catering to their own kind. This will make it even harder for Blacks to get hired, promotions, awards and more.

## **President Barack Obama's universal health care\***

President Obama was the first president to introduce universal health care for America.

America is the richest country on the planet and can print money in ways prohibited by other nations. For this country to not have some form of universal health care is exposing the greed and priorities of the American power players. Not striving for universal health care is consistent with the *Elite's* global agenda with the American public being the least important. America can make things they care about happen - in this context, America means the *Elite* power players. The president was able to get legislation passed and make universal health care a reality in this country. Although the concept is correct, the process can be adjusted. The mandate must be revised and is unconstitutional. A penalty should not be imposed on citizens for not participating in a program.

**Blacks didn't oppose this unconstitutional move by the president because they were so indoctrinated by him being the first Black president and wanted him to succeed. He was the perfect person for the *Elite* to use to do things without much opposition or pressure from the Black community and others.**

We can do many things to improve the American universal health care system. Let's explore a few examples.

Anyone that refuses to get health insurance must pay the full price of their medical expenses so the mandate will be abolished. People who'd like to have health care coverage can pay for it; the citizens who can't afford health care must enroll in a government assistance program. This program allows citizens to volunteer a

certain amount of hours of their time to a government-run program. These programs include mid to low-level jobs that citizens can do. The reconstruction of America's infrastructure, administrative work, and other costly tasks can be done by regular Americans.

The protocol can work somewhat like jury duty.

The employer must allow their employee to work when called if they're in the government program. The company can opt-out of this if they provide free health care to its employees. The money saved by citizens working in these programs, combined with federal resources, can help make health care affordable or free. A parent must work more extra hours if they would like to cover their children for health care. This method will give out of work or poor people the chance to have health care for themselves and their families. The country also needs to adopt more free clinics and set up more satellite offices for doctors and people. Give tax breaks to those doctors that are willing to work at these free clinics, and get other American businesses to give those health care providers discounts at their organizations in return for a tax break.

**Example:** Let's say a doctor is now able to get a great discount on insurance, airfare, hotels and major retail chains like *Walmart* and *Target* for their role in the free government medical program. The companies that offer those discounts to doctors will also receive a tax break or some other incentive like low employee insurance.

Produce a medical segment of the military, to help Americans.

Everyone in this branch is medically trained to handle large amounts of casualties. These citizens can work at free clinics as



their duty stations and assemble in their state, in time of crisis – similar to the role of the National Guard. Ideas along these lines could make the American universal health care system better. The federal government should also reform the way medicine is sold in America and place price caps on certain medications.

The medical prescription industry is the biggest drug dealer in America.

Tons of money is made from prescription medicines. This money is also used to influence politicians to allow them to *continue* to do so. Money should be awarded to brilliant people who come up with a cure or remedy in a pill form to help millions of people, but the people shouldn't be economically manipulated. Doctors prescribe pills that people need or feel they need so the patient is already at a disadvantage. The medical community should not take advantage of the advantageous position they have to sell drugs.

**Most medicine in pill form is an extract of something. Some extracts come from plants. We must *overstand* that people lived longer lives many years before modern-day medicine. This means that people were able to cure themselves in a more natural way. This natural way has been confiscated and replaced with pill forms that keep the public dependent and keep record profits rolling in.**

If American power players were interested in public benefits, they would promote natural cures to diseases and allow the public to heal themselves. Through the spirit of capitalism, the public as a whole is at a disadvantage. Information is being suppressed by the medical community in order to continue to sell medicine. Maybe

not in all cases, but a lot of people are being taken advantage of by being manipulated into purchasing so many pills. Once an *overstander* calculates the benefits from the status quo, they can identify the motivation of politicians being opposed to universal health care for all. The brightest minds refused to come up with great ideas to make it work because it benefits them more not to.

## HOW DOES THE MEDICINE MANIPULATION WORK

How did ancient people live for hundreds of years? We'll be lucky if we make it to 100!

Why are human bodies dying sooner? One of the many reasons is what we eat meat. Humans are designed to be plant-eaters. Once meat was introduced into the human lifestyle, heart disease and other problems followed. Not only are we're not to eat meat, but we're also eating 'processed' meat.

The American public is also eating cloned meat.

If we mix this with the air toxins created by chemicals sprayed across parts of the country, we will have many health problems. American citizens are working and have little time for exercise so health problems will continue to rise. This means more chances to sell pills to the public. The pill sellers make tons of money and can keep the system going by using the money to lobby politicians. This is one general overview of how the process works but it's all interconnected. The food industry that sells processed foods is of direct benefit to the medical community.

**There are more humans than there is food to feed them all on a daily basis. So, attacking processed and cloned foods is a losing**

**battle. They must sell cloned foods to keep up with demands. Imagine how many locations and people have chicken wings in this country. The numbers don't add up for the number of real chickens that would have to die each day to supply that many wings. People must simply refrain from eating meat and vegetables that are not organic.**

**The public must also have an inside watchdog overseeing the scientists of America who create diseases for the public – which generate large amounts of money from the public health care system.**

The same formula also applies to this field.

The one thing that remains consistent is the system - so subconsciously, people are more loyal to the system than to human life. This gives capitalism no conscience and allows people in power to sell pills versus helping with natural medicine.

**It's *overstandable* for the *Elite* not to support natural remedies or universal health care because that will take away control, money, and power. It may also allow people to live longer which would be another economic challenge. Once a person gathers this *overstanding* they can see why things are the way they are.**

### **The opposition to universal health care**

Mostly Republican politicians stated that America should replace universal health care.

Some people disagree with every citizen having the right to health care in this country. They feel it will lessen the amount of care for the *Elite* and for people of importance. Universal means more

people, and more people means doctors will have more patients. This will decrease the amount of attention a doctor can spend on a patient. The very powerful never have to worry about competing for a doctor, but upper-middle-class citizens will have to adjust. This adjustment is challenging when we look at it this way; a person who once had an advantage due to income is now marginalized. People hear other people speak about the cost of universal health care to the country as their reasoning for opposing it. Whenever we hear this it's coming from a person who doesn't want universal health care for the previously mentioned reasons and would like the public to believe it will cost too much.

Health care is only a priority if it's a benefit to the country's *Elite*.

If it helps young people stay healthy so they can live longer and work longer, the government may be all for this because it has a work benefit. If health care is given to people, like the elderly, who can no longer contribute to the American work system, it can possibly not benefit the *Elite* and therefore would not be a priority.

## **The ANTIDOTE**

There will always be diseases and a need for doctors and medicine.

To limit the number of diseases, we must stop eating meat. The only meat diet the public should eat, if necessary, is fish. We should not eat fruits or vegetables that are not organic. We should also encourage more local farmers and citizens to grow their own vegetables. Each household should have a natural cure remedy book. The public should also be encouraged to drink plenty of water, this can prevent many diseases from occurring. American technology has ways now to enter a person's symptoms into a

computer or phone and it will give people a list of related issues. The public should continue to use technology as such to improve their health.

America should encourage more media exposure dedicated to natural medical cures.

We should encourage jobs to add a 45-minute workout session to the workday. Some businesses could have weight-loss competitions and give incentives to the winner. This encouragement should continue onto the national stage of promoting fitness. This will not cure all medical issues but it will significantly drop the number of health problems we have in America, making universal health care more effective.

### **ANALYZING POLITICIAN SPEECHES.**

Politicians running for president will have speeches to inspire the public to vote for them.

Some politicians say what the public wants to hear. We should expect that. It comes with the territory. If politicians want someone to support them, they have a better chance of that happening if they say things that interest them. We can identify when candidates are pandering to the public and have no real plan to enact what they say. We can identify this by hearing politicians offer things without specific ways to achieve them. We must really break down what the politician is saying or not saying.

Here is an example of what a person running for president may say to the public:

*“I want you, the public, to know that as president I will do everything in my power to make lives better for all Americans. I will bring jobs back from overseas and create more jobs here in America. As your president, I will revisit the tax codes, make large corporations pay their fair share and close tax loopholes. I will make sure we improve our educational system and make colleges more affordable for young adults. We will bring back the housing market and encourage home buying. We will rebuild our military to its strongest level yet and make sure we win the war on terrorism. We will make our military so strong, America will be the safest nation on earth. When I become your president, I will make sure we close the borders to our nations and ensure Americans are first to be employed. I will also reform the prison system and make the laws fairer for people of color in regards to sentencing. So if you elect me as your president, I promise to work across the aisle on behalf of the American people to improve the lives of everyone. Thank you and God bless. Get out to vote everyone“!*

This is a typical speech people will hear from a politician running for president of the United States. Either the candidates know their limitations and are deliberately offering empty promises or the candidates are unaware of the political power structure and the limitations of their position.

**We must remember that the president is like the quarterback of a professional team. He can run the offense but he doesn't run the organization. The organization is run by a group of wealthy men who serve as the offensive coordinator to the quarterback. So the quarterback can say he will make all types of changes to the team at the press conference but when he returns to the team facility, he will quickly realize that he's not in charge and if he**

would like to keep his position as a quarterback he will follow the rules of the owner. The quarterback has some control and makes some key decisions out on the field but he can't enact the same change that the owners can.

Let's break down that empty promise speech.

It offers no specifics on how to get things done. The candidate started the speech by saying I will do everything in my power to make lives better for the American people. The words. "...in my power..." are the keywords to pay attention to. If he has limited power to make lives better for the people then it's just a false narrative to inspire people with empty promises. 'Making lives better' is a general term, but it's effective because it allows people to envision the improvement where they see fit versus having it explained.

The candidate said he'd bring jobs back from overseas to create more jobs here in America.

What the candidate is really saying is that he will make the corporations which invested in him to be president so they can continue to have tax breaks will now invest in me and will lose the very thing they're investing in me for. It doesn't add up to an *overstander*. An American corporation makes 1 billion dollars by having their company operate overseas. It is obviously beneficial for them to spend 200 million dollars to make sure the politicians keep the rules in play. This is the reason people continue to hear the same promises but never any real sanctions against large corporations that do business elsewhere. This is the system that

any president must navigate through. Money is power and America is controlled by power.

The candidate stated they will create jobs here in America.

This sounds great and feels like hope to the millions of people listening but the president is only responsible for federal jobs and has little influence on individual states. So if the states are not innovative enough to create jobs, they will still see an America that needs to improve job growth. The federal government can decrease regulations or taxes against companies that can help to influence job creation but the motivation still remains with the companies. We must also remember that technology is taking over human jobs at an astounding rate. With technology taking the place of humans, it's impossible to create the same amount or type of jobs that were designed for people back in the manufacturing days.

The politician said they'll improve the education system and make college more affordable.

Again, they're promising to change an industry that paid to make them president. The president offered no ideas on how to make college affordable, but it sounds good.

So how will a politician change a system that's been in place for decades? How will he make college more affordable for young adults? Lots of universities are privately owned so how he will make private institutions lower the amount of revenue they take in?



He spoke of making the tax code fairer and closing loopholes.

Tax codes and loopholes were designed as corporate bribery to politicians. Large corporations can easily insinuate that they will lose lots of money if they change the tax code. They can also suggest that if the tax codes stay in place, they can use some of the money saved from such legislation to give to the politician. This way both parties win. The corporations continue to save on tax breaks and the politicians receive millions of dollars in campaign contributions.

**On this level, it's never about the general public. The powerful have their own community in America. This is why Americans have seen little to no change in reforming the tax codes for very wealthy corporations.**

The speech continues with bringing back the housing market.

The speech never said *how* they will bring back the housing market. It's just something that sounds good and allows room for optimism. Houses are still standing. What will the president do to allow people to enter and own those homes? This is also a private industry for the most part, so what plans will be enforced by the government on private lenders to make housing affordability return to its past status?

Rebuilding the military means the strongest military on earth needs more money.

We already spend more money on our military than many other countries combined, and we would like to expand that. Why? We have created wars overseas and are telling the American people

that we need to invest more money in the industry they would like to support. The American public then agrees to allow their money to be redirected to the war community. The American public is always getting manipulated by redirecting the funds to the upper-level community of the United States.

What does 'rebuilding our military' mean? No one explains it because it's designed for the public to allow more funds to flow into that industry unchallenged.

The candidate said that as president he will win the war on terrorism.

How can America win a war on an idea? Iraq may believe that America is a terrorist country for their attack on them. A lot of the hatred for America is in response to Iraq and others. Attacks have been happening on this earth for thousands of years. To create a narrative to win a war on the 'behavior of people' is impossible unless they militarily occupy the entire world. **(Reference Key 19)**

To say that the most powerful military on earth, which spends an enormous amount of money in defense, is having its longest war against a group that is not an organized military seems suspicious, to say the least. This is the same military that exposed a video of the enemy Osama Bin Laden but couldn't find where he was located. This is the same government which feeds our media information and can turn any act of violence domestic or abroad into a terrorist plot. This is also the same government that keeps many things classified and top secret. Given these facts, an *overstander* will think if the government keeps many things top secret, why release messages from the enemy. This too should be

kept top secret unless the government wants the public to think we have a very difficult enemy to defeat.

The videos were used to advance an agenda. This also means any information or videos we see are for a reason. If it's not in the best interest of the agenda, it will not be public knowledge and will go into the top-secret category.

The government is operating in conjunction with its global partners.

It benefits the *Elite* and upper American society, but not so much its average citizens. The candidate would like to close the borders and allow Americans to be the first to be employed. We continue to hear the cry for more border security and it has not happened in years. An *overstander* would know that the most powerful and richest country on earth can lock down all its borders and deport any illegals here in the country. This will truly increase the chance of Americans receiving jobs first. The fact that we have so many illegal people in this country and the border is still being breached by neighboring countries means it's a low priority for the American *Elite*. With it being a national security issue but a low priority for the *Elite* means it's highly likely there is a benefit or agenda attached to the open borders.

American businesses benefit from cheap labor performed by undocumented workers.

If a corporation can save money by paying foreign workers lower wages, the company wins, the undocumented worker kind of wins, but the American people lose. As long as this advantage remains

in place for the *Elite*, no real changes will be made concerning illegal immigration.

The candidate talked about prison reform for people of color.

This is a pandering move to allow people of color to feel the president can change the legal system in the states. The president is speaking on a federal level, but most Americans interpret it on a state level. There are many people in the prison community who benefit greatly from collecting tax payer's dollars for incarceration. The same formula tactics of the other communities are applied in this instance as well, so that's why we see little to no change no matter who the president is.

The candidate ended by stating they will work with the opposing party to get things done.

This tactic is normally used to gain votes from the opposing party or independent voters. It's made to seem like they will govern the country by allowing other parties to have input. Working across the aisle is a great gesture but it's truly a case by case scenario. What we are to conclude from this is that the president, without specifics, knows that the things being proposed are against the wealthy donors that place them in that position.

**We should *overstand* the basic power strategy of the American system and how money has totally taken over the political process.**

The quicker Americans grasp this reality the quicker they can identify the politicians who offer empty promises. The public must demand specifics from any politician running.

The American people have a chance to benefit from the political process if they advocate that no corporation can donate money to candidates - or place a cap of \$100,000.00 on donations. For the sake of the American public, lobbyists, and wealthy corporate donors must have their financial influence taken away.

Accountability is key for the public to regain its political system.

Here is a person running for president who offers more specifics. This is what we should look for when a candidate speaks to the public.

“The country has many problems that need to be fixed and as your president, I can’t fix these issues alone. I will need the public behind me to hold corporations and other government officials accountable.

Any American company that outsources their work to foreign workers for cheap labor will have their names posted on our official government website. You can choose to support these companies or not. We will also tax the company in the amount equal to paying workers \$12 or the minimum wage in the United States. The money collected from the taxes earned will be used to lower taxes for middle and low-income families. The tax revenue will be used to hire low skilled workers to help rebuild our roads, bridges and infrastructure. This move will also provide an incentive to large companies to start hiring again in the United States.

As president, I will adopt a public ‘job share’ mentality to take money out of the hands of the large corporations and deliver it to the American people. We would like to follow the model of companies such as Lyft, Uber and Air BnB. These companies allow

the public to pay for services provided by the general public. This allows the public to make money versus giving most of the money to the large corporation. For example, instead of calling a taxi company, you can call a regular person with a car by using your Uber app on your phone. You can also stay at someone's home for a better price than a large hotel. As president, I will adopt this model for other things like banking, where millionaires can loan money to regular people.

This type of innovative thinking will help to ensure money is going into the pockets of the American people.

We'll extend tax breaks and grants to states with the lowest unemployment rates.

We will reward innovations with tax breaks. I will require federal oversight of states to take account of their educational budgets, and perform audits in every state to locate failing and low performing schools. My administration will track down where the money is going and hold those accountable for misrepresenting public funds and trust. The schools must report how much money was received and what the money was spent on. I will allocate more money to the poorest performing schools and less for schools with more resources. Schools will receive more funding if they show an improvement in kids' attendance, academics, and behavior. If schools are not performing the way they should, we will make the schools public and we encourage the citizens to put pressure on the state and local government to reprimand them. I will make some of these proposals law through executive order.

We must lower college tuition costs significantly.

If college becomes more affordable, we will work with the states and give tax breaks to increase the number of state colleges. I will push for fully accredited 4-year universities at state and local college levels. We will encourage as many online classes as possible to cut down on the overall cost to students. We will also introduce a book sharing program where the cost of study books is shared between all the students involved significantly lowering the prices for books.

I will allow people in foreclosure to buy homes again.

If you elect me as your president, I will make sure we have a rent to own program for any American looking to own a home. If you rent your home and haven't been late or behind on more than 2 payments in 5 years, you will automatically qualify to buy the home. The money paid in rent will be used toward the payment of the home. This is a federal program geared at working with property owners to make this happen. Homeowners and organizations alike will have to opt into this program. You can continue to do business with them if you like.

We will not spend more money on our military.

Instead, we will make sure our troops are working smarter and not harder. We will bring our troops to the outskirts of countries we're at war with and allow no one to leave or enter the country without screening. We will allow the foreign ally's troops to enter into any ground war or combat with the enemy in the city. The U.S. will oversee the missions but will require fewer troops due to the mission being more focused on occupying the area.

Our borders will be secure the day I'm president.

Each unit of the armed forces and national guards will make it their mission to guard the borders and make sure no one crosses over. I will conduct operations at our borders, similar to what we have set up overseas in wartime. Many troops will be randomly selected to work 1 month of border duty and then return to their original unit. We will also invest in virtual technology, sensors and camera equipment to make the border even more secure.

There will also be a task force to crack down on businesses that hire illegal workers.

Those workers will be deported if caught. If a person is here illegally and is caught by law enforcement they will be returned to the country they came from. I will make sure American workers are put first in our society.

We will allow people with limited education to move up in a job.

You will no longer be able to deny a promotion purely based on education. If a person has learned the job and has performed exceptionally well, it will be considered discrimination not to give that person the promotion.

I will take the question, "Have you been convicted of a felony" off most job applications.

Prisoners will have an unbiased second chance through executive order. As president, I will introduce to Congress a 'Same Crime Equal Time' bill that ensures everyone who commits a certain crime has to do the same amount of time. This can only be adjusted if the person committing the crime has had prior convictions that



may not match a previous person's sentencing. Sentences for non-violent crimes can't be over 10 years and marijuana will be considered a fine or misdemeanor if under 6 ounces.

Privately owned prisons will be abolished under my administration.

Abolishing private prisons will decrease the motivation to lock up poor people to receive funding for housing them. Prisons can no longer be part of any stock market or profit-sharing scheme.

I will seek out Republican positions that are similar to my agenda and work with them first, and then begin to find common ground on issues we don't agree on. I will also hire people from the opposing party to be a part of my administration.

So if you elect me as your president, I would like for you to hold me, other large corporations, and local politicians accountable to what I have presented to you.

Thank you. God bless and get out and vote!"

This is what we should hear from a presidential candidate.

Specific ideas for America and a clear plan on how to make them happen. The reason we don't hear this type of speech is that they know they can't enact these changes with the current political design, so being specific would only expose them more. The American public will always be at a disadvantage when it comes to big business until they identify the manipulation and stop supporting it. We must always keep an *overstanding* of the role of the president, the limitations of its power, and the controlling interest of the country.

Once we identify the level of importance to the *Elite* it's easier to identify why things are the way they are.

## **VOTING PROCESS**

The American voting process is one that Americans have been proud of for decades.

Our democratic system is what makes things fair, and makes the people feel they have input into how they live. This, in some ways, makes the general public feel relevant.

**As long as the public feels relevant, they will participate.**

The goal of democracy is to allow the public to vote on issues, characters, agendas, and special interests presented by the candidates. The person with the most support from the general public gets to represent the public.

This is how democracy should truly work.

The problem is that we have two societies, the American upper-class and the general public. The upper-class gets to decide what's best for themselves first and the public has to adjust to the outcome. The system for president is not a system of basic democracy but rather a system of oversight by the upper-class society, to ensure no one is elected who will threaten the entire American system. If they do threaten the American system, they will be replaced - but the distraction is unnecessary. Giving the fact that America doesn't belong to the people, this will be consistent in making sure the leaders of the country are chosen by the *Elite*.

The *Elite* always decide who will be the leader of the country.

The Democratic primary system allows the public to vote, but the public vote doesn't count as much as the delegates the candidate needs to secure the nomination. An *overstander* would think if the voting process is purely democratic, then delegates are unnecessary. The Democratic Party not only has delegates they also have Super-delegates who can vote for any candidate they like regardless of public support. This is just another example of control and oversight by the *Elites* over the American public.

The Republican Party has similar measures when it comes to selecting a nominee.

Both parties have a private organization that elects candidates, sets up party rules, and prepares the convention for their candidates. Since this is done by a private organization, the people have no control over the rules, or the rollout of the candidates running for president. Private organizations can change the rules or go against the will of the people altogether.

This is more evidence, and is consistent with a divided America.

If it was a truly democratic process, no private organization could overrule the voting process. They can have input on the rollout of the convention, but no more than that. Donations by large corporations should be regulated because it leaves the public at a disadvantage. The interest of the public can't compete with the interest of wealthy corporate donors so politicians are 'tainted' by accepting such donations.

For a true and honest election, America should eliminate the delegation process and leave it all up to the popular vote.

Once each party has their nominee the public votes for the best candidate in early November. One person equals one vote and the most votes win. Keep it that simple to promote true democracy. An *overstander* will see consistent practices in our voting process that reveal that the public really doesn't have much power, but the public must feel important in order to participate.

### **Polls**

With polls, a small group of people represents a large number of people.

The only problem is, by definition, we have the chance of being totally wrong each time. If we poll 100 people and they represent 1 million people, a person may have selected 100 people that don't reflect a percentage of the million at all. Most of the 100 could reflect a small percentage of how the 1 million feels.

Polls are a measure of speculation. If a certain individual has to go through a screening process to participate in polls, this means the outcome has a high chance of being manipulated.

Polls are easy to manipulate.

This manipulation is mostly done by the personnel handling the polls. The poll is interpreted to influence public perception in one way or another. This is why we should never allow polls to persuade our way of thinking, we'd be at the mercy of manipulation. People never see, on a national stage, how a poll is

conducted - who are the people being polled and what are the true results. This is why the media is monopolized and is so powerful.

Don't be influenced by polls, especially if they're not reflecting the current social response around us.

## CONCLUSION

A political system is necessary to govern a large number of people.

The issue is when formulas come in to play, and the public is at a disadvantage when it comes to the political system and government. This section exposed the processes and why most politicians are controlled by the very money they need to win.

Given the *overstanding* of how this political system works, the American public can take back power by not participating, or by not voting for politicians who accept funds from huge donors.

The public must *overstand* the interest of the powerful *Elite* - and themselves. The public must then counteract their motivations with motivations of their own. The public should also have a spy on all levels of government to keep them honest.

## Chapter 6

### America's Gun Culture

#### GLAMORIZATION OF GUNS

America has a huge gun culture – and a huge *problem* because of it.

More people in America own guns, than in any other country on Earth.

**More people die in the United States due to gun violence than in several other countries combined.**

This problem has many different levels and motivations behind it. One of the overall reasons for high gun violence is the fact that every citizen without a felony can own as many as they like. Americans have the right to own guns. When Europeans set up laws in this new land they wanted to make sure that same things they did couldn't happen to them. So, people had the right to protect themselves from individuals, the government, or foreign armies.

The initial incentive for the 2<sup>nd</sup> amendment was for protection.

It became a concern when those guns started being used to handle human aggression or conflicts. Modern guns weren't even imagined by the men who created the 2<sup>nd</sup> amendment. We must also *overstand* that since Americans were kids they were exposed to gun violence as a way to settle disputes. Many American cartoons had gun violence in them, which plays into our

The Art of Overstanding  
subconscious at a young age. Kids have toy replicas of guns and action figures with weapons to play with. Many American movies, westerns and TV shows have gun violence throughout the programming. Americans witness the glamorization of gun violence in programs depicting getting 'the bad guy' through shootings. The media and gaming industry play a larger role when it comes to embedding guns into the American subconscious of gun violence than we'd like to admit.

### **Guns are used to enforce power and population control.**

Without guns, order can't be restored and the power structure has no advantage to keep the public at bay. Guns also boost the confidence and security of people with poor physical combat skills. Sometimes people are overly confident in their authority and power because they have that protection in place.

### **VIDEO GAMES**

There are an amazing number of video games that involve shooting someone with a weapon.

As we just discussed as one of the components of gun violence, constantly playing these games makes shooting someone in real life more of a possibility. Hitting someone with a bullet from a distance gives people gratification on a video game. It also inspires people to be consistent in their aim to repeat the process. These actions become planted in our subconscious. It also makes it easier to choose a weapon to handle a dispute rather than physical combat or verbal communication. Guns and weapons have always been a part of video gaming but now the games are more realistic and the targets are more human-like than ever before. Playing

these types of games too often also places people in fear of feeling that most disputes they encounter will be handled with guns - and this allows them to react in the same manner. When that type of environment is created, it puts most people on edge and causes people to overreact.

## **GUN CULTURE IN THE BLACK COMMUNITY**

Many African Americans in poor neighborhoods are killed by other African Americans.

The gun culture is high in poor neighborhoods and lots of urban music reflects gun violence. The music makes it acceptable to shoot first to resolve conflicts. The music also inspires more gun violence to take place.

This is how it works.

If a person listens to music on the radio about killing and shooting constantly, that person will believe that everyone thinks in a similar manner. This puts a person in a predictable mind frame and that could result in gunplay prematurely. The fact that the local news report on actual shootings around the neighborhoods amplifies the uncertainty. We must *overstand* that is a part of the reasons the news share these local incidents.

Blacks are put into poor neighborhoods and given limited resources, education, and opportunities.

When America introduces drugs into a neighborhood, it causes a neighborhood to have an altered state of mind while supplying citizens with illegal products. Since the products are illegal, it encourages citizens to rob, steal, and kill without involving the



The Art of Overstanding  
authorities. The *Elite* know this will be the likely outcome, so they send unregistered guns into the neighborhoods. There are no guns or drugs made in poor neighborhoods which means they had to be introduced to the neighborhoods by undisclosed channels.

America has been exposed for selling guns to the enemy, to cartels, and even to poor Black neighborhoods.

The *Elite* know how guns will play out in certain scenarios.

