

40 WAYS TO ERADICATE SLAVERY

1. Develop a deep and abiding will and desire to be free.
2. Uplift motherhood by making it a science for conscious human and community development.
3. Develop high self-esteem by taking the time to know yourself so you can be, love and control yourself. Seek to know who you are as a distinct person (a universe unto yourself).
4. Become a law unto yourself by engaging in self-policing. Make doing the right thing, the right way for the right reason a habit, so that you get the right results.
5. Engage in a rights of passage that ushers you into adulthood (independence) so that you can engage with other independent people in inter-dependent activities. In other words cut the apron strings from your parents. Learn to think for yourself and observe and eliminate those things learned from your parents that are not for your highest and best good. This is best done at puberty (age 12-13) however if you are an adult who never engaged in a rights of passage create one for yourself. Your parents are your passage way onto earth and should be honored but not worshipped as infallible. Parents can make a mistake and most modern day parents still carry the legacy of slavery which manifests in the way they speak, act and do things.
6. Initiate, develop, maintain and administrate a stress free home for yourself. Homo sapiens have a need to be at home with themselves. Home is a necessary place to recharge and relax from a stressful environment.
8. Learn how to grow something that you eat and develop a working relationship of integrity with a farmer.
9. Create an urban/rural lifestyle so that you can protect the whole environment with your vote.
10. Take off all labels from the society. Define yourself in a manner that is empowering. Drop out of the class structure. Just BE.
11. Learn to meditate. Meditate upon a spiritual name that reflects your essence and purpose for Being.
12. Stop judging, criticizing, deriding, putting down, and mis-understanding self and others.
13. Eradicate your fears of dying, the dark, public speaking, mice, snakes and whatever.
14. Learn to express your creativity in a meaningful and empowering manner. Think outside the known by pioneering new frontiers of your mind.
15. Find the good in every experience, teaching, person and situation.
16. Observe yourself and seek to root out character defects like lying, not keeping your word, not being on time, loud talking, exaggeration of the truth, a lack of tidiness, a lack of personal hygiene, gossiping, blaming others, etc.
17. Turn off and tune out devices that program you to think or act against your interest. That includes violent music, television shows and persons.
18. Learn to meditate and connect with your internal reality. Get to know the God within, in that God is everywhere (omnipresent).
19. Fellowship with others who are developing their God-nature.
20. Work to eliminate toxic emotions that drive you to engage in self-destructive actions. Learn EFT (Emotional Freedom Technique), RET (Rapid Eye Therapy) or another modality that can eliminate fear, hate, anger, lust, shame, guilt, and learn to generate and express Love to drive your intellect. Invest in Free Clinics to eradicate the ills that come as a result of ignorance, so that jails and prisons become obsolete.
21. Take your freedom seriously and learn to think for yourself. Be reasonable, thoughtful and honest.
22. Put raw and wild food in your diet and eliminate those foods that destroy your body. Join others in eradicating genetically modified crops that have the potential of creating a food monopoly and destroying nature's order and your health.
23. Learn to heal yourself. Take responsibility for keeping you healthy. Here are some healing modalities that you can engage in for self-healing. (Nutrition, Herbology, Resonance Re-patterning, EFT, RET, Self-hypnosis, Meditation, Chi-gong, Massage and Reiki).

24. Learn about and invest in natural energy sources (solar, wind, geothermal, etc.)
25. Volunteer at a non-profit organization and learn new skills as you serve others.
26. Learn how to run a meeting, resolve conflict, brainstorm, mind map, communicate (effective listening and I-Thou responses), solve problems and speak in public. These are basic leadership skills that all people need, in order to protect their health, foster their interest, uphold their rights and fulfill their needs.
27. Recycle and take care of the environment.
28. Set-up a sole proprietorship and engage in business.
29. Give-up violence of tongue, fist, weapon and thought. Learn nonviolence and work with others to initiate, develop, maintain and administrate nonviolent based institutions.
30. Vote. Take your right to make decisions about your world and environment seriously. When you pay taxes your vote gives you the right to determine how those taxes are used. You have a right to elect those people who will best represent you at the ward, county, city, state, national and international level of government.
31. Support bi-partisan government and develop representation in both the Republican (father) and Democratic (mother) Party. Begin to see government as an extension of family, a both/and relationship.
32. Engage in government (executive, judicial, legislative) by initiating precinct council government (the administrative fourth leg of government that is of, for and by the people). This anchors mankind in the reality of the four fold nature of self (spirit, mind, emotion and body), the environment (space, energy, elements and motion), nature (fire, earth, air and water) and the four directions (north, south, east and west).
33. Eliminate and eradicate laws that curtail your right to exercise dominion of the earth and exercise your free will. *Example:* You have the right to carry a gun and some have the right to exploit nature for oil and waste it on seas and land, but you don't have the right to grow hemp, a superior food source. The right to engage with nature and develop a free enterprise is basic to being a free and sovereign Being.
34. Express your sexuality in a manner that is natural, safe, loving, age appropriate, conscious and life affirming. Learn how to consciously plan to achieve or avoid conception. The LunaQueen System provides this information.
35. Take self-education serious. Determine what your purpose is and learn what you need to know to carry it out. Learn to think for yourself, engage your brain 100%.
36. Walk barefoot in nature and connect with the grid of the earth.
37. Think for yourself and share your thoughts.
38. Examine what your parents taught you to determine if it is beneficial for you now.
39. Consider what you learned in your mother's womb and the first six years of life.
40. Love yourself above all else and then you can love others.

THIRTEEN THINGS YOU CAN DO TO END RACISM

Be honest: Examine your own prejudices, biases, and values. Discuss your own experiences of being hurt by prejudice as well as the ways discrimination has benefited you.

Be secure: Explore and find realistic value in your own group identity, which will help reduce defensiveness and anxiety in relation to others.

Be a partner: Work on projects with members of groups different from your own.

Be a loving parent: Expose your children to diversity at a young age.

Invest in racist free projects: Providing and sustaining quality programming requires adequate funding. Make a financial contribution.

Be a role model: Be vocal in opposing racist views and practices. And don't just criticize, but help educate others about issues and about your own experiences.

Be an ally: Support victims of discrimination and prejudice. Offer support on whatever level you can. For example, be a mentor for someone in your field of work.

Be an activist: Challenge "top-down" or institutional racism. Work to reduce institutional discrimination and prejudice in all institutions.

Be a member: Support organizations that work to end racism, or start your own.

Be a teacher: Teach tolerance. Fight prejudice and racism by proactively teaching understanding, openness, and conflict resolution skills.

Be a student: Educate yourself and others. Read books, see movies, go to hear speakers about the experiences of other groups to increase understanding and empathy.

Be a volunteer: Volunteer to support projects begun by people of different groups. Learn patience and tolerance of others way of doing things, without attempting to take over or criticize.

Be a self-healer: Learn self-applied healing techniques that are effective in eliminating stress and emotional trauma, the precursors to physical ailments (cancer, AIDS, foul disease, etc) via a weak immune system.