


**THE
TIME
IS NOW**



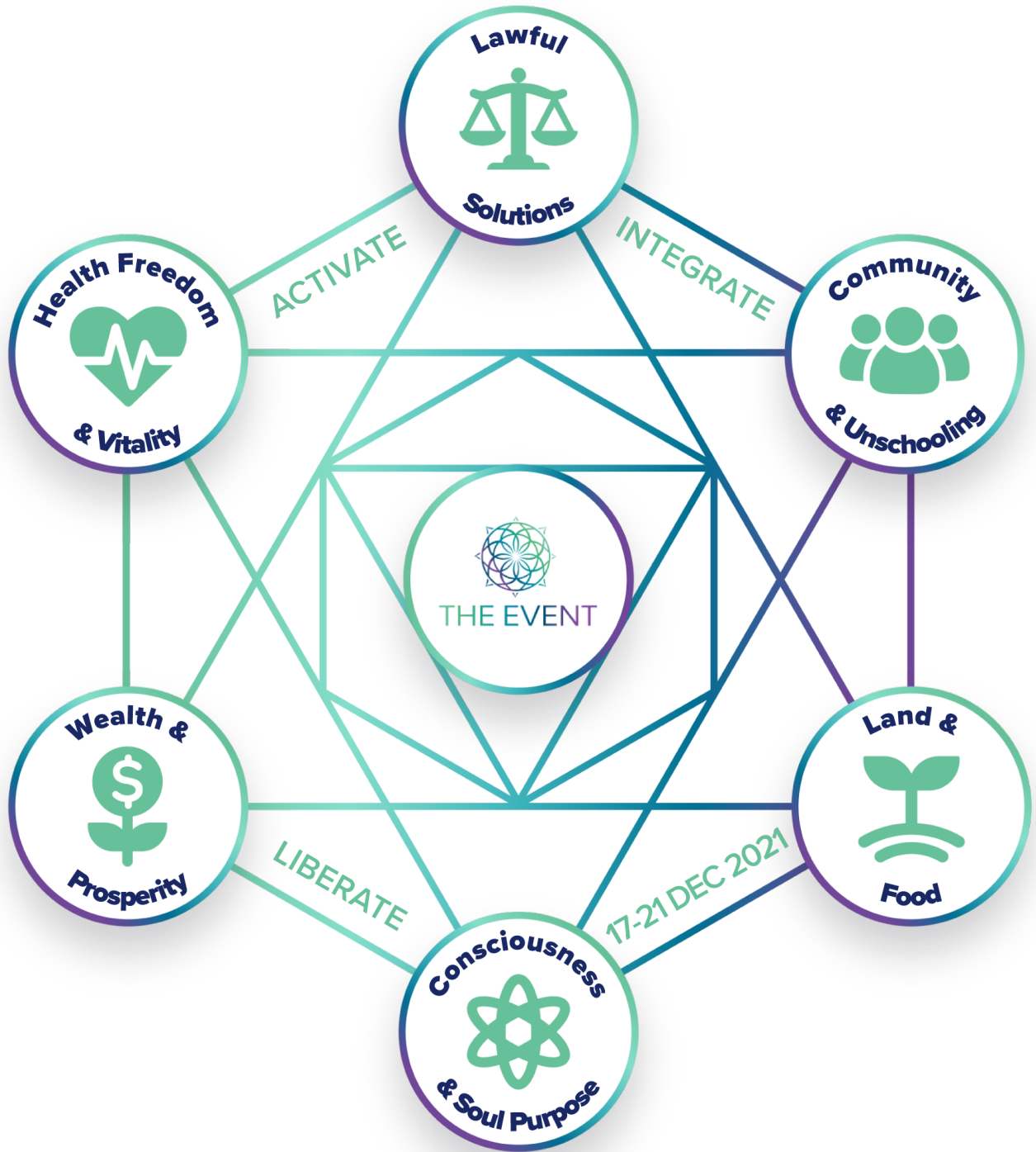
THE EVENT
DECEMBER 17-21, 2021



The Time is Now.
We are Here.
For All Mankind.

-

This PlayBook Belongs to:





INTENTIONS

How to Maximize Your Time at THE EVENT

- ***Set Your Space***

- Physical Space

- Choose a room/location you feel inspired & can focus.
- Make sure you can move & stretch.
- Grab a comfy chair, yoga mat, blankets & pillows.
- Prepare snacks & plenty of water.
- Purchase 528 Hz Tuning Fork.
- Sunshine or quick access to nature is bonus!

