

**@gruwup.net : Peacebuilding and Trustbinding Ideal**  
**3260 Grande Vista, San Bernardino CA 924**  
**San Bernardino, CA 92405**  
**Tel: 909-882-8759 Fax: 909-277-7893**

# Fax

**To:** Thy Counsels Will Be Strong      **From:** #WordsToLiveBy  
**Fax:** 1-909-482-2070      **Date:** Jun 14/19 02:19 AM  
**Organization:** Thy Reprimands Avail  
**Subject:** 9 Scourges of Inequality / 12 Steps of Social Improvement

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#ConspiracyExposedTerminatesASAP

#GovernmentSponsoredHate

#HIVUntreatable

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Counsels-Will-Be-Strong = [ Name Line ] : ??

Thy-Reprimands-Avail = [ Web Presence URL ]

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[1] Via Fax (909) 335-3167 [ Inland Psychiatric ]

Doctor Mubashir Farooqi / Patient J.M. Driskill

<http://webdomains.fuckeduphuman.net/inlandpsych.com/Mubashir.Ahmad.Farooqi.Md/>

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[2] Via Fax (858) 634-6975 [ @BorregoHealth ]

<http://BorregoHealth.FuckedUpHuman.Net>

- [#CorporateSocialResponsibility/](#)
- [You-Have-Allowed-Hate-To-Win/](#)
- [Faxes/](#)

<http://borregohealth.fuckeduphuman.net/%23CorporateSocialResponsibility/You-Have-Allowed-Hate-To-Win/>

Doctor Eric Tomomi Shigeno [ HIV Care : #HIVUntreatable ]

<http://Doctor-Eric-Tomomi-Shigeno.FuckedUpHuman.Net>

\*\*\*Note To Record: Completely Ignoring The Closed/Do Not Communicate With This Office/Doctor Letter \*\*\*

[ I DARE YOU TO FILE A HARASSMENT COMPLAINT ]

<http://borregohealth.fuckeduphuman.net/Once%20Upon%20A%20Nightmare%20Glory%20-%20Haters%20Run-A-Muck%20-%20A%20True%20Story.txt>

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[3] Via Fax (303) 962-5303 [ Colorado Health Network ]

<http://ColoradoHealthNetwork.FuckedUpHuman.Net>

Case Manager: Angela Elizabeth Keady

<http://AngelaElizabethKeady.FuckedUpHuman.Net>

Hate Puppeteer: Jamie Villalobos

<http://Jamie-Villalobos.FuckedUpHuman.net>

Regional Doctor: Doctor Nancy Ellen Madinger

<http://Doctor-Nancy-Ellen-Madinger.FuckedUpHuman.Net>

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[4] Via Fax (909) 482-2070 [ Foothill Aids Project ]

<http://FoothillAidsProject.FuckedUpHuman.Net>

Mental Health Program Director:

Jennifer Anne Brehme

<http://Jennifer-Anne-Brehme.FuckedUpHuman.Net>

Case Manager:

Michael Ray Maynard

<http://Michael-Ray-Maynard.FuckedUpHuman.Net>

County Ryan White Program Admin

Bonnie Jean Flippin

<http://Bonnie-Jean-Flippin.FuckedUpHuman.Net>

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Words To Live By:

<http://Counsels-Will-Be-Strong.for.James-Martin-Driskill.Doctor-Mubashir-Farooqi.Doctor-Eric-Tomomi-Shigeno.Angela-Elizabeth-Keady.Jamie-Villalobos.Doctor-Nancy-Ellen-Madinger.Jennifer-Anne-Brehme.Michael-Ray-Maynard.community.gruwup.net/Words-To->

Live-By/

Art thou dejected?  
Is thy mind o'ercast?  
To chase thy gloom,  
Go fix some weighty truth;  
Chain down some passion; do some generous good;  
Teach Ignorance to see, or Grief to smile;  
Correct thy friend; befriend thy greatest foe;  
Be just in all things; make amends  
For follies past, and, with warm heart,  
Forgive, and be forgiven. Let work not words  
Thy virtue prove. Go act as well as prate,  
And then thy counsels will be strong,  
Thy reprimands avail. ANON

THE province of the historian is to gather the threads of the past ere they elude forever his grasp and weave them into a harmonious web to which the art preservative may give immortality. Therefore he who would rescue from fast gathering oblivion the deeds of a community and send them on to futurity in an imperishable record should deliver a plain unvarnished tale.

