



Is 5G Safe?

An Easy To Understand Guide

A Collective Evolution Guide

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*Note: all sources for statements made in this handbook are linked and highlighted in blue.

What Exactly is 5G?

5G stands for fifth generation wireless communication. As a result of this service, the internet and mobile services will be significantly faster. For example, downloading a high definition movie will take merely seconds, where as now it can take many minutes or hours.

5G will enable what's known as "The Internet of Things." Not only will internet and cell phone services be faster, the entire planet can become "smart." We can have smart driverless cars, smart hospitals, smart fridges, smart coffee makers, smart baby diapers and many other smart services that will emerge as a result of 5G technology - especially within the realms of Artificial Intelligence (AI).

Simply, 5G promises to allow deep communication between all things via wireless signals.

How Is 5G Different From What We Have Now?

5G networks will include a combination of a range and variety of signals. 4G "small cell" networks will be the backbone of 5G, and the new 5G antennas will be mounted on poles with current 4G antennas. New cell phones and devices will have multiple antennas that can toggle back and forth between these technologies. Several cities are already rolling out 5G in test areas, for example, Verizon and Sprint have announced "test cities" for 5G which include Sacramento, Washington DC, Atlanta, Dallas, Miami and New York. So, 5G will utilize not only the frequencies currently in use, but also higher ***millimetre wave and sub-millimetre wave*** frequencies

The difference between 5G technology compared 4G, 3G, and 2G is that it employs ***millimetre wave technology***. These are the same frequencies used by the Department of Defense in crowd dispersal gun control weapons, called Active Denial Systems. The United States, Russian and Chinese defense agencies have been active in developing weapons that utilize the same type of millimetre wave technology used by 5G.

For the rollout of 5G technology to happen, countless new antennas would need to be put up in our neighbourhoods, workplaces, schools and even in our homes. The vast amount of antennas required to employ 5G technology will make it impossible to avoid large scale exposure to the electromagnetic radiation that they emit.



Is 5G Safe?

Published peer reviewed science already indicates that the current wireless technologies of 2G, 3G and 4G that are in use today create frequency exposures which poses a serious health risk to humans, animals and the environment. 5G currently has no existing studies to indicate it is safe. Thus no one knows the true effect of long term human exposure to 5G.

That said, it's in the best interest of everybody, including those who don't believe 5G technology poses any health risks, to at least put it through appropriate safety testing to find out what its affects are before it's rolled out without the consent of humanity.

This is what is causing such a strong debate between various sides around 5G: on one hand, people are suggesting it is safe and has a great potential for the economy and the Internet of Things, while on the other hand, people are saying there is no safety testing, so how do we know it is even safe?

In the end, moving forward without safety testing also chooses to ignore the countless peer reviewed studies that already indicate serious health risks when it comes to our current wireless technology, never mind a new generation which is many, many times more powerful.

"If you are one of the millions who seek faster downloads of movies, games and virtual pornography, a solution is at hand, that is, if you do not mind volunteering your living body in a giant uncontrolled experiment on the human population. At this moment, residents of the Washington, DC region – like those of 100 Chinese cities – are about to be living within a vast experimental Millimetre wave network to which they have not consented – all courtesy of American taxpayers."

— Dr. Devra Lee Davis, founding director of the board of Environmental Studies and Toxicology of the U.S. National Research Council

Is It Possible For 5G To Harm People?

The short answer, yes.

Humans and the environment will be negatively impacted by EMF radiation from 5G antennas, the question is: to what extent?

With 2G, 3G, 4G and 5G, humans are exposed to electromagnetic radiation (EMR). Given that the prior generations of wireless technologies have existed for some time, scientists have been able to study how human and environmental health is affected by the EMRs these technologies give off.

Hundreds of scientists and thousands of peer-reviewed publications have been raising concerns about electromagnetic radiation and its effect on human biology. This is why a few years ago, more than 200 scientists petitioned the United Nations about the issue. Although these issues have not received mass media attention, they are going on, the science does exist and it's time people are told about all of the information available.

