The article <u>"I'm a neuroscientist who taught rats to drive – their joy suggests how anticipating fun can enrich human life"</u> by Kelly Lambert, Professor of Behavioral Neuroscience, University of Richmond, details how rats responded to positive and rewarding inputs and that "<u>complex environments enhance neuroplasticity</u>: the brain's ability to change across the lifespan in response to environmental demands." The rats' behavior mirrors similar behavior in human beings.

Belief in the American Dream for a long time was a positive and rewarding input for Americans, which the superrich, the military industrial complex, mainstream news and corrupt politicians from both sides of the aisle appear are trying to kill off to maintain power ("you will own nothing and be happy").

Their collective activities are tyranny, short of sending armed enforcers into homes. However, where they think they can get away with it or to make a highly publicized show of strength, they send in swat teams like at Mar-a-Largo. These tactics might work on a small scale, but when sentiment is high enough, they fail because the public will rise up against them by force. The last election was a warning.

An independent group of people that hold beliefs opposed to what the alleged ruling class want, is a threat to existing power. The fact that Americans are so well personally armed does not help.

IMPORTANT NOTE: With so much media propaganda attacking everything important to half the population, to control behavior, one fact will help you to understand the game. That is that a human being's behavior can be changed in roughly 90 days. A person can be changed from a life respecting, God fearing being, to a murderer, losing connection with family and friends. The change can be driven by complete and utter lies. How? Military boot camp. Ask anyone who served in the military to explain how boot camp works. It is a form of operant conditioning run by zealots and not one shred of truth needs to be involved. The wars in Vietnam, Iraq, and Afghanistan were based on outright lies, yet boot camp brainwashed hundreds of thousands of behaviorally modified Zombies to go, and still does today.

Why did the Vietnamese, Iraqis, Afghanis all fight back? Quite simple - if anyone comes into your home to destroy your house, beat your children, burn your entire community down like they did in Vietnam, you can and should kill them dead with any weapon you have, and put in a couple of extra holes, wounds or gashes for good measure. Now you understand belligerent Vietnamese, Iraqis, Afghanis. The enemy. The Dems, mainstream media, and Military Psyops are now doing it to you.

Modifying the environment people are subject to can have positive or negative effects, dramatically altering the future and as we now know their DNA makeup. When that environment is deliberately attacked, it is a form of future murder.

People develop habitual respective behaviors that maintain balance, equilibrium, or sameness in their lives that are comforting and supportive, which in medical terms is called <u>homeostasis</u>:

"A state of balance among all the body systems needed for the body to survive and function correctly. In homeostasis, body levels of acid, blood pressure, blood sugar, electrolytes, energy, hormones, oxygen, proteins, and temperature are constantly adjusted to respond to changes inside and outside the body, to keep them at a normal level."

The family and friends that are part of this zone of comfort and stability form a symbiotic group, supportive of each member's habitual makeup.

When the stability of the individual, and potentially the equilibrium of their family group is challenged, disturbed or changed, whether in fact or imagined, stress is invoked, which you can study in greater detail in site the next linked sentence. Stress is defined as a state in which homeostasis is actually threatened or perceived to be so. The two following tables below detail how stress impacts your life.

COMMON SIGNS AND SIGNALS OF A STRESS REACTION - General Public -

You have experienced a traumatic event or a critical incident (any incident that causes someone to experience unusually strong emotional reactions which have the potential to interfere with their ability to function either at work or in their private life). Even though the event may be over, you may now be experiencing or may experience later, some strong emotional or physical reactions. It is very common, in fact quite normal, for people to experience emotional aftershocks when they have passed through a stressful event.

PHYSICAL	COGNITIVE	EMOTIONAL	BEHAVIORAL	SPIRITUAL
Chest pain*	Heightened or lowered alertness	Severe panic (rare)	Suspiciousness	
Chills		Agitation	Change in sexual functioning	Believing God is not in control
Difficulty breathing*		Emotional shock	Change in usual communications	Sudden turn toward God
Dizziness	Poor abstract thinking	Intense anger	Pacing	Questioning of one's basic beliefs
Elevated BP	Poor concentration	Fear		Familiar faith practices seem empty (prayer, scriptures, hymns)
Fainting	Nightmares, Intrusive Images			Belief that we have failed God
Fatigue	Blaming someone	Anxiety	Change in activity	Anger at God
Grinding of teeth		Apprehension	Hyper-alert to environment	Sense of isolation (from God, church members)
Headaches	Difficulty identifying familiar objects or people	Depression	Inability to rest	
Muscle tremors	Poor attention	Grief	Withdrawal	Withdraw from church
Nausea	Confusion	Guilt	Change in speech patterns	Feeling distant from God
Profuse sweating	Loss of time, place or person orientation	Irritability	Erratic movements	Anger at clergy
Rapid heart rate	Memory problems	Uncertainty	Loss or increase of appetite	
Shock symptoms*	Disturbed thinking			Believing God doesn't care
Thirst	Hyper-vigilance	Loss of emotional control	Alcohol consumption	Church rituals seem empty (worship, communion)

