



Manifesto of our Victory for Democracy

**Celebrating
the Messy
Start to
Evolve our
Democracy**

**Maria Mar
2024**



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Presidential Election 2024

Maria Mar

This Manifesto is the written version of my video script, which you can watch in my [Artchemistry Atelier](https://www.youtube.com/@artchemistryatelier) YT channel. There may be parts of this script that were omitted in the video to edit for time. Some others may be expressed visually.

Feel free to share this Manifesto with friends!

Sneak Preview

TALKING HEAD

If you stood up for democracy in this election of 2024, I invite you to join me in celebrating our unspoken victory.

I know that we are grieving and battered by so many feelings: exhaustion, sadness, anger and disappointment to name a few. And I know that we are scared and want to jump into action or reaction immediately.

But now that we know that our work for democracy is going to take more time than we thought; we need to pause in order to take inventory of our gains. Yes, I said gains, as in victories.

As a transformation artist who has worked with numerous women in three continents, I've noticed that most of us have no problem seeing our losses. On the contrary, we judge and badger ourselves for any tiny mistake or failure.

I have also learned that great goals take time and long-time goals need us to celebrate each little victory and appreciate what we

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gain at each step. That is how we build the resilience, strength, consistency and recalibration that lead to final victory.

To start with, I want to thank you.

Take a deep breath. Open your heart and your hands, palm up on your lap and receive my gratitude.

**Thank you for working with me
and thousands of others to save our democracy.**

I am inspired, uplifted and honored to be part of this massive movement of citizens for democracy that has risen during this election. This movement of engaged citizens gathered millions of Americans throughout the nation, including people with independent, democratic and even republican affiliations—to stand together in unity, putting democracy and country over affiliation, personal interests and even identity.

Less than six months ago we came together to ask our country to vote for Kamala and Walz, but it was not just a vote for democratic candidates. It was a vote for democracy. Kamala and Tim were the alternative to fascism and autocracy that was available to us at the time.

This team brought hope, joy, unity and decency back into the political conversation, to heal the toxic hatred that was tearing our nation apart.

Unfortunately, what was truly at stake in this election—democracy itself—got lost in the debate of immediate and troubling issues such as economy, racism and sexism, the desperation of the working class and the ignorance fed by the media.

All of these are important and legitimate issues. They are deeply connected to our democracy. But the *reactions* to the issues got

entangled with party politics and some of us—about half of us—were not able to disentangle them.

I want you to take a deep inhale and release the air in a slow exhale. (*Arrow breath*)¹ I invite you to open your mind to consider that the consequences of that vote which we are now beginning to suffer may be a tough but necessary path for the healing of our democracy.

I have seen it again and again. We are trying to manifest something. And then BUM! we get slam with what seems the opposite of what we want, what we worked for. It is frustrating, to say the least. Why is the universe getting on our way?

Then at some point we realize that what we saw as an obstacle is really the bridge to get us where we need to be in order to get where we want to go. Know what I mean? (*Wink*)

There was a gap between where we were at the moment and where we wanted to be, and we could not breach that gap by ourselves. The obstacle was the experience we needed to move to a place from which we could breach the gap.

Let's say that we want to double our income. But emotionally, we can't believe that possible because no one in our family has ever earn more than what we are earning. Our goal is challenging our learned limits above what our subconscious can handle.

Suddenly our boss tells us that there is a downsizing. We can either take a cut in salary or resign. This brings up all our fears and *Shadows*.

But in spite of this, we stick with the path that—while seeming to lead to less money, is congruent with our goal. We resign. We decide that accepting less money will move us farther away from our goal than going without money for a while. That means that we are taking a leap of faith.

It is scary as hell. However, it is the quantum leap we needed for to shake our subconscious into alignment with our goal.

As a result, just when we are about to press the panic button, we get a job offer that puts us in a higher income bracket, much closer to our ultimate goal. What seemed like the *opposite* of what we wanted was the bridge to help us get closer to the goal.

Give yourself the chance to consider that this may be what is going on here.

We wanted to save democracy to then evolve democracy. But perhaps we needed to confront the obstacles within us and between us that steal our capacity to evolve democracy. Perhaps we needed to experience the consequences of our hidden biases or to flush out the *Shadows* that steal democracy.

So we did not achieve our ultimate goal, to save democracy from the dark presence of Trump, MAGA, autocracy, white supremacy and fascism.

There are many reasons why we were not able to reach this ultimate goal. There are people already reflecting on these reasons and there will be space in the coming months to study these reasons and learn from them so that we can take actions that are more effective.

However, calling total defeat and giving up on *We, the People* is missing a key point. There are more than 78 million people that gave their vote to save democracy. That's about 48% of the voting population.²

Mobilizing these massive number of people in less than six months was not a little thing to accomplish. This is huge.

In this **Manifesto of our Victory for Democracy** I share the vision I received when I was feeling down and defeated the day

after Trump won. This vision showed me the power of what we have accomplished and how it has begun the healing of our democracy.

I believe that you and all those who did our best for democracy, deserve to see, name and appreciate the real victory we **did** achieve, beyond parties and candidates.

And thank you for standing up for this democracy. I invite you to celebrate our victory.

I can see your raised eyebrow. “What? Victory? Are you out of your mind, woman?”

But stay with me. This vision will uplift your vibration and recharge your creative mojo.

If you want, you can take out your journal and take note on the victory points in this manifesto that resonate with you and that help you acknowledge your growth and to own our victories.

You need that.

You deserve it.

So come and get it.

(VISUAL: MANIFESTO COVER)

Introduction

(VISUAL: Artchemy Atelier intro)

Hi, this is the **Artchemy Atelier**, where you enjoy art as an alchemy for life and work. I am Maria Mar, artist, poet, story-weaver and shaman.

<https://www.youtube.com/@artchemyatelier>

TALKING HEAD

I help you to use creativity as the brush to paint your life and work in the bold, bright, beautiful true colors of your soul, so that you live your passion and love your life.³

Let's take a look at what we have achieved for democracy:

(VISUAL: QUOTE SLIDE)

We shook the nation into a personal and national transformation to initiate the healing of our democracy.

TALKING HEAD

At the moment of the election and with our people, like much of the world, focused on inflation and the rising prices; many without a true understanding of where these high costs are coming from; voting to save democracy vs. voting to lower the price of eggs, was a huge ask.⁴

To do this with two new candidates in less than 6 months was audacious.

And yet 48% of *WE, the People* voted to save democracy.

Could we have connected the price of eggs with the need to save democracy in a way that most people understood?

Probably... in a couple of more years to address the many layers covering up the obvious connection. These layers are becoming more clear now to many of us—from old party mindset to ingrained behavior laced with incited ignorance.

But we did the best in the time and with the players and resources we had. More than the best. We did a miracle.

We can spin counterclockwise complaining about the majority who voted for Trump and about what we could have done better. We can spend this time blaming this or that: from Biden to Kamala, to big money to ignorance. But blaming would blindside us to the real victory we achieved.⁵

Regardless of what we could have done better, we came together to awaken our citizens out of the old dull pain of the status quo and the slow erosion of democracy. We mobilized to first save democracy so that we could then heal and evolve it, so that once more it served *We, the People*—ALL our people.

And we did it. Just not how we had imagined it. But in fact, we accomplished something that began the healing of democracy.

(VISUAL: QUOTE SLIDE)

We awakened the people of the US from passive compliance and festering divisions into the beginning of unity consciousness towards a common goal and the passionate free expression of their pain and power.

TALKING HEAD

Instead of people raging *sotto voce* inside their tribal grounds and augmenting our separation, they came out to speak openly of their grievances and their dreams. This is true whether they said what we wanted to hear or not.

We shook the nation in four pillars of experience. This quake may look like it brought the house down. But like the poet Rumi says, sometimes Spirit tears the old house down to build it better and stronger than before.

