



Keith Norris

Yesterday at 5:39 PM ·

Take this for what it's worth.

The mind control of "I can't breathe"

Coincidence? I don't think so.

I had been contemplating this thought last night and early this morning. I began writing then let it set, not able to fully express what I was feeling. Not able to fully connect the dots.

Then this evening, after returning from ceremony, I was hit with a similar message from 3 other friends.

Let me see if I can put it together so as to make sense.

Consider:

(1) the "emergence" of a respiratory virus (restricted breathing) that was leveraged and blown out of proportion by the puppeteers so as to drive fear and confusion among the populace.

(2) government/puppeteer mandated lockdowns and mask wearing (restricted breathing) that has now become a virtue signal and nothing more, a tool of shame and divisiveness.

(3) economic "suffocation" of the 99%, while the political class, banking elite and 1% profit (in both money and power).

(3) A planned and orchestrated brutal event in Minneapolis, with the resultant ear-worm mantra of "I can't breathe" tightly woven into the propaganda-driven narrative.

Now the entire world is wearing masks. The 99% are suffocating economically. And now the entire world is chanting "I can't breathe".

Coincidence?

Now consider this:

Breathwork is the most powerful and easily accessible form of self exploration and energy/vitality control accessible. It's absolutely free and available to *anyone*. It is our entry portable to our own consciousness, the collective consciousness, self healing... you name it.

Then consider this:

(1) Prana - breath, respiration. Energy, vitality, zest.

(2) Ayama - expansion, reaching, stretching.

Pranayama then is the "science" of the skilled use of breath and breathing techniques to control and shape one's inner and outer life.

Again, free and accessible to anyone, anytime. No outside authority or intermediary needed. It is the essence of personal sovereignty and empowerment.

Why would someone, or some agency, conspire to cripple your ability to participate in this healing and teaching technique? Who could ever be threatened by knowing and participating in such a thing?

Millions wearing masks. Millions suffocating economically. Millions droning the mantra, "I can't breathe".

You think you're protesting. I'm asking you to question that narrative your being force-fed and consider if you just might be aiding and abetting the puppeteers in controlling the masses.

Mantras are powerful mind control tools. And you've been led to believe (ever wonder why?) that the idea is complete bullshit.

In choosing and utilizing your own mantras YOU can enhance and solidify YOUR sovereignty in the world; shield yourself from outside control and manipulation.

Mantras program your subconscious mind to vibrate in resonance with the energy of the mantra. And the conscious YOU will then vibrate in kind. Without your even being cognizant of that fact.

I control my own destiny. I am the lone sovereign of MY being.

My mantras are:

"I CAN BREATHE!"; "I AM BREATH"

"I AM SOVEREIGN"



Keith's Post



Mantras program your subconscious mind to vibrate in resonance with the energy of the mantra. And the conscious YOU will then vibrate in kind. Without your even being cognizant of that fact.

I control my own destiny. I am the lone sovereign of MY being.

My mantras are:

"I CAN BREATHE!"; "I AM BREATH"

"I AM SOVEREIGN"

"I AM EMPOWERED"

"I CREATE MY NORMAL" and,

"I AM"

Josh Trent - this is why you *have* to spread the message of your breath work far and wide. There is a reason why you're called to do this work NOW. ❤️🙏



"I AM"

Josh Trent - this is why you *have* to spread the message of your breath work far and wide. There is a reason why you're called to do this work NOW. ❤️🙏

215

498 Comments 63 Shares

Like

Comment

Share



Nikii Marie Hutson Interesting

Like · Reply · 1d

1



Keith Norris Try it on, give it a spin, see if it works for you.

Like · Reply · 1d

2



Todd McVay TRUTH

8

Like · Reply · 1d



Keith Norris Thanks, brother ❤️🙏

Like · Reply · 1d

1



AnnMarie Michaels I could not agree more.

Like · Reply · 1d

5



Ted Prendez Epic post bro! Makes complete sense to me Keith Norris! Thanks for sharing the reality of what's happening

Like · Reply · 1d

6



Jeremiah Joseph Ackerman Cindy Jeremy Sutton thought u would like this

Like · Reply · 1d

1



Cindy Jeremy Sutton Jeremiah Joseph Ackerman thx

Like · Reply · 1d



Nova Champagne BIG IF TRUE

Like · Reply · 1d

3



Frank Priebe Nova Champagne , why the caps? And why if true?

Like · Reply · 1d



Nova Champagne Frank Priebe sounds like you already know

Like · Reply · 1d



Keith Norris "Is this true?" is a powerful mantra. Question everything.

Like · Reply · 23h

1

Write a reply...



Stacy Siems Words are powerful

THIS IS CALLED A SPELL.



1 d Like Reply



Keith Norris YES, exactly. 🙏

23 h Like Reply

Like · Reply · 23h



Allison Wojtowecz Get out of my head! Been thinking about this as well. Also - the coincidence of "common protest advice" that usually suggests to cover your face so you can't be identified in case someone fucks up and makes a peaceful protest not-peaceful WITH the fact there's already masks on everyone's faces? Too perfect.

Like · Reply · 1d

8



Keith Norris Too many "coincidences"...

Like · Reply · 23h

2



Josh Trent Keith Norris Reading this gave me chills of gratitude brother. The way I see it, www.breathwork.io will be a huge catalyst in how we stop, breathe, and heal together.

In times like these, when people are in more stress than EVER, they STOP breathing.

When they stop #breathing they disconnect from their body: both emotionally and physically.

So in these times of unprecedented injustice, in these times where it seems like there's no answer, these are the times to learn how to BREATHE.

Then, after a moment, we choose to make decisions from that grounded and loving place.

My mantra since 2016: IF I CAN BREATHE, I CAN CHOOSE.

Like · Reply · 1d · Edited

14



Keith Norris Yes! 1

Like · Reply · 23h



Zachary McKenzie Y'all are INSANE! 1

Like · Reply · 9h



Michael Garfield Keith Norris I also noticed this strange and poetic coincidence but it seems like you're spinning it in a way that doesn't make sense to me.

Expressing solidarity with oppressed groups who are dying at four times the rate of white communities from the... [See More](#)

Like · Reply · 1d

7



Keith Norris Yes, I am saying it's disempowering. AND I'm saying this divide is puppeteer driven. As are all divisions.

And this only my opinion. You, as a sovereign individual, are free to come to your own conclusions. I'm simply saying that, I think, you (we) are being told WHAT to think, ergo how to react, and this is done for the purpose of control.

Like · Reply · 23h

5



Jason Moyer I think the only breathing that guy is doing is through a bong.

People don't want to believe the virus is real, because the concept of an evil government can be reasoned with, whilst a virus can't. People don't want to believe that racism is systemic because then they are complicit, so it's better to think of each incident recorded as an anomaly - an exception that proves a fairer rule. And breathing is autonomic - you know if you are doing it right, because if you are not you die within 3 minutes. FML.

Like · Reply · 9h



Michael Garfield Keith Norris submitted for your consideration.

<https://complexity.simplecast.com/episodes/34>

Keith's Post

...



Michael Garfield

Keith Norris I also noticed this strange and poetic coincidence but it seems like you're spinning it in a way that doesn't make sense to me.

Expressing solidarity with oppressed groups who are dying at four times the rate of white communities from the pandemic, who aren't getting their necks knelt on by cops...

Are you suggesting that simply saying this mantra is somehow disempowering? Or perhaps is it drawing our attention as it has yours to the fact that these two issues are deeply related and cannot be considered independently of each other?

I think it's worth pointing out that chanting is a polyvagal technique regardless of the content and if you're out there in a protest chanting I can't breathe, you're actually doing your nervous system some good (in that sense, anyway).

(Also worth noting that these times call for the ability to deal with irony and post-ironic metasincerity.)

1d Like Reply





Better Scientific Modeling for Ecological & Social Justice with...

Like · Reply · 2h

Write a reply...



Jason Prall Accidentally tapped into this very same note of truth on March 2...not fully knowing how prescient it would be.



Jason Prall

March 2 · 🌐

What if, instead of rushing to the doctor for a vaccine, you could use your breath to activate your immune system in a balanced way?

Soma Breath & Pause Breathwork know what I'm talkin' bout 🤔 🧘 🙌

👍❤️ 97

11 Comments 1 Share

Like · Reply · 1d

16



Keith Norris It's in the collective consciousness. There for anyone to tap into. Which is why the furious attempt to program us otherwise.

Like · Reply · 23h

6



Jason Prall Yeeuuuuup!

Like · Reply · 23h

3



Josh Trent Jason Prall one breath at a time.

Like · Reply · 21h

2

Write a reply...



Frank Priebe Keith Norris, as I sit here about to do a fb live on your Three Card Monte and the Propaganda Machine post , you come up with another amazing post about the reality and hypocrisy of the last three months and what the *man* is trying to put upon us. 🙌❤️🙏🇺🇸🙌 #BecomeHarderToKill #BecomeAwake

Like · Reply · 1d · Edited

4



Mollie Oliver Thank you

Like · Reply · 1d

4



Tami DeMarco BINGO! #BecomeHarderToKill 🙌

Like · Reply · 1d

3



John Romaniello Tami DeMarco I am SUPER hard to kill but I'm pretty sure kneeling on my fucking windpipe for 9 minutes would do it

Like · Reply · 29m

1



Camille Macres Yaaaas!!!! Thank you 🙌

Like · Reply · 1d

3



Frank Priebe Chris Colt... 🙄🙄

Like · Reply · 1d

1



Jay Ashman Lol

Like · Reply · 1d

7




Keith Norris Passive-aggressive is juvenile shaming tool. Care to elaborate?

Like · Reply · 23h · Edited


1

even have known this was here if someone didn't share it with me. The fact you thought enough to type this is mind blowing. This isn't an opinion, this is an acid trip

Like · Reply · 23h 15

 **Jay Ashman** you ignore systemic racism, police brutality, the science of working with a new virus strain and the dynamic nature of the conclusions from the varied studies, all to espouse some breathing shit...

This is ridiculous, self-serving, a massive ego trip, and quite frankly, insulting
Like · Reply · 23h 20

 **Keith Norris** Jay Ashman Who told you that story? And do you believe it?

Like · Reply · 23h 4

Write a reply...

 **Tami DeMarco** David SharkMan


Like · Reply · 1d 1

 **David SharkMan** Tami DeMarco Wow! Thanks!


Like · Reply · 1d

 **Tami DeMarco** David SharkMan you're welcome!


Like · Reply · 1d 1

 **Shad McFadden** Sounds like you're working very hard to take the focus off of the protest of 30 years of police brutality at a disproportionate rate for the black community. Why?


Like · Reply · 1d 20

 **Keith Norris** I'm offering a way forward, that is all. I'm not playing the puppeteer's game. You for sure are free to choose another path.

Like · Reply · 23h 6

 **Shawn Slattery** I just found the breathing path. A little synchronicity it seems. Thank you Keith for this truth


Like · Reply · 1d 3

 **Anton Nizich** I AM is a good one. Thanks for sharing. It's always a good reminder.


Like · Reply · 1d 2

 **David SharkMan** Mike Mumola

Like · Reply · 1d 1

 **Allison Crean Davis** So George Floyd was "in on it", had it all set up that he'd let himself be suffocated, on camera, and would utter those words to sync up with these other issues? Also Eric Garner teed this all up years ago when he, another back man, was also asphyxiated by a policeman? I think you're trying way too hard and are missing the real and shamefully persistent issues of racial inequality and modern day lynching.

Like · Reply · 1d 24

 **Keith Norris** You can choose to feed the beast as you wish. I won't. And I don't have the need to justify my actions. I'm am in control of one individual, and that is me.

Also, I don't know who died. Or if anyone died. I wasn't there myself to witness, and I distrust anything I don't experience with my own senses. I do think the *outcome* and racial rancor was intended, and planned.

Like · Reply · 23h 5

 **Allison Crean Davis** Keith Norris There is no beast.

Shad McFadden Allison, Keith. I think you're both representing your personal views very well. I think this is a dialogue our country will continue to have. Keith, my suggestion to all who question the validity of the current narrative... if you have any close friends who are black and whom you trust, I would just be open to their feedback, especially those of us who are over 40. We have been "there to witness".

Like · Reply · 21h

4

Write a reply...

Brian Stanton Your mantra comes from your mindset. We can choose to have a victim mindset or an empowerment mindset.

Like · Reply · 23h · Edited

9

Robin Eacret Exactly!

Like · Reply · 18h

1

Rowdy Koenig And that my friend is one of the reasons I love you. Inspiring people with truth and giving them a vehicle to take charge of these own lives and bodies... God bless you

Like · Reply · 23h

6

Sheila Ann Jackson #truth

Like · Reply · 23h

3

Elena Villanueva Stacey Loop

Like · Reply · 23h

4

Stacey Loop Elena Villanueva he is correct!!!!

Like · Reply · 23h

4

Larry Diamond Kay Lynne Cox Diamond I think you'll find this important.

Like · Reply · 23h

Grace Liu #onebreath
We are all one. One breath, no?... See More

Like · Reply · 23h

8

Michelle Norris Grace Liu EXACTLY!

Like · Reply · 6h

1

Angela Thompson Kyle Thompson

Like · Reply · 23h

1

Kyle Thompson Angela Thompson he makes some very valid points

Like · Reply · 23h

Molli Oliver Unfortunately my airline requires masks which breathing my CO2 takes my voice away
Daily

Like · Reply · 23h

4

Justin Marchegiani Some good points Keith.

Like · Reply · 23h

2

Robert Heller Right over the edge!! Reading some weird shit between the lines but feeling the power of expression and emotion. I think that's pretty much where we're all at. Just trying to make sense, pointing fingers!!

Like · Reply · 23h

1

Jay Ashman honestly, this is the biggest crock of shit I have read yet, why is the "paleo" world filled with people who have the brain of a chickpea.

26

Larry Diamond Kay Lynne Cox Diamond I think you'll find this important.

23 h Like Reply

Grace Liu #onebreath
We are all one. One breath, no?

Beautiful thoughts Keith Norris 🙏🙏

🙏

23 h Like Reply

Michelle Norris Grace Liu EXACTLY!

6 h Like Reply

Keith Norris As you see it, brother. Those who feel most immune to control are in fact the easiest to control.
Like · Reply · 23h 6

Jay Ashman ok pal
"A planned and orchestrated brutal event in Minneapolis, with the resultant ear-worm mantra of "I can't breathe" tightly woven into the propaganda-driven narrative."... See More
Like · Reply · 23h 12

Keith Norris Jay Ashman I'm out of popular mass-mind, yes. I'm free to think my own thoughts. You?
Like · Reply · 23h 5

Jay Ashman You can think as you wish but that doesn't make it even remotely credible whatsoever. No amount of pseudo intellectual word vomit can mask the level of "what the fuck is he smoking" I just read.
I don't expect you to care or even give my words credence. I just find it shameful you have a platform and you choose to use it with this bullshit.
Like · Reply · 22h 15

Josh Trent Jay Ashman At the bottom of all your resentment, all your anger, all your frustration, and all your hate, is a well of love so deep that you could never touch the bottom.
The truth is that we're all figuring out what is true and what is not; if any of us have to resort to insulting someone else for their opinion it shows the fundamental cracks in ours.
Keith Norris is a beacon of light in a world gone dark.
I don't know how you two are connected or how much pain you've endured over this #MindControl operative, but I do know that you are still a brother to humanity and if you take a big deep breath, pause, and put down your weapons, I promise you that we're all here with open ears and open arms.
Like · Reply · 22h 6

Jay Ashman wow.
Just. Wow. Lol 9
Like · Reply · 22h

Peter Baker Where in the holy fuck do these people come from? (Not referring to Jay, I'm referring to the pseudo-spiritualist dumb fucks).
Like · Reply · 20h 8

Frank Priebe Josh Trent , Keith is a beacon of light in a world gone dark that was not predicted or 2020. Sage words you have for this. 🙏👍❤️
Like · Reply · 20h 4

Brandon Hevey Jay Ashman I'm right there with you, man. Dude is some kind of nuts. I get it though, this is what separates those of us with intellect and the ability to discern bullshit from reality, and those who, well, pander this wellness/life coach/etc nonsense.
Like · Reply · 17h 2

Brandon Hevey Peter Baker I wonder the same thing every time I happen across one of them. I have no words, sometimes. Lol
Like · Reply · 17h 1

As you see it, brother. Those who feel most immune to control are in fact the easiest to control.
23h Like Reply 🙏👍❤️

Jay Ashman ok pal
"A planned and orchestrated brutal event in Minneapolis, with the resultant ear-worm mantra of "I can't breathe" tightly woven into the propaganda-driven narrative."
you are out of your mind, enjoy it
23h Like Reply 🙏👍❤️

Keith Norris Jay Ashman I'm out of popular mass-mind, yes. I'm free to think my own thoughts. You?
23h Like Reply 🙏👍❤️

I would tell you to chill and take a breath, but...
Like · Reply · 9h 2

Peter Baker Come on Keith. Nobody's offended. Mystified by your myopia? Yes. Surprised that the health and fitness space could be any more tone deaf and moronic than it has been? Yes (but at the same time, no).
Like · Reply · 9h 5

Frank Priebe Brandon Hevey , what exactly is the wellness / life coach/ etc non sense? Jay has a bar bell fitness box. Keith Norris hosts an annual event called Paleo f(x) which thousands come to exchange, fitness, nutrition, mindset, regenerative farming, cross fi... See More
Like · Reply · 7h 5

Megan Cyloneight Jay Ashman What do you think of the "defund the police" movement?
Like · Reply · 3h

Write a reply...

