

## DRIPPING LOVE

by Evangelist/Pastor Barbara

This world is perishing for lack of Love – the true faithful Love of the Father. 2024 dawns with Heavenly Agape Love. This Love will bring in the Harvest!

Children, you need to display Agape Love, the Heavenly Love, to all you come in contact with.

The world has mass-produced hate and darkness, and I have called My Children to mass-produce Love and Light. Where is your Light? Why is it not dispelling all darkness?

**Matthew 5: 14 - 16 (ETRV)**

**14 "You are the Light that shines for the world to see. You are like a city built on a hill that cannot be hidden. 15 People don't hide a lamp under a bowl. They put it on a lampstand. Then, the Light shines for everyone in the house. 16 In the same way, you should be a light for other people. Live so that they will see the good things you do and praise your Father in Heaven.**

The warfare is not going to go away. The darkness has mass-produced its kind to the point of the church losing its leverage. Return to your first Love and renew your commitment with your Heavenly Father, be filled with the Divine Love of Heaven, and then go forth dripping with the Love of Heaven. With this dripping Love, you will break up the foundation of darkness that has invaded the earth.

As you go forth with the Dripping Love of Heaven, you will bring in this Harvest of Souls. These forgotten ones know nothing but hate, rejection on all sides, loneliness, degradation, and anything else darkness has to throw at them. They have been blindsided on all sides, and My church does not show them the Love of Jesus.

Children, I have called you forth as Lights. Do not hide your Light; let it shine and dispel the darkness. Let it be full of power and authority. My Son Jesus is the Light, and he destroyed the darkness on the cross with these words: "It Is Finished."

I am asking the church to take their Lights to the world with the same message: "Hate is finished."

The blood of Jesus destroyed all hate and brought forth "Agape Love."

There is absolutely nothing God won't do for His Bride. Listen to His words of Love.

**Jeremiah 31: 3 I love her with an everlasting love. I tenderly call her by name.**

**Luke 12: 7: Every hair on her head is numbered.**

**Psalm 56: 8 I keep track of every tear she's ever cried, storing it in a special bottle in Heaven.**

**Song of Solomon 6: 9 She is precious. She is My treasure. She is My undefiled one. She is My Dove.**

**Song of Solomon 4: 9 You have captured my heart, my treasure, my bride. You hold it hostage with one glance of your eyes, with a single jewel of your necklace.**

Children, I want you to become and remain vessels of dripping Love. I desire this Love to have Power and Authority to pull down the strongholds of darkness. It must remain till the end of the ages. My Heavenly realm is all about LOVE. LOVE breeds salvation.

**1 John 4: 16, 19 - 21 (ETRV)**

**16 So we know the love that God has for us, and we trust that love. God is love. Everyone who lives in love lives in God, and God lives in them.**

Editors Note: By Rev. Christopher Gore

*More Than Enough* our monthly newsletter created with you in mind is an outreach by Pastor/Evangelist Barbara Lynch. Her hearts desire is for this newsletter to encourage, inform, & uplift those who belong to the Father. Our goal is to provide you with timely nourishment for your soul with information that will motivate & stir your heart.

