



IT'S
NOT
OVER
WHEN
YOU
LOSE
IT'S
OVER
WHEN
YOU
QUIT

DON'T
EVER
FORGET
YOU
HOLD
THE
POWER
TO
SILENCE
THE
CORRUPT

SPEAK UP

#

Ezekiel 3:18-21

Jeremiah 6:10

To whom can I speak
and give warning?
Who will listen to me?
Their ears are closed
so they cannot hear.
The word of Truth/Life is
offensive to them;
they find no pleasure in
it.

[Daniel 7:25](#) **The wicked** shall speak words against the Truth, and **shall wear out the saints of the Most-High**, and shall think to change times and law; and they, the righteous, shall be given into his hand for a time, times, and half a time.

John 15:19-21

If you were of the world, the world would love you as its own; but because you are not of the world, but I chose you out of the world, therefore the world hates you. Remember the word that I said to you: 'A servant is not greater than his master.' If they persecuted me, they will also persecute you. If they kept my word, they will also keep yours. But all these things they will do to you on account of my name, because they do not know him who sent me

#INFJ #RHnegative #Cancer🌀Woman

The world cannot hate you, but it hates me because I testify that its works are evil.

-John 7:7

As written I too like those before, sent by the Truth, am hated for KNOWING 'n testifying the💀world's works are evil.💔

EMPATHS EMPOWERED

Sometimes you just need to talk about something - not to get sympathy or help, but just to kill its power by allowing the truth of things to hit the air.

-Karen Salmansohn

EVERYBODY WANTS TO HEAR THE TRUTH UNTIL AN #INFJWoman with #RHnegative blood who arrived under the #Cancer♋ sign [June 28] OPENS HER MOUTH
NO TRUTH=NO LOVE ~~ NO TRUTH=NO LIFE