Let's examine our victory:

(VISUAL: PILLAR 1 SLIDE)

Pillar 1: Human and National Transformation

In less than six months we initiated a national transformation that shook people out of their complacency and triggered profound personal transformations.

TALKING HEAD

People of all walks of life have come together as citizen leaders to stand up for democracy, diversity, equality and freedom for all. 48% of *We, the People* woke up from the status quo, from habits and affiliations, realized what was at stake and stood up for democracy.

And throughout the land, people of all genders, races, ethnicities, ages and cultures stepped out of their comfort zone and little communities to passionately express their pain and power—whether they did what we expected or not.

Let's examine what this collective action entailed.

In order for people to:

1. **Realize what was at stake** and that they had to stand for democracy, that this was not like any other election; just to realize that—there was an awakening. There as an awakening of consciousness and a need to be in a place of unity. There needed to be an ability to say: “This is not just about me.

This is about me, yes, but it is **greater than me**. This is about **us**.” This demands a shift in consciousness for many.

2. **Come together with all other citizens to take action to stand for democracy, diversity, equality and freedom for ALL;** not just for a few. This required to consciously embrace the perception that democracy is married to diversity, that it cannot be just for *some* of us. This demanded personal transformation or at least reflection for a great number of people.

Sometimes a small ask is not that small. When we ask people to release prejudices that limit the potential to our democracy, such as misogyny or racism we are asking them to embrace a profound personal transformation.

3. **And then to take action in unity, there was the need of dialogue.** The dialogue was bound to be messy. There was no way around this. There were too many things left unsaid. So people of all genders, races, ethnicities, ages, preferences and cultures needed to come together, to come out of their comfort zone, to step out of their fears, out of their learned limits and out of their safety nets in order to start passionately expressing their pain and power.

All of this dialogue that is so messy and that is still happening right now demanded that we trust each other and started acting from unity. That is so big!

There are so many layers of personal transformation that happened there.

For example, in order to do this, many of us had to bravely step up to speak out.

Many of us had to overcome shyness, fear of speaking up, isolation, fear of strangers and fear of speaking up to a white

majority because they have been oppressed and disenfranchised and they have spoken before only to be shut down.

So there were a lot of inner processes taking place just to accomplish what we ask from our citizens.

And for those who embarked in the tasks to educate, organize, empower and engage others in and beyond our communities; that was another step up because that is assuming your leadership and creative agency.

Many of us had to get off our potato couch and join the cause when we may have never done something like that before.

In a climate of division, fear, hatred and doubt, many of us summoned our hope, our belief in democracy and our faith in our fellow Americans to go door to door, speak out or attend events at whatever levels we participated.

Many of us shared our talents on behalf of democracy. We created poems, art, articles and educational meetings. We showed up with all we are. And that demanding the awakening of our creative agency and stepping up into our leadership roles.

And many of us used our alternative and progressive as well as art, entertainment and lifestyle media channels to bravely spread the truth and counter misinformation to our best abilities. We did the work that the mainstream media did not.

These channels kept us informed, gave us resources and supported us emotionally and as a community so that we could work towards giving democracy a win. This was key to the campaign because there were so many lies, omissions, confusion and misinformation that all of us that were working could not have been well informed without this alternative media.⁶

And many of us had to let go of old habits and alliances—even of old identities—to go beyond party affiliations and stand up for our country and our democracy.

We needed to expand our capacity to love beyond self, friends and family—to embrace the country, to stretch our ability to love to include our fellow citizens. When we enhance our identity to include the human collective—this is an evolutionary leap.

Millions of *We, the People* went through this profound transformation to stand up for democracy, for decency, for love of our fellow humans, for truth, peace and for equality and freedom for all.

One of the biggest traumas I see around is the trauma of speaking up, especially in public. Speech traumas are very common.

In spite of that, we raised our voices in an environment saturated with the noise of lies, conspiracies and misinformation generated by the interests of the US Oligarchy, which invested millions on spreading lies, misinformation and disgusting ads to scare the bejesus out of us.

We stood up to that. We raised our voice.

And against all odds, against time and against big money we empowered a human and national transformation that touched 48% of the voting population.

These changes are not going anywhere. They are now part of our personal and cultural experience. And they are re-shaping the post-debate conversations as we speak right now.⁷

The process did not stop after the elections. It has continued and still continues. Some of this conversations are among families, friends or peers. But we can take a peak as they share these conversations on social media.⁸

These conversations are affecting the people still as they spread and deepen.

Thousands of families, friends and peers are bringing the vote into their interactions and revealing to their loved ones how it is impacting their lives.

Gay people, women and people of color are telling the loved ones that their vote affects them. And now those who voted for Trump have to listen and question their actions. And this is shaking the awareness of *We, the People*.

So there is growth and there is healing.

And yes, there is conflict. Because conflict is not necessarily a bad thing. Conflict is part of change and transformation. Otherwise we would be enabling everybody and there would be no change and we would drift apart in silence.

So conflict is sometimes needed because you have to put boundaries, claim your rights and claim “If you love me you need to support me and that is the meaning of love.”

We are becoming the citizen leaders needed to evolve democracy. It may not seem so, but...

This **transformation** is a huge victory. A massive victory for our **country and our world**.

(VISUAL: FIREWORKS)

(VISUAL: PILLAR 2 SLIDE)

Pillar 2: Detoxification

In less than 6 months, we bravely flushed out the hidden fears, the incited ignorance, the malicious misinformation and the toxic

hatred that has been running through the veins of our democracy for decades weakening it.

TALKING HEAD

We got people awakened and talking. Talking about things that they never talked before or only talked with family or tribe.

People are talking. There is a dialogue going on. And this is foundational for democracy.

I invite you to go out there with your detective hat on and listen to families debate how their vote impacts other family members, how it is impacting their gay grandchildren, their daughters and their African-American and Latino friends.

When you hear this, shift from assuming that this is bad into listening deeply to discover how this is helping us grow and how it is part of democracy.

Read about the many people who are now realizing what tariffs really meant as their Christmas bonus is used to buy parts and products before their price goes up and they realize that... forget the price of eggs... they may not have a job next year if the tariffs raise production costs!

They suddenly realize: “Wait a second! Tariffs did not raise money for us. They took money away from us!”

You may ask yourself “Why did they not research the topic?”

But ask yourself this instead: “Who in the mainstream media explained tariffs to our citizens?”⁹

The information was not there. In fact, the *New York Times* in an article where they were quoting Trump’s crazy rambling took his references to tariffs out of context and instead of quoting his incoherent speech that was simply avoidance and lies, they took it upon themselves to “explain” Trump away and in doing this

edited an entire paragraph that seemed to indicate that in fact, Trump planned to raise funds from tariffs to fund child care.

Because so many people rely on mainstream media this is tantamount to massive disinformation. No wonder the shock and confusion thousands of Trump's voters are suffering now.

When a politician or presidential candidate speaks, we are often tone deaf because we don't trust that their agenda is for our benefit. That's what is happening.

A lot of us did not really hear what was being said and did not use our critical thinking to understand what was behind lies.

But when our friends and family confront us and we realize their pain or that we have endangered them... then we wake up!

So we are talking now. Listening now. Waking up now.

We did this. We got people to question things that they had never questioned before and the process is still going on.

We got thousands of people realigning their positions to embody their values and confronting their decision-making as it shapes their community.¹⁰

We got thousands of people talking with groups that they had never talked with before.

It's not been easy. It has been messy and painful. Conflicts, anger and frustration were part of the mess.

But this is good. Yes, good. In fact, it is healing. It does not **feel** good, but it is good, like Medicine. Because the pain that is not expressed solidifies and becomes toxic, creating sickness in the collective organism.

Little by little, through decades, our collective organism has been poisoned.

We know that what we do not accept and express cannot be changed. And now the gates for self-expression across gender, race and ethnicity have opened. Slowly and messily self-expression begins to infiltrate the places where pent-up hatred and sickness were festering.