- Heart Space

- Come with curiosity & an open mind.
- Set intentions for what you want to experience.
- Look for the good in all the shares--lean into the triggers.

- ***Come Ready!***

- Rise & Shine! Make sure and join us each day for special morning sessions--movement, breath, opening ceremonies.
- Print this PlayBook & keep your pens/highlighters handy.
- Take notes!!
 - You'll likely feel like you are drinking from a firehose.
 - We have a lot of ground to cover in 5 days.
 - Write notes & reminders as you go.

- ***Goal Cards***

- Tara Pilling has created a Goal Card for you to print.
- Jot down Activations as you go.
- Turn them into Action Steps & Goals--**Don't watch. PLAY ALONG!**

MY GOAL

I'm so happy and grateful now that ...



THE EVENT
FOR ALL MANKIND

<https://2021.theevent.global>



THE EVENT
FOR ALL MANKIND



The #1 Reason I am Here...

The #1 Area of My Life I Will Heal/Grow...

Anchoring Intentions / Goals / Affirmations for The Event...

The People I Plan to Share This Information With...

INTENTIONS



WE ARE HERE - Proximity is POWER

- **LIVE CONNECT**

- GLIMPSE

- Utilize our state-of-the-art software to make new friends & connections around the world!
- We'll host special interactive activities for you to pair up with another attendee--you just never know who you will meet!
- Trade telegram/social contact to stay connected.
- We'll also have a LIVE CONNECT page you can access throughout the event. Take advantage of opportunity to support and strategize with one another!

- **Accountability Buddy**

- Invite a friend, special someone or mastermind group.
- Our vision is to provide solutions YOU can action in your life, your home, and your community. Set yourself up for success to INTEGRATE the things you learn by inviting your friends and fam to join in THE EVENT with you!
- Upgrade and join the LUMINARY MASTERMIND. We will be taking you into 2022 with added fuel for your fire! If you're looking for connection, community, accountability & assistance in achieving your health/life goals--you won't want to miss this!



DAY ONE

- 8 AM Opening Ceremony
- 9 AM Finding Your Deepest WHY: A Transformational Process
- 10 AM Unmasking The Truth To Model Health
- 11:15 AM Power Hour I: It's Our Time
- 12:15 PM The Conscious Music Movement
- 1:30 PM Law For Mankind: An Exclusive Introduction
- 2:45 PM Creative Alchemy
- 3:15 PM. Don't Believe In The "Scariants"
- 4:15 PM. Healthy Land, Healthy People
- 5:15 PM Reframing The Allopathic Paradigm
- 6:15 PM Featured Film: Beliefs and Stories



DAY TWO

- 7 AM Activated Breathwork
- 8 AM Mastering Your Mindset Against Disease
- 9 AM The Time is Now For.A Consciousness Revolution
- 10 AM **POWER HOUR - CONNECTION & COMMUNITY**
- 11 AM *HFFH Symposium* - ALI ZECK
- 11:30 AM *HFFH Symposium* - DR. LEE MERRITT
- 12 PM What's Up Doc? - Q&A Panel
- 1 PM The New Internet, For The People By The People
- 2 PM. The Mindset for Creating Prosperity
- 3 PM. EMF Solutions For Your health and Privacy
- 4 PM Rise of the Embodied Masculine & Activated Feminine
- 5:15 PM Galvanizing a Worldwide Movement
- 6:30 PM Niurka Healing Blessing
- 7:15 PM. Short Film - We Decided to Become Farmers

****TIMES LISTED IN PST TIME ZONE****



DAY THREE

- 7 AM Breathing to a New Understanding
- 8 AM Prosperity & Light
- 9 AM Freedom Cells, Community, & Homesteading
- 10 AM Energy for Success
- 11:15 AM **LIVE CONNECT**
- 11:30 AM Christ Consciousness & The Law of One
- 1 PM Embodying Sovereignty and Living Your Truth
- 2 PM Practical Law for Health Freedom
- 3 PM Intention, Healing & Lawful Solutions
- 4 PM The Resiliency of The Human Spirit
- 5 PM Esoteric Principles for Healing Humanity
- 5 PM. TBA
- 7 PM Featured Film - TERRAIN (PART 1)



