



# **Twin Rings, Five Pillars**

Links are to projects, books, or work in progress...

# FLOW Spiritual Fellowship

We aim to develop and nourish FLOWers (pronounced as GROWers) worldwide manifesting 'the best we can be:' beings of independent consciousness w/fit minds and bodies, honorable morals—focused, confident, humane. Inner qualities: joy, ease, lightness. Let go addictions.

## Truth, Tolerance, Compassion

The gateway to FLOW via our living-breathing nature, Falun Dafa is a cultivation practice. Simple to learn and do—by oneself or with others—it helps us implant 'how Jesus would be,' i.e. to run 'mind,' not vice versa.



#### Independents Rising

Bring truth, justice, and liberty to the political realm, working with other Indies—whether or not FLOWers—to expunge (preferably 'turn' to FLOW) Collective Mind and its Sirens in priority to the real horrors they inflict.

- ☐ Inner Ring—Culminates cultivation and FLOW of the individual in society.
- ☐ Outer Ring—Realizes the nonaggression principle, highest 'Popsicle Index.'

## American First Principles

For individuals of consent, worldwide: life, liberty, property. *Declaration of Independence* yields people's independent grand juries as sword and shield v. corrupt public officials and their accomplices. Shuts down higherime assaults by The Man.

### Global Spring

The image of the little girl is many people's vision of an ideal world. NOT utopia. [She gels Catherine Austin Fitts' description of a near 100% "Popsicle Index"—the likelihood a lone five-year-old can walk to a store blocks away and buy a Popsicle with no risk of harm.]

Make it happen, <u>become a</u> <u>FLOWer</u>, <= click the link, join to flourish 'our kind.'

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