

INTERNATIONALLY BESTSELLING AUTHOR OF *LOST CONNECTIONS*

JOHANN HARI

# Stolen Focus

Why You  
Can't Pay  
Attention

'Brilliant ...  
Everyone  
should read it'  
PHILIPPA PERRY

BLOOMSBURY

INTERNATIONALLY BESTSELLING AUTHOR OF *LOST CONNECTIONS*

# JOHANN HARI

# Stolen Focus

## Why You Can't Pay Attention

'Brilliant ...  
Everyone  
should read it'  
PHILIPPA PERRY

BLOOMSBURY



STOLEN FOCUS

*For my grandmothers, Amy McRae and Lydia Hari*

BY THE SAME AUTHOR

*Chasing the Scream: The First and Last Days of the War on Drugs*

*Lost Connections: Uncovering the Real Causes of Depression – and the  
Unexpected Solutions*

# STOLEN FOCUS

Why You Can't Pay Attention

JOHANN HARI

BLOOMSBURY PUBLISHING  
LONDON • OXFORD • NEW YORK • NEW DELHI • SYDNEY



I have posted audio clips of all the people I quote in this book on the website, so as you read this book, you can listen along to our conversations. Go to [www.stolenfocusbook.com/audio](http://www.stolenfocusbook.com/audio)

# CONTENTS

## *Introduction Walking in Memphis*

## 1 Cause One: The Increase in Speed, Switching and Filtering

## 2 Cause Two: The Crippling of Our Flow States

### 3 Cause Three: The Rise of Physical and Mental Exhaustion

#### 4 Cause Four: The Collapse of Sustained Reading

## 5 Cause Five: The Disruption of Mind-Wandering

## 6 Cause Six: The Rise of Technology That Can Track and Manipulate You (Part One)

## 7 Cause Six: The Rise of Technology That Can Track and Manipulate You (Part Two)

## 8 Cause Seven: The Rise of Cruel Optimism (or: Why Individual Changes are an Important Start, But Not Enough)

## 9 The First Glimpses of the Deeper Solution

## 10 Cause Eight: The Surge in Stress and How It Is Triggering Vigilance

## 11 The Places That Figured Out How to Reverse the Surge in Speed and Exhaustion

## 12 Causes Nine and Ten: Our Deteriorating Diets and Rising Pollution

## 13 Cause Eleven: The Rise of ADHD and How We Are Responding to It

## 14 Cause Twelve: The Confinement of Our Children, Both Physically and Psychologically

## *Conclusion* Attention Rebellion

## Groups Already Fighting to Improve Attention

*Acknowledgements*

*Notes*

*Index*

*A Note on the Author*

# Introduction

## *Walking in Memphis*

When he was nine years old, my godson developed a brief but freakishly intense obsession with Elvis Presley. He took to singing ‘Jailhouse Rock’ at the top of his voice, with all the low crooning and pelvis-jiggling of the King himself. He didn’t know this style had become a joke, so he offered it with all the heart-catching sincerity of a pre-teen who believes he is being cool. In the brief pauses before he started singing it all over again, he demanded to know everything (‘Everything! Everything!’) about Elvis, and so I jabbered out the rough outline of that inspiring, sad, stupid story.

Elvis was born in one of the poorest towns in Mississippi – a place far, far away, I said. He arrived in the world alongside his twin brother, who died a few minutes later. As he grew up, his mother told him that if he sang to the moon every night, his brother could hear his voice, so he sang and sang. He began to perform in public just as television was taking off – so in a sudden swoosh, he became more famous than anyone had ever been before. Everywhere Elvis went, people would scream, until his world became a chamber of screams. He retreated into a cocoon of his own construction, where he gloried in his possessions in place of his lost freedom. For his mother he bought a palace and named it Graceland.

I skimmed through the rest – the descent into addiction, the sweating, gurning stage-jammering in Vegas, the death at the age of forty-two. Whenever my godson, who I’ll call Adam – I’ve changed some details here to avoid identifying him – asked questions about how the story ended, I got

him to duet ‘Blue Moon’ with me instead. ‘You saw me standing alone,’ he sang in his little voice, ‘without a dream in my heart. Without a love of my own.’

One day, Adam looked at me very earnestly and asked: ‘Johann, will you take me to Graceland?’ Without really thinking, I agreed. ‘Do you promise? Do you really promise?’ I said I did. And I never gave it another thought, until everything had gone wrong.



Ten years later, Adam was lost. He had dropped out of school when he was fifteen, and he spent literally almost all his waking hours at home alternating blankly between screens – his phone, an infinite scroll of Whatsapp and Facebook messages, and his iPad, on which he watched a blur of YouTube and porn. At moments, I could still see in him traces of the joyful little boy who sang ‘Viva Las Vegas’, but it was like that person had broken into smaller, disconnected fragments. He struggled to stay with a topic of conversation for more than a few minutes without jerking back to a screen or abruptly switching to another subject. He seemed to be whirring at the speed of Snapchat, somewhere where nothing still or serious could reach him. He was intelligent, decent, kind – but it was like nothing could gain any traction in his mind.

During the decade in which Adam had become a man, this fracturing seemed to be happening – to some degree – to many of us. The sensation of being alive in the early twenty-first century consisted of the sense that our ability to pay attention – to focus – was cracking and breaking. I could feel it happen to me – I would buy piles of books, and I would glimpse them guiltily from the corner of my eye as I sent, I told myself, just *one* more tweet. I still read a lot, but with each year that passed, it felt more and more like running up a down escalator. I had just turned forty, and wherever my generation gathered, we would lament our lost capacity for concentration, as if it was a friend who had vanished one day at sea and never been seen since.

Then one evening, as we lay on a large sofa, each staring at our own ceaselessly shrieking screens, I looked at Adam and felt a low dread. We can't live like this, I said to myself.

'Adam,' I said softly. 'Let's go to Graceland.'

'What?'

I reminded him of the promise I had made to him so many years before. He couldn't even remember those 'Blue Moon' days, nor my pledge to him, but I could see that the idea of breaking this numbing routine ignited something in him. He looked up at me and asked if I was serious. 'I am,' I said, 'but there's one condition. I'll pay for us to go four thousand miles. We'll go to Memphis, and New Orleans – we'll go all over the South, anywhere you want. But I can't do it if, when we get there, all you're going to do is stare at your phone. You have to promise to leave it switched off except at nights. We have to return to reality. We have to reconnect with something that matters to us.' He swore he would, and a few weeks later, we lifted off from London Heathrow, towards the land of the Delta blues.



When you arrive at the gates of Graceland, there is no longer a human being whose job is to show you around. You are handed an iPad, and you put in little earbuds, and the iPad tells you what to do – turn left; turn right; walk forward. In each room, the iPad, in the voice of some forgotten actor, tells you about the room you are in, and a photograph of it appears on the screen. So we walked around Graceland alone, staring at the iPad. We were surrounded by Canadians and Koreans and a whole United Nations of blank-faced people, looking down, seeing nothing around them. Nobody was looking for long at anything but their screens. I watched them as we walked, feeling more and more tense. Occasionally somebody would look away from the iPad and I felt a flicker of hope, and I would try to make eye contact with them, to shrug, to say, Hey, we're the only ones looking around, we're the ones who travelled thousands of miles and decided to actually see the things in front of us – but every time this happened, I

realised they had broken contact with the iPad only to take out their phones and snap a selfie.

When we got to the Jungle Room – Elvis’s favourite place in the mansion – the iPad was chattering away when a middle-aged man standing next to me turned to say something to his wife. In front of us, I could see the large fake pot plants that Elvis had bought to turn this room into his own artificial jungle. The fake plants were still there, sagging sadly. ‘Honey,’ he said, ‘this is amazing. Look.’ He waved the iPad in her direction, and then began to move his finger across it. ‘If you swipe left, you can see the Jungle Room to the left. And if you swipe right, you can see the Jungle Room to the right.’ His wife stared, smiled, and began to swipe at her own iPad.

I watched them. They swiped back and forth, looking at the different dimensions of the room. I leaned forward. ‘But, sir,’ I said, ‘there’s an old-fashioned form of swiping you can do. It’s called turning your head. Because we’re here. We’re in the Jungle Room. You don’t have to see it on your screen. You can see it unmediated. Here. Look.’ I waved my hand at it, and the fake green leaves rustled a little.

The man and his wife backed away from me a few inches. ‘Look!’ I said, in a louder voice than I intended. ‘Don’t you see? We’re *there*. We’re *actually there*. There’s no need for your screen. *We are in the Jungle Room*.’ They hurried out of the room, glancing back at me with a who’s-that-loon shake of the head, and I could feel my heart beating fast. I turned to Adam, ready to laugh, to share the irony with him, to release my anger – but he was in a corner, holding his phone under his jacket, flicking through Snapchat.

At every stage in this trip, he had broken his promise. When the plane first touched down in New Orleans two weeks before, he immediately took out his phone, while we were still in our seats. ‘You promised not to use it,’ I said. He replied: ‘I meant I wouldn’t make phone calls. I can’t not use Snapchat and texting, obviously.’ He said this with baffled honesty, as if I had asked him to hold his breath for ten days. I watched him scrolling through his phone in the Jungle Room silently. Milling past him was a stream of people also staring at their screens. I felt as alone as if I had been

standing in an empty Iowa cornfield, miles from another human. I strode up to Adam and snatched his phone from his grasp.

‘We can’t live like this!’ I said. ‘You don’t know how to be present! You are missing your life! You’re afraid of missing out – that’s why you are checking your screen all the time! By doing that, you are *guaranteeing* you are missing out! You are missing your one and only life! You can’t see the things that are *right in front of you*, the things you have been longing to see since you were a little boy! None of these people can! *Look at them!*’

I was talking loudly, but in their iPad iSolation, most people around us didn’t even notice. Adam snatched his phone back from me, told me (not without some justification) that I was acting like a freak, and stomped away, out past Elvis’s grave, and into the Memphis morning.

I spent hours walking listlessly between Elvis’s various Rolls-Royces, which are displayed in the adjoining museum, and finally I found Adam again as night fell in the Heartbreak Hotel across the street, where we were staying. He was sitting next to the swimming pool, which was shaped like a giant guitar, and as Elvis sang in a 24/7 loop over this scene, he looked sad. I realised as I sat with him that, like all the most volcanic anger, my rage towards him – which had been spitting out throughout this trip – was really anger towards myself. His inability to focus, his constant distraction, the inability of the people at Graceland to see the place they had travelled to, was something I felt rising within myself. I was fracturing like they were fracturing. I was losing my ability to be present too. And I hated it.

‘I know something’s wrong,’ Adam said to me softly, holding his phone tightly in his hand. ‘But I have no idea how to fix it.’ Then he went back to texting.



I took Adam away to escape our inability to focus – and what I found is that there was no escape, because this problem was everywhere. I travelled all over the world to research this book, and there was almost no respite. Even

when I took time out from my research to go to see some of the world's most famously chill and tranquil places, I found it waiting for me.

One afternoon, I sat in the Blue Lagoon in Iceland, a vast and infinitely calm lake of geothermal water that bubbles up at the temperature of a hot bathtub even as snow falls all around you. As I watched the falling snowflakes gently dissolve into the rising steam, I realised I was surrounded by people wielding selfie sticks. They had put their phones into waterproof casings, and they were frantically posing and posting. Several of them were live-streaming to Instagram. I wondered if the motto for our era should be: I tried to live, but I got distracted. This thought was interrupted by a ripped German, who looked like an influencer, bellowing into his camera phone: 'Here I am in the Blue Lagoon, living my best life!'

Another time, I went to see the *Mona Lisa* in Paris, only to find she is now permanently hidden behind a rugby scrum of people from everywhere on earth, all jostling their way to the front, only for them to immediately turn their backs on her, snap a selfie, and fight their way out again. On the day I was there, I watched the crowd from the side for more than an hour. Nobody – not one person – looked at the *Mona Lisa* for more than a few seconds. Her smile no longer seems like an enigma. It appears as though she is looking at us from her perch in sixteenth-century Italy and asking us: Why won't you just look at me like you used to?



This seemed to fit with a much wider sense that had been settling on me for several years – one that went well beyond bad tourist habits. It felt like our civilisation had been covered with itching powder, and we spent our time twitching and twerking our minds, unable to simply give attention to things that matter. Activities that require longer forms of focus – like reading a book – have been in freefall for years. After my trip with Adam, I read the work of the leading scientific specialist on willpower in the world, a man named Professor Roy Baumeister, who is based at the University of Queensland in Australia, and then I went to interview him. He had been

studying the science of willpower and self-discipline for more than thirty years, and he is responsible for some of the most famous experiments ever carried out in the social sciences. As I sat down opposite the sixty-six-year-old, I explained I was thinking of writing a book about why we seem to have lost our sense of focus, and how we can get it back. I looked to him hopefully.

It was curious, he said, that I should bring up this topic with him. ‘I’m feeling like my control over my attention is weaker than it used to be,’ he said. He used to be able to sit for hours, reading and writing, but now ‘it seems like my mind jumps around a lot more’. He explained that he had realised recently that ‘when I start to feel bad, I’d play a video game on my phone, and then that got to be fun’. I pictured him turning away from his enormous body of scientific achievement to play Candy Crush Saga. He said: ‘I can see that I am not sustaining concentration in perhaps the way I used to.’ He added: ‘I’m just sort of giving in to it, and will start to feel bad.’

Roy Baumeister is literally the author of a book named *Willpower*, and he has studied this subject more than anyone else alive. I thought – if even he is losing some of his ability to focus, who isn’t it happening to?



For a long time I reassured myself by saying this crisis was really just an illusion. Previous generations felt their attention and focus were getting worse too – you can read medieval monks nearly a millennium ago complaining that they were suffering from attention problems of their own. As human beings get older, they can focus less, and they become convinced that this is a problem with the world and with the next generation, rather than with their own failing minds.

The best way to know for sure would be if scientists, starting years ago, had done something simple. They could have given attention tests to random members of the public, and continued doing the same test for years and decades to track any changes that took place. But nobody did that. That

long-term information was never gathered. There is, however, a different way I think we can reach a reasonable conclusion about this. As I researched this book, I learned that there are all sorts of factors that have been scientifically proven to reduce people's ability to pay attention. There is strong evidence that many of these factors have been rising in the past few decades – sometimes dramatically. Against this, there's only one trend I could find that might have been improving our attention. That's why I came to believe that this is a real crisis, and an urgent one.

I also learned that the evidence about where these trends are taking us is stark. For example, a small study investigated how often an average American college student actually pays attention to anything, so the scientists involved put tracking software on their computers and monitored what they did in a typical day. They discovered that, on average, a student would switch task once every sixty-five seconds. The median amount of time they focused on any one thing was just nineteen seconds. If you're an adult and tempted to feel superior, hold off. A different study by Gloria Mark, professor of infomatics at the University of California, Irvine – who I interviewed – observed how long on average an adult working in an office stays on one task. It was three minutes.

So I went on a 30,000-mile journey to find out how we can get our focus and attention back. In Denmark I interviewed the first scientist who has, with his team, shown that our collective ability to pay attention really is rapidly shrinking. Then I met with scientists all over the world who have discovered why. In the end, I interviewed over 250 experts – from Miami to Moscow, from Montreal to Melbourne. My quest for answers took me to a crazy mixture of places, from a favela in Rio de Janeiro where attention had shattered in a particularly disastrous way, to a remote office in a small town in New Zealand where they had found a way to radically restore focus.

I came to believe that we have profoundly misunderstood what is actually happening to our attention. For years, whenever I couldn't focus, I would angrily blame myself. I would say: You're lazy, you're undisciplined, you need to pull yourself together. Or I would blame my phone, and rage against it, and wish it had never been invented. Most of the people I know respond

the same way. But I learned that in fact something much deeper than personal failure, or a single new invention, is happening here.

I first began to glimpse this when I went to Portland, Oregon, to interview Professor Joel Nigg, who is one of the leading experts in the world on children's attention problems. He said it might help me grasp what's happening if we compare our rising attention problems to our rising obesity rates. Fifty years ago there was very little obesity, but today it is endemic in the Western world. This is not because we suddenly became greedy or self-indulgent. He said: 'Obesity is not a medical epidemic – it's a social epidemic. We have bad food, for example, and so people are getting fat.' The way we live changed dramatically – our food supply changed, and we built cities it's hard to walk or bike around – and those changes in our environment led to changes in our bodies. Something similar, he said, may be happening with the changes in our attention and focus.

He told me that after studying this topic for decades, he believes we need to ask if we are now developing 'an attentional pathogenic culture' – an environment in which sustained and deep focus is extremely hard for all of us, and you have to swim upstream to achieve it. There's scientific evidence for many factors in poor attention, he said, and for some people there are some causes that lie in their biology, but he told me we may also need to figure out: 'Is our society driving people to this point so often, because we have an epidemic [that's being] caused by specific things that are dysfunctional in our society?'

Later I asked him – if I put you in charge of the world, and you *wanted* to ruin people's ability to pay attention, what would you do? He thought about it for a moment, and said: 'Probably about what our society is doing.'

I found strong evidence that our collapsing ability to pay attention is not primarily a personal failing on my part, or your part, or your kid's part. This is being done to us all. It is being done by very powerful forces. Those forces include Big Tech, but they also go way beyond them. This is a systemic problem. The truth is that you are living in a system that is pouring acid on your attention every day, and then you are being told to blame yourself and to fiddle with your own habits while the world's attention

burns. I realised, when I learned all this, that there is a hole in all the existing books I had read about how to improve your focus. It was huge. They have, in the main, neglected to talk about the actual causes of our attention crisis – which lie mainly in these larger forces. Based on what I learned, I have concluded there are twelve deep forces at work that are damaging our attention. I came to believe we can only solve this problem in the long term if we understand them – and then, together, we stop them from continuing to do this to us.

There are real steps you can take as an isolated individual to reduce this problem for yourself, and throughout this book you'll learn how to carry them out. I am strongly in favour of you seizing personal responsibility in this way. But I have to be honest with you, in a way that I fear previous books on this topic were not. Those changes will only get you so far. They will solve a slice of the problem. They are valuable. I do them myself. But unless you are very lucky, they won't allow you to escape the attention crisis. Systemic problems require systemic solutions. We have to take individual responsibility for this problem, for sure, but at the same time, together, we have to take collective responsibility for dealing with these deeper factors. There is a real solution – one that will actually make it possible for us to start to heal our attention. It requires us to radically reframe the problem, and then to take action. I believe I have figured out how we might start to do that.



There are, I think, three crucial reasons why it is worth coming on this journey with me. The first is that a life full of distractions is, at an individual level, diminished. When you are unable to pay sustained attention, you can't achieve the things you want to achieve. You want to read a book, but you are pulled away by the pings and paranoias of social media. You want to spend a few uninterrupted hours with your child, but you keep anxiously checking your email to see if your boss is messaging you. You want to set up a business, but your life dissolves instead into a

blur of Facebook posts that only make you feel envious and anxious. Through no fault of your own, there never seems to be enough stillness – enough cool, clear space – for you to stop and think. A study by Professor Michael Posner at the University of Oregon found that if you are focusing on something and you get interrupted, on average it will take twenty-three minutes for you to get back to the same state of focus. A different study of office workers in the US found most of them *never* get an hour of uninterrupted work in a typical day. If this goes on for months and years, it scrambles your ability to figure out who you are and what you want. You become lost in your own life.

When I went to Moscow to interview the most important philosopher of attention in the world today, Dr James Williams – who works on the philosophy and ethics of technology at Oxford University – he told me: ‘If we want to do what matters in any domain – any context in life – we have to be able to give attention to the right things ... If we can’t do that, it’s really hard to do anything.’ He said that if we want to understand the situation we are in at the moment, it helps to picture something. Imagine you are driving a car, but somebody has thrown a big bucket of mud all over the windshield. You’re going to face a lot of problems in that moment – you are at risk of knocking off your rear-view mirror, or getting lost, or arriving at your destination late. But the first thing you need to do – before you worry about any of those problems – is clean your windshield. Until you do that, you don’t even know where you are. We need to deal with our attention problems before we try to achieve any other sustained goal.

The second reason we need to think about this subject is that this fracturing of attention isn’t just causing problems for us as individuals – it’s causing crises in our whole society. As a species, we are facing a slew of unprecedented tripwires and trapdoors – like the climate crisis – and, unlike previous generations, we are mostly not rising to solve our biggest challenges. Why? Part of the reason, I think, is that when attention breaks down, problem-solving breaks down. Solving big problems requires the sustained focus of many people over many years. Democracy requires the ability of a population to pay attention long enough to identify real

problems, distinguish them from fantasies, come up with solutions, and hold their leaders accountable if they fail to deliver them. If we lose that, we lose our ability to have a fully functioning society. I don't think it's a coincidence that this crisis in paying attention has taken place at the same time as the worst crisis of democracy since the 1930s. People who can't focus will be more drawn to simplistic authoritarian solutions – and less likely to see clearly when they fail. A world full of attention-deprived citizens alternating between Twitter and Snapchat will be a world of cascading crises where we can't get a handle on any of them.

The third reason we need to think deeply about focus is, for me, the most hopeful. If we understand what's happening, we can begin to change it. The writer James Baldwin – the man who is, for my money, the greatest writer of the twentieth century – said: 'Not everything that is faced can be changed, but nothing can be changed until it is faced.' This crisis is human-made, and it can be unmade by us too.



I want to tell you right at the start how I gathered the evidence I'm going to present to you in this book, and why I selected it. In my research, I read a very large number of scientific studies, and then I went to interview the scientists who I thought had gathered the most important evidence. Several different kinds of scientists have studied attention and focus. One group are neuroscientists, and you'll hear from them. But the people who have done the most work on why it is changing are social scientists, who analyse how changes in the way we live affect us, both as individuals, and as groups. I studied social and political sciences at Cambridge University, where I got a rigorous training in how to read the studies these scientists publish, how to assess the evidence they put forward, and – I hope – how to ask probing questions about it.

These scientists often disagree with each other about what is happening and why. This isn't because the science is rickety but because humans are extremely complex, and it's really hard to measure something as

complicated as what affects our ability to pay attention. This obviously presented a challenge to me as I wrote this book. If we wait for perfect evidence, we will be waiting for ever. I had to proceed, doing my best, on the basis of the best information we have – while always being conscious that this science is fallible and fragile and needs to be handled with care.

So I have tried, at every stage in this book, to give you a sense of how controversial the evidence I am offering is. On some of the topics, the subject has been studied by hundreds of scientists, and they have achieved a broad consensus that the points I am going to put forward are correct. That's obviously the ideal, and wherever it was possible, I sought out scientists who represent a consensus in their field and built my conclusions on the solid rocks of their knowledge. But there are some other areas where only a handful of scientists have studied the question I wanted to understand, and so the evidence I can draw on is thinner. There are a few other topics where different reputable scientists strongly disagree about what's really going on. In those cases, I am going to tell you upfront, and try to represent a range of perspectives on the question. At every stage I have tried to build my conclusions on the strongest evidence I could find.

I have tried to always approach this process with humility. I'm not an expert on any of these questions. I'm a journalist, approaching experts, and testing and explaining their knowledge as best I can. If you want more detail on these debates, I delve much deeper into the evidence in the more than 400 endnotes I have put on the book's website, discussing the more than 250 scientific studies I have drawn on in this book. I have also sometimes used my own experiences to help explain what I learned. My individual anecdotes obviously aren't scientific evidence. They tell you something simpler: why I wanted to know the answers to these questions so badly.



When I came back from my trip to Memphis with Adam, I was appalled at myself. One day, I spent three hours reading the same first few pages of a

novel, getting lost in distracted thoughts every time, almost as though I was stoned, and I thought – I can't continue like this. Reading fiction had always been one of my greatest pleasures, and losing it would be like losing a limb. So I announced to my friends that I was going to do something drastic.