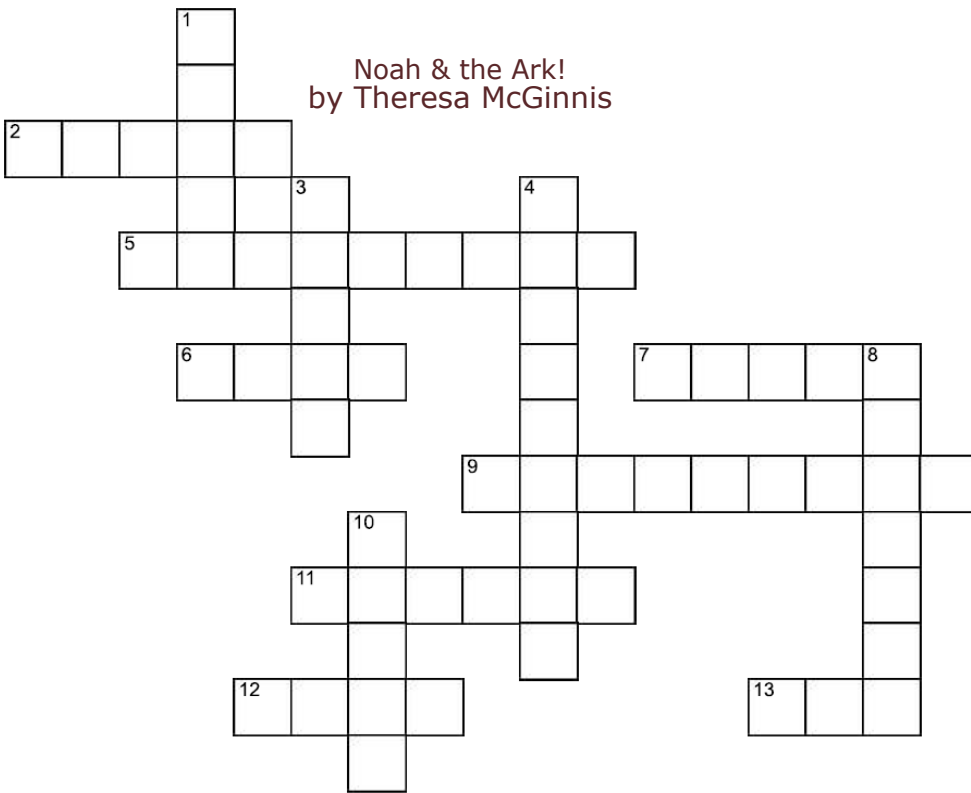
**More Than Enough!**

A Monthly  
Newsletter by  
the Lighthouse  
Inc., Church

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Noah & the Ark!  
by Theresa McGinnis



7 Points to Ponder  
by Sis. Theresa McGinnis

1. Who in the garden called out, "Where art thou?" (Genesis 3)
2. In 2nd Kings 6, when a young man was cutting down a tree, what fell in the water?
3. What plant did Jesus say He was? (John 15)
4. In 1st Chronicles 27, who was in charge of the vineyard?
5. In John's gospel, who did Jesus see under a fig tree? (John 1)
6. Who was in the New Testament is said to come from the root of Jesse? (Romans 15)
7. Who said, "The man who plants and the man who waters have one purpose?" (1st Corinthians 3)

Answers on page 5

ACROSS

2

2. God told Noah that He would destroy everything on \_\_\_\_.
5. The \_\_\_\_ entered the ark two by two.
6. God caused a \_\_\_\_ to blow over the earth.
7. \_\_\_\_ did only good, although many were evil.
9. Even the \_\_\_\_ were covered with water.
11. Most of the world was \_\_\_\_.
12. A child of Adam and Eve.

13. Enoch walked with \_\_\_\_.

DOWN

1. \_\_\_\_ covered all of the land.
3. The \_\_\_\_ stopped and the waters grew quiet.
4. God told Noah that all the people would be \_\_\_\_.
8. People lived to be several \_\_\_\_ years old in those days.
10. After a hundred and \_\_\_\_ days the ark rested on Ararat.

Answers on Page 5



<<=1 19 We love because God first loved us.

20 If we say we love God but hate any of our brothers or sisters in his family, we are liars. If we don't love someone we have seen, how can we love God? We have never even seen him.

21 God gave us this command: If we love God, we must also love each other as brothers and sisters.

Just as The God Head loves His children, we must take this same Love to a lost and dying generation.

We Stand with Israel!  
Always & Forever!



Pray for the peace of Israel.  
Shalom, Shalom!

More Than Enough!

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**“Daughter, tell My people My Glory is Coming...  
...and don't grow weary in doing it!”**

“Holy, Holy, Holy. Holy is the Lord God Almighty and Holy shall be My Children whom I have called out of darkness into eternal light. Come My Brethern, come into the light that I Have shed abroad for each of you to enter into. Be showered upon by My Shekinah Glory. Be endowed with Power from on high. Be not conformed to this world, but be enlightened by My Word and then follow Me with all of your hearts and bring all that troubles you to the altar of incense and allow Me to consume all that burdens you down so you can go forward in My Might, Power and Strength and do the mighty exploits that I have called you forth to do. I am the way, the truth and the light and there is none other like Me in all this earth. Follow Me, little ones! Follow Me right on up into My Glory Cloud and allow Me to saturate you with My Glory and then send you forth into the nations to retrieve the people out of the snare of the fowler. I AM THAT I AM HAS COME UPON THE SCENE and things will no longer be the same. I am changing and rearranging things even as we speak and you shall be totally amazed with the outcome.