DAY FOUR

- 7 AM Doing the Shadow Work
- 8 AM Overcoming Self-Sabotage Programming
- 9 AM Owning Your Mind
- 10 AM **POWER HOUR - HFFH Chapter Leads**
- 11 AM The Information Dozen
- 12:30 PM Going Back to Natural Health
- 1:30 PM Permaculture & Food Forest Abundance
- 2:30 PM The Post Germ Theory Paradigm Shift
- 4 PM. Making Natural Home Birth En Vogue Again
- 5 PM. Heal in the Home
- 6 PM. Featured Film - AWAKE IN THE DARKNESS

****TIMES LISTED IN PST TIME ZONE****



DAY FIVE

- 7 AM The Hopi Prophecy Fulfilled
- 8 AM The Power of Consciousness in Health
- 9 AM Community Food Sovereignty Through Nitrogen Packing Parties
- 10 AM Awakened Law
- 11:15 AM **POWER HOUR - The Event DreamTeam**
- 10:30 AM Healing the Inner Child
- 11:30 AM Dispelling Medical Myths
- 12:30 PM Unschooling and New Consciousness
- 2 PM Awaken the Divine Masculine: The Christ Path
- 3 PM The Permaculture Paradigm Shift
- 4 PM The Power of Local Activism
- 5 PM. Potentiate Your DNA - WORKSHOP
- 6 PM **CLOSING CEREMONY**
- 7 PM Film Premiere - Dr. Ben Tapper's THE TIME IS NOW

****TIMES LISTED IN PST TIME ZONE****



THAT'S A WRAP!

THANK YOU FOR YOUR TIME!

Stay connected & go deeper in the Premiere Access/Luminary Mastermind!

We Are ACTIVATED!

NOW, We INTEGRATE!

Together We LIBERATE!

OPENING CEREMONY



Josh del Sol
Joshua Lemmens
Tara Pilling

Dr. Devin Vrana
Mike Winner
Alec Zeck



ACTIVATE - INTEGRATE - LIBERATE

FRIDAY, DECEMBER 17, 2021



Tara Pilling
9am PST / 12pm EST
Finding Your Deepest
WHY: A Transformational
Process



THE EVENT
theevent.global

THE TIME IS NOW. WE ARE HERE. FOR ALL MANKIND.

<https://www.diamondmindconsulting.ca/>

FRIDAY, DECEMBER 17, 2021



Shawn Stevenson
10am PST / 1pm EST
Unmasking The Truth To
Model Health



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<https://themodelhealthshow.com/>

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THE EVENT
POWER HOUR
LIVESTREAM LUNCH
ACTIVATION. INTEGRATION. LIBERATION.

Day 1

Special Guests:
Krystal Tini
Plantbased Ben
Rodney Lavoie

Host: Dr. Devin

Friday, December 17th
1:30 PM EST



Instagram:

[@plantbasedben](#) [@krystaltini](#)
[@rodneylavoie](#) [@drdevinvrana](#)



The Conscious Music Movement
HiRez The Rapper, Jimmy Levy, & Zubey

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FRIDAY, DECEMBER 17, 2021



Greg Paul
1:30pm PST / 4:30pm EST
Law For Mandrind:
Module 1




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<https://thesovereignsway.com/>

FRIDAY, DECEMBER 17, 2021



Emma Zeck
2:45pm PST / 5:45pm EST
Creative Alchemy



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https://linktr.ee/emmazeck_

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<p>FRIDAY, DECEMBER 17, 2021</p>  <p>Holistic Hilda 3:15pm PST / 6:15pm EST Don't Believe in the "Scariants"</p>  <p>THE EVENT theevent.global</p> <p>THE TIME IS NOW. WE ARE HERE. FOR ALL MANKIND.</p>	<p>FRIDAY, DECEMBER 17, 2021</p>  <p>Sally Fallon-Morell 3:15pm PST / 6:15pm EST Don't Believe in the "Scariants"</p>  <p>THE EVENT theevent.global</p> <p>THE TIME IS NOW. WE ARE HERE. FOR ALL MANKIND.</p>
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<https://www.westonaprice.org/>

<https://zachbushmd.com/>

<https://www.polyfacefarms.com/>

<p>FRIDAY, DECEMBER 17, 2021</p>  <p>Zach Bush MD 4:15pm PST / 7:15pm EST Healthy Land, Healthy People with Joel Salatin</p>  <p>THE EVENT theevent.global</p> <p>THE TIME IS NOW. WE ARE HERE. FOR ALL MANKIND.</p>	<p>FRIDAY, DECEMBER 17, 2021</p>  <p>Joel Salatin 4:15pm PST / 7:15pm EST Healthy Land, Healthy People with Zach Bush MD</p>  <p>THE EVENT theevent.global</p> <p>THE TIME IS NOW. WE ARE HERE. FOR ALL MANKIND.</p>
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FRIDAY, DECEMBER 17, 2021