The appeal and the concerns raised were published in the European Journal of Oncology, in the form of a study titled *[“International Appeal: Scientists call for protection from non-ionizing electromagnetic field exposure.”](#)*

"We are scientists engaged in the study of biological and health effects of non-ionizing electromagnetic fields (EMF). Based upon peer-reviewed, published research, we have serious concerns regarding the ubiquitous and increasing exposure to EMF generated by electric and wireless devices. These include – but are not limited to – radiofrequency radiation (RFR) emitting devices, such as cellular and cordless phones and their base stations, Wi-Fi, broadcast antennas, smart meters, and baby monitors as well as electric devices and infra-structures used in the delivery of electricity that generate an extremely-low frequency electromagnetic field (ELF EMF)"

— Quoted from the study

The study emphasizes that *“Numerous recent scientific publications have shown that EMF affects living organisms at levels well below most international and national guidelines. Effects include increased cancer risk, cellular stress, increase in harmful free radicals, genetic damages, structural and functional changes of the reproductive system, learning and memory deficits, neurological disorders, and negative impacts on general well-being in humans. Damage goes well beyond the human race, showing evidence of harmful effects to both plant and animal life.”*

Remember, the studies mentioned above, including that which we will cover by the end of this ebook, include the same type of radiation that would emit from 5G technology, meaning what is found in these studies will apply to 5G, and could potentially be much worse with 5G.

The big question on everyone's mind might be: what exactly are the effects of wireless technologies on biological health? How do we know? Am I seeing the effects? Have they been measured in detail?

Thankfully, there is a very large body of research to support the statement that wireless technologies do have an effect on human health. However, it is true that these studies are not widely covered in major media.

Scientific publications have indicated many health risks from electromagnetic radiation. Here are just a few:

- Alteration of heart rhythm
- Cancers
- Altered gene Expression
- Cardiovascular disease
- DNA Damage
- Cognitive Impairment
- Altered Stem Cell Development
- Learning & Memory Deficits
- Neurological Damage
- Miscarriage

[\[Sources\]](#)

Dr. Martin L. Pall, PhD and Professor Emeritus of Biochemistry and Basic Medical Sciences at Washington State University. Taken from his report titled *[“5G: Great risk for EU, U.S. and International Health! Compelling Evidence for Eight Distinct Types of Great Harm Caused by Electromagnetic Field\(EMF\) Exposures and the Mechanisms that Causes Them](#) ,”* He states that: *“Putting in tens of millions of 5G antennae without a single biological test of safety has got to be about the stupidest idea anyone has had in the history of the world.”*

Peer-reviewed research from scientists all over the world is constantly emerging on this topic with every year. The results continue to show dangers with these technologies.

For example, a study published at the end of 2019 in Frontiers in Public Health, obtained via the U.S. National Library of Medicine titled *[“Risks to Health and Well-Being From Radio-Frequency Radiation Emitted by Cell Phones and Other Wireless Devices”](#)* brings up the concerns regarding 5G:

“Novel 5G technology is being rolled out in several densely populated cities, although potential chronic health or environmental impacts have not been evaluated and are not being followed. Higher frequency (shorter wavelength) radiation associated with 5G does not penetrate the body as deeply as frequencies from older technologies although its effects may be systemic. The range and magnitude of potential impacts of 5G technologies are under-researched, although important biological outcomes have been reported with millimetre wavelength exposure. These include oxidative stress and altered gene expression, effects on skin and systemic effects such as on immune function. In vivo studies reporting resonance with human sweat ducts, acceleration of bacterial and viral replication, and other endpoints indicate the potential for novel as well as more commonly recognized biological impacts from this range of frequencies, and highlight the need for research before population wide-continuous exposures.”

The study goes on to explain: *“In some countries, notably the US, scientific evidence of the potential hazards of RFR has been largely dismissed. Findings of carcinogenicity, infertility and cell damage occurring at daily exposure levels – within current limits – indicate that existing exposure standards are not sufficiently protective of public health. Evidence of carcinogenicity alone...should be sufficient enough to recognize that current exposure limits are inadequate...Public health authorities in many jurisdictions have not yet incorporated the latest science...Many cite 28-year old guidelines by the Institute of Electrical and and Electronic Engineers which claimed that “Research on the effects of chronic exposure and speculations on the biological significance of non-thermal interactions have not yet resulted in any meaningful basis for alteration of the standard.”*

A briefing paper by the European Parliament Thinking Tank titled [*“Effects of 5G wireless communication on human health”*](#) also reiterates the need for safety testing before rolling out this technology, which again, is already being rolled out.

“A further consideration is the need to bring together researchers from different disciplines, in particular medicine and physics or engineering, to conduct further research into the effects of 5G. The EU’s current provisions and exposure to wireless signals, the Council Recommendation on the limitation of exposure of the general public to electromagnetic fields (0 Hz to 300 Ghz), is now 20 years old, and thus does not take the specific technical characteristics of 5G into account.”