**LOVE IS THE ONLY WAY!** Walk in My **Agape Love** and free the souls from the bondage of the evil one. It is your turn church. **ARISE! SHINE! FOR YOUR GLORY HAS COME!**” (Prophecy by Evangelist/Pastor Barbara; March 17, 2007)

“I am in Love with My Bride. This is a love that never fades. It is not the carnal Love you see being demonstrated in the world; it is pure unadulterated **Agape Love** of the Father for His Bride. My Love far transcends earthly affection. My Love will bring you to the heights of Glory and beyond. This Love I have for My Bride will cause her to blossom and grow, and in her growth spurt, she, in turn, will cause many others to bloom where they have been planted.

It is My Bride that will bring in this great harvest of souls. It is My Bride that will cause the darkness to flee. Why? You ask. Because this Love will cover a multitude of sins, and this Love will destroy the hate that has been programmed into this dark world. This Love will go into the deepest recesses of the hearts of the sinners, and where there was a coldness, there will be a fire burning so bright that it will burn up all the chaff in its path. Memories will be made from this pure Love that I am giving to My Bride. Cold relationships will become hot burning coals of fire that will transcend anything the Church has ever encountered—no more lukewarmness in the hearts of My Bride, only pure hot coals of Love.

Where you once saw hate and discord, you will see the Marriage Supper of the Lamb taking place. The Marriage Supper of the Lamb has been in place for quite some time now, and I am bringing it into total fruition, and the fruit of its labors will produce fruit that others can eat and be restored into their rightful places in My Kingdom.

Children, Love Vessels of Honor are what you are. That Love that the world thinks is no more will blossom once again, and all things shall be made new. You have never seen anything like this Love that I am bringing forth. No longer will you have to muster up Love. It will just naturally flow forth like pure golden honey, and it will touch all that it comes in contact with. Where there was sorrow and no hope, this Love will manifest itself into complete happiness and total faith. This is a love that has never before been seen on the face of the earth. This Love needs to take place to bring in the great Harvest of Souls all across this great and glorious land.

**LOVE LOVE GREAT GLORIOUS LOVE FROM ABOVE!”** (Prophecy by Evangelist/Pastor Barbara; June 6, 2021)

“If everyone who is called by My name spreads the Love of Christ wherever they go, there will be a canopy of Love all across this land so strong that no power of darkness can penetrate it.

This Love Canopy would cover the earth and block out the enemy's attempts to destroy My Kingdom that is here on earth. My children can forge this canopy of 24/7 protection. This dispensation of time is a season of warfare, yes! It is also a season of the Love of Christ to be spread abroad by My Vessels of Love.

I have shown My Love to you, so you, in return, should be showing this Love to all the Lost and dying souls that are being gathered together for the harvest. At hand, this harvest is one of True **Agape Love**, and it is a harvest that the throes of darkness cannot stop. Yes, evil does and will abound all across this land, but My Love transcends all hate.

Where there is true **agape Love**, hate has no foothold. Hatred is no match for Love.

Everyone will know that I am a Father of Love, compassion, and grace when all is said and done. It is this Love that will draw the sinners to the Cross.

The hatred being spewed all across the land in one form or the other is not from My

Heavenly realm, and My Church should not have any part in it. I have given you a commandment in My Word to Love one another.

Jesus said the second greatest command, which is like the first, is to love others, and the measure by which we are to love them is as much as we love ourselves (Matthew 22: 39). It is impossible to genuinely love the Lord without loving other people, for the desire within God's heart is to love others: “Dear friends, let us love one another, for Love comes from God.