Laura Bolton Zero coincidence. Great post 🍌❤️
Like · Reply · 23h 3

Leanna Caterina Cappucci Great post Keith, thanks
Like · Reply · 23h 5

Akash Sud Keith Norris - So you call yourself a yogi?
Like · Reply · 22h 3

Nick Wolny Paging Kyle Wright.
Like · Reply · 22h 2

Manika Ajmani As an Indian woman who has grown up surrounded by Yogis I feel deeply insulted that you are using Pranayama to justify your bigoted, racist thinking. Mind control? Propaganda? If you truly knew anything about use of breath, yoga, meditation, and the original philosophy behind them you'd know most of what you're saying is really just bullshit. I urge you to educate yourself on the history of this country and systemic and institutionalised racism that you, as a white man, actively benefit from. This is not propaganda and labelling it as such is another way for you and your sheep followers to continue to ignore racism and police brutality that continues so rampantly. YOU are the mindless person being controlled by puppeteers if you feel as though you are above these issues and that they are nonexistent. Wake up. Black people are dying and are constantly being discriminated against and have violence perpetrated against them- particularly by the police- with no accountability. People are protesting because they have actual compassion and are angry that the "puppeteer government" as you so call them are allowing Black and brown communities to continue to suffer. Your bullshit narrative is a form of white supremacy. Educate and inform yourself. You never have to fear the police if you were to go for a drive at night or for a run in your neighbourhood, Black people do. Do you also think it is propaganda that this country had slaves- Black men and women that they kidnapped from all over Africa- for hundreds of years. And even once slavery was abolished they did not have the right to vote or own property and were, and still are, treated as less than equal. Racial injustice is real. You ignoring it is not simply your own opinion or thoughts as an individual but a way for you to hide from accountability and turn a blind eye to the suffering of millions as you actively benefit off of their oppression. You're a racist, plain and simple. If you have it in you to acknowledge that and commit to do better and educate yourself and be anti-racist, I would be more than happy to share resources with you for you to do so.

· Reply · 22h · Edited 67

Hide 19 Replies

Keith Norris 3 hrs · 🌐



TENOR
1h Like Reply 1

Sarah Julia Stephens
I'm so grateful for what you are bringing to light! This is so spot on. My eyes are wide open. 🙏🙏
1h Like Reply 2

Phil Gephart
Woah. Well said Keith
19m Like Reply

Akash Sud
Keith Norris - So you call yourself a yogi?
13m Like Reply 1

Nick Wolny
Paging Kyle Wright.
12m Like Reply

Manika Ajmani

benefit from. This is not propaganda and labelling it as such is another way for you and your sheep followers to continue to ignore racism and police brutality that continues so rampantly. YOU are the mindless pers... See More
22 h Care Reply 67

Akash Sud
Manika Ajmani WOW!!! 🙏🙏
21 h Like Reply 5

Rachel Massey Browne
Manika Ajmani absolutely and

Keith Norris
Sunday at 23:39 · 🌐

racism, which using white supremacy to deflect, attack, and defend yourself. Rather, listen and learn the error of your ways and how to change them, engage in meaningful dialogue with Black people and people of color. The harm white supremacy has caused and is causing Black people, and the systemic violence being imposed on them which results in innocent Black people being killed at the hands of police who then face no consequence is NOT a political or partisan issue- it is a human rights one. Have some compassion and empathy- it's the absolute least you can do.

18 h Like Reply

Brandon Hevey
Manika Ajmani yes yes yesssss

17 h Like Reply

Khaled Mohammed
Manika Ajmani bless you for speaking up

9 h Like Reply

Keith Norris
I offer my truth and love all. I refuse to separate via classification. That is what I control. I cannot control the acceptance of that. Nor will I pander and posture to "prove" my integrity. I have no need to prove anything to anyone.

So beyond that, why would I feel guilt for something I have not done?

Should I also feel guilt for being male? For being athletic? For being a US citizen? For marrying a white woman? For having healthy kids? Should I feel guilty for not having a religious orientation? For being straight? For being tall?

The list is long for this that society tells me I "should" be guilty for. I reject them all.

9 h Like Reply

Like · Reply · 21m

Rachel Massey Browne Manika Ajmani absolutely and thank you for speaking up. I will choose to unfollow Keith as this is the most racist, propaganda twisting white privilege bullshit I have read to date. I have zero use to learn more of what he thinks. But I will be happy to follow you and learn more.

· Reply · 21h 21

Allison Crean Davis Manika Ajmani thank you for this

Like · Reply · 21h 6

Kyle Wright Manika 🔥🔥🔥🔥

Like · Reply · 20h 3

Jay Ashman Manika Ajmani 🙏

Like · Reply · 20h 4

Peter Baker Funny how Keith is strangely silent on this. If he does comment I bet he comes back with more pseudo-spiritual crap that the western world routinely pilfers from eastern traditions they don't understand.

Like · Reply · 20h 11

Victoria Conde Salinas Manika Ajmani 🙏🙏🙏🙏🙏🙏🙏🙏

Like · Reply · 19h 5

Dawn Kaufman I'm lost Manika Ajmani what did he say exactly that was racist?

Like · Reply · 19h 2

AnnMarie Michaels Dawn Kaufman I had to scroll up. I don't see anything racist. When we say others are "racist" we give up our power.

Like · Reply · 19h 6

Peter Baker AnnMarie definitely doesn't see the irony in the fact that she has a punisher logo in her profile picture with some anti tyranny quote with it.

Like · Reply · 18h 3

Radhika Mukhija Sud Robin Eacret here are some resources for you to answer who is actually in victim mindset : <https://docs.google.com/.../1S5uckFHCA.../mobilebasic>

DOCS.GOOGLE.COM
Anti-Racism Resource List

Like · Reply · 18h 2

Todd McVay
Darryl Edwards

There is no evidence that Mr. Floyd was asphyxiated or that he is even dead....

24 m Like Reply 1

Darryl Edwards
Todd - I suppose the police officers were charged for bad acting?

Mr Floyd is live and well and up for an Oscar nomination?

The video footage seen was a feel-good Hollywood documentary by the liberal left or in fact a government propaganda from public health agencies to get people protest?

Finally, of course no one else has ever been a victim of similar police brutality... All fake news.

Yeah, makes sense.

10 m Like Reply 1

Keith Norris
Sunday at 23:39 · 🌐

Manika Ajmani
Dawn, AnnMarie, Robin- You've probably heard the term racist so often because that is what you are. Racism is not just overt racial slurs and violence, it is also the ignorance of racial injustice, the erasure of the experiences and voices of Black people and POC,

Keith's Post

Nuts

18h Like Reply 2

Michael Dalling
I've no comment on the post as such, but did you see, **Keith**, that Dr. Steven Lin has a post on alternate nostril breathing today?

<https://www.facebook.com/1391888524404902/posts/2613789718881437/?d=n>

18h Like Reply 4

Keith Norris
Another great, free, accessible-to-all technique.

9h Like Reply 2

are. Racism is not just overt racial slurs and violence, it is also the ignorance of racial injustice, the erasure of the experiences and voices of Black people and POC, and the use of spiritual bypassing (the use of spiritual ideas and practices to avoid facing actual problems and issues) to call protests and movements that give a voice to oppressed communities 'propaganda' and government planned narratives to intentionally divide people. White fragility (google that phrase- unless of course that's propaganda too *eye roll*) is what makes your first instinct when being called out on racism to deflect, attack, and defend yourself. Rather, listen and learn the error of your ways and how to change them, engage in meaningful dialogue with Black people and people of color. The harm white supremacy has caused and is causing Black people, and the systemic violence being imposed on them which results in innocent Black people being killed at the hands of police who then face no consequence is NOT a political or partisan issue- it is a human rights one. Have some compassion and empathy- it's the absolute least you can do.


Like · Reply · 18h 15

 **Brandon Hevey** Manika Ajmani yes yes yessssss


Like · Reply · 17h 3

 **Khaled Mohammed** Manika Ajmani bless you for speaking up


Like · Reply · 9h 1

 **Keith Norris** I offer my truth and love all. I refuse to separate via classification. That is what I control. I cannot control the acceptance of that. Nor will I pander and posture to "prove" my integrity. I have no need to prove anything to anyone.


So beyond t... See More 9
Like · Reply · 9h

 **Khaled Mohammed** Keith Norris no you should feel ashamed for being utterly clueless, for appropriating a foreign culture and twisting it so far to suit your racist message and for lacking any foresigh, let alone the capacity, to see how you are contributing to an already racist wellness culture.


Like · Reply · 9h · Edited 15

 **Victoria Conde Salinas** Keith Norris the fact that you feel your place as a white male is the same as being tall means you will never get it. Take a seat. These concepts are above your mental capabilities.

Like · Reply · 8h · Edited 11


 **Kwame Brown** Lawd Manika this is a WORD!

Like · Reply · 7h 4

 **Kwame Brown** Keith you think we want your "guilt"? Bruhhhh, that alone is an indicator that you are clueless.

Like · Reply · 7h 5

Write a reply...

 **Stacy Lynne** Amen!! May we all share the words in quotations?!

Like · Reply · 21h 1

 **Stacy Lynne** Keith Norris wisdom for sure.

I can not control what others think or do. Just thinking about this

Like · Reply · 21h 1

brutality or systemic racism, your perspective is that, rather than use my education to elevate black voices, seek to inform myself on ... See More

· Reply · 21h

40



Manika Ajmani Robin Eacret Racism against white people? Sorry did I miss the part where white people were kidnapped and enslaved for hundreds of years? Or maybe the part where white people had their land stolen from them and genocide committed against them? Or the p... See More

Like · Reply · 17h · Edited

7



Nick Wolny Manika Ajmani Thank you for sharing and your leadership. It looks like Robin may have deleted her original comment? I don't see it now.

Like · Reply · 12h



Keith Norris Nick Wolny (and Darryl Edwards, I think this will address your concern as well)- my point is that these hatreds and divisions via classification (color, creed, sex, orientation... the list is endless) is not organic to the human condition, it is instilled, heated and perpetuated by those who wish to control us. And to buy into that division is to play into their hand. Thus "feeding the beast".

We can see that now, even within this discussion.

None of us can change the past. We can only affect the next moment, the future. How best to do that?

My point is that no fully realized, empowered "I AM" individual would ever seek to control/dominate/or in any other way hurt another being. That realization/empowerment though has to come from within. It's not an outside/inside phenomena. It cannot be imposed. An especially so imposed via the very forces that seek to control us. So how best to empower everyone with the "I AM". More to the point, how do we get them to *remember* their I AMness? Because it is within everyone. But we've been made to forget that power.

How? Via an endless drone of division, negative mantra, propaganda. And further to my point, breath work is the most accessible tool for anyone to begin reclaiming that power. Which is precisely why it is under attack.

And too, these culture wars are created and designed to produce generations of non critical thinkers. "They" will tell you what to think and how to act. "They" prescribe the orthodoxy. If not the orthodoxy, then you are the outcast. Because the divisions must continue for control to continue.

On the subject of "white privilege" (or male, straight.. whatever "privilege") this seems to me an "original sin" trap. Whereby the "sin" can only be righted by accepting the orthodoxy. That orthodoxy being mitigated by someone or something that stands between you and "other"/God. Repent and confession. The idea being, you *can't* do this yourself. I reject that idea. We CAN do this ourselves.

I don't know that I fully expressed my position here, but hopefully it's a step closer to clarity. Not that it need be accepted. I love both of you regardless. Without qualification.

Like · Reply · 8h

2

Keith Norris please don't stop speaking up just because people call you names. ("Narcissistic")

Keith Norris please don't stop speaking up just because people call you names. ("Narcissistic")

I'm a psychologist and see not a narcissistic thing in what you've said.

Thank you for helping get people woke.

And for the record my partner is black too and agrees with you entirely AND wants nothing to do with BLM as he's known for years it's a tool of racist white Leftists. And he's done his homework, thousands of hours of research in alt history.

Many stand with you. In speaking up and connecting the dots. May God bless you.

Like · Reply · 7h

Darryl Edwards Keith Norris - I really wanted you to say something that made me feel better about your initial comment. I wanted to give you the benefit of the doubt. I wanted to hear you but I wanted you to hear me too.

You didn't address any of the points made abo... See More

Like · Reply · 5h

3

Write a reply...

Kyle Wright This is hard to read.

You are ignoring the reason for protests.... See More

Like · Reply · 21h

27

Victoria Conde Salinas



TEMOR

Like · Reply · 19h

3

Michael Feigin Thank you, Kyle Wright. Well put and generously expressed.

Like · Reply · 8h

1

Kyle Wright Michael Feigin ❤️👍

Like · Reply · 8h

1

Robyn Openshaw Kyle Wright my black partner wants people to know (he's a history buff and outreads me, thousands of hours of research a year) that you are being DUPED if you think these riots are about racial equality.

BLM is and always has been a weaponized organization funded by white racist billionaire George Soros (and the Clintons).

Four black people were killed by these paid, white-punk Antifa rioters.

I didn't know till I knew, either.

Please wake up. The mainstream media is not serving you well.

Like · Reply · 7h

1

Darryl Edwards Keith Norris - I really wanted you to say something that made me feel better about your initial comment. I wanted to give you the benefit of the doubt. I wanted to hear you but I wanted you to hear me too.

You didn't address any of the points made about George Floyd - who couldn't breathe. The countless others too, as it could have been me.

The Candace Owen's support was the amber warning for me and I didn't receive any feedback from Michelle on that support for her either.

We could just agree or decide that we are aligned on many aspects of food and exercise so nothing else matters but unfortunately and with a heavy heart I can't accept that nor can I accept that my face or value for the work I do is accepted at Paleo fx on that basis either.



If you want provide any information to back up these claims - I'm all ears.

Why don't you focus on the real issues like militarized police and ALEC's involvement in our government - oh and accept that black people have been exploited and persecuted by our government for just about always.

Like · Reply · 6h



Ryan Walker Kyle, I hear you and I definitely hear Keith.

These riots and other catastrophic events are a microcosm, which is part of a much bigger macrocosm. We can't get myopic with the minutiae. And to be clear, I'm not considering the death of anyone as "minutiae", it's horrible and inexcusable.

However, again, once we get too myopic with small events, we overlook the much bigger picture. To me, it's no coincidence that everything has happened in a very systematic way, ultimately driving us toward (the macrocosm) the Globalist agenda.

The U.N.'s Sustainable Goals 2030 openly speaks of a Globalist approach to government. Globalism means, no sovereignty and no United States of America. But, how do we get there? Perhaps, bring the economy to its knees, create fear in the public (problem, reaction, solution; COVID), and divide the nation (a house divided against itself cannot stand). George Soros, the funder and creator of the Open Society, has donated \$38 billion dollars to many activist groups, BLM being his biggest focus. Now, why would a Globalist care to fund social injustice in America? It couldn't be for unity because the way to Globalism is the antithesis of national solidarity.

Just sharing my perspective, I don't claim to have all of the answers, but I think it's important we all hear one another out, or else we cling to our narrow world views and our world view is our identity. When people attack our "identity" we get defensive, unless we're open to hearing the perspectives of others and open ourselves up to the possibility of being wrong (not saying you're wrong) which is a terrifying, existential threat to many.

Like · Reply · 6h



Kyle Wright Ryan - you said a lot of things.

Anytime someone brings up Soros in a conversation about BLM I question their judgment.

The civil unrest certainly can't be the result of systemic punishment, cruelty, and exploitation of black people for centuries until it reached a boiling point during a time of massive pain and distrust of our leadership, while fascism rises in every state backed by militarized law enforcement.....

It MUST be some Illuminati level global manipulation.

Come on.

Adding these mental gymnastics of conspiracy serves only to muddy the message and create discourse in the face of actual information.

One last thing - you said "when people attack our "identity" we get defensive, unless we're open to hearing the perspectives of others etc."

To me - this sounds exactly like the plethora of white people who have become defensive in the light of systemic racism - and closed their ears as to the fact that they have contributed (even unknowingly) to systemic racism in our country.

Like · Reply · 4h

Write a reply...