**You have
to know
the truth**

**In order
to see the
lie**

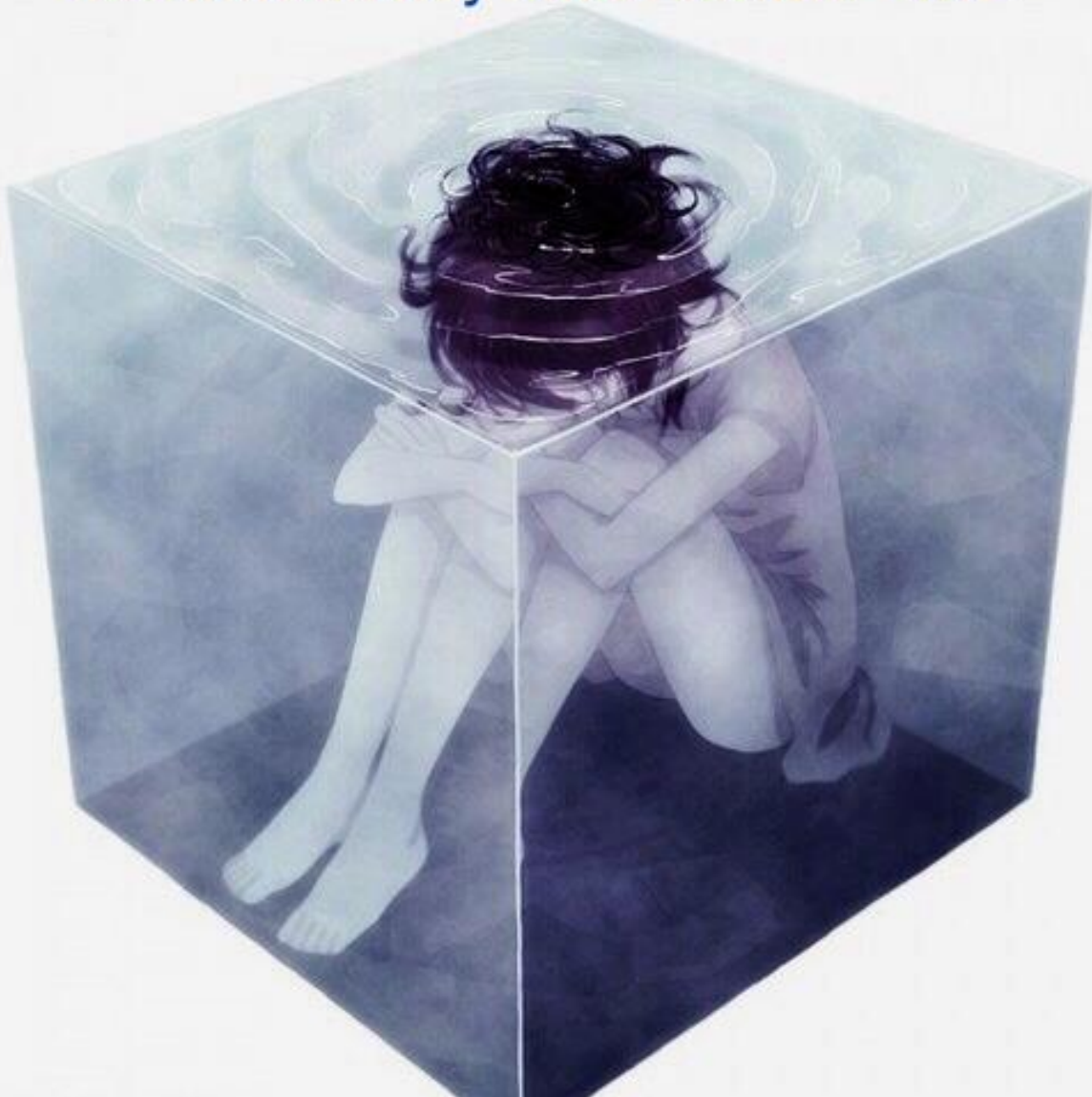
👉💡 <https://youtu.be/6tObytG9DgM> 💡👉

TRUTH IS I AM SENT DOWN FROM ABOVE John 3:31-34; 7:16-18
TO PREACH & TEACH LIFE=TORAH SO I KNOW THE TRUTH!
Therefore I SEE, I KNOW both THE 😊LIAR & ITS💩LIES! THAT'S
WHY THE WICKED HATE ME AND SEEK TO MURDER ME AS
WRITTEN Psalms 56:6 94:21 John 7:19! UNDERSTAND?

I am not living.

I am surviving.

Deuteronomy 31:6 Isaiah 43:2





INFJ Life 👉💔😓

1. get up
2. survive
3. go back to bed





**A Cancer is so quick to
help someone else,
but when they're going
through something,
they prefer
to remain silent.**

Physically
Mentally
Emotionally
Tired.

I AM A TARGETED INDIVIDUAL



**A Cancer's expression
of sadness:**

Isolation from everyone.

Cancer  mood

I don't know how to ask for help, I disappear & come back when I'm good.

@Cancerianvibes



When feeling down:

**Shuts off all
communication
with others**

**so don't expect them to
answer your 20 calls.**

INFJ

I understand now that I'm not a mess but a deeply feeling woman in a wicked world. I explain that now, when someone asks me why I cry so often, "For the same reason I laugh so often - because I'm paying attention."

Situations which are charged with conflict may drive the normally peaceful INFJ into a state of agitation or charged anger.

They may tend to internalize conflict into their bodies, and experience health problems when under a lot of stress.

CANCER & ANGER

There are three stages to Cancer's anger. They will first begin sulking as a warning. If it goes unnoticed, they will send off another warning by shrouding their growing anger in a form of passive-aggressiveness, and then the final stage, all hell breaks loose. They will point out every wrong you've ever done and then some, in one long session.

The heart of spiritual discernment is being able to distinguish the voice of the world from

