How to Find Peace to Survive the Soon-Coming Time of Trouble?

Lorraine Day, M.D.

And at that time shall Michael stand up, the great prince which standeth for the children of thy people: and there shall be a time of trouble, such as never was since there was a nation even to that same time: and at that time thy people shall be delivered, every one that shall be found written in the book. Dan 12:1

How will we find the Peace we need to endure such a time of trouble?

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid. John 14:27

Peace vs Peace

Obviously the Bible talks of two kinds of Peace:

A. the peace the world gives – ". . . saying Peace, Peace, when there is NO peace." Jer 6:14; 8:11

B. and the peace that God gives, referred to as the "Peace that passeth ALL understanding." Phil 4:7

How does the "world" give this false *peace* - a *peace* that brings NO peace?

UN Peacekeepers – that purport to bring peace, but actually take WAR, Poverty, and Chaos to many different nations

Israel's Peace Pact with Palestinians: These numerous "peace" negotiations are a ruse that always ends with Israel killing more Palestinians and confiscating more of their land.

Parables of Zion: Maps of Israel/Palestine tell the Real Story

The borders of Israel and Palestine should be based on the 1967 lines with mutually-agreed swaps [of land], so that secure and recognized borders are established for both states. –U.S. President Barack Obama

When President Obama mentioned the "1967 lines," what did he mean, exactly? (The 1967 borders are the same as the 1949 armistice lines in map #3 below.)

Whatsoever ye do unto the least of these, my brethren, ye do it unto Me.— Jesus Christ, a Palestinian child for whom there also was allegedly "no room"

Christians may want to consider the ethical question <u>What would Jesus do?</u> If you are unfamiliar with the history of the Israeli/Palestinian conflict, or have been told that Israel is "only defending itself," please read <u>Albert Einstein's 1948 letter</u> to the <u>New York Times</u> and <u>Einstein on Palestine: the Prophet of Peace</u>.

When Abba Eban appeared before the U.N. after the Six Day War of 1967, he spoke of never returning to Israel's "Auschwitz lines." What did he mean? Eban was referring to the short distance between the West Bank and Tel Aviv in map #2, but his suggestion that Israel's security depends on distance makes no sense, because Israel made Jerusalem its capital, and Jerusalem lies in the West Bank just a few miles from the Jordanian border. If Tel Aviv was imperiled, making Jerusalem the capital of Israel would have been suicidal. So it seems obvious that Israel has confidence in its defenses and is merely manufacturing excuses for keeping purloined land. And please keep in mind that the land in question was stolen from Palestinian farm families. If the U.S. went to war with Cuba, should that be used as an excuse to steal land from noncombatant Mexican farmers, and keep it long after the war was over? Of course not. The maps below tell the true story and also help explain why the U.S. was attacked on 9-11 and ended up fighting two unwinable wars in Afghanistan and Irag. These terrible events could have been avoided if only Israel had treated Palestinians as human beings with equal rights and the U.S. had simply paid the going price for oil rather than trying to "secure" Middle Eastern oil fields (which ironically sent the price of oil soaring). As we examine the maps below, the real picture will become clear, as will the path to peace, which I will explain in due course.

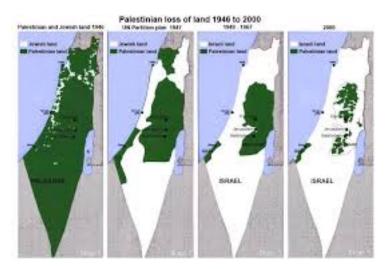
Map 1 of 1946 Palestine shows more than 90% of the land belonging to Palestinians; at this point Jewish settlers had paid for most of the land they occupied

Map 2 of 1947 U.N. partition plan of Israel and Palestine; the land in the white areas was not "given" to Israel; Israeli Jews took the additional land by force

Map 3 of 1967 borders of Israel and Palestine; these are the "1967 lines" aka as the "1949 armistice lines";

once again Israeli Jews took the additional land by force

Map 4 of 2000 borders shows how Israel keeps taking land outside its legal borders, creating discontiguous Palestinian *bantustans*



"Peace" Corp – being used as a Spy Agency

Peace Corp, Fulbright Scholar asked to spy on Cubans and Venezuelans

Feb 8, 2008

In an apparent violation of U.S. policy, Peace Corps volunteers and a Fulbright scholar were asked by a U.S. Embassy official in Bolivia "to basically spy" on Cubans and Venezuelans in the country, according to Peace Corps personnel and the Fulbright scholar involved.