Larry Palevsky MD

5:15pm PST / 8:15pm EST

Reframing the
Allopathic Paradigm

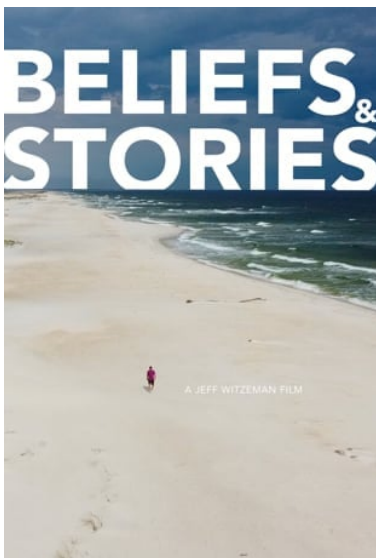


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www.drpalevsky.com



<https://beliefsandstories.com/>

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SATURDAY, DECEMBER 18, 2021



Andrew Genovese
7am PST / 10am EST
Activated Breathwork



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<https://www.andrewgenovesehealing.com/>

SATURDAY, DECEMBER 18, 2021



Dr. Melissa Sell
8am PST / 11am EST
Mastering Your Mindset
Against Disease



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<https://www.drmelissasell.com/>

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SATURDAY, DECEMBER 18, 2021



David Icke
9am PST / 12pm EST
The Time Is Now For A
Consciousness
Revolution
with Gareth Icke



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<https://davidicke.com/>



THE EVENT
POWER HOUR
LIVESTREAM LUNCH
ACTIVATION. INTEGRATION. LIBERATION.

Day 2

Special Guests:
Brandon Bozarth
Jason Shurka
Gil Yedidia

Host: Alec Zeck

Saturday, December 18th
1:00 PM EST



<https://www.brandonbozarth.com/>

<https://www.peopleofthereal.com/>

<https://unifyd.com/>

<https://healthfreedomforhumanity.org/>

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SATURDAY, DECEMBER 18, 2021



Ali Zeck

11am PST / 2pm EST

HFFH Symposium Talk



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<https://t.me/AliZeck>

SATURDAY, DECEMBER 18, 2021



Dr. Lee Merritt

11:30am PST / 2:30pm EST

HFFH Symposium Talk



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<https://drleemerritt.com/>

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What's Up Doc?

hosted by Dr. Devin

Dr. Brad Campbell

Dr. Jess Peatross

Dr. Jo Yi

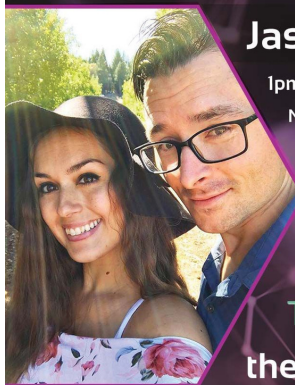
<https://www.healthassurancemovement.org/> - <https://drjessmd.com/> - <https://www.drjosephyi.com/>

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<https://crowetic.com/>

<https://www.alfavedic.com/>

SATURDAY, DECEMBER 18, 2021



Jason Crowe

1pm PST / 4pm EST

New Internet, For The
People By The People
with *Mike Winner*



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SATURDAY, DECEMBER 18, 2021



Mike Winner

1pm PST / 4pm EST

New Internet, For The
People By The People
with *Jason Crowe*



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SATURDAY, DECEMBER 18, 2021



Doug Dane
2pm PST / 5pm EST
Creating Prosperity



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<https://www.dougdane.com/>

SATURDAY, DECEMBER 18, 2021



Brian Hoyer
3pm PST / 6pm EST
EMF Solutions For Your
Health And Privacy



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<https://shieldedhealing.com/>

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SATURDAY, DECEMBER 18, 2021

Aubert Bastiat
4pm PST / 7pm EST
Rise of the Embodied
Masculine & Activated
Feminine
with Davana May

Davana May
4pm PST / 7pm EST
Rise of the Embodied
Masculine & Activated
Feminine
with Aubert Bastiat

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<https://kripalu.org/>

SATURDAY, DECEMBER 18, 2021

Robert F. Kennedy Jr
5:15pm PST / 8:15pm EST
Galvanizing a Worldwide
Movement

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<https://childrenshealthdefense.org/>