So while there is not yet much safety testing done on 5G, thus far we can see that there are serious concerns related to human health that we need to be considering when it comes to the effects of EMFs.

Further, there seems to be a large body of doctors, scientists and regulators suggesting we do safety testing prior to the release of 5G networks, regardless of the fact they are already being quickly rolled out by the telecom industry.

In 2019, Dr. Sharon Goldberg, an internal medicine physician, and former medical school assistant professor with more than two decades of experience gave her testimony regarding 5G at a hearing in Michigan about the Industry-sponsored 5G wireless infrastructure legislation recently passed through the Michigan House Energy Policy Committee.

She emphasized that:

"Wireless radiation has biological effects. Period. This is no longer a subject for debate when you look at PubMed and the peer-review literature. These effects are seen in all life forms; plants, animals, insects, microbes. In humans, we have clear evidence of cancer now: there is no question We have evidence of DNA damage, cardiomyopathy, which is the precursor of congestive heart failure, neuropsychiatric effects...5G is an untested application of a technology that we know is harmful; we know it from the science. In academics, this is called human subjects research." [\(source\)](#)

How The Industry Is Responding To Concerns

The industry seems to be well aware of the risks and are also aware that they may be held legally accountable for health damages as this continues to heat up. Not long ago, the former President of Microsoft, Canada, Frank Clegg, released an [insider's view](#) in the form of an educational video about the health and safety concerns of 5G and wireless technologies. Clegg outlines the most current research and data on wireless technologies, its implications and potential impacts to human health. It also makes a call for policy makers and industry to explore the achievable safer solutions that will allow us to retain all the benefits of our technology, but safely.

Clegg emphasizes that apart from the many health concerns, is the fact that our Federal Health Regulatory Agencies have not put this type of technology through any type of safety testing before imposing it on the global population, that all of the research that's come out so far shows that it's not safe at all.

Federal Health Regulatory agencies have been maintaining that this technology is safe, and that it poses no risk at all to human health. These agencies claim that the output of radiation is well within safety limits, but the studies above, and what will be listed below, point out the fact that these safety standards are decades old, and output within the safety limits that have been set by governments isn't even proven to be safe.

While mentioning the industry, it's also important to note that Internet service providers in the United States have spent more than \$1.2 billion on lobbying since 1998. 2018 was the biggest year so far with a total spend of more than \$80 million. Lobbying expenses include any money used to influence local, state, or federal legislators and regulators. According to the IRS, that includes expenses incurred to participate or intervene in any political campaign for or against a candidate for public office. Attempts to influence the public about elections, legislative matters, and referendums also count as lobbying. Again, \$1.2 billion has been spent by ISPs on lobbying since 1998 so they can have their networks put in place. [\(source\)](#)

The Industry is currently facing lawsuits. An annual report from AT&T IN 2016 states:

"We are subject to a number of lawsuits both in the United States and in foreign countries, including, at any particular time, claims relating to antitrust; patent infringement; wage and hour; personal injury; customer privacy violations; regulatory proceedings; and selling and collection practices. We also spend substantial resources complying with various government standards, which may entail related investigations and litigation. In the wireless area, we also face current and potential litigation relating to alleged adverse health effects on customers or employees who use such technologies including, for example, wireless devices. We may incur significant expenses defending such suits or government charges and may be required to pay amounts or otherwise change our operations in ways that could materially adversely affect our operations or financial results." [\(source\)](#)

A recent filing by Verizon states:

"We are subject to a significant amount of litigation, which could require us to pay significant damages or settlements...In addition, our wireless business also faces personal injury and wrongful death lawsuits relating to alleged health effects of wireless phones or radio frequency transmitters. We may incur significant expenses in defending these lawsuits. In addition, we may be required to pay significant awards or settlements." [\(source\)](#)

This has been expressed by multiple companies, almost every year. Warning investors and potential investors that this kind of thing may arise.

This indicates that the industry itself is already under attack legally from people who claim their illnesses are as a result of these unsafe technologies. Although the industry denies it, it resembles the battles people went through with Monsanto. Eventually, the courts had to rule on the side of the people who were in fact being harmed by Monsanto's products, even though they denied it all along. The science said something different, it simply wasn't being recognized. Are we going to see the same thing with wireless technologies?