Ava Michelle Tony camper

 **Ava Michelle Smith Bosch**

Like · Reply · 21h


 **Ava Michelle Mike Schott**

Like · Reply · 21h

 **Beck Power** This is whack. How about you use some of that breathing time to learn what systemic racism actually is 😊 and look up narcissism while you're at it


Like · Reply · 21h

20

 **Robyn Openshaw** Beck Power you need to do some breathing ... while you study who funds and fuels BLM. Because it does NOTHING for black people. And it's my longtime black partner who wants y'all to know that. I didn't know until he proved it to me.


Like · Reply · 7h

3


 **Beck Power** Robyn Openshaw I didn't say anything about BLM I said systemic racism. And yeah I already breathe fine thanks 😊

Like · Reply · 6h

1


 **Grace Liu** Beck Power Beck if you know Keith and Michelle deeply, then you know how much he embraces all melanated skin types (like mine, I'm Asian and have been racially slurred in past). Your comments show ignorance for knowing Keith's heart and soul. I find that disappointing

Like · Reply · 5h

 **Beck Power** Grace Liu all i know about him is this stupid post.


Like · Reply · 4h

1

 **Robyn Openshaw** Beck Power then why be so hostile and judgy in the name of protesting racism?

#irony

Like · Reply · 4h

 **Kyle Wright** Grace Liu what is disappointing here is that you overlook Keith's ignorance and privilege while also making a mockery of one of the most important civil rights movements we will ever see.

Additionally, spreading cockamamie conspiracy theories during a time of massive civil unrest serves only to distract and disillusion.


Like · Reply · 3h

1

 **Beck Power** Kyle Wright 🙄🙄🙄


Like · Reply · 3h

1

 **Beck Power** Robyn Openshaw y'all are part of the problem. Someone says something stupid and racist and you immediately jump to his defense "you don't know him, he's a great guy." I bet a lot of people say that about killer cops too 😊 and jump on us for being angry... [See More](#)

Like · Reply · 3h

1

 **Grace Liu** That's really interesting Kyle Wright. You're trying to silence one of the most antiscist leaders and those who support the movement

Wrong targets dude

Like · Reply · 3h

Write a reply...

 **Natalie Foote Casey Dee**

Like · Reply · 21h

1

Like · Reply · 20h



Michelle Sands Since I don't watch the news or get on social that much, when I first saw the protest images, someone was holding a sign that said "I can't breathe". I thought it was a protest against mask wearing. Then I heard about the brutal event in Minneapolis.

Like · Reply · 20h



Robyn Openshaw Michelle Sands Minneapolis: Antifa HQ

Like · Reply · 7h



Simon Hyun You are out of your fucking mind.

Like · Reply · 20h



Jessica Kastl



Like · Reply · 20h



Michele Klingensmith Wilson I actually mutter that all day long while I have to wear that stupid mask.

Like · Reply · 20h



Peter Baker I didn't realize the paleo diet correlated so strongly to idiocy, but here we are.

Like · Reply · 20h · Edited



Michelle Norris Peter Baker So calling names and insults is high minded?

Like · Reply · 5h



Peter Baker In this case, yes

Like · Reply · 3h



John Romaniello Michelle Norris in fairness, it sounds like Peter wasn't calling people idiots so much as referring to idiocy as a condition which seems to disproportionately present in those who follow the paleo diet.

Being an idiot would be a classification of a person, perhaps an indictment of character.

Idiocy, as a condition, could perhaps be managed.

Though, I suspect, with limited success. Given the evidence.

Like · Reply · 26m · Edited

Write a reply...



Frank Priebe Laura Priebe Luker..breath work 🙄

Like · Reply · 20h



Tracy Barksdale This is spiritual bypassing in the worst way that completely negates the suffering and murders of black people by the police.

Like · Reply · 20h

21

So ridiculously twisted

Like · Reply · 20h · Edited

12



Peter Baker Simon, you know how the pseudo spiritual people are. And you know how fitness and nutrition people are. (They're idiots).

Like · Reply · 20h

3



Peter Baker Not mention insanely tone deaf most of the time

Like · Reply · 20h

1



Michelle Norris Peter Baker more high minded name calling and insults?

Like · Reply · 5h



Peter Baker I have tons.

Like · Reply · 5h



Mark Shields Most would have been shamed into seeing they're an idiot. This guy tho

Like · Reply · 58m



Peter Baker Mark Shields He don't give an eff about nothing

Like · Reply · 58m

1



Mark Shields



TEMPOR

Like · Reply · 51m

Write a reply...



Nattha Ploy Floyd tested positive for COVID-19 btw... post-mortem.

Like · Reply · 20h



Nikki Jencen 🙄🙄🙄🙄🙄🙄

Like · Reply · 20h



Mallory Jax
Keith, i love you. And I know you're coming from a good place. Your place. A comfortable safe place. A place with no threat to your life. Full of abundance and privilege. Privilege isn't always a bad thing. It just is. You have it. I have it.

no threat to your life. Full of abundance and privilege. Privilege isn't always a bad thing. It just is. You have it. I have it.

And now we get to use our privilege and our voices. Your voice, that speaks volumes to thousands of people. Your voice, that people listen to - to support HUMAN BEINGS who have been oppressed for thousands of years. Our brothers and sisters on this planet we call home, who by no fault of their own have been victims of systemic racism, abuse, and discrimination.

I feel so sad that so many of my white colleagues and friends aren't using their voices in a supportive way.

While I do believe silence is apart of the problem, I also don't believe you have to use your voice on this platform. I won't shame you for not wearing a mask or for not reposting anti-racist content. There are plenty of ways to do anti-racist work. But this writing, this is the opposite. Spiritual bypassing at its finest.

It is sad to see someone who does have such a loud voice, an intelligent voice, a voice that people listen to, use it in this way.

Our neighbors homes are being burnt down, their children murdered, their resources stolen from them. Their nervous systems and health deteriorating because of years of inherited and daily macro and micro traumas.

Do we stand by and tell them to breathe? To do breath work?

No. We go get water. We call for help. We stand the fuck up and run to help them.

Did you know Texas has the 9th highest maternal death rate in the country? Did you know that people of color are 3x more likely to die in childbirth than their white counter parts? Why? Racism. Implicit and explicit bias by care providers. Poor outcomes because of years of oppression, discrimination that have effected the HEALTH AND WELL-BEING OF HUMANS.


This is why I do the work I do in Birth and support Black and people of color birthworkers. I see this. I see the weight of it in my black and people of color colleagues. I will not let anyone make a mockery of this sad reality.


Josh Trent mentioned the stress of this time. People being disconnected from their bodies emotionally and physically. Hell yes they are. People of color and black people have been experiencing this stress for longer than any of us have been alive. Why would they want to be in their bodies that have been harmed for so long?

Breathing is helpful. Yes. But right now, our brothers and sisters all over this expansive world need SOLIDARITY and their basic human rights and needs met, which unfortunately many of them do not have access to simply because of their color of their skin.

This is real.

Like · Reply · 19h · Edited 33

 Jeff Zavala Mallory Jax well said! Thank you for your love and attention to this issue! Like · Reply · 17h 2

 Polina Sayess Mallory Jax, I completely agree with you and ashamed and shocked that Keith Norris called the murder of George Floyd "an orchestrated and brutal event". I truly believed that Keith wanted to make the world a better place and contribute to the health... See More Like · Reply · 13h 10

 Leanna Caterina Cappucci Polina Sayess you are truly insane. I can't even muster words for how far off base you are both regarding racism and regarding COVID the non-existent threat the world still fears. Like · Reply · 10h 1

Tracy Barksdale


What about Breonna Taylor who was shot 8 times while sleeping?

What about Ahmaud Arbery who was sit several times while RUNNING. BREATHING.

These are only two deaths that happened recently.

The more I think about this post the most fucked up it is. I will no longer be a supporter of pfx and will make sure people I know, are aware who they are supporting if they consider going.

16h · Like · Reply 24

 Leanna Caterina Cappucci Polina Sayess you are truly insane. I can't even muster words for how far off base you are both regarding racism and regarding COVID the non-existent threat the world still fears.



Michelle Norris

transmission.... That's not even dogma, that's simply a fraudulent claim....

As to the staged events surrounding Mr. Floyd, I would invite you to actually study the examination of this by PsyOp experts who immediately identified the multiple inconsistencies that are consistent with a staged event....

Like · Reply · 10h

1

Tracy Barksdale Polina Sayess thank you for putting yourself on the line, keeping people healthy and helping heal those who have endured covid.

Like · Reply · 8h

1

Keith Norris Breathing is the foundation to the I AMness, Mallory. And yes, I agree - no-*thing* can be done without action. My point is that any action has to be done in the direction of empowerment vs the direction of victimhood, if that makes sense. Teach a man to fish vs giving a fish, so to speak. And I don't think that proper action can be informed from a wonky foundation. Or out of guilt, or from a need to pander, posture or prove our worthiness. It has to emminate FROM the I AMness. ❤️🙏

Like · Reply · 7h

2

Robyn Openshaw Mallory Jax the riots you witnessed killed 4 black men and destroyed 100's of black people's businesses and the places they need for food and meds in inner cities.

My longtime black partner wants me to say to anyone on fb I see saying words like "whi... See More

Like · Reply · 7h

1

Mallory Jax Robyn Openshaw Thank you for sharing this. I did not speak to the riots in this message, only the black people dying in birth. This is what I see in my work. No one can deny these statistics. If anyone here needs information on how to support the maternal death rate here in Texas or the US, please feel free to message me.

Like · Reply · 6h

2

Write a reply...

Chuck Michelson Hey everyone there's a whole history of violence against black people in this country, beginning with slavery and still alive in disproportionately deadly policing. But hey this white guy with a random brainstorm proly has it figured out, right? What a load of garbage. Unsubscribing from this racist bullshit.

Like · Reply · 19h

30

Todd McVay Chuck Michelson We have a systemic abuse and oath violation problem within law-enforcement, but it's not racially motivated....

Like · Reply · 10h

1

Chuck Michelson Todd McVay then how do you explain disproportionate police killings of black people? And how do you explain white supremacist tattoos on cops' arms?

Like · Reply · 7h

1

Kwame Brown Not just killings: the continuum of harassment, overpolicing, escalation vs deescalation, greater likelihood of illegal searches, and much more.

Like · Reply · 7h

3

Write a reply...

Todd McVay
Polina Sayess There is little to no empirical evidence whatsoever that wearing masks reduces viral transmission....

Polina Sayess There is little to no empirical evidence whatsoever that wearing masks reduces viral transmission.... That's not even dogma, that's simply a fraudulent claim....

As to the staged events surrounding Mr. Floyd, I would invite you to actually study the examination of this by PsyOp experts who immediately identified the multiple inconsistencies that are consistent with a staged event....

11h Like Reply

Michelle Norris

Only a few people will understand the spells humanity is under.

The majority will likely oppose this message in favour of supporting their favorite governments and tyrants.

Media Spells and Stockholm Syndrome are real

Like · Reply · 18h

10



Heddy Herron Tibi Murariu this is getting really frustrating. We are not supporting governments and tyrants, we're supporting and loving our neighbor. We are lending a hand, being empathetic and loving, and TRYING to use our voices to bring change. Ignoring the problem is not being enlightened. It's ignorance. There is no media spell or Stockholm syndrome. Yes, the media does stir things up, of course! But guess what? I'm not black. So my job is to listen to black people's stories and then to use my privilege to help in any way possible. This is making the natural health world look horrible, it's insensitive, and it's so disconnected from the real world. We either need to be quiet or be helpful. This is not helpful.

Like · Reply · 8h



Tibi Murariu Heddy Herron You are supporting them unconsciously, even that is not your intention. You are playing into their narratives.

Your profile picture also has the hashtag #stayathome which also tells me you are well intentioned but unaware of the deeper aspects of these psyops.

The enemy is not the right or left, that's what the Media wants you to believe.

The enemy is the media, bankers, and psycho elites who want to take away our freedoms and control virtually every aspect of our lives.

Like · Reply · 8h

4



Keith Norris Tibi Murariu Yes, that's it. That's the insidious trap that's been set. That trap cannot be seen though from *within* the trap.

Like · Reply · 8h

5



Heddy Herron Tibi Murariu I 100% agree it's not a right or left problem. I also agree we have evil in other areas and that people are being manipulated. I actually get very frustrated people can't see through the manipulation.

The problem I have with what you are saying is there is a sector of our community who feels unheard and targeted. The narrative you guys are putting out there is insensitive. Racism does exist. Not because I've seen it on the media. It exists. We have to listen to the experiences of our fellow man and use our voices for change. Again, I'm talking about the people living in our communities who feel this way NOT the media. And if you believe black people feel this way because of the media, that a huge problem. Regardless of any psychological operations occurring, black people feel this way. That's all that matters right now.

In terms of my profile picture, thank you for reminding me it's time to change it 😊. I believe covid was killing people. I also believe people should build their immune system instead of staying at home. That being said, there are people who have not done that and I think we should be willing to sacrifice short term for those who are at risk. And yes, I'm aware of the the psyops. That being said, I think you guys are falling for it, as well. Just from a different source. We've gotten to a point where there's no longer truth. It's frightening.

Like · Reply · 7h


Write a reply...




Brandon Hevey




Like · Reply · 17h 28

 **Brandon Hevey** Loving the angry reacts from the white people. 🤔🤔

Like · Reply · 5h


 **Brandon Hevey** Robin Eacret please get Covid and die already. I'll throw a party.

Like · Reply · 17h 3

 **Leanna Caterina Cappucci** Brandon Hevey great way to dispel the myth of hatred racism is created by those who give it a name. Here is a great message directly from people of color.

<https://www.facebook.com/6333396177/posts/10158880185711178/?vh=e>

Like · Reply · 10h 1

 **Todd McVay** Brandon Hevey LOL.... Leftist hate, comedic and so utterly revealing of why you all hate good and praise evil....


Like · Reply · 10h · Edited 3

 **Brandon Hevey** Todd McVay, no, she just sucks. ͡_͡(ಠ_ಠ)͡_͡

Like · Reply · 8h

 **Todd McVay** Brandon Hevey she's actually one of the most caring people I've ever met.... and has overcome an incredible amount of personal tragedy that few of us could fathom to rebuild her life...and has since dedicated her life to helping others do the same.... Particularly children....


Like · Reply · 8h 2

 **Ryan Walker** That's awful, man. That kind of mentality will never bring unity to anyone, Brother.


Like · Reply · 6h 1

 **Brandon Hevey** Ryan Walker I'm definitely not your brother. Thankfully.


Like · Reply · 5h

 **Brandon Hevey** Todd McVay cool man, I definitely will take the word of an Infowars/conspiracy theory peddling old white guy as truth. Y'all are a joke. 😂

Like · Reply · 5h

 **Leanna Caterina Cappucci** Brandon Hevey the more you comment the more it's obvious you're not just ignorant, but you exude the same hate you claim to oppose, typical. To try to have a discussion with you is a clear waste of everyone's time. It's people like you that perpetuate bigotry, Racism and other forms of inequality by wearing it as a badge.

Like · Reply · 3h 2

 **Brandon Hevey** Leanna Caterina Cappucci ok thanks so much for your input. I'll definitely take that into consideration. Please light a spirit candle for me next to your healing crystals and vitamins. Savasana and all that. 🙏🙏🙏

Like · Reply · 3h

Darryl Edwards
There are some things we agree on, but this certainly is not one of them. Not everything is about mind control **Keith**.

I know you have good intentions and a lot of love for me BUT...

George Floyd couldn't do breathwork to save himself. He couldn't breathe.

His inability to breath wasn't about the influence of mind control or wearing a mask but a police officer's knee bearing down on his neck for several minutes that caused it

Watch the video Keith. That could have been ME!

Would your answer in that instance if someone mentioned my death be "I'm not going to feed the beast. I wasn't there to see it. I don't know if Darryl died. I wasn't there myself to witness it. I distrust anything I don't experience with my own senses.?"

That's incredible given how pretty much the entire business of the work you do relies on the anecdotes and experience of others changing their health through Paleo, etc. You are not there to personally witness any of those events but can accept those at face value, no problem if we both believe in that cause, right?

There's a video of the incident with George Floyd, just watch it— hopefully you can be objective about that and see which part of his death and objective about that and see which part of his death and experience is related to anything you posted above. But this isn't just one isolated incident. There are many...

We can also have an evidence-based, critical thinking discussion about it too if that helps.

16h Love Reply

View 10 previous replies...

Michael Reeslein
7h Like Reply

Bert Massey III
Darryl Edwards I was

people are fucking insane. Posting Jesus shit and then a day later George Carlin, one of the best and most outspoken atheists around? Really? A reiki master? Really? Come the fuck on. Thanks for the laughs.

Like · Reply · 2h

Write a reply...

Elizabeth Miller Nuts
Like · Reply · 16h 2

Michael Dalling I've no comment on the post as such, but did you see, Keith, that Dr. Steven Lin has a post on alternate nostril breathing today?