We did this. We did not get them all to vote for democracy now. But we initiated the dialogue that gets us there.

We sometimes forget that democracy is not about everybody agreeing. It is not about homogeneity. It is not about lack of dissent or diversity.

Quite the contrary, democracy thrives in diversity, passionate discussion and the expression and exploration of new ideas and different perspectives. That is why it has produced increasing innovation.

We sometimes lose track that democracy is not just about talking and saying the right thing. It is often about listening to each other with respect and empathy, even if we have to hold on to our chair in order to avoid reacting. (*Wink.*)

We listen so that we can find common ground and honor our differences. That is why we have two mandates: the rule of the majority and the protection of minority rights.

For decades our democracy has been gagged and our voices drowned by apathy, greed and political expediency. And now, we have opened a space for a loud brouhaha of voices in a beautiful, messy collage of accents, colors, pain and power.

Just like pain often arises when the healing starts, this collective engagement has started in ways that seem to block our democratic goals, with reactions that come from pain and others that are manipulated by incited fear. But the healing has started.

We have flushed out the toxins of the collective body and allowed the pain to flow so that it can be healed.

It may not seem so, but...

This **detoxification** is a huge victory. A massive victory towards a healthy democracy with true **freedom of speech for ALL**.

(VISUAL: FIREWORKS)

(VISUAL: PILLAR 3 SLIDE)

Pillar 3: Diversity Recalibration

I go even further. What we are calling defeat is simply the realization that our challenge is bigger than we thought.

We are in shock. We are in shock that so many could choose autocracy and fascism over democracy... because the democracy they have experienced stopped serving them long ago. We are shock to see this and that shock has awakened many of us.

TALKING HEAD

We are now seeing the deeper wounds of *We, the People*, the hidden toxic areas and the magnitude of our confusion. We are now listening—really listening to those who have been marginalized because we could not relate or could not see their perspective.

Public Education

We are seeing how our public education has been rigged to fail *We, the People* in providing critical thinking and fact-checking skills as well as civic understanding of government, current and international affairs.

And we are seeing how this serves the oligarchy, so it is not by chance that these skills have been excluded and that the system keeps piling extraneous requirements that do not allow teachers to engage in modern and empowering approaches to education that equip our children for leadership, innovation and the fulfillment of their highest potential.

No. That is left to private schools for the children of those who can pay five-digit tuitions per child a year. This is a hidden form of segregation.

The result of that segregation is the massive ignorance and confusion we saw in this election, where people voted against their own best interests and are now panicking when they see the consequences.

Confusion Among Naturalized Immigrants in Low Paying Service Jobs

And we are witnessing how the confusion of those who walk among us serving under a cloak of invisibility, so that we barely see or hear them—has a lethal impact in our collective destiny. They are not irrelevant. No person is irrelevant in democracy. They are not “the other.” They are part of *We, the People*.

People of Color and Women

Shocking as it was that people of color and women—the two groups Trump attacks the most—voted in significant numbers for Trump; it has been an eye opener for all of us to understand their pain, power and perspective as well as the impact of lies and mainstream media misinformation on these groups.

Misogyny and Toxic Masculinity

We have seen the hidden gender chasm in our culture—both in women and men, in black and white communities.

As bullies, womanizers and rapists take high office, MAGA now escalates its misogyny. In colleges and public places through the nation they hold posters saying: “Women are property” and chanting “Your body, our choice. Forever.” ¹¹

I’ve been working for more than five decades to empower women and bring the wisdom of the *Sacred Feminine* into our consciousness. Whenever I talk about gender double-standards most men and 7 out of 10 women would feel that I was exaggerating.

Because it remained hidden, this misogyny was allowed to escalate without any address. MAGA is showing us now that misogyny is rampant in the US and that it is a hate crime. They are showing us that patriarchy is—just as white supremacy—a belief in the superiority of a group—in this case men. And it’s not me saying as a woman of feminist. Hear what Alexander Butler, a male who coaches men, talking about the effect of patriarchy in men.¹²

Yes, it is getting bad. As few are addressing it, it will probably get worse. But as it gets on our faces, we will address it.

1. First, we can now acknowledge that it exists.
2. Then we can demand and advocate for our leaders to address it and
3. And third: *We, the People* will begin to address it in our imaginative ways.

What is hidden festers. What is exposed to the light, gets seen and addressed and it flourishes.

As these hidden issues are exposed and discussed, we can now bring them to the table.

Immigration Demystified

And even after the elections, it is becoming clear that immigration was not the true issue; as state after state tightens a protective legal boundary to shield the immigrants who labor to produce our food, deliver our necessities and serve in key areas of life. By sheer contrast, their essential contribution is becoming more visible.

Sometimes we grow through paradoxes.

Latino Families with Naturalized and Undocumented Members

We've been hearing Latino families who are now citizens, but have family members that are still undocumented. They are engaging in post-debate... Oh, heartbreaking discussions... as they discover the consequences of voting for Trump. ¹³

They now they will not only be deported, but broken apart with an uncertain future facing their children. And even those who are citizens can now be denaturalized.

And they are like “WHAAT?!”

Woman Hatred and New Masculinity

We've been hearing post-debate conversations on women hatred and a new masculinity—topics that were often under the radar.

In a paradoxical way, these conflicts and confrontations are clearing the way for us to evolve a democracy that was designed by white men for white men; to now include women and people of color and other groups, so that our democracy can grow into its diversity potential.

It may not seem so, but...

This **diversity recalibration** is a huge victory. A massive victory towards **diversity participation and unity consciousness**.

(VISUAL: FIREWORKS)

(VISUAL: PILLAR 4 SLIDE)

Pillar 4: Targeting what matters

Now we see our work more clearly.

We are witnessing the insidious role that the mainstream media and some culture-specific media, like the Spanish-speaking media have played. As a Latina I talk about the Spanish-speaking media. You may be more familiar with other culture-specific media.

We can now focus more clearly and specifically in the role of media in this elections.

TALKING HEAD

The Media and Misinformation

In the responses and confusion of many of our people we are discovering how this media incites ignorance, hatred, conspiracies and false beliefs that make the oppressed vote against their own interests.

We have seen how this misinformation fills the pockets of the US oligarchy while working people are starved of truth as well as resources to address their real needs.

We have seen mainstream media selling a criminal madman to the people just for ratings while they neglect to present diverse voices.

We have seen how they cover up the truth by focusing on sensationalism and entertainment, bypassing a serious discussion of important issues.¹⁴

Remember the old news reels? They were full of news about new scientific discoveries, innovations and other events going on in the community and the world.

But now instead of covering more aspects of our complex society, the media alienate us with entertainment to bring ratings up. Even the presidential debates were entertainment with little fact-checking or guardrails present to curtail demagoguery.

We saw the terrifying results of their false equalizing, sanitizing and lack of fact-checking. They have fed *We, the People* a diet of white-washed lies. And those lies now threaten the very fiber of democracy.

We have seen the level of ignorance, obfuscation, confusion and contradictions that many of *We, the People* carry because of the absence of a professional, diversity-honoring journalism in mainstream media, in spite of award-winning serious journalists who lately have started to resign.

Patriarchal Definitions of Power as White Male Domination

We have seen the damage done by patriarchal definitions of power as white domination. We witness the results of decades of bullies winning in politics, finances as well as in our schools and neighborhoods.

The big white man in the red cap is the embodiment of our old hidden definitions of power as white male domination and masculinity as bullying and aggression. Right on our faces!

Cruelty and lack of Empathy and Compassion

When we think about the cruelty behind the fact that a lot of people voted for Trump without even thinking how this would affect friends and family.

That kind of isolation and individualism that makes them think: “Oh well, those are immigrants. It’s not me. Those are women. It’s not me. Those are people of color. It’s not me. It doesn’t matter what he does with *them* because it’s not me.”