[ YouTube: #WordsToLiveBy [ #20 ] ]:

<http://Counsels-Will-Be-Strong.for.James-Martin-Driskill.Doctor-Mubashir-Farooqi.Doctor-Eric-Tomomi-Shigeno.Angela-Elizabeth-Keady.Jamie-Villalobos.Doctor-Nancy-Ellen-Madinger.Jennifer-Anne-Brehme.Michael-Ray-Maynard.community.gruwup.net/20/>

Continue Playlist For

#21: Excerpt Words Of Pope Francis Call To Us Nation In Front Of Congress Sept 2015

#22: How the Erosion Of Trust Leads To Murder and Mass Shootings [ Washington Post ]

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Ryan-White-Care-Act@FuckedUpHuman.Net

<http://Counsels-Will-Be-Strong.for.James-Martin-Driskill.Doctor-Mubashir-Farooqi.Doctor-Eric-Tomomi-Shigeno.Angela-Elizabeth-Keady.Jamie-Villalobos.Doctor-Nancy-Ellen-Madinger.Jennifer-Anne-Brehme.Michael-Ray-Maynard.Ryan-White-Care-Act.FuckedUpHuman.Net>

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A Forevermore Dunce [ Full Naming Admonishment Address ]

<http://Counsels-Will-Be-Strong.for.James-Martin-Driskill.Doctor-Mubashir-Farooqi.Doctor-Eric-Tomomi-Shigeno.Angela-Elizabeth-Keady.Jamie-Villalobos.Doctor-Nancy-Ellen-Madinger.Jennifer-Anne-Brehme.Michael-Ray-Maynard.aforevermoredunce.fuckeduphuman.net>

[ YouTube: A Forevermore Dunce #27 ]:

<http://Counsels-Will-Be-Strong.for.James-Martin-Driskill.Doctor-Mubashir-Farooqi.Doctor-Eric-Tomomi-Shigeno.Angela-Elizabeth-Keady.Jamie-Villalobos.Doctor-Nancy-Ellen-Madinger.Jennifer-Anne-Brehme.Michael-Ray-Maynard.community.gruwup.net/27/>

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### Persuasive Technology: #23

<http://Counsels-Will-Be-Strong.for.James-Martin-Driskill.Doctor-Mubashir-Farooqi.Doctor-Eric-Tomomi-Shigeno.Angela-Elizabeth-Keady.Jamie-Villalobos.Doctor-Nancy-Ellen-Madinger.Jennifer-Anne-Brehme.Michael-Ray-Maynard.community.gruwup.net/23/>

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### Good Friends / True Friends: Why Do You Humans Lie So Much? #24

<http://Counsels-Will-Be-Strong.for.James-Martin-Driskill.Doctor-Mubashir-Farooqi.Doctor-Eric-Tomomi-Shigeno.Angela-Elizabeth-Keady.Jamie-Villalobos.Doctor-Nancy-Ellen-Madinger.Jennifer-Anne-Brehme.Michael-Ray-Maynard.community.gruwup.net/24/>

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### Crazy World Future Words #25

<http://Counsels-Will-Be-Strong.for.James-Martin-Driskill.Doctor-Mubashir-Farooqi.Doctor-Eric-Tomomi-Shigeno.Angela-Elizabeth-Keady.Jamie-Villalobos.Doctor-Nancy-Ellen-Madinger.Jennifer-Anne-Brehme.Michael-Ray-Maynard.community.gruwup.net/25/>

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<http://Counsels-Will-Be-Strong.for.James-Martin-Driskill.Doctor-Mubashir-Farooqi.Doctor-Eric-Tomomi-Shigeno.Angela-Elizabeth-Keady.Jamie-Villalobos.Doctor-Nancy-Ellen-Madinger.Jennifer-Anne-Brehme.Michael-Ray-Maynard.inthemindway.org/>

### My Mindway:

[http://counsels-will-be-strong.for.james-martin-driskill.doctor-mubashir-farooqi.doctor-eric-tomomi-shigeno.angela-elizabeth-keady.jamie-villalobos.doctor-nancy-ellen-madinger.jennifer-anne-brehme.michael-ray-maynard.inthemindway.org/my\\_mindway.html](http://counsels-will-be-strong.for.james-martin-driskill.doctor-mubashir-farooqi.doctor-eric-tomomi-shigeno.angela-elizabeth-keady.jamie-villalobos.doctor-nancy-ellen-madinger.jennifer-anne-brehme.michael-ray-maynard.inthemindway.org/my_mindway.html)

### Some of my interests:

Spiritually minded in Wiccan beliefs, trained in shiatsu massage, music keyboards & composer, outdoors & summertime nude beaches, building meaningful friendships, technically minded in computers and programming, science and the way things work, understanding cultural diversity in the arts, search for extraterrestrial intelligence, herbs and their healing properties, Environmentalist of Earth's ecology and it's rocks, minerals, crystals, geofomations, natural resources, with seismic studies in earthquakes & volcanoes.