<https://www.facebook.com/1391888524404902/posts/2613789718881437/?d=n>

Like · Reply · 16h 4

Keith Norris Another great, free, accessible-to-all technique.

Like · Reply · 8h 2

Darryl Edwards There are some things we agree on, but this certainly is not one of them. Not everything is about mind contro Keith.

I know you have good intentions and a lot of love for me BUT...
... See More

· Reply · 15h · Edited

Hide 12 Replies

Todd McVay Darryl Edwards
There is no evidence that Mr. Floyd was asphyxiated or that he is even dead....

Like · Reply · 10h

Darryl Edwards Todd - I suppose the police officers were charged for bad acting?

Mr Floyd is live and well and up for an Oscar nomination?... See More

Reply · 10h · Edited 1

Kyle Wright Todd McVay
<https://www.mercurynews.com/read-george-floyd-autopsy.....> See More



Like · Reply · 9h · Edited

Heddy Herron Darryl Edwards thank you and I'm sorry for people's ignorance. This isn't about mind control and breath work, it's about racism and police brutality. Those refusing to acknowledge it are a huge part of the problem.

Like · Reply · 9h 7

Darryl Edwards Heddy Herron - thank you! 🙏

Like · Reply · 9h

Todd McVay
Darryl Edwards

There is no evidence that Mr. Floyd was asphyxiated or that he is even dead....

24 m Like Reply

Darryl Edwards
Todd - I suppose the police officers were charged for bad acting?

Mr Floyd is live and well and up for an Oscar nomination?

The video footage seen was a feel-good Hollywood documentary by the liberal left or in fact a government propaganda from public health agencies to get people protest?

Finally, of course no one else has ever been a victim of similar police brutality... All fake news.

Yeah, makes sense.

10 m Like Reply

Kyle Wright
Todd McVay

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

Both autopsies confirm homicide cause by neck compression and strain.

So find a new theory to salivate over.



9 h Like Reply

WQW 9 h Like Reply

David 'Chef' Wallach This is all most definitely connected to the faked moon landing and the 'round earth' conspiracy. Could you forward a link to where you buy your tinfoil hats, or do i have to channel that while sitting under my Sedona pyramid framed 5g shelter while taking deer antler and aligning my chakras after my colon cleanse?

9 h Like Reply

Alyssa Anthony Keith, I've long been a big supporter of your companies, but I'm so disappointed, and frankly disgusted at this sort of harmful narrative. I won't say any more because several above have said it so well.

9 h Like Reply

Kaley Denise' Norris Alyssa Anthony I don't think he said one political thing in that piece perhaps you should re-read it from a less defensive point of view. He's not condoning anything racist

are also all amazing actors? Give me a break.

Not. Everything. Is. A. Conspiracy.

Racism is real. Systemic racism is real. Be quiet, empathize, and listen to black people. We have a lot to learn and have the ability to help.

Like · Reply · 9h

3

Kyle Wright Darryl Edwards got it! Tagging flipped out on me.

Like · Reply · 9h

1

Todd McVay Kyle Wright Thank you for making my point....

I'm well trained in combatives and subduing a combative person--in and out of the water....

Assuming he is actually dead, which I am not remotely convinced of (especially now that we have the ludicrous excuse for his "closed casket" funeral added to the MANY inconsistencies in this clearly staged event), he wasn't asphyxiated.... You cannot cut off the ability to breathe by restricting blood flow in one carotid artery....

Like · Reply · 8h

2

Alyssa Anthony "That's incredible given how pretty much the entire business of the work you do relies on the anecdotes and experience of others changing their health through Paleo, etc. You are not there to personally witness any of those events but can accept those at face value, no problem if we both believe in that cause, right?" BOOM!

Like · Reply · 8h · Edited

1

Kyle Wright Todd - you get your info from Stormfront?

I brought proof to you from several sources. Two autopsy records. Both saying pretty much the same thing. ... See More

Like · Reply · 8h

1

Michael Roesslein

Like · Reply · 5h

2

Bert Massey III Darryl Edwards I was lucky enough to be on a panel with you at the last Paleo Fx, and have been around for many before. Your work has always been inspiring and it was an honor to be associated with you.

I have also been a co-worker of Keith and consider him a good friend, but this one has me hurt. ... See More

Like · Reply · 3h

4

Write a reply...

Tracy Barksdale What about Breonna Taylor who was shot 8 times while sleeping?

What about Ahmaud Arbery who was sit several times while RUNNING. BREATHING.

These are only two deaths that happened recently.

The more I think about this post the most fucked up it is. I will no longer be a supporter of pfx and will make sure people I know, are aware who they are supporting if they consider going.

Like · Reply · 12h

24

Hide 27 Replies

Todd McVay Tracy Barksdale Ahmaud Arbery committed 3 felonies just prior to getting shot, including the assault against the person who shot him....

Like · Reply · 10h

2

Keith's Post

Bert Massey III Darryl Edwards I was lucky enough to be on a panel with you at the last Paleo Fx, and have been around for many before. Your work has always been inspiring and it was an honor to be associated with you.

I have also been a co-worker of Keith and consider him a good friend, but this one has me hurt.

Please know I am 100% with you on this, and am sorry you are h... See More

5h Like Reply

Like · Reply · 10h

11



Todd McVay Tracy Barksdale ?? Nobody is debating that....

Mr. Arbery had a history of mental illness.... And that's the real tragedy.... Despite his criminal record, his bizarre behavior that day is likely the result of this dysfunction....

Like · Reply · 10h

1



Darryl Edwards As we know Tracy Barksdale - 11 year old Tamir Rice had a toy gun and a history of playing with it just prior to being shot... (some people here would say that was Tamir's fault- how ludicrous) - so thank you for speaking out!!!

Like · Reply · 10h · Edited

9



Amira Lamb Todd McVay You're a sick individual.

Like · Reply · 10h

4



Richard Garcia Tracy Barksdale - Yet you were such an advocate for so long.

What do you know about racism exactly anyway?
... See More

Like · Reply · 9h · Edited



Tracy Barksdale Richard Garcia yep all of us have been racist our whole lives. It's not possible for white people not to be racist. But I'm working on it and am committed to being better with taking a hard look at myself. My work will be calling out fellow white people to do better.

Like · Reply · 9h

7



Darryl Edwards Tracy Barksdale - I'm thankful you spoke out.

Like · Reply · 9h

3



Richard Garcia Darryl Edwards - Experience a lot of American police racism?

Like · Reply · 9h



Darryl Edwards Richard Garcia - yes I have experienced some personally. Why do you ask?

Like · Reply · 9h · Edited



Heddy Herron Todd McVay what 3 felonies did he commit? Also, citizens should be armed, chasing a black man, then shoot and call him a horrible racial slur? His death was wrong. Period. Quit justifying racism.

Like · Reply · 9h · Edited

5



Richard Garcia Darryl Edwards - Some, while you were just popping by from London, huh? Not nearly the same as growing up here. So please don't even begin to try and compare it.

What I'm noticing is how for so many years you promoted, were promoted by and profited ... See More

Like · Reply · 8h



Darryl Edwards Richard - I don't have to have grown up in America to experience racism or to comment on it. There is plenty of it here in the UK.

You can read my last FB post on my page to see my experiences which have occurred in many parts of the world. Believe it... See More

Like · Reply · 8h · Edited

8

here. If you were from here so cold talk about these issue with integrity you would know it's a black and brown issue because the disparate impact is the s... See More




URBANANTONIO.COM

The Paleo Problem with Racism and Sexism

Like · Reply · 8h

 **Richard Garcia** Tracy Barksdale - You've just shown you're ignorance yet again, and I don't believe a word that you just told me.


Like · Reply · 8h · Edited

 **Darryl Edwards** Richard Garcia - I've experienced racism in America. How many incidents of racism do I need to qualify for to meet YOUR approval to talk about it? Colourism on display of you knowing best.

Many expend your energy on the people in this forum who value your opinion. Thank you.

Like · Reply · 8h · Edited

3

 **Richard Garcia** Darryl Edwards - Apparently, more than what you've had that led you to your conclusion that your visits are more relevant than my life experience here in the US. What was it you just said by Messenger to me: "As a brown person you should know your experience isn't the same as a Black person. As you are not a direct descendant of the slave trade."


Like · Reply · 7h

 **Darryl Edwards** Richard Garcia - oh yes I'll expand on what I said in the message I sent to you.

"Jim Crow affected brown people in the same way as black people right?"... See More


Like · Reply · 7h · Edited

4

 **Alyssa Anthony** Richard Garcia I hope you'll take some time to do some internal reflection as to why this is obviously bringing so much up for you that you have to tell a Black man how he can or can't talk about his experiences with racism.


Like · Reply · 7h

7

 **Richard Garcia** Darryl Edwards - That's not all you said, or I said. Nice cherry-picking to character attack. Your response based on vestiges of racism that you did not experience and completely ignoring brown racism in America only shows how ignorant you are about th... See More


Like · Reply · 7h · Edited

3

 **Alyssa Anthony** Oh wonderful, Richard Garcia blocked me for that comment above, so I don't have to see any of his repsonses.

Like · Reply · 7h · Edited

2

 **Caitlin Elizabeth** Richard Garcia What's your point? Your point is that you know more about racism than Darryl? You're bored and keyboard happy today so why not challenge another human's lived experiences? Are you now going to tell me what it's like to experience life as... See More

Like · Reply · 7h

4

and don't understand mine only shows how ignorant you are about race issues in America, and especially Texas. I'm challenging his life experiences, but he'... See More

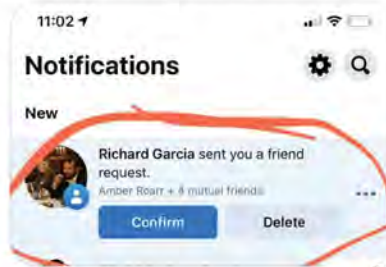
Like · Reply · 7h · Edited

1



Caitlin Elizabeth Richard Garcia 😊

Definitely making shit up.



Like · Reply · 7h

5



Richard Garcia Caitlin Elizabeth - Then that was an accident, Definitely not intentional. Don't worry I'm blocking you now. Funny how you ignored the rest of my comments to engage in petty character attacks..

Like · Reply · 7h · Edited



Darryl Edwards Alyssa Anthony - you are not missing anything. 😊

Like · Reply · 6h

3



Darryl Edwards Kwame Brown - sure is!

Like · Reply · 5h · Edited

Write a reply...



Theresa Depasquale 🙏🙏🙏🙏🙏🙏❤️

Like · Reply · 11h



Leanna Caterina Cappucci I'm sorry Keith Norris to see so many people who claim to be enlightened are so blind to what happens around them on the daily. Unable and unwilling to see between the lines and therein lies the REAL problem.

Like · Reply · 10h

5



Tracy Barksdale Leanna Caterina Cappucci the only one I see here claiming to be so enlightened here is Keith and all y'all that are supporting that dangerous racist false narrative and conspiracy.

Like · Reply · 10h

10



Leanna Caterina Cappucci Tracy Barksdale the false narrative is oozing out of every person with negative commentary on this thread. Blind to the reality of how your reaction is EXACTLY feeding into your abuse and manipulation.

Like · Reply · 9h

4



Robin Eacret Leanna Caterina Cappucci so many people here holding their fellow human beings small and they are blind to it because their heads are in the sand. I feel bad for Keith. He writes a post about coming together and gets attacked because he hasn't fallen in line with the rabid leftist agenda.


Like · Reply · 4h

3


agenda? I understand how politics, media, etc feed into it, but HOW, when actual individuals are telling you can you pass it off as not a true problem. That is what we are bothered by.

Like · Reply · 3h

1


 **Peter Baker Heddy**, most of these commenters are self righteous morons who wouldn't know what critical thinking is if it kicked them in the jaw.

Like · Reply · 2h

 **Jayci Marie Cormier** Hey *this guy* knows critical thinking - he's a BOOTY SCULPTOR! 😂


Like · Reply · 1h

Write a reply...

 **Andy Sabola** "Next time you have a terrible thing happen to you and someone says 'You chose your every experience', knock them unconscious . When they come to, ask them to thank you for fulfilling their dream. And then, insist that they forgive you before they have even healed their head wound. Then tell them that 'pain is an illusion- just be aware of it, witness it, and you will come into the Power of Now'. Then, remind them that there are no victims and that they just need to 'turn around' their story of victimhood. When they try to get up, push them back down on the ground, and remind them that 'everything you see and experience is a reflection of you'. That is, "you must have had some issues that you needed to look at around violence. I gave you a gift. Be grateful." Ask them for some money in exchange. Tell them to give you their PIN number. When they begin to get angry, remind them that anger and judgments are substandard emotions and that there is never anyone to blame. If this doesn't soften their edges, inform them that the ego is the enemy, and that the part of them that is perceiving this situation as unacceptable is merely misidentified... "You are trapped in the matrix, and seeing the world through that limited lens." Tell them you are here to liberate them. And then, steal their wallet, so they can learn another valuable lesson about attachment and manifestation. P.S. Do not actually do this." -Jeff Brown, Grounded Spirituality. cc Nick Mollberg


Like · Reply · 10h · Edited

11

 **James Fell** The next time ideas such as this begin to swirl around in your brain, please, instead of writing them down, slam your head in the trunk of a car.


Like · Reply · 10h

23

 **Michael Feigin** Nearly spit my coffee everywhere. Thank you.

Like · Reply · 8h

2

 **Robin Eacret** And this is the mentality of those preaching tolerance. Thank you for being the shining example of unity James and Michael.



GDHNY

2

James Feil Murray

Like · Reply · 3h

Write a reply...



Nate Reed Very interesting, Keith Norris, the connections between these events. There is little doubt we are all being subtly psychologically manipulated in ways we are not even aware, which is especially easy now that the hive mind is connected through social m... See More

Like · Reply · 9h · Edited

3



Jim Clark WOW 1

Like · Reply · 9h



David 'Chef' Wallach This is all most definitely connected to the faked moon landing and the 'round earth' conspiracy. Could you forward a link to where you buy your tinfoil hats, or do i have to channel that while sitting under my Sedona pyramid framed 5g shelter while taking deer antler and aligning my chakras after my colon cleanse?

Like · Reply · 9h

14



Alyssa Anthony Keith, I've long been a big supporter of your companies, but I'm so disappointed, and frankly disgusted at this sort of harmful narrative. I won't say any more because several above have said it so well.

· Reply · 9h

22



Kaley Denee' Norris Alyssa Anthony I don't think he said one political thing in that piece 😊 perhaps you should re-read it from a less defensive point of view. He's not condoning anything racist here. He's simply posing valid questions and provoking a conversation that you are obviously not willing to have. He even makes hints as to who the "antagonist" is in this story. Shut up. Open your eyes. LISTEN .Try again.

Like · Reply · 4h



Alyssa Anthony Kaley Denee' Norris please, you've copy-pasted this response on several posts. Do not tell me to shut up or try again.

Like · Reply · 4h



Megan Cyloneight I've long been a big supporter of Keith's as well. And this message is SO enormously insightful, courageous and uplifting to me.

Like · Reply · 3h

1

Write a reply...



Jen Sinkler You are sailing past experiences that are not yours to know. You are missing so much, and I hope that you are open to learn.

<https://thebodyisnotanapology.com/.../when-spiritual.../>



THEBODYISNOTANAPOLOGY.COM

When Spiritual Bypassing Meets Racism Meets Gaslighting

Like · Reply · 9h

24



Tracy Barksdale Jen Sinkler thank you for linking this.

Like · Reply · 8h

2



Heather Juergensen Thank you Jen Sinkler for this great piece. I recently did an IG video on spiritual bypassing and this article says it so much better than I did! I'll link to it.

1



Heather Juergensen

Thank you **Jen Sinkler** for this great piece. I recently did an IG video on spiritual bypassing and this article says it so much better than I did! I'll link to it.

44 m Like Reply



Christopher Xavier Lozano



 Christopher Xavier Lozano

Like · Reply · 49m

Write a reply...



Jesse Elder You're playing a much game, Keith.

Keep it up, as it's rarer - and much more needed - than ever.

Like · Reply · 9h

4



Michelle Lee Aldo Keith keep speaking truth. Keep asking the right questions. Keep people pissed until they have no choice but to see if from the angle you present. Keep up the great work! I see you! 🌟🌟

Like · Reply · 9h

8



Cj Swaby Darryl Edwards

Like · Reply · 9h

Hide 15 Replies



Darryl Edwards Cj Swaby - I already responded on here you can check out my comment earlier on the thread.

Like · Reply · 9h



Cj Swaby Darryl Edwards ok buddy. Will do! 🙏

Like · Reply · 8h · Edited



Cj Swaby Darryl Edwards Just read it and the responses in the comments. Whole bag of Looney Tunes on this thread!

Like · Reply · 8h

1



Darryl Edwards Cj Swaby - yes especially those who say they know more about "our" experience when they pretend they don't know the history of colourism.