the voice of 

Truth

Be KIND to strangers

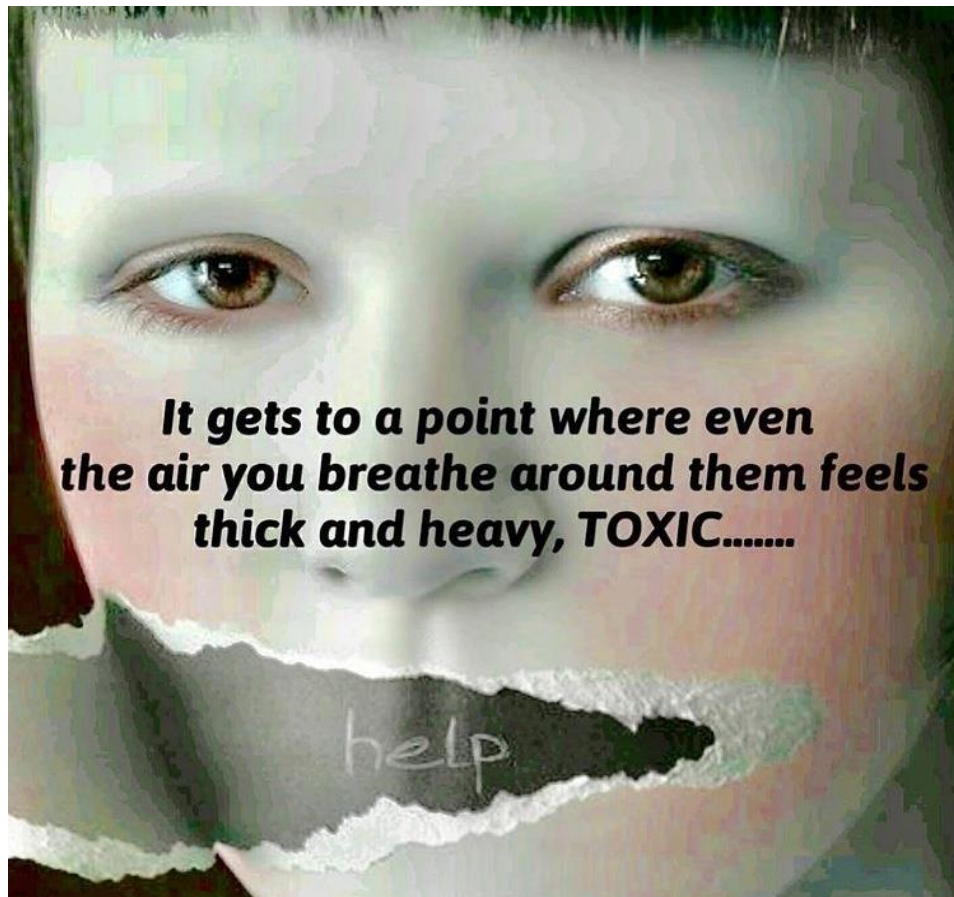


Rh negative  INFJ Woman  King's Counsel

**You may now address
me as "Pureblood"**

**"...you are not to act
against the life of
your neighbour..."
(Leviticus 19:16)**

**Deuteronomy 15:10-11
Psalm 41:1 Proverbs 22:9**



TARGETED🎯INDIVIDUALS

You are not lazy, unmotivated, or stuck. After decades of living your life in survival mode, you are exhausted. There is a difference.



🔍 physical effects of living in survival mode for dec

What happens to your body in survival mode? ^

Some survival brain tip-offs: Lack of focus: Things are foggy and it's harder to finish an activity. Changes in memory: You have a harder time remembering things that happened throughout the day. **Fatigue in mind and body**. Apr 26, 2022

MT <https://montco.today> › 2022/04 › tra...





Trauma and the Brain: Signs You Might Be Living in 'Survival Mode'

“GANG STALKING” is another definition for GENOCIDE.
“GASLIGHTING” is another definition for SATANIC RITUAL ABUSE performed by CHILDREN OF THE DEVIL or whom “the world” refers to as NARCISSISTIC SOCIOPATHS
I AM A TARGETED INDIVIDUAL

•Gang stalking ~ A systematic form of psychological harassment which seeks to destroy every aspect of a Targeted Individuals life. Once a target is flagged a notification is sent out to the stalking recruits at large, and the target is surveilled and gaslighted at various times day and night.

•Gaslighting ~ Used as an effective form of deception, information is twisted or selectively omitted to favor the manipulator, or, false information is presented with the intent of making victims doubt their own memory, perception and sanity. Instances may range

PECULIAR  PEOPLE
 are VICTIMS of  GOVT 

Organized stalking
is numerous  perpetrators   
targeting **the victim** with
the goal of causing
suicide, homelessness,
or admission to a mental
health institution.



