



### - MISSION STATEMENT -

# STRESS INTERVENTION TEAM

- The goal of the Stress Intervention Team is to work with the other YCPT teams to build a base of skills to support and educate the community on being emotionally, mentally, physically and socio/politically prepared and resilient.
- The material and techniques presented by the Stress Intervention
  Team are for self-help educational purposes to manage and decrease
  stress caused by current and future man-made and natural events.
   We recognize that an important aspect of stress reduction is to restore
  individual sovereignty and empowerment.
- Materials are developed by instructors with training in traditional medicine, energy medicine, psychology, investigative research and analysis and others from a wide range of healing arts.

# - THE FEAR EPIDEMIC -Personal Sovereignty

### Part 2 In a Series

### We recommend you review all 7 parts in this series:

Part 1: The 4 Paradigms of Control Created by Abusers

Part 2: Personal Sovereignty

Part 3: The Behavioral Traits of Abusers

Part 4: Parallels Between the Handling of the Pandemic and Abusive Behaviors

Part 5: How to Break Away from Abusers

Part 6: Reducing Stress Response by Changing Your Thoughts

Part 7: Reducing Stress Response by Using HeartMath

"The Fear Epidemic" training modules are designed to simplify the struggle between good and evil into very clear personal terms. Simply put "the evil" has used abusive behaviors to keep us in fear. Fear is a powerful tool that abusers use to hide the truth and destroy our emotional sovereignty. Emotional sovereignty is an important part of our overall preparedness. This series addresses how to understand abusers and how to control our emotional and mental responses to them so we maintain our emotional sovereignty.

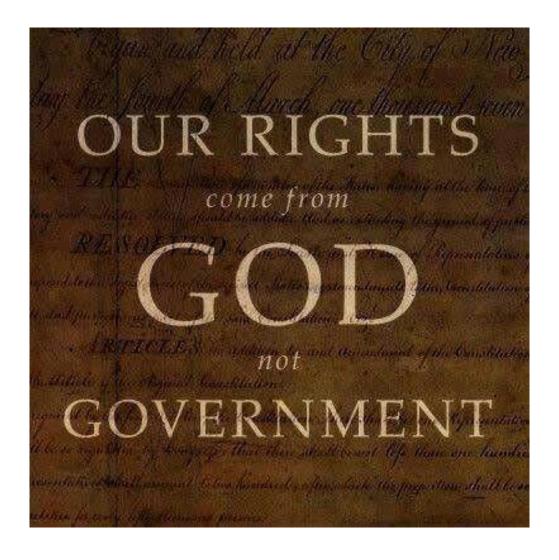
### The two core principles of this training series are:

• You are a sovereign being (no one owns you) and We all live in a world with far too much abuse, designed to instill fear.

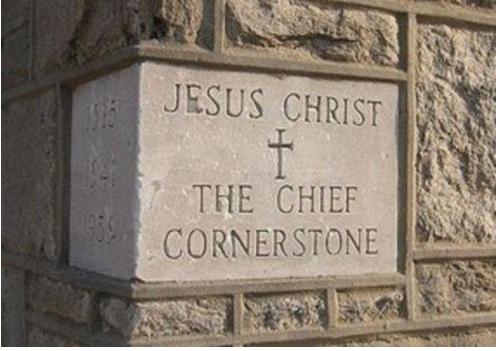


## **Summary of Key Points**

- Our sovereignty comes from God, not granted by other human beings, especially Government.
- No one has the Right to tell you what to think, what to learn and what to believe.
- Attacks on our personal sovereignty and National sovereignty are happening at the same time. It's a brain-washing trick by abusers to consolidate power.
- 4. Human Rights will NOT be preserved in a centralized system of control, run by tyrants.
- Authoritarianism is on the rise because most people do not recognize the moral roots of their personal sovereignty.
- 6. Align your actions with true objective morality, recognizing that there is right and wrong, that doing harm to another is morally wrong and that defending one's self is a moral obligation.
- Preserve freedom with the recognition that we are all created equal, with the Right to life, liberty and the pursuit of happiness.



- Our Rights as thinking, conscious, prescient human beings come from nature. Our sovereignty and individualism comes from the universe, from God.
- Rights are not granted by other human beings, especially Governments created by man.
- If it were true that another human could grant a Right, then that same person could also take that Right away.



### **The Moral Cornerstones**

- Therefore, Human Rights, Natural Rights, God-given freedoms and our personal sovereignty are the natural and moral cornerstones of our human existence.
- To believe otherwise is to justify some type of Divine-Right of Kings (or higher-Right) for someone else to rule over you.