"I was told to provide the names, addresses and activities of any Venezuelan or Cuban doctors or field workers I come across during my time here," Fulbright scholar John Alexander van Schaick told ABCNews.com in an interview in La Paz.

Van Schaick's account matches that of Peace Corps members and staff who claim that last July their entire group of new volunteers was instructed by the same U.S. Embassy official in Bolivia to report on Cuban and Venezuelan nationals.

The State Department says any such request was "in error" and a violation of long-standing U.S. policy which prohibits the use of Peace Corps personnel or

Fulbright scholars for intelligence purposes.

"We take this very seriously and want to stress this is not in any way our policy," a senior State Department official told ABCNews.com.

The Fulbright scholar van Schaick, a 2006 Rutgers University graduate, says the request came at a mandatory orientation and security briefing meeting with Assistant Regional Security Officer Vincent Cooper at the embassy on the morning of Nov. 5, 2007.

According to van Schaick, the request for information gathering "surfaced casually" halfway through Cooper's 30-minute, one-on-one briefing, which initially dealt with helpful tips about life and security concerns in Bolivia.

"He said, 'We know the Venezuelans and Cubans are here, and we want to keep tabs on them," said van Schaick who recalls feeling "appalled" at the comment. "I was in shock," van Schaick said. "My immediate thought was 'oh my God! Somebody from the U.S. Embassy just asked me to basically spy for the U.S. Embassy."

A similar pattern emerges in the account of the three Peace Corps volunteers and their supervisor. On July 29, 2007, just before the new volunteers were sworn in, they say embassy security officer Vincent Cooper visited the 30-person group to give a talk on safety and made his request about the Cubans and Venezuelans.

"He said it had to do with the fight against terrorism," said one, of the briefing from the embassy official. Others remember being told, "It's for your own safety."

UN wages WAR to bring "Peace"

The following is a headline from the National Geographic

Should the United Nations Wage War to Keep Peace?

The UN allowed its troops to attack armed groups in Congo, which led to the defeat of the vicious M23 militia. But the battle for Africa's heartland is far from over. CIA uses well-meaning Students to "build bridges" with other countries (but really uses the students as Spies!

Was I a CIA Spy? 50 Years On, I Still Don't Know

Daily Beast 3/29/15

A new book tells the story of how the CIA used unwitting college kids to send in reports from Third World countries. And I was one of them.

In 1963, I was a 20-year-old college senior who'd never been out of the country. With parents of modest means, summers meant working for spare cash, not backpacking through Europe or lounging on the beaches of Majorca. So when an invitation came to spend a month traveling through Southeast Asia as part of a student delegation, I leapt at the chance.

We'd be traveling under the banner of the U.S. National Student Association, a confederation of more than 300 colleges and universities across the country, and one whose liberal positions on civil rights and foreign policy had made it a target of a concerted conservative assault. (William F. Buckley's Young Americans for Freedom was constantly urging student governments to disaffiliate). More significant, NSA (the student group, not the National Security Agency) was, I knew, a proudly independent organization, neither speaking for, nor subservient to, the U.S government—a sharp contrast with organizations like the International Union of Students, a Prague-based wholly-owned subsidiary of the Soviet Union. Indeed, the NSA gave rhetorical and financial support to dissident student groups in Asia, Africa, and Latin America, fighting repressive governments supported by official U.S. policy.

So for 30 days, a dozen of us traveled to Hong Kong, the Philippines, Indonesia, Singapore, and Malaysia. We met with government officials, got briefings from officials at various American embassies, and had conversations with fellow students that stretched far into the night. On one occasion, in Manila, we met a close friend of the son of then-Philippine President Macapagal, who was clearly well to the left of the government. As we did throughout the trip, my fellow Americans and I wrote extensive memos about who we met and what we talked about, and mailed them to NSA headquarters in Philadelphia. It was, I knew, another way of establishing links between our independent student group and young compatriots all over the world.

And little more than three years later, I learned that I had been an unwitting part of a worldwide lie...and that there was at least a plausible chance that I had

helped put that young Filipino's liberty, and maybe life, in danger.