What You Can Do

There are a number of things you can do to limit your exposure to EMFs.

1. You can use wired connections as much as possible in your house. If you can go without WiFi, try it out.
2. You can unplug your wifi before bed and limit your use during the day.
3. You do a quick search for protective clothing, blankets, bedding, and even EMF protective paint. These can be worn or used at your discretion.
4. Possibly the best thing you can do if you are worried about exposure is to simply boost your immune system by living an active, healthy lifestyle. Proper nutrition and exercise, along with mind-body techniques like meditation and more can go a long way.

The human body has the ability to heal itself from anything, and in today's day in age, a healthy diet and active lifestyle, we believe, can protect you from almost anything.

It's also important to mention that more and more products are coming to market to protect against EMFs more effectively. The best option would be not having networks like 5G employed.

Scientific Studies

A study published in The International Journal of Environmental Research and Public Health titled *"5G Wireless Communication and Health Effects – A Pragmatic Review Based on Available Studies Regarding 6 to 100 Ghz"* looked at 94 publications on the topic. The study points out that "The majority of studies with MMW exposures show biological responses" and that "the total number of studies is surprisingly low." It states that "the reactions occur both in vivo and in vitro and affect all biological endpoints studied."

A study published in 2018 in the Journal Environmental Research Titled *"5G Wireless Telecommunications Expansion: Public Health and Environmental Implications"* concluded that "a moratorium on the deployment of 5G is warranted" and "the addition of this added high frequency 5G radiation to an already complex mix of lower frequencies, will contribute to a negative public health outcome...from both physical and mental health perspectives." The study that controversy already continues with regards to harm from current 2G, 3G and 4G wireless technologies.

A study recently published in Early 2020 by The Institute of Electrical and Electronics Engineers (IEEE) titled *"Electromagnetic Radiation Due to Cellular, Wi-fi and Bluetooth Technologies: How Safe Are We?"* analyzed the safety of 5G and the Internet of things. It concluded that "people should be made aware that EMR from using day to day cellular. Wi-Fi and Bluetooth devices are harmful to human health."

Another recently study published in 2020 in the Journal Toxicology Letters titled *“Adverse health effects of 5G mobile networking technology under real-life conditions”* identifies a spectrum of adverse health effects of non-ionizing non-visible radiation, and point out that most laboratory experiments were not designed to identify the more severe adverse effects reflective of real-life conditions.

The researchers conclude that published reviews show that RF radiation below the FCC guidelines can result in: “carcinogenicity (brain tumors/glioma, breast cancer, acoustic neuromas, leukaemia, parotid gland tumors), genotoxicity (DNA-damage, DNA repair inhibition, chromatin structure), mutagenicity, teratogenicity, neurodegenerative diseases (Alzheimer’s Disease, Amyotrophic Lateral Sclerosis), neurobehavioral problems, autism, reproductive problems, pregnancy outcomes, excessive reactive oxygen species/oxidative stress, inflammation, apoptosis, blood-brain barrier disruption, pineal gland/melatonin production, sleep disturbance, headache, irritability, fatigue, concentration difficulties, depression, dizziness, tinnitus, burning and flushed skin, digestive disturbance, tremor, cardiac irregularities, adverse impacts on the neural circulator immune, endocrine, and skeletal systems” and “from this perspective, RF is a highly pervasive cause of disease.”

A study published in the International Journal of Hygiene and Environmental Health in 2018 titled *“ Towards 5G communication systems: Are there health implications? ”* details research findings “that millimeter waves can alter gene expression, promote cellular proliferation and synthesis of proteins linked with oxidative stress, inflammatory and metabolic processes.” The research concludes that, “available findings seem sufficient to demonstrate the existence of biomedical effects, to invoke the precautionary principle.”

A study published in Health Physics in 2018 titled *“Systematic Derivation of Safety Limits for Time-Varying 5G Radiofrequency Exposure Based on Analytical Models and Thermal Dose”* documents how significant tissue heating can be generated by 5G technology’s rapid short bursts of energy. According to the study, “The results also show that the peak-to-average ration of 1,000 tolerated by by the International Council on Non-ionizing Radiation Protection guidelines ay lead to permanent tissue damage after even short exposures, highlighting the importance of revisiting existing exposure guidelines.”