Consequences Of being gang stalked That Shouldn't Be Confused With Laziness:

- **Struggling to get out of bed** - this can be extremely difficult since chronic 😞 fatigue is a symptom of being gang stalked
- **Watching excess TV** - this can be a distraction from negative interactions with others
- **Taking days off from work** - being stalked drains you of all your energy and prioritizing your failing health can be essential
- **Socially withdrawing** - sometimes safety & healing needs to be prioritized.
- **Neglecting hygiene** - due to focus on survival but also due to not leaving the house as much



It is exhausting to fight gang 😞 stalkers 24/7 – it drains one mentally, emotionally, physically, and spiritually.

What people think causes depression:

Weakness

Laziness

An inability to “suck it up”

What actually causes depression:

Chemical imbalance

Overworking

Lifestyle factors

Trauma

Excess stress

Body image issues

Abuse

Genetic factors

Perfectionism

Neglect

Lack of fulfillment

Low self-esteem

Bullying

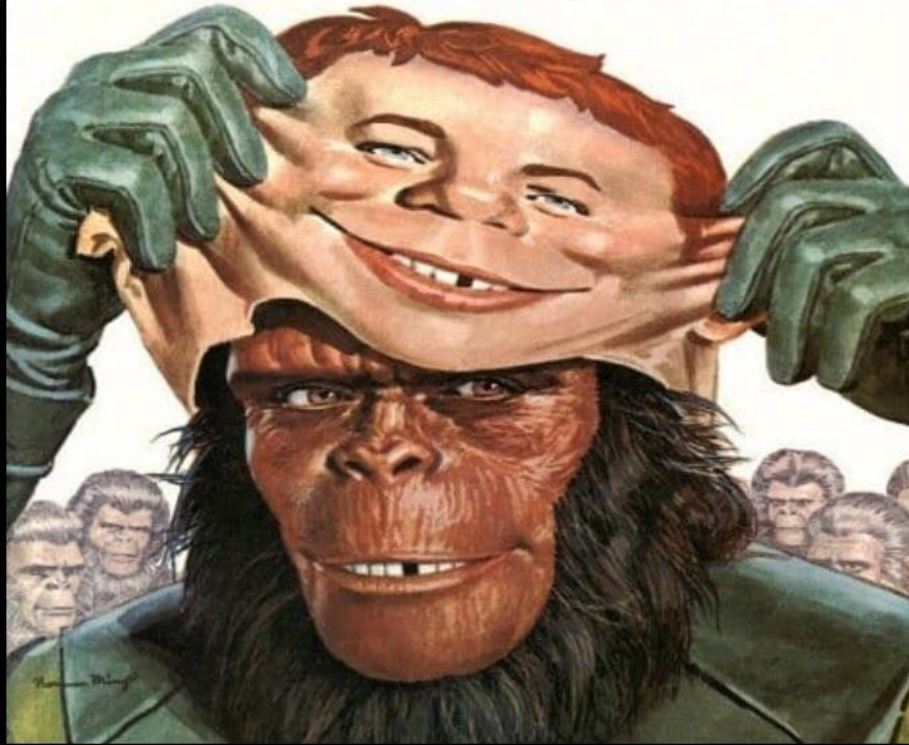
Being “the carer” at the expense of their own wellbeing

Chronic fatigue

Grief & loss

Lack of social support

RH  positive  HUman   
are NOT people=Men/Women



MONSTER/FREAK

WARNING 

Signs you're dealing with toxic  HUman

1. You dread being around them.
2. Your belly hurts or feels unsettled.
3. You're exhausted or angry after dealing with them.

🦴 HUmans 🦴 are TOXIC to my race, the peculiar people.
INTERACTIONS with HUmans usually cause CHRONIC TRAUMA
IN THE EMPATHIC/HIGHLY SENSITIVE PECULIAR PEOPLE

CAN TRAUMA IMPACT YOUR HEALTH?

DR. JABAN

ROOT CAUSE OF DISEASE

- 1 Infections
- 2 Toxins **CHILDREN OF THE DEVIL ARE TOXIC**
- 3 Trauma

A trauma can linger in the body and mind affecting your health for years

TRAUMA

Acute

Single incident such as a

- Natural disaster
- Being a victim of a crime

Chronic

Repetitive instances over a period of time such as

- Domestic violence
- War

EMOTIONS ARE THE VEHICLES THE BODY RELIES ON TO FIND BALANCE AFTER A TRAUMA



IT'S TIME TO FIGHT BACK! THERE IS HOPE TO REGAIN YOUR LIFE BACK!