In March 1967, a disaffected NSA staffer revealed the truth: that ever since 1950, the NSA, along with a host of student and youth groups around the world, had been funded by the Central Intelligence Agency. A series of dummy foundations set up by the agency funneled money into existing foundations, which in turn dispatched funds to the NSA for travel grants, scholarships for foreign students, and monies for international student organizations that competed with Soviet-run groups for "the hearts and minds" of students who—it was assumed with good reason—would wind up leading their nations.

Each year, the newly elected president and international affairs vice present of the NSA would be invited to a meeting and asked to sign national security agreements—violating its terms could have subjected them to 20 years in prison. That's when they were made "witty" or "witting"—that is, told of the source of much of the NSA's funding. A cadre of ex-NSA leaders, some of them working for foundations, some working for students and youth groups, some working directly for the CIA, ensured that the broad parameters of American interests were not breached.

The U.S.' and the UN's Idea of "Peace" in Iraq

The U.S. Legacy 10 Years After Invading Iraq: Death, Disease, Devastation, Displacement

March 31, 2013 | Revolution Newspaper | revcom.us

Ten years ago, on March 19-20, 2003, the U.S. invaded Iraq, overthrew the Saddam Hussein regime, and then occupied the country for the next eight and a half years. President George W. Bush said the U.S. went to war to liberate Iraq and "free its people." This March 19, President Barack Obama issued a statement saluting the U.S. military for their service and giving "the Iraqi people an opportunity to forge their own future..."

What did this U.S. war mean for Iraqis? What does it mean for their future?

Iraqis killed between March 2003 and December 31, 2011 (when U.S. military forces withdrew): at least 121,754.

Iraqi deaths as a result of the war, directly and indirectly (due to the destruction and disruption of the war, including to water and power systems, to healthcare and food production): 655,000 according to a 2006 *Lancet* study; 1 million according to 2008 Opinion Research Business study; current estimate: 1.2 to 1.4 million.

Iraqis injured: 4.2 million. Iraqis driven from their homes: 4.5 million. Number of U.S. military personnel killed through 2012: 4,486.

- Investigations by the U.S. military, government, or media concerning the number of Iraqis killed, wounded, displaced or who died as a result of the war and occupation: None.
- Mentions of Iraqi suffering in Obama's statement on the 10th anniversary of the invasion of Iraq: None.

Iraqi women now widows: 2 million (with many forced into prostitution).

- Women's legal status: worse than under Saddam Hussein. Iraq's secular constitution has now been replaced with one based on reactionary Sharia law with separate, unequal laws for women.
 - Women's rights advocates report "a spike in 'honor killings,' forced veiling, and a growing tolerance for beating women into subordination," and that "violence against women has also been systematic ... orchestrated by some of the very forces that the U.S. boosted to power." (commondreams.org)
- The U.S. used cluster bombs, white phosphorous, and depleted uranium against the Iraqi people—all weapons of mass destruction.
 - These weapons are suspected of causing cancer and birth defects. "From 2004 up to this day, we are seeing a rate of congenital malformations in the city of Fallujah that has surpassed even that in the wake of the Japanese cities of Hiroshima and Nagasaki that nuclear bombs were dropped on at the end of World War II." (*Democracy Now!*)
- November 2005, U.S. Marines murdered 24 unarmed Iraqi civilians in the city of Haditha and then blamed it on "insurgents."

