

## Battlegroup 301 Incorporated - Renaissance & Transformation

EXO\_2 - Yikes! Know the enemy:

Warning: this article is to increase your present level of awareness, we realize time is of the essence, we are currently at war, we don't have time for fluff, we will get right to the point, don't panic, be aware, compensate and launch counter-measures as you see fit, the decision is yours, if you don't realize there is a difference between life sustaining and death genocide lifestyle, wise and unwise, you might want to consider that now, notwithstanding what might seem as sarcasm, this is not meant to increase dysfunctional emotional attitudes or reactions but fortify your resolve and capacity in your quest of personal responsibility, freedom and quality of life. Investigate any aspect of these items in as much detail as you want. Some of this may be new to you, for others just a reminder of what you already are aware of. This info is quick and to the point, we need to look after our own on the battlefield right now!

### Contaminated food and environment

Imagine food and an environment that is free from so many bad things; anti-biotics, sulphites (great to go ballistic, it's not really ADD, growth hormones, live virus problems, processed food contamination, factory food, endocrine disruptors, excito-toxins, things that make you fat or addicted, genetically modified organisms and crops to make you infertile or who knows what, fake food (not labelled yet) dangerous toxic chemicals in all kinds of stuff, poisonous and genocidal drugs and vaccines with all kinds of mercury and evil toxic stuff, immuno-toxins, neuro-toxins, air pollution, pesticides that kill worms that should be building up the soil, chemicals and fertilizer that pollutes the soil and strip it of it's vitality and minerals, acidic diets instead of alkaline, sodium laurel sulphate in shampoo and toothpaste, fluoride, chlorine, formaldehyde in clothes, furniture and much more, lead in the candle wicks-only for more sparkle... it's not really there to poison you! Msg and all that junk and even more deceptive labelling, excito-toxins and nicotine here and there, damn microwave towers (you would not believe what various pulsed microwave signals can do to you) and evil microwave ovens everywhere (that's the spirit nuke it, the food is de-vitalized, de-mineralized, you don't really need enzymes to fuel your neuro-transmitters do you? Radiolytic compounds are so much better eh?) Ultra-sound to ruin the next generation, mercury amalgam tooth fillings, hair dye, hair and skin care and toxic perfume and related junk to make you go crazy not to mention lose your faculties, subliminal messages just about everywhere, people trying to hypnotize you against your free will choice, excess entertainment to distract you from the more important things in life, drugs to kill you, addict you, enslave you, suppress you-how good is that?) too much sugar, sucrose, glucose, fructose, hormone disrupting soya and cell phone obsessions (great for more brain cancer, especially the one's in your ear), polysorbate 80, Bisphenol A (BPA) and more stuff that makes your sterile, you know, infertile not to mention messing up your hormones, wi-fi to disrupt and damage your DNA (do you think someone went out of there way to pick the perfect frequency for that?), cell phones really are bad, they seem convenient, but try brain cancer and infertility, that's inconvenient eh! Benzene in condoms to give you hiv, gender bending birth control and all kinds of other endocrine disrupting chemicals (free sex is not really free since the next generation pays for it in sexual genocide, sexual degenerate and deviant states...(but nobody wants to talk about that, we would have to face the reality of doing something with all those chemicals!), bio-accumulative toxic waste, DU and squalene to decimate you if you are in military service (not really war

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syndromes), damn drugs dumped in the water system that just can't be filtered out unless by distillation, chlorine and fluoride to decimate your health and reproductive capacity and higher mental functions, that's what happens when municipalities, cities and counties practice medicine (mass genocide) without a license, good one eh?! Nothing quite like reducing your will and brain power by chemistry eh? (there are plenty of "experts" to lie about how good it all is too) More good advice from doctors-that is so responsible-wow! More genetic-apocalypse, we live in a cesspool of bio-terrorism and mass bio-weapons deployment...blah, blah, blah.