UNTREATED PAST TRAUMAS

- 1 The hypothalamus is first to the scene. He wakes up the pituitary who shouts out to the adrenal glands to release stress hormone cortisol in the blood
- 2 Cortisol's main role is in releasing glucose into the bloodstream in order to facilitate the "fight or flight" response. It also suppresses and modulates the immune system, digestive system and reproductive system

General symptoms

General symptoms of poisoning can include:

- feeling and being sick
- [diarrhoea](#)
- stomach pain
- drowsiness, dizziness or weakness
- high temperature of 38C (100.4F) or above
- chills (shivering)
- loss of appetite
- [headache](#)
- irritability
- [difficulty swallowing \(dysphagia\)](#)
- breathing difficulties
- producing more saliva than normal
- skin rash
- [blue lips and skin \(cyanosis\)](#)
- burns around the nose or mouth
- [double vision](#) or blurred vision
- mental confusion
- seizures (fits)
- loss of consciousness
- [coma](#), in severe cases

ALL THE SYMPTOMS I
as an Rh negative, INFJ
Woman experience when
forced to deal with
TOXIC=POISONOUS
HUmans=monsters like
BAR👁️MEMBERS👁️

Toxic environments bring out poor behaviors in even the most patient of people. Survivors of psychological abuse often find themselves behaving in ways that do not fit their normal personality. This shift can serve as a red flag that the environment is unhealthy.

EFFECTS OF ABUSE:

- ▶ Insomnia
- ▶ Restless legs
- ▶ Teeth grinding
- ▶ Memory loss
- ▶ Over analyzing
- ▶ Migraine
- ▶ Weight gain/loss
- ▶ Digestive problems
- ▶ Fear of speaking up
- ▶ Depression
- ▶ Acne
- ▶ Social anxiety

- @breakingupwithtoxic
! TheMindsJournal



How Stress Affects the Body

HEAD – issues with mood, anger, depression, irritability, lack of energy, concentration problems, anxiety and panic attacks

HEART – increased blood pressure, fast heart beat, increased risk of heart attack and stroke, and higher cholesterol

SKIN – skin problems like acne, psoriasis, eczema, dermatitis, random breakouts, and skin rashes

STOMACH – can cause peptic ulcer disease, IBD, IBS, food allergies, stomach cramps, reflux, nausea and weight fluctuations

PANCREAS – results in elevated secretions of insulin, which if chronic could lead to diabetes, damaged arteries and obesity

INTESTINES – decreased nutrient absorption, reduced metabolism, decreased enzymatic output, increased risk for inflammatory bowel diseases, diabetes, and more

REPRODUCTIVE SYSTEM – decreased testosterone and estradiol production leading to reduced fertility. Dampening of sexual behavior and loss of sexual drive

JOINTS & MUSCLES – aches and pains, inflammation, tension, lowered bone density (propensity for osteoporosis), tightness in the shoulders and back

IMMUNE SYSTEM – suppressed effectiveness of the immune system to battle and recover from illness. Leads to high levels of inflammation in the body, which causes a variety of chronic health conditions



rawforbeauty.com
source:liveandlovetofruit

9 Warning Signs

You're Mentally and Emotionally Exhausted

- 1. You're easily irritated.**
- 2. You feel completely unmotivated-**
even to do things you normally enjoy.
- 3. You're experiencing anxiety or panic attacks.**
- 4. You're having trouble sleeping.**
Either it takes you hours to fall asleep
or your sleep is broken all through the night.
- 5. You have almost no patience**
and you find yourself being short with
colleagues and family.
- 6. You're experiencing indigestion.**
You have a low-grade stomach ache all the time
or feel like there's butterflies in your stomach.
- 7. You start crying unexpectedly.**
- 8. You feel detached from reality-**
you go through your days without really
emotionally responding or connecting to anything.
- 9. You feel empty.**

Not one Federal/Provincial PIG=Person In Govt has shown me, I:Woman Victoria victim of repeated acts of HATE & GENOCIDE courtesy, compassion or respect let alone respect for my racial/cultural dignity!

