

Thousands of individuals are standing up all over NZ, it's just never reported by fake media. Don't ever think you're on your own- **you're not!**

- *make a decision* - talk without action serves no purpose
- *stop complying* - no matter the situation, if we all said NO together, the madness would stop
- *join community groups in your area and online* - reconnect with others, we've been deliberately separated for a reason
- *sign up for emails from reliable sources*- keep up to date with the truth
- *stop judgment and division* - we have no right to judge another
- *challenge whatever you can* - in your own way
- *learn how to 'read' what the media is NOT telling you*
- *switch to independent journalists* - there are plenty to be found
- *get off devices* - do you have to take your phone with you, everywhere?
- *expand your knowledge* - pick a topic and research it
- *unite* - add your voice to the nation's count- www.peopleschoice.kiwi
- *use cash* - we hold the power
- *get back to nature* - this is an absolute must
- *move away from supermarket chains* - they promote genetically modified foods for profit
- *support local businesses, markets, farmers* - natural is always better than synthetic
- *take back control of your health, consider alternative medical options*- research vaccine harm
- *create a forest for the fallen in your area*
- *common sense, critical thinking and intuition* - combined they are your super power!