**I Consider Myself As:** Nice, caring, non-judgmental, honest, open-minded & open for new experiences, dedicated to the essence of life, a bit naive, respectful of others, strong-willed, never perfect but striving to improve, a seeker of good, a gay male, giving a helping hand, a data pack rat, lazy at times, loving & needing love in return, overly sensitive when hurt, annoyed by money's greedy presence and it's status & importance in our society.

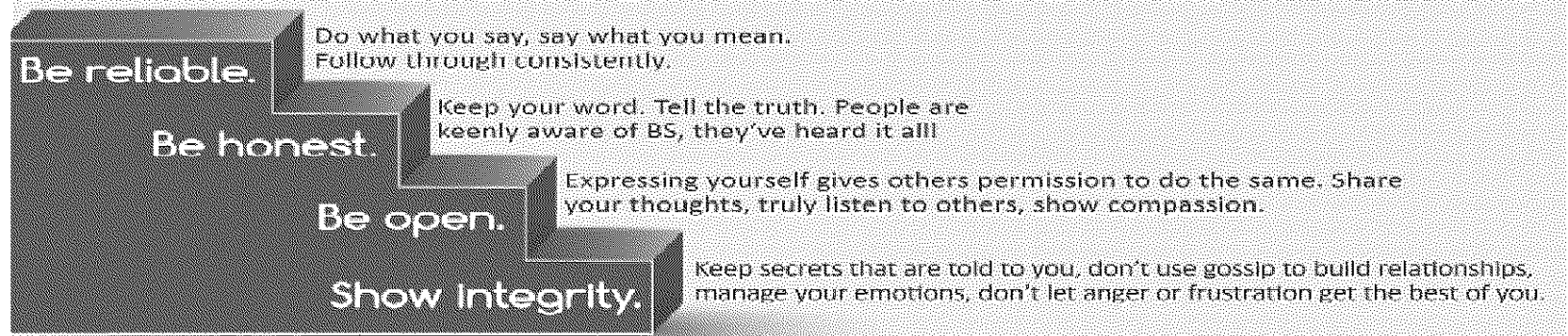
### Resume:

<http://counsels-will-be-strong.for.james-martin-driskill.doctor-mubashir-farooqi.doctor-eric-tomomi-shigeno.angela-elizabeth-keady.jamie-villalobos.doctor-nancy-ellen->

[madinger.jennifer-anne-brehme.michael-ray-maynard.inthemindway.org/resume/jmd\\_resume.html](mailto:madinger.jennifer-anne-brehme.michael-ray-maynard.inthemindway.org/resume/jmd_resume.html)

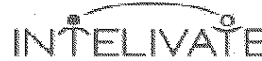
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# STEPS TO BUILDING TRUST



The 9 Scourges of Inequality and the 12 Steps of Social Improvement to Rebuild Trust In Our Communities

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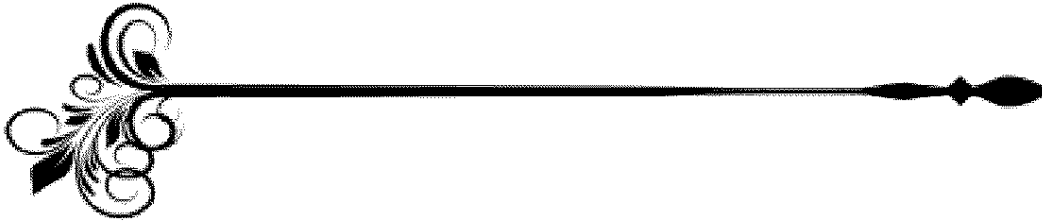
# The 9 Scourges of Inequality and the 12 Steps of Social Improvement to Rebuild Trust In Our Communities

Published on June 13, 2019 [Edit article](#) [View stats](#)