Event	Impact Score	My Score
Death of spouse	100	
Divorce	73	
Marital Separation	65	
Jail Term	63	
Death of close family member	63	
Personal injury or illness	53	
Marriage	50	
Fired at work	47	
Marital reconciliation	45	
Retirement	45	
Change in health of family member	44	
Pregnancy	40	
Sex difficulties	39	
Gain of a new family member	39	
Business readjustment	39	
Change in financial state	38	
Death of a close friend	37	
Change to a different line of work	36	

Change in number of arguments with spouse	35	
Mortgage over \$20,000	31	
Foreclosure of mortgage or loan	30	
Change in responsibilities at work	29	
Son or daughter leaving home	29	
Trouble with in laws	29	
Outstanding personal achievement	28	
Spouse begins or stop work	26	
Begin or end school	26	
Change in living conditions	25	
Revisions of personal habits	24	
Trouble with boss	23	
Change in work hours or conditions	20	
Change in residence	20	
Change in schools	20	
Change in recreations	19	
Change in church activities	19	
Change in social activities	19	
Mortgage or loan less than \$20,000	17	
Change in sleeping habits	16	
Change in number of family get-togethers	15	
Change in eating habits	15	
Vacation	13	
Christmas approaching	12	
Minor violation of the law	11	
Total		

T.H.Holmes and T.H. Rahe. "The Social Readjustment Rating Scale," Journal of Psychosomatic Research. 11:213, 1967.

Directions If an event mentioned above has occurred in the past year, or is expected in the near future, copy the number in the score column. If the event has occurred or is expected to occur more than once, multiply this number by the frequency of the event.

The tables and linked articles above regarding homeostasis and stress explain what happens to you and your family personally when things change, whether good or bad. The next link is to Decoding Life, a video published by CBC Canada in which scientists and researcher discusses how persistent stress damages your DNA and that of your family.



When you get the general idea of what all of these articles and tables mean, plus understand how being in a controlled environment and being fed constant lies and propaganda works (boot camp), you are in a position to understand what has happened in the last four years and what will happen in the next four. Clearly, election manipulation emboldened these thugs. They need maximum retaliation and everyone needs their name and picture to shun them as a first step.

The erosion of your rights and the effort to feed you BS and control you have been going on for a long time, it's just really been amplified by the presence of Trump, which is actually good news. The lies to get him became so outlandish they became easy to spot, like the Russia collusion. More importantly, they outed the perpetrators who never thought they would be exposed, like the FBI, CIA, Brennan, Clapper, Clinton and so on, because they could hide behind the cloak of National Security. In reality, what they engaged in is treason, and its simply too bad they are not summarily executed. That would send the right message. Oh well, one can dream, just like the rats who like to drive for a Fruit Loop.

Your environment at the personal, local, state and national levels is one big homeostatic operant conditioning chamber which you and your immediate family interact with. For many years, that chamber promoted belief in the American dream, which had a propulsive force. It made us work, dream, strive, study and above all try.

Now of course, the chamber is being turned against us, which I will detail, but you should remember this. Add up all of the officials that play a role in the mass messaging, all of the bureaucrats whose job depends on a constant flow of BS, all of the super-rich who want to protect their wealth, and you very quickly realize their numbers may only be in the hundreds of thousands, everyone else are in the billions. In a firefight, they will all go, not without loss of life however. Every revolution in history proves it. Its just a matter of how angry and determined the billions become. Vietnam and Afghanistan are examples. Israel's mass murder of Palestinians is not.