And now we are finding out that “You know what? We are not separated. We are one. What happens to a group affects everybody!”

So that kind of individualism, cruelty and lack of empathy is being mirror in the big white man in the red cap so that we see it and realize the consequences. Ouch!

Gender Double-Standard

We have seen the double standards against women—biases that current gender and leadership studies warned us about; biases that show behaviors in males been evaluated *positively* for competence and leadership while the same behaviors in equally qualified women were evaluated *negatively* for competence and leadership. The information is out there. But we have been blindsided into believing there is gender equality by the lack of discussion in the mainstream media.¹⁵

So unless a person educates themselves and does research in the alternative media—and then has to employ their discernment because there’s a lot of good and bad stuff there—then they do not get this information.

They are living and suffering it. But instead of understanding the phenomena at a social level so that they can co-create solutions, they are thinking “What is wrong with me?”

Misogyny and Leadership

We can now see the hidden misogyny that runs deep in the psyche of this country—both in women and men—the patriarchal model of power that has led to women never been chosen as presidents in this country that sees itself as a world leader. This, when hundreds of women throughout history and in many parts of the world have occupy the highest office in their country. But not here, not in the oldest democracy in the planet.

White Supremacy and Fear of Replacement.

We have flushed out the white supremacy that poisons the blood of this country, emerging from the fear many have of losing white privilege if people of color gain their due rights. A belief historically rooted in slavery, leading to the hatred of diversity and secretly growing to such proportions that some of our people prefer a fascist autocracy to evolving democracy to its diversity potential.

We are flushing all of this to heal it.

And we have seen how all of this is manipulated by the billionaires who have risen to power and who are now an oligarchy bleeding the middle and working classes to engorge their monopolies and spread Big Money in politics to bribe our leaders.

That's the bottom line here.

Now we have the full in-detail clear picture of how the US oligarchy has been setting the field for a final take-over and how in this election they have taken the last step to absolute power; the creation of a fake party lead by their puppet Trump to snatch the last vestige of power from the people: our vote.

We are connecting the dots and sharing it so that our fellow Americans are empowered to get the full picture. This is complex and paradoxical. So we need to help each other.

And yes, it looks like they've done it. The oligarchs have won!

But let's not make ourselves invisible.

We are 48% of the voters and there are many other citizens who are not even included here and who are watching, waiting for a real alternative. They are detached for different reasons. What I hear in a lot of them is:

"This is just a circus. It goes from Republicans to Democrats and nothing changes."

(VISUAL: OLIGARCHY WINS ONLY IF WE GIVE UP)

We are not done here. We are just starting. And it has been a spectacular, powerful start.

What a wealth of direct, clear information we now have and are gathering in order to understand the breaking points of *We, the People*, the places where we must focus, the wounds that we must heal.

As a healer and shaman I know that our breaking points are our strongest points once we heal them.

We are now looking at the whole picture to spot the places that need healing.

And the healing has begun.

It may not seem so, but...

This **clarity** is a map to victory. And this is massive victory **to the empowerment of *We, the People***.

(VISUAL: FIREWORKS)

(VISUAL: “BUT WE LOST!” VOTING SLIDE)

But we lost!

But... you may be thinking. So many people refused to see these things and instead voted for the lies of the big white man in the red cap. Yes. It's mindboggling.

TALKING HEAD

True. And two things happened as a result.

Firstly, the people who voted for Trump are not a homogeneous group. We are not talking about the MAGA core here. We are talking about regular voters who voted for Trump because they are Republican or for other reasons.

They will learn from consequences. These people will unfortunately now learn through pain. That is what they chose, whether consciously or not.

Some people are not teachable until they hit rock bottom.

As a shaman I see this frequently. We do not start our transformation... even though we need it, even though we long to be somewhere else, no matter what. We do not start changing until the pain of the status quo exceeds the pain of facing the unknown.

This is not a judgment. I'm not happy for them. We need to be careful not to go on this fighting mode against each other because that is not unity and will defeat us.

It's not about blaming or saying: “You are going to get it because you deserve it.”¹⁶

- We are all in a different personal growth level and have different experiences.
- We may have more or less formal education.
- We may have more or less experience with change and transformation.
- We may have more or less access to resources.

We cannot know the reality of another, so it's best to move from judgment to empathy and to focus on human rights for all.

An example of this is addicts. Some addicts need to reach the bottom before they can pull themselves up to receive help and begin their transformation.

Some people do not seek out alternatives until all their old nests and hidey-holes are destroyed. Until all the old constructs in our head are gone, busted like balloons—only then do they seek out new alternatives.

This is just human. It is human resistance to change and human fear of the unknown that moves us to stay within what is familiar even if it sucks.

But we are being asked for a human evolution at this time, to shift from fear-based reactions to freedom-based responses.

And this transformation is impacting us now.

It has already begun.

Some people who voted for Trump are crying that they want to change their vote once they see what his policies mean in real life.

Some Latinos who voted Republican are now waking up as they realize that yes, immigrants mean **them**, that even if they are not illegal they could face denaturalization and that many in their family face deportation.

During the voting days, I heard some of this conservative Latinos echo the words of Trump that “These immigrants are taking away our jobs and causing trouble.”

They felt that they were now citizens and forgot how they got here. They felt that they were good and moral citizens, so the deportation did not refer to them, their friends or family. After all, Trump was talking about **criminals and mad people** who ate pets. That was not them. They were safe.

This is being called *exceptionalism*.¹⁷

It would be funny if it wasn't tragic, no?

As they begin to see Trump's new policies and the consequences, this conservative Latinos now are beginning to understand that nobody is safe in a fascist dictatorship.

Some conservative voters are now shaken by the rapid and terrible policies Trump is mustering, realizing their mistake. They see family, friends, peers and neighbors scared and suffering and now they feel isolated and guilty.

They are learning through consequences.

And

Secondly, we now can understand at a deeper level the pain and power of a large group of people who voted for Trump. This will help us reach them in ways we could not reach them before.¹⁸

It may not seem so, but...

This **defeat** may bring a huge victory. An ultimate massive **victory for our democracy**.

(VISUAL: OLIGARCHY WINS ONLY IF WE GIVE UP)

*It all depends on us
staying on the path and not giving up!*

(VISUAL: FIREWORKS)

(VISUAL: “AND NOW WE KNOW” SLIDE)

And Now We Know!

If in less than 6 months we have been able to accomplish all this, then what can we accomplish in two years? In four?

TALKING HEAD

And now we know that we need to listen more deeply and widely. We know what fears, false beliefs, needs and biases are still dividing us. We know what can be changed and what cannot. And we know the sources of our dilemma... look at that top 1%!

We know that center is not left, that left is not the enemy and is also needed and that the right has dropped off the scale into fascism. We are seeing that all these labels were manipulated to confuse us and it does not matter because it's no longer about parties, left, right or center. It is about listening to and co-creating real solutions for the middle and working classes and the diversity of *We, the People*, with the input of ALL of us.

And we can find new ways to meet in common ground and work out our conflicts; knowing that it will be messy and doing our best to honor the dignity of each and every citizen.

We can now map the strategies of oligarchy to dismantle their gains patch by patch.

We can cast a spotlight on who is the true enemy and how they are sucking the lifeblood of *We, the People*.

We can demand more of mainstream media, protect and expand alternative media, demand more fact-checking and the inclusion of serious issues that affect our lives. And we can find ways to use responsible social media in new ways that promote unity, democracy and diversity.

We can expose the hidden interference of foreign autocrats in our system so that people can recognize the true enemies.

And we can offer new places for democracy dialogues that engage all citizens in evolving democracy.

We are now more clear, better informed, and more organized to step up our work on behalf of democracy.

It may not seem so, but...

This **new knowledge** is a huge victory. A massive victory for **human evolution**.

