

LET'S SHINE A LIGHT AROUND THE WORLD



*Whether you're feeling a tad shy 🐭,
TOTALLY fed up with the state of the world 🐼
Wary of everyone and everything 🌐
Or just nonchalantly going about your days... 🐼*

...Consider adding your unique voice to the Global Action Days for Freedom (and Sanity) from our hyper-digitalized, technologized **CRAZY, LOONY** world!!!

Suggestions for ways to join in

Organizing a public protest rally is for sure commendable, but takes weeks, or at times months to organize - and for some of us, is exhausting just to consider. But there are other options as well.

So, what are some other ideas?

Host an afternoon or evening in your home - Invite people to "leave their cell" and join others to explore whether 5G and an all-things-wirelessly-connected world is the kind of future we want. And if not, what kind of world *do* we want for ourselves, our children, all living beings, and future generations?

Consider sharing with your guests awareness-raising films - The inspiring documentary, Generation Zapped, the 2-part PBS series, Burt Wolf's Travels And Traditions Investigates Cell Phone And Wireless Radiation, or the short animated film by Sean Carney about electromagnetic hypersensitivity (EHS), Remembering Nearfield.

You could also share these **SUPERB** video talks from the EMF Medical Conference 2021, which are now being offered **free of charge** !! 😊
<https://emfconference2021.com/>

Hold a painting party - These inspiring images were created by Godeliève Richard. Bring art supplies and together create a mural, painting or WHATEVER, that embodies the thoughts and feelings you and others hold in your hearts. Upload your creation and share it with the Global 5G Protest for Freedom Facebook group or send it to us at team@safetechinternational.org to be displayed on the website.

Host a potluck gathering in the forest with song, dance, and friendship.

Write a Haiku - Here's an inspired Haiku written by Lori McCray:

*Be the instrument
Upon which the Universe
Plays most numinous*

Art or poetry not your thing, how about music or dance?

Listen to and possibly share with your guests counter-5G songs that hail from around the globe. Some are 5G protest songs while others champion different environmental causes. But they all share a similar message...a yearning to connect with the natural world and to be more present with ourselves, one another, and all living beings.

Write your own song! Here's a song Amber Yang and Kate Kheel enjoyed **creating** together to mark last year's Candlelight Vigil - Let Us Shine!

Also you'll want to listen to This is Earth, Protect It, and Elon Musk's Gone to Mars.

And for added inspiration that not only gives pause to the techno-insanity we are wreaking on Earth, in the Heavens, and in the ocean, but also brings into focus another way of being in this world, consider sharing with your guests this exquisite film by Dolphin Embassy: Intraterrestrial. A Fleeting Contact.

Tired and weary from a difficult week? Perhaps just take *one small action*. Sign and share The International Declaration on the Human Rights of Children in the Digital Age - <https://www.thechildrensdeclaration.org/>

Add your name to the many scientists, healthcare practitioners, lawyers, child advocates, and others who are all calling for four fundamental legal rights of children: to be free from addictive technologies; excessive exposure to RF/EMR; commercial exploitation from data harvesting; and inhumane artisanal mining practices. After signing, please consider posting the Declaration on social media and emailing to friends, neighbors, colleagues, and others. 🙏

The Slow Movement and Low Tech - The Slow Movement offers an antidote to the ever-pulsing, digitally-connected world, where faster, more, and the latest gadgets have insinuated themselves into our lives. The Slow Movement invites us to reconnect with one another and experience the textures and fabric of life — the seasons, relationships, community, family, home-cooked meals, gardening, downsizing, conversation, **listening**, **reclaiming time**, and **mindful living**. Gifts of life that risk becoming extinct in an all-things-connected world. **Make one change toward Slow Living**. Consider sharing your change with others.

Explore Low Tech Magazine by Kris DeDecker which has a **HOST of amazing, beautiful, obsolete technologies** that work in harmony with living systems. E.g., see The revenge of the hot water bottle. But don't stop there, there are many others to explore. Then make or reinvent your own low tech device.

Take a weekend family outing away from cyber space and re-acquaint yourselves with one another and the real world. A **Tech Sabbath** for your family. Walks in nature, slow-cooked meals prepared and shared together, memories and photographs from "back in the day". Discover your children's deepest fears and joys, what excites them and what they long for. Chronicle your weekend so it can become family lore and a memory to be cherished and perhaps tried again down the road.

And of course, a letter-writing gathering is always quite helpful - Consider a letter-writing gathering to compose and send letters to legislators, council members, environmental organizations, physicians, and *Letters to the Editors*.

The letters offered on the Safe Tech International Website are unfortunately a bit outdated. (Hopefully, we'll get to updating them soon.) But perhaps they can serve as a basis for your own, more up-to-date letters. Following are a few links to

these (somewhat outdated) letters:

Open Letter to Environmental Organizations

Open Letter to Medical Professionals - Courtesy of Physicians for Safe Technology

Letter to Legislators - Courtesy of Last Tree Laws

Letter to the Editor

Put Your Government on Notice - Sample letter by EM Radiation Research Trust

Need some time to regroup? Consider *Prayer and Meditation for a Better*

World - Create a peaceful and conducive space, either alone or in the company of others to envision and ensure a healthier and more life-affirming tomorrow. Tears may flow that help wash away our collective grief and serve as a conduit for the cry of Mother Earth. Allow each precious breath to be one of cleansing, forgiveness, renewal, and peace.

Whatever you decide to do this weekend, we invite you to do it fully, authentically, and from your heart. **ENJOY!!!!**