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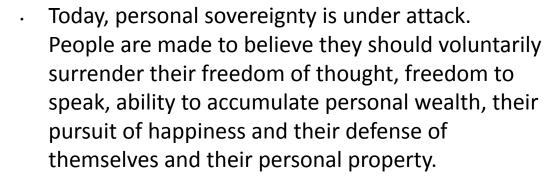
"Oh, it's all right with me — as long as I get equal divine rights!"

### No One Owns You



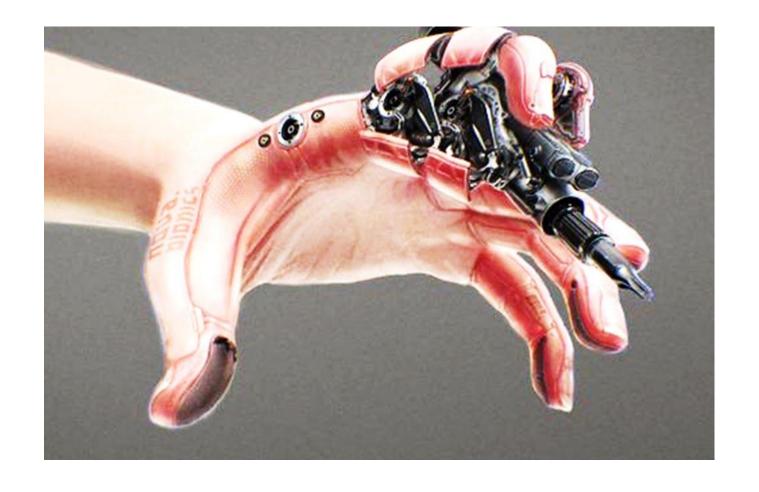
- No one has the moral authority or Right to rule over another.
- No one has the Right to tell you what to think, what to learn and what to believe.
- Do not comply with 'slave-thinking' whether governmental or other oppressive group.
- There is no natural justification for someone to claim superiority over you, to master over you.
- There cannot be a claim of moral authority for someone to rule over another, just as no one has the *moral obligation to be ruled* by another.
- There is no moral legitimacy for someone to master over a slave.
- No one owns you.

# **Don't Surrender**



 Authoritarianism is on the rise because most people do not recognize the moral roots of their personal sovereignty. These people have surrendered to an authoritarian belief system, accomplished through many sophisticated mind control techniques.





"The real pandemic is the damage that has been done to the human mind and spirit"

- Mark Passio

"Subscribing to atheism, prevents the understanding of true spirituality, true morality and Natural Law, thereby ensuring the eventual negative outcome of slavery."

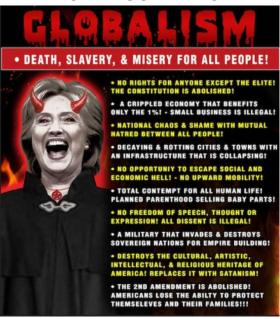
-- Mark Passio

# **Parallel Threats**

PERSONAL SOVEREIGNTY

**NATIONAL SOVEREIGNTY** 





### NATIONAL SOVEREIGNTY

### **Immediate Threats**

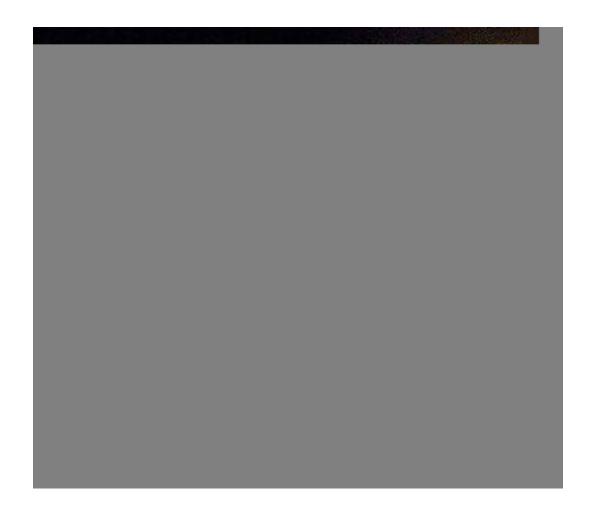
- There are parallels in the arguments we hear today between the need to surrender our personal sovereignty and the need to surrender our National sovereignty.
- The attacks on our personal sovereignty can be seen as a necessary concurrent effort to support that larger attack on our National sovereignty.
- Handing over our power to an individual or a centralized governing body, claiming both 'individualism' and 'populism' can no longer work --- are tricks the Abusers (at all levels) use to consolidate their power.

