

Four Ways to Fight for Your Freedom

1 Claim your exemption.

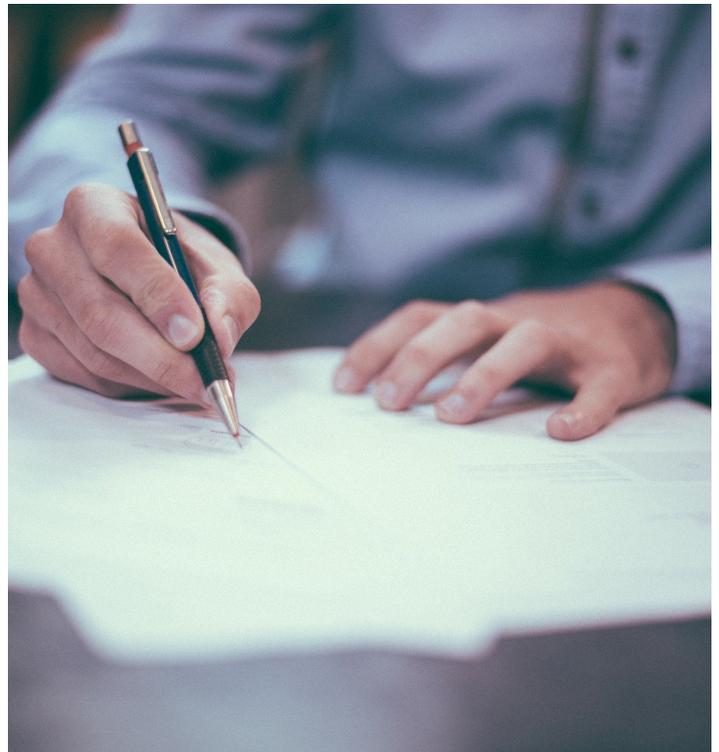
There are many resources for this process, but the basics are: use the rules, and less is more. Know that medical exemptions are harder to claim, and may be temporary. In employment, this process generally looks like: first, find out your company's exemption policy and file in as little words as possible. The Constitution does not require a pastor's letter or religious dissertation to assert your God-given rights. If denied, appeal. If your exemption is an "undue burden" find out why. File an EEOC complaint if the

denial continues. Go to SHF's Solutions page to watch a phenomenally helpful interview with Attorney Brian Festa, founder of We the Patriots, for detailed insight on workplace mandates and exemptions in the legal system.

This option is otherwise known as: Stay in their sandbox and play with their toys. If you want to stay where you are, you must jump through their hoops. You may be successful. But at what cost? Do you want to continue to support an employer, or school, or community that undermines your freedom? Do you want to model that for your children?

2 Have a Plan B.

Start planning now on how you can exit the system to support and create the life you want. Give yourself permission to restart. Find a new job where your freedom and privacy are respected, or become your own boss. Withdraw your children from schools that do not respect bodily autonomy. Think creatively about ways you can take your energy and effort to solutions aligned with your heart. If your plan involves an attorney, just know that person cannot change the sandbox. Stepping out is risky. Lawsuits are risky. Wins are not guaranteed, especially under current policies, and the legal process is slow. But we cannot allow the desire for legal protection to stop us from stepping out now. We are thankful for the hundreds of lawsuits being filed in an effort to restore justice but they do not replace the need for a cultural shift that can only be fueled by individual action.



3 Do not comply.

When you hear something horrible come down from a government official or person in position of influence, decide to take the risk and choose not to comply. Pretending to comply is just as bad as complying. If your employer is complicit in tyrannical policy, call it out. In *The More Beautiful World Our Hearts Know*

is *Possible*, Charles Eisenstein points out, “By making injustice visible we give all involved the chance to do the right thing.” No one can give you the script for your unique circumstances and needs. Freedom cannot be created by following a one-size-fits-all solution. Your freedom is as unique as you are and comes from aligning with your heart even when you are afraid. It will take speaking up, using your voice and maybe even starting new.

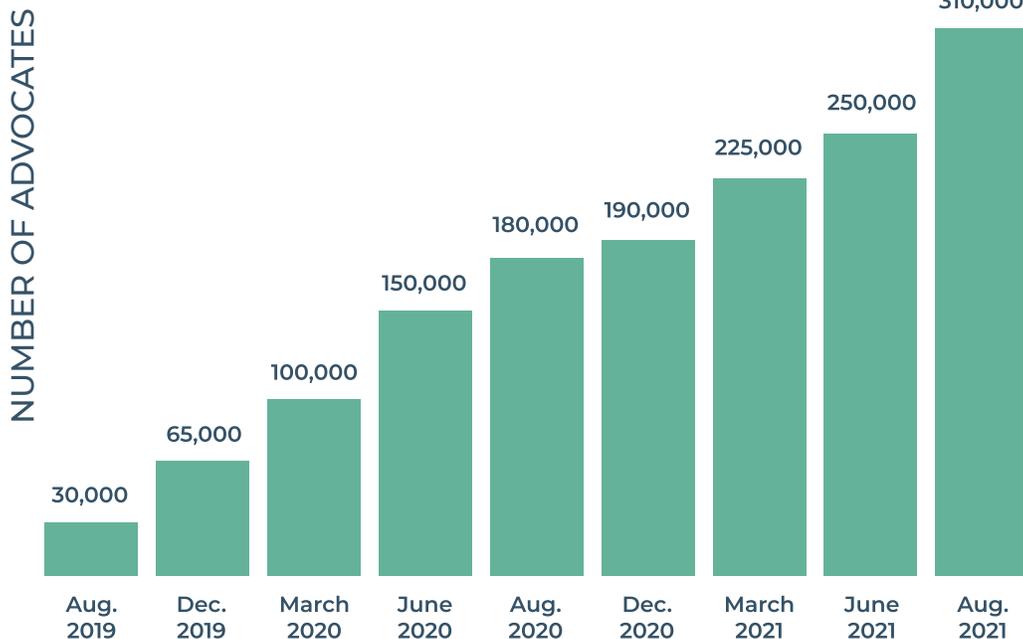
4 Get involved locally.

There is no substitute for personal connection. There is no stronger bond than people united. Talk to people in your community, your family, your colleagues, and your elected officials about freedom. Talk about the need to protect our physical bodies from corporate interests, to take personal responsibility, and to prevent the creation of a two-class society segregated by medical decisions. Make your connection even stronger by listening with an open heart to the fears and concerns of family and friends.

Bringing heads and hearts together in local and grassroots activism is the only way to stop tyranny. Divided people are easy to rule. When governments try to divide and conquer people, movements that stand strong together prevail.

You do not have to do it alone. You are part of a community of people who have taken scary steps and want to hold the hand of every single person ready to do the same, to make it a little easier, a little less scary.

Strength in Numbers



We do not need to be fearful.

We have each other and we have been here before as Americans.

In fact, non-compliance with tyranny is what defines us as Americans.

United We Stand.

STAND FOR
HEALTH FREEDOM

Ready to stand up for your constitutional rights, parental rights and informed consent rights? Come stand with us at standforhealthfreedom.com