Like · Reply · 8h

1



Cj Swaby Darryl Edwards for all the talk of breath work, brain clearly starved of oxygen.

Like · Reply · 8h

3



Richard Garcia Cj Swaby - You cool with the fact that for years Darryl promoted, was promoted by and profited on the community and people he's now quick to distance and even disassociate yourself when for so many years he was an apologist for actual bigots and racists in the community because it still served your interests then?

Like · Reply · 5h

1



Darryl Edwards Richard Garcia - you picked the wrong person to convince if you think Cj will have your back over mine just because you are friends on Facebook. 😂

Like · Reply · 5h

1



Cj Swaby Darryl Edwards #SayNoMore

Like · Reply · 5h



Richard Garcia Darryl Edwards - Nah, I've told you, and others have told you, but you just made excuses for them. If CJ doesn't know that about you then he hasn't been paying attention to what you've been doing.

Like · Reply · 5h



Richard Garcia


Darryl Edwards - Some, while you were just popping by from London, huh? Not nearly the same as growing up here. So please don't even begin to try and compare it.

What I'm noticing is how for so many years you promoted, were promoted by and profited on the community and people you are now so quick to distance and even disassociate yourself when for so many years you were an apologist for actual bigots and racists in the commonly, (unlike Keith who've I've known since I was kid) because it still served your interests then.

my apron. 😊

Like · Reply · 5h

1

 **Richard Garcia** Cj Swaby - You don't know about how he's been apologist for the well known bigots and racists in the Paleo community? Buddy, buddy.


Like · Reply · 5h

 **Darryl Edwards** Richard Garcia - 😊

Like · Reply · 5h

 **Cj Swaby** Darryl Edwards I told you, Looney Tunes!

Like · Reply · 5h

 **Richard Garcia** Cj Swaby - What's Looney Tunes? You Bro-ing with a sellout? You clearly haven't seen and heard the people that he's unapologetically backed and made excuses for, for years. Maybe you missed the racial shit he sent me by messenger trying to say because he's a London black his opinion about American race issues matters more than mine. Ya, that's your buddy, Real Looney Tunes. This is why we get nowhere because you think your lives matter more.


Like · Reply · 5h · Edited

1

 **Darryl Edwards** Richard Garcia 😊

Like · Reply · 5h

Write a reply...

 **Michael Feigin** You could be a more self-involved, entitled, narcissist, I'm sure. Only not sure how. Maybe now is the time to listen as opposed to thinking that you have the answers.

Like · Reply · 8h

15


 **Kaley Denee' Norris** Michael Feigin I don't think he said one political thing in that piece 😊 perhaps you should re-read it from a less defensive point of view. He's not condoning anything racist here. He's simply posing valid questions and provoking a conversation that you are obviously not willing to have. He even makes hints as to who the "antagonist" is in this story. Shut up. Open your eyes. LISTEN .Try again.

Like · Reply · 4h

 **Michael Feigin** Kaley Denee' Norris yeah. I'm not listening. Good on ya. The post is laced with feckless entitlement. I'm not sure how you can look at something about "I can't breathe" and suggest it isn't political. I didn't tell anyone to shut up-- I left that to you. I suggested that it was time to listen.

Like · Reply · 3h

1

 **Kaley Denee' Norris** Michael Feigin there's the door. No need to feed your ego by staying.


Like · Reply · 3h

 **Michael Feigin** Kaley Denee' Norris so thoughtful. thank you.

Like · Reply · 3h

1

Write a reply...

 **Mike Howard** I have no words for this level of stupidity.

Like · Reply · 8h

10

members. You don't know experiences that aren't your own. Everything doesn't fit your lens. What this post shows is egocentrism masquerading as caring and centering. Signed, a former yoga and Pilates instructor.

Like · Reply · 8h

17

Kaley Denee' Norris Kwame Brown I don't think he said one political thing in that piece 🙄 perhaps you should re-read it from a less defensive point of view. He's not condoning anything racist here. He's simply posing valid questions and provoking a conversation that you are obviously not willing to have. He even makes hints as to who the "antagonist" is in this story. Shut up. Open your eyes. LISTEN .Try again.

Like · Reply · 4h

Kwame Brown Nope. This ain't it. I'm not being defensive. I am speaking about truths that he is minimizing, and about him speaking on stuff he doesn't know about and hasn't lived. But you sound defensive though. Bet you it made you feel self righteous to tell me to shut up though. Did you get a dopamine rush? Good. And you're right, I don't want to have this inane conversation. This will be my last comment to him or you. Neither you nor he have any idea about what you're trying to speak on with authority (and yes, that is what both he and you are trying to do). You sure aren't doing any listening, and neither is he. All you are doing is doubling down. You have MANY people asking you to listen. But you aren't. All you want to do is defend your fam's ego, and your own. Also, this ain't "political" for me. It's humanity. It's basic human decency. And I actually work in the space he is discussing. ALL y'all know about these issues is what you see on TV and social media, and it is obvious. Bye.

Like · Reply · 3h · Edited

4

Michael Feigin Again with the "shut up." No one has to shut up in response to a post like this. It's antagonistic in its cluelessness. Take a step back from the keyboard and do your relaxed breathing exercises.

Like · Reply · 49m

Write a reply...



Keith Norris Let me ask you all this: if you could wave a magic wand, do you think you could force, by decree, education... whatever, any "ism" to disappear? Or would you just drive it further underground, where it still lurked and gained power but was, for the moment, out of sight, out of mind.

Do you think that outside interference would stop? Do you think "they" would just cease with attempting to generate division and hatred and turmoil? Or would they wait until the time was right to strike another match?

What if rather you extracted wholly and completely from the system? Returned to our organic nature? Do you think it is in our organic nature to hate another for any difference? Or do you think it's manufactured?

If you do think it's in our organic nature to hate, how will you *ever* police that?

Like · Reply · 8h

14

Michael Feigin I like that. You double down. Well done.
Like · Reply · 8h

Suzi Hill Most poor people can not "extract" from the system, Keith. You have lived in the rural South - you should know that. That's the point. I don't think anyone is saying we can eliminate the fundamental parts of our brain that tell us that being around peo... See More

Like · Reply · 8h

1

What if rather you extracted wholly and completely from the system? Returned to our organic nature? Do you think it is in our organic nature to hate another for any difference? Or do you think it's manufactured?

If you do think it's in our organic nature to hate, how will you *ever* police that?

9h Like Reply




View 2 previous replies...




Kwame Brown
Keith Norris dude: people are not trying to end all racist thought. Do you really think we are stupid?

Do you really think you have special insight on something my family has experienced over centuries (not to mention my family includes social scientis... See More

Like · Reply · 8h · Edited 8


 **Myra Antell** Keith, whether or not it is in our organic nature to hate, we are all born into a system of racism and our experiences and opinions are colored by that. By choosing not to see that you are perpetuating the problem. All the love in your heart isn't making anything better by denying that a systemic problem exists.

Like · Reply · 7h 7

 **Mark Shields** I'd wave that magic wand up your ass

Like · Reply · 56m


Write a reply...

 **Melissa Urban** Keith, this is disgusting. Reprehensible. And clearly demonstrates that neither you nor PaleoFX shares my the values, or the values of Whole30. I'll be sharing a formal response to your invitation to attend future conferences shortly.


Like · Reply · 8h · Edited 49

 **Anne Tegtmeier** THANK YOU, Respect.

Like · Reply · 6h 4

 **Leslie Wilson** Me here in allyship ar voice.

Like · Reply · 5h 3


 **Tom Schibler** Me brought to you by

Like · Reply · 4h 1

 **Heather Juergensen** Thank you Melissa Urban we appreciate you.


Like · Reply · 47m

Write a reply...

 **Caitlin Elizabeth** So there is a lot going on here, and I'm going to just move COVID and George Floyd's death to the side for this moment and ask a more pointed question: Keith Norris do you consider yourself to be anti-racism?


That to me, and I think I'm safe to say for many of us, the deeper message that you're silently answering, but again would love your direct reply.

Like · Reply · 7h 6

 **Kris Marie** At any point, while you're all typing out these long winded messages, do any of you stop and think "wow, I have way too much time on my hands!!"...?

Like · Reply · 7h 1


Hide 17 Replies

 **Caitlin Elizabeth** Do you think Keith thought that as he typed his long-winded post? 🤔


Like · Reply · 7h 6


 **Kris Marie** Caitlin Elizabeth I'm asking everyone on this thread, original poster included.


Like · Reply · 7h


 **Alyssa Anthony** Or folks PRIORITIZE the time to stand up for what is right....


7


-  **Kris Marie** Alyssa Anthony right cause these wordy, self righteous posts are really making a difference 🙏


Like · Reply · 7h 1
-  **Tracy Barksdale** I'll make time to call out extremely harmful rhetoric from a person in a position of leadership.


Like · Reply · 7h 9
-  **Alyssa Anthony** Kris Marie I don't know how telling someone that racism is wrong and so is gaslighting their experience is self righteous but okay.


Like · Reply · 7h · Edited 3
-  **Kris Marie** Alyssa Anthony I never said it was wrong 🙄


Like · Reply · 7h
-  **Alyssa Anthony** Kris Marie you're misunderstanding the comment. Please re-read - I wasn't saying you were.


Like · Reply · 7h · Edited
-  **Kris Marie** Alyssa Anthony understood it completely. Maybe you should have written it better.


Like · Reply · 7h
-  **Alyssa Anthony** Cool


Like · Reply · 7h
-  **Mike Howard** Kris Marie At any point when you were thinking about what to comment, did you stop and think "maybe I shouldn't write something inane, uninspired and unhelpful"?

Like · Reply · 6h 4
-  **Kris Marie** Mike Howard it's funny you ask. I typed it out and then I considered it for all of about .00005 seconds and then told myself "ehh throw caution to the wind" and submitted that uninspired, inane comment! Wow! I'm such a risky social media user, aren't I?!


Like · Reply · 6h
-  **Mike Howard** Kris Marie And you've probably now spent least as much time commenting about the commenters you tried to insult with a poorly connected jab. Nicely do 😏👍

Like · Reply · 4h · Edited
-  **Kris Marie** Mike Howard I can assure you that I've spent where near the amount of time these commentators hav but yeah I get where you're going with this. Whoa, you g me. You win the internet. Take the rest of the day off.

Like · Reply · 4h
-  **Michelle Norris** Tracy Barksdale the problem is you've misunderstood this post altogether and assumed what y believed it was about instead of asking questions. It's heartbreaking because you KNOW us, you know why we created our event, you have known our hearts from the beginning. And all of that gets thrown away because you misunderstood and didn't try to understand.

Like · Reply · 4h
-  **Tracy Barksdale** Michelle Norris please don't gaslight m for what you think I don't see. Keith has made it clear several times now in this post "My point is that I think the killing was planned an orchestrated for the purpose of driving division. And I th there ha... See More


Like · Reply · 3h

 **Tracy Barksdale**

Michelle Norris please don't gaslight me for what you think I don't see. Keith has made it clear several times now in this post "My point is that I think the killing was planned an orchestrated for the purpose of driving division. And I think there have been other similar murders. Perpetuated for the exact same purpose."

This is removing the responsibility from us as people, human beings, that we surely can't be this terrible that we would do something like that right? But we did. And we are all complicit in it. It's not about guilting it's about owning up to this straight up fact, and look at it instead of say it's "the controllers".

54m Like Reply

 **Michelle Norris**

Tracy Barksdale Stating that this was orchestrated does not remove responsibility from anyone. In fact, it makes US ALL more responsible and responsible for making the

In fact, it makes US ALL more responsible and responsible for making the decisions moving forward to hold those responsible accountable. We are all responsible for making the choices in the way we vote and the way we vote with our dollars. This concept is not new we've discussed this many times at Paleo f(x) and NOW it's time to bring the racial divide into that conversation as well. I'm sad it's not been discussed before.

Like · Reply · 3h

Write a reply...



Elexia A. Gonzalez-Lowe I'm not sure if this was already called-out in the thread, but in addition to how clueless and hurtful your post is, Keith (and others supporting Keith)...I'd like to add that what you speak of is NOT "Josh Trent's" work. You are stealing and touting as your own something that is as old as 5th century BCE originally from and still mastered by a black/brown culture - and I did not see you or Trent giving credit where credit is due, instead, you are using the practice to brand yourselves as experts while invalidating a history of institutionalized oppression and violence and dismissing a movement that is advocating to protect and value the black and brown lives you steal and benefit from... the irony is so thick and your "be harder to kill" message when you're not the one being targeted and murdered is dangerous.

I was involved with the folks in Austin who were first interested in paleo in their beginnings, and after about a year I distanced myself because I did not feel welcomed in a predominantly white and rich circle. I recall almost 10 years ago when Keith and Michelle met with me at a Starbucks because they needed help with planning PFX, as I was a corporate event planner back then. After the hour or so long meeting, I found out they did not intend to pay me and instead offered free admission (at the conference that I would be "working" at). They kept telling me they could not afford to pay anyone but wanted to build an empire. They told me my reward was my affiliation with them. I knew then that these colonizers were not there to help others or share what they profit off the backs of others - it was all for their own gain only and the only way they know how to survive themselves is thru supremacy and domination.

The one good thing about this post is I now realize you are still in my friends list and will be removing you.

Like · Reply · 7h

18



Tracy Barksdale Elexia A. Gonzalez-Lowe omg I remember this. I'm so sorry. Sent you a dm. Excellent call out that this is not Josh Trent's work.

Like · Reply · 7h

1



Michelle Norris Elexia A. Gonzalez-Lowe We went into personal debt for Paleo f(x) and still are and no one told you your reward would be your affiliation with us. That's an ABSOLUTE LIE. We have not built an empire and we are not wealthy and we did not build Paleo f(x) for our own gain, not at all. We have co-created a platform with our audience for the benefit of others.

Like · Reply · 4h



Michelle Norris Elexia A. Gonzalez-Lowe when I spoke to you about this, we couldn't even have offered affiliation to us as a perk because there was no platform. We were just two people trying to help others.

Like · Reply · 4h

1



Robin Eacret Tracy Barksdale funny - Josh Trent thanked him above - said he had chills.

Like · Reply · 3h



Robin Eacret
Elexia and Tracy -
apparently Josh disagrees
with you:

"Josh Trent Keith Norris
Reading this gave me chills
of gratitude brother. The
way I see it,

"Josh Trent Keith Norris Reading this gave me chills of gratitude brother. The way I see it, www.breathwork.io will be a huge catalyst in how we stop, breathe, and heal together."



WELLNESSFORCE.COM
Morning 21 System

Like · Reply · 2h

Tracy Barksdale Lol Josh disagrees that this is not his work? I'm supporting Elexia's statement that this is NOT his work. This stems from black and brown cultures with no credit or regard for that.

But of course Josh likes Keith's post. Feels good to be flattered.

Like · Reply · 2h

Write a reply...

Leslie Wilson This post is many things, but I'll just summarize it as not surprising considering the source. What IS surprising is the number of people that I know personally commenting in support of this tone-def, racism-minimizing garbage. That's really disappointing. Seriously reevaluating the people I surround myself with and the businesses I support.

· Reply · 7h

16

David Paul Miller Last weeks unfriending now seems 100x more justified. Thanks for confirming.

Like · Reply · 7h

6

Alyssa Anthony David Paul Miller ditto

Like · Reply · 6h

1

Michael Roesslein Same. JFC.

Like · Reply · 5h

1

Write a reply...

Karen Pendergrass As the adult scapegoat child who has seen this type of head-in-the-sand maneuver to avoid harsh truths, I can safely say this is one of the reasons why we are still divided.

We continue to deny, because denying is easier than looking shit in the fac... [See More](#)

Like · Reply · 6h

25

Patrick Umphrey I'm not sure what is worse:

The remarkable stupidity of this post... [See More](#)

Like · Reply · 6h

23

Tracy Barksdale Patrick Umphrey is great seeing which of my friends like it so I know who to unfollow.

Like · Reply · 6h

3

Patrick Umphrey Tracy Barksdale YEP

Like · Reply · 6h

1

Kaley Denee' Norris I don't think he said one political thing in that piece 😊 perhaps you should re-read it from a less defensive point of view. He's not condoning anything racist here. He's simply posing valid questions and provoking a conversation that you are obviously not willing to have. He even makes hints as to who the "antagonist" is in this story. Shut up. Open your eyes. LISTEN .Try again.



Karen Pendergrass
As the adult scapegoat child who has seen this type of head-in-the-sand maneuver to avoid harsh truths, I can safely say this is one of the reasons why we are still divided.

We continue to deny, because denying is easier than looking shit in the face.


That said, holy fuck. What the fuck. No this isn't a fucking coincidence. This is a man's life and a nation that is justifiably enraged.

You know what this is?
GASLIGHTING. I know about that shit too.