I thought this was happening to me because I wasn't disciplined enough as an individual, and because I had been taken over by my phone. So at the time, I thought the solution was obvious: be more disciplined and banish your phone. I went online and booked myself a little room by the beach in Provincetown, at the tip of Cape Cod. I am going to be there for three months, I announced triumphantly to everyone, with no smartphone, and no computer that can get online. I'm done. I'm through. For the first time in twenty years, I'm going offline. I talked to my friends about the double meaning of the word 'wired'. It means both being in a manic, hyper mental state, and being online. They seemed to me to be tied together, these twin definitions. I was tired of being wired. I needed to clear my head. And so I did it. I quit. I set up an auto-reply saying I would be unreachable for the next three months. I abandoned the buzz in which I had vibrated for twenty years.

I tried to go into this extreme digital detox without any illusions. I knew this ditching of the entire internet couldn't be a long-term solution for me – I wasn't going to join the Amish and abandon technology for ever. Even more than that, I knew this approach couldn't even be a short-term solution for most people. I come from a working-class family – my grandmother, who raised me, cleaned toilets; my dad was a bus driver – and saying to them that the solution to their attention problems would be to quit their jobs and go and live in a shack by the sea would be a spiteful insult: they literally can't do it.

I did it because I thought that if I didn't, I might lose some crucial aspects of my ability to think deeply. I did it in desperation. And I did it because I felt that if I stripped everything back for a time, I might start to be able to glimpse the changes we could all make in a more sustainable way. This

drastic digital detox taught me a lot of important things – including, as you'll see, the limits of digital detoxes.

It began on a morning in May when I set off for Provincetown, with the glare of the screens of Graceland haunting me. I thought the problem was in my own distractible nature and in our tech, and I was about to give my devices away – freedom, oh freedom! – for a long, long time.

# 1

## Cause One: The Increase in Speed, Switching and Filtering

‘I don’t understand what you’re asking for,’ the man in Target in Boston kept saying to me. ‘These are the cheapest phones we got. They have super-slow internet. That’s what you want, right?’ No, I said. I want a phone that can’t access the internet at all. He studied the back of the box, looking confused. ‘This would be really slow. You could probably get your email but you wouldn’t—’ Email is still the internet, I said. I am going to go away for three months, specifically so I can be totally offline.

My friend Imtiaz had already given me his old, broken laptop, one that had lost the ability to get online years before. It looked like it came from the set of the original *Star Trek*, a remnant from some aborted vision of the future. I was going to use it, I had resolved, to finally write the novel I had been planning for years. Now what I needed was a phone where I could be called in emergencies by the six people I was going to give the number to. I needed it to have no internet option of any kind, so that if I woke up at 3 a.m. and my resolve cracked and I tried to get online, I wouldn’t be able to do it, no matter how hard I tried.

When I explained to people what I was planning, I would get one of three responses. The first was just like that of this man in Target: they couldn’t seem to process what I was saying. They thought I was saying that I was

going to cut back on my internet use. The idea of going offline completely seemed to them so bizarre that I had to explain it again and again. ‘So you want a phone that can’t go online *at all?*’ he said. ‘Why would you want that?’

The second response – which this man offered next – was a kind of low-level panic on my behalf. ‘What will you do in an emergency?’ he asked. ‘It doesn’t seem right.’ I asked – what emergency will require me to get online? What’s going to happen? I’m not the President of the United States – I don’t have to issue orders if Russia invades Ukraine. ‘Anything,’ he said. ‘Anything could happen.’ I kept explaining to the people my age – I was thirty-nine at the time – that we had spent half our lives without phones, so it shouldn’t be so hard to picture returning to the way we had lived for so long. Nobody seemed to find this persuasive.

And the third response was envy. People began to fantasise about what they would do with all the time they spent on their phones if it was all suddenly freed up. They started by listing the number of hours that Apple’s Screen Time option told them they spent on their phones every day. For the average American, it’s three hours and fifteen minutes. We touch our phones 2,617 times every twenty-four hours. Sometimes they would wistfully mention something they loved and had abandoned – playing the piano, say – and stare off into the distance.

Target had nothing for me. Ironically, I had to go online to order what seemed to be the last remaining cellphone in the United States that can’t access the web. It’s called the Jitterbug. It’s designed for extremely old people, and it doubles as a medical emergency device. I opened the box and smiled at its giant buttons and told myself that there’s an added bonus: if I fall over, it will automatically connect me to the nearest hospital.



I laid out on the hotel bed everything I was taking with me. I had gone through all the routine things I normally use my iPhone for, and bought objects to replace each one. So for the first time since I was a teenager, I

bought a watch. I got an alarm clock. I dug out my old iPod and loaded it with audiobooks and podcasts, and I ran my finger along its screen, thinking about how futuristic this gadget seemed to me when I bought it twelve years ago; now it looked like something that Noah might have carried onto the Ark. I had Imtiaz's broken laptop – now rendered, effectively, into a 1990s-style word processor – and next to it I had a pile of classic novels I had been meaning to read for decades, with *War and Peace* at the top.

I took an Uber so I could hand over my iPhone and my MacBook to a friend who lived in Boston. I hesitated before putting them on the table in her house. Quickly, I pushed a button on my phone to summon a car to take me to the ferry terminal, and then I switched it off and walked away from it fast, like it might come running after me. I felt a twinge of panic. I'm not ready for this, I thought. Then somewhere, from the back of my mind, I remembered something the Spanish writer José Ortega y Gasset said: 'We cannot put off living until we are ready ... Life is fired at us point-blank.' If you don't do this now, I told myself, you'll never do it, and you'll be lying on your deathbed seeing how many likes you got on Instagram. I climbed into the car and refused to look back.

I had learned years before from social scientists that when it comes to beating any kind of destructive habit, one of the most effective tools we have is called 'pre-commitment'. It's right there in one of the oldest surviving human stories, Homer's *Odyssey*. Homer tells of how there was once a patch of sea that sailors would always die in, for a strange reason: living in the ocean, there were two sirens – a uniquely hot blend of woman and fish – who would sing to the sailors to join them in the ocean. Then, when they clambered in for some sexy fish-based action, they'd drown. But then, one day, the hero of the story – Ulysses – figured out how to beat these temptresses. Before the ship approached the sirens' stretch of sea, he got his crew members to tie him to the mast, hard, hand and foot. He couldn't move. When he heard the sirens, no matter how much Ulysses yearned to dive in, he couldn't.

I had used this technique before when I was trying to lose weight. I used to buy loads of carbs and tell myself I would be strong enough to eat them slowly and in moderation, but then I would guzzle them at 2 a.m. So I stopped buying them. At 2 a.m., I wasn't going to haul myself to a store to buy Pringles. The you that exists in the present – right now – wants to pursue your deeper goals, and wants to be a better person. But you know you're fallible and likely to crack in the face of temptation. So you bind the future version of you. You narrow your choices. You tie yourself to the mast.

There has been a small range of scientific experiments to see if this really works, at least in the short term. For example, in 2013 a professor of psychology named Molly Crockett – who I interviewed at Yale – got a bunch of men into a lab and split them into two groups. All of them were going to face a challenge. They were told that they could see a slightly sexy picture right away if they wanted to, but if they were able to wait and do nothing for a little while, they would get to see a super-sexy picture. The first group was told to use their willpower, and discipline themselves in the moment. But the second group was given a chance, before they went into the lab, to 'pre-commit' – to resolve, out loud, that they were going to stop and wait so they could see the sexier picture. The scientists wanted to know – would the men who made a pre-commitment hold out more often, and longer, than the men who didn't? It turned out pre-commitment was strikingly successful – resolving clearly to do something, and making a pledge that they'd stick to it, made the men significantly better at holding out. In the years since, scientists have shown the same effect in a broad range of experiments.

My trip to Provincetown was an extreme form of pre-commitment, and like Ulysses' victory, it also began on a boat. As the ferry to Provincetown pulled out, I looked back at Boston Harbour, where the May light was reflecting on the water. I stood towards the back of the ship, next to a wet and flapping Stars and Stripes, and watched the foam of the ocean spraying behind us. After about forty minutes, Provincetown slowly appeared on the

horizon when I saw the thin spike of the Pilgrim Monument come into view.

Provincetown is a long, lush strip of sand where the United States juts into the Atlantic Ocean. It is the last stop in the Americas, the end of the road. You can stand there, the writer Henry David Thoreau said, and feel the whole of the United States at your back. I felt a giddy sense of lightness, and as the beach appeared through the foam, I began to laugh, though I didn't know why. I was almost drunk with exhaustion. I was thirty-nine, and I had been working non-stop since I was twenty-one. I had taken almost no holidays. I fattened myself with information every waking hour to make myself a more productive writer, and I had started to think that the way I lived was a bit like the process where, in a factory farm, a foie gras goose is force-fed gross amounts in order to turn its liver into pâté. In the previous five years, I had travelled over 80,000 miles, researching, writing and talking about two books. All day, every day, I tried to inhale more information, interview more people, learn more, talk more, and I was now manically skipping between topics, like a record that has been scratched from overuse, and I was finding it hard to retain anything. I had felt tired for so long that all I knew was how to outrun it.

As people began to disembark, I heard the ping of an incoming text message somewhere on the ferry and reached instinctively for my pocket. I felt a panic – where's my phone? – and then remembered, and laughed even more.

I found myself thinking, at that moment, about the first time I had ever seen a cellphone. I was around fourteen or fifteen – so this was 1993 or 1994 – and I was on the top deck of the 340 bus in London, coming home from school. A man in a suit was talking loudly into an object that in my memory is the size of a small cow. All of us on that top deck turned and looked at him. He seemed to be enjoying us looking, and he talked louder. This continued for some time, until another passenger said to him: 'Mate?' 'Yes?' 'You're a wanker.' And the people on the bus broke the first rule of public transport in London. We looked at each other, and we smiled. These

small rebellions were happening all over London, I recall, at the birth of mobile phones. We saw them as an absurd invasion.

I sent my first email about five years later, when I went to university. I was nineteen years old. I wrote a few sentences, and clicked send, and waited to feel something. No surge of excitement came. I wondered why there was such a fuss about this new email thing. If you had told me then that within twenty years a combination of these two technologies – that seemed initially either repellent or yawsome – would come to dominate my life to the point where I would have to get on a boat and flee, I would have thought you had lost your mind.

I tugged my bag off the boat and pulled out the map I had printed from the internet. I hadn't navigated anywhere without Google Maps in years, but fortunately, Provincetown consists of one long street, so there are literally only two directions you can give – go left, or go right. I had to go right, to the offices of the estate agent I had rented my sliver of a beachhouse from. Commercial Street runs through the middle of Provincetown, and I walked past the neat New England stores selling lobsters and sex toys (these are not the same shops, obviously – that's a niche even Provincetown would shun). I remembered that I chose this place for a few reasons. A year before, I had come over for a day from Boston to visit my friend Andrew, who lives there every summer. Provincetown is like a cross between a quaint Cape Cod village in the old New England style, and a sex dungeon. For a long time, it was a working-class fishing town populated by Portuguese immigrants and their kids. Then artists started to move in, and it became a Bohemian enclave. Then it became a gay destination. Today it is a place where, in old fisherman's cottages, there now live men whose full-time job is to dress as Ursula, the villain from *The Little Mermaid*, and sing songs about cunnilingus to the tourists who dominate the town in summer.

I chose Provincetown because I found it charming but not complex – I felt (slightly arrogantly) that I had figured out its essential dynamics in my first twenty-four hours there. I was determined to go to a place that would not trigger my journalistic curiosity too much. If I had chosen (say) Bali, I

know that I would have soon started trying to figure out how Balinese society worked, and begun interviewing people, and soon I would be back to my manic information-sucking. I wanted a pretty purgatory where I could decompress, and nothing more.

The estate agent, Pat, drove me out to the beachhouse. It was close to the sea, a forty-minute walk from the centre of Provincetown – almost in the neighbouring town of Truro, in fact. It was a plain wooden house, split into four different apartments. Mine was to the bottom left. I asked Pat to remove the modem – in case, in some fit of madness, I went and bought an internet-connected device – and to cut off all the cable packages on the television. I had two rooms. Beyond the house, there was a short gravel path, and at the end of it, waiting for me, was the ocean, vast and open and warm. Pat bid me good luck, and I was alone.

I unpacked my books and began to flick through them. I couldn't get any traction with the one I picked up. I left it aside and walked over towards the ocean. It was early in the Provincetown season, and there were only around six other people that I could see for any direction stretching for miles. I felt then a sudden certainty – you only get these feelings a few times in a lifetime – that I had done absolutely the right thing. For so long I had been fixing my gaze on things that were very fast and very temporary, like a Twitter feed. When you fix your gaze on the speedy, you feel pensive, amped up, liable to be washed away if you don't move, wave, shout. Now I found myself staring at something very old and very permanent. This ocean was here long before you, I thought, and it will be there long after your small concerns are forgotten. Twitter makes you feel that the whole world is obsessed with you and your little ego – it loves you, it hates you, it's talking about you *right now*. The ocean makes you feel like the world is greeting you with a soft, wet, welcoming indifference. It's never going to argue back, no matter how loud you yell.

I stood there for a long time. There was something shocking to me about being so still – to be not scrolling, but static. I tried to remember the last time I had felt like this. I walked down towards Provincetown through the ocean with my jeans rolled up. The water was warm and my feet sank a

little into the sand. Little fish swam past and around my pasty white legs. I watched crabs burrow into the sand ahead of me. Then, after about fifteen minutes, I saw something so strange that I kept staring at it, and the more I stared, the more confused I became. There was a man standing on the water, out in the middle of the ocean. He was not on a boat, nor on any floating device I could see. But he was far out at sea, and he was standing tall and firm. I wondered if, in my exhaustion, I had somehow begun to hallucinate. I waved to him; he waved back; and then he turned away, and stood with his palms out, facing the water. He stood there for a long time, and I stood there just as long, watching him. Then he began to walk towards me, seemingly on top of the ocean.

He saw my puzzled expression and explained to me that when the tide comes in in Provincetown, it covers the beach – but what you can't see is that the sand beneath the water is uneven. Beneath its surface there are sandbars and islands of raised sand – and if you walk along them, it gives the peculiar impression to anyone watching that you are walking on water. I would see this man often after that, as the weeks and months passed, standing out in the Atlantic, his palms facing outwards, still and unmoving for hours. That, I thought to myself, is the opposite of Facebook – standing perfectly still, looking out towards the ocean, with your palms open.

Eventually I came to my friend Andrew's house. One of his dogs ran to greet me. We strolled down to have dinner together. Andrew had been on a long, silent retreat the year before – no phone, no talking – and he told me to enjoy this sense of bliss, because it wouldn't last long. It's when you set aside your distractions, he said, that you begin to see what you were distracting yourself from. Oh, Andrew, you're such a drama queen, I said, and we both laughed.

Later, I walked down Commercial Street, past the library, and the town hall, and the AIDS monument, and the cupcake store, and the drag queens handing out flyers for their shows that night, until I heard some singing. In a pub, the Crown and Anchor, people were gathered around a piano, singing showtunes. I went in. Together with these strangers, we covered most of the soundtrack of *Evita* and *Rent*. I was struck again by a big difference –

between standing in a group of strangers singing with them, and interacting with groups of strangers through screens. The first dissolves your sense of ego; the second jabs and pokes at it. The last song we sang was ‘A Whole New World’.

I walked back to the beachhouse alone at 2 a.m. I thought about the difference between the glowing blue light I had spent so much of my life staring at, which keeps you always alert, and the natural light that had faded all around me, which seemed to say: the day is over; rest now. The beachhouse was empty. There were no texts or voice messages or emails waiting for me – or, if there were, I wouldn’t know for three months. I climbed into bed, and I fell into the deepest sleep I could remember. I didn’t wake up until fifteen hours later.



I spent a week in this haze of decompression, feeling almost stoned with a mixture of exhaustion and stillness. I sat in cafés and talked to strangers. I wandered around the Provincetown library and its three bookstores, picking out yet more books I was going to read. I ate enough lobsters that, if that species ever evolves consciousness, I will be remembered as their Stalin figure, destroying them on an industrial scale. I walked all the way out to the spot where the Pilgrims first arrived on American soil, 400 years before. (They wandered around, couldn’t find much, and sailed further down, landing on Plymouth Rock.)

Strange things started to bubble up into my consciousness. I kept hearing in my head the opening lines of songs from the 1980s and 1990s, when I was a kid, ones I hadn’t thought about for years – ‘Cat Among the Pigeons’ by Bros, or ‘The Day We Caught the Train’ by Ocean Colour Scene. Without Spotify, I had no way to listen to the songs in full, so I sang them to myself as I walked down the beach. Every few hours, I would feel an unfamiliar sensation gurgling inside me and I would ask myself: What is that? Ah, yes. Calm. But all you’ve done is leave two lumps of metal behind; why does this feel so different? It felt like I had spent years holding

two screaming, colicky babies, and now the babies had been handed over to a babysitter, and their screaming and vomiting had vanished from view.

Everything slowed down for me. Normally I follow the news every hour or so, getting a constant drip-feed of anxiety-provoking factoids and trying to smush it together into some kind of sense. In Provincetown, I could no longer do this. Every morning, I would buy three newspapers and sit down to read them – and then I wouldn't know what happened in the news until the next day. Instead of a constant blast running all through my waking life, I got one in-depth, curated guide to what happened, and then I could turn my attention to other things. One day, not long after I arrived, a gunman went into a newspaper office in Maryland and murdered five journalists. As a journalist myself, that's obviously close to my heart, and in my normal life, I would have received texts from my friends as soon as it happened, and then followed it for hours on social media, absorbing garbled accounts, gradually assembling a picture. In Provincetown, the day after the massacre, I knew within ten minutes all the clear, tragic details I needed to know, from a dead tree. Suddenly, physical newspapers – the very thing this gunman had targeted – seemed to me like an extraordinarily modern invention, and one we all needed. My normal mode of consuming news, I realised, induced panic; this new style induced perspective.

I felt like something was happening in that first week that was slowly opening my receptors a little – to more attention, to more connection. But what was it? I only began to understand those first two weeks in Provincetown – and why I felt the way I did – later, when I went to Copenhagen.



Sune Lehmann's sons jumped into his bed, and he knew – with a lurch in his gut – that there was something wrong. Every morning, his two boys would leap all over him and his wife, excitedly shrieking, glad to be awake for another day. It's the kind of scene you picture longingly when you imagine becoming a parent, and Sune adored his sons. He knew he should

be thrilled by their joy at being awake and alive – but each morning, whenever they appeared, he would instinctively stretch out his hand, not for them, but for something colder. ‘I would reach over and grab my phone to check my email,’ he told me, ‘even though these amazing, wonderful, sweet creatures are crawling around my bed.’

Every time he thought about it, he felt ashamed. Sune had trained as a physicist, but after a while, he figured he was going to have to investigate – at the Technical University of Denmark, where he is a professor in the Department of Applied Mathematics and Computer Science – what was happening not just in physics, but in himself. ‘I had been obsessed with how I was losing my own ability to focus,’ he told me. ‘I was realising that, somehow, I was not able to control my own use of the internet.’ He found himself mindlessly following the small details of events like the US presidential election on social media, hour after hour, achieving nothing. This wasn’t just affecting him as a parent, but as a scientist. He says: ‘I came to this realisation that my job in a way is to think something that is different from everyone else – but I was in an environment where I was just getting all the same information as everyone else, and I was just thinking the same things as everyone else.’

He had a sense that the deterioration he was experiencing in his focus was happening to a lot of the people around him – but he also knew that at many points in history, people have thought they were experiencing some kind of disastrous social decline, when in fact, they were merely ageing. It’s always tempting to confuse your personal decline for the decline of the human species. Sune – who was in his late thirties at the time – asked himself: ‘Am I a grumpy old man, or is the world really changing?’ So with scientists across Europe, he launched the largest scientific study yet conducted to answer a key question – is our collective attention span really shrinking?

As a first step they drew up a list of sources of information that they could analyse. The first and most obvious was Twitter. The site had launched in 2006 and Sune began this work in 2014 – so there was eight years of data to draw on. On Twitter, you can track what topics people are

talking about and how long they discuss them for. The team began to do a massive analysis of the data. How long do people talk about a topic on Twitter for? Has the length of time they focus, collectively, on any one thing changed? Do people talk about the topics that obsess them – the trending hashtags – for more or less time now, compared to in the recent past? What they found is that in 2013 a topic would remain in the top fifty most-discussed subjects for 17.5 hours. By 2016 that had dropped to 11.9 hours. This suggested that together, on that site, we were focusing on any one thing for ever-shorter periods of time.

Okay, they thought, that's striking, but maybe this was a quirk of Twitter. So they started to look at a whole range of other data sets. They looked at what people search for on Google – what's the rate of churn in that? They analysed movie-ticket sales – how long did people carry on going to the cinema to watch a movie after it became a hit? They studied Reddit – how long did topics last there? All the data suggested that, as time passed, we were focusing less on any one individual topic. (The one exception, intriguingly, was Wikipedia, where the level of attention on topics has held steady.) With almost every data set they looked at, the pattern was the same. Sune said: 'We looked at a lot of different systems ... and we see that in every system, there is an accelerating trend.' It is 'faster to reach peak popularity', and then there is 'a faster drop again'.

The scientists wanted to know how long this has been happening for – and that's when they made a really eye-opening discovery. They turned to Google Books, which has scanned the full text of millions of books. Sune and his team decided to analyse books that were written between the 1880s and the present day using a mathematical technique – the scientific term for it is 'detecting n-grams' – that can spot the rise and fall of new phrases and topics in the text. It's the equivalent of finding hashtags from the past. The computers could detect new phrases as they appear – think of, say, 'the Harlem renaissance', or 'no-deal Brexit' – and they could see how long they were discussed for, and how quickly they faded from discussion. It was a way of finding out how long the people who came before us talked about a fresh topic for. How many weeks and months did it take for them to get

bored and move on the next thing? When they looked at the data, they found that the graph looked remarkably similar to Twitter's. With each decade that passed, for more than 130 years, topics have come and gone faster and faster.

When he saw the results, Sune told me, he thought: ‘Goddammit, it really is true ... Something is changing. It's not just the same-old, same-old.’ This was the first proof gathered anywhere in the world that our collective attention spans have been shrinking. Crucially, this has been happening not just since the birth of the web, but for the whole of my life, my parents' lives and my grandparents' lives. Yes, the internet had rapidly accelerated the trend – but, crucially, this scientific team had discovered it was not the sole cause.

Sune and his colleagues wanted to understand what has been driving this change, so they built a complex mathematical model to try to figure it out. It's a bit like the systems that climate scientists construct to successfully predict changes in the weather. (The full technical details of how they did it, if you're interested, are in their published research.) It was designed to see what you could do to data to make it rise and fall at faster and faster rates in ways that resembled the decline in collective attention they had been documenting. What they discovered is that there is one mechanism that can make this happen every time. You just have to flood the system with more information. The more information you pump in, the less time people can focus on any individual piece of it.

‘It's a fascinating explanation of why this acceleration is happening,’ Sune told me. Today, ‘There's just more information in the system. So if you think about one hundred years ago, literally it would take time for news to travel. If there was some kind of huge catastrophe in a Norwegian fjord, they would have to get up from the fjord down to Oslo, someone would have to write it up,’ and it would slowly wend its way across the globe. Compare that with the 2019 massacre in New Zealand, when a depraved racist began to murder Muslims in a mosque and it was ‘literally streaming live’, so anyone could watch it, anywhere.

One way of thinking about this, Sune said, is that at the moment, it is like we're 'drinking from a fire-hose – there's too much coming at us'. We are soaked in information. The raw figures on this have been analysed by two other scientists, Dr Martin Hilbert at the University of Southern California and Dr Priscilla López at the Open University of Catalonia. Picture reading an eighty-five-page newspaper. In 1986, if you added up all the information being blasted at the average human being – TV, radio, reading – it amounted to forty newspapers-worth of information every day. By 2007, they found it had risen to the equivalent of 174 newspapers per day. (I'd be amazed if it hadn't gone up further since then.) The increase in the volume of information is what creates the sensation of the world speeding up.