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SATURDAY, DECEMBER 18, 2021



Niurka
6:30pm PST / 9:30pm EST
Yin Healing Journey



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<https://www.niurkainc.com/>

SATURDAY, DECEMBER 18, 2021



Rob Herring
7:15pm PST / 10:15pm EST
Short Film:
We Decided to Become
Farmers



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<https://www.therobherring.com/>

ACTIVATE - INTEGRATE - LIBERATE

SUNDAY, DECEMBER 19, 2021



Dr. Edith Ubuntu Chan

7am PST / 10am EST

Waking To A New Understanding



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theevent.global

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<https://www.dantianwellness.com/>

SUNDAY, DECEMBER 19, 2021



Matt Maruca

8am PST / 11am EST

Prosperity & Light



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<https://raoptics.com/>


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<p>SUNDAY, DECEMBER 19, 2021</p>  <p>John Bush 9am PST / 12pm EST Freedom Cells, Community, and Homesteading with <i>Derrick Broze</i></p>  <p>THE EVENT theevent.global</p> <p>THE TIME IS NOW. WE ARE HERE. FOR ALL MANKIND.</p>	<p>SUNDAY, DECEMBER 19, 2021</p>  <p>Derrick Broze 9am PST / 12pm EST Freedom Cells, Community, and Homesteading with <i>John Bush</i></p>  <p>THE EVENT theevent.global</p> <p>THE TIME IS NOW. WE ARE HERE. FOR ALL MANKIND.</p>
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<https://www.derrickbroze.com/>

<https://livefree.academy/>

SUNDAY, DECEMBER 19, 2021



Dr. Barry Morguelan
10am PST / 1pm EST
Energy For Success



THE EVENT
theevent.global

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<https://energyforsuccess.com/>

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THE EVENT
POWER HOUR
LIVESTREAM LUNCH
ACTIVATION. INTEGRATION. LIBERATION.

Day 3

Special Guest:
Dr. Barry Morguelan
Energy Activation

Hosts:
Tara Pilling & Dr. Devin

Sunday, December 19th
1:30 PM EST



SUNDAY, DECEMBER 19, 2021



Aaron Abke

11:30am PST / 2:30pm EST
Christ Consciousness &
The Law Of One
with Josh del Sol & Alec Zeck



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<https://www.aaronabke.com/>

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<https://www.laurajanebolton.com/>



Practical Law for Health Freedom

Mandy Jacob

<https://www.watchmen33.org/>

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SUNDAY, DECEMBER 19, 2021



Tom Barnett
3pm PST / 6pm EST
Intention, Healing, &
Lawful Solutions



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SUNDAY, DECEMBER 19, 2021



Sayer Ji
4pm PST / 7pm EST
The Resiliency Of The
Human Spirit



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<https://www.greenmedinfo.com/>

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SUNDAY, DECEMBER 19, 2021



Henna Maria
5pm PST / 8pm EST
Esoteric Principles For
Healing Humanity



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<https://hennamaria.community/>



THE EVENT

COMMUNITY
SCREENING
WITH LIVE CHAT

Sunday, December 19
@ 7pm PT / 10pm ET
Approx running time: 60 mins



theevent.global

<https://terrainthefilm.com/>

ACTIVATE - INTEGRATE - LIBERATE

MONDAY, DECEMBER 20, 2021



Devin Vrana DC
7am PST / 10am EST
Doing The Shadow Work



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www.devinvrana.com

MONDAY, DECEMBER 20, 2021



Jason Christoff
8am PST / 11am EST
Overcoming Self-Sabotage
Programming



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MONDAY, DECEMBER 20, 2021



Kelly Brogan MD
9am PST /12pm EST
Owning Your Mind



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<https://www.kellybroganmd.com/>



THE EVENT
POWER HOUR
LIVESTREAM LUNCH
ACTIVATION. INTEGRATION. LIBERATION.