This may be one reason why America has no national tracking system for guns made and sold. A country must have a national registration of guns in order to track this activity. This is not a favorable idea to the *Elite* because it would undermine their efforts to keep supplying Blacks with weapons for their own destruction. For this reason and others, the motivation to register and track every gun in America hasn't been there.

When someone Black is killed by someone else who's Black the *Elite* benefit from it. There are burials and other expenses that accompany death that benefit local state revenues. The person that did the shooting will go through the justice system, keeping them employed, costing taxpayers thousands of dollars to house them. The prisoners work for free labor once they're in the system, which is modern-day slavery and another motivation for keeping guns in the Black community.

The anger, hurt, suppression, and abandonment of Blacks builds anger.

When conflicts arise, it may go to the extreme, especially for people who are having a tough human experience here. When we

combine these elements with drugs, easy gun accessibility, and the glamorization of guns, we have a formula for armed conflict. This is a formula that most Blacks and other poor minorities don't *overstand* that they're being manipulated into.

### **It's a form of population control.**

There are many approaches to population control and gun violence is one of them. Having so many guns in circulation, added with the matrix pressure, creates the atmosphere for gun deaths. It's easy to *overstand* the more guns, the more gun death. The most violent and dangerous people in the world are in prison but we haven't heard of a prison shooting because there are no guns in prison. The inmates must live a life without guns. This is not the lifestyle America is fully promoting. To adopt this lifestyle would interfere with population control and the monetary benefits that come from murders.

### **Countries around the world with limited/no guns in public circulation have fewer gun murders.**

The difference between America and most other countries is that America is too status driven.

Most people strive to be rich, popular, to have nice materialistic things, and to advance to powerful positions because that's what America has grown to respect over more moral choices. Americans have adopted this practice due to the media.

The media highlights people and makes them seem more relevant than viewers. The media entices the public regarding riches and this can cause an 'under' aggression. This 'under' aggression is one

of the reasons Americans can be more hostile than in other countries. People are taught to compete with the next person and to believe they're just as good as the next person. When we combine that thought process with the idea that money and material things are what make a person relevant or special, it can produce aggression at the highest level. If a person feels just as good as someone, but also feels less than them because they don't have the financial or material possessions, this can cause envy. This can lead to robberies, thefts, backstabbing, and many other outcomes. Unfortunately, too many of these aggressions involve guns.

Below is a *stample* explaining why America has to deal with temptations that other countries don't deal with. Americans have been taught they're the greatest country on earth and most people in the world would like to live there. The truth is there are many people that would like to live in America but most people are fine with the experience they have in their country.

### **STAMPLE**

*There are two groups of kids. Each group is made up of 10 kids - all of these kids are similar. Group A was given old toys to play with. The kids in this group could exchange toys with each other but never receive a new one. Group B was giving old toys to play with but after a few days, they had the chance to go to a toy store and see all the new toys. The kids were excited to see the new toys. They wanted the new toys and begged for them. The kids*

*were not allowed to receive the toys and had to return to their room and play with the old toys. After repeating this for several days, three of the kids were allowed to receive new toys from the store. The three kids did not share the new toys with the other kids. The other kids wanted to play with the new toys. This caused anger and disharmony among the kids.*

### **What's really going on?**

**It's human nature to want to progress and have different experiences. If a kid has a toy its natural to want something different or better especially if they're enticed with it. This natural human progression is known by the *Elite*. They use it to manipulate people and keep their spirits unbalanced.**

We now have kids that hate the kids with new toys, and we have kids that respect the kids with the new toys. We have the kids with the new toys feeling better than the rest because of their toys and some feel guilty because of it. The kids with the new toys could also be at odds with each other trying to compete with who has the best new toy.

The point is that we have a range of emotions when we change the dynamics of a situation.

Group A is like the countries that don't have the resources or the motivation to entice others with material things and status. For this reason, it lessens the mixed emotions about people and status. Minimizing those distractions will allow people to focus their

energy on other things. Group B has many new toys and highlights the kids that have them. This formula can break up the cohesiveness of the group.

With these factors in play, conflicts arise often in America.

Having a society set up in such a way, creates the emotions just mentioned. When some of those emotions are compounded by alcohol or drugs, it can lower rational decision-making in the heat of a confrontation. If we add to this the availability of a gun, then we have the perfect recipe for gun violence. America must change the way we respect media, wealth, and material things to keep spirits more balanced and therefore people would be less at odds with each other.

### **FEAR OF THE 'TAKE OVER'**

Many Americans feel they must stock up on guns in case of a government takeover or martial law.

The Government does have prisons or FEMA camps inside of the United States and it's very possible the Government plans to fill those up with American citizens. If the Government really wanted to take over the citizens, it could not be done using a house to house ground fight. The technology and weapons that can be used without a ground game would let citizens know quickly that guns could only do so much. The rest of the citizens would be so afraid of what's going on they'd be willing to comply with anything just to get back to normal life. There are so many scenarios that would leave citizens defenseless with their weapons. The government can simply use their HARP program with weather manipulation capability to flood a city or wipe it out with strong winds.

White Americans also have a subconscious fear that without guns, they'd be physically overtaken by the *melanated* people in this country. Whites have been privileged in this country ever since they arrived and that can cause guilt and paranoia. That guilt, mixed with fewer physical capabilities to defend themselves for the most part, drives the fear of being without protection. This makes a person a strong advocate for gun ownership and *overstandably* so.

## **POLITICS IN THE GUN CULTURE**

The National Rifle Association and similar organizations are very strong and influential in keeping guns on the streets of America.

These organizations are not in favor of any gun laws or legislation to curb gun violence in America.

The NRA pours large sums of money from gun sales into political campaigns and, in return, they control the votes of our politicians. Most politicians will not draft any legislation that would limit the amount or types of guns sold here in America. This would be working against the money raised by the National Rifle Association and others that these politicians receive. This goes back to the same formula discussed in the political chapter. This is one of the reasons why politicians never pass legislation to regulate guns on a massive scale.

**The NRA is another American organization that supports profit over life.**

The NRA and other organizations like it are allowed to exist and wield power because the most powerful people in America know

they benefit from such a distraction. This keeps the American people divided over guns.

**No matter what side a person is on with this issue as long as they're choosing a side they're trapped inside the *Elite's* web of distraction. Most of the American public feel that there are too many unregistered guns on the streets but they must create an opposition to keep the distraction going. This is why the *Elite* make the NRA appear powerful.**

There are many other benefits to gun violence.

These benefits play a role in the level of commitment our politicians choose to stop the violence. The manufacturing and distribution of guns benefit things like population control, legal benefits, medical benefits, and funeral expenses. America also has the scare tactics of guns so the government can enact fear on the public. This fear allows the government to play both sides of the American public and enact any rules and regulations they like because of it. One of the most popular ways to sway the public is through a staged mass shooting. **(Reference Key 20)**

**Be wary of those people who benefit from gun violence.**

They try and persuade people that if we can't stop *all* gun violence we shouldn't even *try* to minimize it. They will make us think that registering every gun and creating a tracking database will be too complicated or expensive. These people will hide behind the 2<sup>nd</sup> amendment to avoid reasonable discussions on gun reform. If the people in charge of America really wanted to minimize gun violence they would make a collective effort to enact some of the effective changes noted at the end of this chapter.

## The ANTIDOTE

In order to change the gun culture in America, we must change the motivations of the people and the laws that keep guns on the streets for dangerous individuals.

Let's first focus on motivation.

The glamorization of guns through visual media and music must be curtailed significantly. Radio stations should stop playing songs on the radio that encourage or refer to gun violence. Hollywood and other movie outlets as well as television must stop using gun violence in movies and TV shows unless used by the police, the military, documentaries or period pieces. Gun violence by regular citizens shouldn't be glamorized in movies and should be kept to a minimum if used.

**America made a stance against smoking in commercials so that it wouldn't influence kids. Because of this, many kids are not enticed to think smoking is cool and in response we have fewer kids smoking. This is a perfect example of how influential the media is in not only kids' minds but in the minds of all Americans. If the media wasn't influential, billions of dollars wouldn't be spent on commercials.**

So, if America stops glamorizing guns in the media, people would be motivated to settle disputes in a different manner.

We must create songs and visual media about settling disputes by talking it out or at the very worst, having a fistfight. The motivation previously was fist fighting to settle disputes as a man. People respected the man who could fight. This motivated men to handle



their disputes physically. American society needs to revert back to honoring a man who is willing to handle his disputes physically, and not with weapons, in order to limit gun violence.

If America really wanted to change its gun laws to prevent gun violence, they could adopt some of these suggestions.

Here are a few more suggestions to eliminate or lower gun violence.

- There should be a limit as to how many guns a person can own. An exception can be made for collectors. One American should be limited to two handguns and three rifles. If a person wants a new gun and has maxed out their limit, they can trade a gun and receive the value of it towards a different gun.
- Guns owned by a member of the public must not have magazine clips over 10 rounds. These should be reserved for the military. It should be illegal for manufacturers and store owners to sell these magazine clips.
- Automatic weapons or military-style assault weapons should not be sold to the public. Manufacturers should only make such guns for the military.
- Any accessories altering a gun to make it automatic or military-style would result in the product being taken out of circulation, and having it rendered illegal.
- All weapons must be registered in state and federal databases. These databases should include the name, home address, and contact numbers of registered owners.

- It should be illegal to sell a gun from a store, trade show or any type of gun show exhibit without first performing a background check and then registering the transfer.
- All concealed and open carry holders must qualify at a shooting range and attend training once a year to keep their certification.
- If a private owner sells or gives a gun to someone they should have a set, limited period of time to register the transfer of ownership through proper channels. Failure to do so would result in criminal action against the original gun owner. If a crime is committed using that weapon, the private owner is liable as well if the ownership transfer is not done.
- Create new technology that allows guns to be fired only by their registered owners.
- Promote the use of guns that tranquilize an aggressor instead of killing them, so the proper authorities can handle the situation when they arrive.

These suggestions are geared toward eliminating some of the violence and death on the streets caused by guns. We will not stop all gun violence and we will not stop all illegal gun activity but if we follow some of these suggestions and others, we can lower gun violence significantly.

# Chapter 7

## Religion

There have always been overwhelming efforts to indoctrinate religion into people's lives.

From a very young age, a religion of some sort is taught to most of us. Religion becomes our way of life and, as we think we are, we become. There is power in believing in something even if it's not completely accurate. If we believe strongly in something, it can affect our spirit, our energy, and sometimes our outcome. An *overstander* must identify the outcome of their thinking or beliefs to have any chance of identifying manipulation. This also helps identify how a certain mindset both benefits and weakens a person's character. This is very important to remember as we explore religion.

**This section is not intended to offend any person's religion.**

**It is to express a broad *overstanding* of the reasoning for religion and its manipulations.**

In this section, we must challenge what we've been taught about religion and God in order to verify if the teachings are manipulated or not. If we fail to do this, we will never ascend above the indoctrinations. For our souls to ascend to the next level, we must grasp the overall picture and process. Some will choose not to use this information to ascend. They will remain content with the status quo. This is fine because there's power in thought. Many

people have benefited from the current teachings even if they're not completely liberating.

First point to make: it's more important to a manipulator what a person thinks than what the truth is.

## STAMPLE

*A skilled carpenter was down on his luck. He'd been out of work for over a year and was homeless. His spirit was low and he walked around with a sad energy. A group of con men heard about this man's skills. They found the carpenter in an alley and made him an offer. The men said they needed a building finished in three weeks. They said a rich man wanted to build a center for his community before he died and that he'd left one million dollars to do it. The man had died and they wanted to build the center for him. They told the carpenter they'd give him 300 thousand dollars if he'd complete the place in three weeks. He was told he'd receive the money once the project was done.*

*The carpenter was excited. His spirit immediately lifted.*

*The next day, he began to work.*

*He thought of what he was going to do with the money and began making arrangements for a*

*place to live. The carpenter had great energy because he believed in something. He was also motivated to really work hard and be creative to finish the job on time.*

*The man arrived on time every day. He worked hard while being innovative. He had joy in his heart while working. He believed what the men told him, which renewed his spirit allowing him to perform better than he ever had. He completed the project in less than 3 weeks.*

*When it came time to pay him, the men picked up the homeless carpenter in a big black stretch limo and drove him all the way into the next state to get the money. They stopped in front of a building and told him to go inside and ask for 'Mr. Ben Gladstone' - told him they'd wait to give him a ride back. The carpenter was excited about getting the money, he immediately hopped out of the car and went in.*

*No-one there knew a Mr. Ben Gladstone - had never even heard of a Mr. Ben Gladstone.*

*The carpenter rushed outside...but the limo -and the men - were gone. They had never intended to pay him.*

*They just wanted him to believe he'd be paid.*

### **What's really going on?**

The carpenter believed in something that was not true. To believe is not to know.

Believing in something that was not true still gave him the motivation, innovation, and dedication to finish the job on time. He completed the job for the con men and now that it's over, it really doesn't matter what the truth is. The job is done and the con men were able to control the carpenter with the belief of payment. By the con men projecting this belief onto the carpenter, they were able to control his moves and motivation. The carpenter was predictable to them. They knew where he would be and what he would be doing as long as he remained within the belief system they'd set up for him.

This is similar to how religion works.

We're not sure of the outcome but we're told that if we believe in a 'savior', sent by God, we will have the outcome that we desire when this life is over. Most religions have rules, regulations and belief systems that cause the believer to conduct themselves in a controllable manner. This puts people on an emotional roller coaster of what they *feel* they want to do, and what their *religion restricts* them from doing. In order to allow this to work, a person has to feel that he or she will have consequences in the afterlife if they don't live by certain rules and rituals today. Given these factors, religious people, for the most part, try to conduct themselves in ways dictated to them by their religious leaders. If

people follow the rules and rituals, it allows our world to be more easily controlled.

It doesn't matter if the teachings are correct.

All that really matters to The *Elite* is that they have control over a person's mind and body as much as they can to keep our world under control and out of harmony.

**If a person dies and never receives what they were faithful for, at the end of the day they were only faithful. They will be no different than the carpenter.**

The homeless carpenter was predictable and controllable due to his belief. This indoctrination of rules and regulations, through religion, benefits this world. When people conduct themselves according to religious teachings, the world runs with less friction.

**The Elite know the danger of allowing people access to the true knowledge of maximum experience without judgment or restrictions. It would cause total chaos and the ones in control of our world would lose it.**

**An *overstander* must focus on the benefits to indoctrinated religion, who it benefits, and if the information is true or real.**

If a person allows themselves to think beyond religious teachings, they will receive more information from the universe. Participating in religious beliefs and practices can block valuable information outside of that realm of thinking. We must *overstand* that there is a reason things are in place and we must trace it back to the motivation. Then we can *overstand* the process and reasoning behind such efforts.

Throughout this section, we will deal with information that challenges the mind.

This is the art of *overstanding* not *understanding* so we must elevate our minds and disarm ourselves from being biased toward previous teachings in order to see the entire picture.

**We cannot prepare for the future if we remain stuck in the past.**

This section is not dedicated to any one religion and is not meant to offend anyone's way of thinking. It's to enlighten us to *overstand* the process. We will find the truth within our self. We can identify when something makes sense and really hits our spirit as truth. It's very important that we try to *overstand* the points made in this chapter.

What happens when that 'truth moment' hits our spirit and contradicts what we've been taught?

Will we allow the truth that's in our gut to prevail, or will we allow the old teachings to subdue our feelings and continue on as normal? This will become an individual choice as we explore the *overstanding* of religion. We must remember that growth is a process of life and many times there are moments of growth that contradict what a person had previously been taught. The information and opportunity for growth will come to people who seek it and it will not be recognized by the people that don't.



## GOD

Who or what is God?

This question will receive many different responses from many different interpretations.

The most common factor is that this spiritual or soulful force has the physical image of a man. Even if this is not correct most people have this thought in their subconscious due to us referring to God as 'He'. We use the term, 'He' when referring to God and refer to His actions as those of a human. The bible says things like, 'He sent his only begotten son to save the earth', 'He placed judgment on the people' and, "'He created everything on earth in six days'. This is what makes a person think God is human-like. It's a shallow way of thinking when it comes to God.

God created so many Galaxies that our planet earth is like a pebble in the ocean.

We want God to be tailor-made for this planet. We don't take into account that there are so many *other* creations with their own rules in place. The only reason we don't seek the totality of God is that *The Elite* want to control people here on earth. This is why religious leaders speak about God creating the heavens and the earth and not truly speaking about creating the galaxies, their universes, and all other life forms.

This information is withheld so people can feel special.

This implies that God created all of these galaxies and universes and only wanted to place intelligent life on one tiny planet amid

hundreds of thousands of others. Are we supposed to believe that God - who created *universes* - would only be interested in creating living beings on Earth?

An *overstander* can see how *the Elite* narrow God's creation just to planet earth to keep people obedient. This is also why they humanized God and gave Him a pronoun (which will be used throughout this book for easier *overstanding*). This keeps people feeling that God is always watching and that they matter to him on a large scale. This formula sets things in motion for *The Elite* to manipulate.

**Who God truly is - and who *The Elite* would like us to believe he is - are not the same.**

The information has been withheld and a different perception has been promoted for control purposes. We must apply the same formula to different religions to *overstand* God. An *overstander* will always keep in mind that there are different planets, life forms, and moral experiences. For example, there could be other planets and life forms that don't recognize a God like here on earth. Will this mean the other life forms are going to hell? A person may think so if they're indoctrinated to feel their understanding of God applies to everything created. When we truly access the creation of God and take it out of the realm of just planet earth, the manipulation is highly visible.

Are people able to expand their image of God past being a man-like image tailored to this planet's rules?

Most people don't have a full appreciation of God because most of the information people believe about God is through manipulated

religious texts such as the Bible, the Torah, or the Quran. These books don't discuss in great detail all of the creations and capabilities other life forms have in different universes because if it did, people would feel insignificant.

Remember, it's more important to *The Elite* 'what' people believe in, than what the truth actually is.

What we must *overstand* is that God is energy, consciousness, and matter all coming together to have an experience and study those experiences. These physical and non-physical energies are all part of one infinite ocean. The ocean is God, as a reference, and every different experience in the ocean is of one body. Religion teaches us to humanize God by thinking God created everything, versus God *is* everything and there are creators upon creators. This is what continues to create universes. This process is God but the information has been hijacked, repackaged and sold to people in many different ways.

Some people consider God as a spiritual entity of righteousness.

This is true but what most fail to *overstand* is that we minimize the spiritual component when we humanize God. We also minimize and show a lack of *overstanding* if we think God is *only* righteous. God is everything.

These are just a few of the many perceptions of who God is.

This book is not designed to say which way of thinking is correct. It's to simply explain the different perceptions of people and the effects of those perceptions. To have a greater *overstanding* of this section, please refer to the *Reference* book.

## Religion

Religion has been the cornerstone of human existence for thousands of years.

The writing on the walls of ancient Kemet told a story that transcends our religious beliefs today. The teachings have been changed and references replaced the actual events. **(Reference Key 21)**

Earth has religions that were created based on the teachings of *other* religions.

This happens because people develop their own interpretation of what the teachings mean. We now have many different variations of religions and this causes conflict and uncertainty. Not having one true source of information creates an atmosphere of 'divide and conquer'. This is why a person rarely witnesses different religions 'fellowshipping' with each other. If all religions have a similar basis of beliefs and morals, it would seem easy to come together but it's not.

The reason it's not is due to a difference in perception.

Fellowship with another religion may dilute the strong belief that their perception of belief is the correct way. Most believers have not reached a level of religious respect for the system. This means a person has not risen to the level of being able to believe in their religion and be able to find common ground through fellowship with different religions. If they can't rise to that level of thinking, religious believers of different faiths will never come together. This is great for *The Elite*.

This prevents our planet from achieving harmony.

A true *overstander* learns the indoctrination of religions for information purposes but chooses not to follow any one religion. This position keeps the *overstander's* focus on the overall manipulator. [It's very difficult to be a part of the manipulation and be able to identify it.](#)

This *Stample* illustrates how religious manipulation works, and how an *overstander's* focus is important to the advancement of their soul. An overstander can identify the manipulation by analyzing everything from a broad viewpoint and not a self-centered one. In the stample below, we reference the love of God as 'Ethan', a ladies' man. The different religions are represented as the women that Ethan dates.

## STAMPLE

*Ethan is dating four women. Ethan tells each one how special she is and that she's the only one in his life. He makes each woman feel special and loved. Each is aware of the other women, but Ethan makes them feel as if the other women are insignificant. Anytime the women want to spend time with him, he's available so the women really don't notice the manipulation. Since Ethan makes each of these women feel special, it makes it difficult for them to want to entertain anything to contradict that. The women that Ethan dates know of each other, but refuse to meet as it would threaten the belief that*

*they are the most special to him. Keeping the women divided allows Ethan to continue to divide, conquer, and manipulate.*

### **What's really going on?**

If the women joined together and had a true conversation about their experience with Ethan they would see the overall picture of how Ethan operates. They'd discover they're all in the same boat and each one of them is just as in love with Ethan as the next woman. They'd all have different interpretations of Ethan due to their separate experiences, but together would have a better *overstanding* of him. This realization forces them not to blame the other woman for her love for Ethan or the conflict they may have had over him.

The women will begin to *overstand* Ethan's process of making each woman feel special. The women will no longer be manipulated by Ethan's attempt to make them feel more special than the other women. The women begin to *overstand* that Ethan just loves women and the rules he lays out for them to be loved are necessary for commitment. The women will now have the choice of being resentful for discovering their love is equal to that of the other women and resist Ethan - or continuing to be resourceful with this broader *overstanding* of who Ethan is.

This *Stample* reveals the benefits of taking ourselves out of **The Matrix** of one religion and putting them all into perspective. This *Stample* is important for people to *overstand*.

*During my conversation with religious people, I discovered that this is the hardest challenge for them to grasp. Every religion is strong in their beliefs, so when religious people say that their religion is the correct way, it shows a lack of **overstanding** for the system. That's like the girlfriend defending her position that's she's the only one Ethan loves and the other girls are misguided. We must overstand that if we feel that our religion is the correct and only way, we will never be overstanders to the overall manipulation.*

Rules and regulations of religion.

Many religious beliefs also include rules, regulations, protocol and discipline, to name a few. Different religions have different rule and regulations but most of them have the same purpose. These rules and regulations improve the chances of humans being predictable, obedient, less of a threat to society, and controllable. It's obvious that any entity or group that would like to keep humans under control would benefit from such indoctrination. This is one of the primary reasons the Elite cares more about what we think, than what the truth is. For this reason, we must discover the truth, embrace it, and this will help minimize their control.

### **IDENTIFYING BIBLICAL CONTROL TACTICS**

Christianity was developed by European Caucasians.

They wrote the Bible based on ancient teachings and stories of highly respected men of that era. Some information was redacted, deleted, or manipulated. As an **overstander**, we must focus on why this information has been manipulated. There is also a 'Caucasian superiority influence' in some of the text for obvious control purposes. This is where people see scriptures saying, "...slaves obey

The Art of Overstanding  
your master..." and, "...abide by the law of the land..." If this is true, an *overstander* would think God is not really our master if we're to obey a human master on earth.

If we obey the laws of the land, it means we're actually obeying *The Elite* who make these laws.

This means people would be serving a human master.

If God is our true master and He doesn't want us to serve others, the only reason an insert like 'slaves obey your master' and 'obey the laws of the land' would be referenced is for human control. An *overstander* can identify this approach to manipulating people, avoid it, and continue to challenge everything before accepting it. That rule goes for *this* book also.

People must never subject themselves to any literature without challenging it and going with the truth that they feel within themselves. This is how to experience true spiritual freedom and self-acknowledgment. We won't challenge everything in these religious teachings but we will deal with some of the more common ones to get into the mind frame of *overstanding* religion. Religion has been indoctrinating people since they were born, so being able to accept some of the viewpoints and *overstanding* this book may be difficult for some. Others will see it as a source of enlightenment and the advancement of an independent thought process and spiritual journey.

This is just a brief explanation of the elite control tactic. We will build upon this throughout this book and the accompanying reference book.



## JESUS

The Christian Bible states that Jesus was born to a married virgin.

God placed a baby inside of Mary bypassing natural conception. His name was Jesus. God, the creator of the universes, gave his only begotten son to save the people on earth. God gave the only son He had to make sure everyone could have everlasting life, and would not suffer in hell. These are some of the teachings of Christianity that many people believe and live by. Many believe if they continue to have faith in this information, they will rejoice in heaven forever.

This suggests a few things.

It suggests that God is limited in His power as to how many sons He can produce. This would also suggest that God made a mistake in creating people so he had to create Jesus to save them. This means that if God created us in His image, it would be contradictory to then send someone to save His own creation and image. If God wanted people to obey and to not have the freedom of choice He would create people who always obeyed. If people want to believe that God gives everyone a choice between good and evil to determine their afterlife location, we must also consider the creator of those choices. [These, among other questions, are what an \*overstander\* must ask when analyzing certain information.](#)

According to the Christian Bible, God created everything in six days and rested on the seventh.

If He created everything, that means he created bad choices too. So often, we would like to place bad choices on the Devil and not

on God. If God has all the power, the Devil has none. Religious people must choose one way of thinking or the other.

**On the highest level, God and the Devil are one and the same. The Devil is the part of God we would not like to accept so we can keep God as the deity of all that is good and righteous. The matrix has taught us what's good, bad, evil and righteous, and the devil is a way to identify what we consider bad or evil.**

**The rewards and consequences for obeying and disobeying keep people faithful and obedient.**

Once a person buys into the vision of their afterlife, they will forever be manipulated. People feel if they're righteous during their earthly experience, they'll get accepted into 'heaven', have eternal life where everything is nice, and everyone is happy forever. This is opposed to living forever in a hot fiery 'hell' surrounded by evil people. Many people believe these are their only options at the end of life.

We must *overstand* that many people have ventured outside of their bodies here on earth.

This means a person's soul and spirit can exist outside the body without experiencing a heaven or hell. Knowing this is possible means heaven or hell are not the only locations a spirit or soul can exist. Many people witness and feel spirits and souls inside of buildings, houses, or other locations. These spirits are not in hell, they're here scaring other people on earth who don't *overstand* the soul and how it works. Many people have witnessed spirits or heard stories of them existing on earth. It's rare to hear a person say they witnessed or was told about a visit to heaven or hell. We

must analyze this in order to identify the manipulation of Heaven and Hell.

**The 'heaven or hell' scenario is an age-old scare tactic for control purposes. It's the same formula the con-men used against the carpenter (*Stample*) to get him to complete the job.**

Many Christians are waiting for their 'Savior' to return to earth but most have no idea of what Jesus really looks like or who this 'Savior' actually is. (**Reference Key 21**) So many manipulations have been placed upon religion that people will be confused by the truth. One highly contested manipulation is the biblical description of Jesus, and the public depiction of Jesus.

**Jesus was a man of bronze skin and woolly hair according to the teachings of the Christian Bible.**

However, pictures in most Christian American churches don't reflect the image of a bronze-skinned man with woolly hair. Instead, most portray a man of blond straight hair, white skin, and blue eyes. An *overstander* will ask, if religion is true and real, why not worship the true image described in the Bible. This doesn't work towards elevating the superiority of the Caucasian race. So Jesus was re-created with a Caucasian appearance. An *overstander* knows that the Christian religion was created by Caucasians for Caucasians so the tactics are *overstandable*. An *overstander* way of thinking is - if this manipulation is possible, what *else* is!?