- 2006 in Ishaqi in central Iraq, "U.S. troops executed at least 10 Iraqi civilians, including a woman in her 70s and a 5-month-old infant, then called in an airstrike to destroy the evidence." (McClatchy Newspapers)
- July 2007, a U.S. helicopter gunned down 11 civilians in Baghdad. Iraqi blogger Raed Jarrar wrote that "from an Iraqi perspective it just tells a story of an average day under the occupation."
- The U.S. military tortured and sexually degraded and abused thousands of Iraqi prisoners at Abu Ghraib prison and other torture centers, stripping them naked and terrorizing and humiliating them with dogs. In 2008, more than 24,000 Iraqis were being held in U.S.-run prisons—most without charges.
- The U.S organized Shi'ite death squads linked to the Malaki government responsible for murdering thousands of Sunnis and unleashing widespread religious sectarianism and ethnic cleansing during the 2006-2008 civil war. *The Nation* reported: "[At] its peak, more than 3,700 Iraqis died in a single month" and minorities were driven out of areas in which different ethnic and national groups had previously lived side by side.
- During this civil war, the U.S. turned prisoners over to the Iraqi regime knowing they would likely be raped, tortured, or murdered by the Iraqi police.
- Today torture, illegal detentions and executions are widely carried out by the Iraqi government the U.S. backs. Prisoners are regularly tortured and raped by Iraqi security forces, with "fingernails pulled out, hung upside down, beaten with pipes, kicked and beaten and insulted and spit upon." (Al Jazeera)
- The invasion of Iraq was a war crime under U.S. and international law, violating the UN Charter, the Geneva Conventions, as well as U.S. law. And the U.S. carried out war crimes and crimes against humanity during its occupation of Iraq including the murder, torture, and illegal detention of thousands and thousands of Iraqi civilians.
- Number of U.S. officials or military commanders prosecuted for these crimes under Bush and Obama? Zero. (The highest ranking official punished was Lewis Libby, Vice President Dick Cheney's chief of staff; Libby was convicted of harming the CIA by revealing the name of one of its operatives.)

Investigations of the war's toll on Iraqis: None.

Reparations offered Iraqis for their suffering: None.

"Peace" in Afghanistan

In October, 2015, U.S. and Saudi Arabia forces deliberately bombed a hospital in Afghanistan run by Doctors Without Borders, killing at least 22 patients and staff, injuring dozens more, and destroying the hospital.

Within weeks, the Pentagon sent a U.S. tank to enter the bombed out structure to destroy evidence of this horrific War Crime!

U.S. Soldiers Guard Poppy fields (Heroin) in Afghanistan



Peace in Syria

Now the US is bringing its Satanic version of "Peace" to Syria, by founding and funding ISIS. Fortunately, Russia has been invited into Syria by their Government, to DESTROY the U.S. backed Terrorists in ISIS.

This is the World's Definition of "Peace"

Indeed, "When they cry, Peace, Peace, and there is NO Peace" that is the World's definition of "Peace.

Nobel Peace Prize

The Nobel Peace Prize is often given to outright criminals such as Henry Kissinger (1973) and Barack Obama (2009)

When one Nobel peace prize winner bombs another

Doctors Without Borders won the Nobel Peace Prize in 1999. President Obama was awarded his in 2009. As Commander-in-Chief of the military that bombed the Doctors Without Borders hospital, this makes Obama perhaps the first Nobel Peace Prize winner to bomb another Nobel Peace Prize winner.

Or maybe not? Henry Kissinger was awarded the Nobel Peace Prize in 1973, and he masterminded the secret bombing of Cambodia and Laos for President Nixon around that time. Shortly thereafter, it came to light that in that campaign, hospitals were routinely targeted for bombing. As The Nation recently reported:

A letter from former Army captain Rowan Malphurs said that in 1969 and 1970, he analyzed aerial photographs where **B-52 bombs** (**the ones ordered by Kissinger**) fell on Cambodia: "I saw on several occasions where possible hospitals had been bombed.... On another occasion I observed **a red cross** on a building that was partially destroyed by bombs."

By then, the Red Cross had already been awarded its three Nobel Peace Prizes.

How Does Organized Medicine give "Peace"?

Anti-depressants

We really are Prozac Nation now.

About 11 percent of people in the U.S. are taking antidepressants according to fresh figures out from the Centers for Disease Control and Prevention. Antidepressant use has surged almost 400 percent, when you compare the figures from the three-year period ending in 2008 to the six years ending in 1994, the year the eye-opening memoir *Prozac Nation* was published.

If that's not startling enough for you, consider a few more details. More than 1 in 5 women ages 40-59 are taking an antidepressant, the highest rate for any group. Overall, women and adolescent girls are 2 1/2 times more likely than men and adolescent boys to be taking one of the pills.

But wait, there's more. Nearly 4 percent of adolescents (ages 12-17) are on an antidepressant.

Antidepressants in America

The number of people taking antidepressants in the U.S.

Antidepressants are the second most prescribed type of drug in the U.S., right behind pills for high cholesterol, according to data from IMS Health. Last year, 255 million prescriptions for antidepressants were dispensed in the U.S., a 2 percent increase from 2009.