The negative events being deliberately being inserted into your environment include (the list will be expanded)

- 1. Calling lies truth for example George Bush's admins "Operation Iraqi Freedom"
- 2. A green agenda that forces the masses to huddle in <u>smaller dwelling units</u>, enjoy <u>less mobility</u>, endure <u>more</u> costly home heating, less air-conditioning and a more austere diet
- 3. Telling children, they do not have to listen to parents, the people that love and protect them
- 4. "The idea that children should, without parental consultation or consent, be free to choose their "gender," be assisted by the state in committing acts of self-mutilation to do so, and all on the understanding that we have repealed millennia of science and just discovered that there is no such thing as biological sex"-Gerard Baker WSJ
- 5. Exposing young children who are highly impressionable, without parents' authority, to transgender illusions and issuing no warnings about AIDS, an incurable and deadly virus
- 6. Allowing men to compete with girls of all ages in sports
- 7. Allowing men to use girls' washrooms and showers
- 8. Flooding the country with illegal aliens to displace American citizens in jobs
- 9. Allowing illegal aliens to vote, have drivers' licenses, and debit cards
- 10. Ignoring corporations hiring illegal aliens
- 11. Paying billions of dollars to illegal aliens to support them when American citizens need the money
- 12. Defunding the police which increases crime
- 13. Spewing hate labels calling people racist, white supremacists, Marxists, dictators
- 14. Protecting compliant political parties with outright lies like Russian collusion, Hunter laptop lies, ad nauseum
- 15. Allowing the capture of the Environmental Protection Agency and the Food and Drug Administration by global companies to promote corporate lies on major issues
- 16. Injecting most of the people in the nation with a dangerous mRNA substance (definitely not a vaccine) that did not cure or prevent Covid, and providing drug companies with immunity
- 17. Using military psyop activities to promote these dangerous mRNA substances
- 18. Lying about the side effects of these mRNA substance injections
- 19. Lying about the wars instigated by the military industrial complex. This site is full of examples of this activity.
- 20. Telling us we should eat bugs

More examples will be added.

The entire purpose of these disruptive activities, if you have read the links and attachments and watched the documentary Decoding Life, is to disrupt your life in every way possible to create stressors, which have obvious life altering effects, mentally, physically and emotionally. These are direct physical and mental attacks on you by your enemies, and the sooner you realize the enemy is within and who they are, the more it will become apparent what you must do to protect yourself and your family.

The Trump Administration

Hopefully, the Trump Team will recognize what is explained here. What is happening is simple to see, and when recognized clearly one can begin to fight the psyops the Democrats, the Military Industrial complex and the media have unleashed on you. We need a continuous supply of super positives ("Froot Loops Iol"), some positive behavior signals and actionable activities that you can use to restore you and your children's hope in America.

That means blowing up all of the negative activities currently going on that are designed to destroy your life and replacing them with positives. As an example:

- 1. Calling lies truth for example George Bush's admins "Operation Iraqi Freedom".

 Make starting wars without certain proof of a threat, an indictable crime.
- 2. A green agenda that forces the masses to huddle in smaller dwelling units, enjoy less mobility, endure more costly home heating, less air-conditioning and a more austere diet. Create a committee of climate skeptics with the authority to require scientific proof of claims, all subject to review and scientific debate, and if claims prove false or misleading, withdraw funding from the agencies and NGOs making false claims, with prejudice. In other words, they must repay all of their funding, wages and benefits of those responsible must not be deductible, and they lose their non-profit status with the IRS where applicable
- 3. Telling children, they do not have to listen to parents, the people that love and protect them Make interfering with parental rights a crime
- 4. "The idea that children should, without parental consultation or consent, be free to choose their "gender," be assisted by the state in committing acts of self-mutilation to do so, and all on the understanding that we have repealed millennia of science and just discovered that there is no such thing as biological sex"-Gerard Baker WSJ Make such activity a crime with no immunity. There is no immunity for stupidity
- 5. Exposing young children without parents' authority to transgender illusions and issuing no warnings about AIDS, an incurable and deadly virus
 - Make such activity a crime with no immunity. There is no immunity for stupidity
- 6. Allowing men to compete with girls of all ages in sports Ban the activity, and create transgender sports leagues
- 7. Allowing men to use girls' washrooms and showers

 Ban the activity, and create transgender washrooms and showers
- 8. Flooding the country with illegal aliens to displace American citizens in jobs
 Its already a crime. Enforce it. Do not house illegal aliens in jail or detention facilities. Make corporations guilty of hiring illegal aliens liable for the costs of deportation, immigrant detention, a federal offense with costs
- 9. Allowing illegal aliens to vote, have drivers' licenses, and debit cards
 Ban the activity Federally and withdraw state apportionments
- 10. Ignoring corporations hiring illegal aliens

 Enforce the law, revoke corporate status and use RICO to seize personal and corporate assets
- 11. Paying billions of dollars to illegal aliens to support them when American citizens need the money