The goal of God's Love is to have us with Him throughout eternity. He made this goal possible through Jesus and His sacrifice on the Cross. May each of God's true children take part in spreading this canopy of Love all across this land.” (Prophecy by Evangelist/Pastor Barbara; July 11, 2021)

“My love transcends all else in this world. If My people would yield their vessels to My **agape love**, it would dispel the darkness that keeps creeping all over the world.

You ask, how did mankind get so depraved? Why is there not love in the universe, when Jesus died for God's children to walk in **agape love**?



Children, there has been warning after warning about the darkness that was coming upon this earth. You never, for one instance, stopped to ask Me how this would occur. If you had asked, I would have forewarned you, and you could have worked through this veil of darkness by increasing the love walk.

From beginning to end, I speak about My love for My people. In John 3:16, I spelled it out so simply.” (Prophecy by Evangelist/Pastor Barbara; February 18, 2023)

“Many souls will be running into My Houses and they will need My **Agape Love** poured out upon them. They will be fragmented; disillusioned; tormented and totally broken; body, soul and spirit. They will bring gross darkness into the house of God; but if My people who are called by My name will fast and pray, their light will snuff out the gross darkness and turn everything into light once again.

The Great I Am is calling His people to Love unconditionally and pray as never before; for the harvest is already headed for the doors of My Churches.” (Prophecy by Evangelist/Pastor Barbara; January 4, 2017)

## Diffuser blends for congestion

Feeling stuffy or blocked up with nasal congestion? Some people have experienced that some fragrances cause clogging and irritated nostrils. There are also fragrances that do the opposite effect and help open up your airways, loosen mucus, and provide a soothing effect.

Some of the best essential oils for congestion:

1. grapefruit
2. frankincense
3. peppermint
4. lemon

Here are 4 Diffuser Blends that can be very effective:

- 4 drops cypress + 4 drops grapefruit + 2 drops frankincense
- 5 drops eucalyptus + 4 drops frankincense + 2 drops peppermint
- 4 drops lemon + 4 drops lavender + 3 drops peppermint
- 3 drops cedar wood + 3 drops lavender + 2 drops chamomile

*By Rev. Nancy Connell*

## Antiviral diffuser blends for cold and flu season

Antiviral and antibacterial essential oils can help to combat airborne germs and prevent the spread of bacteria.

Some of the top Essential Oils to combat this is:

1. tea tree
2. clove
3. lemongrass
4. thyme
5. eucalyptus

Here are 3 Diffuser Blends that can be very effective:

- 5 drops tea tree + 2 drops lemongrass + 4 drops clove
- 1 drop cinnamon + 5 drops sweet orange + 4 drops ginger
- 2 drops eucalyptus + 2 drops thyme + 7 drops lemon

## Diffuser blends for fatigue

Battling fatigue, drowsiness or headaches?

Looking for an alternative to grabbing the medicine from the cabinet...

How about opting to uplift and energize by changing your atmosphere with essential oils to help you recharge.

Some of the best essential oils to combat fatigue:

1. peppermint
2. rosemary
3. grapefruit
4. lemongrass
5. bergamot

Here are 3 stimulating blends to boost your energy levels:

- 1 drop peppermint + 2 drops basil + 2 drops rosemary + 4 drops grapefruit
- 2 drops lemongrass + 2 drops bergamot + 2 drops grapefruit
- 2 drops wild orange + 3 drops peppermint + 2 drops lemongrass

# 4

## Wait On God's Timing by Rev. Astrid Sherriff

Waiting on God's timing requires a lot of faith.

God always wants to give us the best. We must position ourselves to receive the promises that are prophesied to us.

Waiting on the Lord is the result of depending on God and submitting our will to His conditions and timing. Waiting always includes time and patience.

—James 1: 4 says, “But let patience have its complete work, that you may be perfect and complete, lacking nothing.”

This means patience is waiting. In the Bible, waiting often includes hope and trust in God, and an expectation that He will act on our behalf in due time.

—Psalm 62: 1, 5. Paul wrote: “For I am certain that the afflictions of the present time are not to be compared with the glory to come which is to be manifested in us. For the ardent longing of creation is to wait for the appearing of the sons of God”

(Romans 8: 18 - 19). To hope in God means to rest. Psalm 23 refers to the rest that God's people can experience when in “delicate pastures He will give me rest; He will shepherd me by still waters. He will comfort my soul...” (Psalm 23: 2 - 3).