Day 4

Special Guests:
HFFH
Grassroots Leaders
Katie D'Errico, Aspen Garrett, Naomi Boas

Monday, December 20th
1:00 PM EST

<https://healthfreedomforhumanity.org/>

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The INFORMATION Dozen

Charlene & Ty Bollinger - Erin Elizabeth - Kevin Jenkins - Dr. Christiane Northrup - Dr. Ben Tapper

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<https://theenergyblueprint.com>

<https://www.modernholistichealth.com>

MONDAY, DECEMBER 20, 2021



Ari Whitten
12:30pm PST / 3:30pm EST
The Future of Medicine
with *Elena Villanueva DC*



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MONDAY, DECEMBER 20, 2021



Elena Villanueva DC
12:30pm PST / 3:30pm EST
The Future of Medicine
with *Ari Whitten*



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MONDAY, DECEMBER 20, 2021



Jim Gale
1:30pm PST / 4:30pm EST
Permaculture & Food
Forrest Abundance



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<https://foodforestabundance.com>

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<https://fourfoldhealing.com/>
<https://andrewkaufmanmd.com/>

<p>MONDAY, DECEMBER 20, 2021</p>  <p>Tom Cowan MD 2:30pm PST / 5:30pm EST The Post Germ Therapy Paradigm Shift with <i>Andrew Kaufman MD</i></p>  <p>THE EVENT theevent.global</p> <p>THE TIME IS NOW. WE ARE HERE. FOR ALL MANKIND.</p>	<p>MONDAY, DECEMBER 20, 2021</p>  <p>Andrew Kaufman MD 2:30pm PST / 5:30pm EST The Post Germ Therapy Paradigm Shift with <i>Tom Cowan MD</i></p>  <p>THE EVENT theevent.global</p> <p>THE TIME IS NOW. WE ARE HERE. FOR ALL MANKIND.</p>
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MONDAY, DECEMBER 20, 2021



Eyla Cuenca
4pm PST / 7pm EST
Making Natural Birth En
Vogue Again



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<https://www.eylacuenca.com/>

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MONDAY, DECEMBER 20, 2021

Tay & Frankie


5pm PST / 8pm EST
Heal In The Home





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www.instagram.com/tays_way_

 **THE EVENT**
COMMUNITY SCREENING
WITH LIVE CHAT

Monday, December 20 @ 6pm PT / 9pm ET

 DIRECTED BY AUBREY MARCUS
AWAKE IN THE DARKNESS



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www.aubreymarcus.com

ACTIVATE - INTEGRATE - LIBERATE

TUESDAY, DECEMBER 21, 2021



Dr. Brett Jones

7am PST / 10am EST
The Hopi Prophecy
Fulfilled



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<https://www.sourcechirocucson.com/>

TUESDAY, DECEMBER 21, 2021



Dr. Barre Lando

8am PST / 11am EST
Power Of Consciousness
In Health



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<https://www.alfavedic.com/>

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TUESDAY, DECEMBER 21, 2021



Polla Pratt
8:45am PST / 11:45am EST
Community Food
Sovereignty Through
Nitrogen Packing
Parties



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<https://www.my-self-healing.com/>

TUESDAY, DECEMBER 21, 2021



Robert Michael
9am PST / 12pm EST
Awakened Law



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<https://www.houseofmarkus.org/>

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THE EVENT

**POWER HOUR
LIVESTREAM LUNCH**
ACTIVATION. INTEGRATION. LIBERATION.

Day 5

THE EVENT DREAMTEAM
Josh del Sol, Tara Pillings,
Mike Winner, Alec Zeck,
Dr. Devin Vrana

Winter Solstice

**Tuesday, December 21st
1:00 PM EST**



TUESDAY, DECEMBER 21, 2021



Xavier Dagba

10:30am PST / 1:30pm EST
Healing The Inner Child



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<https://www.xavierdagba.com/>

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TUESDAY, DECEMBER 21, 2021



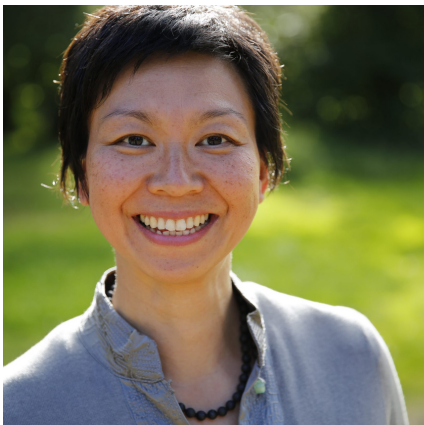
Nathan Crane
11:30am PST / 2:30pm EST
Dispelling Medical Myths