I invite you to celebrate this victory with me. To celebrate it with your friends and peers. With your tribe or community. With those who worked with you to save democracy.

Yes, the majority has chosen a very hard path. Darkness is descending. People will suffer.

And yet...

It may be necessary for some of our people to face the consequences of their old perspectives in order to truly appreciate our democracy and fully participate in its evolution.

Yes, we are facing a threat to democracy and may suffer drastic losses, chaos and financial crisis.

And yet...

<https://www.youtube.com/@artchemistryatelier>

The election was just the first leg in our journey to an evolved democracy.

And Yes, at this time of suffering, challenges and darkness we are seeing the potential for cruelty that the human being has; the lack of empathy.

And a lot of national karma is being flushed out. Because this country started as a democratic experiment, but the first thing we did was a genocide against Native Americans and then stole their lands, and then we traded on slavery and so on.

So there is a heavy national karma that we need to heal.

Yes. It is not easy. Our hearts are grieving. It is tough. We need to take good care of ourselves because this is very hard on our body and soul.

But, if we continue the work we started with this new information, understanding and empathy; then we will ultimately not only save but *evolve* democracy.

So we are done with the first leg of our journey: the elections.

We now begin the second leg of that journey. And this is summarized thus:

*When we are facing the darkness,
we become the light.*

(CLIP COLLAGE: VISUAL: FLAG IN THE DARK PEOPLE SHINING) (SOUND: “In the darkness that follows, we are the light that guides us.”)

Gathering

I hope that this Manifesto has illuminated you to what you have achieved in this presidential election.

As a transformation shaman I have seen the impact that celebrating our victories at each step has in the long-term embodiment of our dreams.

Let's celebrate by rising our voices to *Pachamama*, Earth Mother, and to *Pachatata*, the cosmic father.

(SOUND: SOUND HEALING)

Please feel free to share this video.

(VISUAL: "MANIFESTO COVER)

If you want to share this **Manifesto of our Victory for Democracy**, here are some ideas:

- Create a watch party to watch this video with your friends.
- Click on the free downloadable copy of the Manifesto and share it with your friends.
- Send the link to this video to your friends
- Make a special victory dinner and invite your best friends or peers. Ceremony is very powerful. You can create a ceremony where each guest can reflect on what they have gained and achieved and see this situation as the start of the healing of democracy.
- Also: Sign up for my upcoming book: **"Creative Emergence: Operating Manual for the New You in the New Earth"** where I guide you through the cosmic, spiritual and evolutionary aspects of this time, a time that the Mesoamerican shamans call a *Pachakuti*, a world-

<https://www.youtube.com/@artchemistry>

reversal that leads to a quantum evolutionary leap. The link to the waiting list is below.

Closure

TALKING HEAD

Make sure to like this video and subscribe to the **Artchemy Atelier** Channel so you stay inspired, uplifted and supported during this challenging time to evolve democracy.

Until we meet again, thanks for being, for being your unique beautiful original self and for being here with me today.

(CLOSING VISUAL)

The End

I want to leave you with a gift, a quote that came to me yesterday.

We, the People...

Unite to SAVE democracy.

Dialogue to HEAL democracy.

Fight against the enemy of democracy and

Support each other to PROTECT democracy.

Clarify the truth to TRUST democracy.

Become citizen leaders to EVOLVE democracy.

I will be doing one of my *Quote Artchemy* pieces with this quote, so if you are interested, email me at maria@shamansdance.com and I'll send you a link where you can get it as a printable art to print in color or purchase it as a professionally printed art.

See back pages for resources

<https://www.youtube.com/@artchemyatelier>

Back Pages

About the Author

My Resources for your Support

Copyright Note

About Maria Mar

*I am Maria Mar, your magic-making alchemist of art, ready to sprinkle your life with enchantment, joy, and breath-giving beauty through the transformative creations and life-changing practices I share in the **Artchemy Atelier.***

I am a visual artist, author, shaman and story weaver who creates my trademark Artchemy™ pieces, projects and journeys. These creations are art that serves as an alchemy for your life.

My art inspires, moves, uplifts, supports and helps transform you. I create Artchemy™ pieces that take you into a journey of rising your vibrations, nourishing your soul, changing what you need to let go so that you can unfold into full blossom or simply light up with joy... Oh we need so much real, authentic joy in our life right now!



My artistic mission is to return art to its true function as a natural expression of our inner life that allows us to connect, transform and manifest what we desire. I want to break the wall between me as an artist and you. I want to give you the experience of art beyond aesthetics ~art that becomes a portal for you to live what you want, change what you don't want and become more fully you.

I've worked with women in three continents and dozens of organizations to help them create the life and work they want and we've done it through the medium of art, using *Story Alchemy*™ bubbling with Artchemy™.

My Artchemy™ goes beyond beauty and fun. It takes women into a journey that has radically transform their beliefs, perceptions, emotions and identity. It helps them rewrite their old limiting stories and write the story they want to live. It empowers them to shed the old garments of doubts and playing small and to don their Goddess Gown.

If you enjoy the Artchemy™ Projects I share in my [Artchemy Atelier YT channel](#), Subscribe to my channel and visit my [Artchemy Atelier store](#).

You can also enjoy my stories, poems, articles and videos in my blog at: <http://mariamar.com>.

<https://www.youtube.com/@artchemistryatelier>

During 2024 and beyond, as we enter into a *Pachakuti*, a world reversal leading to a quantum human evolution, I am here to be your source of inspiration, uplifting, empowerment and creativity.

I am here to support your [Creative Emergence](#).¹⁹

And I am here to support you as you live your purpose and share your gifts in these challenging times.

Together we will stay uplifted, focused and growing through the extraordinary challenges of 2024 and beyond.

Together we will create a world of beauty, joy, freedom, love and magic that will rise our vibrations, the vibrations of those we touch and the vibrations of all those who are ready and willing to evolve into their embodied divinity.

What a magnificent world that will be!

Get my upcoming Book

I am finishing my upcoming book right now.

It is entitled “**Creative Emergence: Your Operational Manual for the New You in the New Earth.**”

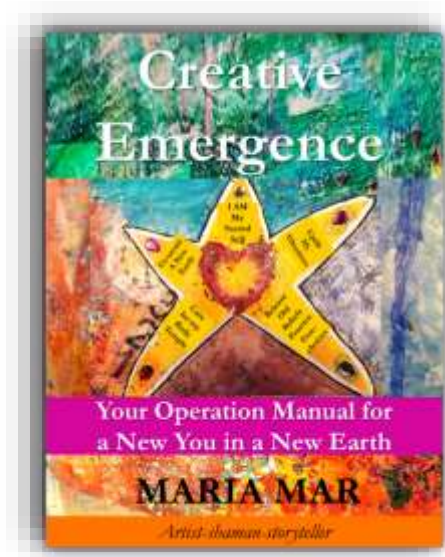
As the title says, it helps you navigate the human evolutionary quantum leap we are experiencing to move from fear-based reactions to freedom-based responses and from fear of pain to unity consciousness.

The book was almost ready for printing, but in this *Pachakuti* things change at vertiginous speed, and I had to stop writing to receive new cosmic transmissions that lead to a video series that I’m still working on.

You can get the videos in my [Artchemy Atelier YT](#) channel. See the video list below.

I’m going to use my next writing retreat coming now to finish the book with updated information and you can [sign the waiting list here](#). It will be ready by May 2025.

[Sign the waiting list now!](#)



<https://www.youtube.com/@artchemyatelier>

Want a session with me?

Resources

If you want guidance or support beyond these pages, in this section you will find ways to meet live with me.

Consultations

Direct Booking for a consultation is available for the projects below. Click to book the consultation directly.

NEW!