<https://laws-lois.justice.gc.ca/eng/acts/c-23.7/page-1.html>

A relatively recent focus on victim's rights in Canada has led to the creation of the **Canadian Victims Bill of Rights**. The **Act** received Royal Assent on April **23**, 2015 under the Harper government, begins with preamble that "...victims of crime and their families deserve to be treated with courtesy, compassion and respect, including respect for their dignity"

Your trauma is valid.

Even if other people have experienced "worse."
Even if someone else who went through the same experience doesn't feel debilitated by it. Even if it "could have been avoided." Even if it happened a long time ago. Even if no one knows. Your trauma is real and valid and you deserve a space to talk about it. It isn't desperate or pathetic or attention-seeking. It's self-care. It's inconceivably brave. And regardless of the magnitude of your struggle, you're allowed to take care of yourself by processing and unloading some of the pain you carry. Your pain matters. Your experience matters. And your healing matters.
Nothing and no one can take that away.

Daniell Koepke

Chronic Trauma



- Chronic trauma refers to the experience of multiple traumatic events. These multiple events may be varied, such as being exposed to domestic violence, involved in a serious accident, and then becomes a victim of community violence.
- Chronic trauma damage from longstanding physical abuse, neglect or war.
- Chronic trauma represents cumulative effects. Each new event reminds the victim/target of prior trauma and reinforces its total negative impact. Continuous trauma feels relentless and uncontrollable

Trauma
Isn't Just
Caused By
War And
Natural
Disasters.
It's Can
Also Be
Caused By...