“He will make me rest” can be translated as “He makes me feel comfortable.” This occurs when the sheep trust their natural shepherds and God's people trust in their Heavenly Shepherd. Our ability to trust God, to wait on Him, and to have confidence in His timing is tied to our willingness to set aside our agenda, abilities, skills, and creativity. We trade our weakness for His strength. (2 Corinthians 12: 9).

As Christians, we must “seek first the kingdom of God and his righteousness...” (Matthew 6: 33).

Sometimes this means quietly waiting for God to respond. Sometimes it means moving forward only in the ways that we know are guided by God, and sometimes it means continuing only in the activity that He has blessed so far. All the time, our eyes

should be on God's work and guidance. We actively serve God and get in tune with Him as we patiently wait for Him to fulfill His plans.

He (Psalm 123: 2) puts it this way: “Behold, as the eyes of a servant look at the hand of their masters, and as the eyes of a maidservant look at the hand of her mistress, so our eyes look at the Lord our God, until he has mercy on us.”

“And this is the confidence that we have in him, that if we ask anything according to his will, he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests we have made of him” (1 John 5: 14 - 15).

Waiting on the Lord renews our strength (Isaiah 40: 31).

The closer we draw, get to know him, and meditate on His goodness, the more easily we can hope in Him. Prayer and Bible study are the best ways to do this and grow.



## Hidden Riches: The Smart Side of Gold and Silver

- Rev. Brett Connell

Discover the value in your old jewelry – it's more than just memories! This article explores why keeping old jewelry with gold and silver is a wise move and how these precious metals can be a strong foundation for securing your wealth.

Gold and silver, valued for ages, offer a timeless and dependable way to protect your money. Unlike regular money that can lose value, these metals stand strong against economic uncertainties. Owning gold and silver is like having a piece of history that stays valuable over time.

Your old jewelry might be hiding some unexpected wealth. Certain coins and jewelry made before 1964 contain a good amount of silver, making them more valuable than you might think.

Gold, often called the "king of metals," is valued for its rarity, durability, and attractiveness. It provides a steady foundation for your portfolio,

offering diversity and stability during economic challenges.

Silver, with its versatile industrial uses, is also a wise investment. Coins and jewelry with silver can carry significant value, especially if crafted during specific periods. The ongoing demand for silver in various industries ensures sustained value, making it a valuable commodity.

The idea of buying, storing, and prioritizing precious metals over other things becomes clear when you look at the historical performance of gold and silver. These metals have weathered economic challenges, keeping their value and providing a shield against currency devaluation.

During times of inflation or economic uncertainty, the lasting value of gold and silver becomes apparent. They go beyond the limitations of regular money, offering a tangible way to preserve wealth. Before you dismiss that seemingly outdated necklace or vintage coin collection, think about the hidden treasures it might have and the lasting value it could add to your financial portfolio.

## Truly Getting Over Things

by Rev. Aaron Betz

The New Year comes with a mandate to "Move Forward". Part of this moving forward may include a last bit of overcoming. God is desiring to plug all of the holes to the underworld. This is to say that God wants His people to be risen above falling prey to any of the enemy's same old schemes.

God wants to move us in a place where we no longer have common ground with the enemy. This common ground is any place inside of us that is vulnerable to darkness. A big part of our testing and refinement process has included exposing these places in us by exposing our dark impulses. Let's examine such impulses.

Discouragement- This often comes as an attack of the enemy who seeks the opportune time to influence our reactions to the low points of life. We play a big part in this as well. Do you commonly replay failures in your head? Do you view opportunities as chances to fail?

Bitterness and Resentment of all forms- These things can twist and bind all aspects of our life. Bitterness can and will contaminate and destroy any good thing.

Doubt and Unbelief- Some of the testing and trials we have gone through were meant to bring us to a point of exasperation: to a point beyond our ability to fix our situations. When we get to the end of our rope, we are more likely to stop relying on old ways of doing thing and we may learn the valuable lesson of trusting God. On the other hand, this type of exasperation may cause us to give up altogether: turning our back on God and no longer hoping in Him. This can lead to a dark place of no return.