Dr. Ben-Ishai of the Department of Physics at Hebrew University and his colleagues published a study in 2018 in the journal Environmental Research titled, *“The Human Skin as a sub-THz receiver – Does 5G pose a danger to it or not?”* The study shows how human sweat ducts act like a number of helical antennas when exposed to these wavelengths that are put out by the devices that employ 5G technology. The researchers that that they are “raising a warning flag against the unrestricted use of sub-THz technologies for communication, before the possible consequences for public health are explored.”

A study published in the Journal of Chemical Neuroanatomy titled *“Microwave frequency electromagnetic fields (EMFs) produce widespread neuropsychiatric effects including depression”* emphasizes that “the mechanisms of action of microwave EMFs, the role of the VGCCs in the brain, the impact of non-thermal EMFs on the brain, extensive epidemiological studies performed over the past 50 years, and five criteria testing for causality, all collectively show that various non-thermal microwave EMF exposures produce diverse neuropsychiatric effects”

A study published in the Indian Journal of Medical Research in 2018 titled *“Effect of radiofrequency radiation on reproductive health”* by the Division of Reproductive Biology & Maternal Health, Child Health, Indian Council of Medical Research found a link between radio-frequency radiation and oxidative stress and changes to the reproductive system including sperm count, motility, normal morphology and viability. The review concludes that the “available data indicate that exposure to EMF can cause adverse health effects. It is also reported that biological effects may occur at very low levels of exposure.”

The US national Toxicology Program (NTP) Study on Cell Phone Radiation found “clear evidence” of cancer, heart damage and DNA damage in a \$30-million study designed to test the basis for federal safety limits. The heart and brain cancers found in the NTP rats are the same cell type as tumors that researchers have found to be increased in humans who have used cell phones for over 10 years. Thus, researchers concluded this animal evidence confirms the human evidence associating the exposure to cancer.

The Ramazzini Institute (RI) Study on Base Station RF was another large scale rat study that also found increases in the same heart cancers that the NTP study found—yet the Ramazzini rats were exposed to much lower levels of RF than the NTP rats. In fact, all the RI Ramazzini radiation exposures were below FCC limits, as the study was specifically designed to test the safety of RF limits for cell tower/base stations. The Ramazzini study corroborates the NTP.

“Tumor promotion by exposure to radiofrequency electromagnetic fields below exposure limits for humans” is a replication study that used very, very low RF exposures (lower than the Ramazzini and NTP study) and combined the RF with a known carcinogen. Researchers found elevated lymphoma and significantly higher numbers of tumors in the lungs and livers in the animals exposed to both RF and the carcinogen, leading researchers to state that previous research was confirmed and that “our results show that electromagnetic fields obviously enhance the growth of tumors.”

A study published in 2018 in Environmental Research titled *“Wi-Fi is an important threat to human health”* found that “repeated Wi-Fi studies show that Wi-Fi causes oxidative stress, sperm/testicular damage, neuropsychiatric effects including EEG changes, apoptosis, cellular DNA damage, endocrine changes, and calcium overload.

A study published in 2017 in Electromagnetic Biology and Medicine” titled *“Impact of radiofrequency radiation on DNA damage and antioxidants in peripheral blood lymphocytes of humans residing in the vicinity of mobile phone base stations.”* compared people living close (within 80 meters) and far (more than 300 meters away) from cellular antennas and found that the people living closer had several significant changes in their blood predictive of cancer development.

A study published in Science of the Total Environment titled “ *Mortality by neoplasia and cellular telephone base stations in the Belo Horizonte municipality, Minas Gerais state, Brazil*” is a 10 year study by the Belo Horizonte Brazil Health Department and several universities in Brazil that found an elevated relative risk of cancer mortality at residential distances of 500 meters or less from cell installations. Shortly after this study was published, the city prosecutor sued several cell phone companies and requested that almost half of the city’s antennas be removed. Many antennas were dismantled.

A study published in 2018 in the American Journal of Men’s Health titled “ *Mobile PhoneBase Station Tower Settings Adjacent to School Buildings: Impact on Students’ Cognitive Health*” found students in schools near cell towers found their higher RF exposure was associated with impacts on motor skills, memory and attention.

The studies above are a few out of many that illustrate the concern that many scientists have been raising over the past few years with regards to not just 5G technology, but all sources of unnatural electromagnetic radiation in general.