Growing up around domestic violence

A car accident

Mental and emotional abuse

The unexpected passing away of a loved one

Severe bullying

Serious injuries

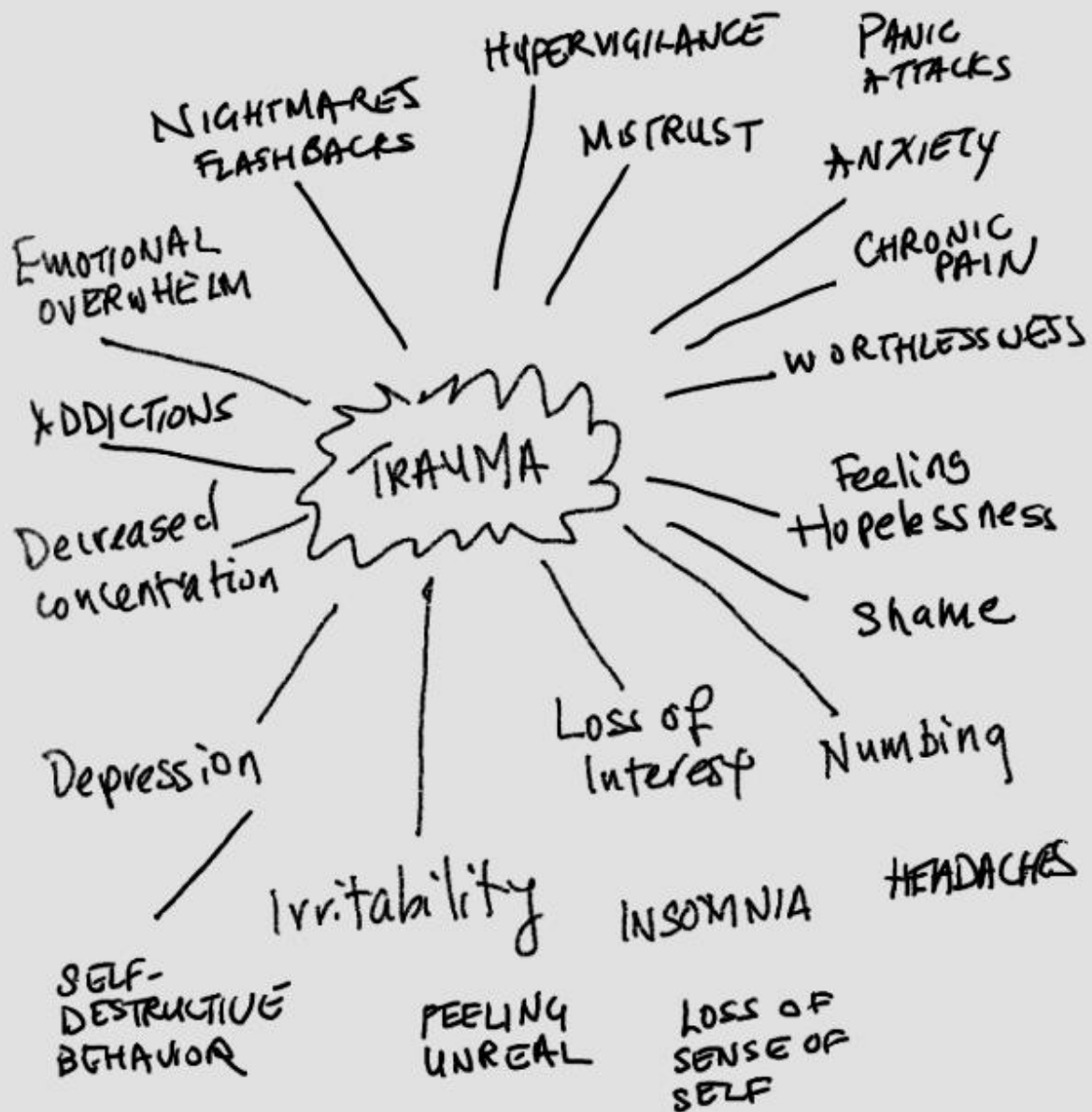
Betrayal

Major surgery or life-threatening illnesses

Physical or sexual abuse

Prolonged periods spent in an "unsafe" environment / circumstance

SYMPTOMS OF TRAUMA



Physical symptoms of trauma:

- Insomnia or nightmares
- Being startled easily
- Racing heartbeat
- Aches and pains
- Fatigue
- Difficulty concentrating
- Edginess and agitation
- Muscle tension
- Having trouble functioning at home or work
- Suffering from severe fear, anxiety, or depression
- Unable to form close, satisfying relationships
- Experiencing terrifying memories, nightmares, or flashbacks
- Avoiding more and more things that remind you of the trauma

As a targeted individual, a Woman of the peculiar people, Truthful WHISTLEBLOWER I've survived continued acts of INJUSTICE, HATE, PERSECUTION, RACISM, WAR & GENOCIDE now so TRAUMATIZED I can barely function due to SEVERE CHRONIC FATIGUE

violent crimes cause irreparable Symptoms of Trauma

Cognitive:

- Mood swings
- Flashbacks or recurring stressful thoughts
- Confusion
- Nightmares
- Disorientation
- Constant visualizations of the event
- Difficulty concentrating and loss of memory

Physical:

- Edginess
- Insomnia
- Changes in sleeping and eating patterns
- Sexual dysfunction
- Complaints of aches and pains throughout the body
- Extreme alertness, always on the lookout for warnings and potential danger
- Fatigue and exhaustion
- Extremely rapid heart rate (tachycardia)
- Easily startled
- Digestive problems

Behavioral:

- Social isolation and withdrawal
- Lack of interest in previously enjoyable activities
- Avoidance of activities and places which trigger memories of the event

Psychological:

- Constant and overwhelming fear
- Obsessive compulsive behaviors
- Detachment from emotions and personal relationships
- Emotional numbness
- Depression
- Guilt
- Shame
- Emotional shock
- Denial
- Irritability
- Anger
- Anxiety
- Panic attacks
- Sadness
- Hopelessness

WHAT ARE COMMON REACTIONS TO TRAUMA?