Anxiety- The stealer of peace. Conquer this giant by waiting before God and being renewed in His presence. This beast is strengthened by worldliness and absence of prayer.

Pride- An abomination before God and a clear disqualifier of ministry. A clear example of this is seen in people who only want to do things on their own and do not want to work with others. God is setting the stage for some great works which will only come through open and receptive hearts that will let His Spirit move how He desires.

<<=7 of him he did everything by the book. There is no reason for this man to be in jail today. There is no reason for him to have lost his life, reputation, and place in society other than evil people wanted to advance a false story about social justice and racial discrimination in America. A story that in this incident never happened. Derek is innocent and should be released and restored but as it stands now this man has lost everything over an utter and complete lie.

I am asking you to pray that Derek gets justice, and the truth is permitted to come out. Derek was recently stabbed in prison and almost lost his life. He needs to be set free.

Source: <https://medium.com/molyneuxpost/the-knee-that-killed-george-floyd-wasn-t-actually-on-his-neck-4d63a8796f8b>

Source: <https://www.youtube.com/watch?v=eFPi3EigjFA&t=696s>

1. Water; 2. Earth; 3. Rains; 4. Destroyed; 5. Creatures; 6. Wind; 7. Enoch; 8. Hum-dred; 9. Mountains; 10. Fifty; 11. Wicked; 12. Seth; 13. God



## “Sink or Swim in 2024”

by Rev. Kathryn Gore (DoTK)

The phrase “**sink or swim**” means to succeed or fail completely depending on one’s own efforts. The word “own” is very important to understand. The ball is in your court, and your court only. No one else can make you sink or swim, it’s solely upon you. To sink is to fall, disappear, vanish, or be totally engulfed in something that causes you to fail. The emotions behind failing can be intense. Especially when you’ve fought with all that you could and still find yourself failing miserably. Discouragement sets in and before you know it, you drop due to exhaustion. No one really wants to fail, but let’s face it, it’s easier to sink than it is to swim. This makes me think about the narrow gate in Matthew 7: 13 - 14.



### The Narrow and Wide Gates

“Enter through the narrow gate. For wide is the gate and broad and easy to travel is the path that leads the way to destruction and eternal loss, and there are many who enter through it. But small is the gate and narrow and difficult to travel is the path that leads the way to [everlasting] life, and there are few who find it. {Matthew 7: 13 - 14 Amp}

### Swimming

According to research, swimming is harder than other sports.

1. Limited Breathing
2. Learn four Strokes
3. Uses all of your muscles
4. Challenging techniques
5. Time Intensive

What does this all mean? Swimming looks easy but the truth is, most people can barely keep their heads above water. Oxygen is limited under water. After using all of your muscles to swim you get tired. Swimming is strategic and if you want to swim fast,

you have to understand how to move through the water by creating a little as resistance as possible. Training takes a long time to master the skill of swimming. This reminds me of our walk with God. Training on the battlefield, enduring spiritual warfare. Walking with the Lord is not a walk in the park. It gets serious.

Sink or swim normally comes at a time in your life when it really counts. It can be one or more situations going on in your life that cause you to reach a breaking point. In these moments, we must remember one thing. God is our all and all.

God knows we will fail in our own strength, but the grace of God strengthens us.

{2 Timothy 2: 1 - 5 ESV} - You then, my child, be strengthened by the grace that is in Christ Jesus, and what you have heard from me in the presence of many witnesses entrust to faithful men, who will be able to teach others also. Share in suffering as a good soldier of Christ Jesus. No soldier gets entangled in civilian pursuits, since his aim is to please the one who enlisted him. An athlete is not crowned unless he competes according to the rules.

The Message Bible speaks about the narrow gate slightly different than the Amplified version shown above.

Matthew 7: 13 - 14 (MSG) “Don’t look for shortcuts to God. The market is flooded with surefire, easygoing formulas for a successful life that can be practiced in your spare time. Don’t fall for that stuff, even though crowds of people do. The way to life—to God!—is vigorous and requires total attention.