How is this change affecting us? Sune smiled when I asked. 'There's this thing about speed that feels great ... Part of why we feel absorbed in this is that it's awesome, right? You get to feel that you are connected to the whole world, and you feel that anything that happens on the topic, you can find out about it and learn about it.' But we told ourselves we could have a massive expansion in the amount of information we are exposed to, and the speed at which it hits us, with no costs. This is a delusion: 'It becomes exhausting.' More importantly, Sune said, 'What we are sacrificing is depth in all sorts of dimensions ... Depth takes time. And depth takes reflection. If you have to keep up with everything and send emails all the time, there's no time to reach depth. Depth connected to your work in relationships also takes time. It takes energy. It takes long timespans. And it takes commitment. It takes attention, right? All of these things that require depth are suffering. It's pulling us more and more up onto the surface.'

There was a phrase in Sune's scientific paper, summarising his findings, that kept rattling around in my head. It said that we are, collectively, experiencing 'a more rapid exhaustion of attention resources'. When I read this, I realised what I had experienced in Provincetown. I was – for the first time in my life – living within the limits of my attention's resources. I was absorbing as much information as I could actually process, think about, and contemplate – and no more. The firehose of information was turned off. Instead, I was sipping water at the pace I chose.

Sune is a smiling, affable Dane, but when I asked him about how these trends will develop in the future, his body stiffened, and his smile turned to a tight pucker. ‘We’ve been accelerating for a very long time, and for sure, we’re getting closer and closer to whatever limits we have,’ he said. This acceleration, he said, ‘can’t continue indefinitely. There’s some physical limit to how fast things can move. It must stop at some point. But I don’t see any slowing down right now.’

Shortly before I met with him, Sune had seen a photograph of Mark Zuckerberg, the founder of Facebook, standing in front of a room of people who were all wearing virtual-reality headsets. He was the only person standing in actual reality, looking at them, smiling, pacing proudly around. When he saw it, Sune said, ‘I was like – holy shit, this is a metaphor for the future.’ If we don’t change course, he fears we are headed towards a world where ‘there’s going to be an upper class of people that are very aware’ of the risks to their attention and find ways to live within their limits, and then there will be the rest of the society with ‘fewer resources to resist the manipulation, and they’re going to be living more and more inside their computers, being manipulated more and more’.

Once he had learned all this, Sune deeply changed his own life. He stopped using all social media, except Twitter, which he checks only once a week, on Sundays. He stopped watching TV. He stopped getting his news from social media, and instead took out a newspaper subscription. He read many more books instead. ‘As you know, everything with self-discipline is not like it’s a thing you fix and then it’s fixed for ever,’ he said. ‘I think the first thing you have to realise is it’s an ongoing battle.’ But he told me it had helped to trigger a philosophical shift in how he approached life. ‘In general, we want to take the easy way out, but what makes us happy is doing the thing that’s a little bit difficult. What’s happening with our cellphones is that we put a thing in our pocket that’s with us all the time that always offers an easy thing to do, rather than the important thing.’ He looked at me and smiled. ‘I wanted to give myself a chance at choosing something that’s more difficult.’



Sune's study is pioneering, so it only provides us with a small base of evidence – but, as I dug deeper, I found two related areas of scientific investigation that helped me to understand this more. The first comes, intriguingly, from studies investigating if we can really learn how to speed-read. Several teams of scientists have spent years figuring out – can you make humans read things really, really fast? They found that you can – but it always comes at a cost. These teams took ordinary people and got them to read much faster than they ordinarily would; with training, and with practice, it sort of works. They can run their eyes over the words quickly and retain something of what they are seeing. But if you then test them on what they read, you'll discover that the faster you make them go, the less they will understand. More speed means less comprehension. Scientists then studied professional speed-readers – and they discovered that even though they are obviously better at it than the rest of us, the same thing happens. This showed there's just a maximum limit for how quickly humans can absorb information, and trying to bust through that barrier simply busts your brain's ability to understand it instead.

The scientists investigating this also discovered that if you make people read quickly, they are much less likely to grapple with complex or challenging material. They start to prefer simplistic statements. After I read this, I looked again at my own habits. When I read a physical newspaper, I'll often be drawn to the stories that I don't understand yet – why, say, is there an uprising in Chile? But when I read the same newspaper online, I usually skim those stories, and click on the simpler, more scannable stories related to the stuff I already know. After I noticed this, I wondered if in some ways, we are increasingly speed-reading life, skimming hurriedly from one thing to another, absorbing less and less.

One day, in my webless summer, after slowly reading a book, slowly eating a meal, and slowly wandering around town, I wondered if, in my normal life, I suffer from a kind of mental jet lag. When you fly into a distant time zone, you feel like you've moved too fast and now you are out

of sync with the world around you. The British writer Robert Colville says we are living through ‘the Great Acceleration’, and like Sune, he argues it’s not simply our tech that’s getting faster – it’s almost everything. There’s evidence that a broad range of important factors in our lives really are speeding up: people talk significantly faster now than they did in the 1950s, and in just twenty years, people have started to walk 10 percent faster in cities.

Usually, this acceleration is sold to us in a spirit of celebration – the original BlackBerry advertising slogan was ‘anything worth doing is worth doing faster’. Internally, at Google, their unofficial motto among the staff is ‘if you’re not fast, you’re fucked’.

But there’s a second way in which scientists have learned how this societal slamming on of the accelerator is affecting our attention. It comes from studying what happens to focus not when we speed up, but when we deliberately slow down. One of the leading experts on this topic is Guy Claxton, professor of learning sciences at the University of Winchester, who I went to interview in Sussex, in England. He has analysed what happens to a person’s focus if they engage in deliberately slow practices, like yoga, or tai chi, or meditation, as discovered in a broad range of scientific studies, and he has shown they improve your ability to pay attention by a significant amount. I asked him why. He said that ‘we have to shrink the world to fit our cognitive bandwidth’. If you go too fast, you overload your abilities, and they degrade. But when you practise moving at a speed that is compatible with human nature – and you build that into your daily life – you begin to train your attention and focus. ‘That’s why those disciplines make you smarter. It’s not about humming or wearing orange robes.’ Slowness, he explained, nurtures attention, and speed shatters it.

At some level, in Provincetown, I sensed this was true – so I decided to try these slow practices. The first time I went to see my yoga teacher, Stefan Piscitelli, I said to him: ‘This is going to be like teaching yoga to Stephen Hawking. After his death.’ I explained that I was an immobilised lump of flesh designed only to read, write and occasionally walk. He laughed and said: ‘We’ll see what we can do.’ And so every day, for an hour, under his

guidance, I slowly moved my body in ways I had never done before. At first I found it extraordinarily boring, and I tried to draw Stefan into arguing about politics or philosophy. He would always gently guide me back to trying to move into some weird pretzel shape I had never tried before. By the end of the summer, I was able to be silent for an hour, and to stand on my head. Afterwards, sometimes with Stefan's guidance, I would meditate for twenty minutes – a practice I had tried at various points in my life but always let lapse. I felt a kind of slowness spreading through my body. I felt my heartbeat slow down, and my shoulders – which are normally in a kind of permanent hunch – relax gently.

But even when I felt the physical relief from this slowness, it was always followed by a kind of bubbling guilt. I thought – how can I explain this to my sped-up, stressed-out friends back home? How can we all change our lives so we feel more like this? How do you slow down in a world that is speeding up?



I started to ask myself an obvious question. If life has accelerated, and we have become overwhelmed by information to the point that we are less and less able to focus on any of it, why has there been so little pushback? Why haven't we tried to slow things down to a pace where we can think clearly? I was able to find the first part of an answer to this question – and it's only the first part – when I went to interview Professor Earl Miller. He has won some of the top awards in neuroscience in the world, and he was working at the cutting edge of brain research when I went to see him in his office at the Massachusetts Institute of Technology (MIT). He told me bluntly that instead of acknowledging our limitations and trying to live within them, we have – en masse – fallen for an enormous delusion.

There's one key fact, he said, that every human being needs to understand – and everything else he was going to explain flows from that. 'Your brain can only produce one or two thoughts' in your conscious mind at once. That's it. 'We're very, very single-minded.' We have 'very limited

cognitive capacity'. This is because of the 'fundamental structure of the brain', and it's not going to change. But rather than acknowledge this, Earl told me, we invented a myth. The myth is that we can actually think about three, five, ten things at the same time. To pretend this was the case, we took a term that was never meant to be applied to human beings at all. In the 1960s, computer scientists invented machines with more than one processor, so they really could do two things (or more) simultaneously. They called this machine-power 'multitasking'. Then we took the concept and applied it to ourselves.

When I first learned about Earl's claim that our ability to think about several things at once is a delusion, I bristled – he couldn't be right, I thought, because I have done several things at the same time myself. In fact, I do it often. Here's the first example that came to mind: I have checked my email while thinking about the next draft of my book and planning out an interview I was going to do later that day. I did them all from the same toilet seat. (I apologise for putting this image in your head.) Where's the fantasy in that?

Some scientists used to side with my initial gut instinct – they believed it was possible for people to do several complex tasks at once. So they started to get people into labs, and they told them to do lots of things at the same time, and they monitored how well it went. What the scientists discovered is that, in fact, when people think they're doing several things at once, they're actually – as Earl explained – 'juggling. They're switching back and forth. They don't notice the switching because their brain sort of papers it over, to give a seamless experience of consciousness, but what they're actually doing is switching and reconfiguring their brain moment to moment, task to task – [and] that comes with a cost.'

There are three ways, he explained, in which this constant switching degrades your ability to focus. The first is called the switch cost effect. There is broad scientific evidence for this. Imagine you are doing your tax return and you receive a text, and you look at it – it's only a glance, taking five seconds – and then you go back to your tax return. In that moment, 'Your brain has to reconfigure, when it goes from one task to another,' he

said. You have to remember what you were doing before, and you have to remember what you thought about it, ‘and that takes a little bit of time’. When this happens, the evidence shows that ‘your performance drops. You’re slower. All as a result of the switching.’

So if you check your texts often while trying to work, you aren’t only losing the little bursts of time you spend looking at the texts – you are also losing the time it takes to refocus afterwards, which can be much longer. He said: ‘If you’re spending a lot of your time not really thinking, but wasting it on switching, that’s just wasted brain-processing time.’ This means that if your Screen Time shows you are using your phone four hours a day, you are losing much more time than that in lost focus.

When Earl said this, I thought – yes, but it must be a small effect, a tiny drag on your attention. But when I went and read the relevant research, I learned there is some science suggesting the effect can be surprisingly large. For example, a small study commissioned by Hewlett-Packard looked at the IQ of some of their workers in two situations. At first they tested their IQ when they were not being distracted or interrupted. Then they tested their IQ when they were receiving emails and phone calls. The study found that ‘technological distraction’ – just getting emails and calls – caused a drop in the workers’ IQ by an average of ten points. To give you a sense of how big that is: in the short term, that’s twice the knock to your IQ that you get when you smoke cannabis. So this suggests in terms of being able to get your work done, you’d be better off getting stoned at your desk than checking your texts and Facebook messages a lot.

From there, the research shows, it gets worse. The second way switching harms your attention is what we might call the screw-up effect. When you switch between tasks, errors that wouldn’t have happened otherwise start to creep in, because – Earl explained – ‘your brain is error-prone. When you switch from task to task, your brain has to backtrack a little bit and pick up and figure out where it left off’ – and it can’t do that perfectly. Glitches start to occur. ‘Instead of spending critical time really doing deep thinking, your thinking is more superficial, because you’re spending a lot of time correcting errors and backtracking.’

Then there's a third cost to believing you can multitask, one that you'll only notice in the medium or longer term – which we might call the creativity drain. You're likely to be significantly less creative. Why? 'Because where do new thoughts [and] innovation come from?' Earl asked. They come from your brain shaping new connections out of what you've seen and heard and learned. Your mind, given free undistracted time, will automatically think back over everything it absorbed, and it will start to draw links between them in new ways. This all takes place beneath the level of your conscious mind, but this process is how 'new ideas pop together, and suddenly, two thoughts that you didn't think had a relationship suddenly have a relationship'. A new idea is born. But if you 'spend a lot of this brain-processing time switching and error-correcting', Earl explained, you are simply giving your brain less opportunity to 'follow your associative links down to new places and really [have] truly original and creative thoughts'.

I later learned about a fourth consequence, based on a smaller amount of evidence – which we might call the diminished memory effect. A team at UCLA got people to do two tasks at once, and tracked them to see the effects. It turned out that afterwards they couldn't remember what they had done as well as people who did just one thing at a time. This seems to be because it takes mental space and energy to convert your experiences into memories, and if you are spending your energy instead on switching very fast, you'll remember and learn less.

So if you spend your time switching a lot, then the evidence suggests you will be slower, you'll make more mistakes, you'll be less creative, and you'll remember less of what you do. I wanted to know: how often are most of us engaging in switching like this? Professor Gloria Mark, at the Department of Infomatics at the University of California, Irvine, who I interviewed, has discovered that the average American worker is distracted roughly once every three minutes. Several other studies have shown a large chunk of Americans are almost constantly being interrupted and switching between tasks. The average office worker now spends 40 percent of their work time wrongly believing they are 'multitasking' – which means they

are incurring all these costs for their attention and focus. In fact, uninterrupted time is becoming rare: one study found that most of us working in offices never get a whole hour uninterrupted in a normal day. I had to look again at that figure several times before I really absorbed it: most office workers *never* get an hour to themselves without being interrupted. This is happening at every level of businesses – the average CEO of a Fortune 500 company, for example, gets just twenty-eight uninterrupted minutes a day.

Whenever this problem is talked about in the media, it's described as 'multitasking' – but I think using this old computing term is a mistake. When I picture multitasking, I picture a 1990s single mother trying to feed a baby while also taking a work call and preventing the food she's cooking from catching fire. (I watched a lot of bad sitcoms in the 1990s.) I don't picture somebody taking a work call while also checking their text messages. We now use our phones so habitually that I don't think we consider doing a task and checking our phones at the same time as multitasking, any more than we think scratching your butt during a work call is multitasking. But it is. Simply having your phone switched on and receiving texts every ten minutes while you try to work is itself a form of switching – and these costs start to kick in for you too. One study at the Carnegie Mellon University's Human Computer Interaction Lab took 136 students and got them to sit a test. Some of them had to have their phones switched off, and others had their phones on and received intermittent text messages. The students who received messages performed, on average, 20 percent worse. Other studies in similar scenarios have found even worse outcomes of 30 percent. It seems to me that almost all of us with a smartphone are losing that 20 to 30 percent, almost all the time. That's a lot of brainpower for a species to lose.

If you want to understand how much harm this does, Earl told me, just look at one of the fastest rising causes of death in the world: distracted driving. The cognitive neuroscientist Dr David Strayer at the University of Utah conducted detailed research where he got people to use driving simulators and tracked how safe their driving was when they were

distracted by technology – something as simple as their phone receiving texts. It turned out their level of impairment was ‘very similar’ to if they were drunk. It’s worth dwelling on that: persistent distractions have as bad an effect on your attention on the road as consuming so much alcohol that you got drunk. The distraction all around us isn’t just annoying, it’s deadly: around one in five car accidents is now due to a distracted driver.

The evidence is clear, Earl told me: there’s no alternative, if you want to do things well, to focusing carefully on one thing at a time. As I learned all this, I realised that my desire to absorb a tsunami of information without losing my ability to focus was like my desire to eat at McDonald’s every day and stay trim – an impossible dream. The size and capacity of the human brain hasn’t significantly changed in 40,000 years, Earl explained, and it isn’t going to upgrade any time soon. Yet we are deluded about this fact. Dr Larry Rosen, a professor of psychology at California State University, discovered that the average teen and young adult genuinely believes they can follow six or seven forms of media at once. We are not machines. We cannot live by the logic of machines. We are humans, and we work differently.

When I learned all this, I realised another crucial reason why I had felt so good – and so mentally restored – in Provincetown. For the first time in a long time, I was allowing myself to focus on one thing at a time for long stretches. It felt like I had had an enormous boost in my mental capacity – because I was respecting my mind’s limitations. I asked Earl if, given what we know about the brain, it was fair to conclude that attention problems today really are worse than at some points in the past. He replied: ‘Absolutely.’ We have, he believes, created in our culture ‘a perfect storm of cognitive degradation, as a result of distraction’.

This was hard to take on board. It’s one thing to have a hunch that there’s a crisis. It’s another thing to hear one of the leading neuroscientists in the world tell you we are living in a ‘perfect storm’ that’s degrading your capacity to think. ‘The best we can do now,’ Earl had told me, ‘is try to get rid of the distractions as much as possible.’ At one point in our conversation, he sounded quite optimistic, suggesting that we can all

achieve progress on this, starting today. He said: ‘The brain is like a muscle. The more you use certain things, the stronger the connection’s getting, and the better things work.’ If you are struggling to focus, he says, just try monotasking for ten minutes, and then allow yourself to be distracted for a minute, then monotonate for another ten minutes, and so on. ‘As you do it, it becomes more familiar, your brain gets better and better at it, because you’re strengthening the [neural] connections involved in that behaviour. And pretty soon you can do it for fifteen minutes, twenty minutes, half an hour, you know? ... Just do it. Practise at it ... Start slow, but practise, and you’ll get there.’

To achieve this, he says you have to separate yourself – for increasing periods of time – from the sources of your distraction. It’s a mistake, he said, to ‘try to monotonate by force of will – because it’s too hard to resist that informational tap on the shoulder’. When I asked him about how, as a society, we could find a way to do this, he told me that he’s not a sociologist, and I’d have to look elsewhere for answers to that.



Our brains are not only overloaded now with switching – I learned they are also overloaded with something else. Adam Gazzaley, who is a professor of neurology, physiology and psychiatry at the University of California, helped me to understand it when I sat down with him in a coffee shop in San Francisco. He explained that you should think of your brain as like a nightclub where, standing at the front of that club, there’s a bouncer. The bouncer’s job is to filter out most of the stimuli that are hitting you at any given moment – the traffic noise, the couple having an argument across the street, the cellphone ringing in the pocket of the person next to you – so that you can think coherently about one thing at a time. The bouncer is essential: this ability to filter out irrelevant information is crucial if you are going to be able to attend to your goals. And that bouncer in your head is strong and ripped: he can fight off two, four, maybe even six people trying to barge

into your brain at a time. He can do a lot. The part of your brain doing this is known as the prefrontal cortex.

But today, Adam believes, the bouncer is besieged in an unprecedented way. In addition to switching tasks like never before, our brains are also being forced to filter more frantically than at any point in our past. Think about something as simple as noise. There's broad scientific evidence that if you are sitting in a noisy room, your ability to pay attention deteriorates, and your work gets worse. For example, children in noisy classrooms have worse attention than kids in quiet classrooms. Yet many of us are surrounded by high levels of noise, working in open-plan offices, sleeping in crowded cities, and tapping away on our laps in crammed coffee shops like the one we were sitting in at that moment. Rising noise pollution is just one example – we live surrounded by shrieking distractions calling for our attention, and the attention of others. That's why, Adam said, the bouncer has to work 'way harder' to keep out distractions. He's exhausted. And so a lot more is fighting its way past him, into your mind – interfering with the flow of your thoughts.

As a result, a lot of the time, he can't filter like he used to. The bouncer is overwhelmed, and the nightclub becomes full of rowdy assholes disrupting the normal dancing. 'We have fundamental limitations,' Adam added. 'We could ignore them, and pretend we're capable of everything we would wish – or we can acknowledge them, and live our lives in a better way.'



In my first two weeks in Provincetown, I felt I had finally stepped out of the madness. I had gone to live in a monotasking world that wasn't forcing on me the mental pressure of switching and filtering. This is how my summer is going to be, I thought to myself. An oasis of calm. An example of how to live differently. I ate cupcakes and laughed with strangers. I felt light, and free.

And then something happened that I didn't expect. On the fourteenth day I woke up, and my hand reached immediately for the nightstand to grab my

iPhone, as it had done every morning since I arrived. It found only my dumb-phone, on which there were no messages, only the option to tell the nearest hospital I had fallen over. I could hear the ocean whispering in the distance. I turned and saw all the books I had been longing to read, waiting for me. And I felt an intense sensation – something I couldn't quite place. And at that moment, the worst week I had experienced in years began.

## 2

# Cause Two: The Crippling of Our Flow States

On the first day of my mental free-fall, I walked down the beach and saw the same thing that had been scratching at me since Memphis. Almost everyone was staring at their screens. People seemed to be using Provincetown simply as a backdrop for selfies, rarely looking up, at the ocean, or each other. Except this time, the itch I felt wasn't to yell: You're wasting your lives, put the damn phone down. It was to yell: Give *me* that phone! *Mine!*

Every time I switched on my iPod to listen to an audiobook or some music, I also had to switch on my noise-cancelling headphones, and they would say: ‘Searching for Johann’s iPhone. Searching for Johann’s iPhone.’ The Bluetooth was trying to connect, but it couldn’t, so then it would say sadly: ‘Connection cannot be made.’ That was how it felt. The French philosopher Simone de Beauvoir said that when she became an atheist, it felt like the world had fallen silent. When my phone was taken away, I felt like a large part of the world had vanished. As that first week ended, its absence flooded me with an angry panic. I wanted my phone. I wanted my email. And I wanted them at once. Every time I left the beachhouse, I instinctively patted my pocket to make sure my phone was there, and I always felt a lurch when I realised it was missing. It was like I had lost part

of my own body. I turned to my piles of books, thinking idly of how, all through my teens and twenties, I would spend days on end lying in a bed, doing nothing but reading in one great gulp. But in Provincetown up to that point, I had been reading in a rushed, hyperactive way – I was scanning Charles Dickens the way you might scan a blog for vital information. My reading was manic and extractive. Okay, I've got it, he's an orphan: what's your point? I could see this was foolish, but I couldn't stop. I couldn't slow my mind in the way that yoga slowed my body.

At a loss, I took to taking out my comically large medical-device phone and stabbing at its massive buttons. I stared at it helplessly. An image came into my head of a wildlife documentary I had seen as a kid, of a penguin whose baby died. She kept nudging it with her beak for hours, hoping it would come to life. But no matter how much I prodded it, my chunky Jitterbug could not access the web.

All around me, I could see reminders of why I had cast aside my phone in the first place. I sat in Café Heaven, a lovely little place in the West End of Provincetown, and ate an eggs Benedict. Next to me there were two men in, I guess, their mid-twenties. I shamelessly eavesdropped on their conversation while pretending to read *David Copperfield*. It was clear they had met on an app, and this was the first time they had seen each other in person. There was something about their conversation that seemed odd to me, and I couldn't place it at first. Then I realised they weren't, in fact, having a conversation at all. What would happen is the first one, who was blond, would talk about himself for ten minutes or so. Then the second one, who was dark-haired, would talk about himself for ten minutes. And they alternated in this way, interrupting each other. I sat next to them for two hours, and at no point did either of them ask the other person a question. At one point, the dark-haired man mentioned that his brother had died a month before. The blond didn't even offer a cursory 'I'm so sorry to hear that': he simply went back to talking about himself. I realised that if they had met up simply to read out their own Facebook status updates to each other in turn, there would have been absolutely no difference.

I felt like everywhere I went, I was surrounded by people who were broadcasting but not receiving. Narcissism, it occurred to me, is a corruption of attention – it's where your attention becomes turned in only on yourself and your own ego. I don't say this with any sense of superiority. I am embarrassed to describe what I realised in that week that I missed most about the web. Every day in my normal life – sometimes several times a day – I would look at Twitter and Instagram to see how many followers I had. I didn't look at the feed, the news, the buzz – just my own stats. If the figure had gone up, I felt glad – like a money-obsessed miser checking the state of his personal stocks and finding he was slightly richer than yesterday. It was as if I was saying to myself, See? More people are following you. You matter. I didn't miss the content of what they said. I just missed the raw numbers, and the sense that they were growing.

I found that I had started to panic about irrational things. I kept wondering how, when I left Provincetown and took the boat back to Boston, I was going to get to my friend's house to retrieve my phone and laptop. What if there were no taxis at the dock? Would I be stranded? Would I never get to my phone? I have been around a lot of addiction in my life, and I knew what I was feeling – the addicted person's craving for the thing that numbs their nagging sense of hollowness.