 **Patrick Umphrey** "lol, nice try."


Like · Reply · 4h

2


 **Peter Baker** Patrick Umphrey This was a goldmine if sadness and hilarity. The hilarity comes in two forms: the idiocy and the reciprocation of it.

Like · Reply · 2h

3

 **Ted Cooper** Patrick Umphrey my bingo card has "soros" "deep state" and "victim blaming" so far. Did I miss anything?

Like · Reply · 23m

 **Michael Roesslein** Same, Tracy. Helps me know who to let go.

Like · Reply · 23m

Write a reply...

 **Michelle Mitchell**

```
Pandemics are real, whether
or not you know someone who
is sick.

Racism is real, even if you
aren't a racist.


White privilege is real,
even if you don't feel it.

Police brutality is real,
even if the cop you know is
kind and just.

Your world isn't THE world.
Everything is not about
you.
```

Like · Reply · 6h

7


 **Jolie Dawn** I have an internationally renowned consultant that is training my team and my community starting today on racial awareness, inclusion, and justice.

I highly recommend working with her or someone highly trained to have any redemption at all from a post like this.

My friend, I understand the wicked irony of all of this, but dismissing the protesting, and generating theories like this is damaging and hurtful to SO many people.

Like · Reply · 6h · Edited


8

 **Kaley Denee' Norris** Jolie Dawn he didn't say anything about dismissing protests. He said ask yourself about how an agency could try to manipulate and use that against you as a weapon. Re-read the piece without an automatically defensive POV. Shut up. LISTEN. Try again.

Like · Reply · 4h · Edited

1

Write a reply...

 **Chris Kresser** I was shocked, disgusted, and literally repulsed by this post, [Keith Norris](#). I want to believe that your heart is in the right place, but this is one of the worst examples of spiritual bypass and unexamined privilege and racism that I've seen in the last several weeks—and I've seen a lot of them.

There are so many things wrong that I don't even know where to start. Fortunately, other folks have already pointed out the issues with your line of thinking. The quote that [Andy Sebola](#) shared from [Jeff Brown](#) is one of the most vivid criticisms. [Matthew Remski](#) has a word for this: conspirituality. Conspiracy theory mixed with a shallow spirituality (or spiritual bypass).

I will not be speaking at future Paleo f(x) events, and my company will not be exhibiting there either. As [Melissa Urban](#) said, if these are the values of Paleo f(x), I don't want to be associated with them in any way.

· Reply · 6h · Edited

62

-  **Darryl Edwards** Chris - thanks many of us are pleased to see your response here, thank you!
- Reply · 6h · Edited 22
-  **Leslie Wilson** Chris Kresser thank you for using your voice and being an example of what allyship looks like.
Reply · 5h 13
-  **Ginnie Hill** Thank you so much Chris! So relieved to see some leaders in this industry left that haven't completely lost their minds
- Reply · 5h 6
-  **Michael Roesslein** Same.
- Reply · 5h 6
-  **David Paul Miller** Thank you, Chris
- Reply · 5h 3
-  **Angeles Rios** Thank you, Chris. 🙏
- Reply · 5h 3
-  **Diane V Capaldi** Thank you Chris Kresser for this response.
Reply · 5h 5
-  **Hailey Heard** Chris Kresser thank you!
Like · Reply · 4h 2
-  **David Paul Miller** What's up with the angry faces, Kate Berger 🙄
- Reply · 3h 2
-  **Kate Berger** David Paul Miller I commented elsewhere
Reply · 3h
-  **Stefanie Obregoza** Thank you Chris!
- Reply · 2h 1
-  **David Alfred** Thank you Chris Kresser for stepping up. You've just only proved what I already believed about you, your integrity, your character, and your soul. All the love my friend.
- Reply · 1h 2



Terry L. Wahls

This post will further unravel the Paleo(fx) community and add to more pain and division experienced in this country. I was deeply disappointed to see this post. I prefer to spend more time to listening to the experience of black Americans. This post makes me realize that my message is no longer a good fit for Paleo(fx).

in this country. I was deeply disappointed to see this post. I prefer to spend more time to listening to the experience of black Americans. This post makes me realize that my message is no longer a good fit for Paleo(fx). Those who have lost hope that their actions can favorably impact their future, sink into despair or rage. Finding ways for us to recognize it is the loss of hope, the loss of the locus of control is the root of despair and rage. Some people experience that loss of hope because of racism. Others because of the loss of jobs due to upheavels of automation. Finding ways to encourage empathy with the black community is helpful. Finding ways to encourage empathy with the health care systems that are treating COVID 19 is helpful. Finding ways to encourage safe re-opening of our economy is helpful. Finding ways to encourage empathy with those who have lost jobs due to automation and being left out of the economy is helpful. Finding ways to encourage more empathy with people who are not like you is helpful. Keith Norris! hope that you can find ways to be more helpful with restoring empathy with your fellow Americans. This post however suggests that the PaleoFx community needs more work with improving its empathy. I am not a good fit for this view of the world. I will not be speaking at the forthcoming Paleo(fx).

Reply · 1h · Edited

10



Sandy Swanson Well said, Chris Kresser and Terry L. Wahls.

Like · Reply · 43m

3



Heather Juergensen Terry L. Wahls Thank you we appreciate you!

Like · Reply · 43m

1



Kate Berger David Paul Miller OK. I'll respond. It sadden me to no end to see the self righteous responses to Keith's idea and thoughts. The attacks on him have shaken me. Especially from people that have known Keith Norris for YEARS. They already know his character, but the auto response with such HATE shocks me. People that hate Trump, I expect rhetoric like that. They live with constant hate. But intelligent people NOT even reading the post? Skimming it looking for something to virtue signal about. Or not reading it and just reading hateful comments. The HATE for a man most everyone knows!!! They know him WELL. A man who has served and helped these people make money and get ahead. HATE. Chris Kresser "I'm Shocked, disgusted and literally repulsed.....AT WHAT! The idea, the question that this was planned? To someone who does extensive research,...can't we EVEN ASK THE QUESTION? Like Keith is the ONLY one with the idea? The videos are pretty damaging alone. And the proof mounts up...but, it's automatically ANTI BLACK? WHERE? WHEN? REALLY? Are you that narrow minded? Did you just jump on the white hate band wagon just today? Daryl Edwards. A another man I respect. Did he use Keith for fame? You KNOW Keith. You KNOW he is not a racist. All this virtue signally, especially by whites, so they look WOKE...SO hypocritical. I have black friends who are disgusted with this White Allyship. They say why can't we defend ourselves? Why do we need Whitey Yet again, to protect us? And whitey is usually fake. But they are conservatives and their Black Lives DON'T Matter! Melissa Urban. Really? Did her knee jerk hit her in the head? I don't think she even read the post. She just read the comments. I was there when one if her books came out at Paleo fx. I helped with the signing. Keith and Michelle bent over backwards to help her. She KNOWS Keith and Michelle. HOW DARE SHE act all righteous FOR NO REASON.

This whole misunderstanding of a very real thought process just exposes people for who they really are. THAT'S why I frown.

Like · Reply · 42m · Edited

2

you literally just said that, says enough.

Like · Reply · 37m

2



Kate Berger [Tracy Barksdale](#) You are screaming with hatred. Your character needs a LOT of work. You pick out one spelling mistake and hit me with it? Clever is NOT your best virtue. And I'm sure you are full of Virtue. But lacking in so many.

Like · Reply · 32m

2



Kate Berger There Are None So Blind As Those Who Will Not See

Like · Reply · 20m



David Paul Miller [Kate Berger](#) I think she called out the gaslighting, not a spelling error, though there was a plethora to choose from there as well

Like · Reply · 19m

3



Kate Berger [David Paul Miller](#) Nice of you to point them out.

Like · Reply · 10m



David Paul Miller [Kate Berger](#) I don't have time for all that. And I think you have racist and pro-Trump things to be putting on your public fb page. Night!

Like · Reply · 7m



Kate Berger [David Paul Miller](#) you asked. Damn straight I'm a proud conservative libertarian. I didn't vote for Trump. But I WILL vote for Trump this time just because of people like you.

Like · Reply · 1m

Write a reply...



Michael Roesslein Jesus...

Like · Reply · 5h

5



Tracy Barksdale I wonder if Keith realized this post just might cause the end of Paleo fx.

Like · Reply · 5h

14



David Paul Miller "might"? lol

Like · Reply · 5h

2



Tracy Barksdale [David Paul Miller](#) I fucking hope. But my faith in humans is not on solid ground these days.

Like · Reply · 5h

2



Michael Roesslein 100%

Like · Reply · 5h

1



Hedly Herron I feel we all need to form an anti-racist , anti-conspiracy, pro natural health, pro humanity group and separate ourselves like yesterday. The stuff I have seen has been a massive disappointment. It's so discouraging.

Like · Reply · 3h

3



Michael Roesslein Yes, Hedly.


Like · Reply · 25m


1



Heather Juergensen [Hedly Herron](#) I'm doing the Rachel Rodgers town hall this Wednesday night and I recommend conscious folks in the wellness space to do so as well. In the wake of all this I have no doubt we will have to create something new.

2

 **Heddy Herron** [Heather Juergensen](#) I'm checking it out now! Thank you!
Like · Reply · 18m 2

 **Heather Juergensen** [Heddy Herron](#) If you join her list you'll get an email with the location. www.helloseven.co



HELLOSEVEN.CO

What's Keeping You from 7 Figures | Rachel Rodgers

Like · Reply · 16m 1

Write a reply...

 **Stacy Siems** [Cassandra McHenry](#)

Like · Reply · 5h



Nancy Youssef Clarke What a massive disappointment this community has become.

Never thought the level of intelligence would drop to such levels that are so mind boggling.

How can anyone take this seriously from these so called leaders spreading disturbing misinformation.

You should all be ashamed of yourselves and take sometime to reflect on what you, Keith and company have done here.

Your brand has become nothing more than a permanent stain mark within the paleo/health-sphere and to witness real names here walking away from this madness is very telling and alarming.

No one wants part of this dangerous cultish platform you're trying to build. Not the smart ones anyway.

What a disappointment.

Like · Reply · 5h 11



Keith Norris Let me reiterate my position on all "isms", including racism. Does it exist? Absolutely. My position is, what is the best way out of it?

My position here is the absolute *last* thing we should want to do is outsource this to any outside agency. If it were the true intent of the government (any government) to eradicate the problem wouldn't it have been done by now? I mean 50+ years after the Civil Rights movement and (re: current events) we're still here?

My point is, outside agency does not want this problem eradicated. Quite the opposite. In fact, it's a major mechanism of power and profit for them to continue the divide.

My point is, the way forward starts and ends at the individual level. Because our basic instinct is to be drawn to character and competence, light and love. Which is exactly what the powers that be *do not* want us to remember.

Is there much work to do in the world? Absolutely. But my point is that work has to begin from a stable platform. And a "stable platform" is, again, the last thing controlling agencies what us to operate from.

Like · Reply · 5h 7



Robin Eacret Keith. These people don't WANT to get it. They want to hold people small and can't even see they are guilty of racism. Just continue to hold people to their highest potential like you always have. THEY are the reason for the divide. Children are suffering because they can't pull THEIR heads out of the sand. It's truly sad.

Like · Reply · 5h 2




Alyssa Anthony So, to clarify, you're asking us to "light and love" our way to anti-racism?

Reply · 5h 4

Here's what I'm getting:... See More

Like · Reply · 5h


3

 **Chris Kresser** Systemic racism cannot be solved at the individual level with "light and love", Keith. As a meditator for 30 years, I have a deep appreciation for the importance of individual awakening and responsibility in social change. But believing that this is all that is required completely ignores the context in which this change is supposed to occur.

We don't live in a vacuum. We live in a community. And when certain members of that community are subjects of systematized oppression, violence, and discrimination, those systems need to be transformed so they do not perpetuate the injustice and inequity that they are based on.

· Reply · 4h

21

 **Michelle Norris** Chris Kresser Keith isn't saying that doesn't exist. You CANNOT change others, you can only change self. You cannot control others, only self. Changing racism has to be the cause of the individual. It has to start at home. It has to start on your own community. THAT is the ONLY way we change it, it's from within ourselves.


Can any of you say that you could force, control or change the officer responsible for killing George Floyd? If we could, wouldn't we have done that already? We each have to choose it for ourselves through knowing that we are ALL connected. If I hurt you, I hurt me.

That is the point of Keith's post

Like · Reply · 4h

4

Write a reply...

 **Leslie Wilson** I'm curious what other major leaders in the paleo community have to say about this? Mark Sisson, Robb Wolf, Dr. Terry Wahls, Paleoboss - V Capaldi, Elle Russ, Tony Federico, Diana Rodgers,

· Reply · 5h

11

Hide 14 Replies

 **David Paul Miller** Leslie Wilson *shows up to the dumpster fire with a can full of gas and a handful of matches* 🤔


Like · Reply · 5h

8

 **Leslie Wilson** David Paul Miller 🔥🔥🔥

Like · Reply · 5h

1

 **Diane V Capaldi** I am speechless and shocked at this response to what is happening in the world. I cannot be a part of an organization that believes in this type of thinking. My heart is broken to realize this is what PaleoFX believes. I started feeling sad a few weeks ago with these type of posts and then this took it to another level.


Like · Reply · 4h

13

 **Leslie Wilson** Diane V Capaldi thank you for using your voice and platform to speak out against vile racism.

Like · Reply · 4h

1

 **Kaley Denee' Norris** I don't think he said one political thing in that piece 🙄 perhaps you should re-read it from a less defensive point of view. He's not condoning anything racist here. He's simply posing valid questions and provoking a conversation that you are obviously not willing to have. He even makes hints as to who the "antagonist" is in this story. Shut up. Open your eyes. LISTEN .Try again.

Like · Reply · 4h

4

proportion by the puppeteers is the definition of political. I've spent my adult life wishing people light and love. I embrace breathwork and mantras. I WISH this was... [See More](#)

Reply · 4h 10

Elexia A. Gonzalez-Lowe To add to Leslie's prompt, I'd like to add a reminder that the paleo/primal community owes black and brown folk respect, inclusion, and repair. Many black and brown cultures were still practicing a biologically appropriate lifestyle well into the moder... [See More](#)

Like · Reply · 3h 3

Kaley Denee' Norris Leslie Wilson who perceived that piece as minimal? *You* did. So instead of automatically assuming his stance why don't you save us all those words and ask him directly- Keith: Leslie feels like you are minimizing the current civil rights movement. Is that your take?

Like · Reply · 3h 2

Leslie Wilson Great question. I look forward to hearing Keith's response.

Like · Reply · 2h 1

Tracy Barksdale Truly a shame that so far the only one to speak out that's tagged here (that I've seen) is Diane V Capaldi. Thank you Diane.

Like · Reply · 56m 1

Mark Shields

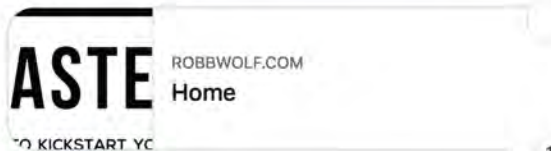


Like · Reply · 54m 1

Tracy Barksdale Correction: just saw Terry Wahls response. Thank you Terry L. Wahls!

Like · Reply · 35m 1

Diane V Capaldi Tracy Barksdale RobbWolf.com responded as well



Like · Reply · 14m 1

Tracy Barksdale Oh! where is it on there? That's just taking me to the home page.

Like · Reply · 12m

Write a reply...

Jacob L Henriquez This is a really long-winded way to admit you're complicit in upholding white supremacy.

← Keith Norris 🔍

/1UZZ2864Z2U/34993/?d=n

29m Like Reply

Matvey Immerman
Nathan Luke

28m Like Reply

Diana Rodgers
I'm in agreement with my colleagues who have articulately voiced their dissent with this post. I'm joining **Darryl Edwards** **Melissa Urban** **Chris Kresser** and the others in pulling out of any future Paleofx event. It seems like this is the tragic series finale to something that could have been great.

23m Like Reply 🙌👍👏👏

Barry Efron
Reads like a Caveman wrote this. I thought much higher of you.

21m Like Reply 🔴 1

Austin Felton
Christopher Schenk

14m Like Reply

Kaley Denee' Norris Jacob L Henriquez I don't think he said one political thing in that piece 😊 perhaps you should re-read it from a less defensive point of view. He's not condoning anything racist here. He's simply posing valid questions and provoking a conversation that you are obviously not willing to have. He even makes hints as to who the "antagonist" is in this story. Shut up. Open your eyes. LISTEN .Try again.

Like · Reply · 4h

Jacob L Henriquez Kaley Denee' Norris Nah. I'm good. Thanks though! Enjoy telling the Black folk above that their comments aren't valid too!

Like · Reply · 4h

5

Write a reply...

Eric Perry



Like · Reply · 5h

11

Nancy Youssef Clarke Eric Perry perfect.

Like · Reply · 4h

1

Write a reply...