The Bible depicts God doing some pretty bad things to people and nations.

God sent some nations to take over others. The Bible is full of wars, killing, and plagues. An *overstander* would ask, why would God need to do so many destructive things to people when He sent Jesus down to save them all and teach them the correct way? Believers state that God is a forgiving God - and this is true - but He is also clearly a God who will punish people for their actions. Most people would say these things are of the devil, but God created everything and was responsible for the destruction of massive amounts of people.

Please *overstand* that when we blame the *devil* for causing evil in our life, we're either saying God is not all-powerful or that He's allowing this to happen.

If He's allowing something unpleasant to happen to us, then He's a part of it. If a person allows something unpleasant to happen to another person when they could have prevented it, it means they have no problem with this happening to them. Once we give God all the power and say we're religious and give our lives to God, then the *devil* does not exist.

**This means everything that happens to us is designed by God.**

People must take the good with the bad. There is no consistency when it comes to how some religious people look at life situations. Some will give God the credit and some will give it to the devil.

## STAMPLE

*A couple leaves a restaurant after having dinner to find out their car has been stolen. To make*

*matters worse, they had just paid off the vehicle and were celebrating.*

***Religious Couple A***

They feel everything happens for a reason. They don't know why God would 'take their car' but they believe he has everything under control. They're hurt the car was stolen, but feel it could have been worse. They could have been robbed by the thieves or even killed. This couple is relieved that it wasn't worse and gave all power to God.

***Religious Couple B***

This couple feels every time they receive a blessing from God; the devil comes and takes it away. They feel they must get stronger with God and their faith so the devil won't continue to infiltrate their relationship.

***Religious Couple C***

This couple asks why God would allow something like this to happen. They feel He knows their situation - that they're in need of a car - and are confused as to why God would allow such an act.

**What's really going on?**

The above examples represent what happens not only in religion but in other sectors of life.

People experience the same thing but interpret it differently. It, therefore, affects them differently. Many times interpretation comes from the element a person is in and the type of life

experience they've had leading up to that point. Religion doesn't have just one way of interpreting things and this is why things can get so confusing and tricky. At the end of the day, we must *overstand* that there is no right or wrong way to interpret life experiences, but each choice has its benefits and obstacles. The way we think becomes who we are, so be careful and analyze the thought process.

**The truth about God has been intercepted by the creators of the Bible and therefore it's designed to produce the examples we describe.**

This is why many things are left up to our interpretation.

God and the devil are one and the same - and that's rarely stated by preachers, pastors, or bishops at church - so we're left to interpret who has the power during individual situations. Is God all-powerful or is the devil more powerful at times to make things harder? These are the basic questions an *overstander* has.

Let's take a look at ***Couple A***.

They feel God is all powerful and the devil is non-existent.

Once we feel everything good or bad that happens in life is of God, then there is no room to include the devil. This person is on a journey of life knowing everything is in their best interests even if they can't *overstand* it at the time of struggle. When people give their life to God, what they're really doing is changing their mind frame to exclude the devil from their experience. A preacher, pastor or clergy member will remind them that just because they're

saved doesn't exclude them from the downfalls a sinner encounters.

**If being saved doesn't stop anything negative from happening to a person, then the only thing that changes is the way they process the experience. It's more mental than actually being exceptional or immune from evil.**

**One benefit of feeling saved or special is that it produces positive spiritual vibes that can boomerang from the universe and cause them to have fewer uncomfortable encounters. The same effect is achieved by a person who projects positive vibes and *doesn't* pray to God.**

***Couple B*** does not feel that everything that happens in life is of God.

The *devil* has power and he controls the evil person who stole the car.

This couple believes that the more they worship God, the more protection they will receive from the *devil*. This couple feels that God will protect them more and that they will not endure any hardships if they continue to stay within the boundaries of the church, faith, and prayer. This is the mind frame of this couple. Having this mind frame will be challenging to a couple that will discover that no matter how close they feel they are to God, it will not exempt them from challenging times.

Some church leaders make people feel they must attend church or stay in prayer to receive blessings - which can be interpreted as welcoming evil in if they don't. Many times this is done so

attendance will stay up and that means donations will also. This is why most preachers frame blessings from God in the form of materialistic and monetary gains. People commonly hear church leaders say, *“If you stay in prayer and let God be the glory, He will bless you with all your heart’s desire. That new car you wanted, God can give you that, that new house you asked God for, he can grant you that. That new relationship you’ve been waiting on is on its way. Say Amen.”*

This is not to say that some church leaders don’t link blessings to things of substance, but this is by far the most used technique. We rarely hear church leaders refer to a blessing from God as having knowledge of self-existence, receiving universal knowledge, and receiving comfort in *overstanding* the complexity of life and all its challenges. They may preach about these things but they will rarely present them in the form of a blessing.

We must ask ourselves, *“Why?”*

If churches were to promote self-liberation through knowledge as a blessing, people could focus on the spiritual voice guiding them to higher knowledge which will eventually outgrow the church teachings. This is counter-productive to the church because they won’t be able to control people and therefore the system will fall apart. People will begin to unlock their God-like spirit and ascend.

The reality is that many people leave the church without knowing how to deal with life challenges.

Asking God to offer that calm spirit, in the midst of many storms, should be presented as a blessing. The challenge is, is it more gratifying to have the physical things of this earth than to have the



*overstanding* and humbleness of *not* having those things. This is a real challenge to a nation that is influenced by material things and status. In many churches and sanctuaries around the country, congregations seem to get more excited when their religious leader talks about material blessings.

Basically, we will not receive our toys if we don't obey 'mom and dad' so we must be on our best behavior if we would like to receive things we want from them.

If religious leaders want us to feel that worshiping God will bring us material things, we must then ask ourselves why are the richest people - with the *most* material things - not worshiping God? If God blesses people who believe in Him with material things, he is obviously blessing people who don't believe in him and on some occasions, people who feel that they *are* him. These people are blessed with riches beyond belief so this means worshiping is not mandatory to receive material blessings, finances, or favor.

**This means *The Elite*, who are in control of most of the wealth on earth know this, but also know that most spirits are experiencing a life that's valued by material exceptionalism. Having the public feel they will receive material things by focusing on being obedient and worshiping their religion keeps them in line. It also makes them feel accountable to God if they or other worshipers around them receive a financial blessing. This keeps *The Elite* at ease and unchallenged.**

*I personally know that we don't need to believe if Jesus was killed and rose on the third day. We don't need to attend church frequently, and we don't need to read a religious book to receive a*

*blessing from God. The things I wanted from God were desired experiences rather than material things. I connected with God on a constant basis by speaking to the heavens, through meditation and using visualization. I put the energy of my desired experiences directly into the universe and it responded. Through this process, I had every experience I projected by the age of 35. I published my first book in 2012 titled, 'My First 35' based on all those desired events coming true. I know of no other person who has had everything that they imagined come true within a shorter time frame. I'm sure there are others but I do know this system is rarely used. I have had more blessings answered by God than the average preacher or spiritual leader. This is proof to me that people do not need to follow a religious teaching to have their desired experiences here on earth. The power is all in the heart and mind. A person must also live their life in a manner to support that experience when it arrives.*

**Couple B** gives power to the devil.

It makes them feel they must not be close enough to God to prevent this from happening. Most of the time people have an understanding that things will happen if they 'walk with God' but when tested their true faith is revealed.

**They feel that God allows misfortune to happen because they're not spending more time worshipping. If this is how God operates, why would he allow bad people to steal their car in the first place and get away with it, if 'favor' was only given to 'saved' people?**

**Couple B** hasn't truly given their life to God, perspective wise. If they did, they'd have a similar viewpoint to **Couple A**. This couple

gives power to the devil because that's the way they choose to perceive their misfortune. This also keeps them from blaming God for the incident and directs their anger towards the devil. A person must be aware that this perception can cause self-conflict. This couple can blame themselves for every misfortune that happens to them if they maintain this perception.

**Couple C** doesn't allow room for the devil.

They believe God is in control of everything but they also feel that they will not be challenged in life once they commit themselves to God. They bought into the fantasy of 'saved' people, which means they're 'saved' from hardship of any kind.

If they felt differently, they would never question what happens to them in life.

They admit that God knows their situation, so that means God wanted to compound the situation for his own reason. People with this perspective are more likely to stop believing in the system if their relationship with God doesn't materialize the way they envision.

People have no control over some life circumstances.

Trying to figure out why certain things happen can be beneficial if we had some involvement in contributing to the outcome and are learning from it. If we have little to no involvement in causing undesired circumstances, then we must remain balanced in the amount of energy we give towards investigating *why* it happened.

We shouldn't allow too much 'think' time for something we can't control.

Just know that it was meant for that person to experience at that particular moment or it wouldn't have happened. People should focus more on figuring out how to deal with circumstances without it affecting their overall spirit to irreparable levels. Our soul is on earth for an experience and that experience is due to the circumstances of our environment. The experience on this planet is much different than it was 1-thousand years ago so our souls must adapt. There are more people on the planet now and this makes things more complex and that causes spirits to adapt to this environment on all levels.

## **God sending Jesus**

The Christian bible states that God sent his son Jesus to save the world.

The world that God created somehow needed saving. So God created a male human differently than he made the rest in order to show people how to live.

**To suggest that he needs to save a planet of humans from anything is to say that he's not in control of everything.**

Jesus is supposed to be an example for people to follow and worship. Jesus lived his life not as a rich man but as a carpenter. He performed miracles for the public, fed the hungry, and healed the sick during his existence on earth, according to the Bible. After doing all of these great things, *The Elite* of that time planned to kill Jesus. He was crucified in public after being beaten by White citizens (*at least this is what the American media has depicted for so many years*). *No matter the race, the actions were unjust.*

**The hidden message behind this is that *The Elite* on earth are more powerful, and their interests are more powerful, than the power of God. The truth and the liberation of people are not more important than spiritual bondage to *The Elite*. This stronghold still remains in place until this day.**

*The Elite* are obviously not more powerful than God.

However, they intercepted the information so they make the rules for those who understand. This is why people believe in someone - whom God sent to save the world and performed miracles - who was put to death by the ruling class. Why kill someone sent for their benefit? How can someone as powerful as Jesus be depicted as so weak, allowing him to be tortured? If Jesus was powerful enough to perform all the miracles He did, why did He allow people to overtake his mission to save the world? How is it that a man so powerful couldn't break the ropes and pull out the nails that kept him attached Him to a cross? The Bible says that Jesus 'rose' to 'heaven' on the third day after his death, showing that he had more power than the people who crucified him - but somehow he didn't have the strength to get off that cross or stop the beating.

**To an *overstander*, this just doesn't add up.**

It doesn't add up when we trace back the motivation for such confusion. The Bible depicts Jesus rising up and overcoming what the current *Elite* did to him or the Bible would have little influence on the people who believe in His power. So the Bible says he rose from the grave and returned to 'heaven' in order to return to earth at *another* time.

They say Jesus is alive and well but has not reappeared on earth since that time.

What is the difference between Him rising and going to 'heaven' to return someday - and death? In both cases, we haven't seen Him on earth since that incident. This was designed to make Jesus all powerful but in a mythical form. This keeps believers at bay while *The Elite* continue to manipulate everyone.

Did God accomplish his mission by sending His son, Jesus, to save the world?

Why should the people be saved when they clearly didn't learn anything and killed the messenger, His only son? That's like sending a teacher into a failing classroom so she can save their grades. The students don't accept the teacher, kick her out of the class and somehow her sacrifice allows the students to be 'saved' and they graduate.

It just doesn't add up.

Yet, some religions teach that anyone who believes that Jesus was killed, rose on the third day, is still alive but has gone somewhere to return later, will have everlasting life. If people don't believe that this event happened, they're not considered a true Christian by some.

Christians also find themselves linked between believing in biblical stories or allegories and their salvation in heaven. This is a clear manipulation of an afterlife promise. An *overstander* would ask themselves why they must believe in a past event in order to be saved by God. Why is so much emphasis placed on believing the

story of Jesus in order to receive salvation? Why can't we receive the same love and salvation from God without believing in stories presented by the Bible?

**The truth is that there is no test for God to save people. There is no such thing as being 'saved', as 'heaven' or 'hell'. The truth is that God is energy, consciousness and matter. These elements can take on physical form to have experiences, and experience itself on many levels on an unimaginable scale. God is us and we are God and that means every living thing is from the same ocean of souls with different physical experiences. If the world lived by this truth, it would be more difficult to govern. The information about God has been intercepted by *The Elite* hybrid humans and re-framed in the form of religious text.**

This is why people must believe in a book – the Christian Bible - to have eternal life in heaven. Religious leaders don't encourage church members to connect to God through meditation and by receiving information that will flow into their kundalini gland. They're not teaching people how to observe life in order to get a real consensus of how God operates because that will take away from their control of information.

**'He who controls the information controls the people'.**

This is why the Bible, Quran, and other religious texts are structured as a way of gaining knowledge to save our eternal souls. Most Christians feel that they really know God since they've been studying the Bible and attending religious events. This encourages people to feel, think and act differently. Although most religious people learn some moral things about God and life, they never

reach an *overstanding* of who God really is because religion blocks them from having an open relationship with God. Religion has a control manipulation to it so people believe they can only get close to understanding God if they do it through religion.

There are many teachable things in the Bible that are morally correct for the universe to stay in harmony. This truth, however, is accompanied by incomplete truths, allegories, and manipulations. People must be aware that there are people who control this whole planet and religion is one of the most powerful tools that assist in this. They must not give people the complete truth or people will feel no consequences for their actions - because there *are* no consequences for their actions. There are consequences for our actions only if we believe there will be - therefore our beliefs motivate us to conduct ourselves in a manner most would appreciate. This is why it's so important for **The Elite** to intercept the information of how God really operates.

## STAMPLE

*Kevin and his four male friends camped out at his uncle's cabin. They invited lots of people to show up that night to party all weekend. Kevin and his friends were at the cabin with Kevin's uncle a few hours before the party. Kevin's uncle tells them that the place is theirs and they can do whatever they want. He stated that people can sleep wherever they like and do whatever they like. He told the boys that he had food and drinks in the*



fridge in the kitchen but he had the more expensive food and drinks in the basement fridge. He told them their guests were welcome to all of the foods and drinks from either place. His only rule was to have fun. Then the uncle handed the keys to Kevin and left. The boys choose not to give all of this information to the friends who were arriving. They gave out their own version in order to protect the house from being destroyed and to benefit them. The boys placed a sign reading 'Off Limits' on the door to the basement where the good food and drinks were, and save another room for privacy.

When the guests arrive Kevin and his friends make an announcement. They tell everyone that this place belongs to Kevin's uncle and he is very strict. He is out of town for the weekend and he will be back on Monday. They tell the crowd that he doesn't know that they're having a party all weekend in his cabin so everyone must be careful and return everything in its normal place. Kevin says his uncle doesn't like the smell of smoke so they need to smoke outside. He informs the crowd that the food and the drinks in the fridge belong to his uncle and they should only use it if they run out of the food and drinks they brought for themselves. He told them that they must take their shoes off

*when walking on the carpet in the living room and the basement is off-limits. He told everyone the basement was under construction and they didn't want anyone to get hurt by entering. All dancing will take place in the dining room area. They are not allowed to dance anywhere outside of that area. If they choose a bed to sleep in, they must wash the sheets Sunday morning before they leave.*

*After making the announcement, the party started. People were very careful and really couldn't enjoy themselves for fear of doing something to expose Kevin for having a party there. People had an impression of Kevin's uncle as a strict, boring guy. Many guests who wanted to smoke went outside in the cold to do so because they were under the impression that the owner didn't allow smoking in the cabin. While the party was going on the boys took a few exclusive people down to the basement to eat the good food, drink the expensive drinks, and smoke. After enjoying themselves, they returned upstairs without anyone noticing. The exclusive group disappeared several times throughout the weekend to eat and drink the most expensive things. The crowd was moderate with the upstairs food and drinks because they didn't want to eat and drink up most of Kevin's*

*uncle's stuff. Some campers refused to hang out in the living room because they didn't want to take off their shoes. The dance floor became too crowded as it was the only designated area to dance. This forced some people to get too hot and discouraged others from dancing all together.*

*It's now Sunday morning. The guests are awake and cleaning up. The campers want things to look like no party happened so they work extra hard to return it to normal. The campers with beds washed their sheets. After the cottage was back to normal, the guests left - having had a good time but not a great time. Now that all of the partiers are out of the house, the boys recapped on the weekend. They opened the fridge in the kitchen and had lots of food and drinks remaining.*

### **What's really going on?**

The boys made the crowd think Kevin's uncle was strict and had many rules and regulations.

The boys made everyone feel it was a secret party in order to convince people to be careful and not trash the place. Making guests feel they must smoke outside lessened the chance of fires starting and holes being burnt into furniture. Although smoking was allowed in the house, this rule was to keep the cottage safe from fire. Telling the crowd that the food belonged to his uncle and not to touch it unless they run out of supplies made people indulge

in moderation and left foods and drinks for them to recap with. They were able to experience the most expensive foods and drinks by keeping the information private. If the guests knew that all the foods and drinks were fair game and the basement wasn't off-limits this would decrease the amount of supplies for the boys to enjoy with their exclusive friends. By having the guests take off their shoes in the living room, they kept the rug clean, even though Kevin's uncle would not have gotten angry. Allowing people to think they could only dance in one place kept wild movement in a confined area. This also decreased the chances of things being broken. So by setting these rules in place, they were able to control the people, return the house to its normal neat and clean situation, and enjoy the exclusive benefits because of it.

This is what has happened to religion as it relates to God.

The people trying to sell us on religion know that God has no right or wrong, but can't tell us this because it will take away the control factor and the exclusive benefits. We are under the impression that we can't smoke in the cabin when we *can* smoke anywhere in the cabin we like. People only danced in the dining room when the true instructions were they could do whatever they liked which meant to dance wherever they liked. The more we believe in religious instruction, the more it allows people to manipulate us into feeling that God has rules and regulations for our salvation.

**Even though the teachings may not be true, the reasoning for us to believe in religious rules has its benefits to keeping the house safe. So we must overstand this motivation behind religion.**

Who are 'Kevin and his friends' in charge of keeping 'the house' in order on planet earth? **(Reference Key 04)**

## THE CRUTCH OF RELIGION

Religion is like a crutch - it helps a person walk but prevents them from running.

This means we have a view of the world through our religion but it prevents us from knowing God as the God of all religions and universes. Religion limits our ability to tap outside of the indoctrination and truly ascend and reconnect our soul to the universe.

**If some people do go to God for answers in an indoctrinated way they will receive answers for that realm of understanding. If we ask God for answers beyond the earthly teaching of *The Elite*, we get a different response.**

**We have been manipulated by our own power, dedicated to us by design. Since we don't know we have this power, the information has been hijacked to make people feel they must go through a prayer request to receive their desired outcome when the same outcome can be had through meditation.**

To say a religion is not correct because it conflicts with another religion, is why religion is a crutch - and we can walk but not run.

Would God instill one religious belief in people with all other beliefs made up by some force *other* than God? Especially when the opposing religion is receiving the same benefits from their faith as every other believer. If we truly would like to analyze who God is

we can see that his actions are concurrent with having different ways to relate to him and therefore to life.

God is complex and this's why there are so many ways to connect to Him.

God created multiple languages, people, creations - so why not religions? This reveals that all religions are not the only exclusive answer to interact with God. Believing in one religion is not the only correct way to live life.

**By formula, we can't have one correct religion if we have multiple religions - so to debate one religion over the other is not an *overstander's* position.**

This is a 'divide and conquer' formula as well. So we must ask ourselves, *'If religion is such a peaceful environment, why can't different religions meet up?'*

**An *overstander* doesn't get involved with religion because one, they don't need it to connect and receive information from beyond our planet - and two, getting involved will not allow them to see the totality of God.**

**This is a brilliant design to divide people of faith so they don't all connect and be on the same harmony level to raise the vibration of the planet.**

## **RELIGIOUS DECEPTION & CONTRADICTIONS**

The actions of religious leaders offer more proof that the information from God has been hijacked by *The Elite* and given to people for control purposes.

**Many teachers of the gospel do not follow what they teach their congregations.**

We've all have heard stories of pastors, preachers, priests, and other religious leaders committing sins. Too many of these positions have been used to sexually abuse vulnerable women and young children. To know that we have a religious leader who teaches morals that they secretly violate is the same as Kevin and his friends saying that the basement is off-limits when it's actually not. If a religious leader can stand in front of their congregation and tell them to protect God's children hours after molesting a little boy, this means they don't really believe what they're teaching. This also means that they know the truth about God allowing all things or they wouldn't have the confidence to stand there and deceive the people. They know the truth but they also know that it's more beneficial for them not to display the truth to the public.

America has religious leaders accused – and *guilty* - of the sins they preach against.

*I have personally heard religious leaders curse, seen them cheat on their spouses, have sex without marriage, and steal. If religious leaders are not practicing what they preach it's a deception for control and exclusive benefits. Some people say that religious leaders are just like everyone else and they will make mistakes. If the religious leaders were just like everyone else then everyone else could also be considered religious leaders.*

Organized religion has some practices that are unnatural to God's creations. Because of this, believers will battle between their natural selves and religion.

**Even reading this book many people will battle with what's real and makes sense in their hearts with what they've been taught for a lifetime.**

Here are a few common examples.

Christian priests are not allowed to marry or have sex with a woman. This is unnatural to God's creation of people and their emotional needs. Sex is a form of love that recognizes the existence of the people involved. Without sex, we can't populate the earth so it is unnatural for any man to refrain from it due to a religious position. If we look at the animal kingdom that God also created with just as much love, compassion and engineering as humans, we will not see any animals refrain from their natural needs concerning sex. We don't see this because animals are not trying to control other animals through propaganda.

Priests have a respected position in the Catholic religion.

Catholics confess their sins to priests who are supposed to be a direct connection to God. These priests are highly respected because they're supposedly without the temptation of having sex. By placing a 'God created' man in this propaganda situation may cause him to truly believe he should refrain from sex, and his spirit will take over him to do so. Others are torn between abstinence and sex.

This is why some priests lead double lives.

Some priests seek out young boys to have sex with, for they will be less likely to reveal the secret. These priests have the same urge to release the chemical build up through sex like everyone else.



Placing priests in this scenario is a major contributing factor to the large amounts of sexual abuse in the Catholic religion. In other Christian religions, religious leaders are allowed to have wives. However, they're still challenged by adultery and other life urges. This is a perfect example of conflicting religions. Catholics feel their leaders must refrain from sex while other Christian religions allow their leaders to have a wife.

**Once we *overstand* the conflicts of religion, we can conclude that all of them are correct or none of them are correct. That sparks us to *overstand* that it doesn't matter about religion or their rituals - it's all about observing and overstanding God for ourselves.**

Many religions ban and/or frown upon gay marriages and relationships.

The Bible speaks of marriage is between a man and a woman so believers distance themselves from people with a gay lifestyle. Even though many gay members attend church and hold positions at the church, they still must downplay their lifestyle as much as possible. Church members know of the gay member's lifestyle but accept it so as not to discourage any of God's participants. The members also give them a pass because they are a part of their congregation and that means they are a part of their team in serving God. Most members don't make an effort to have a relationship with that person outside of the sanctuary due to their disagreement.

**As an *overstander*, we must know that God created all variations of human life for Him to have different experiences. This means He can create any variation of humans possible for his experience.**

If a person is in charge of making 7 billion people on the surface of this earth alone, what thrill would they receive by creating the same type of people every day?

So God created people who are born gay. God created men with frail frames and God made women with husky builds. Many of these may be attracted to the same sex. That's how they were designed to experience this current reality. Any variation of humans we can think of has been created.

This is the truth about God, but *The Elite* created religions to teach people otherwise.

Some religious leaders feel comfortable telling their congregations not to agree with the homosexual lifestyle while being involved in it themselves. This shows there are many different variations of humans among us.

The reason religious texts refer to marriage between a man and a woman is that to promote otherwise could stifle procreation among humans. The rule is put in for a reason but is not agreed upon by the God who created us all. **We must also overstand that just because the Bible states marriage is between a man and a woman doesn't mean exceptions don't apply. The Bible never states marriage is between a man and a woman only, with no exception.**

This is the same as Kevin telling people that his uncle doesn't like smoke in the house so they must go outside to smoke just to ensure safety. Kevin and his friend then went down to the basement to do the exact thing they told the other guest they couldn't do – smoke inside.

Religious institutions are being exposed for their discriminatory ways in not accepting all of God's people. This shows a lack of *overstanding* of God's creation. Some people feel God wouldn't create gay people but then we must ask ourselves where do gay people come from. When we *overstand* this way, we can identify the conflict between God and religion.

People hear most church leaders ask for money during the religious service.

In the Christian community, leaders ask the congregation to pay their tithes and to make offerings. Leaders tie obedience to bringing money into the church every week by linking it to the phrase that states bring, 'tithes and offerings into the storehouse'. This is a way to make sure the money people give in tithes and offerings are given to the church.

This is an unnatural practice.

It's understandable to ask the congregation to bring money to keep the building running, pay staff, plan church activities and help others in the world. It's not okay to make people feel they must give money to the church in order to obtain favor from God. This method uses God as a way to raise money for the things the church needs to continue operations. The church can simply explain to people that they must give money in order for the church to accomplish certain things and not make them feel that it's a requirement of God. This approach creates an atmosphere for manipulation and greed.

The truth is, even if we never give a penny to a church or sanctuary, we are still blessed by God.

People will rarely hear a religious leader say, "*If you have paid 10 percent of your income in taxes this week, you have fulfilled your*

The Art of Overstanding obligations, and if you have made an offering to something or someone earlier this week then it's not necessary to give again this Sunday." People will not hear that because it will not financially benefit the church. Many churchgoers will have paid more than 10% of their money in taxes or giving before church. So why give an additional 10% if there is no type of hustle involved in tithing?

**Please never forget the *true* purpose of tithes and offerings.**

It's to demonstrate that a person is willing to share or sacrifice a dependable resource. These sacrifices are basically a statement that says we'd rather share and have less, than not share and have more. This demonstrates an appreciation for God in creating the avenue to receive income - more than the income itself. It also shows that we would like to contribute to the overall system by sharing important resources, like money. When we can demonstrate that we can appreciate financial blessings but are not controlled by them, we will place that energy out into the universe and can receive favor from it.

## **IDENTIFYING GOD THROUGH OBSERVATION**

Often American adults are so busy that they don't have the opportunity to analyze life, God and their spirituality until they attend a religious ceremony for a few hours.

Let's explore a typical day of an American parent with a full-time job.

A parent wakes up at 6am. They get the kids ready for school, which means preparing breakfast and making sure they arrive at the bus stop or school safely by 8am. That parent must then head into work which starts at 8:30am.

Kids are out of school at 3pm and are waiting at a childcare facility for two and a half hours. Mom gets off work at 5pm and has a 30-minute drive to daycare to pick up the kids. It's now 5:30pm and it's another 30-minute drive to the house.