Light in the Darkness

Become a beacon of light for self and others during this dark time and assume your leadership through living your purpose no matter what. This is a private initial session to customize a strategy for who you are, your gifts and talents and your unique challenges with a series of first steps for you to shift from grief or reactivity into creative, healing action. To read more or book, click here: <https://calendly.com/mariamar/light-in-the-darkness>

Walk in Beauty

Stay sane, inspired and uplifted as you walk through difficult times, challenges or crisis. This opens a space for you to share what is going on with you while I listen deeply. Then we will work on life and work practices that allow you to stay inspired, uplifted and supported as well as to express your creativity and values to help you blossom in the midst of your challenges. This is a self-care and life support service. To read more or book, click here: <https://calendly.com/mariamar/walk-in-beauty-private-initial-session>

Your Creative Emergence

To work on your **Creative Emergence** using my upcoming book as template with my guidance and support or to implement the knowledge in this Manifesto in order to plan your **Creative Emergence**, click here: <https://calendly.com/mariamar/your-creative-emergence>

Shamanic Consultation

Help with your Specific Situation or Intention:

- If your consultation relates to any of my books that you are reading, you can book an **Experiential Book Consultation** to implement the knowledge in the book in your life. <https://calendly.com/mariamar/experiential-book-consultation>

<https://www.youtube.com/@artchemistryatelier>

- Or you can book a **90-minute Shamanic Consultation**, which gives us time to establish the goal and then work on it. <https://calendly.com/mariamar/90-minute-shamanic-consultation>

Blossom Now! Series

If you are a creative and spiritual woman re-creating yourself to blossom into your true highest potential, this series is for you. This journey helps you to blossom in the magnificence of your *Sacred Self* and nourish your *Soul Frequency* and to stay in the beauty-joy-peace zone as you go through challenges, click below. The three parts form a path to clear your radiance and blossom into your *Sacred Self* now, just as you are, so that you start sharing your gifts, talents or contributions to make a difference in 2024. You can book one part or you can book three sections to cover each part.

Part 1: Uplift your Frequency

Book this if you struggle with staying positive, strong and at a high energy level with the state of affairs in the world and want to uplift your vibrational frequency for your wellness and your capacity to serve better. Read more or book here:

<https://calendly.com/mariamar/blossom-now-uplifting-my-frequency>

Part 2: Create Your Beautiful World

Book this if you struggle with fears, habits, patterns and situations that you want to change in your life. This is for you if you want support in using your creativity to set boundaries, shifting obstacles into bridges, creating more joy and beauty. feeling at peace and confident and receiving the things you want in order to live a life of quality.

Read more or book here: <https://calendly.com/mariamar/blossom-now-create-my-beautiful-world>

Part 3: Share your Amazing Gifts

Book this if you struggle with truly trusting your value, expressing your message, standing in your authority and letting your Goddess out in her bright, bold, uniquely yours colors. In this session I help you shed the *Restriction Rags* of learned limitations and *Don your Goddess Gown*; so that ~aligned to your *Sacred Self*~ you share your gifts with genuine confidence and contagious delight. Read more or book here:

<https://calendly.com/mariamar/blossom-now-share-your-amazing-gifts>

To see all available Consultations

For consultations with me, feel free to browse the consultations menu and click on your choice of event at: <https://dreamalchemist.com/consultations>

<https://www.youtube.com/@artchemyatelier>

My Stores

- To purchase my art for your home, visit my [Artchemy Atelier Store](#).
- To join the waiting list for my next upcoming book, **Weaving New Worlds from Old Wounds**, click here: <https://dreamalchemist.com/book-waiting-list/>
- *To join the waiting list for my books as I move my book store, click here: <https://shamansdance.com/waiting-list/>

Join my Free Community!

To stay in touch with me, share your creations and enjoy weekly inspiration, join our *Butterfly Waves* private FB group at:

<https://www.facebook.com/groups/butterflywaves/>

*NOTE: Missing my books? I've taken them off the radar because I'm changing the home for my books. They will soon be available in digital or physical format at **ShamansDance Books**. Sign the waiting list and I'll let you know when the new store opens. <https://shamansdance.com/waiting-list>

<https://www.youtube.com/@artchemyatelier>

Check out my other videos:

Pachakuti Series

Death and Rebirth of the World-find out what is going on!

In this poem, I share the shamanic view of the Pachakuti and invite you to join the evolution of our humanity to birth the New Earth. Go to:

<https://youtu.be/4RcBqQZwBBY?si=TkvWWRMAnBya8gXD>

Elevate Your Vote! (Poem) What the 2024 Election is Really About

If you are confused, anxious or indecisive about who to vote for or why, if the constant change in positions, unexpected events and hidden agendas going on make you want to NOT vote at all or if you wonder what is the real deal in this election, I wrote this poem for you. Go to: https://youtu.be/HroHtX_bo0A?si=j9PbfmWa3_GGFyUd

The madness of our Times and the Challenge Towards Evolved Democracy

First in a **series of 4 videos** where I take you into a **mythical journey** exploring the myth of *Smoking Mirror* and *Feathered Serpent* to better understanding what is going on right now.

In video 1 I take you through the cosmic context that frames the political madness of our time in the US. See it here: https://youtu.be/8p6emYWqYxY?si=JU63pnE9g-gl_l5C

Pachakuti Mythical Journey #2- Smoking Mirror: Lord of Darkness, division, delusions and domination

Video 2. **Meet Smoking Mirror.** He is the force of darkness, division, destruction, delusions and domination. He is right now running for president of the United States. Journey back in time with me to the Presidential Debate to discover his dirty mind-bending tricks and the agenda he is sneaking without us being the wiser. See it here: <https://youtu.be/NPt-zsXAHSM?si=rvh29YBb5u7B-7TU>

NOTE: Videos 3 and 4 are pending. Subscribe to the channel to get notices when they are ready.

<https://www.youtube.com/@artchemistryatelier>

Pachamama Series

Today the New York Sky is Yellow

"As I looked at the New York sky today from my window, I saw a mass of muddy yellow fog wrapping around buildings and trees. I could barely see the tree grove right outside my window. It was an apocalyptic scene that shocked me. I have been experiencing congestion in my lungs, smelling toxic fumes and feeling it hard to breath. Looking at that sky brought home the truth: that we have destabilize the elements in our planet and now we experience a domino effect devastating so many regions and affecting so many lives.

Medicine Talk Series

Medicine Talk with Earth Goddess: Drop Humbug Humility and embrace Peacock Humility

This is the first Medicine Talk I am bringing to the **Artchemy Atelier**. I am embodying Earth Goddess as part of "The Goddess Journey 2023." In this Medicine Talk Earth Goddess exposes the lies about humility that have been sold to women to keep us from shining bold and bright and introduces instead "Peacock Humility" with humor and raw honesty. See it here: <https://youtu.be/aGoGjoHmPJQ?si=d6Ko-cTnJZ4VXMnv>

Copyright and Permission

The contents in this manual is intellectual property of Maria Mar, including graphics of her art and any information pertaining her knowledge systems as well as poems.

This content is protected by international copyright law.

However, **you have permission to use it for your personal needs and to share it with your friends** by sharing either the Manifesto and/or the video.

You don't have permission to appropriate the information as yours and to distribute or publish it under your name.

For quotes or questions, email Maria at shamansdancepublishing@gmail.com

Endnotes

¹ **Arrow Breath:** This is a breath practice I use in ceremonies to expel energy, beliefs and habitual reactions that do not serve me. Subscribe to the **Artchemy Atelier** channel as in the “Your Sacred Life” series I share quick easy daily practices to navigate change and uplift your life. Visit the channel here: <https://www.youtube.com/channel/@artchemyatelier>

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² **NOTE:** I wrote this as they were still counting some House Representative votes and doing final count up. I believe that the total popular vote stands neck-to-neck and no one candidate got 50% of votes.

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³ **Resource:** If you want a live, private online shamanic consultation with me to help you, choose the topic and click below.