You now the routine, read the label, read the ingredients and choose! This list is not an exhaustive list but just something to be aware of (we missed at least one on purpose...). We don't usually interpret these things in this context, but they are all applied with speed, force, power, stealth, overwhelming deployment and degrees of effectiveness, counter-factuality, mis-information, outright deceptions, lies and bogus reports, biased reports and research, overwhelming states and distractions to limit your awareness. Of course there are people that know better but refuse to do their job or what's right. These are reckless and unwise realities we know from observation, they are not life respecting or life sustaining, they are destructive even if some lack a conscience of life sustaining values. Then there is that small problem about how money can make all kinds of people do things they really should not do...like you know, what a bad idea...unless of course someone is really trying to decimate you, but of course there are no theories, just a mountain of facts and more "empirical evidence" and mega tons of pollution than you can shake a stick at, of course all this can make one just a little suspicious, not a whole lot mind you, just a little.

And just so you know, chemical, electro-magnetic, psychological, financial and counterfeiting warfare is still warfare, just like industrial economic warfare and genocide is still warfare and genocide! Luckily for us there is plenty we can do to neutralize the effects...and after all having a smoke and coffee is mild by comparison! Now what was that about personal responsibility? Maybe we don't really need all that junk, after all we can exercise freedom of choice right? Now where was that quote in the Bible " ...I will destroy those who destroy the earth..." something like that, (don't want to be preachy or self righteous or judgemental or anything, but that's what it says) now, is that God personally taking responsibility directly, maybe He will, or will He just do a little warm up to the idea and send aliens or something like that? Normally aliens just do what they are inclined to do, they don't really ask God, after all what are they made for? Hahahaha, have a good laugh, laughter is the best medicine...it's possible you will really get the point. Maybe all these genocide-extinction level event polluters and destroyers will simply go bankrupt or decide to not do that anymore, otherwise the sentient earth idea may prove to be true...you know, just a few cataclysms here and there, a little bit of terra-forming, low key stuff, nothing too drastic!...of course if you are in harmony with the natural world, you really don't have to worry about anything....other than the fact that the universe is a very big place and we are not running it! Some understand that this is a life experiment world, but it doesn't seem that way does it? We know more about pollution, destruction, violence and war, than beauty, peace, harmony and co-operation.

Naturally as we progress in spiritual growth and development and increase our spiritual survival value we will be more civilized? Many will realize this is just a game with a little or a lot of dark and light polarities, nothing unusual for a planet like this one in this part of the

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galaxy...and you could if you want utilize source energy, universal mind, the One, the Supreme Being or something like that, you could have the essence of the idea, and that is live and let live, vive la difference! Of course we can take the initiative and involve ourselves in planetary guardianship and personal protection by simply stopping those things that are not so life respecting and life sustaining. Of course if anyone is hell bent on pollution and destruction we all suffer as a result. We really do all have a choice, right? The victim-victimizer routine is insufficient to justify the refusal of exercising personal or group responsibility. If reading this has stressed you out, that's too bad, the good news is that you can always choose to increase your threshold for stressors, you can reduce stress by simply taking action and doing what you can, no one is making a value judgement, we can only perform in accordance with our present level of awareness and ability. After all, if you really believed there was a war on freedom and health, what would you do about it? Lay down and die? It is preferable if we are not guilty of ignorance and negligence, right? Many people are already aware of all of this and more. Now that we have a little more awareness, what are we going to do about it eh? Crank up the infinite power of personal responsibility and enjoy your rights and freedom unlike never before, 'cause if you choose not to, well, that really is too bad.

Let's move people, we've got work to do. Thanks for your attention, courage, dedication, resourcefulness and fortitude, you are free to go!

Remember, skate hard, there is no free skating here, keep your chin up and stick on the ice, make your passes bang on, keep it moving and when you get that chance, pound that puck as hard as you can!

**Cheers Canada - Go Team Go!**