There's a lot more data from the CDC to chew on. But to avoid an overdose, I'll just mention a couple of the other findings. Most of the people taking antidepressants — 60 percent — have done so for at least two years. And less than one-third of people taking a single antidepressant have seen a mental health professional in the past year.

Antidepressant use would probably be even higher, if there weren't worries about stigma and drug side effects, another study found recently. A common side effect of drugs like Prozac is a reduction in sexual desire and satisfaction. In a survey of more than a thousand Californians, the majority of whom had a history of depression, found nearly half said they wouldn't tell their family doctor about symptoms of depression. The No. 1 reason: 23 percent said they feared that they would be prescribed antidepressants.

Just SOME of the Side Effects of Prozac:

Restlessness, joint or muscle pain, anxiety, confusion, convulsions (seizures), diarrhea, difficulty with concentration, excessive hunger, fast or irregular heartbeat, headache, lack of energy, mood or behavior changes, shakiness or unsteady walk, talking, feeling, and acting with excitement and activity you cannot control.

Trouble breathing, unusual or incomplete body or facial movements, unusual tiredness or weakness, abdominal or stomach pain, agitation, back or leg pains,

blindness, bloody urine, bloody stools, blurred vision, chest pain, constipation, continued vomiting, decreased urine output, depression, difficulty swallowing, eye pain, fainting, fast, pounding, or irregular heartbeat, high fever, hostility, irregular or slow heart rate, irritability, large, hive-like swelling on the face, evelids, lips tongue, throat, hands, legs, feet, or sex organs, loss of appetite, loss of bladder control, muscle twitching, nightmares, nausea, nosebleeds, red skin lesions, itching, burning, or peeling of the skin, severe muscle stiffness, severe sleepiness, slurred speech, sores or ulcers in the mouth, Stopping of the heart (which means you're DEAD), sudden shortness of breath, sudden weakness in the arms or legs, swelling of the face, ankles, or hands, thoughts of killing oneself, twitching, twisting, or uncontrolled repetitive movements of the tongue, lips, face, arms, or legs, unconsciousness, vomiting of blood, breast enlargement or pain, hair loss, increased sensitivity of the skin to sunlight, unusual secretion of milk, in females, panic attacks, aggressiveness, impulsivity, mania, depersonalization, intentional overdose, paranoid reaction, personality disorder. psychosis, delusions, hallucinations, intentional injury, stupor, amnesia, taste perversion, abnormal gait, acute brain syndrome, balance disorder, Central Nervous System depression, migraine, incoordination, cerebral embolism (blood clot to the brain), dysarthria (difficult talking), paralysis, stroke, memory impairment, tardive dyskinesia, heart pain, congestive heart failure, generalized edema, ventricular fibrillation (which causes DEATH), heart arrest (again meaning you are DEAD), gall stones, colitis, gastritis, duodenal ulcer, esophageal ulcer, fecal incontinence, gastrointestinal hemorrhage, vomiting blood, intestinal obstruction, pancreatitis, stomach ulcer, tongue edema, dehydration, gout, diabetes mellitus, deafness, urinary retention, kidney pai, uterine fibroids, uterine hemorrhage, hirsutism (hair growing on a woman's face and all over the body), psoriasis, epidermal necrolysis (your skin falls off), anemia, damage to the liver. Herpes Zoster, arthritis, bone pain, leg cramps, muscle pain, glaucoma, kidney failure, asthma, pneumothorax (lung collapses), larynx edema (causing the inability to breathe), pulmonary embolism (blood clot to the lung that can cause DEATH).

Psychiatry

The Observer

Psychiatrists under fire in mental health battle

British Psychological Society to launch attack on rival profession, casting doubt on biomedical model of mental

illness

British psychologists are to say that current psychiatric diagnoses such as bipolar disorder are useless.

Jamie Doward Saturday 11 May 2013 19.06 EDT Last modified on Wednesday 21 May 2014 16.11 EDT

There is no scientific evidence that psychiatric diagnoses such as schizophrenia and bipolar disorder are valid or useful, according to the leading body representing Britain's clinical psychologists.