- **General:** Whatever your specific situation, I can help you in the transformation you need to go from where you are to where you want to be. <https://calendly.com/mariammar/90-minute-shamanic-consultation>
- **Light in the Darkness:** Become a beacon of light as we go through this dark time. Assume your leadership through living your purpose no matter what. <https://calendly.com/mariammar/light-in-the-darkness>
- **Walk in Beauty:** Stay sane, inspired and uplifted as we walk the challenge to democracy in our current time. <https://calendly.com/mariammar/walk-in-beauty-private-initial-session>
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⁴ **Resource:** For an understanding on what is the real source of the high price of goods in spite of Biden having gotten us out of the worse of the inflation, visit Robert Reich YT channel at:

The real reason for high prices even though inflation is down
<https://youtu.be/4L6bjQNOZoE?si=JfUvS9o5ruNsCpCd>

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⁵ **Insight:** Blaming Biden has become a trend. The reason for this, I believe has nothing to do with his leadership and everything to do with our construct of power as white male domination and of masculinity as aggressiveness.

It is nonsensical to say that a man who is one of the best presidents in decades and had the courage to face oligarchy bringing back anti-trust laws and who got us off the COVID inflation with which Europe is still struggling is “passive.”

The other reason for the lack of appreciation of respect to this excellent leader is ableism. He suffers a speech impairment that sometimes shows up in stuttering. To avoid that at those moments he stops talking. Sometimes the stuttering includes an emotional trauma that he needs to address. He has learned to do this and it takes him about 3 seconds and if it is strong about 1 minute. But we interpret this as weakness, cowardice and incompetence when in reality it is an amazing act of overcoming a disability.

<https://www.youtube.com/@artchemyatelier>

Ironically, now that we are stuck with Trump, people are running to Biden to save us. There is food for reflection here. We rejected and disrespected a leader who was doing everything necessary to empower us and the working class. We saw Trump as more powerful because he is a bully. And now that the bully is oppressing us, we run to Biden. What is going on? What does this reveal?

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⁶ **Resources:** Below you will find a list of my go-to alternative and progressive online media that keeps me sane and informed.

- **Robert Reich and Inequality Media Civic Action:** Inequality Media Civic Action uses the power of storytelling to inform and engage the public about the realities and impacts of inequality and imbalance of power in America. Their videos are often short, use multi-media with storytelling and are easy to understand even when explaining complex stuff.

Robert Reich is a former Secretary of Labor under Clinton and a college professor and he is an encyclopedia of the history and insides of American politics in the US. He has taught me so much! I also like that he has a clean humor even as what he is saying is difficult to hear, so he keeps me not only informed but sane! <https://www.youtube.com/@RBReich>

- **Meidas Touch Network:** The is fastest growing independent news network in the world. MTN covers breaking news, politics, law and more and they are unapologetically pro-democracy. <https://www.youtube.com/@MeidasTouch>
- **PoliticsGirl:** <https://www.youtube.com/@PoliticsGirl>
- **Senator Bernie Sanders:** <https://www.youtube.com/@SenatorSanders>
- **Amanpour and Company:** They do amazing investigative reporting and cover in-depth studies on current affairs. <https://www.youtube.com/@AmanpourandCompany>
- **Democracy Now:** Focused on the present and future of our democracy: <https://www.youtube.com/@DemocracyNow>
- **David Packman:** Independent Progressive Media: <https://www.youtube.com/@thedavidpakhmanshow>
- **Bryan Tyler Cohen:** Independent Progressive Media: <https://www.youtube.com/@briantylercohen>
- **Thom Hartman:** Thom is a four-time Project Censored-award-winning, New York Times best-selling author. He not only presents reflections on what is going on, but often reads what other experts, audiences and authors are saying. <https://www.youtube.com/@thomhartmann>
- **Occupy Democrats:** Has a series of hosts commenting on what is going on in politics. My favorite is Anthony Vincent Gallo, a previous FBI worker who delivers his analysis with precision and a bit of dramatic flair. <https://www.youtube.com/@occupydemocratsyoutube>
- **Secular Talk:** They describe themselves as “Home of news & politics commentary from the populist left perspective” I started watching them because they are good on the mindset and inside motivation of the players in our politics. <https://www.youtube.com/@SecularTalk>
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<https://www.youtube.com/@artchemistryatelier>

- **Democracy Now:** Democracy Now! is a viewer-supported independent, global weekday news hour anchored by award-winning journalists Amy Goodman and Juan González.
<https://www.youtube.com/@DemocracyNow>
- **MSNBC:** The official MSNBC YouTube Channel. MSNBC describes itself as: “the premier destination for in-depth analysis of the news, insightful political commentary and diverse perspectives.” And that’s why I watch it. It delivers. <https://www.youtube.com/@msnbc>
- **Five Minutes News with Anthony Davis:** Award-winning independent news for the US and across the world - truthfully told by Anthony Davis.
<https://www.youtube.com/@FIVEMINUTENEWS>

That should get you going! (Wink)

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⁷ **Sources:** There are several alternative media channels in YT that are covering stories and comments by people who voted for Trump. This is gold! Here are some:

This interview by NBC news correspondent David Noriega to a Latino Family was difficult to watch for me because they were clueless of the dangers they had voted for, but it is important to listen in order to understand why so many Latinos voted for Trump.

<https://youtu.be/uJqtqc1jzZQ?si=XpzivSje1Exojrwq>

For a look at Latino’s move to the right and the complexities and cultural *Shadows* we carry, check out Paola Ramos’ article here: <https://www.motherjones.com/politics/2024/05/why-are-some-latinos-drifting-to-the-right/>

MTN with host Brett Meiselas go through online comments and videos of Trump voters who crash land in reality and now are panicked.

<https://youtu.be/26mYtMsNX6Q?si=4UptLXJv7rb4wSoQ>

Another MTN video with Brett Meiselas going over online comments where Trump voters are confused while others are confronting them:

<https://youtu.be/-brBKKd2y64?si=IdDXxZ2OskJr41q>

Another where Latinos are shocked to discover that deportations include them.

<https://youtu.be/2Vz8ibLQaoo?si=hmn-a-3l1jLAR5T>

Raw News And Politics: Here’s another video where people who voted for Trump because of the economy are finding out how the economy is already suffering because of his policies. Here you will also see people with undocumented family who had no clue or did not think through what would happen to them.

<https://youtu.be/k4erSbHJrg8?si=HH2ML2aPto1jkcJy>

Roland S. Martin: Here’s the African-American perspective of people of color who voted for Trump, some of which are now panicked, surprised or not understanding why they are being shunned once they gave their vote:

<https://youtu.be/My5F6PaONBw?si=nhg4wStovHuzMKZS>

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⁸ **Correction:** Sometimes I inadvertently use the term “debate” when I’m speaking of the election voting process and often realize this after I’ve published. My apologies.

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<https://www.youtube.com/@artchemistryatelier>

9 Alternative Media explains Tariffs:

Here is MSNBC's host Lawrence trying to explain to people what the mainstream media is not explaining: what tariffs are and how they impact workers and US businesses negatively.

<https://youtu.be/sFd4zflqfeA?si=C5lokgunlwNRUtNR>

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¹⁰ Here are some videos of Republicans realigning with the democrats because they understood what was at stake:

This ad, paid by the Republican Accountability Pac gathers the reasons why many Republicans are not voting for Trump in 2024: <https://youtu.be/ahBKWQssQ5o?si=Zns00Sh2AObu1tv1>

Democracy Docket with Marc Elias interviews Sarah Longwell, founder of Republican Voters Against Trump throws a light on why some Republicans are turning away from Trump:

<https://youtu.be/snx72dt8KZY?si=y7GDWW68gRa8WDld>

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¹¹ **Sources:** Visit this channels and videos to see this in action. Watch the "Your Body, My Choice madness going on

Secular Talk

https://youtu.be/slM_7HqVbMc?si=GghftUHDjlULq9LG

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¹² **Source:** Check it out here:

Alexander Butler Coaching

Part 1: psychology and belief structure

<https://youtu.be/yTZFH0XdZVo?si=g6j9PwDbhWxaolPx>

Part 2: Oppressor to ally: a spectrum of TOXIC MASCULINITY.