**In 2024, ponder on this. Are you going to sink or swim? The ball is in your court.**

## His Commission in These Days Ahead by Sis. Grace Crescenzo

As I was reading Psalm 149, I felt the Lord showed me that this describes and summarizes His commission to us in these days ahead...

### Psalm 149.

1. Praise the Lord! Sing to the Lord a new song And praise Him in the congregation of His godly ones (believers).
2. Let Israel rejoice in their Maker; Let Zion’s children resource rejoice in their King (Zach 9:9; Matt 21:5)
3. Let them praise His name with dancing; Let them sing praises to Him with the tambourine and lyre.
4. For the Lord takes pleasure and His people; He will beautify the humble with salvation.

**This is Corporate Worship, Intercession, & Warfare** and is powerful in unity.

As we praise Him, He inhabits our phrases, consumes us with His presence, and His presence changes the atmosphere. Our praise is intercession and actual warfare in the spirit realm. The two-edge sword is the Rehma & Logos Word of God (what we are singing, declaring, or decreeing into the atmosphere). And while we are praising, He is fighting our battles in the heavenlies. And the angels of the Lord, who do the Lord’s bidding, are surrounding and protecting our children, stopping the adversary, and scattering our enemies.

5. Let the godly ones exult in glory; Let them sing for joy on their beds.
6. Let the high praises of God be in their throats, And a two-edge sword in their hands, (Heb 4:12; Rev 1:16)

**This is Private Praise, Worship, Intercession & Warfare** and is most needed to keep connection with Him daily, so that we get our directions from the Throne Room directly from Him.

The Lord God ordered the Israelites to send Judah first in battle (Judges 20:18). Judah means **God is to be praised**. God told Israel that in marching out or going into a battle, Judah must go up first. Praise to God must go up first. If we are going to be victorious, we must learn the act of praising God first!

7. To execute vengeance on the nations And punishment on the peoples,
8. To bind their kings with chains And their nobles with fetters of iron.
9. To execute on them the judgment written. This is the honor for all His godly ones. Praise the Lord! (Hallelujah!)

Therefore Both Corporate and Private Praise, Worship, Intercession & Worship is necessary to defeat the gross darkness and deception in the battle we will be facing, so that we can receive clear instructions from the Father to bring the lost into His Kingdom and have His Holy Spirit with us!!!

### Isaiah 61: 1 - 2

1. The Spirit of the Lord God is upon me, Because the Lord has anointed and commissioned me To bring good news to the humble and afflicted; He has sent me to bind up (the wounds of) the brokenhearted, to proclaim release (from confinement and condemnation) to the (physical and spiritual) captives And freedom to prisoners, (Roman 10: 15)
2. To proclaim the favorable year of the Lord And the day of vengeance and retribution of our God, To comfort all who mourn, (Matt 11: 2 - 6; Luke 4: 18, 19; 7: 22).

## Derek Chauvin – Another Victim of Unequal Justice

By Rev. Christopher Gore

There are many injustices that occur in our society. I would like to highlight one of them in the hopes that you would continuously lift this man, Derek Chauvin, in prayer. I have followed his case since the day it happened.

He was wrongfully convicted of killing George Floyd while working as a police officer for the Minneapolis Police Department. Derek is innocent and was framed. He was made to be a scapegoat for the government of Minneapolis. Derek is currently serving a 270-month prison sentence for second-degree unintentional murder in the death of George Floyd.

The government of Minneapolis bowed to the pressures of racism and social justice. This opened a doorway for a jury to wrongfully convict Derek of a crime that he had no ability to commit. Derek was convicted in the court of public opinion long before his trial ever began. Derek stands convicted of not following proper police procedure. The truth of the matter is that Derek followed the procedure that the Minneapolis Police Department had instructed him to use. The procedure is called the maximal restraint technique (MRT). The use or misuse of this procedure is in no way the reason that George Floyd died. The facts of this case show this.

Derek Chauvin's attorney wanted to show a photo of MRT to the jury, but Judge Cahill denied it. This would have been a key piece of evidence that would have demonstrated that not only Derek was trained in this technique, but the entire Minneapolis Police Department was trained the same way as well. This would have helped Derek be exonerated. There is a PowerPoint training presentation that the city of Minneapolis Police Department illustrates some of the training techniques that are performed.