Ban the activity Federally and withdraw state apportionments

- 12. Defunding the police which increases crime
 - Take all the illegal criminals and dump them in defund states, after having Musk microchip their brains so they can be found. Get Israel to build the chips and embed C4 in them like they did with the exploding pagers
- 13. Spewing hate labels calling people racist, white supremacists, Marxists, dictators

 Require proof of the accusations and if unsupportable, have INFORMED JURORS issue damage awards
- 14. Protecting compliant political parties with outright lies like Russian collusion, Hunter laptop lies, ad nauseum Require proof of the accusations and if unsupportable, have INFORMED JURORS issue damage awards
- 15. Allowing the capture of the Environmental Protection Agency and the Food and Drug Administration by global companies to promote corporate lies on major issues

 Make the activity a RICO offense
- 16. Injecting most of the people in the nation with a dangerous mRNA substance (definitely not a vaccine) that did not cure or prevent Covid, and providing drug companies with immunity

 Make the activity an offense of manslaughter if the substance proves dangerous and remove all liability protection for officers, shareholders, directors, and investors
- 17. Using military psyop activities to promote these dangerous mRNA substances

 Make the activity an offense of manslaughter if the substance proves dangerous and remove all liability
 protection for officers, shareholders, directors, and investors
- 18. Lying about the side effects of these mRNA substance injections
- 19. Lying about the wars instigated by the military industrial complex. This site is full of examples of this activity. Make the activity a crime, and remove indemnity for all perpetrators, including the military units responsible
- 20. Telling us we should eat bugs

 Fill the bugs with pesticides, hormones, and whatever crap food companies put in our foods and take the

 President and directors of these companies and quarantine them in a holding facility for three months eating
 only the bug products they manufacture to see if they live without issues

All trials should be by INFORMED JURIES that are fully informed about <u>Jury Nullification</u>. That way a jury of the people can make all decisions about the outcome of trials and charges, **IRRESPECTIVE OF THE LAW**, and not politicized judges and courts. Study the matter at <u>FIJA.org</u>.

"(Jefferson) taught that the country is safe only when the people rule." - Carl Sagan

Jury Nullification and The Constitution

Jury nullification is a fundamental aspect of the American justice system, rooted in the Constitution and the principles of liberty and democracy. Here's a breakdown of the key points:

Constitutional Guarantees

- 1. **Trial by Jury**: The Sixth Amendment to the Constitution guarantees the right to a trial by jury in all criminal cases, and the Seventh Amendment guarantees the right to a trial by jury in all civil cases over \$20 in value. This includes the power of jurors to judge both the law and the facts.
- Jury Independence: The Seventh Amendment ALSO ensures that jurors are not subject to coercion or intimidation by judges, prosecutors, or other authorities and that the decision of the jury cannot be reexamined.
- 3. **Right to a Fair Trial**: The Fourteenth Amendment's Due Process Clause protects the right to a fair trial, which includes the ability of jurors to exercise their judgment and discretion in rendering a verdict.

Historical Context

- 1. **Colonial Era**: Jury nullification originated in colonial America, where juries were used to protest British rule and enforce moral and political principles.
- 2. **Founding Fathers**: The Founding Fathers, including Alexander Hamilton and John Adams, recognized the importance of jury nullification as a check on government power and a means to uphold justice and morality.

Constitutional Language

- 1. **Maryland Constitution**: Article 23 of the Maryland Constitution explicitly guarantees the right of jurors to "judge" the law in criminal cases.
- 2. **Georgia Constitution**: Article 1, Section 1, Paragraph XI of the Georgia Constitution states that jurors shall be the "judges of the law and the facts" in criminal cases.
- 3. **Other States**: Twenty other states have similar provisions in their constitutions, often under sections on freedom of speech or due process.

Implications

- 1. **Decentralization of Power**: Jury nullification decentralizes political power, allowing individuals to exercise their judgment and conscience in the face of unjust or oppressive laws.
- 2. **Protection of Individual Rights**: By giving jurors the power to nullify laws, the Constitution protects individual rights and liberties from government overreach.
- 3. **Checks and Balances**: Jury nullification serves as a check on the judiciary and the executive branches, ensuring that the system remains accountable to the people.

Conclusion

Jury nullification is a cornerstone of the American justice system, grounded in the Constitution and the principles of liberty and democracy. It provides a vital mechanism for individuals to exercise their judgment and conscience, protecting individual rights and liberties from government overreach.