Robin Eacret Keith Norris I'm so sorry you are receiving such intolerance and hate. I actually had to delete my comments because I ended up with a rabid stalker who went to my page and started posting crap and actually threatening to "expose" me to my church, employer, etc. and when I blocked him he came back with a new profile. Now while I said nothing wrong or derogatory, I simply choose not to invite that kind of insanity into my life. THAT person is a true representative of those people here who cannot allow you to love in your own way. They haven't learned the lesson about doing the same thing over and over and getting the same result. I feel bad for them because nothing's going to change until they wake up and see the real problem and address it. Keep spreading your love - you and Michelle Norris are true beacons of light in this messed up world!

Like · Reply · 5h

7

Mark Shields Are you Carole Baskin?

Like · Reply · 54m

1

Mark Shields Peter Baker

Like · Reply · 53m

Peter Baker Hahaha. God damn this industry.

Like · Reply · 52m

1

Write a reply...











Kaley Denee' Norris Ahhh such a breathe of fresh air. I can breathe. This is beautifully written.

Like · Reply · 5h

4

Kaley Denee' Norris Ori Spence

1

-  **Kaley Denee' Norris** Cornelius Hargrove
Like · Reply · 5h
-  **Kaley Denee' Norris** Hindowa Corneh
Like · Reply · 5h
-  **Kaley Denee' Norris** Jessyca Gomez
Like · Reply · 5h
-  **Kaley Denee' Norris** I am. & I will be
Like · Reply · 5h 1
-  **Christopher Xavier Lozano** Dear Dear Keith and Michelle love y'all so much, However it seems y'all are closet Trumper's.. and would do better to just outright say it so your base would support you and the rest can know clearly your mindset. I am discusted with Trump, Republican's and Trumppers with such heartbreaking pain to see y'all and so many Texas high school friends coming out as Trumppers so very sad that to me a vote for Trump is a vote for RACISM 🙄 HATE and ABUSIVE control. But you and Michelle are the least like Trump I know in Texas while your words are very much like Trump 🙄 So maybe say Trump Supporter or NOT would help everyone know where your coming from.
Like · Reply · 4h 5
- Hide 40 Replies
-  **Kaley Denee' Norris** I don't think he said one political thing in that piece 🙄 perhaps you should re-read it from a less defensive point of view. He's not condoning anything racist here. He's simply posing valid questions and provoking a conversation that you are obviously not willing to have. He even makes hints as to who the "antagonist" is in this story. Shut up. Open your eyes. LISTEN .Try again.
Like · Reply · 4h 3
-  **Christopher Xavier Lozano** Kaley Ok will try reading again with your suggestion... Can you please answer if you support Trump? Sorry to ask, but it says a lot about a person.
Like · Reply · 4h 1
-  **Michelle Norris** Christopher Xavier Lozano We don't support politicians. We support PEOPLE, period. We don't believe there are many politicians for people only power. We are leery of anyone in power. We are hopeful that good will ultimately prevail
Like · Reply · 4h 2
-  **Nancy Youssef Clarke** Christopher Xavier Lozano funny. They said they don't support politicians.
Trump "isn't a politician" 🙄
... See More
Like · Reply · 4h 2
-  **Christopher Xavier Lozano** Dear That's a relief bless y'all and love y'all.. Maybe y'all should lead with that every time... Why every-time I asked if your post was to support and vote for Trump, you ignored me going dark on me?
As Nancy mentioned it is a tricky cryptic statement... See More



Like · Reply · 3h · Edited

Jim Clark Christopher Xavier Lozano DO IT DOES NOT. Many Trump supporters support him because they support the PARTY. My beliefs do not align with the other PARTY at this time, nor did they in 2016, so their candidate will not get my vote.

Like · Reply · 3h

1

Kaley Denee' Norris i don't support the entire government as it is right now. So no I personally don't support Trump one bit. Our government needs an overhaul. We as a people need to push for the equality deserving to POC & in order for us to push for this civil rights ... [See More](#)

Like · Reply · 3h

1

Christopher Xavier Lozano Jim Clark sounds right, however the Republican Party has blindly supported Trump through dozens of crimes, racism and hate speeches daily simply making the Republican Party as conspirators and as hateful as Trump. Thus at this time any Republican Vote ... [See More](#)



Like · Reply · 3h · Edited

1

Kaley Denee' Norris Nancy Youssef Clarke do you have anything productive to add to the conversation?

Like · Reply · 3h

1

Michelle Norris Nancy Youssef Clarke don't make assumptions about what we believe. I don't make assumptions about what you or anyone else believes. I was clear. I pray that good will prevail. I don't trust ANYONE, except my husband, my family, my best friends. People ... [See More](#)

Like · Reply · 3h · Edited

1

Christopher Xavier Lozano Kaley agree except However our VOTE is the best way to unite as one for change. Dropping out of voting all together is the same as giving up. And OMG No NO NEVER has a President called the Military on his own people in a non violent protest and dozens ... [See More](#)

Like · Reply · 3h · Edited

2

Nancy Youssef Clarke Michelle Norris it's not assumptions. The nature of your posts are very telling of your beliefs and what you are influenced by.

Consistency is what will earn trust back. So far I've seen none.

Like · Reply · 3h

1



Michelle Norris

Nancy Youssef Clarke don't make assumptions about what we believe. I don't make assumptions about what you or anyone else believes. I was clear. I pray that good will prevail. I don't trust ANYONE, except my husband, my family, my best friends. People in power are politicians. Everyone has misunderstood Keith's post. He is the least racist person I know. Our best friend is BIPOC and he KNOWS what Keith meant by this post.

5h Like Reply

1

pasting the same thing though out the thread.

Oh right. None. ... See More

Like · Reply · 3h

Michelle Norris Nancy Youssef Clarke yes it is assumptions.

Like · Reply · 3h

Nancy Youssef Clarke Michelle Norris ok 😊

Like · Reply · 3h

Kaley Denee' Norris Nancy Youssef Clarke what exactly does she have to prove to you? If you don't like it: leave. You're obviously not here for a productive or positive conversation, or maybe things would have gone differently. 🙄

Like · Reply · 3h

Michelle Norris Christopher Xavier Lozano Voting is the way to change the status quo. Exactly

Like · Reply · 3h

Jim Clark Christopher Xavier Lozano I disagree with you. Let's just leave it at that.

Like · Reply · 3h

Kaley Denee' Norris Nancy Youssef Clarke if you stopped to read other replies, copy & paste isn't all I did instead you're up here defensively pointing the finger & labeling. Pretty petty & immature of you ask me 😊

Like · Reply · 3h · Edited

Nancy Youssef Clarke Kaley Denee' Norris I had no idea you were hired as her spokesperson. Hope you're paid well.

Like · Reply · 3h

Kaley Denee' Norris Nancy Youssef Clarke I'm her daughter moron 😊 yet another thing you don't know.

Like · Reply · 3h

Michelle Norris Nancy Youssef Clarke you're out of line. She is our daughter. She KNOWS her dad well and she KNOWS what he meant. My husband is NOT a racist. Your assumptions about this post and his intentions are just that. Assumptions.

Like · Reply · 3h

Nancy Youssef Clarke Michelle Norris I never once said your husband was a racist. Maybe you should teach your daughter some manners then.

Like · Reply · 3h

Christopher Xavier Lozano Michelle dear sorry, I dont understand is Voting a good thing to you? or Exactly means bad? You see how it might be cryptic unless you say exactly what you mean? Are you Voting for Trump? Says it all and again maybe you should start you post with that so not to confuse your point. Thank You and Blessing for health and peace en with you all and all yours. "

Nancy Youssef Clarke if you stopped to read other replies, copy & paste isn't all I did 😊 instead you're up here defensively pointing the finger & labeling. Pretty petty & immature of you ask me 😊

4h Like Reply


Nancy Youssef Clarke Kaley Denee' Norris I had no idea you were hired as her spokesperson. Hope you're paid well.

4h Like Reply


Kaley Denee' Norris Nancy Youssef Clarke I'm her daughter moron 😊



Like · Reply · 3h · Edited 2

 **Michelle Norris** Nancy Youssef Clarke so now you're going to tell me how to parent an adult? You're on her father's post insulting him, making assumptions about us both and speaking down to her? Are you really expecting respect from her when you're not showing it? 2

Like · Reply · 2h

 **Michelle Norris** Christopher Xavier Lozano Voting is the ONLY way we can all get out of the status quo. I'm not trying to be cryptic. I'm a libertarian. I didn't vote for Trump or Hilary. I don't know who I'm voting for right now. I haven't had a chance to see the Libertarian candidate yet. 2


Like · Reply · 2h · Edited

 **Nancy Youssef Clarke** Michelle Norris I spoke of my disappointment in the brand which is run by you and your husband....along with many other voices here.

I am not your only target to pursue but I see you are trying to answer everyone but...just focused on me right now?


I don't know your daughter (who also doesn't know me) so I am dismissing any comments from her directed at me from here on out. 2

Like · Reply · 2h


 **Nancy Youssef Clarke** Michelle Norris the truth is Michelle...those of us who listened and trusted you and Keith are deeply disappointed by the direction you've taken and led others to believe so foolishly.

It's all conspiracy theory driven and that is what's mind boggling to other big names in your arena along with those of us who have been around for YEARS supporting a movement that is now....questionable. 2

Like · Reply · 2h

 **Michelle Norris** Nancy Youssef Clarke I can only focus on one person at a time. You are my focus because you made an assumption about me that's not accurate. I supported you in the past when you had personal issues that came up. I didn't judge you. I didn't make assumptions. This entire thread has been a complete misunderstanding. I totally understand how that happened reading it objectively. But it is a misunderstanding 1

Like · Reply · 2h

 **Nancy Youssef Clarke** Michelle Norris whatever "personal problems" you may be referring to are irrelevant to this topic so you cannot twist this to support your narrative.

Which leads to the "sub" thread probably being a misunderstanding..according to you.... See More 2

Like · Reply · 2h

the fact you dont know who is running seems strange, And correct me if I am wrong but no Libertarian has ever won President and My #1 thought this time is to REMOVE TRUMP and sorry to say but a lot if what you and Keith have been saying sound just like Trump.

I am sorry to misunderstand yall's meaning and for the causing more anger in my questions to clear it up. Still strange choice in these times but I do RESPECT any choice but the pure evil that is TRUMP 🇺🇸🌍

Like · Reply · 2h · Edited

2

Michelle Norris Nancy Youssef Clarke we plan to. We'll be doing a FB live tonight to explain and apologize for the misunderstanding. I'm not trying to twist any narrative and apologize if you see it that way. I was saying I supported you without assumption. I'm asking you to do the same.

Like · Reply · 2h

3

Nancy Youssef Clarke Michelle Norris fair enough. Where? So that I may follow

Like · Reply · 2h

2

Michelle Norris Nancy Youssef Clarke it'll be here in Keith's page tonight. I'll tag you

Like · Reply · 2h

1

Nancy Youssef Clarke Michelle Norris ok

Like · Reply · 2h

2

Christopher Xavier Lozano Jim You know thats the exact same think, Robert E. Lee did simply out of blind loyalty, and as good as he meant and was as a whole man HISTORY still tells the Truth between the right and wrong side of that war. If you must make the same mistake bless y... See More



Like · Reply · 2h · Edited

2

Jim Clark Christopher Xavier Lozano Yes, really. and he's going to win again.

Like · Reply · 2h

2

Kaley Denee' Norris Christopher Xavier Lozano I one hundred percent agree with that.

Like · Reply · 2h

1

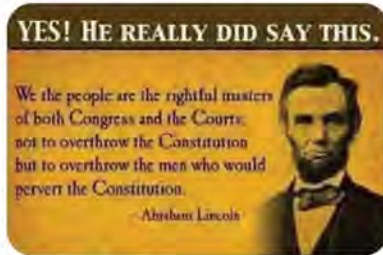
Amira Lamb I sadly think Trump will win again too. QAnon is doing a great job influencing people. I don't have any doubt that QAnon will essentially instruct followers to vote for Trump when the time comes. It feels like what happened in 2015/6. This time these types of ideas have managed to filter into a more liberal base (partial thanks to alt-health's distrust of vaccines and Big Pharma).

Like · Reply · 1h · Edited

1

defeated already?

I looked up QAnon and seems like another TRUMP driven HATE GROUP but please stand with me that: WE ALL HAVE TO BELIEVE America is as a whole, much much better than that to be tricked or cheated again! 🙏 Why in my humble opinion Q or not American's have had enough SHAME AND HATE driving us all to not just protest but VOTE straight BLUE this time to be an overwhelming in the next election showing the WORLD WE DO NOT STAND BY RACISMS OR ANYTHING LIKE TRUPM AGAIN! Mark my wards you will see change in laws and elections for the better like never in our History. It is no better time in the WORLD TO STAND UP TO RACISM and dont take my word for it, Look at the window, News and outrage by the world. GOD BLESS US ALL "



Like · Reply · 1h

Write a reply...



Jules Towne Chavez Keith Norris... for all the negative comments... it validates that some people are still reading with their eyes and not with their hearts... I've come to accept that some people can't sit in silence, internalize commentary, and look deeper to see how ... [See More](#)

Like · Reply · 4h

4



Kate Berger Jules Towne Chavez THANK YOU for expressing this so well. You read my thoughts. When narrow reactionary viewpoints hinder how people see the world, when they first look for hate and their first response is to knee jerk without looking at the true inten... [See More](#)

Like · Reply · 4h

1

Write a reply...



Jessica Ferrone

boooooommmmm 🙏

2

Like · Reply · See Translation · 4h



Jessica Ferrone Interesting how your post leads others to believe you're racist or supporting white supremacists. Thank you for being brave here. I align with this post, am not for Trump, not anti racist and work with in trauma awareness with systemic oppression / pat... [See More](#)

Like · Reply · 4h · Edited

6



Keith Norris Another point of clarification: It's not that I don't think a man was brutally murdered. Or than I think he could have saved himself by "just breathing"... [See More](#)

Like · Reply · 4h

14

Hide 11 Replies



Megan Baird "The controllers" want you to uphold white supremacy. So good job on that, Keith. You guys always think you're the special ones who see the truth, but you're always the most committed to upholding the status quo.

Like · Reply · 4h

3



Keith Norris

Another point of clarification: It's not that I don't think a man was brutally murdered. Or than I think he could have saved himself by "just breathing".

Not at all. I think there WAS a brutal murder that took place.

Not at all. I think there WAS a brutal murder that took place. But I do not think it was a random act by a singular cop. My point is that I think the killing was planned an orchestrated for the purpose of driving division. And I think there have been other similar murders. Perpetuated for the exact same purpose.

Now the question: how do we wrest power back from the controllers and place it back with us? We can't do it by being divided, which is exactly what the controllers want.

Although this discussion is difficult because of the complexity and emotion it *has to be had* if we are ever to gain back control.

Which brings me back to the point of breathing, centering, remembering your divine nature. Your divine nature is anything but racist and doesn't see isms in a negative light.

Exactly what the controllers *do not* what you to participate in. They cannot catipalize on unity.

I'm saying be a warrior and reclaim that power. From those who wish to divide. Empowerment is the antidote to this. Do not let them steal that from you.

7h Like Reply



14

Michelle Norris

Megan Baird Wow. You so do NOT know my husband at all. He is sick of the status quo. It's EXACTLY what he's saying we need

Megan Baird

Michelle Norris I don't doubt that it feels that way. But shifting all responsibility to each individual and love & lighting away systemic oppression is just playing along with the status quo. It's not revolutionary to tell Black people to breathe their problems away when police are killing them. I'm sure the government would LOVE if we all stayed home doing breathwork instead of protesting for change.

I hope you take the time to read the spiritual bypassing article that Jen Sinkler shared. And I hope you actually listen to Black people and hear their stories.

7h Like Reply

Michelle Norris

Megan Baird This is the problem, everyone is making assumptions here without asking questions. Let me ask you this? Exactly who do you control outside of yourself? You cannot force change on another human being. You can ONLY control yourself. The way we collectively effect change is voting at the polls, voting with our dollars. Fighting with each other is supporting the status quo. Keith Norris is the BIGGEST opponent of the status quo and proponent of toppling it!

6h Like Reply

EXACTLY what he's saying we need to rail against. Not each other. We need to unify against those that would seek to control us

Like · Reply · 4h 6

Vanessa Zakeya Bryant Michelle Norris count me in for that!

Like · Reply · 4h 1

Megan Baird Michelle Norris I don't doubt that it feels that way. But shifting all responsibility to each individual and love & lighting away systemic oppression is just playing along with the status quo. It's not revolutionary to tell Black people to breathe thei... See More

Like · Reply · 4h 10

Kaley Denee' Norris Keith Norris power to the people

Like · Reply · 3h 1

Kaley Denee' Norris Megan Baird that's exactly right. What exactly did he say that implied otherwise? He's trying to provoke thought on the possibility that the powers at be are manipulating emotions of the masses to use as a tool against you. Simple as that. & it's clear some people up here are easily stirred up emotionally so it wouldn't hurt to listen, & it isn't that far fetched of a concept to grasp.