Common Emotional and Behavioral Responses to Trauma

- Denial
- Confusion
- Anger
- Fear
- Guilt
- Anxiety
- Depression
- Flashbacks to the event
- Difficulty concentrating
- Withdrawing from friends and family

Common Physical Responses to Trauma

- Insomnia or disrupted sleep
- Fatigue
- Muscle tension
- Headaches
- Chest pain
- Chronic unexplained pain or health challenges

TRAUMA RESPONSES

FIGHT

ANGER OUTBURSTS
'THE BULLY'
CONTROLLING
NARCISSISTIC
EXPLOSIVE BEHAVIOR
AGGRESSIVE

FLIGHT

WORKAHOLIC
OVER-THINKER
ANXIETY, PANIC, OCD
CAN'T STAY STILL
PERFECTIONIST
OVER ANALYTICAL

FREEZE

INDECISIVENESS
STUCK
DISSOCIATION
DEPRESSION
ISOLATING
FEELING NUMB

FAWN

PEOPLE PLEASING
CO-DEPENDENT
CAN'T SAY 'NO'
LACK OF IDENTITY
AVOIDS CONFLICT
NO BOUNDARIES

Examples of Trauma Responses



FLIGHT

- Anxiety, panic, OCD
- Difficulty sitting still
- Worrying
- Rushing around
- Workaholic
- Perfectionist
- Over thinker
- Can't sit still or relax
- Runs away from situations



FREEZE

- Difficulty making decisions
- Dissociation
- Numb
- Isolating
- Stuck
- Brain fog
- Wants to hide from the world



FIGHT

- Anger outbursts
- Controlling
- Bullying
- Narcissistic
- Explosive behaviour
- Self preservation at all costs
- Cannot hear other point of view



FAWN

- People pleaser
- No boundaries
- Overwhelmed
- Co-dependent
- Lack of Identity
- Scared to say what they really think
- Easily exploited by others
- Says sorry a lot

Reactive Abuse:

When a victim is abused, antagonized and gaslighted and finally stands up for themselves.

This may be angry words, acts of defiance or even violence.

The retaliation to the abuse.

THEN the oppressor calls the victim the abusive one.

“Reactive Abuse”: They Call You Abusive For Reacting To Their Abuse

One strategy that abusive persons employ in psychologically abusing and manipulating their victim, is to claim the victim is being abusive towards them. There is a certain point at which the victim might break, and lash out at the abuser.

Reactive Abuse

They Call You

Abusive

For Reacting



VICTIM-BLAMING

Victim-blaming occurs when victims of crime, trauma, or wrongful acts are held responsible for the things that were done to them. This diverts the attention away from the perpetrators where it belongs.

YOUR REACTION TO UNSPEAKABLE ABUSE DOES NOT MAKE YOU THE DEMON

I would like to reassure all survivors out there that your reaction to the heinous abuse inflicted upon you does not make you a narcissist, nor does it mean you are picking up narcissistic traits from the abuser.

Please know that crying, shouting, screaming, and swearing are perfectly normal responses to being horrifically abused and repeatedly pushed to the breaking point. Remember, you are trying to survive in an insufferable environment, so please give the demon(s) NO mercy whatsoever

The abuser and their skills will pathologize and leverage your completely normal reaction to an extremely abnormal situation with delight - please
**PURGE THE EVIL FROM AMONG YOU
FORTHWITH**



vic·tim blam·ing

a devaluing act that leads to ridiculous statements/questions and **marginalizes the victim** making it harder to come forward and report the abuse. It allows the perpetrator(s) to **keep abusing victims** while **avoiding accountability** for those actions.

Reactive Abuse

(Narcissistic Abuse)

NARCISSIST=CHILD OF THE DEVIL

Pathological PUKES will do things to get a reaction from you. They will sometimes antagonize you so fiercely that you end up losing your cool, and then you start raging at them. Then they point the finger at you and accuse you of being the abusive one. This can happen so often that victims start to feel like they are abusive as well. Everyone has their limit, and some people can blatantly overstep your boundaries, in such a way that, that it pushes you to fight back to keep any semblance of self respect. Narcissistic individuals use that to try to convince you that you are the problem, and you are the one that is crazy and abusive. Do not let them confuse you, you are reacting to the abuse, you are not the abuser.

-Maria Consiglio



Beware of Abuser's Using D.A.R.V.O

D = Denies responsibility

A = Attacks you

R = Reverses roles of

V = Victim (you) and

O = Offender (the abuser)

“abuser”=child of the devil

***For a person to abuse
and further exploit a
tramatized person,
intentionally provoking
the trauma wounds, is
such a disgusting form
of abuse, it's a whole
level of evil on its own.
It's demonic and evil.***

THE ENLIGHTENED TARGET