She arrives at the house at 6pm and prepares dinner. While preparing dinner, the kids need guidance and also help with homework. This process takes them up to 7:30pm where everyone sits down to dinner. At this time, the parents can have a conversation with their kids and ask about their day. If dinner is over in 30 minutes it's time for the kids to get ready for bed. The process of taking a shower and getting clothes ready for the morning takes an hour. It's now 9pm and time to tuck the kids in bed.

After the kids are sleeping, Mom and Dad must then take 2 hours to do housework and any administrative duties. It's now 11pm and it's time for the adults to take a shower and prepare for bed. By the time they're finished with their day and have time to themselves to reflect it is midnight. They have only 6 hours to sleep before they do it all over again.

This is a typical day for an American working parent and this example doesn't take into account any outside activities or other responsibilities. People are so busy in their day to day activities that they don't have the time to process their spiritual adventures. Life overtakes them because they're unbalanced between observing life from a spiritual level versus living life on an experience level.

This is why many people attend some type of church service once a week for a few hours.

At this time, people try to gain an understanding of how to deal with their busy lives and all the challenges. Although it's beneficial to attend religious meetings, it's still unbalanced and this sets a person up to take on the words of the religious leaders instead of using their own minds to analyze. If we begin to analyze life and see ourselves in a movie produced by God, we'll begin to deal with everything He brings to us in that manner. People are too busy in life *not* to observe everything in a spiritual manner. Therefore, people are too busy to *overstand* their relationship with God and how He works.

People who don't have a busy schedule but don't spend any time evaluating their experiences, are subject to the same challenges. God will send us the things we need but we can sometimes overlook them if we can't identify our spiritual journey. There are certain things that work for us in life and there are things that will not work for us in life and we must observe both to become more spiritually acclimated. The wiser we become the more we will *overstand* our abilities in this life.

This *Stample* shows how a person can benefit - or not - from observing God's connection with them and identifying signs.

## STAMPLE

*Kendric was destined for greatness as a basketball star. He had the build of a great athlete and outperformed other kids on his youth basketball*

team by the age of 8. After one of his games, the coach made him team captain. Kendrick was very happy about this. He began to act cocky and developed a temper. He got in trouble for fighting at school and his grades begin to slip, so his father took him off the team.

When Kendrick was 10, he was seen by a college scout playing basketball at a playground with some older kids. The man approached Kendrick, gave Kendrick his card, and told him he'd like to meet with him and his parents in three days. This was great for Kendrick. The scout could guide Kendrick and get him into the best camps and training facilities. After Kendrick received his card, he went back to play basketball with the others.

Two of the older guys got thirsty and went to the store. Kendrick joined them. The boys worked up a plan to shoplift water from the store. Kendrick is down with the plan. They enter the store, shoplift and get caught. The police were called and Kendrick ended up at the police station waiting for his parents. During the ordeal, Kendrick lost the card the college scout gave to him.

At 14, Kendrick started high school and practiced with the grade 9 team. The varsity coach watched

and told him to come practice with the varsity team. Kendrick went home and told his parents, and the family was excited as well. The next morning Kendrick noticed a group of his friends gathered in a corner outside just before school. Kendrick walks over. The guys are in a circle having a conversation and one of the kids is smoking a cigarette. This is against school rules. Kendrick sees one of his friends is smoking, but he still hangs with the group. A teacher sees the smoking and brings all five of them to the principal's office. Although only one person was smoking, all five were suspended from school for a day.

This didn't sit well with the head coach or the 9<sup>th</sup> grade coach. Kendrick was kicked off the team.

His parents move to give him a better chance of becoming a basketball star. Kendrick made the team at his new high school. The team lost the first game by one point but Kendrick did a great job. He had 8 rebounds, 9 assists, and 22 points in his first game. The head coach moved him to a starting position. That Saturday Kendrick goes to a house party and one of Kendrick's friends gets into an argument that turns into a fight. Everyone begins brawling. The police show up and all of the party-



goers are locked up until Monday morning. Kendrick misses school on Monday, and misses practice as well. The coach finds out about Kendrick's incident and cuts him from the team.

Kendrick's parents move to another state to give him a fresh start.

As a senior, Kendrick makes the team at his new high school. He plays the entire year and was the most dominant player in the state. His team wins the national championship. The night they won, many scouts and other basketball affiliates were in attendance. A man named Joseph Ramsey tells Kendrick they'd selected him to try out for the McDonald's high school all-star game. He told him this would be good for his scholarship chances to major universities.

Tryouts were the next morning at 10 am. He must be there to be considered.

Kendrick was excited. He had just won his high school's championship and he had a chance to show the world what he could do. After the game, Kendrick gets a ride with two teammates to a celebration party. One of the teammates fires up some marijuana and they all begin to smoke. The

*teammate who's driving runs a stop sign and is pulled over by the police. The cop smells the dope and arrests all of the boys. They spend the night in jail. Kendrick missed his opportunity to play in the all-star game.*

*No college team reaches out to Kendrick. Kendrick graduates high school but gets a job at a local factory. He's now married with two kids.*

### **What's really going on?**

Kendric could have been a major basketball star making millions of dollars if he had observed the signs of how God works with him.

***Overstand*** that because he was unaware of his relationship with God, and not observing life, it caused Kendrick to have a different experience, an experience worse than he could have had. **Only people, who've been led to think one choice is better than the other, would believe Kendrick's life is unfortunate. We feel this way because we have a perception that money and fame bring us happiness. At the end of the day, it's all about the experience that God would like to have through us and our choices. There are athletes who have played professional sports and the choices on that level have led to their destruction - so people can never accurately speculate which avenue is best.**

A person must identify their relationship with God through trial, error and observation, unlike Kendrick.

**If we don't observe our life we'll miss our destiny.**

If Kendrick had concluded sooner that every time he got a promotional opportunity, he was presented with an option to choose between success and temporary friendships, he'd have chosen to stay away from those friends. By not observing life and just living it, Kendrick was unable to identify the pattern. He had a talent that could lead to success, but no life observance to recognize a relationship with God in order to achieve it. Without observing and seeing the signs, we can miss the person or things God sends to assist us in life.

**We are meant to fail at some things in order for us to grow from it and maintain our respect for God's unpredictability.**

*I personally have grown in my **overstanding** of how things work with God and myself. Even though I'm still growing, gaining more knowledge of how he operates in my life, there are some things from consistent trial and error that allowed me to know more about my relationship with God.*

*I will share a few things on that.*

*If I'm ever overconfident or become too braggadocio about something that seems destined, I'm surprised with the opposite result, often leaving a disappointed feeling. If I'm too aggressive about something at the moment and I would like to have the desired experience, it never happens, but weeks later I will have a similar experience when I'm not expecting it. I learned from this that I can have most of the experiences that I desire, but it takes time for them to manifest and they show up unexpectedly.*

*I know that I was destined to be the soul to deliver this message because I recognized the experiences he placed me in, so that I could nurture this outlook on life.*

*I've been in many different positions where I had the privilege to see and analyze things from all levels of society. Having no offspring up until this point was also designed in order to allow me to concentrate on analyzing life without parental responsibilities. I recognized at an early age that I needed to convey my feelings to a larger audience. I found that avenue as a rap artist. I wanted to influence people on a conscious level through my music, and gain influence to give credibility to the messages. I received enough attention from major music execs to know that my talent was as worthy as any other artist to date, but there was a reason I never appeared on a national level of influence.*

*At first, I didn't understand why God didn't give me a national platform, considering how hard I worked and the things he instilled in me, to convey to others. I just couldn't put together why every time it seemed like my music career would place me in the national spotlight, the opportunity somehow faded. The same thing happened with my acting career. I was able to be around all the major players and work on major projects, but nothing that would make me synonymous with a character. I'm able to express these things because I'm very observant of my life and this helps me understand how God would like for me to operate. There are many other examples but the previously mentioned is enough to gain an *overstanding*.*

*After speaking with God and observing my past steps, it made a lot of sense when I was told that, **"This entertainment career is just***

*for you to experience enough to get the knowledge you need to convey. If you become too big in the entertainment industry, you will be detected by The Elite. It is challenging for you to produce the spirit to convey the message if you become a part of the system you're destined to expose."*

*Since I was an observer of life and didn't just live it like Kendrick, the basketball player, I was able to recall my hard work and the outcomes in my request to God. This made it much easier for me to **overstand** why life happened the way it did. His response also confirmed that all things that happen are in reference to the overall mission.*

*We can't just live our lives, we must observe them.*

## **OBSERVATION THROUGH CREATION**

We learn what God is like by analyzing his creations.

Many times we don't see the true character of God because we try to analyze people for that understanding. God uniquely designed animals to exist on this earth, just as He did with people. Animals have many different forms of protection, tribal hierarchies, natural instincts, ways to move around, and forms of communication. God created meat eaters, plant eaters, and those who eat both. God designed the animal kingdom so that sometimes one animal must die in order for another to live. In the lion kingdom, the young male lions seek out a pride. They must fight the head of the pride they wish to take over. If the male lion wins, he then kills all of the male cubs to create his own bloodline. From this, we see that the spirits of ego, envy, anger, and theft are present in the animal kingdom as well.

**Souls take on many physical forms but still deal with manipulations of the planet in its current position in the universe. This is who God is or we would not have these traits to choose from. Once the planet arrives in a different location, we will have other character traits to choose from.**

The lion must kill to survive, but some think it's unnecessary to kill the defenseless male cub.

This is a perfect example of spirits adapting to the scenario they have to experience. Lions must commit certain acts in order to survive and continue evolution. Without a pride, a lion has more of a challenge when it comes to hunting. There is safety in numbers and without a pride he is vulnerable. Once he takes over a pride he kills the male cubs because they'd grow up to be his challengers. Even though the lion's actions would seem like a character flaw in a human being, it is necessary for the lion's survival. This designed lifestyle allows God to experience what it's like as a lion. Conversely, it also allows God to experience what it's like to be eaten by a lion.

**Actions are committed due to circumstances, choices, motivations, and strategic agendas.**

These elements are different in each and every circumstance, and offer distinctive outlooks on behavior.

Some animals breed at a certain time of year and some animals can breed whenever they like. Most animals are designed to be great parents and nurture their young until they're old enough to hunt for themselves. If this motherly instinct was not present, the world

couldn't continue. If the world can't continue then God wouldn't be able to experience Himself.

Things here on earth are perfectly designed to allow experiences to happen.

Earth has creatures that can fly, jump, swim, and even illuminate deep in the dark ocean - all revealing God's unique creation with a purpose. Many animals have unique defense systems or ways to capture food. They need these or they would not survive the environment they're created in. Some animals instinctually know where to travel each year in order to continue their species. Some birds and even butterflies migrate long distances for the winter, and some fish must spawn in a specific location to continue their life cycles. These creatures weren't taught by their parents, but somehow find their way to where they must go each year.

**We must *overstand* that if God can place this type of intuition inside animals for their survival the same thing can be true for us.**

What can we gather from this is how perfect God made life.

This means certain things must happen in order for life to continue. We will experience tragic deaths and killings - but all for a reason. People aren't informed of the reasons or the benefits of why some people kill others, but it wouldn't happen if it wasn't a part of an overall process. The death of certain people also has benefits for certain vessels that many are unaware of. **(Reference Key 06)**

Here's one way to observe who God is: the sun is far enough away to bring energy to the earth without overheating it. This also shows us how perfectly everything is designed for life to exist on this

planet. Knowing this should give us peace. The tragedy and drama that most people experience on this planet are caused by circumstances that promote such an atmosphere.

Tragedy and drama are not pleasant to experience, but they're part of life and therefore part of God.

If we had no tough times then good times would be harder to recognize. The tough times can also define us. The world is too complex to describe and God's plan is too advanced for most of us to grasp. It's easier to just *overstand* that God places many things on this planet to interact with each other perfectly, so our lives are also perfectly good or bad. If we continue to observe God for ourselves and cleanse ourselves of religious teachings we will have a better *overstanding* of who God truly is.

Many people in America complain and get upset over how other people treat them.

People have terrible relationships and unpleasant encounters with other people. Most people see it as people harassing them and this makes them upset. Some people ask, "*Why are people always messing with me?*" One person may have fame and money, and someone close to them tries to rob them. The famous person looks at their close person and gets upset with them. The perspective of giving people the power to commit acts against us can make us frustrated and bitter. If we change our perspective, knowing that anything that happens to us is God presenting different scenarios to see how we respond, we won't take people – and these situations - so personally.



**A person who truly walks with God *overstands* that people have no power over their circumstances. God is in control.**

The successful person who was robbed by a friend should feel blessed to have so much. It was time for God to see how they would respond to something that was not as pleasant. So God injected a feeling inside of someone close to him to rob him. The successful person can react either way to the scenario. Whichever way is chosen, God gets to experience life.

**Each decision we make has its own unique outcome.**

The next time we encounter someone whom we feel has done us wrong in some way, don't look at it as them doing it to us. Look at it as God sending us a challenge to see how we deal with it, merely using the other person. This will make a great difference in how we observe life. It will also help us make a different decision in our reaction to such trials. This doesn't mean that people should not receive consequences for their actions. It means not to look at the intentions personally - only spiritually.

God wants to experience different things. Adding interesting scenarios to our lives is part of that.

We may feel that these actions are not of God, but that's because we're still indoctrinated by what religions have told us about God versus our own observations. If these things were not of God, they wouldn't have happened.

God created everything.

Drama, jealousy, envy, and all of our emotions have been part of God's experience here for millions of years. Once we tap into this

level of reality we'll laugh at haters because we know that this is God testing us and we will not take the bait. When something tragic happens we'll know that God is interested in how we respond so He can experience that through us. There is no right or wrong way to respond but there *are* easier and more disciplined ways to respond. The more disciplined a person becomes, the less they'll respond in a way that makes their situation more challenging.

## STAMPLE

*Dustin left a small town in Florida for Hollywood, California to become a movie star. Dustin had many challenges but worked hard, stayed persistent and started appearing on television. His family was proud of him. Dustin was selected to star in a major movie. This would not only make him financially secure, it would also open the door for more roles. The movie premiered across the country and Dustin became a household name.*

**Dustin had many challenges to overcome but he also received a major blessing. God presented scenarios to Dustin to give him a positive reaction when he was selected for the movie. God now wants to complicate the experience by adding a scenario that would normally bring a negative reaction.**

*Dustin went back home to celebrate with family and friends. A few of Dustin's friends wanted to take him to a local bar to celebrate. Dustin was drinking with his friends when an old high school*

*foe approached him. He began to chastise Dustin. The foe was clearly jealous of Dustin. He said Dustin's wasn't good, his acting sucked and that he was still the same loser he was back in high school. This made Dustin angry. He punched the man and a fight broke out. Dustin ended up in jail charged with assault. It cost him his freedom and injured his reputation.*

Dustin allowed someone with fewer life accomplishments and financial blessings to interrupt the journey he was enjoying. He gave power to his high school foe. Dustin felt that it was worthwhile to use violence to put this man in his place, versus feeling that God had used him to see if he would take the bait.

**Ego plays a factor in not recognizing that God is the source of all human ignorance towards us and not the person involved.**

*Overstand* that feelings of opposition are thoughts before they're acted on. This means God will present different feelings and energies to us in according to each situation. If two people started from the same position and one person is now higher up, this scenario leaves room to entertain envy or appreciation of another's success. The way a person chooses to react will then present a new experience, good or bad.

## **HOW TO OBSERVE LIFE**

Most people spend more time *living* life than they do *observing* life.

When a person observes life in real time they're able to develop the ability to *overstand* the world. When we merely *live* life we allow things to affect us much more easily because we're not observing life from an elevated point of view.

**When people *live* life it's like starring in a movie. When people *observe* life, it's like watching the star of the movie. The viewer has a broader perspective of what's happening in the movie.**

When a person *observes* life, they process their living moments to determine what each means.

**Observing life makes it easier to benefit from trial and error.**

When a person observes life it allows them to operate from an *overstanding* viewpoint. People operating from this perspective will learn from others - good or bad - and apply it to their lives. When a person observes life, they take note of the reactions to their actions, and adjust. If a person fails to do this they increase their chances of attracting the same undesirable experience. A person may end up in relationships with the same type of undesirable partner. If this person is truly observant they will recap their actions to see why they continue to end up in the same type of relationships. This person may be made for those types of relationships, or they may choose to have a different experience by adjusting.

**It's extremely important that we *observe* life and not just live it.**

If a person just lives life and doesn't observe it, they have a higher risk of being manipulated. These people are what I refer to as *sheeple* – people, who are easily led like sheep.

**STAMPLE**

*Shelia worked at an office downtown. Her co-worker Johnathan always calls Shelia, 'Shayla'. Shelia always corrects him and she and Johnathan argue regularly about it. Johnathan comes to work looking tired wearing wrinkled clothes and Shelia scolds him for that. Johnathan tries to joke with Sheila in the office but she's not into it. Johnathan gets on her nerves and some days she hates coming into work knowing he's there. They're not enemies, Sheila just doesn't like how he acts around the office. Shelia keeps this inside, letting it build into a secret hate for him. She only tolerates him to keep her job.*

*One Monday Jonathan did not come into work. Shelia figured he was late and she would enjoy reprimanding him for it. When she called his house his sister answered crying. She said Jonathan died over the weekend from terminal cancer. She said Johnathan had been sick for a while, but continued to work two jobs to support his twin daughters. He was a single parent since his wife had been killed in a car accident two years before.*

## **What's really going on?**

Shelia learned that Johnathan joked around to balance the pain of losing his wife. He called Sheila 'Shayla' to try and stay connected to his wife. He was tired all the time since he worked two jobs to make ends meet and put as much money as he could away for his daughters. He was trying to balance everything in his life, knowing he didn't have long to live.

**The experience Johnathan was having presented different choices to Shelia. Sheila did not agree with the choices she felt she had, and she allowed that to frustrate her. People don't know the history and experiences that lead up to our encounter with a person, and how they will respond to us. This is how life works when different experience intersect.**

Sheila was hit hard emotionally after she found this out. After crying over it, she was provoked to *observe* her life instead of just living it. Even though Johnathan upset Shelia, she knows she will miss him and the office won't be the same. If Shelia had taken the time to *overstand* Johnathan his actions wouldn't have frustrated her. She would have *overstood* that people deal with life in many unique ways.

**For many people, it takes a death for them to finally observe life.**

It seemed to put everything into context. Shelia is now able to observe how Jonathan's uniqueness fit her. She'd give anything for him to walk into the office now and say, "*Good morning, Shayla!*"

When we observe life, and not just *live* it, we must remain in the state of mind achieved by experiencing a death. People are exactly as God has created them. Everyone has a unique journey that molds them to relate to others in a certain manner. Shelia was fortunate in finding out the reasons Jonathan did the things that irritated her. She was granted a peek at how God works on an *overstanding* level. She was able to see how his life tied into hers.

Many of us are not fortunate enough to know the reasoning behind someone's actions, but if we can *overstand* and observe life, it won't matter.

**We get comfortable self-focused habits and become frustrated with anything and anyone that disrupts this. When we can *overstand* people and not allow their actions to affect us emotionally, we'll live a more elevated life with less stress. A person must *overstand* that there's always a reason behind someone's actions or they wouldn't be doing them. Everyone's past is different. Our past has a lot to do with our character, our actions, and our attitudes. It's less gratifying to the ego to rationalize or reason through a person's actions we do not agree with. Although it's not gratifying to the ego it will elevate a person's soul to a higher level of *overstanding*.**

**This elevation is what's needed to ascend to the next dimension.**

Now that we're observing life, we should prepare ourselves for knowledge to flow in.

The more we focus and exercise our energy on observing this existence, the wiser we'll become. There are many distractions to keep us from observing life, so please be aware of this.

Entertainment, politics, technology, and sports are some of the things that keep us from observing our true selves and those of people around us. We must **overstand** the benefits to *The Elite* of keeping our minds occupied while a bizarre world goes on around us. Religion is also a distraction. Although it does guide people toward tapping into their spiritual selves, it doesn't truly expose them to the overall picture.

A person must **overstand** that having a self-centered energy without balance will eventually clash with others operating on the same frequency. If this person lives life from a self-centered viewpoint it may be harder to respect diversity. Any small incidents that upset them emotionally will cause them to shut down communication and suppress positive energy.

### **This is the ego overpowering the righteous soul.**

We must be careful, as having a self-centered view may divert us toward unhappiness, and allow us to separate ourselves from the world. We may have a small circle of friends, but we will become even more close-minded. Accepting other viewpoints and being at peace with variety allow us to accept things which are different from how we feel or operate. It minimizes the special feeling we have about our uniqueness, but it allows us to appreciate our place on a very large platform. Once we respect all of God's creations and their differences, we'll have a better **overstanding**. We'll process things differently in our minds.

Everything may not always line up to our liking, but if we have an **overstanding** of variety it won't matter.



This doesn't mean that we shouldn't be vocal or express our opposition to someone but it does mean we should expect different opinions and attitudes in a complex world. It also means that we can express our opposition without getting too emotionally involved. We may disagree with someone and become very upset, because for us, our viewpoint was clear. Our point may be clear and it may be morally right but we may face opposition due to factors such as life experiences, people protecting their ego, hidden motivations, and an unwillingness to concede, and low energy thinking. When someone disagrees with us, keep diversity in mind and the fact that people have been nurtured since birth to be special and perfect.

**The 'Set Up' may also be a contributing factor when people are unwilling to admit to wrong choices.**

Everyone is not elevated to the same level, due to past life experiences, so many people may be unable to draw the same conclusions. Knowing this is *life*, a person shouldn't allow it to affect them emotionally when they encounter a person with a different conclusion.

**Don't confuse passion with emotion. A person may have a passion towards a person that upsets them, but will have enough *overstanding* not to allow it to be emotional. Don't take the person personally.**

People can react without having their emotions tied into it because they know that God set up the situation, not the individual. So respond with action, not passion - unless necessary for strength.

**Remember to compartmentalize the passion so it doesn't become emotional and linger.**

**Here is an example of how to process encounters.**

Imagine wanting to play an adventurous video game. The objective, of course, is to master the game. When a person begins, they know the game will be challenging. They also know they'll be tested with things to stop them from mastering the game. They know things will get harder as they move closer to their goal. This is what a player thinks before beginning the game.

Once the game begins, just as expected things try to derail the player from the adventure. When objects come out on screen to do the player harm, the player deals with them but is not emotionally upset. The player knows it's the nature of the game to have obstructions. They don't take the objects personally.

It's the same with life.

If a person processes the people they encounter in the same manner, they won't be as emotionally affected by wrongdoing. Although it's more of a challenge in life than in video games due to emotional ties with people, the game is still the same. Life brings people many challenges.

Let's invent a game called, 'Soul Evolution'.

The object of this game is to go through life and meet people the spirits send to elevate or suppress a person's soul. A person gets points when they acknowledge or give a gift to a person who elevates their soul. A person loses points if they allow a person to steal from their emotional resources. This happens when they take

someone personally and allow their actions to affect them emotionally. Players gain four times the points if they handle a hater without allowing their soul to be emotionally affected. The closer a person gets to extreme 'soul evolution' the more difficult the hater becomes to try and take emotional points from that person. This person be a lover, a business partner or a family member, among others.

The higher a person gets in points the less likely they will encounter haters.

Once all the haters are destroyed and they have no way of effecting the emotions of the player, that person conquers the 'land of the Draco's'. That person wins the game and elevates to the highest dimension.

If a person has this way of processing their encounters they'll have less anxiety about them. They'll stop taking people personally and tie everything to a challenge of the soul's spirit for elevation purposes.

## **WHEN THE FAITHFUL ARE CHALLENGED**

Most religious people are as strong as their challenges.

It's easy to follow the road of a Christian when they're not challenged. When they're not challenged, they feel like they're in a new world of existence because they haven't been exposed to challenges that provoke buried emotions. A person who uses heavy curse words and drinks liquor may quit these addictions because of their religious belief system. Months or even years of practicing their belief changed their spirit and their attitude about

life. The question becomes, *“Is this person truly changed or is it that they haven’t been challenged and the lack of the challenge gives a false impression of change?”*

People aren’t truly changed until they’re challenged and remain in their lane.

The person that stopped cursing and drinking liquor may encounter someone who speaks to them in an unpleasant way. After several attempts to try and rectify the problem, most responses sound like this, *“I tried to speak with you in a Christian way but now you’re about to make me slide back into my old ways”*. The guy curses out the agitator and has a drink afterwards to calm his nerves. Now if they’re truly changed, no one can make them slide back into their old ways if they take emotion out of it.

This person is under the false impression that they’ve changed because they haven’t encountered anything to challenge that change.

If they look at this situation as God’s test - and not as some guy who woke up that morning and decided when they come across that religious person he will disrespect them - then they will stay in their lane easier. If that person was in their lane they would have thought about it and said *“God you can’t get me on this one. I will win this challenge of **overstanding**”*. Of course, this is just one example of how people can be challenged, but expect many ways even if they don’t practice a specific faith. We all know what’s righteous. If a person claims to be faithful they will operate in that manner without wavering.

A religious believer's faith may be challenged when it comes to love and emotional affection.

Love and emotional affection are a part of life as a human being. We're all one and to love each other is to love ourselves. Some religions have restrictions on sex and social behaviors that feel natural to the spirit. Some people are very lonely staying religiously faithful. They're waiting for a religious partner to come along who will join them on this earthly journey. In many cases, this does happen, but in some cases, it does not. The faith becomes challenging because the body and soul desire a relationship that's prohibited by the teachings, and time is passing. A person must ask themselves why something that feels so right, is considered wrong and is prohibited - *unless* performed along specific religious guidelines.

**This leads back to religion being used for control purposes. Sex and emotional relationships are natural and necessary for human existence. To *overstand* this is to identify the end game.**

A person is challenged with having a relationship and not being able to have sex without being married.

**The reality is that there is no right or wrong. Having sex whether married or not doesn't matter on the highest level. The reason for it and the truth don't have to be the same.**

The reason for faithfulness and following religious guidelines has its obvious advantages and can serve as a guideline for having an easier life. It does benefit the world have people follow some religious teachings, that's why these guidelines are in place. Waiting to engage in sex after marriage gives a person a stronger

connection to their 'self' without the pleasure of others. This helps tap into self-love and identifying the soul and its purpose on earth. This cuts down on unwanted pregnancies, diseases, love triangle conflicts, and moral disobedience. Although it helps the world become a better place it doesn't make it the only truth available for people to tap in to.

This makes it hard for those people who are faithful.

They expect their connection to God to be more powerful than that of the person next door who's enjoying their mate without religious restrictions. A person may have a self-centered position and feel that their connection is more powerful than someone who's not a believer - but it's evident that's not guaranteed. Since no way is guaranteed, neither approach has an advantage over the other. This challenges faithful people to remain single while others are involved in relationships without religious ties and outside of religious boundaries.

**Whatever they believe is what they become – whether it's true or not.**

If a person chooses to follow religious teachings they should remain faithful with joy. If a person accepts that belief they should be joyful in it. If a person can't be joyful in search of a mate, they're not truly comfortable believing a mate will someday come along. If a person chooses not follow any religious teachings, and engages in sexual or emotional activities outside of marriage, it's best to have an *overstanding* of life. This *overstanding* helps a person avoid common mistakes. This person must move in a careful manner and apply balance to everything.