One day, I lay on the beach, using puffy dried seaweed as a pillow, trying to read, and I started to angrily reproach myself for not being relaxed, for not being focused, for not starting to write the novel I had been planning for so long. Here you are in paradise, I kept saying to myself; you ditched the phone; now focus. Focus, damn you. I thought back to this moment when, over a year later, I interviewed Professor Gloria Mark, who has spent years studying the science of interruptions. She explained to me that if you have spent long enough being interrupted in your daily life, you will start to interrupt yourself even when you are set free from all these external interruptions. I kept looking at things and imagining how I would describe them in a tweet, and then imagining what people would say in response.

I realised I had, for over twenty years now, been sending out and receiving signals with large numbers of people all throughout the day.

Texts, Facebook messages, phone calls – they were all little ways in which the world seemed to say: I see you. I hear you. We need you. Signal back. Signal more. Now the signals were gone, and it felt like the world was saying – you don't matter. The absence of these insistent signals seemed to suggest an absence of meaning. I would start conversations with people – on the beach, in bookstores, in cafés – and they were often friendly, but the conversations seemed to have a low social temperature compared to the web-based ones I had lost. No stranger is going to flood you with hearts and tell you you're great. For years I had derived a large part of my meaning in life from the thin, insistent signals of the web. Now they were gone, and I could see how paltry and lacking in substance they were. But, still, I missed them.

I now faced a choice. I told myself: By leaving that world behind, you've created a vacuum. If you're going to stay away from it, now you need to fill the vacuum with something. It was only in the third week – after feeling wretched – that I began to find a way to do this. I found a way out of my funk by returning to the research of a remarkable man who opened up a whole new field of psychology in the 1960s, and whose work I had studied over the years. He made a breakthrough – this man identified a way human beings can access their own powers of focus, in a way that makes it possible to concentrate for long periods without it feeling like a huge effort.

To understand how it works, I think it helps to first hear the story of how he made this discovery. I learned a lot of this story from him directly, later, when I went to visit him in Claremont, California. It begins with him as an eight-year-old boy, fleeing Nazi bombs at the height of the Second World War, in a city on the coast of Italy, alone.



Mihaly had to run, but he had no idea where to go. The air-raid siren was making a familiar shrieking sound, warning the townspeople that soon there would be Nazi planes overhead. These planes were flying from Germany to Africa, and everybody in the town – even a kid like Mihaly – knew that if

the planes couldn't make it across because of bad weather, they had a plan B. It was to drop their bombs right here, onto this small town. Mihaly tried to get into the nearest air-raid shelter, but it was full. Go next door, he thought, to the butcher's shop – you could hide in there. Its shutters were down. A few grown-ups managed to find the key, and they all hurried inside.

In the darkness, it became clear something was dangling down from the ceiling. It was hanging meat. But they saw this wasn't an animal – it was the wrong shape. As their eyes refocused, they realised it was the bodies of two men. They recognised them as the butchers themselves, sagging from their own meat-hooks. Mihaly ran again, deeper into the shop – only to run into the hanging body of a third man. They had been suspected of being collaborators with the fascists, so they had been killed. The air-raid siren was still sounding, and Mihaly hid there, close to the corpses.

It had seemed to the boy for some time that the adult world had lost its mind. Mihaly Csikszentmihalyi (pronounced cheek-sent-me-high-ee) was born in 1934 in Fiume, an Italian town close to the Yugoslavian border. His father was a diplomat there for the Hungarian government, so Mihaly grew up on a street where people routinely spoke three or four languages. It was a family where people came up with big, sometimes mad projects: one of his big brothers was the first person ever to hang-glide from Russia to Austria. But when Mihaly was six, the war began, and 'the collapse happened', he told me. He was not allowed to play outside on the street, so he invented worlds of play within his own home. He would stage elaborate battles with toy soldiers that went on for weeks, planning out every move in this fantasy war. He spent a lot of his nights in chilly bomb shelters, sitting under blankets, terrified. 'You never knew what was actually happening,' he recalled. When the all-clear sounded in the mornings, people would leave politely and go to work.

Italy was getting too dangerous, so his family took him to a seaside town across the border named Opatija – but before long, the town was besieged from all sides. Partisans would come down and kill anyone suspected of collaborating with the invaders, while the Nazis bombarded from the air.

‘Now, nothing was getting safe,’ Mihaly told me. ‘I never found a stable world in which I [could] live.’ By the time the war ended, Europe was in ruins, and his family had lost everything. They got word that one of his brothers had been killed in the fighting, and another, Moricz, had been taken by Stalin to a Siberian concentration camp. ‘By the time I was ten years old,’ he remembered years later, ‘I was convinced that grown-ups didn’t know how to live a good life.’

After the war, he and his parents ended up in a refugee camp, which he found squalid, and lacking in hope. One day, in these ruins of a life, Mihaly was told that he was going to join a Scout troop for boys in the camp, and he started going out into the wilderness with them. He discovered that he felt most alive when he was doing something difficult, like navigating a steep ascent, or finding his way through a ravine. He thinks this experience saved him.

When he was thirteen, he quit school, because he couldn’t see how all this adult wisdom was going to help him when it had driven European civilisation off a cliff. He found his own way to Rome, and he started working as a translator in that trashed, half-starved city. He wanted to get back out into the mountains, so he saved up for a long time to go to Switzerland. When he was fifteen, he was finally able to take the train to Zurich, and while he was waiting around for the transport to the Alps, he saw an advertisement for a psychology lecture. The lecturer was Carl Jung, a legendary Swiss psychoanalyst, and while Mihaly wasn’t drawn to the content of Jung’s ideas, he was thrilled by the idea of looking at how the human mind works in a scientific way. He decided to become a psychologist, but it turned out there were no psychology degrees in Europe. He learned, though, that the subject existed in a distant country he had only seen in the movies: the United States.

Finally, after years of saving, he made it there – only to get a nasty shock when he arrived. American psychology was dominated by one big idea, epitomised by a famous scientist. A Harvard professor named B. F. Skinner had become an intellectual celebrity by discovering something strange. You can take an animal that seems to be freely making up its own mind about

what to pay attention to – like a pigeon, or a rat, or a pig – and you can get it pay attention to whatever you choose for it. You can control its focus, as surely as if it was a robot and you had created it to obey your whims. Here's an example of how Skinner did it that you can try for yourself. Take a pigeon. Put it in a cage. Keep it until it is hungry. Then introduce a bird feeder that releases seed into the cage when you push a button. Pigeons move around a lot – so wait until the pigeon makes a random movement that you have chosen in advance (like, say, jerking its head up high, or sticking out its left wing), and at that precise moment, release some pellets. Then wait for it to make the same random movement again, and give it more pellets.

If you do this a few times, the pigeon will quickly learn that if it wants pellets, it should carry out the random gesture you have chosen – and it will start to do it a lot. If you manipulate it correctly, its focus will come to be dominated by the twitch that you chose to reward. It will come to jerk up its head or stick out its left wing obsessively. When Skinner discovered this, he wanted to figure out – how far can you take this? How elaborately can you program an animal using these reinforcements? He discovered you can take it really far. You can teach a pigeon to play ping-pong. You can teach a rabbit to pick up coins and put them into piggy banks. You can teach a pig to vacuum. Many animals will focus on very complex – and, to them, meaningless – things, if you reward them right.

Skinner became convinced that this principle explained human behaviour almost in its entirety. You believe that you are free, and that you make choices, and you have a complex human mind that is selecting what to pay attention to – but it's all a myth. You and your sense of focus are simply the sum total of all the reinforcements you have experienced in your life. Human beings, he believed, have no minds – not in the sense that you are a person with free will making your own choices. You can be reprogrammed in any way that a clever designer wants. Years later, the designers of Instagram asked: If we reinforce our users for taking selfies – if we give them hearts and likes – will they start to do it obsessively, just like the

pigeon will obsessively hold out its left wing to get extra seed? They took Skinner's core techniques, and applied them to a billion people.

Mihaly learned that these ideas ruled American psychology, and they were hugely influential in American society too. Skinner was a star, featured on the front page of *Time* magazine. He was so famous that by 1981, 82 percent of the American college-educated public could identify who he was.

To Mihaly, this seemed like a bleak and limited view of human psychology. It clearly yielded some results – but he believed it was missing most of what it means to be human. He decided he wanted to explore the aspects of human psychology that were positive, and nourishing, and generated something more than hollow mechanical responses. But there weren't many people in American psychology that thought like this. To begin, he decided to study something that seemed to him to be one of the great achievements of human beings – the making of art. He had seen destruction; now it was time to study creation. So, in Chicago, he persuaded a group of painters to let him witness their process over many months, so he could try to figure out the underlying psychological processes that were driving the unusual kind of focus they had chosen to dedicate their lives to. He watched one artist after another focusing on a single image and attending to it with great care.

Mihaly was struck by one thing above all else – for the artist, when they were in the process of creation, time seemed to fall away. They almost appeared to be in a hypnotic trance. It was a deep form of attention that you rarely see elsewhere.

Then he noticed something puzzling. After investing all this time in creating their paintings, when they were finished, the artists didn't triumphantly gaze at what they had made and show it off and seek out praise for it. Almost all of them simply put the painting away and started working on another one. If Skinner was right – that human beings do things just to gain rewards and avoid punishments – this made no sense. You'd done the work; now here's the reward, right in front of you, for you to enjoy. But creative people seemed mostly uninterested in rewards; even

money didn't interest most of them. 'When they finished,' Mihaly said to an interviewer later, 'the object, the outcome was not important.'

He wanted to understand what was actually driving them. What made it possible for them to focus on just one thing for so long? It became clear to Mihaly that 'what was so entralling about painting was' something about 'the process of painting itself'. But what? To try to understand this better, Mihaly started to study adults who engaged in other activities – people who were long-distance swimmers, or rock climbers, or chess players. He only looked at first at non-professionals. Often they were doing things that were physically uncomfortable, exhausting, and even dangerous, for no obvious reward – yet they loved it. He talked to them about how they felt when they were doing the thing that drew this extraordinary focus out of them. He noticed that although these activities were very different, the way the people described how they felt had striking similarities. One word kept cropping up again and again. They kept saying things like: 'I was carried on by the flow.'

One rock climber told him later: 'The mystique of rock-climbing is climbing; you get to the top of a rock glad it's over but really wish it could go on forever. The justification of climbing is climbing, like the justification of poetry is writing. You don't conquer anything except things in yourself ... The act of writing justifies poetry. Climbing is the same: recognising you are a flow. The purpose of flow is to keep on flowing, not looking for a peak or utopia but staying in the flow. It is not a moving up but a continuous flowing; you move up to keep the flow going.'

Mihaly began to wonder if these people were in fact describing a fundamental human instinct that had not been studied by scientists before. He called it a 'flow state'. This is when you are so absorbed in what you are doing that you lose all sense of yourself, and time seems to fall away, and you are flowing into the experience itself. It is the deepest form of focus and attention that we know of. When he began to explain to people what a flow state is and asked if they had ever experienced something like it, 85 percent of them recognised and remembered at least one time they'd felt this way – and they often said these moments were the highlights of their

lives. It didn't matter if they got there by performing brain surgery or strumming the guitar or making great bagels – they described their flow states with wonder. He found himself thinking back to being a child on the floor of a war-smashed city, planning elaborate battles with his toy soldiers, and then to himself at the age of thirteen, exploring the hills and mountains around his refugee camp.

He was discovering that if human beings drill down in the right way, we can hit a gusher of focus inside ourselves – a long surge of attention that will flow forth and carry us through difficult tasks in a way that feels painless, and in fact pleasurable. So the obvious question is: where do we drill to get it? How can we bring about flow states? At first, most people assume they will achieve flow simply by relaxing into it – you picture yourself lying by the pool in Vegas sipping a cocktail. But when he studied it, he found that in fact, relaxing rarely gets you into a flow state. You have to get there by a different route.

Mihaly's studies identified many aspects of flow, but it seemed to me – as I read over them in detail – that if you want to get there, what you need to know boils down to three core components. The first thing you need to do is to choose a clearly defined goal. I want to paint this canvas; I want to run up this hill; I want to teach my child how to swim. You have to resolve to pursue it, and to set aside your other goals while you do. Flow can only come when you are monotasking – when you choose to set aside everything else and do one thing. Mihaly found that distraction and multitasking kill flow, and nobody will reach flow if they are trying to do two or more things at the same time. Flow requires all of your brainpower, deployed towards one mission.

Secondly, you have to be doing something that is meaningful to you. This is part of a basic truth about attention: we evolved to pay attention to things that are meaningful to us. As Roy Baumeister, the leading expert on willpower I quoted in the introduction, put it to me: 'A frog will look at a fly it can eat much more than a stone it can't eat.' To a frog, a fly is meaningful and a stone is not – so it easily pays attention to a fly, and rarely pays attention to a stone. This, he says, 'goes back to the design of the brain

... It's designed to pay attention to the stuff that matters to you.' After all, 'the frog who sat around all day looking at stones would have starved'. In any situation, it will be easier to pay attention to things that are meaningful to you, and harder to pay attention to things that seem meaningless. When you are trying to make yourself do something that lacks meaning, your attention will often slip and slide off it.

Thirdly, it will help if you are doing something that is at the edge of your abilities, but not beyond them. If the goal you choose is too easy, you'll go into autopilot – but if it's too hard, you'll start to feel anxious and off-kilter and you won't flow either. Picture a rock climber who has medium-ranking experience and talent. If she clammers up any old brick wall at the back of a garden, she's not going to get into flow because it's too easy. If she's suddenly told to climb the side of Mount Kilimanjaro, she won't get into flow either because she'll freak out. When she needs is a hill or mountain that is, ideally, slightly higher and harder than the one she did last time.

So: to find flow, you need to choose one single goal; make sure your goal is meaningful to you; and try to push yourself to the edge of your abilities. Once you have created these conditions, and you hit flow, you can recognise it because it's a distinctive mental state. You feel you are purely present in the moment. You experience a loss of self-consciousness. In this state it's like your ego has vanished and you have merged with the task – like you are the rock you are climbing.

By the time I met him, Mihaly was eighty-seven, and he had spent more than five decades studying flow states. He – along with scientists all over the world – had built up a broad and robust body of scientific evidence to show flow states are a real and deep form of human attention. They have also shown that the more flow you experience, the better you feel. Until his research, professional psychology in the US had been focused either on when things go wrong – when you're mentally distressed – or on the manipulative vision of B. F. Skinner. Mihaly made the case for 'positive psychology': that we should primarily focus on the things that make life worth living, and find ways to boost them.

This disagreement seemed to me to lay the groundwork for one of the defining conflicts in the world today. We now live in a world dominated by technologies based on B. F. Skinner's vision of how the human mind works. His insight – that you can train living creatures to desperately crave arbitrary rewards – has come to dominate our environment. Many of us are like those birds in cages being made to perform a bizarre dance to get rewards, and all the while we imagine we are choosing it for ourselves – the men I saw in Provincetown obsessively posting selfies to Instagram started to look to me like Skinner's pigeons with a six-pack and a pina colada. In a culture where our focus is stolen by these surface-level stimuli, Mihaly's deeper insight has been forgotten: that we have within us a force that makes it possible to focus for long stretches and enjoy it, and it will make us happier and healthier, if only we create the right circumstances to let it flow.

Once I knew this, I understood why, when I felt constantly distracted, I didn't just feel irritated – I felt diminished. We know, at some level, that when we are not focusing, we are not using one of our greatest capacities. Starved of flow, we become stumps of ourselves, sensing somewhere what we might have been.



As an old man, something strange happened to Mihaly. After the Second World War was over, his older brother, Moricz, had been taken to a Stalinist concentration camp in Russia, and people who vanished into these gulags were often never heard from again – but after many years of silence, in which everyone assumed he was dead, Moricz reappeared. Released at last into a thawing Soviet Union, he struggled to find work: survivors of the gulags were marked as inherently suspect. Eventually he found employment as a stoker on the railways, even though he had advanced degrees from Switzerland. He didn't complain.

When Moricz was in his eighties, Mihaly went to Budapest, in Hungary, to be reunited with him. Moricz's ability to find flow had been cut off in the most brutal ways, but Mihaly discovered that, very late in his life, his

brother had been able, for the first time, to pursue something he had always loved. He was fascinated by crystals. He began to collect these sparkling rocks, and he had gathered examples from every continent. He went to meet dealers, he attended conventions, he read magazines about them. When Mihaly went to his home, it looked like a museum of crystals running from the ceiling to the floor, with special lighting fitted to show off their sparkle. Moricz handed Mihaly a crystal the size of a child's fist and said: 'I was looking at this thing just yesterday. It was nine in the morning when I put it under the microscope. Outside, it was sunny, just like today. I kept turning the rock around, looking at all the fissures, the intrusions, the dozen or so different crystal formations inside and around ... then I looked up, and thought that a storm must be coming, because it had gotten so dark ... then I realised it was not overcast, but the sun had been setting – it was seven in the evening.' Mihaly thought the crystal was gorgeous, but wondered – ten hours?

Then he realised. Moricz had learned how to read the rocks – to see where it came from, and its chemical composition. It was a chance for him to use his skills. For him, this triggered a flow state. All his life Mihaly had been learning how flow states can save us. Now he saw it in the face of his own gulag-starved brother, as they stared together into a shimmering crystal.



The more he studied flow states, the more Mihaly noticed something else crucial about them. They are extraordinarily fragile and easily disrupted. He wrote: 'Many forces, both within ourselves and in the environment, stand in the way' of flow. In the late 1980s, he discovered that staring at a screen is one of the activities we take part in that on average provides the lowest amount of flow. (He warned that 'surrounded by an astonishing panoply of recreational gadgets ... most of us go on being bored and vaguely frustrated.') But as I reflected on this in Provincetown, I realised that even though I had set aside my screens, I was still making a basic mistake. 'To

have a good life, it is not enough to remove what is wrong with it,' Mihaly has explained. 'We also need a positive goal; otherwise why keep going?'

In our normal lives, many of us try to seek relief from distraction simply by crashing – we try to recover from a day of overload by collapsing in front of the TV. But if you only break away from distraction into rest – if you don't replace it with a positive goal you are striving towards – you will always be pulled back to distraction sooner or later. The more powerful path out of distraction is to find your flow.

So at the end of that third week in Provincetown, I asked myself – why did you come here? It wasn't just to get away from the phone and the Skinnerian reinforcements of constant likes and retweets and shares. You came here to write. Writing and reading have always been the primary sources of flow in my life. I had been nurturing an idea for a novel for a long time, and I told myself I would get round to it one day, when I had the time. Well, I thought, here is the time. Drill there. See if it brings you flow. This seemed to fit perfectly into Mihaly's model for how to create flow states – it required me to set aside my other goals; it was something meaningful to me; and it was something at the edge of my comfort zone, but not, I hoped, beyond it. So on the first day of my third week, in my panicked funk, I sat on the sofa in my little corner of the beachhouse. I nervously opened the broken old laptop my friend Imtiaz had loaned me, and I wrote the first line of my novel. And I wrote the second line. And it became a paragraph, then a page. It was hard. I didn't particularly enjoy it. But the next day, conscious that I had to retrain my habits, I made myself do the same. And so it went on, day after day. I struggled. I disciplined myself.

By the end of the fourth week, the flow states started to come. And so it ran, into the fifth and sixth weeks – and soon, I was hurrying to my laptop, hungry to do it. Everything Mihaly had described was there – the loss of ego; the loss of time; the sense that I was growing into something bigger than I had been before. Flow was carrying me through the difficult patches, the frustrations. It had unlocked my focus.

I noticed that if I spent a day where I experienced three hours of flow early on, for the rest of the day, I felt relaxed and open and able to engage –

to walk along the beach, or start chatting to people, or read a book, without feeling cramped, or irritable, or phone-hungry. It was like the flow was relaxing my body and opening my mind – perhaps because I knew I had done my best. I felt myself falling into a different rhythm. I realised then that to recover from our loss of attention, it is not enough to strip out our distractions. That will just create a void. We need to strip out our distractions and to replace them with sources of flow.

After three months in Provincetown, I had written 92,000 words of my novel. They might be terrible, but in one sense, I didn't care. The reason why became clear to me when one day, shortly before I left Provincetown, I placed my deckchair in the ocean so the sea was lapping at my feet and I finished the third volume of *War and Peace*. As I closed its last page, I realised I had been sitting there for most of the day. I had been reading like this, day after day, for weeks. And I thought suddenly – it came back! My brain came back! I feared my brain had been broken, and this experiment might just reveal I was a permanently degenerated blob. But I could see now that healing was possible. I cried with relief.

I thought to myself – I never want to go back to email. I never want to go back to my phone. What a waste of time! What a waste of life! I felt this as strongly as I have ever felt anything. It might seem odd to describe something as immaterial as the internet as heavy, but that's how it felt to me in that moment – like there had been a vast weight on my back, and I had sloughed it off.

And then I immediately felt uncomfortable with all these thoughts, and guilty. How will this sound, I wondered, when I describe it to people back home? It won't sound like a liberation to them. It will sound like a taunt. Yes, I managed to get away and find flow in a blissful way, but my situation in Provincetown was so radically different from the lives of anyone I knew – so wildly privileged – that I wondered for a while if it had anything to teach anyone else. I realised that this experience would only be meaningful if we could all find ways to integrate these experiences into our everyday lives. Later, in a very different place, I learned how this could be done.



When I said goodbye to Mihaly, it was clear he was unwell. His eyes were heavy, and he told me he had been sick lately. At one point in our conversation, a little stream of ants began to crawl across his desk, and he stopped and stared at them for a while. He was in his late eighties, and it seemed likely he was approaching the end of his life. But his eyes lit up when he told me: ‘The best experiences in life that I had, when I thought back on it, came from times when I had been in the mountains climbing ... climbing and doing something really kind of difficult and dangerous – but within the scope of what I could do.’ When you are approaching death, I thought to myself, you won’t think about your reinforcements – the likes and retweets; you’ll think about your moments of flow.

I felt in that moment that we all have a choice now between two profound forces – fragmentation, or flow. Fragmentation makes you smaller, shallower, angrier. Flow makes you bigger, deeper, calmer. Fragmentation shrinks us. Flow expands us. I asked myself – do you want to be one of Skinner’s pigeons, atrophying your attention on dancing for crude rewards, or Mihaly’s painters, able to concentrate because you have found something that really matters?

# 3

## Cause Three: The Rise of Physical and Mental Exhaustion

The first thing I heard when I opened my eyes was the sound of the ocean lapping in the distance. Then I felt the sun flooding my bed, bathing me in light. Every morning in Provincetown, when this happened, I felt something strange in my body. It took me more than a month to realise what it was.

Ever since I went through puberty, I'd thought of sleep as something I wrestled myself into and fought my way out of. I would go to bed sometime between one and three in the morning and immediately bunch up the pillows so they supported my hunched shoulders. Then I would try to stop my mind jangling as it ran through all the things that had happened that day, and all the things I would need to do when I woke up, and all the things to worry about in the world. To take my mind off this internal electrical storm, I'd usually watch a noisy TV show on my laptop. Sometimes that would lull me to sleep, but more often, it would awaken a new wave of anxious energy, and I would start emailing or researching again for another few hours. Finally, on most nights, I would power down by taking a few melatonin gummies, and pass out.

Once I was in Zimbabwe and I spoke to some rangers who – as part of their jobs – had to knock out rhinos in order to give them medical treatment. They explained that they did it by darting them with a very powerful

tranquilliser. As they described how the rhinos would stagger about in a panicked funk and then crash to the ground, I thought – hey, that's my sleep routine too.

After my chemical crash, I would be woken up six or seven hours later by a tag team of loud alarms. First, a radio alarm playing the BBC World Service would jolt me with the horrors of the day's news; then ten minutes later my phone would play a loud clanging alert; then ten minutes after that another alarm clock would howl. When my ability to out-sleep all three finally wore off, I would stagger to my feet and immediately douse myself with enough caffeine to kill a small herd of cows. I lived on the permanent cliff-edge of exhaustion.

In Provincetown, when night fell, I would return to my little rooms to find there was no noise to rouse me and no portal to let in the wider world. I would go to lie in my bedroom, where the only source of light was a small reading lamp next to a pile of books. I would lie there reading and feel the paroxysms of the day slowly wend their way out of my body as I gently eased out of consciousness. I realised I had left my melatonin unused in the bathroom cabinet.