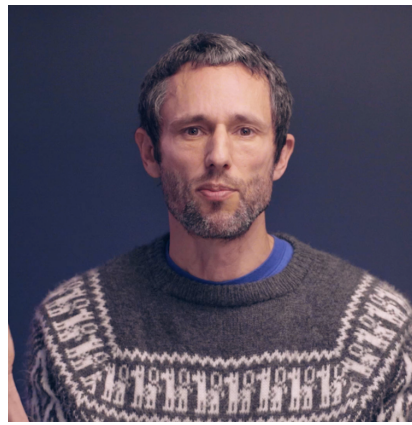
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<https://nathancrane.com/>



<https://www.dantianwellness.com>



<https://charleseisenstein.org/>



<https://linktr.ee/DavidJamesRodriguez>

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<https://linktr.ee/mollieengelhart>

<https://cropswap.com/>

TUESDAY, DECEMBER 21, 2021



Mollie Engelhart
3pm PST / 6pm EST
The Permaculture
Paradigm Shift
with Rob Reiner, Mike Winner,
& Alec Zeck



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TUESDAY, DECEMBER 21, 2021



Rob Reiner
3pm PST / 6pm EST
The Permaculture
Paradigm Shift
with Mollie Engelhart, Mike
Winner, & Alec Zeck



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TUESDAY, DECEMBER 21, 2021



Stanton Hom
4pm PST / 7pm EST
The Power of Local
Activism

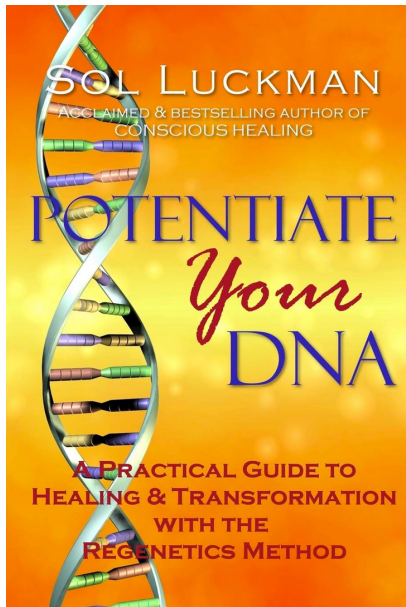


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<https://www.futuregenerationsssd.com/>

POTENTIATE YOUR DNA WORKSHOP



The frequency of 528 Hz is believed to be so powerful that it can help repair DNA damage, bring peace and harmony, and restore equilibrium to everything around it. Sending you all healing and harmony.

CLOSING CEREMONY



Never doubt that a small group of caring, thoughtful, committed men and women can change the world; indeed, it's the only thing that ever has.

Who are we?

The dream team, a small group of men and women who came together to serve humanity.

And, how we came together has really been nothing short of a miracle.

Expect Miracles!!

When there is a deeper desire, a vision and dream to serve one's life and humanity for the good, miracles are everywhere.

The Event has been a project of love and service for all mankind.

A safe community platform to bring together wo/man who are seeking solutions and guidance, an educational platform featuring world renowned teachers and leaders to share their knowledge in 6 foundational pillars--

Food & Land, Health & Vitality, Creativity & Soul Purpose, Wealth & Prosperity, Community & Service, Spirituality & Consciousness.

A communal activation and collaboration of forward thinking woman and man from around the planet to serve humanity for a greater good.

An activation portal to activate new way of living and being that is in alignment with ones true purpose and soul being.

This new story starts with a return to the power within (sovereignty), and bridges with real community (relationship);

it includes setting a boundary of love (our own law, common to i); and is held in alignment with our common Source.

The time is now. For all mankind. We are here.



theevent.global

THE TIME IS NOW



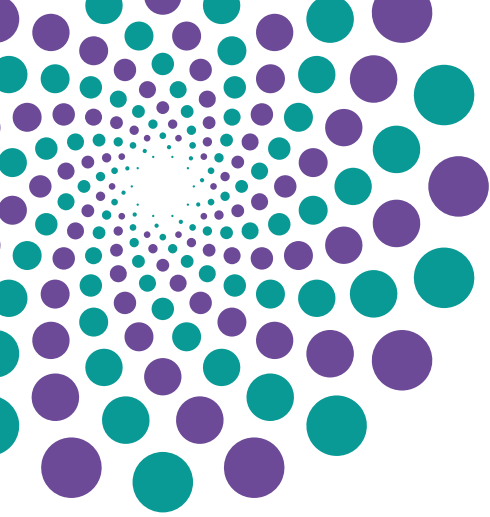
<https://thetimeisnow.movie/>

Your donations are appreciated!