The challenges throughout our life journey will be fine – this journey is designed by God.

Most people get emotionally involved in things they can't control and that's being unfair to one's self-happiness on an extreme level. We must remember that we're all spirits from a source of energy we refer to as God. We're a world of spirits existing through physical bodies. We recognize God and are one with Him. If no one ever mentioned God, Jesus, Buddha, Allah or any other religious names they wouldn't exist in this world. If no one ever mentioned God there would be no such thing as God to us. That doesn't mean God *doesn't* exist but on earth, God wouldn't exist. There are many things, which exist, that the planet as a whole is unaware of. Technically if a person hasn't been exposed to it, it doesn't exist to them.

**If our planet collectively believes something, it gives it power even if it's not true. Once a person reads the reference book that accompanies this book, they will become aware of many things that exist that they were previously unaware of.**

## **ONE LIFE VERSUS REINCARNATION**

Do we live only once, or do we continue to have a spiritual experience after our bodies die?

There are no wrong or right ways for a person to have their own perspective on life. God's diversity produces the formula for billions of people to have different perspectives. No matter which way of thinking we choose, both have benefits and challenges. This book of *overstanding* discusses those benefits and challenges. We

decide which route to choose. The *overstanding* point of this all is a person's way of thinking.

Different ways of thinking provide a person with different ways of approaching life situations.

This is an important point with religion when it comes to control and freedom. Having only one life allows religion to control the spirit while it's in physical form here on earth. If a person believes the spirit lives for millions of years and is having multiple physical experiences, religious teachings have little or no effect or control.

### **One life perspective**

The one life perspective suggests that a person only lives once - here on earth.

When we believe that this is our only life, we also believe that when our body dies our soul will be trapped in an after-life of either heaven or hell. This means our soul will not have another physical experience. It remains in the spiritual realm of heaven or hell depending on our behavior on earth. There are descriptions of the afterlife atmosphere such as a fiery, uncomfortably hot temperatures - streets of gold – males having multiple virgins. This is what has been taught by spiritual leaders.

**Now we must *overstand* and see if there are any benefits to a religion promoting a onetime human experience. If religion is designed to control human behavior while on earth in order to keep some harmony, this would seem reasonable.**

**If people don't believe in rewards for, or consequences to, their actions in the afterlife, then some might commit murder without**



**guilt. This would make it very challenging to have harmony on earth. Given these factors, religion could be considered a necessary manipulation. Earth is in a position in our universe that allows negative energy to exist making religion important.**

**Believing we have only one life intensifies everything in life.**

The term, 'YOLO' means You Only Live Once and this can cause anxiety, desperation, depression, complacency, adventure, motivation, reckless decisions, and determination. Imagine if we had to make a basketball shot from half court and we only had one shot to do it. The intensity that we'd feel is the same underlying feeling we have believing this is the only physical life we get. Most people are very conscious about their physical appearance, financial status, and public acceptance.

Since they feel this is their only life, their present experience can become stressful.

These are the people who say, *"I wish I had done more with my life"*, *"I just wasted my entire life with him/her"*, *"All my life I wanted to be a famous singer"* or *"This is going to ruin my entire life"*. This one shot at life also encourages people to quickly adapt their actions in hopes of reaching a higher moral character. The encouragement to reach this goal is a reward after death. This way of thinking allows religious teachings to keep a person's behavior in check. If a person stays within religious boundaries they'll receive eternal life in heaven, according to the Christian religion.

Heaven is a positive place where souls are at ease for eternity.

This means our soul will not have to deal with the diversity of other souls in heaven. If we deal with diversity, by formula we'll have energy clashes. I have yet to hear a spiritual leader speak about how life is on a day-to-day basis in heaven. An *overstander* senses some level of manipulation in this - to have an entire life of obedience rewarded by admission to a place very few can describe in detail. Most people speculate at best. This also applies to the location of hell – though, interestingly enough, more people have ventured ideas on what hell is like, such as in the book 'Dante's Inferno' (*The word 'inferno' is Italian for 'hell'*).

**Can anyone tell us where heaven and hell are located? Many people point to the sky when referring to God or to heaven, but earth is a small speck in a universe within a galaxy, surrounded by other universes and galaxies. So *where* is the location of heaven or hell in all of this?**

If we believe we have but one physical life, and that unforgiven sins can result in the eternal life of our souls to be trapped in a VERY hot place, it will control us.

**Remember, there is no right or wrong way to think about this but there are formulas, consequences, and outcomes to our thoughts.**

People who don't believe in religion, but do believe in only one life will not be under the same manipulation of control. They are, however, subject to the intensity of a one life perspective.

## PROs

When we feel we only have one life to live we may be more motivated and spontaneous.

Some people will want to build up a lot of memories in travels and experiences. This can spark true dedication and hard work in a person. Loving relationships between people also intensify due to this perspective. They only have one life so the people they fall in love with on their journey are extra special. This perspective can also cause a person to stay consistent with their faith. Staying consistent to a faith helps raise the vibration of our planet and also helps with harmony. The more dedicated a person is the more self-awareness they have, and they tend to make choices based on the teachings of their faith.

The 'one life' viewpoint makes us focus on the purpose of our existence here on earth

## CONs

Thinking we only have one life creates anxiety throughout our journey.

This perspective can cause us to feel this that is our only chance to achieve the experiences we want. If life this time around doesn't go well, people will have no perspective to counteract that and it could lead to deep depression. If too many people are depressed by not achieving what ***The Matrix*** tells us to aspire to, it can lower vibrations on the planet. People may find themselves getting depressed in old age, feeling there's nothing after the physical experience here on earth. By formula, this means life gets

progressively less enjoyable. Believing in only one lifetime makes people more vulnerable to religious control and manipulations.

### **Reincarnation perspective**

These people believe that our souls and our bodies are two separate entities.

So, when our body no longer functions, our soul continues on to a new physical experience. Some of those experiences may be here on earth. Souls may move into the body of a bird or fish next time around. Some soul experiences may be beyond earth.

**We know in the animal kingdom there are multiple personalities even within the same tribe. Any owner of a dog or cat which has given birth knows that the litter includes multiple personalities just like humans do. This supports the idea of reincarnating into as many different physical vehicles is possible.**

By these standards, souls are millions of years old and continue to have multiple physical experiences through God.

Some souls may not accept a physical experience right away and may remain attached to their previous physical experience. These souls are what people refer to as 'ghosts' or 'spirits'. The idea of reincarnation gives us comfort in our current life experience. When we know that we've had a physical experience before and we'll have a physical experience again, it causes us to put life in perspective. Our current life is more enjoyable with this belief. When we've had thousands of physical experiences already we don't worry about life as much.

This way of thinking is in direct contrast with the religious teaching of a 'one life' experience.

Although this perspective allows little to no manipulation from religion, some people still want to have a positive human experience now. This person can have the same intense focus on life as people with a 'one life' mentality. This is not to say people shouldn't work extremely hard during their current life towards their goals. It means people must keep in perspective the many physical experiences they have had and will have. During the senior years, this perspective lets people be excited about what their next life will be like.

The approach of death isn't looked at as a sad experience.

It's just a chapter closing, as many did before, and another one beginning. This perspective also takes away anxiety, and makes people feel they have another shot to achieve something in their next life. This makes the journey more of a learning and growth experience. Thus, people aren't as critical of themselves during their current journey.

Many people battle over how reincarnation works, or if it's true.

There are many cases where people have described a city they've never seen, people they could not have known, and described where objects were hidden – all from past lives. Some people don't get the image clearly, but may feel that they've been somewhere before. We refer to this as *déjà vu*. *Déjà vu* means 'already seen'.

A 45-year-old may try to recall what they were doing during the summer they were 7-years-old. They may have no memories at all

of being seven. Just because they can't recall these memories doesn't mean they didn't experience life as a seven year old child. This logic applies to past lives.

Just because we don't remember something, doesn't mean we haven't experienced it.

Our soul is able to have out of body experiences. This makes it possible for the soul to have many different physical experiences. Witnessing a ghost is another example of how spirits exist beyond the physical experience. Many people subconsciously separate the spirit from the body during death. If they believe in reincarnation they know the soul is free to linger or take on another physical experience.

### **PROs**

People live a less stressful life when they believe in living many lives. This perspective forces them to evaluate themselves, and think beyond life here on earth. This perspective motivates people to tap into their higher selves. People are less afraid of dying when they believe in reincarnation. They are less controlled by religious teachings of after-life scenarios, thus giving them the freedom to experience life without certain boundaries.

This perspective helps people focus on their souls and not just on their lives.

### **CONs**

People having bad experiences may commit suicide in order to experience a new life – hopefully a better one.

This causes pain and is a struggle for loving families. In some cases, this perspective can cause people to lack determination, thinking they'll get to it next time around. This may result in a lack of accomplishments. The knowledge of many lives may also cause a person to commit unwanted acts against others without fear of consequences. If too many people begin to operate in this fashion earth can't grow or exist in harmony.

## SUMMARY

Looking at these two views of life – 'one life' and reincarnation (many lives) – we should now have a better *overstanding* of how our thoughts control everything. People can choose to believe in either - but the bottom line is, **it's all about belief.**

## CONCLUSION

It's hard to identify the manipulation in religion.

The reason being, we become indoctrinated at such a young age. People pray and some things that we want do come about. So some people confirm religion as true. Although people can get the same results without referring to a religion or a God, this method is rarely taught. People can use meditation or visualization to achieve the same results. Constantly picturing our desires projects our energy out into the universe just like prayer and that can bring the same results. People have the power to create their own reality but religion, in some ways, can hold people back from tapping into this process. **(Reference Key 15)**

Now we *overstand* the purpose of religion.

We must now tap into our souls and go with the feeling that comes over us when we debate whether what we have been taught about religion is true or necessary. People must expect opposition from those who benefit from controlling people through religion. Expect similar opposition from people who don't want to believe that they've been manipulated through something they believe in.

**When we find out something isn't really what we thought it was it sends us into a state of confusion. We don't know what to believe. Many people would rather believe something that they feel in their core isn't completely true just to avoid that kind of confusion. They prefer to continue to believe. As we've discussed, there is power in believing in something even if it's not true. We're giving the same meditation and energy to our beliefs, so, in a sense, it has the same universal response.**

**It is okay to find out more information and let our way of thinking evolve.**

Progress and evolution are two things in the universe we can all agree on. If we take this into account it means that God is about evolution and growth. Religion helps us tap into our spiritual side. This book is to help us elevate our consciousness to another level. At this level, religion doesn't exist. Therefore there is no manipulation to divide differing religious views.

As children, most Americans believed in Santa Claus and the Tooth Fairy. We believed in our heart of hearts that these were true and living people. As we gain more knowledge on life, we discovered



the truth and have a more elevated way of thinking than our childhood.

*As a young boy, I asked Santa Claus for a remote control car that resembled the car in a famous American TV show called, 'Night Rider'. The night before, I helped my mom bake a cake for Santa. The next day I found the car I had asked for sitting under our tree. Santa had kept his promise. I turned the car over and some of the cake my mom baked for him that night was on the bottom of the car. I asked my father why that was. He responded, "Santa Clause must have gotten some on the bottom of the car when he was here eating cake and putting the batteries in the car". I was so excited that Santa took the time out to eat our cake and put the batteries in my car. I felt I had true evidence that Santa existed.*

When we come of age, we learn that Santa Claus and the Tooth Fairy are *not* real.

Parents sometimes go to great lengths to continue the fallacy, in order to be able to manipulate their children. Parents may also feel they're doing their children a favor by allowing them to continue to believe in them. This also gives the parents a controlling factor by connecting their behavior with the rewards - or lack thereof - from these mythical characters. As children get older they become aware that what they believed in wasn't true.

This is a hard shock for most kids.

It makes them distrust or vet information that they receive from that point on. This can be a good thing if kept in balance. Even though it was a shock to the children, when they became adults

with their own children, they see the benefit of the manipulation and recycle the process.

This part of the book alerts us to the truths in our adult lives and the reasoning for that manipulation taking place.

It offers us the choice to grow or remain stuck in ***The Matrix*** concerning religion. Many religious leaders and people of power have been taught the benefits of religious manipulation. They perform it on the public in the same way adults use mythical beings to manipulate children. In the case of religion, adults are in the role of children and the religious leaders take the place of the adults.

Religious leaders know the purpose of the manipulation.

This is why some commit the same sinful acts they tell their congregation not to – and they do it with a straight face. Religious leaders can easily manipulate adults because by now the adults feel they know the truth or *should* know the truth. This causes them to continue to believe with conviction in a person they have never physically seen. This also makes it harder for someone to admit to the manipulation. They feel as grownups, this shouldn't happen.

## **WORDS FROM THE UNIVERSAL GOD**

We take religious books like the Bible, the Torah, and the Quran as God's word for us.

Most people agree that God didn't write books himself, but inspired man to write the words he wanted people to follow. The books within the Bible are many hundreds of years old and we still follow the text in them to this day. This suggests there is no

evolution in God's words - but we see the evolution in his existence every day.

**The reason old religious texts are still used to this day is that the words continue to work on people. Why adjust the program if it works - even though the times are not the same.**

Why haven't these books – the Torah, the Bible, the Quran (*and others*) – been updated to be more suitable for our times?

Did God stop giving people important information to print and pass on?

Has God stopped speaking to people on Earth?

These are the questions an *overstander* would ask.

**Religious books are full of valuable information, but some of the information is delivered through allegories or parables. Updated versions would decode those allegories to keep up with current moral values.**

The original Bible - without all the edits we see in the versions we currently have - is locked in a vault protected by guards. This Bible speaks more about the true history of our world. An *overstander* would question why this book is under guard - and why we use an edited version to serve as truth within the Christian religion?

**People live their lives based on a book that's been edited and censored from its original form.**

The words in the book are inspired by the same God and the same energy which motivated people to write our religious books. It's

wrong to believe that God only inspired a limited amount of people thousands of years ago to write inspirational words to live by.

**People may be so indoctrinated by religion that they may not be able to see the wisdom of their new level of *overstanding*.**

If people like us are enlightened, why can't the words in this book - and other beneficial literature – also be taken as 'God inspired'?

*Words of wisdom flow from the energy beyond planet Earth - down into my melanated skin - into my pineal gland – pouring out through my fingers - to create the words on this page. Meditation, analysis, and observation projected my energy out into the universe to lead me in the direction of necessary information and experiences. I hear the voice of reasoning and **overstanding** constantly. I download this information and, with it, help others along my journey.*

*God has given me a perspective that is rare, but not unique.*

*I can only speak from my existence and from the information poured into me from the heavens. I feel that my journey is not well traveled enough to have all the answers. However, it's well-traveled enough to give people an **overstanding** frame of mind as they venture forth and seek more information.*

*I can truly report that I have seen the manipulations up close, and experienced them from afar.*

*I always knew that my experiences were for the purpose of informing others. It became very obvious when I wrote my autobiography, 'My First 35' that events in my life were strategically planned. This is my life's purpose and my reasoning for exploring this planet, and in particular modern America. This is*

*what I was designed to do. I have little interest in catering to the opinions of people who don't want the **overstanding** perspective to exist.*

Again this information is not meant to offend any person or religion.

It's just meant to enlighten.

# Chapter 8

## Energy and Vibes

Energy is everything.

Everything we can see has energy and this energy can be transferred in many unique ways.

Energy and vibes directly affect the soul and then the body. We must identify the type of person or energy we'd like to share with the world and then *overstand* other energies that could alter our desired position. It's important to *overstand* that those other energies can cause a positive energy to go negative. In some instances, for a person's protection, it's necessary to fight negative energy with negative energy - but we must never allow it to change our *core* energy. This concept goes back to compartmentalizing things. People have many emotions and energies buried inside so it's only right that we experience all of them in moderation. However, our core energy is the realm we operate in the most.

Sticking to our core energy goes for *all* energies. It would be beneficial for society if someone with negative energy allowed positive energy to change their core.

**If a person takes in negative energy and this becomes them and they have no desire to change, this is also okay. The world must have different perspectives, energies, vibes, and approaches in order to have different experiences. If everyone has positive energy, then positive energy would have no real distinction and**

**there would be a lack of experiences. Having diverse experiences is great but balance is key to the survival of the planet, so the earth must operate in a more positive energy overall.**

When we have this type of *overstanding* we won't allow negative people to affect us.

People will *overstand* that multiple energies and vibes are a part of life, just like skin color, eye color, body size, etc. When they approach life challenges involving negative people and energy they will *overstand* it better and it will have less of an emotional effect. Everyone is not an *overstander*. Many people are manipulated by the system that contributes to the negative energy. Positive energy will always come into contact with this negative energy at some point due to the complexity of the world. If a person has great energy and vibes, they must pass a series of tests to maintain that positive vibe.

People must remember that energy is everything and everywhere. Energy can be transferred and consumed. (Reference Key 06)

## **LAWS OF ATTRACTING SIMILAR ENERGY**

This book will refer numerous times to the law of attraction.

The energy and vibe we put out are what we will receive.

We must *overstand* this so we can have the best experience here on earth. The type of energy that we put out into the universe is what we will mostly get back. If we always worry about not having money, we'll probably have a hard time keeping it. If our energy constantly tells the universe that we can't find a good mate, we'll

attract more mates who aren't good for us. If we put out the energy that we're violent, we'll attract someone who's just as violent.

The law of attraction must be respected, so we must monitor our energy source and thoughts.

This also shows the power of thought. Thoughts can sometimes be even more powerful than our physical efforts in making things happen. *The Elite* know the power of thought and this is why there are many distractions to keep the vast amount of people from tapping into those advantages. If many people - at the same time on multiple days - project, think, pray, meditate or envision a desired experience, it has a good chance of happening.

### **Negative energy**

When we identify negative energy most of us feel uncomfortable.

This energy is often counterproductive to a positive outcome. Negative energy, if not monitored, can actually cause our body to deteriorate. We can even develop health problems from it. Just speaking negative words to a glass of water, over time, with our energy behind it, can affect the water. We receive a different effect if we speak positive things to that water. If this can affect the water it can also affect our spirit and soul if we don't have an *overstanding* mind frame to monitor when our core energy is changing.

This is why certain types of music can change a person's energy according to the song.



When a person allows negative energy to take over their lives and they become negative people, it's usually due to circumstances. People are not born wanting to be negative. Life obstacles gave them the choice of looking at the glass half full or half empty. It's much easier to look at the glass half empty when a person's expectations are not met. This is one of the core issues that allow negative energy to flourish.

When a person has certain expectations on how life should respond, it's disappointing when it doesn't. This disappointment can cause a person to respond from their emotional heart and not their *overstanding* mind. Many things can trigger this kind of hurt such as a family death, friend betrayals, or relationship disappointments. A person allows these hurt feelings to engulf their energy by not *overstanding* that they'll encounter many disappointing things which are not worth their soul, energy, and spirit.

If we constantly re-live disappointments and approach life from the perspective of those disappointments, we're putting negative energy out into the universe and we'll begin to receive more disappointment. [We should never continue to give negative past experience life by reliving and emotionally investing in the past.](#) By continuing not to *overstand* and deal with difficult things in a more positive manner, the negative energy will slowly take over our core energy. Most things we encounter we will have that glass-half-empty perspective to them.

This perspective can be triggered by a number of reasons. Let's look at three of those reasons.

## REASON 1

A person protects their fear of future hurt by always doubting the best outcome.

This person had their hopes deflated. The best way - in *their* mind - to keep that from happening again is to stop expecting positive outcomes. This means not trusting anyone, thus placing everyone in a predetermined position. This person constantly engulfs themselves in negative energy without realizing it. We must not be gullible and fall for the same traps that cause us so much negative energy. We need balance and should give up on attempts to change our overall energy.

**Without balance, a person will continue to attract negative energy.**

## REASON 2

People who've been disappointed in their lives are crying out for a different experience.

Sometimes pain makes a person tie the disappointment to their self-worth. This is when negative energy can fully take over. This person doesn't want to feel like an outcast from society, so they cause others misery or identify with others' disappointments. That's where the common phrase, 'misery loves company' comes in. This perspective provides some balance to negative people but is still positioned to project negativity onto others.

## REASON 3

Disappointment and negative energy fuels frustration.

If we don't *overstand* this buildup and how to release it in a positive manner it can manipulate us into lashing out at others. The frustration motivates us to think and react from emotion rather than from an *overstanding* mindset. This lashing out can cause a person to bring even more negative energy on them.

## STAMPLE

*An African American man named Leroy Thomas grew up in a tough American neighborhood. He suffered many disappointments, most of which had to do with a lack of economic freedom. He sold drugs on the streets and was busted by European American police officers.*

*Throughout his childhood, he was harassed by European Americans in his mind.*

*After being released from prison, Leroy went to retrieve 300 thousand dollars he had buried. Leroy wanted to try to go legit and change his energy so he opened a clothing store. After a couple of weeks of positive sales, he hired a European American worker to work the cash register. After a few months, he saw from the security cameras that the employee was stealing money and merchandise. Leroy slid back into all the negative hatred he had towards European Americans.*

*He chose to react with his emotions and not his overstanding mind.*

*The next day when the employee came to work, Leroy and a few of his friends from the neighborhood, showed the employee the tape, and then beat him up. Afterward, they tied him up, transported him to a nearby neighborhood, and dropped him off to find his way home. Although the employee had stolen from Leroy, he allowed his negativity to ignite while being tested. For their negative actions, Leroy and his friends were charged and convicted, and each ended up serving nine years in prison.*

### **What's really going on?**

Leroy and his friends continue to attract negative energy.

His friends carried negative energy so they were attracted to Leroy's proposal. Leroy was tested and he allowed his negative energy to place him in a worse position. Often people make this grave mistake because it's easier, and revenge seems to minimize the built-up hurt.

Leroy tried to cultivate positive energy by having a legitimate business and hiring someone from a race he used to have bad feelings about. When the European American crossed him, he immediately thought he was not respected because he was an

African American. He assumed the man thought he was stupid and would not notice the stolen money and items.

This all happened because Leroy became engulfed in negative energy from the past.

His speculations may have been correct, but he left no room for an alternate perspective.

If Leroy had an *overstanding* mind frame, he would have identified the test. He would have responded in a way that allowed him to keep his freedom. An *overstanding* mind frame would have made Leroy respond differently. When his buried pain surfaced, and the thought to hurt the man came up, Leroy could have thought,

*“He isn’t worth my freedom. I’ll regain the money and clothing he stole, but if I go to prison for beating him up, I will lose much more. Even though I had a tough past with European Americans, they’re not all bad. I will not allow this one employee to put my perspective of an entire race in a box. He may have thought I was just some dumb person he could take advantage of or, he could’ve been a person with negative energy, or maybe he was in desperate need of money.” For whatever the reason is, I will make sure that he’s the only one that will be wanted by the police.*

Leroy could have shown up the next day accompanied by the police after showing them the video footage. The employee would have received three years in prison, and Leroy would have made the money back in less than a week. Leroy’s positive outlook could have caused his business to thrive. Leroy would have passed the challenge and received a more desired outcome.

## **Negative energy due to comparison and oppositions**

A lot of negative energy in America is focused towards other people.

It's because people feel they aren't living the way they'd like to live. Living in a self-centered position triggers this. Once we respect variety and humble ourselves to other experiences, we'll have less stress encountering differences. Once people have this *overstanding*, they will respond and react to these things without attaching emotions. Once we attach emotions to negative energy and focus it on someone, it wears on us. It also projects that energy out into the universe. That energy attracts the same, and we'll draw other people toward us that we'll have problems with.

All people are unique in some way due to their life experiences.

Feeling people should think, act, or feel as we do displays arrogance and a self-centered way to explore the earth. To adopt this perspective can cause us to feel diluted. The position we hold will no longer be highlighted. To have others respond the way we would like reassures who we are and gives our perspective validation. Seeking this validation and defining our self-worth through the comparison of others is what fuels this energy. Some people will use this negative energy towards others to boost their self-esteem. Boosting self-esteem can give us the confidence to perform better and this is why most people do it. But if this continues, people run the risk of comparing themselves to and having an opinion about everyone they encounter. This keeps our spirit on a continual emotional rollercoaster and our energy will never be calm.

Competition is great if it brings out the best in people, and if we accept our ranking.

It's great to want to get better, but we must remember to always keep the spirit of appreciation of where we're at and who we are. Comparisons can also help us identify ourselves, our strengths, and our weaknesses, and can boost determination. We will encounter people who are better than us at some things, who are worse than us at other things, and in some things just the same. Once we're cool with encountering all three, we'll release the negative energy of comparison. Our focus will balance between improvement and appreciation for the now.

**We must ascend to a point where we're able to entertain opposition without allowing it to affect us emotionally.**

It can be hard not to feel some kind of emotional hatred toward a person or group which opposes our viewpoint. They may feel like a roadblock in our lives, or we may feel that they have malicious intentions. This may cause us to deal with the situation using emotion and not our mind.

**If we adopt an *overstanding* mind frame, we know that opposition is part of the game. Expect people from different life experiences to have different viewpoints and motivations. Some people will never adopt our viewpoint because life isn't designed for everyone to come to the same conclusion. Once we *overstand* that it's normal and just a part of human nature we can deal with that opposition without allowing the negative emotional energy to affect us. It's extremely hard not to get emotionally involved when the opposition turns personal or violent towards us, or**

toward a family member. Even though we respond in whichever way we choose, we must keep an *overstanding* that this type of opposition is always possible.

### **Positive energy**

This energy makes us feel great about our existence and optimistic about the future.

Positive energy gives us reassurance and it illuminates to others around us. Having this energy allows a limited amount of stress. Having an *overstanding* of people and life also limits stress and helps us maintain our positive energy. Some people use religion and other methods to help them maintain this positive energy through a complicated life journey.

When we have positive energy, positive things happen and positive people are attracted to us.

Knowing this, our positive energy is often tested by negative energy.

This negative energy can come in the form of people, finances, or hardships. It's easy to have a positive and vibrant attitude when our financial needs are met, our health is good and our family is safe. Can we maintain that level of positive energy and optimism when some of these things are in jeopardy - when a friend or family member disappoints us or violates our trust? Will it overtake our positive energy for long periods of time? What happens if a person is instantly unemployed and has heavy financial responsibilities?

This may allow negative energy to challenge a person and present negative emotional thoughts. If we allow our negative emotions to



overtake us for long periods of time, it can lower our high positive vibration rate. This is why the art of *overstanding* is important in maintaining that positive energy.

There are many things that can change our mood and alter our energy.

If we keep an *overstanding* mind frame, we can identify these things. Our energy changes from time to time due to multiple interferences, but we must mostly maintain high positive energy. Without *overstanding*, this process is difficult and the interference is harder to identify.

## HAVE A GOOD DAY

Many Americans use the term, ‘Have a good day’ without consciously thinking about it.

We often say it to others, or say ‘Thanks’ then forget to practice having a good day. Have people ever broken down what, ‘Having a good day’ actually means? We probably rarely say to ourselves, “*Today I will have a good day*” and really process *how* to have a good day.

To have a good day is to operate in our higher self and with positive energy.

