

We'll Be Over Here.

Solutions for Health Freedom Advocates

Many of you are at a crossroads of whether to stay or go. Do you stay to preserve the pension that you earned? Do you stay in an effort to guarantee stability? Do you go because medical mandates are a dangerous precedent for your own body and for our children's freedom?

In 1776, hundreds and then thousands of women and men followed their hearts right into the chaos of war. Day after day, more patriots stood together in a revolution with no more a rallying cry than declaring they had had enough of tyranny and were ready to find out how they could create a better, more just world. Their heartsong beat through a community that turned into a country, and the lyrics were our Declaration of Independence, our Constitution, and our Bill of Rights. We find ourselves again on a battlefield for freedom. We have been here before.

In the midst of great uncertainty, many people are looking for guidance in the face of mandates. Here is a Stand for Health Freedom Template:

1. Claim your exemption. There are many resources out there for this process, but the basics in employment (which can be extrapolated to other circumstances) are: first, find out your company's Religious Exemption policy and file your exemption 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. 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. 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. It will take speaking up, using your voice and maybe even starting new.
4. Get involved locally. There is no substitute for personal connection, or any stronger bond. Talk to people in your community, your family, your colleagues and your elected officials about freedom and the need to protect our physical bodies from corporate interests, preserve personal responsibility, and prevent the emersion of a two-class society. Give them the gift of listening with an open heart to their fears and concerns to build your connection. Local and

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

Easy for us to say, huh?

No.

Every single health advocate you talk to will have a personal story of loss or difficulty that brought them to take a Stand—to take their own legs from wobbly to sturdy. There are stories of injuries and stories of mistakes and stories of being unheard and stories of starting over. Taking a stand is messy. It's uncertain. It's risky. It's scary. It's hard.

But you know what else? It's OKAY. And (counter-intuitively) it's GOOD. It's human. Uncertainty and confusion are required for creating a new reality.

And even better, 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.** The Health Freedom community will guide and Stand with you. And then you will be a part of the Story of Resilience, the Story of Freedom, the Story of Love. These are the stories of our American ancestors, and they're calling us home.

Our numbers are skyrocketing with each tyrannical squeeze by our government. Our community gives you resources for advice and inspiration on how to navigate unknown terrain, leads for new jobs, support in homeschooling, friends to hold signs at rallies, and kinship to hold space for you as you step into the person you came here to be.

When we choose to comply or fight, we strengthen the very systems we oppose. You only have to take power back if you've given it away.



Your power comes from recognizing the Big Scary Thing is required for change. Your power comes from embracing it as part of a sacred process. Uncertainty is a step to a new reality. It's Indiana Jones taking the Leap of Faith to find the Holy Grail. It's Kevin Costner building his Field of Dreams. It's our founding fathers creating a country.

We do not need to be fearful. We have been here before as Americans. In fact, non-compliance with tyranny is what defines us as Americans.

United we Stand.

TAKE ACTION

- Learn more about the importance of religious protection in America with this At-a-Glance Guide from SHF.
- Share our message of freedom with your friends and loved ones by clicking the social media links on the side of the page.
- Remind our elected officials that our health choices are protected by the Constitution and shall remain private.
 - [USA Take Action](#)—Vaccines should be Voluntary
 - [CANADA Take Action](#)—Vaccines should be Voluntary