One day I woke up without any alarms after sleeping for nine hours and realised that I didn't want any coffee. This was such an alien sensation that it made me stop for a moment and stand there in my boxer shorts in the kitchen in front of the unboiling kettle, staring at it. Then it finally occurred to me what I was feeling – I had awoken from my sleep feeling fully refreshed. My body didn't feel heavy. I was alert. As the weeks passed, I realised that I felt like this every day now. The last time I remembered feeling like this was when I was a child.

For a long time, I had been trying to live by the rhythms of machines – going endlessly, day or night, until finally the battery conked out. Now I was living by the rhythm of the sun. As the sky went dark, I gradually wound down and finally rested, and when the sun came up, I woke naturally.

This was making something shift in my understanding of my body. I could see now it craved far more sleep than I normally allowed it, and when

sleep came without any chemical nudging, my dreams were more vivid. It was as though my body and my mind were unclenching, and then replenishing.

I wondered if this was playing a role in why I was able to think more clearly, and for much longer stretches, than I had for years. I decided to explore the best scientific evidence about how the mysterious long stretches of unconsciousness our bodies crave – and that we so often deny them – might affect our ability to pay attention.



In 1981, in a lab in Boston, a young research scientist was keeping people awake all through the night and all through the following day, in long, yawn-strewn stretches. His job was to make sure they stayed conscious and, as he did it, to give them tasks to carry out. They had to add up numbers, and then sort cards into different groups, and then take part in memory tests. For example, he would show them a picture, then take it away, and ask: what colour was the car in the picture I just showed you? Charles Czeisler – a tall, long-limbed man with wire-framed glasses and a deep voice – had, until this moment, never been interested in studying sleep. He had been taught in his medical training that when you are asleep, you are mentally ‘switched off’. This is how lots of us see sleep – as a purely passive process, a mental dead zone in which nothing of consequence happens. Who, he shrugged, would want to study switched-off people? He was researching something he thought was much more important – it was a technical investigation of what time of day certain specific hormones are released in the human body. This required keeping people awake.

But as the days and nights went on, Charles couldn’t help but notice something. When people are kept awake, ‘One of the first things to go is the ability to focus our attention,’ he told me, in a teaching room at Harvard. He had been giving his test subjects really basic tasks, but with each hour that passed, they were losing their ability to carry them out. They couldn’t remember things he’d just told them or focus enough to play very simple

card games. He told me: ‘I was just stunned by how performance would deteriorate. It’s one thing to say that the average performance on a memory task would be 20 percent worse, or 30 percent worse. But it’s another thing to say that your brain is so sluggish that it takes ten times longer for your brain to reply to something.’ As people stayed awake, it seemed their ability to focus fell off a cliff. In fact, if you stay awake for nineteen hours straight, you become as cognitively impaired – as unable to focus and think clearly – as if you had got drunk. He found that when they were kept awake for one whole night and continued walking about the next day, instead of taking a quarter of a second to respond to a prompt, the participants in his experiment were taking four, five or six seconds. ‘It’s kind of amazing,’ he said.

Charles was intrigued. Why would this be? He switched to studying sleep, and over the next forty years he would go on to become one of the leading figures in the world on this question, making several key breakthroughs. He runs the unit on sleep problems at one of the major hospitals in Boston, teaches at Harvard Medical School, and advises everyone from the Boston Red Sox to the US Secret Service. He came to believe that, as a society, we are currently getting sleep all wrong – and it is ruining our focus.

With each passing year, he warned, this has become more urgent. Today 40 percent of Americans are chronically sleep-deprived, getting less than the necessary minimum of seven hours a night. In Britain, an incredible 23 percent are getting less than five hours a night. Only 15 percent of us wake up from our sleep feeling refreshed. This is new. Since 1942, the average amount of time a person sleeps has been slashed by an hour a night. Over the past century, the average child has lost eighty-five minutes of sleep every night. There’s a scientific debate about the precise scale of our sleep loss, but the National Sleep Foundation has calculated that the amount of sleep we get has dropped by 20 percent in just a hundred years.

One day Charles had an idea. He wondered if, when you are tired, you begin to experience what he called ‘attentional blinks’. This is where, initially for just a fraction of a second, you lose your ability to pay

attention. To see if this was true, he started to study both alert and tired people using sophisticated technology that can track their eyes to see what they are focusing on – and at the same time, it can also scan your brain, to see what is happening there. He discovered something remarkable. As you become tired, your attention will indeed blink out, for a simple reason. People think you're either awake or asleep, he told me, but he found that even if your eyes are open and you are looking around you, you can lapse – without knowing it – into a state called 'local sleep'. This is where 'part of the brain is awake, and part of the brain is asleep'. (It's called local sleep because the sleep is local to one part of the brain.) In this state, you believe you are alert and mentally competent – but you aren't. You are sitting at your desk and you look awake, but parts of your brain are asleep, and you are not able to think in a sustained way. When he studied people in this state, he found 'amazingly, sometimes their eyes were open, but they couldn't see what was in front of them'.

The effects of sleep deprivation, Charles found, are especially terrible for children. Adults usually respond by becoming drowsy, but kids usually respond by becoming hyperactive. He said: 'We're chronically sleep-depriving them, so it's no shock they're exhibiting all the symptoms of sleep deficiency – the first and foremost of which is the [in]ability to pay attention.'

There has now been a lot of scientific investigation into this, and there's a broad scientific consensus that if you sleep less, your attention will likely suffer. I went to the University of Minneapolis to interview professor of neuroscience and psychology Roxanne Prichard, who has produced some cutting-edge work on these questions. When she started teaching college students full-time in 2004, the first thing that struck her, she told me, was 'just how exhausted young adults were'. They would often fall asleep the moment the lecture-theatre lights were dimmed, and they were visibly struggling to stay awake and focused on anything. She began to study how much sleep they were getting. She discovered that on average, a typical student has the same sleep quality as an active-duty soldier or a parent of a

newborn baby. As a result, the majority of them were ‘constantly fighting off this drive to sleep ... They’re not able to access their neural resources.’

She decided to teach them the science of why their bodies need sleep – but she found herself in a strange position. The students knew they were bone-tired, but ‘the problem is – they’ve been accustomed to that since puberty, basically’. They have seen their parents and grandparents chronically sleep-depriving themselves too. ‘They’ve grown up being accustomed to being exhausted and trying to medicate that away [with caffeine or other stimulants] as a state of normal. So I’m fighting against a current that says it’s normal to be exhausted all the time.’ She started to show them some experiments. You can test the time it takes for a person to react to something – a picture that changes on a screen, say, or a ball that’s thrown to them. ‘The people with the quickest reaction times are the ones sleeping the most,’ she shows them – and the less they sleep, the less they see or react. This is just one way, of many, that shows that ‘you are more efficient when you are rested – that it takes you less time to do things. That you don’t need to have six screens or tabs open when you’re doing your homework just to keep yourself awake.’

At first, when I talked with Charles and Roxanne and other sleep experts, I thought – yes, this is bad, but they are talking about really exhausted people, an outlying group of the truly knackered. But they kept explaining to me that it only takes a small amount of sleep loss for these negative effects to kick in. Roxanne showed me that if you stay awake for eighteen hours – so you woke up at 6 a.m. and went to sleep at midnight – by the end of the day, your reactions are equivalent to if you had 0.05 percent blood alcohol. She said: ‘Stay up another three hours, and you’re [the equivalent of being] legally drunk.’ Charles explained: ‘Many people say, “Well, I don’t stay up all night, so I’m fine,” but in fact, if you miss a couple of hours sleep every night and you do this night after night, within a week or two, you’re at the same level of performance and impairment as you would be staying up all night. Everybody falls apart with two nights of missed sleep – or you can get to that same point by sleeping four or five hours a

night and going for a couple of weeks.’ As he said this, I remembered: 40 percent of us live on the brink of that.

‘If you’re not sleeping well, your body interprets that as an emergency,’ Roxanne said. ‘You can deprive yourself of sleep and live. We could never raise children if we couldn’t drop down on our sleep, right? We’d never survive hurricanes. You can do that – but it comes at a cost. The cost is [that] your body shifts into the sympathetic nervous system zone – so your body is like, “Uh oh, you’re depriving yourself of sleep, must be an emergency, so I’m going to make all these physiological changes to prepare yourself for that emergency. Raise your blood pressure. I’m going to make you want more fast food, I’m going to make you want more sugar for quick energy. I’m going to make your heart-rate [rise]” … So it’s like all this shifts, to say – I’m ready.’ Your body doesn’t know why it’s staying awake. ‘Your brain doesn’t know you’re sleep-deprived because you’re goofing off and watching *Schitt’s Creek*, right? It doesn’t know why you’re not sleeping – but the net effect is a physiological sort of alarm bell.’

In this bodily emergency, your brain doesn’t just cut back on immediate short-term focus. It cuts off resources to other longer-term forms of focus too. When we sleep, our minds start to identify connections and patterns from what we’ve experienced during the day. This is one of the key sources of our creativity – it’s why narcoleptic people, who sleep a lot, are significantly more creative. Sleep deprivation damages memory as well. When you go to bed tonight, your mind will start to transfer the things you have learned during the day into your long-term memory. Xavier Castellanos, who I interviewed at New York University, where he is a professor of child and adolescent psychiatry, explained to me that you can get rats to learn a maze, and that night, you can monitor what happens in their brains as they sleep. What you find is that they are retracing their steps in the maze, one by one, encoding them into their long-term memory. The less you sleep, the less this happens, and the less you will be able to recall.

These effects are especially powerful for children. If you deprive kids of sleep, they begin to show attention problems rapidly, and often go into a manic state.



For years I believed I could cheat my way into getting all the benefits of proper sleep through technical fixes. The most obvious is caffeine. I once heard an almost certainly apocryphal story about Elvis – that in the last years of his life, his doctor would wake him up by injecting caffeine directly into his veins. When I heard this, I didn't think – how awful. I thought – where's that doctor been all my life? For years I reasoned – okay, I don't sleep enough, but I make up for it with coffee, Coke Zero and Red Bull. But Roxanne explained to me what I was really doing when I drank all this. Throughout the day, in your brain, a chemical is building up called adenosine, and it signals to you when you are sleepy. Caffeine blocks the receptor that picks up on the level of adenosine. 'I liken it to putting a Post-it note over your fuel-gauge indicator. You're not giving yourself more energy – you're just not realising how empty you are. When the caffeine wears off, you're doubly exhausted.'

The less you sleep, the more the world blurs in every way – in your immediate focus, in your ability to think deeply and make connections, and in your memory. Charles told me that even if nothing else was changing in our society, this decline in how much we sleep is on its own enough to prove that our crisis in focusing and paying attention is real. 'It's very sad to watch this play out and not be able to stop this,' he said. 'It's like watching a crash that's happening.'

Every expert I spoke to said this transformation explains, in part, our declining attention. Dr Sandra Kooij is one of the leading experts on adult ADHD in Europe, and when I went to interview her in The Hague, she told me bluntly: 'Our Western society is a bit ADHD-ish because we're all sleep-deprived ... It's huge. And it means something for us. So we're all in a hurry, we're all impulsive, we're easily irritated in traffic. You see it everywhere around you ... This has been studied and proven in laboratories: you think you're thinking clearly, but you're not. You're much less clear than you could be.' She added that 'when we sleep better, a lot of

problems get less – like mood disorders, like obesity, like concentration problems ... It repairs a lot of damage.'



As I learned all this, I had some obvious questions. The first was – why does our lack of sleep damage our ability to focus so much? Surprisingly, this is a relatively new research question. Roxanne told me: 'In 1998, when I chose [the subject of sleep] to focus on for my dissertation, there wasn't a lot of research on what sleep was for. We knew what it was and we all do it ... and it's kind of mysterious. You're spending a third of your life unconscious, not engaging with the world ... It was just this mystery – it seems like a waste of resources.'

Charles had been told when he was a young man there was no point studying sleep because it's a passive process – but in fact, he learned, sleep is an incredibly active process. When you go to sleep, all sorts of activities take place in your brain and body – and these are necessary for you to be able to function and focus. One of the things that happens is that during sleep, your brain cleans itself of waste that has accumulated during the day. 'During slow-wave sleep, your cerebral spinal fluid channels open up more and remove metabolic waste from your brain,' Roxanne explained to me. Every night, when you go to sleep, your brain is rinsed with a watery fluid. This cerebrospinal fluid washes through your brain, flushing out toxic proteins and carrying them down to your liver to get rid of them. 'So when I'm talking to college students, I call this brain-cell poop. If you can't focus well, it might be you have too much brain-cell poop circulating.' That can explain why, when you are tired, 'you get a hung-over sort of feeling' – you are literally clogged up with toxins.

This positive kind of brainwashing can only happen when you are asleep. Dr Maiken Nedergaard, at the University of Rochester, told one interviewer: 'The brain only has limited energy at its disposal, and it appears that it must choose between two different functional states – awake and aware, or asleep and cleaning up. You can think of it as like having a

house party. You can either entertain the guests or clean up the house, but you can't really do both at the same time.' A brain that hasn't been through this necessary cleaning process becomes more clogged and less able to concentrate. Some scientists suspect this is why people who are under-slept are at greater risk, in the long-term, of developing dementia. When you are sleeping, Roxanne says, 'You're repairing.'

Another thing that happens during sleep is that your energy levels are restored and replenished. Charles told me that 'the prefrontal cortex is the judgement area of the brain, and that seems to be particularly sensitive to sleep loss ... You see that, with even one night of sleep loss, that area of the brain is just not utilising glucose, which is the main energy source of the brain. It's sort of going stone cold.' Without renewing your sources of energy, you can't think clearly.

But for me, the most intriguing process that happens when we sleep is that we dream – and this, I learned, also performs an important function. In Montreal, I went to interview Tore Nielsen, who is a professor of psychiatry there. He often tells people he has a 'dream job' and asks them to guess what it is. After they've run through the list – racing-car driver? Chocolate-taster? – he tells them: he runs the Dream Lab at the University of Montreal. He told me that some scientists in the field believe that 'dreaming somehow helps you to adapt emotionally to waking events'. When you dream, you can revisit stressful moments, but without stress hormones flooding your system. Over time, those scientists believe this can make it easier to handle stress – which we know makes it easier to focus. Tore emphasises that there seems to be some evidence supporting this theory and some contradicting it, and we need to know more to be sure.

But if it is correct, then we have a problem – because as a society, we are dreaming less and less. Dreams occur most during the stage known as rapid-eye movement (REM) sleep. Tore told me: 'The longest and most intense REM periods are the ones that occur toward the seven- or eight-hour mark of the sleep cycle. So if you're curtailing your sleep down to five or six hours, chances are good that you're not getting those long, intense

REM periods.' As he said this, I wondered: What does it mean to be a society and culture so frantic that we don't have time to dream?



As we find ourselves wired and unable to sleep, more and more of us are turning to drugs to knock ourselves out – whether it's melatonin or alcohol or Ambien. Nine million Americans – 4 percent of adults – are using prescription sleeping pills, and vastly more are using over-the-counter sleep aids, like I did for many years. But Roxanne told me bluntly: 'If you chemically induce sleep, it's not the same kind of sleep.' Remember – sleep is an active process, in which your brain and body do lots of things. Many of these things don't happen, or happen far less, in drugged or drunk sleep. The different ways of artificially inducing sleep can have different effects. If you take 5 mg of melatonin – which is often a standard dose that's sold over the counter in the US – Roxanne said you risk 'blowing out your melatonin receptors', which would make it harder to sleep without them.

Bigger effects kick in with the harder stuff. Of Ambien and the other prescribed sedatives, she warns: 'Sleep is a really important balance of many, many neurotransmitters, and if you artificially ... pump up one, it changes the balance of that sleep.' You will likely have less REM sleep, and fewer dreams, and so you lose all the benefits that come from this crucial stage. You are likely to be groggy throughout the day – which is why sleeping pills increase your risk of death from all causes: you're more likely to get into a car accident, for example. 'If you've ever had surgery and recovered from that, like coming off anaesthesia,' Roxanne said, you don't say, 'Oh, I feel so refreshed.' Knocking yourself out is like taking a minor anaesthetic. Your body doesn't rest and clean and refresh and dream like it needs to.

Roxanne told me that there are some legitimate uses for sleeping pills – for example, taking them for a short time after you've had a traumatic bereavement might be sensible. But she warned 'it's definitely not the

solution for insomnia,’ and that’s why doctors are not supposed to prescribe them over the long term.



It’s a sign of how dysfunctional we have become when it comes to sleep that the people who should be warning us most about this crisis – doctors – are in fact required to become sleep-deprived to get their qualifications. As part of their medical training, doctors have to do gruelling twenty-four-hour shifts on call – they nickname it ‘doing a Jack Bauer’, after the TV show *24*, where Kiefer Sutherland can’t sleep because he’s chasing terrorists. This endangers their patients. But we have become a culture where even the people who should know best about sleep fetishise staying sleepless beyond the point of reason, just like the rest of us.



The second question I found myself asking was: Given that lack of sleep is so harmful, and at some level we all know it, why are we doing it less? Why would we give up on one of our most basic needs?

There’s a big scientific debate about this, and several factors seem to be having an effect. Some are going to come up later in this book. One of them – unexpectedly – is our relationship with physical light. Charles made some of the key breakthroughs on this. Until the nineteenth century, the lives of almost all humans were shaped primarily by the rise and fall of the sun. Our natural rhythms evolved to match it – we would get a rush of energy when it got light, and we would feel sleepy after it got dark. For almost all of human history, our ability to intervene in this cycle was pretty limited – we could light fires, but that was it. As a result, humans evolved to be as sensitive to changes of light, Charles says, as algae and cockroaches. But suddenly, with the invention of the electric lightbulb, we gained the power to control the light we are exposed to – and this power has started to scramble our internal rhythms.

Here's a clear example. We evolved to get a rush of energy – a 'surge of waking drive', Charles says – when the sun began to set. This was very helpful to our ancestors. Imagine you're out camping, and the sun starts to fall – it's very useful if you then feel a rush of wakefulness, because then you'll be able to set up your tent before it's too dark to do it. In the same way, our ancestors got a fresh rush of energy just as the light waned so they could safely get back to their tribe and finish the things they needed to do that day. But now we control the light. We decide when sunset happens. So if we keep bright lights switched on right until the moment we decide to go to sleep, or we watch TV on our phones in bed, when we switch them off we accidentally trigger a physical process – our bodies think this sudden waning of the light is the arrival of sunset, so they release a rush of fresh energy to help you get back to your cave.

'Now this surge of waking drive, instead of happening at three or four o'clock in the afternoon before the sun sets at six, is now happening at ten, eleven, midnight,' Charles says. 'You have the surge of waking energy at the time you're deciding whether to go to sleep. Now you get up in the morning; you feel like you're going to die. You swear to God that you're going to get more sleep the next day, but you're not tired the next evening,' because you've watched more TV on your laptop in bed, and triggered the same process all over again. 'The surge is very powerful, and so people are like, "I'm fine," and the morning is a blur that they've forgotten.' Charles believes that – as he said to another interviewer – 'every time we turn on a light, we are inadvertently taking a drug that affects how we will sleep.' This goes on day after day. 'That's a major contributing factor to this epidemic of sleep deficiency – because we're exposing ourselves to light later and later,' he explained. Indeed, 90 percent of Americans look at a glowing electronic device in the hour before they go to bed – triggering precisely this process. We are now exposed to ten times the amount of artificial light that people were exposed to just fifty years ago.

I wondered if one of the reasons why I slept so much better on Cape Cod was because I returned to something closer to this natural rhythm. When the sun sets on Provincetown, the town gets much darker, and by my

beachhouse, there was almost no artificial light, barely even a street lamp. The orange haze of air pollution that lights up the sky in every place I have ever lived was gone, and there was only the gentle light of the moon and the stars.



But Charles told me you can only really understand our crisis of sleep if you understand it in a much bigger context. At first glance, he says, what we are doing is crazy: ‘We wouldn’t deprive children of nutrition. We wouldn’t think of doing that. Why are we depriving them of sleep?’ But it makes a dark kind of sense when you see it as part of a broader picture. In a society dominated by the values of consumer capitalism, ‘Sleep is a big problem,’ he told me. ‘If you’re asleep, you’re not spending money, so you’re not consuming anything. You’re not producing any products.’ He explained that ‘during the last recession [in 2008]... they talked about global output going down by so many percent, and consumption going down. But if everybody were to spend [an] extra hour sleeping [as they did in the past], they wouldn’t be on Amazon. They wouldn’t be buying things.’ If we went back to sleeping a healthy amount – if everyone did what I did in Provincetown – Charles said ‘it would be an earthquake for our economic system, because our economic system has become dependent on sleep-depriving people. The attentional failures are just roadkill. That’s just the cost of doing business.’ I only really understood how significant this point was towards the end of writing this book.



All this leads to one last big question about sleep – how do we solve this crisis? There are several layers to the solution. The first is personal and individual. As Charles explains, you need to radically limit your exposure to light before you go to sleep. He believes you should have no sources of artificial light in your bedroom at all, and you should avoid the blue light of screens for at least two hours before you go to bed.

We also need, all the sleep experts told me, to have different relationships with our phones. Roxanne told me that to lots of us, ‘It’s like your baby, right? So as a new parent, you’re like – I’ve got to be vigilant for this thing. I’ve got to pay attention. I’m not sleeping as deeply. Or you are like a firefighter who’s listening for a call.’ We’re constantly a little tensed to see ‘did something happen?’ She says your phone should always recharge overnight in a different room, where you can’t see or hear it. Then you need to make sure your room is the right temperature – it should be cool, almost cold. This is because your body needs to cool its core to send you to sleep, and the harder that is, the longer it takes.

These are helpful (and relatively well-known) tips – but, as every expert I spoke to acknowledged, they are not enough for most people. We live in a culture that is constantly amping us up with stress and stimulation. You can tell people all this, and explain the health benefits of a good long night in bed, and they will agree, and then they say, ‘Do you want me to list everything I need to do in the next twenty-four hours? And you want me to spend nine hours sleeping too?’

As I learned about several of the things we need to do to improve our focus, I realised that we live in an apparent paradox. Many of the things we need to do are so obvious they are banal: slow down, do one thing at a time, sleep more. But even though at some level we all know them to be true, we are in fact moving in the opposite direction: towards more speed, more switching, less sleep. We live in a gap between what we know we should do and what we feel we can do. The key question, then, is: what’s causing that gap? Why can’t we do the obvious things that would improve our attention? What forces are stopping us? I spent a large part of the rest of my journey uncovering the answers.

## 4

# Cause Four: The Collapse of Sustained Reading

In the West End of Provincetown there's a gorgeous bookstore named Tim's Used Books. You walk in and you immediately inhale the tangy must that comes from having old books stacked everywhere. I went in almost every other day that summer to buy another book to read. There was a young woman who worked at the cash register who was really smart, and I took to chatting with her. I noticed that every time I went in, she was reading a different book – one day Vladimir Nabokov, another day Joseph Conrad, another day Shirley Jackson. Wow, I said, you read fast. Oh, she replied, I don't. I can only read the first chapter or two of a book. I asked: Really? Why? She said: I guess I can't focus. Here was an intelligent young woman with lots of time, surrounded by many of the best books ever written, and with a desire to read them – but she could only get through the first chapter or two, and then her attention puttered out, like a failing engine.

I have lost count of how many people I know who have told me this. When I first met him, David Ulin, who was a book critic and editor at the *Los Angeles Times* for more than thirty years, told me that he had lost his ability to read deeply over long periods, because whenever he tried to settle down, he kept being drawn back to the buzz of the online conversation.

This is an incredibly smart man whose whole life had been books. It was disconcerting.