### **NATIONAL SOVEREIGNTY**

# **An Issue of Trust**



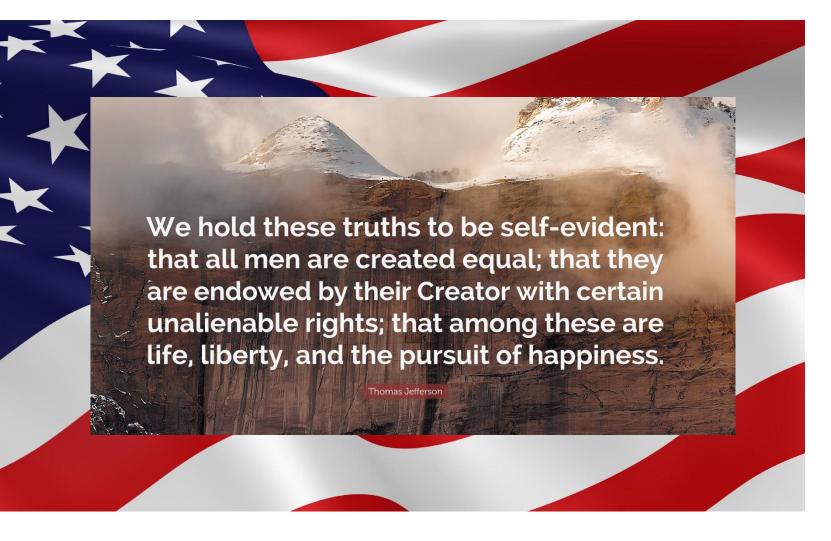
- In part 1 of this series we briefly touched upon the personality traits of psychopaths. Psychopaths are known to be liars and they work their way into positions of power.
- Anyone in a position of power who claims your Human Rights will be preserved in a centralized system of control, cannot be trusted. They are lying.



### NATIONAL SOVEREIGNTY

# The Threat of Tyrants

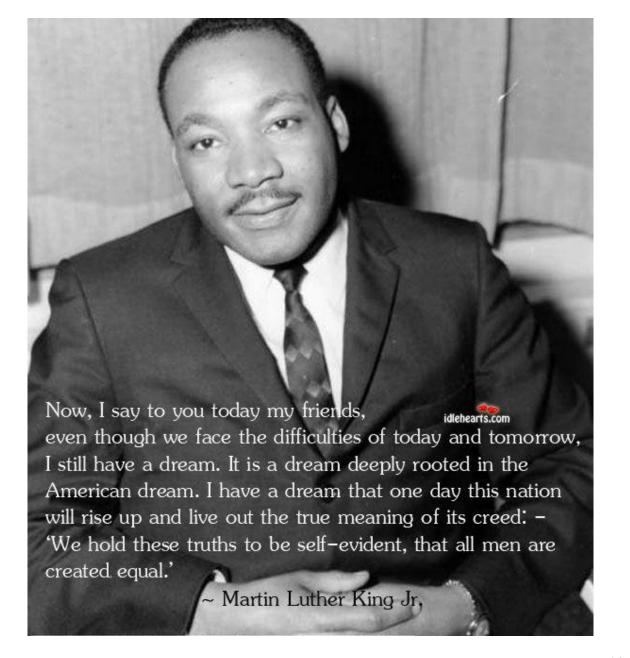
- People who try to alter the way everyone else lives, thinks and believes -- to reshape things into the way they think we should live -- are called tyrants
- Tyrants want dictatorial powers over you as an individual and the Nation in which you reside.



#### NATIONAL SOVEREIGNTY

### **These Truths**

- God Bless America for standing for both individual sovereignty and National sovereignty.
- As a people, we can manage any dilemma we face. But responding to challenges does not require surrendering our human independence.
- Unfortunately, the current cultural war has poisoned many minds into questioning the self-evident truths written into the preamble of our Declaration of Independence.



### **RIGHT ACTION**

# 'We hold these truths to be self-evident, that all men are created equal'.

- We need to align our actions in ways that preserve our God-given freedoms.
- We need clarity between Right and Wrong action.
- We need to align ourselves with the Natural Laws of cause-and-effect.
- We need to use our free-will to interact properly with the Natural Laws of the universe and to steer our actions toward the positive effects of freedom.
- Actions that align with true **objective morality** (of right and wrong) will preserve freedom.
- · 'Moral relativism' on the other hand, will lead Humanity into slavery.