In a groundbreaking move that has already prompted a fierce backlash from psychiatrists, the British Psychological Society's division of clinical psychology (DCP) will on Monday issue a statement declaring that, given the lack of evidence, it is time for a "paradigm shift" in how the issues of mental health are understood. The statement effectively casts doubt on psychiatry's predominantly biomedical model of mental distress – the idea that people are suffering from illnesses that are treatable by doctors using drugs. The DCP said its decision to speak out "reflects fundamental concerns about the development, personal impact and core assumptions of the (diagnosis) systems", used by psychiatry. Dr Lucy Johnstone, a consultant clinical psychologist who helped draw up the DCP's statement, said it was unhelpful to see mental health issues as illnesses with biological causes.

"On the contrary, there is now overwhelming evidence that people break down as a result of a complex mix of social and psychological circumstances – bereavement and loss, poverty and discrimination, trauma and abuse," Johnstone said. The provocative statement by the DCP has been timed to come out shortly before the release of DSM-5, the fifth edition of the American Psychiatry Association's *Diagnostic and Statistical Manual of Mental Disorders*.

Obviously, NOTHING in the "World" brings true PEACE!

God's way of bringing peace

There is only ONE way PEACE can be found, and that is by a close relationship with Jesus Christ!

God gives us many promises of Peace:

John 14:1-3

Let not your heart be troubled: ye believe in God, believe also in me. 2 In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you.

3 And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also.

Phil 4:6,7

6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; **7** and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Romans 11:36

All is of God, through God and to (for) God.

lsa 49:25

But thus saith the LORD, Even the captives of the mighty shall be taken away, and the prey of the terrible shall be delivered: for I will contend with him that contendeth with thee, and I will save thy children.

God has not lost control of His creation

Do you not know that you are not your own? You were bought with a price. 1 Cor 6:19

"The mind of man plans his way, But the LORD directs his steps. Prov 16:9

Many shall Run To and Fro

In the end, "Many shall run to and fro (with confusion), and knowledge shall be increased (but there will be few who understand truth)." Dan 12:4

We are in that time now. Knowledge has been increased dramatically, but few understand truth. The stress of it all is driving them to drugs – both street drugs and doctor-prescribed drugs – not knowing that there only hope for peace is in Jesus Christ.

Three questions and answers we must always remember:

- 1) Why are we here? To get to know God and learn to Trust God with everything in your life.
- 2) Who's in Charge? God is in charge of EVERYTHING that happens, and everything that happens to us – the good and the bad. All of it is designed to lead us to the answer to the FIRST question – getting to know – and trust – God with everything in our life!
- 3) What is God's goal for our life? It is not for us to become a museum piece – looking "righteous and holy." It is to achieve the ability to stay completely calm in the midst of increasingly difficult and trying circumstances, with everything falling down around us, because we are holding on to the hand of Jesus Christ who we KNOW will lead us through the trouble.

All is of God, through God, and to (for) God. Romans 11:36

All things work together for Good, to them that love the Lord." Romans 8:28

Whatever happens to you or your family, it is God who designed it - - with a definite purpose for your life. Nothing is coincidental.

God is not malicious, nor does He subject you to vicarious violence. God has a goal in everything that happens to you. And the goal isn't necessarily a final endpoint. God's goal is often the process:

If you can stand calm in the midst of chaos, with everything falling down around you, and continue to hold on to the hand of the Lord, completely trusting Him to lead you through to the other side, God has accomplished His goal in you. You have become "anxious for nothing."

You have become one with Him!

God Wants to Hear You Sing

By Rodney Griffin

Their chains were fastened tight down at the jail that night Still, Paul and Silas would not be dismayed.

They said, "It's time to lift our voice, sing praises to the Lord Let's prove that we will trust Him, come what may."

God wants to hear you sing when the waves are crashing round you When the fiery darts surround you, When despair is all you see.

God wants to hear your voice, when the wisest man has spoken And says, "Your circumstance is as hopeless as can be."

That's when God wants to hear you sing.

He loves to hear our praise on our cheerful days When the pleasant times out-weight the bad by far. But when suffering comes along and we still sing Him songs That is when we bless the Father's heart.

God wants to hear you sing when the waves are crashing round you When the fiery darts surround you, When despair is all you see.

God wants to hear your voice, when the wisest man has spoken And says, "Your circumstance is as hopeless as can be."

That's when God wants to hear you sing.