This means we *overstand* the world and don’t allow it to affect our happiness - today. We take the day as it comes and roam the earth with a cloak of gratitude. ‘Having a good day’ means not allowing the person that cut us off while driving to upset our spirit. A wreck didn’t occur – we’ll never see that driver again, so we don’t allow it

to enter our spirit to lower our vibration on our 'good day'. When someone tries to be rude to us, we respond in a positive manner and exit the situation to maintain our positive energy.

The point of 'having a good day' is a positive mind-frame that takes *overstanding* so we don't allow our good day to be affected.

People can't predict what the day is going to be like, so obviously 'having a good day' is not like having a good meal where a person can control what they have. A person can only control *themselves* - how they allow certain things to affect them and how they respond to it.

The challenge to most people is that the term is used so much and is rarely practiced.

A person says they'll have a good day and in less than three minutes they'll allow something to affect their happiness. For some people, it's hard to 'have a good day' unless we specifically *choose* to 'have a good day'. The only time most Americans - who are not always positive - think about having a good day is on their birthday. When it's someone's birthday, they may say, "*Today is my birthday and I will not allow anything to ruin it. I will go out and enjoy myself today and celebrate having existed for another year.*" To have a good day, *every day*, we must make the effort we make on our birthday.

Every day will not be a good day if a person doesn't *overstand* life.

Some days will be more challenging than others. A very challenging day could easily be considered a bad day. We'll also have sad days too. The take away from this is that a person can have a great day

*every* day if they can accept life for what it is and not allow anything to affect their core energy. This is a level people must achieve to keep their vibration high enough to ascend.

Since the term is used so often and has become so cliché, we will not focus on ‘having a good day’ every time we respond that we will. But at least when we do decide to have a good day, we’ll know how to go about it.

### **Transferring energy**

We’re talking about the energy that effects human vibration and emotions.

There are many books with detailed information on how human energy works, but we’re looking at this from an *overstanding* viewpoint.

We receive and give off different energies every day. Some days a person may be very happy and vibrant. On a day like this, they may spark positive vibes to the people surrounding them. These vibes may give others a positive energy boost, or perhaps a different perspective on things. On some days, people may just feel uncomfortable, frustrated, or agitated.

A positive attitude can give a person an alternate perspective and can change their mood.

This transfer also works in a negative way. People would like to transfer their negative energy to us. This energy can enrage us, take us out of an *overstanding* mind frame, and open us up to manipulation. Avoiding, minimizing, and distancing ourselves from this negative energy is necessary to maintain balance.

**STAMPLE**

*A cab driver's girlfriend had agreed to marry him. The next day while driving, he was very excited. His vibrations were high and he felt on top of the world. He wanted to share the great news with someone. His next fare was a woman on her way to the airport, and he decided to share it with her. He started talking but she was not interested so she didn't respond. The cabbie wasn't aware of this so he kept on talking - telling her about how he got the ring and proposed. Suddenly she interrupted him saying, "Could you please just get me to the airport? I don't feel like hearing any love stories right now." The cab driver stopped and remained quiet. Her comment caused him to suppress his high vibrational energy. He felt his situation must not be as joyful as he'd thought it was, if she did not want to hear about it.*

**Even though this is an example of how someone's negative energy can transfer and lower the vibration of someone's happiness, please keep in mind the cab driver doesn't have to allow this energy to affect his happiness and vibrations. If he *overstands* the situation, he will remain joyful, knowing that everyone is dealing with different moods and situations so his joy will not match with every rider. He should not allow someone else's situation to validate or affect his happiness.**

A person can walk into a room and their vibe and energy can be felt by others.

This confirms that energy is real, detectable, and transferable.

Given this fact, we must *overstand* when our energy is being altered by outside sources. We will - and should - experience different energies, but we must not dwell in lower energy levels for long periods of time if we want to ascend to a higher consciousness. Surrounding ourselves with energy that produces gossip, comparisons, theft, envy, and maliciousness can slowly affect our energy. We'll begin to put out the same negative energy and receive more back. If we're in this situation and would like better things to cross our path, we must detach from the people putting out that negative energy. We must then put out positive energy. Positive people and experiences will then be attracted to us. We will be tested. However, if we continue to put out positive energy the universe will eventually respond with a positive connection.

We can see another example by studying babies.

A one-month-old baby laugh and giggles if we look at it and play with it while projecting positive energy. How does the baby know to laugh? How does the baby know to react in a joyful way? If we look at the baby with a mean face and give off negative vibes, the baby will often cry. The baby has no knowledge of what is right or wrong, but they can immediately identify energy and vibes.

Once we *overstand* this method of transferring energy from one person to another, we can alter its effects on us. If the cab driver in the previous *stample* had looked at his passenger's energy from an *overstanding* viewpoint, the negative energy would not have

lowered his vibration. We must evaluate ourselves and try to analyze and respect other's energy during that particular time.

## **TRANSFERRING ENERGY DUE TO ACTIONS & CIRCUMSTANCES**

Actions, people, or life situations can alter our personal energy.

Many people ride an emotional roller coaster because we're programmed to want life the way we envision it, and not the way it actually is. These people find themselves in a constant battle between 'what's real versus what's right'.

Complications can affect a person's 'vision'.

We need vision to develop a plan in order to accomplish a certain mission, or have a desired life experience. This vision sparks motivation and determination. In order to accomplish something, people must have that vision. Most people have visions of a great marriage, a successful business, a great friendship, or a great career. The vision sparks the energy to obtain these things.

Sometimes things we envision don't go as planned, or don't happen at all.

A marriage may be too challenging. A business may never get off the ground. The person thought of as a friend, in reality, wasn't. A loved one may die. A career may go off course and fizzle out.

This can lower our vibration and affect our motivation and determination if we're not thinking as *overstanders*. If we're not careful, we will carry the weight of disappointment around and this

will lower our vibration. We're allowing circumstances and things outside our vision and control to affect our vibration.

Remember, it's okay to experience emotions like disappointment, especially if it sparks an evaluation of consciousness that produces growth and *overstanding*. If the disappointment lingers too long, we become negatively unbalanced. Disappointment causes a negative unbalance due to its downward effect on higher vibrations. Most people allow the transfer of energy due to circumstances to affect them because getting what we desire feels better than not getting it. Even though we know life isn't perfect and everything will not always go as planned, we still allow it to affect us emotionally. Why does it still have such a pull on our soul? Why can't we get over a spouse's cheating or a loved one dying?

There are many reasons why, but we will discuss a few in terms of *overstanding*.

**We allow these emotions to overtake us because most often we envision success and don't factor in disappointments. None of these disappointments are new so please don't allow normal life challenges to lower vibration levels. We must factor these things in when we create our vision. We must include the ups and downs the business will go through before reaching success; we must also be okay that the idea we had didn't work out the way we'd hoped.**

**Most people aren't prepared for a loved one to die, because they never envision living without them. Marriages are challenged since we rarely envision the struggles and disappointments that come with living with one person for a long period of time. Once**

**we include these things in our visions, we won't allow them to stunt our determination or lower our vibration that much. We must live our lives and not allow circumstances to transfer energy that will make our life experience less enjoyable. It's all part of the game for everyone to have similar and different experiences.**

The energy of confidence and performance can transfer from one group of people to another.

A sports group with confidence, due to a string of great performances, has a certain energy that encourages positive things to happen. When something doesn't go in their favor a collective energy of confidence still remains. If some members become insecure about something not going in their favor, that interrupts the energy and the favor it brings with it. This may spread to even more members – and the group will lose momentum. The opposing side lost confidence due to a lack of success against their opposition. Once they had a successful moment, the group began to feel more confident, believing they could have *more* great moments. This energy shifts into confidence and they begin to receive the benefits.

This is called 'gaining momentum'.

In sports, we've witnessed a team winning with everything going their way.

The opposing team then has a successful play and it boosts the morale of the entire team. The team that was losing is now coming back to win with everything going *their* way. How can a team dominate another team at the beginning of the game and lose at the end?



We must *overstand* how the transfer of energy works to comprehend it.

A transfer of energy produces a vibration of confidence among and within the players. Once they collectively place that energy into the universe, things happen in their favor. The more of them who feel this confidence, the more things will go in their favor. This energy of confidence can come from the coaches or even from the players on the sideline.

**Confidence and energy bring favor to us.**

**This is one reason it benefits *The Elite* to keep our vibrations low. It also displays how less confident people can affect a team that needs collective energy for success. Every outcome for a team is affected by the energy and confidence projected by its members.**

## **EMOTIONS & VIBES ALTERED FROM UNFAMILIAR SOURCES**

Our emotions and vibrations can be altered due to circumstances and people. What about things we're not familiar with? For example, our government also plays a major role in altering vibrations. We'll discuss a few things that can alter our emotions and vibrations that are not public knowledge. We must take these things into consideration just as we do the previously mentioned energy altering techniques.

### **The Sun**

Energy from the sun raises our vibration and our happiness.

A bright, sunny day can spark a person to be productive, and help them enjoy the nature side of their spirit. Often a person feels

positive energy and vibes when the sun shines. They'll acknowledge the beautiful day and that they feel good, but most people don't connect the energy of the sun to their high energy level. They do on a subconscious level but most people don't analyze it as such.

Information comes from the sun as it hits our skin.

Sunlight is a source of life for plants - the same type of information is poured into humans as well. A cloudy day can have the opposite effect. A cloudy day can make a person want to remain at home and become less productive. Of course, this doesn't affect everyone. Some people are more motivated on rainy days especially if rain is rarely present in their area. We must also remember that our energy is made up of frequency waves that we send and receive. If frequency waves of a different vibration enter our energy source, it can alter our mood without us realizing it. Let's discuss some energy altering techniques through frequency waves.

### **Television & Radio Frequency Waves**

Television sends out frequency waves that lower our vibrations and alter our mood.

Television is a projection of frequency waves. If the waves are transferred into our energy source, it can lower our vibration or change our mood. We could be having a perfectly good day in the house with our spouse, then all of a sudden we're frustrated and that leads to arguments and disagreements. Who is behind lowering the vibration of humans through television - and why? See [\(Reference Key 07\)](#)

Television also affects our vibration and mood through programmed content. An *overstander* must be aware of balance when it comes to processing negativity, drama, or sad television content. These things can settle in our subconscious and affect us without our knowledge.

We can receive similar interference of our energy through radio and cellphone towers. These frequency waves are not seen but can be felt when altering our energy.

### **Food**

Today, many foods have additives, been genetically engineered, or come from cloned animals.

**This results from having lots of people on the planet with lower vibrations, and who look to food for comfort. The demand of the growing public, and needing to remain in control of its vibration levels is what sparked these types of food products.**

When eating meat, we may take on the energy of how an animal was treated while being raised. Our food may also contain chemicals that affect us. The government knows this because they approved this practice along with cloned meat. People can do research on these things but this is just an *overstanding* so we can identify the possibilities. Since the public is unaware of the effects some of the food we consume has on our energy, the government remains in control of the manipulation.

### **Air born chemicals**

What we breathe can alter our mood.

If we smell good food, it gives us a feeling of comfort or pleasure. If we encounter a foul smell, it changes our mood to disgust. These are things we can identify. This also confirms that the smell of something can alter our mood.

What if we breathed in chemicals with no identifiable scent, but can alter our mood?

A common way these chemicals are placed in the air is through what people call Chem-trails - short for chemical trails. The trails are sprayed from the back of an airplane. People can tell the difference in Chem-trails and contrails (the white clouds behind a jet) because Chem-trails leave a line in the air and then thins out as it falls to earth. Contrails will disappear shortly after the aircraft and not linger. See [\(Reference Key 07\)](#). This tactic may be hard for some people to grasp because they don't *overstand* that the government's job is to govern people. Effecting the mood of the people benefits the government. The Chem-trails provide additional benefits to the government also.

**We must *overstand* the levels of control in order to see why certain people are sprayed with chemicals. The pyramid symbol displays the level of power and control so our experience will be affected accordingly. This is why it's very important not to allow some experiences to affect our happiness or self-worth.**

A nation that's mostly operating in a lower vibration is easier to manipulate.

It's also easier to spoon-feed people in order to keep them in order. We can almost predict the outcome of people operating in a lower

vibration. The more an outcome can be predicted, the more control there is over people.

If too many people on earth raise their consciousness level, it will overtake the lower vibration that currently holds our planet hostage.

Once this happens, it's harder for the government to control us. We'll no longer fall for the 'divide and conquer' method through religion, class, or race. We'll no longer feel less important than someone promoted by the controlled media. Everyone will seek to create a world of higher consciousness. This will trigger an event. Our consciousness must ascend to that level in order to handle it. See [\(Reference Key 05\)](#)

People with higher vibration benefits don't want the public to receive the same vibration. They fear losing power and influence. Here is an example of how this could happen.

Before the early 21<sup>st</sup> Century began, Americans worshiped television stars. There were many popular scripted television shows back then. The actors in them were known and valued for their acting skills. This scenario placed the actors in the spotlight to receive all of the attention, energy, and influence from the public. [Energy and influence fuel the human spirit – with them, we enjoy getting up every day.](#)

The impact the actors made on everyday people allowed them to feed off that energy.

This also kept the public at a lower vibration as they worshiped people every bit as good as themselves, but who got the breaks.

Since most of those television stars were trained actors, their stardom felt unattainable to the average person. Keeping the public in a lower vibration mode clearly helped increase those actors' influence. It also increased the control of the people who were in charge of the actors.

In early 2000 there was a resurgence of reality television on a larger scale than ever before.

These shows made stars out of regular people. People like us now had a chance to be reality stars and make lots of money without being trained actors. It boosted the self-esteem of everyday people to see people just like them becoming popular. The reality show trend continued to grow, enabling more and more regular people to become famous.

Now, America has more reality shows on television than scripted shows.

So some regular people now have more influence than many Hollywood stars. The demand for reality TV also put many actors out of work; people who had trained for scripted shows. The spark of reality TV raised the confidence level of average Americans. This also raised the energy level of regular Americans.

Americans are loving themselves and feeling like stars more than ever before.

This type of energy has sparked people to take selfies of themselves and to post their life journeys on social media. The everyday people no longer feel intimidated, or less than a Hollywood star, because their vibration has been raised to appreciate themselves.

Scripted stars still have influence but it's shared with stars from the general public. This could lower the energy level from when they had exclusive influence. This is why it's very important for *The Elite* to lower the public's vibration at all costs. If *The Elite* were in the shoes of a Hollywood actor, they'd lose their influence and power to the public - if everyone's consciousness was raised.

This is why they use many tactics to keep vibrations low.

The government does not want people to honor, respect and build its own leaders. Then the people will have more influence over themselves, leaving the government powerless. The people would recognize government tactics, organize, and turn on them with confidence. The government can't allow this to happen.

Keeping the public distracted, entertained and operating in a lower vibration is a must.

Given these factors, we must reevaluate our relationship and our level of trust with the people whose job it is to govern us – those people benefit from our lower vibrations.

## **MIND CONTROL**

Mind control is not just something we see in science fiction movies.

We don't need knowledge of advanced technology to affect someone's mood, behavior, actions, and thoughts. Thoughts enter our minds all day, every day. If these thoughts are projected into our head, it's not that farfetched to believe technology has been created to do this. This technology and control could come from a higher source ([Reference Key 07](#)).

*Overstanders* must be aware of thoughts placed in our minds prompting us to do things out of character.

**Many of the mass shootings in America are done by mind control and manipulation by the government. The public is once again being manipulated due to a lack of knowledge.**

Most people don't want to believe that this type of government tactic exists - but it's easier to believe than we may think. Many of us have probably seen a person being hypnotized. They end up doing things that are out of character. This is being done on purpose. People involved in voodoo can place certain manipulations on a person even without being around them. If people can be hypnotize or perform voodoo on others, then we see it's not far fetch for the government to have some type of mind-altering technology. We must know that this is a possibility when analyzing our energy and mood.

## **SOCIAL ENVIRONMENT INFLUENCES**

Emotions and spirits can be altered in their souls due to the social environment they're in.

Let's look at a few examples of the social construct in U.S. cities. Each of the following cities has a different vibe and energy. This is directly set up by their environment.

**Let's start with HOLLYWOOD, CALIFORNIA - the land of the stars and the mega-rich.**

This location is touted around the world as an important place to live.



So many important and rich people live here that it alters the experience of living and working. Most people feel they must act important in order to be accepted. People here only want to associate with others who can benefit them. For that reason, some people feel insecure due to a lack of influence and power, so they pretend to be someone they're not in hopes of being accepted. This creates an environment of superficial people - and that can lower a person's vibration. This environment also takes away the true essence of a person – and focuses only on status and power.

### **What's really going on?**

Breaking down Hollywood's environment, we find it all comes down to money and status.

People move there due to the influence of money and fame. Having so many rich and famous people around, sets the tone for the environment. These people want the same thing so they act the same way in order to achieve it. There's a lot of catering to people in power. That not only expand egos, but encourages manipulation and plotting. People with money only want to do business with other important people, so this creates an environment based on merit and not souls. This is why people feel they need to present themselves as more than they truly are. It's called, 'fake it until you make it.' An environment based on some of these elements can cause our high energy to be suppressed.

**NEW YORK people are known as being quick-tempered, fast-moving, and often inconsiderate.**

The reason for this is that New York has been set up for unrest.

It's an overpopulated area, with hundreds of the tallest buildings groping upwards and housing people in small spaces for a lot of money. Most people work more than one job just to survive. The city is fast-moving because of it. The subway is a major form of transportation. Thousands of people are constantly moving around the city with little if any interaction. This lack of time for interaction can cause an emotional disconnect with other citizens. This creates an environment for inconsideration to thrive.

The fast pace moving of New Yorkers could eventually become tiresome and this can cause frustration and quick tempers. The stress causes people to get impatient with the people around them.

New York is mostly concrete, with limited green spaces. It's hard for people to connect with their spiritual side when nature is nowhere around them. Instead, this city fosters an 'every man for himself' attitude.

This doesn't mean everyone in New York is quick-tempered or inconsiderate, because many souls overcome their circumstances. It simply means the environment is set up to support such character traits. These are not the only contributing factors to how the environment can alter one's energy but these are some to start with.

**Columbia, SOUTH CAROLINA has more compassion and has a true connection to nature.**

There are no major movie stars or ultra-rich people roaming the streets here.

Most people here feel equal without the need for false presentation. They don't have a lot of traffic or miles of sky-high buildings and the cost of living is lower. With these distractions off the table, people aren't overwhelmed while trying to make a living. South Carolina is made up of small towns, like Columbia, where many people are familiar with each other and this results in bonding between communities. People treat other people more like family. They have more heart here. This is where people experience that warm 'southern hospitality' everyone hears about. Without the distractions in the big cities we talked about, this environment allows for comfortable, caring, positive energy to exist.

### **There's a lot of nature to enjoy in Columbia, South Carolina.**

It's easier to connect with the earth's creations. The energy, oxygen, and information received by the trees also feed the energy of the people. This environment creates an energy full of giving, compassion, patience, and appreciation. People here interact with nature more than in the bigger cities. These people love hunting and fishing, for example. The energy of these people is different because of these elements and more.

With just these three examples, it's easy to see how energy can be manipulated due to a social environment. Imagine every state with their own set of circumstances to alters one's energy. And when energies from different social experiences collide, they can clash at many levels.

**Most people prefer to operate in a manner they're accustomed to. They rarely take into account another person's environmental**

**influences. A true *overstander* will not clash because they *overstand* that souls and energy are often manipulated due to their environment.**

## CONCLUSION

It can be complicated to identify who or what may be altering our vibration.

We must remember to monitor ourselves so we can at least identify the fact that there *are* alterations going on. Then we can stop it from dictating our actions. Our energy and vibe are important because it's transferrable. We must remain at a high energy and not allow it to be lowered due to matrix influence. We must be aware of the other things mention in this section that could alter our mood or energy. This section gives us brief examples, for overstanding purposes, but there are more examples at play.

**Remember to *observe* life and not just *live* life.**

When these energies alter our vibration, we must remain calm and react rationally, since we *overstand* what is taking place. We must use our mind to overpower our emotions, so our emotions won't hijack our actions. If not, our emotions will overtake our energy source and may cause us to react in ways that have negative consequences.

**We identify two categories of energy in this chapter, however, there are other different types. Energy is identified this way because of the vibe people feel from it. On the highest conscious level, there is no positive or negative energy - there is just energy**

**and circumstances. These energies and circumstances make us feel a certain way, mostly due to social programming.**

**Energy affects the soul while other things merely affect the body.**

# Chapter 9

## The Entertainment Industry

Many people lose themselves to entertainment.

They become a product of the influence of entertainment - good and/or bad. A good influence example is someone seeing a movie that inspires them to achieve a goal despite a handicap. That person's inspiration turned into dedication and that dedication turned into results of success. A bad way is for someone to get inspired by music or media to go out and rob a bank, or kill a few people and get a life sentence. Those are extreme examples. However, it's important to know that people can take the entertainment industry out of context and allow it to be counterproductive to their success.

People need to *overstand* the purpose, reasoning, benefits, entrapment, agendas, and influence of the entertainment industry. This book will help us *overstand* them all in the hope of us developing a greater *overstanding* for entertainment.

American entertainment provides the same outlet for people all over the world. American entertainers are the most influential because of the way America has maneuvered its place in the world. Entertainment provides people with a balance to the stressful world we live in. Without providing an entertainment outlet, people would be unbalanced with work, and the vibration would become too low for the planet to survive.

**Entertainment of some kind is necessary for our survival.**

People always needed entertainment but not as much as they do now. In the past, it was less commercial, not as sophisticated, and more people were in tune with nature. Today, things are much more complicated. Economic survival is challenging for most people and it can cause stress over time. This stress could lower our vibration depending on the mindset we have about working. No matter how much a person enjoys their job, they must have a life experience outside of the job atmosphere. A person runs the risk of becoming unbalanced if they don't. This is why entertainment is so necessary and vital to most human experiences. Entertainment can take our minds off of uncomfortable things, or it can inspire us to greatness.

**When we become unbalanced, it causes a stressful, counterproductive experience.**

Entertainment is a distraction tool used by the government to keep the public mind focused. If people focus on entertainment, it consumes them and becomes a part of their way of thinking. The more we allow these distractions to take place, the less we tap into our divine self and consciousness. Many adult Americans are very busy throughout the day and that time is combined with some type of entertainment. [We must recognize the lack of time we spend on analyzing life and our consciousness when we fill our free time with entertainment.](#)

In some cases, entertainment distracts us and results in less meditation and spiritual awareness.

This benefits the government. If people are distracted by the entertainment, they won't tap into their higher selves, raise the planet's vibration and cause *The Elite* to lose leverage. This is why the government uses it to control us. In this way, it is not liberating.

## **OVERSTANDING THE GATEKEEPERS OF ENTERTAINMENT**

To grasp how the entertainment field works, we must *overstand* how the system is set up.

Before the internet, all channels of communications to the public were controlled and are still controlled by a small group of people. The mass public receives information through a number of ways such as television, film, internet, radio, newspapers, magazines, and books. All have some level of control by *The Elite* to ensure very little if anything is allowed to influence the masses on anything counter-productive to *The Elite's* agenda. To ensure this doesn't happen, 'gatekeepers' are used throughout the industry.

This same formula is applied to the world.

Gatekeepers are given the power to make sure things don't get through to the real power structure. They sort things out so that major power players can control the screened talent. This is because those major power players in the field of the entertainment world are under the thumb of even *more* powerful people - so they must keep their industry-relevant. This book will cover some of the Elite's media channels and the gatekeepers that protect these channels. This will give you an overstanding of how the pyramid of power works in this industry and many others.



## T.V, RADIO & FILM

Communication and information are two of the most powerful and influential tools today.

Television shows, movies, and radio offer information, communication and most of all, influence.

These powerful weapons are necessary so the government can continue to control the people. The media airways that bring this information and influence into our homes are controlled by the government. We have only so many networks, stations, and time slots - so access to this limited number of airways or channels is considered a privilege.

All major television networks are subject to government rules and control.

All major media outlets are on the same team. They have a set of rules they all must follow in order to have access to *The Elite's* controlled airways. Just witness how most radio and television stations go to commercial break at the same time. News organizations cover the same story at the same time and repeat the same talking points on a subject verbatim. These are some of the examples we can analyze to *overstand* that all media is controlled by the same source. Important people in the media world agree to these regulations or risk not receiving their piece of entertainment revenue.

**Money controls our world - this is how *The Elite* keeps everyone in order and obedient.**

No matter how transparent some shows appear, we'll never see a show that completely exposes the government and our true state of life.

Given the fact that all major network executives are controlled by the government, this means the government is in control of what we, the public, receive. The system rolls downhill from the government to the network executive community to the productions. All TV productions must submit their show ideas to a network for approval. Networks are under the authority of the government. They either know what's suitable or they receive final approval before anything hits the airways.

Now let's break down the community.

There's a group of powerful network executives who accept TV shows and place them on air. Let's just say, for the sake of an example, that there are 20 major network executives in America who run everything. These 20 people, who answer to the government, are very rich and powerful people because they hold the keys to an entire industry. This power is felt by everyone in a lower position and the network executives feed off this acceptance. It gives them energy, confidence, and favor. Other people would like to be network executives, but it's unbelievably challenging to do so. These 20 people know the key to their survival is to keep their number low.

This structure is what makes it difficult for others to achieve this status.

It's an age-old formula applied to every major industry in the world. This formula is why the American dream is just that - a dream.

Executive producers are much like network executives. They must deliver a great show to the networks for approval. This means executive producers forge special relationships and do a 'delicate dance' with one of the upper 20.

This relationship is critical.

There are 50 executive producers pitching television ideas to these powerful 20 people for 20 producer slots. More executive producers would like to get in on this. These 50 executive producers know that their power lies in keeping their numbers limited. They stick together and limit their membership. They prefer 50 but will stretch to 60 if demand calls for it. This gives them a better chance to have a TV show accepted.

Showrunners are important and considered 'gatekeepers' for the TV industry.

A showrunner is a person who presents a show idea to the executive producers. Many production companies produce content that never makes it to American television or onto film. The lack of a showrunner, or someone connected to the executive producers, makes it challenging for a filmmaker to get the airplay they want and may deserve. Even at this level, showrunners apply the same formula – limiting the number of showrunners - to maintain their power.

This structure also makes relationships critical to doing business – in show business.

The film industry works much the same way as the TV industry does.

Each movie must be government approved before being promoted and put up on the big screen. There are many movie theaters across America, but as we know each theater can only show a limited amount of movies per day. The movie theater companies are a business so their goal is to generate income. They know that the advertising budget for a movie will increase the chances of people wanting to see it. So, movie theaters allow certain movies to take up their limited slots. Most theaters will not place a movie in their theaters that haven't been heavily promoted. This formula keeps the industry close to the public – it's referred to as an 'industry click'.

If the public is not a part of some clicks, even with money, they will have a challenging time getting their media influence to the general public. Although the movie industry has less of a stronghold when it comes to making it to the public airways, we must still *overstand* it's a level of control to release any major movie. The stronghold on the movie industry is less since a movie has a shorter lifespan than a TV show and we need many of them to keep the industry going. A movie also has an exclusive paid location to view it versus free television.

Sometimes it seems as if the same TV shows and movies are being made over and over again.