<https://youtu.be/8Yu5Lk4ix3A?si=sfSqHfk25bYRAnJF>

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¹³ **Insight.** I want to clarify that a lot of the conversation we are having around Latinos and deportation is heartbreaking for two reasons: 1. Many of those Latinos voted for Trump and now not only they face deportation, but they incurred the anger of a lot of citizens who are going to suffer for their vote and are not feeling too empathic with them, and 2. Those Latinos who not only voted for democracy but worked hard in their communities will also suffer the consequences. So it's important for us to practice loving detachment to hear with compassion but keep from getting depressed or lashing out against each other.

Here's a video with MSNBC's journalist Paola Ramos, who interviewed several Latinos before Trump won and spent some time with them now shares what they are feeling, asking and doing at the moment and the implications of this.

<https://youtu.be/a1U8Sd1bTEw?si=ISCSNXyjNpTshXR2>

Here's a Latino family with mixed status trying to deal with the results of this elections:

<https://youtu.be/Z9kCGIFzPm4?si=51y6gsb3b8iNl-3Z>

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<https://www.youtube.com/@artchemistryatelier>

¹⁴ **Media, disinformation and bias:**

Check out this video and join their Patreon to get help with dealing with the media, fact-checking, finding reliable sources, etc.

<https://www.youtube.com/@resistanceliveecm>

Check this video to get valuable perspective on mainstream media bias and what to do:

What Do We Do About Media COMPLICITY in Fascism?

<https://www.youtube.com/live/qjRIWxSZbk?si=O3gxVJ4VNSYoaanb3>

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¹⁵ **Source:** Check these studies and investigations:

Media and gender biases:

<https://allwomeninmedia.org/why-are-we-allowing-media-to-define-gender-roles/>

Introduction to gender double-standards:

<https://fiveable.me/key-terms/introduction-gender-studies/double-standards>

Chapter on gender double-standard for competence, from the study: Gender, Interaction and Inequality by Cecilia L. Ridgeway (Department of Sociology, Stanford University, Stanford, USA)

https://link.springer.com/chapter/10.1007/978-1-4757-2199-7_8

Double-bind dilemma for women in leadership:

<https://www.catalyst.org/research/infographic-the-double-bind-dilemma-for-women-in-leadership/>

Leadership double standards: Why rules for women aren't the same.

By Jenny Vazquez-Newsum, Ed.D.

<https://aquent.com/blog/leadership-double-standards-why-rules-for-women-arent-the-same#author-bio>

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¹⁶ **Insights:** If you've heard the term "FAFO" online, you know that there's a lot of anger against Trump voters that got us into this mess. And of course, when they start crying, many people who are going to suffer because of their choice only get angrier, so they say: "You fucked around, now you find out."

I myself feel angry and frustrated and sometimes can feel like "don't ask for my sympathy now." It's just human.

But I'd like us to process our feelings in healthy ways and stay away from fighting each other. Ultimately, here's my recommendation:

Fight for democracy, not against each other.

The first fight, which I hope is a peaceful fight, is necessary to save democracy. The second fight would weaken us and only serve Trump. Ultimately, once they are successful deporting immigrants, they are going to move to African-Americans and down the line.

Remember the quote about the Jewish holocaust:

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First they came for the socialists, and I did not speak out—because I was not a socialist.
 Then they came for the trade unionists, and I did not speak out—because I was not a trade unionist.
 Then they came for the Jews, and I did not speak out—because I was not a Jew.
 Then they came for me—and there was no one left to speak for me.
 —Martin Niemöller

Find out more here: <https://encyclopedia.ushmm.org/content/en/article/martin-niemoeller-first-they-came-for-the-socialists>

In our case, it may be like this:

- **First they came for women**, and I did not speak out—because I was not a woman or did not realize the consequences at the beginning.
- **Then they came for the immigrants**, and I did not speak out—because I was not an immigrant.
- **Then they came for those who had opposed Trump**—the “enemies within” the free press, political rivals and pro-democracy workers and progressives, and I did not speak out—because I was none of those.
- **Then they came for the LGBTQ and transgender people**, and I did not speak out—because I was not a gay person.
- **Then they came for the unions**, and I did not speak out—because I was not a union member.
- **Then they came for the old, the physically challenged and the poor**, and I did not speak out—because I was none of those.
- **Then they came for the African-Americans**, and I did not speak out—because I was not an African-American.
- **Then they came for all people of color**, and I did not speak out—because I was not a person of color.
- **Then they came for me**—and there was no one left to speak for me.

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¹⁷**Exceptionalism:** *Exceptionalism* is the perception or belief that a species, country, society, institution, movement, individual, or time period is “exceptional” (i.e., unusual or extraordinary). The term carries the implication, whether or not specified, that the referent is superior in some way.

In modern days, it is used in terms such as “*American Exceptionalism*” to address how Americans see themselves apart and how that is being eroded.

But during this campaign the term began to be used to address people who voted for Trump in spite of his threats to their group because they fooled themselves into believing that the threat did not apply **to them**, that they were somehow **exempt**. The rationale of these Latino families is an example.

For a look at Latino’s move to the right and the complexities and cultural *Shadows* we carry, check out Paola Ramos’ article here: <https://www.motherjones.com/politics/2024/05/why-are-some-latinos-drifting-to-the-right/>

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¹⁸ **Insight:** A tenet on fighting fascism is this: **Do not capitulate beforehand for fear of what is coming.** Fascism uses our fear to paralyze and demoralize us as well as to disband organizations and movements. That is why I list all that is happening—not as a “Woo be us!” warning but as knowledge gained to generate better actions.

Right now Trump is using his transition to test to see if he can become a dictator. There are bills and moves going on that are key for us to stop immediately right now. We cannot dilly-dally or go

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into our cocoon. This is not the time. I'm not saying to repress our emotions. That's not the answer. We can cry. But then dry your tears, put on your Warrior hat and go on the move.

Two examples:

- **Bill H.R. 9495**—legislation that would give Trump the power to kill nonprofits. This bill gives Trump the basic tool of many dictators: to unilaterally dismantle non-profits that he determines—without proof, evidence or legal process—that are “supporting terrorism.” As they are already laws for that, this is just a cover-up for taking away our organized resistance to his madness. The bill already passed the House and is going to the senate. Here's a link for you to get more information:
 - **What to do:** Call the Congressional switchboard today and ask to be connected with each of your Senators' offices. Demand they vote against this bill.
 - Here is the number you can call: (202) 224-3121
 - <https://civicshout.com/p/tell-senate-democrats-don-t-help-trump-kill-nonprofits>

When you get connected you may be asked what is your congressional district. You can get this information here:

<https://www.house.gov/representatives/find-your-representative>

- **Trump is already pressuring Congress into a long recess**- basically neutralizing the power of congress, which is the level of government he does not own yet-- so that he can act like a dictator.
 - **What to do:** Sign this petition to demand that congress not adjourn.
<https://actionnetwork.org/petitions/sign-the-petition-to-the-incoming-congress-do-not-adjourn-protect-the-constitutional-rights-of-congress-as-a-check-on-executive-power/>
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I tell you this not to depress you, but so that you stay awake and ready to take action.

Early action is the best way to prevent a fascist takeover.

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¹⁹ **Creative Emergence: Operational Manual for the New You in the New Earth** is the book I'm finishing right now. It walks you through this Pachakuti, a world reversal that leads to a human evolution from fear-based reactions to freedom-based responses. Sign the waiting list here:

<https://dreamalchemist.com/waiting-list-creative-emergence/>

<https://www.youtube.com/@artchemistryatelier>