Like · Reply · 3h 1

Kaley Denee' Norris Megan Baird it's not a all inclusive plan of attack- it's a tool for everyone to empower themselves as we work TOGETHER to create change & breaks the chains of the systematic racism that binds us. Surely this will be one of many battles & the concept he is throwing out there is of a spiritual conversation. Obviously one many are not ready to have.

Like · Reply · 3h 2

Michelle Norris Megan Baird This is the problem, everyone is making assumptions here without asking questions. Let me ask you this? Exactly who do you control outside of yourself? You cannot force change on another human being. You can ONLY control yourself. The way w... See More

Like · Reply · 3h 2

Megan Baird Change is happening as a result of the protests of a movement that you think is fake. So I guess I have more power than you want me to have.

I totally get that you want to topple the "diet industry" status quo because it's financially beneficial to the Paleo movement to "open the eyes" of dieters. You can't always pick and choose though.

Like · Reply · 3h 1

John Romaniello Keith Norris the fact that you had to circle back around to clarify that you acknowledge a man was murdered should tell you something.

Like · Reply · 31m 2

Kyle Wright Keith - you aren't listening (I'm not surprised at this point) to what's being said.

You continue to propagate wack job conspiracy theories in the face of an ACTUAL government oppression and police brutality.... See More

Like · Reply · 22m 1

Write a reply...



Kyle Wright
Keith - you aren't listening (I'm not surprised at this point) to what's being said.

You continue to propagate wack job conspiracy theories in the face of an ACTUAL government oppression and police brutality.

The way you sweep aside what so many people are trying to explain to you and continue with your rhetoric reeks of privilege.

Why don't you reach out to the police officers who are committing atrocities nationwide and teach them to "breathe, center, and remember their divine nature"?

Might be more helpful than defending yourself and your privilege.

3h Love Reply

Zad Rafi
Keith writes the above comment about whether George Floyd was murdered. He wasn't there to witness it so he can't be sure whether it happened. Now he walks back on his initial statement

sure whether it happened. Now he walks back on his initial statement (probably after seeing the damage it has done and will do to his business) with the comment above this one.

Some more facts:

Keith also wasn't there to witness the big bang so he can't be sure whether it ever happened

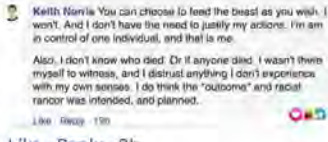
Keith wasn't there to witness the creation of our sun so he can't be sure the sun exists

Keith wasn't there to witness the creation of penicillin, so he doesn't take penicillin for infections because he isn't sure that penicillin exists.

Keith also has never seen a supernova take place and form a black hole, so he can't be sure that black holes exist.

Keith can't see the coronavirus with his own eyes so he doesn't believe it exists.

Keith is our modern day Descartes



Like · Reply · 3h



Keith Norris Just a note: I plan on deleting (but archiving) this thread tonight. In its place, I plan to do a "live" open discussion on this topic. Because I feel that it's a discussion we *have* to have.

We *have* to have this difficult discussion to move forward. And I for one will not outsource this responsibility to any outside agency.

We can't hope to legislate or mandate this away. It has to come from within. From discussions like this.

I'm not asking you to agree with my perspective. I'm asking you to engage in conversation with the goal of finding the truth of this situation, and mapping a path forward.

Because if there is a singular thing we can agree on it's that the status quo is not working. Except for those in power.

This issue can only be righted human-to-human, heart-to-heart. Or it goes on as ever. As history has proven. One atrocity after the next.

Like · Reply · 2h

Kyle Gersper Can't wait to listen. There needs to be more listening in this thread.

Like · Reply · 2h

Jenny Slater Or...you could just take this white nonsense down now.

Like · Reply · 2h

Peter Baker Im sure it'll be riveting

Like · Reply · 1h

Michelle Norris Jenny Slater He will be taking it down after he explains. He does not want to take it down to try to sweep it under the rug. There have been a lot of misunderstandings in this post and from a completely objective position, I can totally see why. He doesn't want to pretend this didn't happen. It will come down later tonight. We can't white wash this like what's happened to the history of this country. It's painful, uncomfortable, heart breaking and here we are. We need to talk through it all and we need to have this very difficult and hard conversation. We were planning to have these discussions and panels at Paleo f(x) and obviously we can't wait until then to do it.

Like · Reply · 1h



Carlos Toro

You obfuscated your point terribly by insinuating that Floyd's killing was part of some conspiracy to tear us apart. Brotha, this has been going on way before you came up with that original idea. Do you believe George Floyd was killed before our eyes? Y or N. When you denied or failed to simply acknowledge that that even took place you dismissed what everyone has been voicing their outrage towards. Completely dismissive of a entire people's experience.

12h Like Reply



Kaley Denee' Norris

That is a valid question.

11h Like Reply



Michelle Norris

This is what he wrote himself in the comments:
Another point of clarification: It's not that I don't think a man was brutally murdered. Or than I think he could have saved himself by "just breathing".

NOT at all. I think there WAS a brutal murder that took place. But I do not think it was a random act by a singular cop. My point is that I think the killing was planned an orchestrated for the purpose of driving division. And I think there have been other similar murders. Perpetuated for the exact same purpose.

11h Like Reply




Michelle Norris

Carlos Toro you might want to check this out so you can see where that questioning is coming from send I highly recommend you read ALL the comments.

<https://m.facebook.com/letoruohr>

Like · Reply · 1h

1

 **Kyle Gersper** Looking forward to PFX 2021 and to hear the great panels y'all put together.

Like · Reply · 1h

1

 **Michelle Norris** Nova Champagne he's not deleting because he doesn't stand behind it. He is deleting because it's been misunderstood and it's hurting people. That was NEVER his intention. Our BIPOC best friend is recommending it to be taken down.


Like · Reply · 1h

 **Anastacia Marie** **Michelle Norris** Maybe he shouldn't have said it in the first place and should reflect instead of finding ways to justify or backtrack.

Your BIPOC friend is right. This is shameful and embarrassing.

Like · Reply · 50m

1

 **Nancy Youssef Clarke** **Keith Norris** perhaps a chance for discussion is warranted. Will you create an event for us to save as a reminder? Are you planning the live tonight?

Michelle said she would tag folks but a FB event may reach a broader audience.

Like · Reply · 1m

Write a reply...



Robin Eacret A reasonable person:

<https://www.facebook.com/photo.php?fbid=10156933760771945&set=a.187434936944&type=3&theater>

Like · Reply · 2h

3



Rose Roa From one of my conversations...

some of what is shared here is "opinion" some of it is lived experience & from mandates. First priority in social justice etiquette goes to Indigenous BIPOC perspective as I've been taught. Secondly Womxn & in Waitaha the eldest grandmother in the room has the last say...as long as she's not rude with her words. Now I'm 52 & have 10+ that include BIPOC ones too so I'll defer to anyone older & to anyone of the spoken of lineage. This too is Protocol in Social justice.

Is it really sad the 'white man' is being called to count & viewed with suspicion or is it deserved? With all that's occurred over the history of colonialization have 'white men' demonstrated their trustworthiness or broken treaties, raped, stolen & nearly extinguished Indigenous Peoples? Are "white men" not still currently doing so? Heck "white men" created "white men" can they now not be held accountable to dismantle it & them not whine or need to be coddled & defended by "white" women? "White men" have "white centered" western medicine to go to....& most have insurance. It's what "white men" created it's all based on their bodies & controlled & regulated by "white men" for the most part, it puts immense wealth in "white men's" pockets too. If "white men" don't like it fight to change it, like our Indigenous & BIPOC are & have to lift bans & fight attacks on their Traditional Practices & even languages. I for one sure wish they would! It nearly killed me! Then I was guided to plant medicines myself & have found healing.

Fact is many of the Practices, Medicines are being used inappropriately, irresponsibly, & for profit which does additional harm & adds additional strain on already strained Indigenous cultures. Where do they go to turn for the past & now ongoing daily harm of racism & now they get to see "white men" selling what was once free & your demonized (sometimes still) identity & practices. Just how would you feel in that skin? With all that was taken now being flaunted in your face & offered only at a price & from a face which looks remarkably similar to who killed your Grandfather or raped Grandmother? Who's burning your

too. Makes it challenging to retrace & reweave those threads... I figure in this case flying to Europe might be cheaper & leave less footprint in so many ways.

Are forever to be condemned? Hmmm well... I'll refer you here to discern where I stand on that... It's a Reckoning Time for us ALL.
https://m.facebook.com/story.php?story_fbid=10156970208072005&id=91116257004

I'd ask you to consider how long has it been the "white man's" been oppressing? How long has it been since slavery ended.... and how long did it go on is it STILL going on?? To build our computers? To put big diamonds on our fingers? To supply our chocolate addictions & to provide them with sex? How long has it been since "white men" willingly turned over the reins & made things right with their Brothers of Color? For balance I'd say "white men" still rightfully got a long way to go. Atonement... Perhaps read up on it in Judeo-Christian lineage...
<https://www.biblestudytools.com/dictionary/atonement/>

"White men's" rules apply to white men or it ain't just & if it's in ur line it's yours to reconcile. How long will it take him or you specifically? I don't know I can only speak for myself...I've been atoning for 7+ years with full time devoted effort as a renunciate in Service traveling fully on T.R.U.S.T. "homeless" following the example of Jesus & embodiment of Rose & I'm still atoning so....

If after standing at Standing Rock & Mauna Kea & rubbing feet & performing self-less service I ain't done babe you still charging & owning ain't got no right to bitch.

Here's a little personal video on Renunciation & refinement of consciousness there's more of this topic on my YouTube channel Rose Time Lord if you're interested.
https://youtu.be/9Sv_s5Adk7A

Decolonization is a process an ongoing one! Shit didn't get fucked up overnight & there ain't no "Savior" coming to save us...there's not some new cAge psy-ops agenda ass-ention escape from doing the dirty, grungy, heart stretching & humbling work of cleaning up the mess.

Exactly where do "we" as humanity stand collectively? Currently extremely divided due to the SYSTEM of white supremacy & possibly soon to be extinguished due to a "virus" with "white" men at the helm & greed calling the shots which are killing Indigenous land & water protectors daily as we speak. Where do Indigenous People stand collectively? Well look to the First Nations currently on the Front Lines perhaps join some of their groups & listen...I've provided you links to information. Where do I stand? Right beside on the front lines defending the Sacred. I'm Mauna Wahine not "white" & I've passed initiation, proved it & had it bestowed by Elders of Turtle Island, Aotearoa & Hawaii to speak on these issues & call "my people" in...not out. That's what I'm doing how bout you? Who's giving you authority to speak on indigenous issues?

I am not arguing. I'm educating & calming Waters & assisting a sister...another me while she's pouring out her & her people's pain 4 you to feel. I'm offering an opportunity for deeper reflection & I'm providing a great deal of emotional labor & wisdom & being extremely vulnerable....& yup I'm talking to myself too...I walk my talk...do you? Mirrors can be fun house & show opposite...perhaps you are as I was and I am as you could be/will be in the future? That's all for you to decide for yourself as I said I but offer opportunity.

If you truly wish peace you got a long way to go to being a Peace Maker, in my lineage I tapped & follow the example, stories & teachings of the Peace Pilgrim, I highly recommend.

Unity in Diversity vs Borg like further assimilation is my Desire & Goal not no white-washed CIA/UN transhumanism agenda.

#PeaceisthePeoplesPower #1111Reset4Peace #WeAreMaunakea #MniWiconi #WaterIsLife

And he blocks....

Original posts 4 education purposes

In group

<https://www.facebook.com/groups/887298758132391/permalink/1246993875496209/>

On my timeline



Alex Charfen Keith Norris - sorry but this just doesn't make sense and I'm having a hard time following what you're saying. My speech teacher in high school taught me that being understood is the responsibility of the communicator, not the listener. It seems you have had an awakening in your ceremony that you were trying to share with everyone but you're not giving us enough to connect the dots. as a result, this is insensitive and incendiary given what's going on in the world right now. For you to imply that George Floyd may or may not have died and he's part of some major conspiracy or cover-up invalidates him and what is happening. I have always known you and Michelle to be educators committed to helping people understand what's going on around them and see a new perspective in the world. Here you are divisive and when people ask questions or object to you what you have shared, you are combative and belittling. Calling people comrades? Using the term Mao-mask? I thought about not making a comment on this post however I have spoken at and supported Paleo FX with promotions for years and I don't want anyone to misconstrue my association with the event as approval of this message.

Like · Reply · 1h

24



Nikki Archer My eyes are bleeding

Like · Reply · 1h

8



Melanie Ginsburg Jeremy Ginsburg June Bui

Like · Reply · 1h



Robb Wolf I suspect there was some good intent here but it did not pan out that way...I've met thousands of wonderful people at previous PFX events, it will be sad to not meet more folks in the future.

Like · Reply · 53m

13



Alex Charfen I spoke at Paleo FX for years, and one of the major highlights was meeting you when we were both on a panel. I appreciate you Robb, your book changed my life. Hopefully there will be a different event in the future where we can hang out

Like · Reply · 48m

4



Tracy Barksdale Robb Wolf are you stating that you will no longer be taking part in Paleo fx in the future?

Like · Reply · 7m

Write a reply...



Mark Shields This is what happens when you eat a legume. LEGUME Brain

Like · Reply · 42m

4



David Montoya BOOM Keith! 🚀 another BOOM my friend!

Like · Reply · 37m



Jenny Slater Simmer down, dude.

Like · Reply · 34m

1

Write a reply...



Kate Galliett Oh my. I don't know what the original intent was of this post, but the impact that came through was insensitive and harmful.

Chrissy King is leading a class soon that you may find useful:
<https://chrissyking.lpages.co/anti-racism-for-fitness.../>

Keith Norris
We should probably do a Live just on this one topic alone. Because there is so much to unravel. But let me see if I can better explain my position here.

First, we have the persistent, underlying current of racial tension in this country. A tension, btw, that the 50+ years following the Civil Rights movement did little to eradicate. (see my thoughts on that above, or in the vid)

Then we have the murder of a black man by a white cop with 4 police "accomplices" (for lack of a better term).

Now if this just occurred organically, with no pre-meditation, that's a horrible enough occurrence.

But IF this WERE a premeditated/ orchestrated murder, that points to an even more insidious, "institutionally driven" hate. And that is truly horrifying. How is THAT ever eradicated?

We might ask the very same question about the murder of MLK. Do we think that James Earl Ray acted alone, or was he rather the fall guy in a larger plot? I don't "know", I just observe and ask questions. But 50+ years of stalled race relations progress sure hints of an institutionally driven hate agenda to me.

That, as I see it, is what we are up against. And if that IS the case, how do we eradicate that institutional hate? Because if it is in place, it is put there specifically to thwart our best efforts as noble humans otherwise.

I'm totally open to being completely off base here. Possibly it is simply the "human condition" to hate.

My life experiences in some very dicey, life/death experiences though doesn't support that idea. Not in the slightest.

Like I said though, I don't "know" - I just observe and ask questions.

cc: **Tracy Barksdale** - maybe this gets closer to an explanation? If not, I'm always happy to hop on a call, or meet with you to discuss.

Carlos Toro - same, brother. Maybe this better explains my thoughts? Always happy to hop on a call to discuss. Or (IDK if you're in Austin) meet up.

8m Like Reply

Anti-Racism for Fitness Professionals: How to Show Up Better_6-16-20

Like · Reply · 34m 5

Michael Roesslein Yes. This. Attending with her tomorrow.
Like · Reply · 27m

Kate Galliett Michael, I'll be there too!
Like · Reply · 26m 1

Write a reply...

Stephen Alexander Ellis Tell you what me breathe guy
Lets test your words.

Let me put you in a rear naked, and if you don't pass out in 5 seconds, you know because your of your breathing powah; I'll sub and buy every single one of your products and promote you weekly.

Like · Reply · 31m 5

Tom Franclemont



TENOR

Like · Reply · 30m 5

Cassandra McHenry Katy McCloskey
Like · Reply · 18m

Write a comment...

Tracy Barksdale
Please respond to Teresa above. "I believe he is still alive... a crisis actor like the rest of them" because THAT is what you are condoning here.
13h Like Reply 2

Laura Vann
Condoning?
13h Like Reply

Michelle Norris
Tracy Barksdale Condoning? Please explain that. Condoning what?
15m Like Reply

Michelle Norris
Tracy Barksdale surely you understand and have done research? There have been many false flags in our US history and Lord knows our government never wastes a good crisis. He's questioning everything. That's not racist or insensitive to question the MSM narrative. It's actually what many of BIPOC friends that understood Keith's post and informed us are doing. They question it.
12m Like Reply 1