That's because they're not allowed to go outside the boundaries of the government's approval. Gatekeepers know what and who to approve. Our TV shows are limited to these topics: police/lawyers, politics, medical, relationship/family, comedy, reality, cartoons, nature, sports, history, science fiction, and weather. Movies from major production studios are mostly geared toward drama, war,

The Art of Overstanding  
history, aliens, comedy, documentaries, and life stories. There are no shows that will reveal the truth about this planet, how to *overstand* this reality, and help us ascend back into the universe.

## **RADIO CHANNELS**

All of the major public radio stations are controlled by the federal government.

Once again, there are limited slots to give away to those who are privileged. A radio station and its on-air hosts can have a major influence on the public so they must be kept in order. All radio stations must abide by federal rules and regulations or risk fines and/or removal. Like the TV industry, the government regulates the airway slots. Station owners must abide by those rules and regulations in order to maintain their position. This means we'll never hear announcements to organize the public against the government, or for some special cause. This would be counter-productive to the privileges given to the station owner. If we could buy a radio station and reach people through the airways, rich people would have done so, telling people whatever they wanted. Very rich people could pay the fines every day and organize people against the government if it was simply about money.

The fact that we can't do this shows the stronghold the government has over the radio industry.

The privilege of accessing government influence tools means station owners must not get too far out of pocket with the government. The more people station owners are allowed to reach, the more privileged they are, and the more control a station

or person must be under. This outreach allows a station to generate revenue through advertisements.

Radio stations are much like TV executive producers.

They are catered to by major record labels. The record labels know that their power and success increases with the help of radio stations. This means major record label executives must maintain some type of relationship with the major radio stations in order to maintain power and control. These relationships are essential to a record labels' power. Major record labels are aware that music is one thing that can be completely produced by the public without assistance and without government control - and any label can submit to a radio station.

For example, the 20 major record label executives had a meeting with the major station owners to ensure their survival in a rapidly growing industry. They know that they must develop this relationship in order to limit competitors. The advantages major labels have over smaller labels are money, connections, and influence. The major label owners must submit themselves to the power of the station owners and keep themselves in good standing with them. They know they must be financially responsible and loyal to the station owners. This is how the powerful remain powerful and exclusive. The major label owners agree to pay the stations to play their artists' music. This payment is thought of as a promotional avenue for their artist, so they continue to have influence and power. The label also knows they can recoup this expense through their artists' record sales and concerts.

This is why we hear the same songs from the same artists on all the major radio stations.

If this wasn't the case we would just hear good music on the radio station no matter what the record label was. We would also hear a greater selection of songs on the radio. The songs are rotated for a certain period, similar to movies being promoted during their theater lifespan. After that cycle is complete, the labels are allowed to get in on the next wave of songs that will be rotated, according to their spending budgets.

This promotion also helps with internet sales and gives them leverage for a slot in CD music stores. Music stores operate like movie theaters. They have a limited amount of music slots in the store. The store is in the business of making money, so the same formula applies. In today's American society, there are a limited amount of stores selling CDs. Most of the music is digital.

There are ways music artists can reach the masses without the assistance of a major label.

It's due to the quality of private recording studios and the internet. If a person reaches the public through the internet on a large scale, they're often selected by *The Elite* to join their controlled environment. The artist usually joins a major label and feels they made it - elevated their potential to reach the world. They have elevated their opportunity but they're not allowed to bash the government or perform music to liberate people.

Once a person gets to a major level of influence, they must be controlled.

Often an artist will sign a deal and is put under contract not to perform music or put out songs without the label's approval. This is an example of the stronghold the industry has over entertainers. When we begin to *overstand* it all, it boils down to control of information and influence.

## **LOCAL & NATIONAL CABLE NEWS**

The news media is very powerful.

It's a segment of television that most people feel is real and not scripted. The news is the one source that connects people who can't communicate with each other. Given this fact, the news media is one of the most powerful tools used to control the masses.

**What's on the news can alter our emotions and subconsciously shape our view of reality.**

Many Americans have no alternative to media for their news so they're comfortable feeling what's being shown or said in the news is completely accurate. Given the amount of respect for the American news media, *The Elite* control has a stronger hold on this industry than on all others. This industry is the biggest ally of the government in shaping the truth they would like people to have.

Without control of the news media, the government would be exposed along with all of the misleading factors that keep the government infrastructure together. The government can't control the people without doing some unpopular things. This must be disguised and shaped through a controlled media. The media will expose some government corruption, but only on a certain level. They will never expose things done by the government on a level



that would jeopardize the government's role or agenda. They may expose some things on a lower level to make the public feel the news media is independent of the government - but they're not.

Given how important this segment of entertainment is, there is a limited number of major news organizations.

The fewer major news outlets, the less likely the reporting will conflict. Any conflicting information can become a credibility issue for the news industry as a whole. So as this book is written, we have a very limited amount of major news outlets in America.

**Blacks have a different view of America. They're more likely to report things in a different manner, not catering to *The Elite*. So it's no surprise there are no major Black-owned and operated news stations in the United States. This would be counterproductive to *The Elite*.**

The news community relationship with the Elite.

Let say there are eight major news executives in America. These eight have no need to conspire to keep the numbers low for their survival. News organizations are too important. These limited slots are only given to powerful people who are team players with the government. There is no need for them to conspire to block out other news executives because the government closely runs this segment and will not dilute their own control.

We see this collaboration among news stations by how they report.

All commentators on the major news stations read off the same script – almost exactly – and use the same stories. They receive the same news around the same time and report it similarly. News

media have their sources, and reporters go out and cover these stories. Using a reporter blocks the public from researching and displaying information. A controlled network can send a reporter to a location and the reporter can alter the perception of the reality in a number of ways. That information is reported by a major news organization and it becomes reality to the viewing public.

The government must control our perception.

We must *overstand* the purpose of the news and watch it from the control standpoint it must operate from. Most information and footage being shared with the public is for a purpose or agenda. A couple of the most popular agendas are distractions and emotional involvement. This is why they have paid contributors in nice clothes and makeup, giving us their opinion about things. They often have contributors with opposing views to ensure the public identifies with one. This tactic of paid contributors keeps the discussion on topics from going to the highest levels of exposure. These contributors can't expose the very source that ultimately pays them for their contribution. So we must never expect these contributors to go too far with the truth. If it was a free and open news media, most news outlets would allow more people from the public at the stations to speak as freely as they like. This doesn't happen often because the station wouldn't be able to control what people say and could lose control of its influence.

We must overstand that this section is not to say that the news don't report accurate information on somethings, what this section is saying is that it's levels to this and the news is manipulated at the highest levels when necessary.

## NEWSPAPERS & MAGAZINES

Newspapers and magazines outlets have three ways of reaching the public.

They are sold in stores and on the street, accessed through digital media, and delivered to people's homes. The government has ownership of them and controls who's allowed to use these channels. Every location has a local newspaper but the major newspapers that are regularly accessed online, bought at stores, or have a home delivery subscription must be under control. There are limited major newspaper outlets similar to news stations for the same reasons. The newspaper executive must have the chief editor clear all major stories before going to print. It is okay for a major newspaper to seem like it's doing investigative reporting but they will never bite the hand that feeds them.

We won't receive news about the *real* truth if it's counter-productive to the government.

Newspapers have limited space to print so every story they decide to run, if it's not a paid advertisement, is strategic. Newspaper executives are also in a safer community than TV and film because they too provide an important element of truth the government needs. Also, most people are not interested in establishing a newspaper outlet so the need to have gatekeepers is not as relevant.

Magazines are still controlled by the government when it comes to content. The magazine world is like any other industry. There are limited slots for distribution and shelf space in stores. The stores will only carry what's being heavily promoted. Magazine executives

must play ball with the distributors. If a magazine is too controversial and not approved by the government, they simply won't have access to the distribution channels that buy and sell magazines, in most cases. This is similar to other informational channels we discussed.

## **BOOKS**

Books are a great source of entertainment.

Often, they're a message or creative material from an average person. This information can truly inspire, offer insight, or influence the public. Since this form of entertainment can influence the public, that means the government must have control over it. Normally when a book is written the author must submit their work six months before the publishing date. These books must be screened and placed according to their genre. If a book is highly controversial and is not painting America in the greatest light, it may still have a chance to make it into some bookstores.

Books don't easily provide instant knowledge like newspapers or movies.

The advantage of a book is that it can be produced and purchased without going through major channels. What won't happen is heavy promotion through the government channels of TV and radio – especially if the book exposes them on the highest level. Given these factors, the government has control over the distribution channel of books and catalogs. Publishing companies need access to distribution in order to maintain power as great publishing companies.

The formula for the publishing company's survival comes into play here.

Distribution companies need to form relationships with bookstore owners so they will order books through their channels and not others. This also causes the distribution companies to collaborate to keep the number of distributors to a minimum. So to truly get a book into bookstores, we need promotion - and often the publishing companies' influence - to make this happen. If the book is truly detrimental to the government, we may find some challenges - but self-publishing is one channel that allows a person to generate un-manipulated information for the masses.

## CONCLUSION

This section identifies the structure and formulas of how information is guarded and censored to the public. We also *overstand* the purpose, protocol, and importance of each segment of the entertainment. We *overstand that if the Elite* don't keep things under control, it will go to the public, so the channels are necessary for their survival. If we're viewing entertainment or pursuing entertainment, we must keep these realities in mind.

### **Money and relevance run the world.**

So the structure to keep information controlled heavily relies on these factors. People on all levels must collude to keep the circle small for their survival. This means the public will always be subject to misinformation. Any citizens with real information face censorship. The way to counteract this is to stop giving power and attention to the major information channels. The gate keeps would be irrelevant if people invested their time and money on local

things, regular people, independent projects and other things of that nature.

Imagine if America chose a different information source to deliver their news.

People in our communities could support the few news journalists that they vote for to go out and report each story accurately. A national group supported by the people can compare stories from all of their elected journalists to maintain integrity. The journalist will report on a local news station and the community will only support and rely on information from their local newspaper. This is just one example, out of the many creative ones that will occur, to help counteract the power structure.

**People may also need to invest in their own satellites and channels for information. If not there is still the risk of manipulation. As long as *The Elite* are needed, pressure can be applied to comply with their agenda.**

## INFLUENCE OF ENTERTAINMENT

We now *overstand* the entertainment system.

We've seen how it's created, why it's created, and for whom it was created to govern, from a gatekeeper standpoint. The reasoning for this structure is the power of influence among the population. Entertainment appeals to our pleasure senses and therefore it allows room for influences.

Entertainment also has an element of mind control to it.

Government power players have access to all public airways to create superstars who add to the influence factor. When people see a celebrity, they have a sense of appreciation that everyone else knows who the person is. The fact that everyone knows who this person is, adds value to a fan's encounter. They have a moment with someone everyone else knows. This power is what drives Americans people to spend countless hours distracted or influenced by the life of a celebrity.

Americans give the entertainment industry much respect.

The media have a common bond and this gives them an advantage over the masses. This is how *The Elite* are able to make stars. If the major media reports that everyone loves this person, the public will believe it because they have no way of determining otherwise so they fall in line. If they play a certain song long enough on the radio, give this person some awards, and have spokespeople speak highly of them, the public believes it. Some people know in their hearts that every artist isn't as good as the media says they are and every artist isn't as bad as the media says they are. An *overstander* knows of this control and judges talent on a fair basis regardless of the reporting. This power to persuade the public regarding certain entertainers is one power that keeps entertainers from exposing anything contrary to *The Elite*.

We must *overstand* the power of information and how that affects the way we process things.

Many of us don't take the time to evaluate things so we're subject to repetition and following cliches. For example, many people who sign checks hear the term, 'sign on the dotted line.' The person

hears this information so much they really feel they're signing their names on a dotted line. The line looks dotted from a distance so the person assumes it to be true. If a person was to investigate, they'd discover that we don't sign on a dotted line. We sign above a contract. What many mistake as a dotted line is a line of tiny words. Grab a magnifying glass to verify this. The next time someone says to sign on the dotted line an *overstander* may correct them and say, "You mean, sign over the contract agreement line." There are countless numbers of other things we don't overstand and analyze due to social programming through entertainment.

## **T.V. & FILM INFLUENCE**

Television shows provide entertainment for Americans.

They provide shows that depict real life so the public can relate. With all the scenarios in life, many different types of shows could be produced and aired. It's impossible to influence the public on every life experience, so the government picks and chooses which storylines to allow.

Since the storylines are relatable, public emotions are altered.

If we don't *overstand* the level of influence TV shows and movies have, it can affect us. When a person experiences drama in their lives this causes stress and affects a person's vibration and overall health. This could also cause depression. Due to the complexity of life, many people have moments they can relate to through TV and film. Relating to some of these dramatic scenes re-triggers emotions from real-life experiences. It may hit too close to home,



so watching a TV show or a movie becomes harder to distinguish from real life.

A person can lower their vibration by reliving past life challenges through the media.

This can become counter-productive. This depressed energy is placed out into the universe and can attract more disappointments as we have discussed many times. We must keep entertainment in perspective when it depicts real life. People must not allow it to trigger their emotions or feel the need to feed off the drama for comfort.

On the other hand, there is the opportunity to inspire people, giving them a positive outlook on life. Some entertainment outlets provide inspiring content. This content increases optimism, raises vibration levels, and can temporarily motivate a person. This motivation often fades away after the movie or show is over and real-life challenges become a distraction. In other cases, people's motivation from a movie may remain with them - and they make positive changes in their life.

If TV shows and movies can depict any story, we must then analyze what stories they choose to tell and why.

TV shows depicting police and criminals have an effect on the public. Why are so many shows of that nature appearing on television? That kind of energy can encourage people to break the law. It could produce a more negative view of people who break the law. It could also inspire others to want to prevent lawbreakers and get into that occupational field. It could subconsciously give citizens support for cops and authority and less compassion for

criminals. Whatever the agenda may be, having lots of police shows on television has a purpose for *The Elite*. This is just one example of how to **overstand** the agenda behind certain actions of the media. Most things allowed on air on major networks have some type of agenda component attached to them.

**As overstanders, once we identify the power source, its role and agenda, we analyze all tactics.**

Movies can influence people to reenact an experience on some levels.

If it's a productive influence, it may serve as a benefit. If movies inspire people to do things that are counter-productive, we must **overstand** the core reasons. Influence and lack of **overstanding** are two ways to provoke counterproductive behavior. A person must **overstand** that the movie industry isn't real, therefore the characters won't have the same impact. The characters have no real risk of life consequences and everything that occurs is scripted and planned out. When someone attempts something they saw in a movie, they must **overstand** that their scene is not planned out or approved by law.

*As an actor who played roles that would have me in prison today, I can tell you that I felt a lot more comfortable doing illegal things knowing they weren't real. Although shooting the movie was exciting, the work and effort behind that were less enjoyable. Taking part in playing mostly illegal roles made me a puppet to influence others. I wanted the roles because I knew if I didn't someone else would and I can't change perception on the outside.*

*If I appear as a gangster mostly on film and as a gentleman in real life, this shows that it's just a character and not the real person.*

**Movies can influence people to change their behavior, their perception, and even their reality.**

So please *overstand* the power of movies.

When a person is unfamiliar with a situation or a person, they may allow the media to influence their perception. Some people see stereotypes displayed of other races and if they have no experience with them, that stereotype is all they have to go by. Examples such as showing Asians as smart and as martial artists, or portraying Blacks as violent and as criminals, are very popular in American pop culture. If a person doesn't *overstand* the agenda behind the media, they will treat strangers according to their media perception.

Talk shows have the same influence as movies, and play by similar rules.

A talk show may showcase different events and issues each time it airs. This means the show is carefully choosing which topics to discuss. The topics trigger emotions just as much as TV shows and movies. Talk shows could be the most relatable of all as they usually involve regular people and we see input from the audience members. The control and the manipulation come in the form of the content they'd like us to dump into our subconscious that day. If we watch a talk show about a certain subject and we're receiving input from other relatable people, this makes us a part of the discussion.

We may not offer input but we could become emotionally invested in the conversation.

The topic could be on a current social issue that affects the watcher. This could be beneficial for some who may find valuable information on talk shows. Although there are a host of topics to discuss, there are still limits to those topics. For example, talk shows will not have a show on government conspiracies and allow the audience to give their input and thoughts. Something like this would be counteractive to *The Elite* so this show topic would rarely happen, if at all.

**An *overstander* knows that people are watching controlled entertainment.**

### **News media influence**

The news media has the most influence and receives the most respect from the American public.

The fact that the public doesn't realize that the information is scripted or orchestrated allows the influence to be stronger. The news reporting the weather accurately on most occasions can make the average person buy into all the information as true. If a weather person tells us the temperature will be 15 degrees colder and it will rain tomorrow, and it happens, why wouldn't we believe everything else being reported? After the weather, the news displays information that is mostly uncontested by the public and the brain accepts it as reality. The news media does report accurate information on many things but will not accurately report on things that are not in the government's interest.

It also activates people's emotions. There are over 320 million people living in America and many stories happen every day, so we must be aware of what the major news stations choose to display.

**An overstander knows this formula and identifies the agenda by focusing on the information.**

## STAMPLE

*In America, more European Americans are accused of crimes than African Americans. Although African Americans have a larger percentage of their race accused of crimes. The fact that America has more Europe Americans is why the number is higher. Given these multiple encounters with law enforcement, there must be countless numbers of police shooting videos of unarmed European Americans. The news media chooses to air a number of police shooting videos of unarmed African American men. Not only did the news media air the videos in the name of transparency, but they also invited professional people to give their opinions on air. This type of news information keeps the country divided. African Americans are reminded of the oppression that still exists and European Americans feel the need to defend what they see is a fair system.*

*Even if many Europe Americans agree with African Americans on the abuse of power by law enforcement, their voice is shaped by the media.*

*European Americans speak on national TV about the issues, giving off the perception that most European Americans feel this way. This can incite African Americans to feel most European Americans are insensitive to their experience. This is an obvious way that the news media influence can be a distraction and manipulate the public. Because of these emotions, African Americans protested and rebelled against the system by destroying vehicles and businesses. The news station had a duty to influence the public's perception of this rebellion. The news station could have focused on the mistreatment of African Americans by law enforcement. But, if the news media reported it like this, it would be counter-productive to the government's agenda. This narrative would have gained support for African Americans and shone a spotlight on the police abuse of power. This would also compromise their efforts to appear post-racial and expose the lack of accountability.*

*So the media focused on the reaction of the people and not on the cause of the destruction.*

*News coverage was based on the destruction of the city by angry citizens. News stations had their paid contributors to enhance the focus on the destruction. The media did their part to keep the focus off of police brutality and to focus it instead on the reaction of such brutality. There were some opposition and awareness to police brutality to provide some balance, but the overall agenda was clear. When the news media moved on to other news, the public felt the issue had died down. The issue and the local public reaction was still intense - but the public is conditioned to think it's only as important as the news makes it.*

*The news showed another shooting of an unarmed African American and emotions erupted again.*

*The news media repeated this cycle a number of times. The results of angry protesters turned into a lack of respect for law enforcement. This lack of respect for law enforcement posed a risk to the power structure of *The Elite*. Due to his dislike for law enforcement, a man opened fire and killed 8 police officers in Dallas - according to the news. (Reference Key 20) The news media again chose not to focus on the fact the guy decided to kill police officers due to those officers' abuse of power. The media focused on making the police into victims to*

*gain sympathy and support from the public. The media had the officers on TV, crying, asking for the support of the public. These tactics heavily influenced the public to focus on regaining respect for law enforcement, turning their focus away from their abuse of power. So we see, the news media can spin any story the way they want it to be perceived.*

Now that we have a great **overstanding** of the news media and who controls it, we must analyze everything that's being fed to us. This allows us to receive most of the truth by analyzing their lies. If something doesn't add up, then it requires an educated investigation.

The news media has a great place in American politics.

If the government wanted a specific person selected for a public office, all that's needed is to mention on the news that the person is ahead in the polls and that people are supporting this candidate. When the government decides to place that person in office, the public is convinced that he has the support of the people.

When breaking news happens, the media may start off with conflicting stories because they're receiving information from their own reporters and news anchors. When the government gets to the stations they control, often we'll see the stories change. Then we know the government has taken over the narrative. This happens when the government is behind an act the media outlets



are unaware of. This ability to influence people is why the news media, once again, must remain under such tight control.

### **Radio influence**

Radio has a great reach and is a major influence on the public.

In most cases, it's free to access and we can access it from almost anywhere. The influence radio stations have is very powerful when it comes to controlling human emotions and activities.

As we know, music has many different rhythmic patterns and this can cause our emotional vibration to change. Not only do rhythmic patterns influence our emotional vibration, the song itself can influence our mood or attitude. Music can make us feel happy if it's a happy song or one we really like. If we're in a bad mood or sluggish the right song can influence our mood and boost our energy. This same influence, with the right song, can also enhance our mood if we're feeling love, feeling like celebrating, or feeling frustrated. If music didn't affect our emotions, we wouldn't hear sad music during emotional movie scenes.

We must then *overstand* what's being played on the radio.

People in charge of governing do not allow this powerful influencing tool to go unused. So in order to *overstand* the government's agenda, we must observe the type of songs they're allowing to be heard. If we can develop a pattern of songs being played, we must then ask ourselves what these songs are conveying to the human spirit. Once we *overstand* that, we'll see how that message benefits *The Elite*. The process is that simple and should be applied to every government-controlled entity.

Here is an example of how radio can manipulate and control the people.

We touched on this subject in chapter 4.

Hip hop is a leading seller and the most popular type of music in the world. Most Blacks in American listen to hip hop music. Hip hop includes many different types of music, so the government again has choices on what it would like the public to hear. Hip-hop has a conscious segment to it with many artists speaking things to feed the conscious mind. Conscious hip hop speaks to awaken the soul about the manipulation of *The Elite*. We don't hear much conscious music on any hip-hop stations because that would be counterproductive to the government's control. If people heard songs on a daily basis about raising their vibration telling us not to give any energy to the oppressing government, they'd feel ready for a revolt against the system.

**When people hear a pattern of music on the radio they feel that's where the music is going without knowing that's where the music has been changed to by *The Elite*.**

*The Elite* know that music directly affects the mood and actions of the Black community.

*The Elite* changed the types of songs allowed on air to violent gangster music – by artists who produce music about violence against others while boasting on their manhood. Most of the music promoted Black on Black violence, so it was not a threat to *The Elite*. When this type of music is played on mainstream radio, it makes the public feels it's accepted and therefore appreciated. This false sense of appreciation influences people to get consumed

by it without *overstanding*. This kind of music along with lots of alcohol makes it the perfect mix for violence in a Black community. Mixing gangster music with alcohol and poverty can really enhance someone's mood to want to cause harm to others. This book mentions other manipulations music can have on the public but there are more.

**What most people don't realize is that we're lowering our vibration enough to allow what most would consider evil thoughts to enter our spiritual realm. This is why there is a spike in gun violence among Black Americans when there use to be nothing more than fistfights.**

After playing violent music on radio stations for 5 months, *The Elite* saw a spike in crime, violence, and incarcerations among the Black community.

This benefits *The Elite* who set up the system. There's a community that benefits from the funds of the justice system including, some major record labels. This is a collusion that many are unaware of. Having violent music influence the Black community is not only lucrative, but it also gives ammunition to those who paint Blacks as violent people. While the Black community was totally influenced by the gangster element of hip-hop music, they were shocked and temporarily awoken when one of the biggest rap artists was killed due to gangster violence.

Blacks woke up knowing that music shouldn't have the type of influence to cause actual gun violence.

After the rapper's death, another major rapper from his rivalry past to gun violence. This was too much for the Black community and

they begin to see the destruction tactics within gangster music. During these moments, the Black community wasn't as interested in gangster music and wanted something more positive; so *The Elite* had to pivot to something different. The Elites pivot from fueling the Black community with direct gangster violence to glorifying material things and money. This approach will spark a range of emotions within the listener and can cause violence indirectly. To accomplish this, they allow music that brags about material things to hit the airways. Having artists brag about money was an easy transition for most people who were not in the mood for gangster rap anymore. Hearing people brag about money made it seem like Blacks were experiencing economic freedom on a large scale. Many of the hip-hop artists that displayed this wealth through videos didn't really own those things. They were perfect puppets for *The Elite*.

**We must *overstand* why so many artists perform music about being much richer than they actually are. An *overstander* picks up on the pattern of many hip-hop songs bragging about wealth and sees the disadvantages that cause the public.**

What they don't *overstand* is the oppression it causes, not being able to meet those standards. Most Blacks are not able to meet the standards of wealth being displayed by those Blacks artists. This may influence the Black community to lower their vibration and self-worth because they don't have the material things or level of economic success being projected. This can also cause Blacks to do drastic things to try and fit the economic stereotype for acceptance. This attempt to fit the stereotype of wealth can cause Blacks to commit crimes, un-prioritize, and hate others with such

wealth. Having a Black artist brag about luxury things to struggling Black people can cause these emotions and more.

Once we can identify this, we will *overstand* why most of the music on major hip-hop stations is about material things, sex, drugs, or living a lavish lifestyle. Most artists have different types of songs on their album so we must ask ourselves, *“Why do most of the artists’ radio songs have similar content?”*

Blacks will never get the respect they want and deserve if they continue to be manipulated.

Blacks and others must *overstand* what certain type of music does to their subconscious. They must make the connection between the music to identify the Elite agenda. Once they *overstand* this tactic, they must demand and only support the content they want to put out to the world. They must not allow radio stations to dictate the music being played. The public must get a consensus on what direction they feel the music should go and hold stations accountable. Radio stations that play mostly White artists do not display the same negative content and energy waves on their stations. They know the effects of it, therefore it’s not allowed. Although White stations don’t support the same negative content, the Elite still have their measure of control on this community as well.

Talk radio also has a major influence and it’s the most open to the public with the least amount of manipulation.

‘Talk radio’ discusses subjects - on-air - with the public.

Radio talk shows often discuss events with the public while reporting on events. They take calls so we hear directly from listeners, unedited in most cases. One reason why talk radio has freedom is because of the way it's structured. In most cases, talk shows only cover a certain segment of a state. Some of the larger ones have syndication in other states but most talk radio is local. Since the listener's comments have a small chance of reaching the masses, talk radio allows random callers to speak their minds. [This is the type of format major news stations stay away from.](#) However, most radio talk shows have personnel who screen the callers before they're allowed on air. That person can then say what they like. If a caller speaks about the government or any conspiracy knowledge, we will *overstand* the radio personality's position by their response and interaction with the caller. However, if it is too inflammatory, there is a 7-second delay button the on-air personality can hit – which cuts out any information from the last 7 seconds, and the person can be taken off the air.

Radio talk shows mostly speak about what was reported in the media, so the public feels a part of the radio system. Even though radio talk shows are the most open, there are still levels of manipulation involved. The station has subjects to speak on, past down by the mainstream media, so they're in line with all the other news sources.

Differing opinions and disagreements do not ruin the mood of an *overstander*.

Also, since radio stations mostly speak on subjects in the media, this means they're likely to regurgitate control information. If the talk radio station is political, they may cater to their party on certain

issues creating the same emotional distraction as television. Some of the political radio jocks even repeat the same talking points as television news contributors. Listeners riding in their car will agree or disagree with the jocks or the caller but the main agenda is to have the listener emotionally distracted and divided on issues. An *overstander* knows the agendas of radio influence and chose not to buy into it.