THE EVENT SWAG



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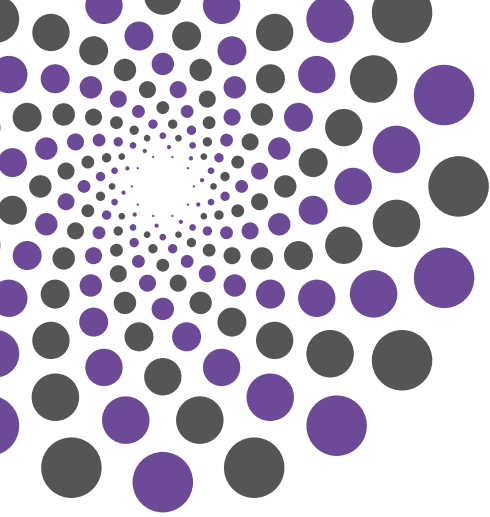


THE ART OF
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RA OPTICS.





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TAKE BACK YOUR
POWER



THE BIG IDEA



OUR MISSION IS TO UPHOLD
HUMANITY'S RIGHT OF HEALTH
FREEDOM



H F F H

HEALTH FREEDOM FOR HUMANITY



SCAN ME

We come from every religion, political affiliation, socioeconomic background, and philosophy on personal health. We believe that making one's own health decisions, without coercion or force, is an inalienable right and increasingly under threat.

We welcome you to stand with us to protect and advance this right against all past, current, and future infringements, via education, personal empowerment, community support, and unity in action.

FIND US & JOIN US

Podcast
Education
Empowerment
Community

INSTAGRAM
FACEBOOK
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EMAIL US

info@healthfreedomforhumanity.org
www.healthfreedomforhumanity.org

We are Health Freedom for Humanity. Join us.



VISION FORWARD

Solomon said, 'Without a vision the people will perish.'

This knowledge from The Event provides a new vision that allows us to see that the Universe (God) has a plan and that we are co-creators in this plan. Instead of seeing ourselves victims of our surroundings and circumstances, we can be empowered and know that we have everything we need within us to live the greatest life and live on a planet where there is peace, joy, love and prosperity for all wo/man. Without this vision, we are left to wander in the dark down a path that ultimately leads to more pain and destruction.

We have a choice.

The time is now. We are here.

You are not alone. This community is here for you.

Moving from the event...

The mother of all learning is repetition! We want to encourage you to watch the replay, write lots of notes and connect with someone or a group of people from the event to create accountability and support you as you move forward.

We want to say THANK YOU to everyone who joined us for THE EVENT!

If you haven't already, consider joining the **Premium Membership** (which includes lifetime access of the entire event, the HFFH Symposium, The Big Idea 2021 Movie, & many other amazing gifts!!

Or, if you really want to take your experience to the next level, we want to formally invite you to join our DreamTeam and awake, activated people from around the world in our **Luminary Package & 6-week Mastermind**. The Luminary Package will deliver weekly recorded session with The Event Founders (Josh Del Sol, Alec Zeck, Mike Winner, Dr. Devin Vrana and Tara Pilling and special guests). This will give you an opportunity to dive deeper into the material, create clarity and focus on the actions you need to take moving forward. This will provide connection, accountability, & a special celebration space.

To sign up or check out details
<https://bit.ly/theeventupgrades>

Remember, Rome wasn't built in a day.

Everyday, ask yourself, 'How can I do 1% better than I did yesterday.'

Take great care of yourself, compassion is key and know that you are not alone in this.

Thank you for joining us on this journey.

With love and gratitude, Merry Christmas and Happy New Year!



NOTES



REFLECTIONS



5 PEOPLE TO SHARE WITH



2022 VISION



THE DREAMTEAM

IF WE CAN SUPPORT YOU IN ANY WAY,
WE INVITE YOU TO CONNECT!



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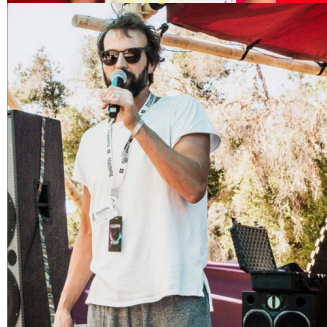
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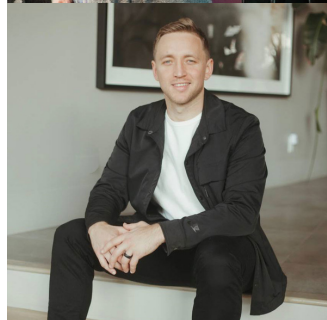
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