The proportion of Americans who read books for pleasure is now at its lowest level ever recorded. The American Time Use Survey – which studies a representative sample of 26,000 Americans – found that between 2004 and 2017 the proportion of men reading for pleasure had fallen by 40 percent, while for women, it was down by 29 percent. The opinion-poll company Gallup found that the proportion of Americans who never read a book in any given year tripled between 1978 and 2014. Some 57 percent of Americans now do not read a single book in a typical year. This has escalated to the point that by 2017, the average American spent seventeen minutes a day reading books and 5.4 hours on their phone. Complex literary fiction is particularly suffering. For the first time in modern history, less than half of Americans read literature for pleasure. It's been less well studied, but there seem to be similar trends in Britain and other countries: between 2008 and 2016 the market for novels fell by 40 percent. In one single year – 2011 – paperback fiction sales collapsed by 26 percent.

Mihaly Csikszentmihalyi had discovered in his research that one of the simplest and most common forms of flow that people experience in their lives is reading a book – and, like other forms of flow, it is being choked off in our culture of constant distraction. I thought a lot about this. For many of us, reading a book is the deepest form of focus we experience – you dedicate many hours of your life, coolly, calmly, to one topic, and allow it to marinate in your mind. This is the medium through which most of the deepest advances in human thought over the past 400 years have been figured out and explained. And that experience is now in freefall.

In Provincetown I noticed I wasn't just reading more – I was reading differently. I was becoming much more deeply immersed in the books I had chosen. I got lost in them for really long stretches, sometimes whole days – and I felt like I was understanding and remembering more of what I read. I seemed like I travelled further in that deckchair by the sea, reading book after book, than I had in the previous five years of shuttling frantically around the world: I went from fighting on the battlefields of the Napoleonic

wars, to being an enslaved person in the Deep South, to being an Israeli mother trying to avoid hearing the news that her son has been killed. As I reflected on this, I started to think again about a book I had read ten years before: *The Shallows* by Nicholas Carr – a landmark work that really alerted people to a crucial aspect of the growing attention crisis. He warned that the way we are reading seems to be changing as we migrate to the internet – so I went back to one of the key experts he drew on, to see what she has learned since.

Anne Mangen is a professor of literacy at Stavanger University in Norway, and she explained to me that in two decades of researching this subject, she has proved something crucial. Reading books trains us to read in a particular way – in a linear fashion, focused on one thing for a sustained period. Reading from screens, she has discovered, trains us to read in a different way – in a manic skip and jump from one thing to another. ‘We’re more likely to scan and skim’ when we read on screens, her studies have found – we run our eyes rapidly over the information to extract what we need. But after a while, if we do this long enough, she told me that ‘this scanning and skimming bleeds over. It also starts to colour or influence how we read on paper … That behaviour also becomes our default, more or less.’ It was precisely what I had noticed when I tried to settle into Dickens when I arrived in Provincetown and found myself rushing ahead of him, as if it was a news article and I was trying to push for the key facts.

This creates a different relationship with reading. It stops being a form of pleasurable immersion in another world and becomes more like dashing around a busy supermarket to grab what you need and then get out again. When this flip takes place – when our screen-reading contaminates our book-reading – we lose some of the pleasures of reading books themselves, and they become less appealing.

It has other knock-on effects. Anne has conducted studies that split people into two groups, where one is given information in a printed book, and the other is given the same information on a screen. Everyone is then asked questions about what they just read. When you do this, you find that people understand and remember less of what they absorb on screens.

There's broad scientific evidence for this now, emerging from fifty-four studies, and she explained that it's referred to as 'screen inferiority'. This gap in understanding between books and screens is big enough that in elementary-school children, it's the equivalent of two-thirds of a year's growth in reading comprehension.

As she spoke, I realised that the collapse in reading books is in some ways a symptom of our atrophying attention, and in some ways a cause of it. It's a spiral – as we began to move from books to screens, we started to lose some of the capacity for the deeper reading that comes from books, and that, in turn, made us less likely to read books. It's like when you gain weight, and it gets harder and harder to exercise. As a result, Anne told me she was worried we are now losing 'our ability to read long texts any more', and we are also losing our 'cognitive patience ... [and] the stamina and the ability to deal with cognitively-challenging texts'. When I was at Harvard conducting interviews, one professor told me that he struggled to get his students there to read even quite short books, and he increasingly offered them podcasts and YouTube clips they could watch instead. And that's Harvard. I started to wonder what happens to a world where this form of deep focus shrinks so far and so fast. What happens when that deepest layer of thinking becomes available to fewer and fewer people, until it is a small minority interest, like opera, or volleyball?



As I wandered the streets of Provincetown contemplating some of these questions, I found myself thinking back over a famous idea that I now realised I had never really understood before – one that was also mulled, in a different way, by Nicholas Carr in his book. In the 1960s, the Canadian professor Marshall McLuhan talked a lot about how the arrival of television was transforming the way we see the world. He said these changes were so deep and so profound that it was hard to really see them. When he tried to distil this down into a phrase, he explained that 'the medium is the message'. What he meant, I think, was that when a new technology comes

along, you think of it as like a pipe – somebody pours in information at one end, and you receive it unfiltered at the other. But it's not like that. Every time a new medium comes along – whether it's the invention of the printed book, or TV, or Twitter – and you start to use it, it's like you are putting on a new kind of goggles, each with their own special colours and lenses. Each set of goggles you put on makes you see things differently.

So (for example) when you start to watch television, before you absorb the message of any particular TV show – whether it's *Wheel of Fortune* or *The Wire* – you start to see the world as being shaped like television itself. That's why McLuhan said that every time a new medium comes along – a new way for humans to communicate – it has buried in it a message. It is gently guiding us to see the world according to a new set of codes. The way information gets to you, McLuhan argued, is more important than the information itself. TV teaches you that the world is fast; that it's about surfaces and appearances; that everything in the world is happening all at once.

This made me wonder what the message is that we absorb from social media, and how it compares to the message that we absorb from printed books. I thought first of Twitter. When you log in to that site – it doesn't matter whether you are Donald Trump or Bernie Sanders or Bubba the Love Sponge – you are absorbing a message through that medium and sending it out to your followers. What is that message? First: that you shouldn't focus on any one thing for long. The world can and should be understood in short, simple statements of 280 characters. Second: the world should be interpreted and confidently understood very quickly. Third: what matters most is whether people immediately agree with and applaud your short, simple, speedy statements. A successful statement is one that lots of people immediately applaud; an unsuccessful statement is one that people immediately ignore or condemn. When you tweet, before you say anything else, you are saying that at some level you agree with these three premises. You are putting on those goggles and seeing the world through them.

How about Facebook? What's the message in that medium? It seems to be first: your life exists to be displayed to other people, and you should be

aiming every day to show your friends edited highlights of your life. Second: what matters is whether people immediately like these edited and carefully selective highlights that you spend your life crafting. Third: somebody is your ‘friend’ if you regularly look at their edited highlight reels, and they look at yours – this is what friendship means.

How about Instagram? First: what matters is *how* you look on the outside. Second: what matters is how you look on the outside. Third: what matters is how you look on the outside. Fourth: what matters is whether people like how you look on the outside. (I don’t mean this glibly or sarcastically: that really is the message the site offers.)

I realised one of the key reasons why social media makes me feel so out of joint with the world, and with myself. I think all of these ideas – the messages implicit in these mediums – are wrong. Let’s think about Twitter. In fact, the world is complex. To reflect that honestly, you usually need to focus on one thing for a significant amount of time, and you need space to speak at length. Very few things worth saying can be explained in 280 characters. If your response to an idea is immediate, unless you have built up years of expertise on the broader topic, it’s most likely going to be shallow and uninteresting. Whether people immediately agree with you is no marker of whether what you are saying is true or right – you have to think for yourself. Reality can only be understood sensibly by adopting the *opposite* messages to Twitter. The world is complex and requires steady focus to be understood; it needs to be thought about and comprehended slowly; and most important truths will be unpopular when they are first articulated. I realised that the times in my own life when I’ve been most successful on Twitter – in terms of followers and retweets – are the times when I have been least useful as a human being: when I’ve been attention-deprived, simplistic, vituperative. Of course there are occasional nuggets of insight on the site – but if this becomes your dominant mode of absorbing information, I believe the quality of your thinking will rapidly degrade.

The same goes for Instagram. I like looking at pretty people, like everyone else. But to think that life is primarily about these surfaces – getting approval for your six-pack or how you look in a bikini – is a recipe

for unhappiness. And the same goes for a lot of how we interact on Facebook too. It's not a friendship to pore jealously over another person's photos and boasts and complaints, and to expect them to do the same for you. In fact, that's pretty much the opposite of friendship. Being friends is about looking into each other's eyes, doing things together in the world, an endless exchange of gut laughs and bear hugs, joy and grief and dancing. These are all the things Facebook will often drain from you by dominating your time with hollow parodies of friendship.

After thinking all this, I would return to the printed books I was piling up against the wall of my beachhouse. What, I wondered, is the message buried in the medium of the printed book? Before the words convey their specific meaning, the medium of the book tells us several things. Firstly, life is complex, and if you want to understand it, you have to set aside a fair bit of time to think deeply about it. You need to slow down. Secondly, there is a value in leaving behind your other concerns and narrowing down your attention to one thing, sentence after sentence, page after page. Thirdly, it is worth thinking deeply about how other people live and how their minds work. They have complex inner lives just like you.

I realised that I agree with the messages in the medium of the book. I think they are true. I think they encourage the best parts of human nature – that a life with lots of episodes of deep focus is a good life. It is why reading books nourishes me. And I don't agree with the messages in the medium of social media. I think they primarily feed the uglier and shallower parts of my nature. It is why spending time on these sites – even when, by the rules of the game, I am doing well, gaining likes and followers – leaves me feeling drained and unhappy. I like the person I become when I read a lot of books. I dislike the person I become when I spend a lot of time on social media.



But I wondered if I was getting carried away – these were just my hunches, after all – so later, I went to the University of Toronto to interview

Raymond Mar, who is a professor of psychology there. Raymond is one of the social scientists who has done most in the world to study the effects that reading books has on our consciousness, and his research has helped to open up a distinctive way of thinking about this question.

When he was a little boy, Raymond read obsessively – but it had never occurred to him to try to figure out how reading itself might affect the way in which our minds work until he was a grad student, and one day, his mentor, Professor Keith Oatley, put a thought to him. When you read a novel, you are immersing yourself in what it's like to be inside another person's head. You are simulating a social situation. You are imagining other people and their experiences in a deep and complex way. So maybe, he said, if you read a lot of novels, you will become better at actually understanding other people off the page. Perhaps fiction is a kind of empathy gym, boosting your ability to empathise with other people – which is one of the most rich and precious forms of focus we have. Together, they decided to begin to study this question scientifically.

It's a tricky thing to study. Some other scientists had developed a technique where you give somebody a passage to read, and then immediately afterwards you test their empathy. But to Raymond, this was flawed. If reading affects us, it reshapes us over the longer term – it's not like coming up on ecstasy, where you swallow it and experience immediate effects for a few hours.

With his colleagues he came up with a clever three-stage experiment, designed to see if this longer-term effect existed. If you took part in the test, you were brought into a lab and you were shown a list of names. Some were famous novelists; some were famous non-fiction writers; and some were random people who aren't writers at all. You were asked to circle the names of the novelists, and then, separately, you were asked to circle the names of the non-fiction writers. Raymond reasoned that people who had read more novels over their lifetime would be able to recognise the names of more fiction writers. He also now had an interesting comparison group – people who had read a lot of non-fiction books.

Then he gave everyone two tests. The first used a technique that's sometimes used to diagnose autism. You are shown lots of pictures of people's eye areas, and you are asked: what is this person thinking? It's a way of measuring how good you are at reading the subtle signals that reveal the emotional state of another person. In the second test, you sat down and watched several videos of real people in real situations like, for example, two men who had just played a squash game talking to each other. You had to figure out: what's going on here? Who won the game? What's the relationship between them? How do they feel? Raymond and the experimenters knew the real answer – and so they could see who, in the test, was best at reading the social signals and figuring it out.

When they got the results, they were clear. The more novels you read, the better you were at reading other people's emotions. It was a huge effect. This wasn't just a sign that you were better educated – because, reading non-fiction books, by contrast, had no effect on your empathy.

I asked Raymond – why? Reading, he told me, creates a 'unique form of consciousness ... While we're reading, we're directing attention outwards towards the word on the page and, at the same time, enormous amounts of attention is going inwards as we imagine and mentally simulate.' It's different from if you just close your eyes and try to imagine something off the top of your head. 'It's being structured – but our attention is in a very unique place, fluctuating both out towards the page, towards the words, and then inwards, towards what those words represent.' It's a way of combining 'outwardly directed attention and inwardly directed attention'. When you read fiction in particular, you imagine what it is like to be another person. You find yourself, he says, 'trying to understand the different characters, their motivations, their goals, tracking those different things. It's a form of practice. We're probably using the same kinds of cognitive processes that we would use to understand our real peers in the real world.' You simulate being another human being so well that fiction is a far better virtual-reality simulator than the machines currently marketed under that name.

Each of us can only ever experience a small sliver of what it's like to be a human being alive today, Raymond told me, but as you read fiction, you see

inside other people's experiences. That doesn't vanish when you put down the novel. When you later meet a person in the real world, you'll be better able to imagine what it's like to be them. Reading a factual account may make you more knowledgeable, but it doesn't have this empathy-expanding effect.

There have now been dozens of other studies replicating the core effect that Raymond discovered. I asked Raymond what would happen if we discovered a drug that boosted empathy as much as reading fiction has been shown to in his work. 'If it had no side effects,' he said, 'I think that it would be a very popular drug.' The more I talked with him, the more I reflected that empathy is one of the most complex forms of attention we have – and the most precious. Many of the most important advances in human history have been advances in empathy – the realisation by at least some white people that other ethnic groups have feelings and abilities and dreams just like them; the realisation by some men that the way they have exerted power over women was illegitimate and caused real suffering; the realisation by many heterosexuals that gay love is just like straight love. Empathy makes progress possible, and every time you widen human empathy, you open the universe a little more.

But – as Raymond is the first to point out – these results can be interpreted in a very different way. It could be that reading fiction, over time, boosts your empathy. But it could also be that people who are already empathetic are simply more drawn to reading novels. This makes his research controversial, and contested. He told me that it's likely that both are true – that reading fiction boosts your empathy, and that empathetic people are more drawn to reading fiction. But there's a hint, he said, that reading fiction really does have a significant effect: one of his studies found that the more a child is read storybooks – something their parents, more than the kid, choose – the better they are at reading other people's emotions. This suggests that the experience of stories really does expand their empathy.

If we have reasons to believe that reading fiction boosts our empathy, do we know what the forms that are largely replacing it – like social media –

are doing to us? Raymond said it's easy to be snobbish about social media and to fall into a moral panic, and he finds that way of thinking silly. There's a lot that is good about social media, he stressed. The effects he is describing aren't to do primarily with the printed page, he said – they are to do with being immersed in a complex narrative that simulates the social world. His studies have found that long TV series are just as effective, he said. But there's a catch. One of his studies showed that children are more empathetic if they read storybooks or watch movies, but not if they watch shorter shows. This seems to fit, it seemed to me, with what we see on social media – if you see the world through fragments, your empathy often doesn't kick in, in the way that it does when you engage with something in a sustained, focused way.

As I talked with him, I thought: We internalise the texture of the voices we're exposed to. When you expose yourself to complex stories about the inner lives of other people over long periods of time, that will repattern your consciousness. You too will become more perceptive, open and empathetic. If, by contrast, you expose yourself for hours a day to the disconnected fragments of shrieking and fury that dominate social media, your thoughts will start to be shaped like that. Your internal voices will become cruder, louder, less able to hear more tender and gentle thoughts. Take care what technologies you use, because your consciousness will, over time, come to be shaped like those technologies.

Before I said goodbye to Raymond, I asked him why he had spent so much time studying the effects of reading fiction on human consciousness. Up to the moment when I asked this, he had been something of a data geek, explaining his methods in great detail. But as he answered, his face opened up. 'We're all on the same ball of mud and water that is heading towards a catastrophic end potentially. If we are going to solve these problems, we can't do it alone,' he said. 'That's why I think empathy is so valuable.'

# 5

## Cause Five: The Disruption of Mind-Wandering

For more than one hundred years, there has been one image – a metaphor – that has, above all others, dominated how experts think about attention. Picture the Hollywood Bowl, crammed with tens of thousands of people, with all the laughing and jostling and yelling that takes place as people saunter in and wait for the show. Then, suddenly, the lights go down, and on the stage, a spotlight appears. It lights up one individual: Beyoncé. Or Britney. Or Bieber. Suddenly all the chatter and clatter cease, and the focus of that room narrows to one person and their awesome power. In 1890 the founder of modern American psychology, William James, wrote – in the most influential text ever (in the Western world, at least) on this subject – that ‘everyone knows what attention is’. Attention, he said, is a spotlight. To put it in our terms, it’s the moment Beyoncé appears, alone, on the stage, and everyone else around you seems to vanish.

James himself offered other images at the time too, and psychologists have tried other ways of thinking about it – but ever since, the study of attention has primarily been the study of the spotlight. This image, I realised when I stopped to think about it, dominated how I thought about attention too. Attention is usually defined as a person’s ability to selectively attend to something in the environment. So when I said I was distracted, I

meant that I couldn't narrow the spotlight of my attention down to the one thing I want to focus on. I want to read a book, but the light of my attention won't fade from my phone, or from the people talking in the street outside, or from my anxieties about work. There's a lot of truth in this way of thinking about attention – but I learned that, in fact, this is only one form of attention that you need in order to function fully. It exists alongside other forms of attention that are just as essential for you to be able to think coherently – and those forms are under even greater threat right now than your spotlight.



In my life before I fled to Cape Cod, I lived in a tornado of mental stimulation. I would never go for a walk without listening to a podcast or talking on the phone. I would never wait two minutes in a store without looking at my phone or reading a book. The idea of not filling every minute with stimulation panicked me, and I found it weird when I saw other people not doing it. On long train or bus journeys, whenever I would see somebody just sit there for six hours, doing nothing but stare out of the window, I would feel an urge to lean over to them and say, 'I'm sorry to disturb you. It's none of my business, but I just wanted to check – you do realise that you have a limited amount of time in which to be alive, and the clock counting down towards death is constantly ticking, and you'll *never* get back these six hours you are spending doing nothing at all? And when you are dead, you'll be dead *forever*? You know that, right?' (I never did this, as you can tell from the fact I am not writing this book from a psychiatric institution, but it crossed my mind.)

So I thought that in Provincetown, stripped of distractions, I would gain one benefit – I would be able to be even more stimulated, for even longer periods, and retain even more of what I inhaled. I can listen to longer podcasts! I can read longer books! That did happen – but it occurred alongside something else, something I didn't see coming. One day I left my iPod at home, and I decided to simply go for a walk along the beach. I

walked for two hours, and I let my thoughts float, without my spotlight settling on anything. I felt my mind roam – from looking at the little crabs on the beach, to memories of my childhood, to ideas for books I might write years from now, to the shapes of the men sunning themselves in Speedos. My consciousness drifted like the boats I could see bobbing on the horizon.

At first I felt guilty. You came here to focus, I said to myself, and to learn about focus. But what you are indulging in is its opposite – a mental detumescence. But I continued. Before long, I was doing this every day, and my periods of meandering started to stretch to three, four, sometimes even five hours. This would have been unthinkable to me in my normal life. But in that time, I felt more creative than I had since I was a child. Ideas started spinning out of my head. When I would get home and write them down, I realised I was having more creative ideas – and making more connections – in a single three-hour walk than I usually had in a month. I started to let smaller moments of mind-wandering in too. When I finished reading a book, I would just lie there for twenty minutes, thinking about it, staring out to sea.

Weirdly, it seemed like letting my spotlight disappear entirely was improving my ability to think and to focus in some way I couldn't articulate. How could that be? I only began to understand what was happening when I learned that over the past thirty years, there has been a sudden bubbling up of research into this very topic: mind-wandering.



In the 1950s, in the small town of Aberdeen in Washington state, a high-school chemistry teacher named Mr Smith had a problem with one of his students, a teenage boy named Marcus Raichle. He called in the boy's parents and explained sternly that he was doing something bad. 'Your son has a habit of daydreaming,' he said. We all know this is one of the worst things you can do at school.

Thirty years later, their son helped to make a breakthrough on this very topic – one that Mr Smith would not have approved of. Marcus became a

prominent neuroscientist and won the Kavli Prize, a leading honour in the field. In the 1980s, a whole new way of seeing what was happening in people's brains – the PET (positron emission tomography) scan – evolved right outside his office, where the technology was being applied for the first time, by him and his colleagues. I stood on that very spot, in the Washington School of Medicine in St Louis, Missouri, when I went to interview him. He was one of the first scientists who was able to use this new tool, and when he switched it on with a patient inside, he was able to see into a living human brain in a way almost nobody ever had before.

Back in his medical training, Marcus had been confidently told that we know what's happening inside your head in the moments when you are not focusing. Your brain is 'lying there dormant, quiet, doing nothing, like muscles do until you start to move them', he was told. But one day Marcus noticed something odd. He had some patients strapped in for a PET scan, and those patients were waiting for him to give them a task and just letting their minds wander. As he got the task ready, he glanced at the machine, and he was puzzled. Their brains, it seemed, were not inactive, as his med-school tutors had said they should be. Activity had shifted from one part of the brain to another – but the brain was still highly active. Surprised, he began to study this in detail. He named the region of the brain that becomes more active when you think you're not doing much 'the default mode network' – and as he studied this more, analysing what people's brains do when they seem to be doing nothing, he could physically see this region light up on the brain scans. As he looked at them, Marcus said, 'God, there she was. The whole thing. It was just stunning.'

It was a paradigm shift in what scientists thought happens inside our brains, and it triggered an explosion of scientific research into dozens of topics all over the world. One of them was a sudden surge of interest in the science of mind-wandering, asking: what happens when our thoughts float freely, without any immediate focus to anchor them? We can see something is happening – but what? As the debate developed over decades, some scientists came to think that the default mode network is the part of the brain that becomes most active during mind-wandering, and others strongly

disagreed – it's an ongoing debate. But Marcus's findings led to a rush of scientific research into why our minds wander at all, and what benefits it might produce.

To understand this better, I went to Montreal in Quebec to interview Nathan Spreng, who is a professor of neurology and neurosurgery at McGill University, and to York in England to interview Jonathan Smallwood, who is a professor of psychology at the university there. They are two of the people who have studied this question in most depth. It is a relatively new field of science, so some of its basic ideas are still quite contested, and more will become clear in the coming decades. But in their dozens of scientific studies, they had discovered – it seemed to me – three crucial things that are happening during mind-wandering.

Firstly, you are slowly making sense of the world. Jonathan gave me an example. When you read a book – as you are doing now – you obviously focus on the individual words and sentences, but there's always a little bit of your mind that is wandering. You are thinking about how these words relate to your own life. You are thinking about how these sentences relate to what I said in previous chapters. You are thinking about what I might say next. You are wondering if what I am saying is full of contradictions, or whether it will all come together in the end. Suddenly you picture a memory from your childhood, or from what you saw on TV last week. ‘You draw together the different parts of the book in order to make sense of the key theme,’ he said. This isn't a flaw in your reading. This *is* reading. If you weren't letting your mind wander a little bit right now, you wouldn't really be reading this book in a way that would make sense to you. Having enough mental space to roam is essential for you to be able to understand a book.

This isn't just true of reading. It is true of life. Some mind-wandering is essential for things to make sense. ‘If you couldn't do it,’ Jonathan told me, ‘so many other things would go out of the window.’ He has found that the more you let your mind wander, the better you are at having organised personal goals, being creative, and making patient, long-term decisions. You will be able to do these things better if you let your mind drift, and slowly, unconsciously, make sense of your life.

Secondly, when your mind wanders, it starts to make new connections between things – which often produces a solution to your problems. As Nathan put it to me, ‘I think what’s happening is that, when there’s unresolved issues, the brain tries to make things fit,’ if it’s just given the space to do it. He gave me a famous example: the nineteenth-century French mathematician Henri Poincaré was wrestling with one of the hardest problems in maths, and he had narrowed his spotlight down onto every squiggle of it for ages, and he was getting nowhere. Then one day when he was away on a trip, suddenly, as he was stepping into a bus, the solution came to him in a flash. It was only when he turned off the spotlight of his focus, and let his mind wander on its own, that he could connect the pieces, and finally answer the problem. In fact, when you look back over the history of science and engineering, many great breakthroughs don’t happen during periods of focus – they happen during mind-wandering.

