

iMessage
Jan 4, 2019, 2:37 AM

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I found this podcast interesting, insightful and educational. It also confirms my continuing belief of the enemy Russia was in the 50-60-and 70's that I knew is the same enemy today with the same goal of destroying our way of life with different tools.

The first 20 minutes or so about meditation could be skipped but the main part of this was very important to my understanding. I hope it will be to yours

<https://samharris.org/podcast/>

It's podcast #145 information wars that you want.