**James Driskill**  
Owner, realuphuman.net

19 articles



## **There are 9 scourges of inequality.**

- 1. The erosion level of trust between people.**
- 2. Lack of trust leads to disconnection from others and the breakdown of social bonds.**
- 3. The increase in certifiable mental illness including addictions which are a form of mental problems**
- 4. Eating disorders and obesity**
- 5. Lower life expectancy**
- 6. Homicides including mass murders, a dramatic form of murder**
- 7. Suicides**
- 8. Imprisonment rates and**
- 9. The loss of social mobility.**



## **12 Steps Of Social Improvement To Rebuild Trust In Our Communities**

**[ Adapted From 12 Step Programs Of Addiction ]**

- 1. We understand that one person alone cannot solve the chronic societal and personal problems that are making our lives very difficult to manage.**
  
- 2. We have come to believe that only a collective, which is a power greater than our individual selves, can move us and our nation forward to a healthier, more democratic place.**
  
- 3. We decided to commit time and energy, will and belief in the future to work together for change.**
  
- 4. We took a serious and thorough moral measure of ourselves, noting the ways we collude with societal forces in our own exploitation, and noting our embrace of practices and beliefs about ourselves and others that make us vulnerable to being manipulated and exploited. This is an important step. We need to be aware that we are not just victims or victimizers, we are also collaborators. We are not helpless. We can also act...-for better or for worse. What we need to do now is unite around basic principles and create programs to achieve goals for the benefit of all.**



**5. We have admitted to ourselves and out loud to others, the ways we have collaborated in our own victimization and the victimization of others.**

**6. We are working to move beyond certain dysfunctional behaviors by taking action to better our own and other's lives. Some members of our collective take support from their religious or spiritual beliefs, as a private matter. Everyone's contributions enrich our group's development and efforts to create a broad unified movement.**

**7. We ask for and are ready to give, the much-needed support that will help us unlearn collusion and internalize the new knowledge and wisdom that comes to us through our efforts, and which is so necessary for our growth. We also ask for and will give, support to help us rebound from the disappointments likely to occur among our triumphs.**

**8. We are studying to fill the gaps in US history, the better to grasp both the similar and different realities lived by the diverse peoples who have populated our nation from the very beginning. We are studying the systemic arrangements: economic, political, social and psychological; the terrains of class and color, poverty and wealth, privilege and persecution, the marvelous and shameful, the horrible and the beautiful. We do this not just to discover, learn and acquire knowledge for its own sake, but to more inform our thoughts about the**

**dignity of life, creating change and building the future.**

**9. We continue to take a moral measure of ourselves, as individuals and as a nation. When we are wrong, we admit it.**

**10. We work to promote and to demand from our government-federal state and local- fair and just domestic policies that support American's efforts to live healthy and productive lives. We also work to promote and demand humane and non-exploitative foreign policies that encourage peaceful relations between nations and the well-being of all humanity and our planet earth.**

**11. We seek- through experience, study, meditation, imagination, discussion, and listening to each other- greater understanding, knowledge, and consciousness of the human condition and all life, the better to connect with others in developing a well-functioning, life-affirming, democratic society.**

**12. Having come to realize, by taking these 12 steps, that certain structural characteristics of US society hinder American's pursuit of happiness; has also realized the ways in which some of our own actions reinforce those hindrances, we have experienced an invigorating, moral, ethical, political, and personal awakening. Feeling the changes within ourselves, we are motivated to reach out and engage sympathetically and supportively with**

**whomever we can. We ask each other here to do the same. Our collective plans hope and cultivate action. Our collective is powerful. We can and will reap a sustainable future.**

Source:

## **Mass Murder is Capitalist Misery: Economy Meets Psychology**

POSTED ON JULY 01, 2017 · BY HARRIET  
FRAAD | JULY 1, 2017

[https://www.democracyatwork.info/capitalist\\_misery\\_economy\\_meets\\_psychology](https://www.democracyatwork.info/capitalist_misery_economy_meets_psychology)



Graphic Caption:

### **STEPS TO BUILDING TRUST**

Be Reliable: Do what you say, say what you mean.  
Follow through consistently.

Be Honest: Keep your word. Tell the truth. People keenly aware of bullshit, they've heard it all!

Be Open: Expressing yourself gives others permission to do the same. Share your thoughts, truly listen to others, show compassion.

Show Integrity: Keep secrets that are told to you, don't use gossip to build relationships, manage your emotions, don't let anger or frustration get the best of you.

Source: Intelivate (Used Without Permission, Building a Better Community)