‘Creativity is not [where you create] some new thing that’s emerged from your brain,’ Nathan told me. ‘It’s a new association between two things that were already there.’ Mind-wandering allows ‘more extended trains of thought to unfold, which allows for more associations to be made.’ Henri Poincaré couldn’t have come up with his solution if he had remained narrowly focused on the math problem he was trying to solve, or if he had been totally distracted. It took mind-wandering to get him there.

Thirdly, during mind-wandering, your mind will – Nathan said – engage in ‘mental time-travel’, where it roams over the past and tries to predict the future. Freed from the pressures of thinking narrowly about what’s right in front of you, your mind will start to think about what might come next – and so it will help to prepare you for it.

Up until I met these scientists, I thought that mind-wandering – what I was doing in Provincetown so much, and so pleasurable – was the opposite of attention, and that’s why I felt guilty about doing it. I realised I was wrong. It is actually a different form of attention – and a necessary one. Nathan told me that when we narrow our attention down into a spotlight to focus on one thing, that takes ‘a certain amount of bandwidth’, and when we turn off the spotlight, ‘we still have the same bandwidth – it’s just we

can allocate more of those resources' towards other ways of thinking. 'So it's not like attention necessarily goes down – it just shifts,' to other, crucial forms of thinking.

This, I realised, is quite challenging to the whole way I had been raised to think about productivity. I feel instinctively like I've done a good hard day of work when I have been sitting at my laptop, spotlight-focused on tapping out words – at the end of it, I feel a little Puritan rush of pride at my productivity. Our whole culture is built around this belief. Your boss wants to see you sitting at your desk every hour of the day; this is what she thinks work is. This way of thinking is implanted in us from a very young age when, like Marcus Raichle, we are told off at school for daydreaming. That's why, on the days I spent simply wandering aimlessly on the beaches of Provincetown, I didn't feel productive. I thought I was slacking, being lazy, indulging myself.

But Nathan – after studying all this – had found that to be productive, you can't aim simply to narrow your spotlight as much as possible. He said: 'I try to go for a walk every day and just let my mind kind of sort things out... I don't think our full conscious control of our thoughts is necessarily our most productive way of thinking. I think loose patterns of association can lead to unique insight.' Marcus agreed. Focusing on what's right in front of you, he told me, gives you 'some of the raw material that has to be digested, but at some point, you need to stand back from that'. He warned: 'If we're just frantically running around focusing on the external world exclusively, we miss the opportunity to let the brain digest what's been going on.'

As he said this, I thought about the people I had looked at on the train, staring out the window for hours. I had been silently judging them for their lack of productivity – but now I realised they may have been more meaningfully productive than me, as I frantically took notes on one book after another, without taking time to sit back and digest. The kid in the class who is staring out of the window mind-wandering might be doing the most useful thinking.

I thought back over all the scientific studies I had read about how we spend our time rapidly switching between tasks, and I realised that in our current culture, most of the time we're not focusing, but we're not mind-wandering either. We're constantly skimming, in an unsatisfying whirr. Nathan nodded when I asked about this, and told me he is constantly trying to figure out how to get his phone to stop sending him notifications for things he doesn't want to know. All this frenetic digital interruption is 'pulling our attention away from our thoughts', and 'suppressing your default mode network... I think we're almost in this constant stimulus-driven, stimulus-bound environment, moving from one distraction to the next.' If you don't remove yourself from that, it will 'suppress whatever train of thought you had'.

So we aren't just facing a crisis of lost spotlight focus – we are facing a crisis of lost mind-wandering. Together they are degrading the quality of our thinking. Without mind-wandering, we find it harder to make sense of the world – and in the jammed-up state of confusion that creates, we become even more vulnerable to the next source of distraction that comes along.



When I interviewed him, Marcus Raichle – who made the breakthrough that opened up this whole area of science – had just given up playing in a symphony orchestra, at the age of eighty. He was an oboe player, and his favourite piece to perform was Dvořák's Ninth Symphony. If you want to think about thinking itself, he told me, you should see it as like a symphony. 'You've got two violin sections, violas, cellos, basses, woodwinds, brass, percussion – but it operates as a whole. It has rhythms.' You need space in your life for the spotlight of focus – but alone, it would be like a solo oboe player on a bare stage, trying to play Beethoven. You need mind-wandering to activate the other instruments and to make the sweetest music. I thought I had come to Provincetown to learn to focus. I realised that, in fact, I was learning to think – and that required much more than the spotlight of focus.

On the long walks I try to go on now without any devices at all, I spend a lot of time reflecting on Marcus's metaphor. A few days ago, I wondered if it could be taken further. If thinking is like a symphony that requires all these different kinds of thought, right now, the stage has been invaded. One of those heavy-metal bands who bite the heads off bats and spit them at the audience has charged the stage, and they are standing in front of the orchestra, screaming.



And yet, as I dug deeper into the research on mind-wandering, I learned there is an exception to what I just explained – and it's a big one. In fact, it is one you have probably experienced.

In 2010 the Harvard scientists Professor Dan Gilbert and Dr Matthew Killingsworth developed a web app to study how people feel when they do all sorts of everyday things, from commuting to watching TV to exercising. People would get random prompts from the app that would ask: 'What are you doing now?' They would then be asked to rank how they felt. One of the things Dan and Matthew tracked was how often people found themselves mind-wandering – and what they discovered was surprising, given everything I had just learned. In general, when people are mind-wandering in our culture, they rank themselves as less happy than when they are doing almost any other activity. Even housework, for example, is associated with higher levels of happiness. They concluded: 'A wandering mind is an unhappy mind.'

I thought about this a lot. Given that mind-wandering has been shown to have so many positive effects, why does it so often make us feel bad? There is a reason for this. Mind-wandering can easily descend into rumination. Most of us have had that feeling at some point or another – if you stop focusing and let your mind drift, you become jammed up with stressful thoughts. I thought back to my life at many points before Provincetown. When I was sitting on those trains, clucking in my own mind at the people who could sit staring out of the window while I manically worked and

worked and worked, what was my mental state? Often, I saw now, I was loaded with stress and anxiety. Any attempt to relax my thinking would have let those bad feelings flood in. In Provincetown, by contrast, I had no stresses, and I felt safe – so my mind-wandering could float freely and do its positive work.

In situations of low stress and safety, mind-wandering will be a gift, a pleasure, a creative force. In situations of high stress or danger, mind-wandering will be a torment.



On the beach in the centre of Provincetown, just off the long strip of Commercial Street, there is a comically large blue wooden chair that faces the ocean. It must be eight feet tall, as if it is waiting for a giant. I would often sit on that chair, looking tiny as darkness fell, talking with people I had befriended around the town. Sometimes we would be silent, and simply watch the light change. The light in Provincetown is unlike the light anywhere else I have ever been. You are on a thin, narrow sandbar in the middle of the ocean, and as you sit on that beach, you are facing east. The sun is setting behind you in the west – but its light is flowing forward, onto the water in front of you, and reflecting back into your face. You seem to be flooded with the waning light of two sunsets. I watched it with the people I met, and I felt radically open, to them, and to the sun, and to the ocean.



One day, about ten weeks into my time in Provincetown, I was sitting alone in my friend Andrew's house with one of his dogs, Bowie, at my feet. I was reading a novel and occasionally looking out towards the ocean, when I noticed that Andrew had left his laptop on a chair, open and glowing. On its screen, there was an internet browser. It had no password. There was the World Wide Web, glowing at me. You could look at the internet now, I thought to myself. You could look at anything you want – your social

media, your email, the news. The thought made me feel heavy, and I made myself leave Andrew's house.

But the clock kept running down, and before long, I realised I had only two weeks left. I knew I had to go online to book a hotel for when I went back to Boston. In the Provincetown Library, there is a small bank of six computers that are open to the public. I had walked past them many times and I always averted my gaze, as if they were a toilet stall somebody had accidentally left open. I logged on and booked the hotel in two minutes, and then opened my email. I thought I knew what was about to happen. I spend around half an hour a day dealing with email in my normal life, spread from morning to night (and sometimes it's drastically more). So I calculated that in the time I had been away, I had clocked up thirty-five hours' worth of emails that I would now have to plough through over the next few months, scrambling to catch up. (When I had gone away, I left an auto-reply saying I was totally uncontactable.) I didn't want it. I felt exhausted just thinking about it.

But then something strange happened. I opened my inbox nervously and skimmed through my emails – and there was hardly anything there. In two hours, I had seen everything. The world had accepted my absence with a shrug. I realised that email breeds email, and if you just stop, it stops. I would like to say I felt calmed and soothed by this. In truth, I felt affronted – like my ego had been poked with a knitting needle. All this mania, all these demands on my time, I realised, made me feel important. I wanted in a sudden rush to send emails in order to get emails back – to feel needed again. I clicked over to my Twitter feed. I had precisely the same number of Twitter followers that I had when I left. My absence had been entirely unnoticed. I wandered away from the library and returned to the things that had given me nourishment in Provincetown – long passages of writing flowed from me; the ocean washed over my feet; my friends sat with me and talked all night. I tried to forget the wound to my ego.

On my last day in Provincetown, I took a boat out to Long Point, which is the tip of the tip of Cape Cod, a yellow crest of sand and sea. There, I could look back over the whole of the place where I had spent my summer,

stretching from the Pilgrim Monument all the way down to Hyannis. It was a peculiar feeling, to see the boundaries of my summer in one single scan of the horizon. I felt more still and centred than I ever had before in my life.

You can't just go back and live the way you used to, I told myself, sitting in the shadow of the lighthouse. It's not hard. This summer has shown you how to do it. I demonstrated pre-commitment by cutting myself off. You can show pre-commitment in your everyday life now. I already owned the tools. On my laptop, I have a program called Freedom. It's easy – you download it, and you tell it you want it to deny you access to a specific website, or to the entire internet, for an amount of time you designate, from five minutes to a week. You hit the button, and no matter what you do, your laptop won't get online. And for my phone, I owned something called a kSafe. Again, it's simple – it's a little plastic safe that opens at the top. You put your phone in it, and you put the lid on, and you twist the top to determine how long you want to shut your phone away for. Then it's gone – locked away, so you'd have to smash it with a hammer to get the phone out. Using these two devices, I said to myself, you can recreate Provincetown wherever you are. You can use your phone and the internet part of your laptop for maybe ten or fifteen minutes a day.

That evening, I gave away the small mountain of books I had read, and boarded the ferry to Boston. I got violently seasick on the journey back, and it felt like a rude metaphor for how I felt about returning to the online world. I reclaimed my phone from my friend the next day, and I lay on my hotel bed staring at it. It seemed strangely alien now – even the Apple font looked unfamiliar. I found myself flicking between icons, looking at various programs and websites. I looked at social media and thought, I don't want this. I flicked through Twitter and felt like I had stood on a termites' nest. When I looked up, three hours had gone.

I left it behind and went to eat. When I got back, people had started replying to my emails and texts, and despite myself, I felt a little rush of affirmation. In the next few weeks, I started to post on social media – and I felt myself become cruder and meaner than I had been in the summer. I made snarky comments. The complexity and compassion I had felt in

Provincetown was, I felt, being replaced by something thinner. At moments I didn't like what I was saying. And then I felt the slow rush of approval, the retweets, the likes. I want to tell you that I learned the lessons of my time in Provincetown in a linear and life-affirming way, but that would be a lie. What happened was more complex. I left Provincetown in August, and I used Freedom and the kSafe, and slowly it slipped, and by December, the Screen Time on my iPhone indicated that I was spending four hours a day on my phone. I told myself that includes using Google Maps to navigate the city, and the hours I spent listening to podcasts and the radio and audiobooks. But I felt ashamed when I thought of it. I wasn't quite back to where I had been at the start, but I had clearly slid into distraction and disruption.

I felt like a failure. I had a strong sensation that something was pulling me down. Then I told myself: You're making excuses for yourself. You are doing this, nobody else. These are your failings. And I felt weak. I had gained a lot of insights in Provincetown – but I felt they were fragile, and easily broken by something bigger, something I didn't quite yet understand.

I wanted to know what was preventing me from doing what I wanted, in the better part of myself, to do. I discovered that the answer is more complex than we have been led to believe, and has many facets – and I learned about the first of them when I went to Silicon Valley.

# 6

## Cause Six: The Rise of Technology That Can Track and Manipulate You (Part One)

James Williams told me I had made a fundamental mistake in Provincetown. He was a senior Google strategist for many years, and he left, horrified, to go to Oxford University, to study human attention, and figure out what his colleagues in Silicon Valley have done to it. He told me a digital detox is ‘not the solution, for the same reason that wearing a gas mask for two days a week outside isn’t the answer to pollution. It might, for a short period of time, keep, at an individual level, certain effects at bay. But it’s not sustainable, and it doesn’t address the systemic issues.’ He said our attention is being deeply altered by huge invasive forces in the wider society. Saying the solution is primarily to personally abstain is just ‘pushing it back onto the individual’, he said, when ‘it’s really the environmental changes that will really make the difference’.

For a long time I didn’t really understand what this meant. What would changing our environment entail, when it came to attention, if not each of us trying to change our own personal behaviour? The answer slowly became clear to me when I met with many people who had designed crucial aspects of the world in which we now live. In the hills of San Francisco and the hot, arid streets of Palo Alto, I realised that there are six ways in which our technology, as it currently works, is harming our ability to pay attention

— and that these causes are united by one deeper underlying force that needs to be overcome.

One of the first people to guide me on this journey was Tristan Harris, another former Google engineer, who, after I had been interviewing him for several years, became globally famous for appearing in the viral Netflix documentary *The Social Dilemma*. That film explored a whole range of ways in which social media, as it is currently designed, can be destructive. I wanted to tease out something the film largely didn't explore — its effect on our focus. To grasp it, I think it helps to know Tristan's own story, and what he witnessed at the heart of the machine that is repatterning the world's attention.



In the early 1990s, in the town of Santa Rosa, California, a little boy with a bowl haircut and a bright golden bow tie was learning magic. Tristan was seven years old when he first tried out one of the most basic tricks. He would ask you to hand him a coin, and then — poof! It was gone. After he mastered more tricks, he put on a magic show for his elementary-school class, and then — to his glee — he was selected to go to a magic camp out in the hills, where he was taught for a week by professional magicians. It seemed to him like a real-life Jedi training camp.

He discovered, at this young age, the most important fact about magic. He explained years later: 'It's really about the limits of attention.' The job of a magician is — at heart — to manipulate your focus. That coin didn't really vanish — but your attention was somewhere else when the magician moved it, so when your focus comes back to the original spot, you're amazed. To learn magic is to learn to manipulate someone's attention without them even realising it — and once the magician controls their focus, Tristan realised, he can do what he wants. One of the things that he was taught at camp is that a person's susceptibility to magic has nothing to do with their intelligence. 'It's about something more subtle,' he said later. It's

‘about the weaknesses, or the limits, or the blind spots, or the biases that we’re all trapped inside of’.

Magic, in other words, is the study of the limits of the human mind. You think you control your attention; you think that if somebody messes with it, you will know, and you’ll be able to spot and resist it right away, but, in reality, we are fallible sacks of meat, and we are fallible in predictable ways that can be figured out by magicians and messed with.

As he got to know better and better magicians – eventually befriending one of the best in the world, Derren Brown – Tristan learned something he found both remarkable and disconcerting. It is possible to manipulate your attention to such a degree that a magician can, in many cases, turn you into his puppet. He can make you choose whatever he wants you to choose, while all along you think you’re simply using your own free will. When Tristan first said this to me, I thought he was overstating his case, so he introduced me to another of his magician friends, James Brown. Tristan told me James would show me what it meant. I’ll give you one example. When we sat together, James showed me a standard pack of cards. He said See? Some of them are red, and some of them are black, and they are all mixed up together. Then he turned the cards so the colours were facing towards him, and I couldn’t see them any more. He told me he was going to get me to sort them neatly into two piles – one black, one red – without me ever getting to look at the colour of the cards for myself. It was, obviously, impossible. How could I sort cards I couldn’t see?

He told me to look into his eyes, and – entirely using my own free will – to tell him whether to put the next card into a pile on the left, or a pile on the right. So I gave him my orders – left, left, right, and so on – according to what I was confident were my own random whims. At the end, he lifted up the piles of cards and showed them to me. The red cards were neatly in one pile; the black cards were in the other.

I was baffled. How did he do it? He eventually told me he had been subtly guiding my choices. He did it again, and said he would do it a little more crudely this time, to see if I could spot it. Finally – and he had to be pretty blatant – I saw it. When he told me to pick at the next card, he

indicated very slightly with his eyes to the left or to the right – and I always chose in the way he unconsciously guided me to. Everyone always does, he told me. Later, Tristan explained to me that this is a core insight of magic – you can manipulate people and they don't even know it's happening. They will swear to you that they made their own free choices – as I would have about those cards.

One morning, in his office in San Francisco, Tristan leaned forward and said to me: ‘How does a magician do their work? It works because they don't have to know your strengths – they just have to know your weaknesses. How well do you know your weaknesses?’ I wanted to believe I understood my weaknesses very well, but Tristan shook his head gently. ‘If people did know their weaknesses,’ he said, ‘then magic wouldn't work.’

Magicians play on these weaknesses to delight and entertain us. As Tristan grew up, he became part of another group of people who were figuring out our weaknesses to manipulate us – but they had very different goals.



It was in his first year at Stanford University, in 2002, that Tristan first heard whispers of a course on campus that took place in a mysterious-sounding place known as the Persuasive Technologies Lab. It was, the rumours went, a place where scientists were figuring out how to design technology that could change your behaviour – without you even knowing you were being changed. In his teens Tristan had become obsessed with coding, and he had already been an intern at Apple after his freshman year at Stanford, designing a piece of code that is still used in many of your devices today. This secretive and much-discussed course, he learned, was about taking everything scientists had discovered over the twentieth century about how to change other people's behaviour, and figuring out how the students could integrate these forms of persuasion into their code.

The course was taught by a warm, upbeat Mormon behavioural scientist in his forties named Professor B.J. Fogg. At the start of each day, he would

take out a stuffed frog and a cuddly monkey and introduce them to the class, and then he would play on his ukulele. Whenever he wanted the group to break or wrap up, he would tap on a toy xylophone. B.J. explained to students that computers had the potential to be far more persuasive than people. They can, he believed, ‘be more persistent than human beings, [and] offer greater anonymity’, and ‘go where humans cannot go or may not be welcome’. Soon, he was sure, they would be changing the lives of everyone – persuading us persistently, throughout the day. He had previously worked on a course dedicated to ‘the psychology of mind control’. He assigned to Tristan and his other students a small mound of books which explained hundreds of psychological insights and tricks that had been discovered about how to manipulate human beings and to get them to do what you want. It was a treasure trove. Many of them were based on the philosophy of B.F. Skinner, the man who, as I had learned earlier, had found a way to get pigeons and rats and pigs to do whatever he wanted by offering the right ‘reinforcements’ for their behaviour. After years of falling out of fashion, his ideas were back with full force.

‘It really woke up the magic part of me,’ Tristan told me. ‘I was like – oh wow, there really are these invisible rules that govern what people do. And if there are rules that govern what people do, that’s power. That’s like Isaac Newton discovering the laws of physics. It felt like somebody’s showing me the code – the code of how you can influence people. I remember the experience of sitting there in the graduate area of campus reading those books over the weekends, and underlining furiously these passages, and just being like – oh my God, I can’t even believe that works.’ He was so intoxicated by the excitement of it that, he says, ‘I will admit, I don’t think the ethical bells were firing in my brain yet.’

As part of the class, he was paired with a young man named Mike Krieger, and they were tasked with designing an app. Tristan had been thinking for a while about something named seasonal affective disorder – a condition where, if you are stuck in gloomy weather for a long time, you are more likely to become depressed. How, they asked, could technology help with that? They came up with an app called Send the Sunshine. Two

friends would choose to be connected through it, and it would track where they both were and the online weather reports for their locations. If the app realised that your friend was starved of sunshine, and you had some, it would prompt you to take a photo of the sun and send it to him. It showed that somebody cared; and it sent some sunshine your way. It was sweet, and simple, and it helped to spur Mike and another person on the course, named Kevin Systrom, to think about the power of sharing photographs online. They were already thinking about another of the key lessons of the class, taken from B. F. Skinner: build in immediate reinforcements. If you want to shape the user's behaviour, make sure he gets hearts and likes right away. Using these principles, they launched a new app of their own. They named it Instagram.

The class was filled with people who were going to use the techniques B.J. taught to change how we live our lives, and B.J. was quickly dubbed 'the millionaire maker'. But something was starting to nag at Tristan. After a while, he noticed he had become obsessed with checking his email. He would do it repetitively, mindlessly, again and again, and he felt his attention span was beginning to atrophy. He realised, he told me, that the email app he was using 'operates on a bunch of different levers, and it's very powerful, and it sucks, and it's super-stressful, and it ruins hours and hours of people's lives'. He had been learning in the Persuasive Technologies Lab to hack people, but he came to ask a disconcerting question: am I somehow being hacked by other tech designers myself? He wasn't yet sure how they might be doing it – but he began to have a strange feeling about it. B.J. taught his students that they should only use these powers for good, and he laced ethical debates throughout his course. Yet Tristan was going to start to wonder – were these secrets, this code, actually being used ethically in the real world?

In the final class Tristan attended, all the students discussed ways in which these persuasive technologies could be used in the future. One of the other groups had come up with an eye-catching plan. They asked: 'What if in future you had a profile of every single person on earth?' As a designer, you would track all the information they offer up on social media and build

up a detailed profile of them. It's not just the simple stuff – their gender, or age, or interests. It would be something deeper. This would be a psychological profile – figuring out how their personality works, and the best ways to persuade them. It would know if the user was an optimist or pessimist, if they were open to new experiences or they were prone to nostalgia – it would figure out dozens of characteristics they have.

‘Think, the class wondered out loud, about how you could target people if you knew this much about them. Think about how you could change them. When a politician or a company wants to persuade you, they could pay a social-media company to perfectly target their message just for you. It was the birth of an idea. Years later, when it was revealed that the campaign for Donald Trump had paid a company named Cambridge Analytica to do exactly that, Tristan would think of that final class in Stanford. ‘This was the class that freaked me out,’ he told me. ‘I remember saying – this is horribly concerning.’



But Tristan had a deep belief in the power of tech to do good. So he took what he had learned at Stanford and designed an app with a straightforward positive purpose. He was trying to stop one of the ways the web screws with our attention. Let’s say you are checking out the CNN site, and you start to read a news story about Northern Ireland, a topic you don’t know much about. Normally, you will then open a new window and begin googling for info – and before you know it, you vanish down a rabbit hole and emerge half an hour later, lost in articles and videos about a totally different topic (usually cats playing the piano). Tristan’s app was designed so that in this situation, you could do something different: you highlight any phrase (say, ‘Northern Ireland’), and it would pull up a simple pop-up window giving you a straightforward summary of the topic. No clicking away from the site; no rabbit holes. Your attention is preserved. The app did well – it started to be used by thousands of websites, including the *New York Times*, and quite soon, Google made a substantial offer to buy the

whole thing and for Tristan to come and work for them. They told him it was so he could integrate it into their web browser, Chrome, and make people less distracted. He jumped at the chance.

It is hard to convey, Tristan believes, quite what it was like to go to work for Google at that moment in history, in 2011. Every day, the company he worked for – from its base, the Googleplex in Palo Alto – was shaping and reshaping how 1 billion people navigated their way through the world: what they got to see, and what they didn’t. He told one audience later: ‘I want you to imagine walking into a room. A control room, with a bunch of people, a hundred people, hunched over a desk with little dials – and that that control room will shape the thoughts and feelings of a billion people. This might sound like science fiction, but this actually exists right now, today. I know, because I used to work in one of those control rooms.’