At Derek's trial, Chief Aridondo and Inspector Blackwell, testified that they didn't recognize the technique he (Derek) and the other officers were using, as if it was not a part of Minneapolis police training. But the maximal restraint technique is a part of training and policy. In fact, 5316 Maximal Restraint Technique is in their written policy manuals.

At his trial Derek was asked, "Were you trained in MRT? The maximal restraint?" "Yes, I was. Yes, we all were. Yes, all the police officers were trained in the MRT. The amount of training that we go through, I mean, it's consistent every single year. It's written down. It's on body cam."

Things did not add up in Derek's trial. If Chauvin

pressed his knee into Floyd's neck for nearly 10 minutes, there would undoubtedly be levels of damage or bruising to his neck. Alternative angles from one of the Officers bodycams shows that in fact the shin of Chauvin was on Floyd's shoulder blade, and at times the knee was on

medical treatment after an overdose just two months before.

At the time of Floyd's death, the medical report shows Floyd had 4 times the lethal dose of Fentanyl, a drug which causes asphyxia and hypoxia (lack of blood and body oxygen) and also had high amounts of Amphetamine which caused his jittering and abnormal movements. The medical report and bodycam also showed Floyd foaming at the mouth which started from his lungs which alongside his severe heart condition and pelvic tumor which caused him to produce high amounts of adrenaline, it is pretty obvious why he was struggling to breathe.

The autopsy report was available online at first and it was peer reviewed and 17 errors were identified in George Floyd's autopsy. Do these errors raise questions about how George Floyd died? The original autopsy was

done 12 hours after he was declared dead. The official report that came out a little bit later was changed after the family had a review by two other forensic examiners. Those two examiners never did a physical autopsy and in fact, did not view any of the slides or pictures. The government of Minneapolis worked to cover up the truth of what really happened to Floyd. The truth is Floyd hid the drugs that he had on his person by swallowing those drugs. It wasn't racism. It was a drug overdose that actually killed Floyd.

The smoking gun was later found but it was covered up. There is indisputable evidence that George Floyd in his efforts to hide the drugs that he had on his person had ingested fentanyl and methamphetamine. This is what caused his episode where the famous, "I can't breathe" statement came from. Had George Floyd told the truth about what he had done, the police could have gotten him the medical treatment that he needed. But Floyd a career criminal died at his own hand and Derek became his victim. It's never talked about that Derek was not the arresting officer. The arresting officer was black. He was with Floyd for approximately 19 minutes. That's nine minutes longer than Derek was with him. It wasn't racism that killed Floyd, but it is racism that put Derek in jail. This is wrong and should be immediately corrected.

The facts of the case are horrific in the sense the Derek was an officer with an impeccable record. It was said



his shoulder. The toxicology report states that there was no bruising or damage to Floyd's neck.

Floyd was the one who requested to be put on the ground. Floyd after minutes of arguing started to shout "put me on the floor"(seen on video) which the Officers, after believing he is going through Excited Delirium, followed his wishes and placed him on the floor. When Floyd was restrained on the floor after EMS was called, Chauvin is at times seen having his knee touching Floyd's neck but for the majority of the ordeal, Chauvin's shin was placed on Floyd's shoulder blade and the knee was hovering over the neck. Again, the autopsy showed no damage or bruising to Floyd's neck.

The "I can't breathe" quote is cited as a reason Chauvin is a cold-blooded murderer — The inference obviously being Chauvin ignored Floyd's last dying pleads before he took his last breaths. A look at the bodycam footage shows Floyd shouting "I can't breathe" whilst he was standing up and when he was partially seated in the back of the Police cruiser.

George Floyd had acromegaly. This is a rare condition which results from excessive production of growth hormone by the pituitary gland. This causes enlarged bones in face, feet and hands. Floyd had this disease. People with this disease tend to die from cardiovascular complications, such as heart attack or arrhythmias. There's no mention of this in the original autopsy report, nor any of the other reviews of that autopsy. It is also worth noting Floyd had gone through



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