Science of Environmental Impact

A study published in the Journal Nature in 2018 titled “*Exposure To Insects to Radio-Frequency Electromagnetic Fields from 2 to 120 Ghz*” investigated how insects (including the western honeybee) absorb the higher frequencies to be used in the 4G/5G rollout. The scientific simulations demonstrated increases in absorbed power between 3% to 370% when the insects were exposed to the frequencies. Researchers concluding, “This could lead to changes in insect behaviour, physiology, and morphology over time...”

A study published in the Journal Environment International titled *“A review of the ecological effects of radiofrequency electromagnetic fields (RF-EMF)”* reviewed 113 studies finding RF-EMF had a significant effect on birds, insects, other vertebrates, other organisms and plants in 70% of the studies. Development and reproduction in birds and insects were the most strongly affected.

Multiple studies on bees have found behaviour effects, disrupted navigation, decreasing egg lay-ingrate, and reduced colony strength.

A study published in January 2020 in the Journal Nature titled *“Radio-Frequency Electromagnetic Field Exposure of Western Honey Bees”* looked at honey bees in 5 stages of the life cycle (different developmental stages): worker, a drone, a larva, and a queen. The scientists simulated exposures to RE-EMF at various frequencies from frequencies in use now with 3G and 4G to higher frequencies that will be used in 5G. They combined this information with in-situ measurements of environmental RF-EMF exposure near beehives in Belgium in order to estimate a realistic exposure of honey bees at different developmental stages. The analysis shows that a relatively small shift of 10% of environmental incident power density from frequencies below 3GHz to higher frequencies will lead to a relative increase in absorbed power of a factor higher than 3. “Assuming that 10% of the incident power density would shift to frequencies higher than 3 GHz would lead to an increase of this absorption between 390–570%.

A study published in the Journal Science of the total environment titled *“Radiofrequency radiation injures trees around mobile phone base stations”* found a high level of damage to trees from antenna radiation. The study lasted for 9 years and involved over 100 trees, it found trees sustained more damage on the side of the tree facing the antenna.

A study published by the The Institute of Electrical and Electronics Engineers titled *“Effect of Mobile Tower Radiation on Microbial Diversity in Soil and Antibiotic Resistance”* took soil samples from four different base stations located in Dausa city, and control samples from soil far from stations and then isolated and evaluated the microorganisms in the soil. The researchers found greater antibiotic resistance in microbes present in soil near base stations compared to the control. The study concludes, *“our findings suggest that mobile tower radiation can significantly alter the vital systems in microbes and turn them multidrug resistant (MDR) which is most important current threat to public health.”*

To Summarize, 5G has not be shown to be safe. Regardless of what the industry or government has said, there simply is no evidence nor testing done to show its safety. Because of this, scientists and people all over the world are asking for safety testing to be done before anything is deployed. Thus far, government and industry is not listening. This is primarily because government is not designed to represent people, it represents the corporations who fund it.

People are asking questions - important ones. Despite the science that's available, mainstream media outlets continue to share the idea that 5G implementation does not bring danger to human health. In general, we continue to ignore the concerns people are having with not only the implementation of 5G, but with unnatural sources of EMF radiation as a whole. Not only is it ignored, it is often ridiculed as well - it's often deemed a “conspiracy theory.” If it was a conspiracy theory, would there be so many scientists all over the world publishing research in various peer-reviewed journals that show cause for concern? Are these scientists conspiracy theorists? Are these top academic journals publishing conspiracy theories? It's important to ask why mainstream media is going to such lengths to discredit the idea that 5G could be harmful, and why they use ridicule to avoid the real questions. At the end of the day, transparent and independent safety testing, for everybody to see, is in the best interest of everyone, including nature.

There Is Something Special Happening



If you enjoyed the information in this ebook, please don't hesitate to share it with others.

We also have countless of other resources at www.collective-evolution.com

Collective Evolution is a conscious media and education company dedicated to shifting collective consciousness through two key avenues:

News Media – where we use current events to explore the human condition and the state of consciousness that creates these events.

There is a relationship between self and the reality we create together.

We explore how we can evolve in our thinking and way of being to solve the challenges we face. Since we deal with evidence and observation,

we do not deal in “conspiracies” although some consider controversial topics “conspiracies.” **Personal Transformation** – given that relationship

between self and reality, explore solutions, inner work, and tools necessary to build self-awareness, connection to self and others, and

step out of old paradigms that don't contribute to creating a world where humanity can thrive. One thing we feel strongly about is how spiritual or inner work truly relates to our worldly creations