## INTERNET RADIO INFLUENCE

Internet radio has influence but it only reaches a certain number of people at a time and is not as mainstream as radio.

This is the freest type of information channel, and not manipulated by *The Elite* at the time this book was written. Internet radio can be set up by anyone. It doesn't go through the same channels of approval that *The Elite* place on public radio. Since it's the last free and open information channel to the public we must *overstand* that *The Elite* will, at some point, attempt to control it as well. People must demand and listen to more internet channels in order to have more control of information.

**It's up to us to support entertainment outlets not completely controlled by *The Elite* if we want to raise the vibration of the planet.**

## INFLUENCE OF AWARDS

The public has high respect for celebrities.

When celebrities receive public televised recognition through awards that become the ultimate influence. A celebrity has been

highlighted for their performance over others. This gives the celebrity more confidence and energy while gaining respect from his or her peers. This also validates public appreciation for the influence that comes with it. [Knowing the power of influence through awards causes \*The Elite\* to take a considerable interest in the person they have shared power and control with.](#)

Interest from *The Elite* becomes an emotional challenge for the celebrity.

Using the power to influence people through awards gives *The Elite* the opportunity to program people into what is good and what's not. There are always messaging and influence behind awards given by a committee, and not by the public. Some awards are deserved. However, some have to manipulate it with biased backing. This happens when there is not enough diversity voting, or by not giving consideration to the body of diverse people they represent.

As long as the system has a small group of people voting for the rest of the country, there will always be room for bias, manipulation, and agendas. This is why most awards using this system should not receive the same respect as public awards do. This means a person shouldn't take *not* getting an award from that system seriously. This gives the people in charge of giving out the influential awards more power.

If the public no longer respects the award, it loses power.

This breaks down the structure and power of *The Elite*. Everyone must become *overstanders*, not giving energy to the symbols and awards that manipulate this planet. This does not mean we can't



appreciate or recognize a person or celebrity for their performance. It just means we must keep things in perspective.

Athletics awards and recognition hold a different respect and are subject to less manipulation.

People obviously can't manipulate physical talent when it comes to physical competition. This is why some sports have different circumstances. People are knowledgeable about the rules and levels of excellence within a sport. It's easier to agree upon a person's performance and to see a deserving person. Even if the selective members are in a private voting organization, they're still subject to vote the way people know it should be.

**Stats, records, and showmanship play a role in making it hard to manipulate sports awards.**

These things aren't present for awards like the Oscars or Grammys. There are movies and record sales stats but that's clearly not the deciding factor with movie and music awards as it is in sports. This is why a person must keep the formula in mind when it comes to certain award events.

An athlete who's great in sports and receives awards has influence over people into sports.

If, however, they want to influence the public via *The Elite's* channels of commercials and endorsements, they need to be controlled. *The Elite* keep great athletes with a major influence in check by making them feel special. They receive money through a different industry and are made to feel that they're not only great athletes but great people. This makes the athlete feel they must

continue to be an outstanding person because now they represent a brand or group of people. This keeps the athlete from speaking out against any things not productive to *The Elite*. If an athlete speaks out against anything that jeopardizes *The Elite's* structure of control, they will lose their endorsements. This is why it's rare to hear an athlete speak out against the power structure.

***The Elite use money – or the removal of it - to censor people with the power to reach others. Churches, and other industries, are influenced in the same way so they never speak out against The Elite.***

## CONTROL OF CELEBRITY INFLUENCE

Celebrities are made by *The Elite* or discovered and taken over by *The Elite*.

Some family members and friends with less talent than someone in the public have access to the public channels - so they can be made into superstars. Other people gain enough notoriety on their own that they attract the attention of *The Elite*. Either way, a person becomes famous when they become an influence to millions through the channels *The Elite* has set up for control, so they must be on board. It's not hard to *overstand* that if a group allows us access to their platform to help further our career, they must protect that platform structure. This also means the person receiving the benefits is now under the influence and pressure of the people providing the platform. This is a common formula.

We will not see a megastar in America with access to multiple platforms who is not under the control of *The Elite*.

Some celebrities may speak out on certain political issues but we will not see a star with huge public access influencing people against *The Elite's* interests. This celebrity system is similar to the other system but has more complications. The celebrity process doesn't have gatekeepers to keep the public out, but they do have gatekeepers to block people from a mega platform.

This means that a person can study and work to become an actor. After hard work, the actor may land a role in a major movie. The process is open to the public to get this far in the industry. The actor lands two more major roles in huge movies and people are starting to notice and respect the actor. Once the actor has used the platform enough times and has reached a certain level of notoriety, the actor can now influence the public.

When a celebrity attains a certain level of influence, they're given a choice: continue to enjoy the energy of fame and fortune by joining the group - or get shut out.

As opposed to other formulas, where the controlling group keeps the numbers small for less competition, these formulas allow *more* members. The reason for this is that *the Elite* doesn't know who will become influential through their channels until it actually happens.

**If *The Elite* want them to join a secret society in order to remain famous, this means there's a secret world behind the entertainment scene they don't want the public to be aware of.**

When we see this formula it usually means an agenda to keep the public governed and in an alternate reality from the members. *The Elite* know they're influencing the public for their own agenda.

Celebrities are closest to this knowledge and must join the group in order to ensure loyalty to *The Elite*. To ensure loyalty, many celebrities must participate in something compromising. This tactic is necessary to prevent celebrities from exposing alternative lifestyles and agendas.

Celebrities and entertainers are necessary for *The Elite* to control the workforce.

They must have the celebrities on board in order to continue this. Entertainers don't know that they're pawns because they're made to feel special by joining the group and mentally separating themselves from common folks.

## WHAT 'MAKING IT' REALLY IS

We often hear the term, 'you're going to make it' geared towards talented Americans.

What's being relayed is that the talented person is good and if enough people agree, then the talented person will be recognized by *The Elite*. They'll invite the person in to be highlighted through their channels of operations. These channels will expose this person to the world and give them money and power. This is evidence that people worship *The Elite* channels of exposure in order to place value on talent. If the public didn't use *The Elite* channels as a level of respecting talent, the term would rarely be used. If a person is very talented, then they are very talented. Exposure by *The Elite* doesn't make that person less or more talented, and *overstanders* know this.

The level most people are worshipping is manipulated and has fewer requirements for talent.

*The Elite* don't need a person's talent to make them a public star. A person's talent lets them gain the spotlight for a moment. To actually be accepted to *The Elite's* public platforms for an extended period of time requires *more* than talent.

From an *overstanding* view, the term, 'you're going to make it' could also be interpreted as 'you'll be so influential with your talent that you're going to be controlled by *The Elite*'. If a person's concept of making it is having access to *The Elite's* public platforms and receiving huge feedback, then the previous term can be applied. Once we buy into the 'make it' concept, we've allowed *The Elite* to make us feel their platform is the final destination.

This way of thinking gives *The Elite* a great deal of control and the ability to put stars at ease.

An *overstander* is aware of this influence and doesn't feel they need the attention of the masses through *The Elite* platforms to feel relevant. Local performers must *overstand* that people remain under the influence of *The Elite* so they feel their journey must elevate to that level. They're not *overstanders* so we must consider their good intent. 'Making it' is all in our way of thinking. Our way of thinking is essential to our happiness when it comes to an entertainment career. If we feel we must reach fame on a national level and become accepted by *The Elite* we run the risk of unfairly measuring our gifts.

We're now valuing ourselves and our talent according to the system's acceptance.

This way of thinking makes a person more open to manipulation due to the desperation to remain famous. If a person feels they made it without the approval of many people or *The Elite's* platforms, this provides the same high vibration frequency as famous people. Once a person **overstands *The Matrix*** and doesn't compete with it, they can reassure themselves of their talent. It's like being a fast runner and having a slower runner win the race on a motorcycle. We would not care to compete with the motorcycle because it's clearly unfair. If the person on the motorcycle gets off and races on foot there's a good chance they won't outperform us.

Once we attain and maintain a level of **overstanding**, a person could feel just as accomplished and talented performing for a church, winning a local competition, singing for a local night club, or receiving 15 seconds of national fame. This person is unaffected by ***The Matrix*** of influence when it comes to their talent and can remain on a higher vibration frequency because of it.

### **Perception versus the reality of superstardom**

Many people influenced by mega-celebrity stars would like to have the same level of support from the public. They see how the stars have many people interested in their everyday lives and that makes them feel relevant. There are many different influential reasons why someone would like to be famous. When a celebrity appears on camera, they're always smiling or in an upbeat mood. So most of the world sees a celebrity having fun and always enjoying life. After a person has downloaded this lifestyle into their subconscious, they fail to factor in what they *don't* know.

**Celebrities are regular people with more stress and awareness attached to their everyday lives. When cameras are not rolling, a celebrity has to live under the same laws of life as everyone else. Celebrities are tested with disappointment, just the same as anyone else no matter what their economic level is.**

Many people work all their lives to become famous through their talent.

However, they never *overstood* the process or they would have changed their agenda. When we become famous, we no longer control our own destiny. There are many powerful people responsible for allowing us to use their public platform. Since they can grant this opportunity to anyone, we must *overstand* what thoughts come to a person in that position.

If a person can choose to place anyone in a position to remain famous, why choose us?

Many people who have something special to give, and many options, often want something in return. Receiving something in return allows the person in power to recognize their power and position. This person can apply unfair pressure to the celebrity. This type of pressure can cause depression because that celebrity had never considered the control factor. If we want to be famous, that may be fine but if we want to be *super* famous in America, we must *overstand* the power of control. It's a formula – a formula that may lead to heavy sexual harassment, sexual assault, rape, blackmail, and prostitution, to name a few.

This is the reality of 'making it'.

A person becomes famous and has many people streaming their name - but the price for that position is the undisclosed part of the deal.

## STAMPLE

*A teenager named Trisha grew up watching her favorite singing star and actress on television. Trisha is a very good singer and won a few acting awards in her school drama program. Trisha turned 18 and told her mother she wanted to move to Los Angeles, California to 'make it' as a singer and actress. She entered some singing competitions in LA and received first place in most of them. People around the city started to know her for her music. Trisha now had a small fan base. She performed at a local venue and a record executive saw her and loved her talent. He approached her and offered her a record deal. She was excited and felt like she had made it. Once she signed with the label, they told her she must change her image to something sexier. The label told her who to date for image purposes and they controlled the songs she put out. Trisha wasn't happy about losing her creative edge and remaining true to her image, but she was happy to finally be famous. The record label set up tours and interviews for her and she now had screaming fans who adored her. She*



finally tasted what it's like to be famous. Now it's time to work on a second album and maybe star in a movie. This happens for Trisha and she is so excited to have her second album outsell her first, and her movie is a big hit as well.

*The Elite gave her a platform and now she has influence and power. They made enough money from her so she will not be considered a liability.*

She is now fully engulfed in the world of fame and receives major feedback from the public.

Trisha goes to the label and wants to do another album. At this point, one of the label executives invites Trisha over to his house to discuss the terms of the new album. When she arrives, he tells her she must have sex with him if she wants to remain relevant. She was torn apart in disbelief but participated to continue her lifestyle. She went home and cried that night. A week later, the record executive introduces her to a movie executive who is willing to place her in a huge movie. She agrees but he also wanted to have sex with her. This was a lot for her to bear but she decided to do it for the good of her career. Trisha is broken inside and feels ashamed of herself but continues to smile and perform for her fans.

*Similar events continued to happen to Trisha to the point where she didn't recognize who she was anymore. She was so upset with herself and the life choices she made to remain famous that she committed suicide.*

People must consider Trisha's journey as a possibility when dealing with these types of formulas.

She worked hard to get recognized by the industry and once she was in the industry, she realized how the game was played. Once she became familiar with how the game was played, she was already enticed with fame and attention. Not wanting to give that up made her more vulnerable to the manipulation of the power players. Feeling ashamed of herself and disgusted inside, she still smiled for her fans. By Trisha continuing to smile and making her fans feel she's living her best life, is what will influence the next singer to want to live her life without considering the challenges.

**Trisha presented one world to the public while living in a different, darker world.**

Living between the two worlds became too much for her spirit to bear, and she wanted to leave her current experience. Even though this is a *Stamper*, and doesn't happen to every major celebrity, there are many who have shared her experiences. The formula of control in this industry is set up to support these actions.

## The ANTIDOTE

The bigger star a person becomes, the harder it is to escape the control of the media *Elite*.

If a person wants to be successful in the entertainment industry without the attachments of *The Elite* they must do a delicate dance to avoid detection. A person must first be grateful for working and have little desire to become a huge star. Then they may find themselves safe and able to fly under the radar if they're on a regular television series. This gives a person a job for as long as the show keeps them. This person must also operate in a delicate manner to avoid *The Elite* of their particular show. It's best to never draw too much attention to one's self and rarely interject in public discussions.

A person shouldn't allow the attention and limelight of the industry to influence them.

Keeping a positive and slightly distant approach at work may help to keep a person underexposed. This person should also try to avoid any gathering outside of normal work areas if possible. When this person does attend, they should show up with a date or friend which will make it harder to speak to them alone. If this person does show up, they should never stay too long and keep any conversations short with intoxicated people in power.

Always have an *overstanding* of what's coming and how it works to better detect manipulation.

It's best to have people around this person to run interference and become liaisons between them and *The Elite*. People in power use

their position over the person as leverage when making a request. *The Elite* expect cooperation from someone they feel they're helping out. They expect to hear 'yes' every time they ask a person to visit a certain club, an event or a house. This type of proposition doesn't always happen in areas outside of the job where alcohol is present but the chances of it happening in that type of environment are high. An entertainer with money could also hire someone to cater to the powerful person making the request. *The Elite* want something for helping and the next best thing from getting sex or favors from the entertainer is getting it from their friends. This makes them feel they're getting something out of the deal by helping the entertainer.

If this person does gain a great amount of income from their entertainment ventures, they should make smart decisions and focus on a separate source of income. This approach allows a person to be less controlled by financial influences.

**To prevent Hollywood sexual assaults and misconduct the industry needs a watchdog group.**

This way actors can give feedback about their experience with a certain movie set or a powerful individual. If a certain director or movie studio receives numerous reports of sexual misconduct, the public will not support their work and criminal investigations will be launched. If this system was in place, powerful people could no longer solicit sex for media exposure. This type of conduct would jeopardize the person's reputation and income. These consequences alone are enough to stop many powerful executives from taking advantage of their position.

Exposing the industry.

If brave superstars, or stars that are willing to accept the backlash from their compromising position with the Elite, expose the industry from all sides, this will better educate people pursuing entertainment. This will make it harder for the darker side of the industry to continue.

Conclusion:

It was very important that this book covered the pros and cons of the entertainment industry, the need for it, and the manipulators behind much of the entertainment industry. This chapter briefly discussed the process of making it on to many national platforms and the obstacles one may experience. It's very important, now that we're *overstanders*, that we learn to put entertainment in its proper perspective. It's overstandable that entertainment can influence our emotions but never allow entertainment to control our emotions.

This chapter is not to discourage anyone from pursuing their dreams; this chapter is so people will overstand the reality of the business.

# Chapter 10

## The Final Conclusion

This book is to help with *overstanding* why things are the way they are in this life.

It's to help identify the core root of issues, manipulations, self-creation, and analytical thinking.

It's to mentally liberate souls from the bondage we live in on this planet.

The more people know the better chance they have to not be manipulated by the planet we currently exist on. This is why there are levels to top-secret information. There are also levels of *overstanding*. The color-coded writing (*blue, green, gold*) in this book identifies these levels.

This book is an attempt to raise the vibration of souls as our planet moves into a phase of the universe that will no longer be controlled by a 'Draconing' energy'. In other words, planet Earth is moving out of a 'third world' environment and will not support a 'third world' mentality. People are not fully aware of the earth's full cycle.

**Most of us are only aware of the earth's rotation around the sun. Once we begin to study the sun's rotation, we'll begin to notice that the earth goes through a cycle of change depending on where it is in the galaxy at the time. The earth is currently entering the 'Information Stage' and people are beginning to *overstand The Matrix*. This rotation is explained more in the reference book.**

In 2017 the popular term, 'Stay Woke' was first used. It highlights the fact that people are becoming aware of the teachings in this book. However, people must first wake up before they can 'stay woke'.

This book is designed to be the alarm clock.

We must operate as *overstanders* and no longer allow ourselves to be manipulated. We know how to identify the core reasons behind most moves and agendas performed by citizens or the government.

*This information took five years of my life to compose. But it took most of my life to discover, analyze, investigate, research, and manifest things to prepare for writing it. Just like a seed that grows into its truest form if conditions are suitable – that's what I believe my words in this book are for us.*

*All my life I've felt I had a responsibility to uplift others and share valuable information. I never knew the exact information but felt I was a centered person with great morals who would like to share my feelings with others. Everything led to this point. As a humble person, I've never felt that I was a chosen person but after reviewing my life from an **overstanding** position, I feel I'm one of the people chosen to take our planet to the next level of **overstanding**.*

*At first, I felt I had to be someone super famous or super-rich in order to deliver these words, but later discovered both would've been a distraction. Since I **overstood** this to be the case, I never got upset about not being more famous or richer than I already was. I knew from years of trial and error that it was meant for me to compose this information. There are so many others who have had*

*and are still receiving, the same calling to create specific information to leave for humanity. Many of us are here to help and teach each other about life and how to deal with it and I'm no different.*

*At the core of it all, we need to help each other since we're from the same conscious realm. It's important that you use the overview of topics displayed in this book and search out more detailed information from souls designed to deliver it. There is someone – maybe even you or someone you know - who has the same calling to study and offer more details about any subject mentioned in this book, or perhaps ones I didn't include.*

*I welcome this information.*

## **PERSONALLY ADDED CONTRIBUTIONS FROM THE AUTHOR**

The topics in this book come from personal evaluation, experience, and knowledge.

The most personal experiences are written in *italicized text (As seen in the paragraphs just before this)*. They are meant to connect the author's experience to the information around it - offering his personal advice. These experiences, combined with a life perfectly laid out to analyze and process, are what allows this information to flow through him. Although he has experienced the highest levels in some aspects, he has limited experience with top-secret encounters. This does limit the information somewhat. This book, however, has enough information to enable the reader to **overstand** certain things without that top-secret information.



This book is about the reader.

The author is just the messenger.

It's normal to want to connect the author to the words but these words and this mission were given to him. He learned a lot about life through the information given to him. If a reader wants to hold the author responsible for something, it should be his own words – those paragraphs in *italics*.

## **BOOK FORMAT**

The book was specifically written to speak *with* the reader and not *to* the reader.

The focus of each topic is to spark *overstanding*.

Some topics have pros and cons while others have *Stamples*, examples, antidotes, and explanations. Some topics and sections are shorter than others. This is because certain topics needed to be included but not deeply explained.

This book contains color-coded levels of *overstanding*. This is so the reader can identify the different levels of information. This cuts down on the confusion that happens when people can't recognize levels. Some levels of *overstanding* can't be displayed in this particular book in order to build up a tolerance to an unusual and unexpected – yet very *real* - world. This is why the book is also formatted with 'Reference keys' – connecting this book to the accompanying Reference Book- "Keys to the Soul". They allow readers to receive a higher *overstanding* of life. The reader will become an advance overstander. The Reference Book offers

another level of knowledge and *overstanding* that you are now prepared for.

**Topics in this book were chosen due to the effect they have on human culture and experience.**

The art of *overstanding* begins with knowledge that can be applied to everyday life. This knowledge is offered to help liberate frustrated souls from their current experience. Often we need this information just to help us adjust to the life we're living. We will recap the chapters from an overall view that we must keep in mind.

### **The 'Set Up'**

The 'Set up' shows how and where many things begin at a very young age. If we don't *overstand* the process, it will repeat itself. The rest of our lives can be affected if our core issues stem from the 'Set up' and we fail to identify that.

### **Characteristic Traits**

This chapter identifies human characteristics on different levels. It gets into the core issues behind specific character choices. The reader may know some of them, or may have some of these characteristics. With an *overstanding* of the reasons behind these choices, it's hoped that better choices can be made.

### **Relationships**

Relationships keep us emotionally involved in life. They can raise or lower our vibration depending on the interaction. Being able to *overstand* our relationships with others on different levels is the key to inner peace. Without an *overstanding* approach, we allow

our peace and energy levels to be determined by the other person, or people, in a relationship – for better or for worse.

### **Racism in America**

Racism has always been a difficult topic to discuss in America. This chapter investigates why some people are racist toward people innocent of anything other than living. It delves into the effects of racism from both sides. Hopefully, the words will spark honest intellectual debate and discussion about race in America. Just remember to keep everything on an *overstanding* level. The bottom line is that we all have the same basic needs and just want to live life in peace within our common environment. Hopefully, this information helps different cultures find common ground.

### **Political**

The loyalty of Americans to their country makes them vulnerable to government manipulation. Since politics affects us emotionally, we can easily be manipulated with ‘divide and conquer’ tactics used by the American government. It was necessary to express an *overstanding* viewpoint of our politics, so people could open their eyes to these manipulations, and not be taken advantage of over and over again. It’s important for power to be shifted to *overstanding* people, who won’t allow further government manipulations.

### **Gun Culture**

People in American die every day due to a rabid gun culture. In this chapter, we discuss the reasons for it, the types of gun culture, and ways to reduce shooting incidents. It also identifies a core reason

for such an expansive gun culture – one most Americans are reluctant to talk about. Until something is done about the gun culture in America, we will continue to have the most gun-related deaths in the world.

## **Religion**

The chapter offers an *overstanding* of religion, the agenda behind it, and an insight of who people really are. It's designed to identify the 'divide and conquer' formulas in religions around the world. Some may find this chapter controversial, since anything that challenges our beliefs, challenges our lives. It may trigger a defensive mode. However, by opening ourselves up to *overstanding*, we'll realize this information is valid and necessary for our ascension.

## **Energy Vibes**

Here we identify the many elements that affect our energy. This is important as our energy is connected to our soul on this journey. Many of us don't know *what* affects our energy and vibes, but we do feel *when* they're affected. The information here will help us avoid certain elements meant to lower our energy and vibes. Applying this information helps us as *overstanders* to maintain our energy at a higher level.

## **Entertainment**

Americans are consumed with entertainment. Entertainment is the opposite of work and is necessary in some ways for people to have balanced lives. This chapter identifies the hidden aspects of the entertainment industry. It offers real information on how

Hollywood works, human motivations, and the abuse of power. People will know the truth about 'making it' in Hollywood, and what it really takes to stay on top. It was important to overstand the manipulation and the influence behind the industry and the connection with the government.

## **DISAGREEMENTS / DISGRUNTLED PEOPLE**

People will form different opinions about this book.

It's *overstandable* due to the volatility of some of the topics and information.

This book offers many hard truths. Not everyone will be ready to receive them. Those people will use various ways to try and discredit the information this book lays out, to themselves and to others. For example, some may say the information, delivery, or explanations are not sophisticated enough. Those with power, whose secrets are being exposed, may outright attack the book. There are many motivation and approaches to want to discredit this information but it's too late to manipulate an *overstander*.

Anyone who has read the book knows their disagreement or rebuttal must be on an *overstanding* level. That person must unveil the core issue and explain it. Any agenda behind the disagreement will be exposed. If some of the information is not completely correct, it's in the ballpark enough where people with more info can expand on it without manipulating the people.

As the book states many times, hate surpasses guilt - it's easier to hate and dismiss things than to have an honest discussion about them. Having an honest discussion on certain topics may mean a

person has to face their deepest insecurities – neither an easy, nor comfortable thing.

It's expected that people will disagree with various parts of this book. But what we can all agree with is the reason that this book was written – to spark an *overstanding* mind frame in the reader.

## THREATS

After reading this book, there may be people who want to 'shoot the messenger'.

It's a way to avoid dealing with the message, or to try and smother the message. It comes from a self-centered position and most of the time, it protects a deep-seated insecurity or fear.

*I'm prepared for threats.*

*My mind and soul are ready to handle any response to the words written in this book. Although the words flowed through me and are not my own personal thoughts, I know that many people will tie the book to the author. Threats without an educated dialogue prove my point in every way. Any person who reads this book knows that I'm only following my 'observe and report' mission. I've had many experiences through my soul and this experience here on earth is just one of them.*

*I cannot die.*

*Only my body can be destroyed. My soul will continue on to the next experience. So any threats I receive will not affect me. I have achieved my goal. The information is out. Destroying the messenger will do nothing to stop this flow of information. The*

*most beautiful thing about this book is that the information will always be here for other souls to grow from.*

## **SANCTIONS**

*I **overstand** that my career and any support I have at some American institutions will be challenged due to revealing this information. It exposes some very powerful industries and they may even sanction me. This information had to be revealed to help humanity ascend.*

**It would be amazing if people could work with someone who opposes and exposes the truth. Sadly, most people have not yet achieved that level of *overstanding*.**

*This means I could be sacrificing everything to deliver information poured into me by a higher intelligence. It's a sacrifice that most people would be afraid to make, but I was built for this. Since I was designed to deliver this message to the masses, I must be mentally and physically prepared for whatever sanctions this earthly experience provides to human vehicles. I also know that everything was designed for this information. If I'm meant to continue this agenda, no sanctions will completely work.*

## **ART OF OVERSTANDING**

This book is presented to the world because current conditions created a need for it.

Our planet is in chaos – due to mistrust, manipulations, greed, selfishness, and anger. Many people can be helped by receiving this information.

*During my earthly journey, I collected a lot of data on people and their reactions to the social environment we live in. After observing and listening to many of the issues that trouble our spirits and souls here, I was able to trace them back to the reasons they came about – as well as to offer positive ways to deal with them.*

The **overstanding** information offered in this book allows us to identify sources of pain.

It's like feeling pain in your abdomen, but not knowing which organ is affected. In this case, we'd go to the doctor to have tests run. We'd then receive results explaining what's causing the pain. With this **overstanding**, we can handle the problem. If it's our liver, we may need to cut back on drinking alcohol. If it's kidney stones, we need to avoid eating chocolate, spinach, and sweet potatoes. The point is, without knowing the root cause of the pain, we have limited chances of treating it. Having the information can cause us to change our lives to combat the issue.

Identifying not only the source but the *reason* behind the source, is what keeps us in control.

This is why information is important.

Once we have this information and travel through our lives as **overstanders**, we won't experience the pain that others do. We'll have the information we need to grow in this earthly experience. Some of us may remain firm on things we need to cope with life, but will have more self-awareness of that life. There will be those with whom the words in this book will resonate - who will become true **overstanders** from this point on. They get the overall reason for manipulation and how things work.



A true *overstander* will never be easily manipulated again. They will continue to search for more information to enhance their experience. They will *overstand* that they must think like the manipulator in order not to be manipulated. They will continue to process things differently now - from an *overstanding* viewpoint.

*I'm so grateful to have had the experiences that allowed me to gather and share this information with few distractions. Respecting that my life had limited distractions fueled me to complete this mission.*

*This mission is for the people. The message is for you.*

*This information is done with love overall. I'm so grateful to be an *overstander*.*

*Are you?*

*- The End -*