Tristan was assigned for a while to work on the development of Gmail, Google’s email system – precisely the app that was driving him wild, and that he suspected might be using some manipulative tricks he hadn’t yet figured out. Even as he worked on it, he would obsessively check his email, making him less focused, and whenever he looked at a new message, he found it took him a long time to get his mind back to where it had been before. He started trying to think through how you might design a system of email that was less prone to nuking your attention – but whenever he tried to discuss this idea with his colleagues, the conversation didn’t seem to go far. At Google, he quickly learned, success was measured, in the main, by what was called ‘engagement’ – which was defined as minutes and hours of eyeballs on the product. More engagement was good; less engagement was bad. This was for a simple reason. The longer you make people look at their phones, the more advertising they see – and therefore the more money Google gets. Tristan’s co-workers were decent people, struggling with their own tech distractions – but the incentives seemed to lead only one way: you should always design products that ‘engage’ the maximum number of people, because engagement equals more dollars, and disengagement equals fewer dollars.

With each month that passed, Tristan became more startled by the casualness with which the attention of a billion people was being corroded at Google and the other Big Tech companies. One day he would hear an engineer excitedly saying: ‘Why don’t we make it buzz your phone every time we get an email?’ Everyone would be thrilled – and a few weeks later, all over the world, phones began to buzz in pockets, and more people found themselves looking at Gmail more times a day. The engineers were always looking for new ways to suck eyeballs onto their program and keep them there. Day after day, he would watch as engineers proposed more interruptions to people’s lives – more vibrations, more alerts, more tricks – and they would be congratulated.

As the number of people using Google and Gmail continued to spike up, Tristan started to ask his colleagues: ‘How do you ethically persuade two billion people’s minds?... How do you ethically structure two billion people’s attention?’ But instead, he found that most other people in the company were being pushed to ask simply, ‘How can we make this more engaging?’ And that meant more attention-sucking, more interrupting; on and on it went, with better techniques being discovered every week. One day, when we were walking in San Francisco, Tristan said to me: ‘Things look pretty bad from the outside, but when you’re on the inside, things can look even worse.’ Tristan was starting to realise: it’s not your fault you can’t focus. It’s by design. Your distraction is their fuel.

After working intensively on the Gmail team, Tristan saw that when it came to questioning what they were doing to people’s attention, ‘the conversation was not happening’. He looked out across his friends now working in every part of Silicon Valley, and this grab-and-raid approach to our focus was being taken in almost all the companies they worked in. ‘What started to really concern me over the years,’ he told me, ‘was just watching my friends who had originally gotten into this business because they thought they could make the world better, [and now] were caught in this arms race to manipulate human nature.’

To pluck one example out of dozens Tristan could offer, his friends Mike and Kevin had launched Instagram, and after a little while, ‘They added

these filters, because it was a cool thing. So you could take a photo, and just have it look artistic instantly.’ It didn’t cross their minds, he’s sure, that it would start a race with Snapchat and others to see who could ‘provide better beautification filters’ – and that this would, in turn, change how people thought of their own bodies so much that today there’s a whole category of people who undergo surgery so they can look more like their filters. He could see that his friends were setting in motion changes that were transforming the world in ways they couldn’t predict or control. ‘The reason we have to be so careful about the way that we design technology,’ he said, is that ‘they squeeze, they squish, the entire world down into that medium – and out the other end comes a different world.’

But here was Tristan, at the centre of the machine unleashing these transformations, and he could see that behind closed doors, the dials in the control room were being set to ten.



After a few years at the heart of the Googleplex, Tristan couldn’t take it any more, and he decided to leave. As a final gesture, he put together a slide show for the people he worked with, to appeal to them to think about these questions. The first slide said simply: ‘I’m concerned about how we’re making the world more distracted.’ He explained: ‘Distraction matters to me, because time is all we have in life... Yet hours and hours can get mysteriously lost here.’ He showed a picture of a Gmail inbox. ‘And [on] feeds that suck huge chunks of time away here.’ He showed a Facebook feed. He said he was worried that the company – and others like it – were inadvertently ‘destroy[ing] our kids’ ability to focus’, pointing out that the average child between the ages of thirteen and seventeen in the US was sending one text message every six minutes they were awake. People were, he warned, living ‘on a treadmill of continuous checking’.

He asked: We know that interruptions cause a deterioration in people’s ability to focus and think clearly – so why are we ramping up the interruptions? Why are we finding better and better ways to do it all the

time? ‘Think about that,’ he told his colleagues. ‘We should feel an enormous responsibility to get this right.’ All humans have natural vulnerabilities, and instead of exploiting those vulnerabilities – like a malign magician – Google should be respecting them. He suggested some modest changes as a place to start. Instead of notifying someone every time they have a new email, he suggested, we could notify them once a day, in a batch – so it’d be like getting a newspaper in the morning, instead of constantly following the rolling news. Every time we prompt somebody to click over to a new photo their friend has posted, we could warn them – on the same screen – that the average person who clicks on a photo is pulled away for twenty minutes before they get back to their task. We could tell them: You think it’ll only take a second, but it won’t.

He suggested giving users a chance to pause every time they click to do something potentially seriously distracting, to check: are you sure you want to do this? Do you know how much time it will take from you? ‘Humans make different decisions when we pause and consider,’ he said.

He was trying to give his colleagues a sense of the weight of the decisions they made every day: ‘We shape more than eleven billion interruptions to people’s lives *every day*. This is nuts!’ The people sitting around you in the Googleplex, he explained, control more than 50 percent of all the notifications on all the phones in the whole world. We are ‘creating an arms race that causes companies to find more reasons to steal people’s time’, and it ‘destroys our common silence and ability to think’. He asked: ‘Do we really know what we’re doing to people?’

This was an almost insanely bold thing to do. At the heart of the machine that was changing the world, here was a smart and talented but fairly junior engineer, still only twenty-nine years old, saying something that directly challenged the whole direction of the company. It would be like a junior exec in 1975 standing up in front of the whole of ExxonMobil and telling them that they were responsible for global warming by showing them images of the melting of the Arctic. Everyone in Silicon Valley was scrambling to get into and suck up to Google. But here was Tristan, with the ability to stay at its heart for ever and make a lot of money, writing what

seemed to be his own professional death certificate, because he believed somebody, somewhere, had to say something.

He shared his slide show with his colleagues, and went home, depressed. Then something unexpected happened.



With each hour that passed, more and more Google employees shared Tristan's slide show. The next day, he was inundated with messages from within the company enthusing about it. It turned out he had tapped into a latent mood. Just because you design these products, it doesn't mean you are more insulated than anyone else from becoming hooked on them. The workers at the Googleplex could feel this tsunami of distractions hitting them too. Many of them wanted to have a serious conversation about what they were doing to the world. People were drawn in particular to the question Tristan had put to them: 'What if we designed [our products] to minimise stress and create calmer states of mind?'

There was some pushback too. A few of his colleagues said that every new technology brings with it a panic where people say it'll trash the world – after all, Socrates said writing things down would ruin people's memories. We were told that everything from the printed book to television would trash the minds of the young, but here we are, and the world survived. Some others responded from a libertarian perspective, saying that what he was suggesting would invite government regulation, which they believed was contrary to the whole spirit of cyberspace.

Tristan's presentation caused such a ruction within Google that he was asked to stay in a special new position, created just for him. They offered him the role of being Google's first 'design ethicist'. He was thrilled. Here was a chance to think through some of the most challenging questions of our time, in a place where – if he could get people to listen – he could make an enormous difference. For the first time in a long time, he felt optimistic. He thought his new appointment meant Google was serious about exploring

these questions. He knew there was enthusiasm for it among his fellow workers, and he believed in the good faith of his bosses.

He was assigned a desk, and – in effect – left to think. So he started to research the effects of many things. For example, he looked at the way Snapchat hooks teenagers. The app had an option called ‘Snapchat streaks’, where two friends – almost always teens – would check in with each other every day through the app. Every day they checked in, their streak got longer, so you would aim to build up a streak of 200, 300, 400 days, all on a brightly coloured display full of emojis. If you missed a single day, it would reset to zero. It was a perfect way to take the desire of teens for social connection and manipulate it to get them hooked. You came every day to extend your streak, and you stuck around to scroll, often for hours.

But whenever he came up with a specific proposal for how Google’s own products could be less interrupting and presented it to people above him, he was told, in effect: ‘This is hard, it’s confusing, and it’s often at odds with our bottom line.’ Tristan realised he was bumping up against a core contradiction. The more people stared at their phones, the more money these companies made. Period. The people in Silicon Valley did not want to design gadgets and websites that would dissolve people’s attention spans. They’re not the Joker, trying to sow chaos and make us dumb. They spend a lot of their own time meditating and doing yoga. They often ban their own kids from using the sites and gadgets they design, and send them instead to tech-free Montessori schools. But their business model can only succeed if they take steps to dominate the attention spans of the wider society. It’s not their goal, any more than ExxonMobil deliberately wants to melt the Arctic. But it’s an inescapable effect of their current business model.

When Tristan warned about these negative effects, most people inside the company sympathised and agreed. When he suggested alternatives, people changed the subject. To give you a sense of the money involved: the personal wealth of Larry Page, one of the founders of Google, is \$102 billion; his colleague Sergey Brin is worth \$99 billion; and their colleague Eric Schmidt is worth \$20.7 billion. That’s separate from Google’s wealth as a company, which as I write stands at \$1 trillion. These three men alone

are worth roughly the same as the total combined wealth of every single person, building and bank account in the oil-rich country of Kuwait, and Google is worth roughly the entire wealth of the whole of Mexico or Indonesia. Telling them to distract people less was like telling an oil company not to drill for oil – they didn’t want to hear it. ‘You don’t even really get to make that ethical decision’ to improve people’s attention spans, Tristan realised, ‘because your business model and your incentives are making that decision for you’. Years later, testifying before the US Senate, he explained: ‘I failed because companies don’t [currently] have the right incentive to change.’

Tristan was in the ethicist job for two years, and towards the end, as he told an audience later, ‘I felt completely hopeless. There were literally days when I went to work and I would read Wikipedia all day and check my email and I would have no idea, once you see something as massive as the attention economy and its perverse incentives, how could a system this big ever change? I truly felt hopeless. I felt depressed.’ So, finally, he quit Google, and went out into a Silicon Valley where, as he put it to me, ‘everything is a race for attention’. In that lonely time in Tristan’s life, he was about to team up with another person who felt depressed and lost – and who felt guilty about what he personally had done to you, me, and everyone we know.



You probably haven’t heard of Aza Raskin, but he has directly intervened in your life. He will, in fact, probably affect how you spend your time today. Aza grew up in the most elite sliver of Silicon Valley, at the height of its confidence that it was making the world better. His dad was Jef Raskin, the man who invented the Apple Macintosh for Steve Jobs, and he built it around one core principle: that the user’s attention is sacred. The job of technology, Jef believed, was to lift people up and make it possible to achieve their higher goals. He taught his son: ‘What is technology for? Why do we even make technology? We make technology because it takes the

parts of us that are most human and it extends them. That's what a paintbrush is. That's what a cello is. That's what language is. These are technologies that extend some part of us. Technology is not about making us superhuman. It's about making us extra-human.'

Aza became a precocious young coder, and he gave his first talk about user interfaces when he was ten years old. By the time he was in his early twenties, he was at the forefront of designing some of the first internet browsers, and he was the creative lead on Firefox. As part of this work, he designed something that distinctly changed how the web works. It's called 'infinite scroll'. Older readers will remember that it used to be that the internet was divided into pages, and when you got to the bottom of one page, you had to decide to click a button to get to the next page. It was an active choice. It gave you a moment to pause and ask: Do I want to carry on looking at this? Aza designed the code that means you don't have to ask that question any more. Imagine you open Facebook. It downloads a chunk of status updates for you to read through. You scroll down through it, flicking your finger – and when you get to the bottom, it will automatically load another chunk for you to flick through. When you get to the bottom of that, it will automatically download another chunk, and another, and another, forever. You can never exhaust it. It will scroll infinitely.

Aza was proud of the design. 'At the outset, it looks like a really good invention,' he told me. He believed he was making life easier for everyone. He had been taught that increased speed and efficiency of access were always advances. His invention quickly spread all over the internet. Today, all social media and lots of other sites use a version of infinite scroll. But then Aza watched as the people around him changed. They seemed to be unable to pull themselves away from their devices, flicking through and through and through, thanks in part to the code he had designed. He found himself infinitely scrolling through what he often realised afterwards was crap, and he wondered if he was making a good use of his life.

One day, when he was thirty-two, Aza sat down and did a calculation. At a conservative estimate, infinite scroll makes you spend 50 percent more of your time on sites like Twitter. (For many people, Aza believes, it's vastly

more.) Sticking with this low-ball percentage, Aza wanted to know what it meant, in practice, if billions of people were spending 50 percent more on a string of social media sites. When he was done, he stared at the sums. Every day, as a direct result of his invention, the combined total of 200,000 more total human lifetimes – every moment from birth to death – is now spent scrolling through a screen. These hours would otherwise have been spent on some other activity.

When he described this to me, he still sounded a little stunned. That time is ‘just completely gone. It’s like their entire life – poof. That time, which could have been used for solving climate change, for spending time with their family, for strengthening social bonds. For whatever is it that makes their life well-lived. It just...’ He trailed off. I pictured my young godson Adam and all his teenage friends, scrolling, scrolling, infinitely scrolling.

Aza told me he felt ‘sort of dirty’. He realised: ‘These things we do, they really can change the world. Then the question immediately follows: in what way did we change the world?’ He realised he thought making tech easier to use meant the world would get better. But he began to think that ‘one of my biggest learnings as a designer or technologist is – making something easy to use doesn’t mean it’s good for humanity’. He thought about his father – who had since died – and his commitment to make tech that set people free to be better, and he wondered if he was living up to his dad’s vision. He began to ask if he and his generation in Silicon Valley were actually ‘mak[ing] technology that tears us, rips us, and breaks us’.

He carried on designing more things in the vein of infinite scroll, and getting more and more uncomfortable. ‘It was about the time that we were getting to be really successful at this that my stomach started to drop,’ he told me. He felt that he was seeing people become more unempathetic, angry and hostile as their social-media use went up. At the time, he was running an app he had designed named Post-Social, which was a social-media site designed to help people interact more in the real world, away from their devices. He was trying to raise money for the next phase of its development, and all any investor wanted to know was: how much of people’s attention do you capture and run through your app? How often?

How many times a day? That's not what Aza wanted to be – a person who thought solely about how to drain away people's time. But 'you could see this gravity, pulling this product back to everything that we were trying to fight against.'

The logic of the underlying system was being laid bare for Aza. Silicon Valley sells itself by articulating 'a big, lofty goal – connecting everyone in the world, or whatever it is. But when you're actually doing the day-to-day work, it's about increasing user numbers.' What you are selling is your ability to grab and hold attention. When he tried to discuss this, he thwacked into raw denial. 'Say you were baking bread,' he said to me, 'and you had this incredible bread, and you used this secret substance – and all of a sudden, you're making free bread for the world, and everyone's eating it. Then one of your scientists comes and says – by the way, we think it causes cancer, this secret substance. What do you do? You would almost certainly say – that can't be right. We need more research. Maybe it's something [else] that the people out there are doing. Maybe there's some other factor.'

All throughout the industry, Aza kept meeting people who were going through similar crises. 'There were a number of dark nights of the soul that I personally witnessed,' he says. He watched as Silicon Valley's own inhabitants seemed to be hijacked by their own creations, and then tried to escape. When I met with several of these tech dissidents, it struck me how young they were – like they were almost children who had invented toys and watched their toys conquer the world. Everyone was scrambling to meditate in an attempt to resist the programs they had invented. He realised 'one of the ironies is there are these incredibly popular workshops at Facebook and Google about mindfulness – about creating the mental space to make decisions non-reactively – and they are also the biggest perpetrators of non-mindfulness in the world'.



When Tristan and Aza started to speak out, they were ridiculed as wildly over-the-top Cassandras. But then, one by one, all over Silicon Valley, people who had built the world we now live in were beginning to declare in public that they had similar feelings. For example, Sean Parker, one of the earliest investors in Facebook, told a public audience that the creators of the site had asked themselves from the start: ‘How do we consume as much of your time and conscious attention as possible?’ The techniques they used were ‘exactly the kind of thing that a hacker like myself would come up with, because you’re exploiting a vulnerability in human psychology … The inventors, creators – it’s me, it’s Mark [Zuckerberg], it’s Kevin Systrom on Instagram, it’s all of these people – understood this consciously. And we did it anyway.’ He added: ‘God only knows what it’s doing to our children’s brains.’ Chamath Palihapitiya, who had been Facebook’s vice president of growth, explained in a speech that the effects are so negative that his own kids ‘aren’t allowed to use that shit’. Tony Fadell, who co-invented the iPhone, said: ‘I wake up in cold sweats every so often thinking, what did we bring to the world?’ He worried that he had helped create ‘a nuclear bomb’ that can ‘blow up people’s brains and reprogram them’.

Many Silicon Valley insiders predicted that it would only get worse. One of its most famous investors, Paul Graham, wrote: ‘Unless the forms of technological progress that produced these things are subject to different laws than technological progress in general, the world will get more addictive in the next forty years than it did in the last forty.’



One day, James Williams – the former Google strategist I met – addressed an audience of hundreds of leading tech designers and asked them a simple question. ‘How many of you want to live in the world you are designing?’ There was a silence in the room. People looked around them. Nobody put up their hand.

## Cause Six: The Rise of Technology That Can Track and Manipulate You (Part Two)

Tristan said to me that if you want to understand the deeper problems in the way our tech currently works – and why it is undermining our attention – a good place to start is with what seems like a simple question.

Imagine you are visiting New York and you want to know which of your friends are around in the city so you can hang out with them. You turn to Facebook. The site will alert you about lots of things – a friend's birthday, a photo you've been tagged in, a terrorist attack – but it won't alert you to the physical proximity of somebody you might want to see in the real world. There's no button that says 'I want to meet up – who's nearby and free?' This isn't technologically tricky. It would be really easy for Facebook to be designed so that when you opened it, it told you which of your friends were close by and which of them would like to meet for a drink or dinner that week. The coding to do that is simple: Tristan and Aza and their friends could probably write it in a day. And it would be hugely popular. Ask any Facebook user – would you like Facebook to physically connect you to your friends more, instead of keeping you endlessly scrolling?

So – it's an easy tweak, and users would love it. Why doesn't it happen? Why won't the market provide it? To understand why, Tristan and his colleagues explained to me, you need to step back and understand more

about the business model of Facebook and the other social-media companies. If you follow the trail from this simple question, you will see the root of many of the problems we are facing.

Facebook makes more money for every extra second you are staring through a screen at their site, and they lose money every time you put the screen down. They make this money in two ways. Until I started to spend time in Silicon Valley, I had only naively thought about the first and the most obvious. Clearly – as I wrote in the last chapter – the more time you look at their sites, the more advertisements you see. Advertisers pay Facebook to get to you and your eyeballs. But there's a second, more subtle reason why Facebook wants you to keep scrolling and desperately doesn't want you to log off. When I first heard about this reason, I scoffed a little – it sounded far-fetched. But then I kept talking with people in San Francisco and Palo Alto, and every time I expressed scepticism about it, they looked at me like I was a maiden aunt in the 1850s who had just heard the details of sex for the first time. How, they asked, did you think it worked?

Every time you send a message or status update on Facebook, or Snapchat, or Twitter, and every time you search for something on Google, everything you say is being scanned and sorted and stored. These companies are building up a profile of you, to sell to advertisers who want to target you. For example, starting in 2014, if you used Gmail, Google's automated systems would scan through all your private correspondence to generate an 'advertising profile' exactly for you. If (say) you email your mother telling her you need to buy diapers, Gmail knows you have a baby, and it knows to target ads for baby products straight to you. If you use the word 'arthritis', it'll try to sell you arthritis treatments. The process that had been predicted in Tristan's final class back in Stanford was beginning.

Aza explained it to me by saying that I should imagine that 'inside of Facebook's servers, inside of Google's servers, there is a little voodoo doll, [and it is] a model of you. It starts by not looking much like you. It's sort of a generic model of a human. But then they're collecting your click trails [i.e., everything you click on], and your toenail clippings, and your hair droppings [i.e., everything you search for, every little detail of your life

online]. They're reassembling all that metadata you don't really think is meaningful, so that doll looks more and more like you. [Then] when you show up on [for example] YouTube, they're waking up that doll, and they're testing out hundreds of thousands of videos against this doll, seeing what makes its arm twitch and move, so they know it's effective, and then they serve that to you.' It seemed like such a ghoulish image that I paused. He went on: 'By the way – they have a doll like that for one in four human beings on earth.'

At the moment these voodoo dolls are sometimes crude and sometimes startlingly specific. We've all had one kind of experience of searching online for something. I recently tried to buy an exercise bike, and a month later, I am still endlessly being served advertisements for exercise bikes by Google and Facebook, until I want to scream, 'I bought one already!' But the systems are getting more sophisticated every year. Aza told me: 'It's getting to be so good that whenever I give a presentation, I'll ask the audience how many think Facebook is listening to their conversations, because there's some ad that's been served that's just too accurate. It's about a specific thing they never mentioned before [but they happen to have talked about offline] to a friend the day before. Now, it's generally one half to two-thirds of the audience that raises their hands. The truth is creepier. It's not that they are listening and then they can do targeted ad serving. It's that their model of you is so accurate that it's making predictions about you that you think are magic.'

It was explained to me that whenever something is provided by a tech company for free, it's always to improve the voodoo doll. Why is Google Maps free? So the voodoo doll can include the details of where you go every day. Why are Amazon Echo and Google Nest Hubs sold for as cheap as \$30 (£22), far less than they cost to make? So they can gather more info; so the voodoo doll can consist not just of what you search for on a screen but what you say in your home.

This is the business model that built and sustains the sites on which we spend so much of our lives. The technical term for this system – coined by the brilliant Harvard Professor Shoshana Zuboff – is 'surveillance

capitalism'. Her work has made it possible for us to understand a lot of what is happening now. Of course, there have been increasingly sophisticated forms of advertising and marketing for over a hundred years – but this is a quantum leap forward. A billboard didn't know what you googled at three in the morning last Thursday. A magazine ad didn't have a detailed profile of everything you've ever said to your friends on Facebook and email. Trying to give me a sense of this system, Aza said to me: 'Imagine if I could predict all your actions in chess before you made them. It would be trivial for me to dominate you. That's what is happening on a human scale now.' Sometimes, a few of their specific practices have been banned by law. For example, in 2017 the European Union blocked some forms of tracking of internet users – they can't scan your Gmail any more in that territory – but the wider invasive machinery rolls on.

Once you understand all this, you can see why there is no button that suggests you meet up with your friends and family away from the screen. Instead of getting us to maximise screen time, that would get us to maximise face-to-face time. Tristan said: 'If people used Facebook just to quickly get on, so they could find the amazing thing to do with their friends that night, and get off, how would that [affect] Facebook's stock price? The average amount of time people spend on Facebook today is something like fifty minutes a day ... [But] if Facebook acted that way, people would spend barely a few minutes on there per day, in a much more fulfilling way.' Facebook's share price would collapse; it would be, for them, a catastrophe. This is why these sites are designed to be maximally distracting. They need to distract us, to make more money.

Tristan has seen, on the inside, how these business incentives work in practice. Imagine this, he said to me: an engineer proposes a tweak that improves people's attention, or gets them to spend more time with their friends. 'Then what happens is they will wake up two weeks to four weeks later, and there'll be some review on their dashboard looking at the metrics. [Their manager will] be saying, "Hey, why did time spent [on the site] go down about three weeks ago? Oh, it'll be [because] we added these features. Let's just roll back some of those features, to figure out how we

get that number back up.”’ This isn’t some conspiracy theory, any more than it’s a conspiracy theory to explain that KFC wants you to eat fried chicken. It’s simply an obvious result of the incentive structure that has been put in place and that we allow to continue. ‘Their business model,’ he says, ‘is screen time, not life time.’



It was at this point in learning Tristan’s story – from him, his friends, his colleagues and his critics – that I realised something so simple that I am almost embarrassed to say it. For years, I had blamed my deteriorating powers of attention simply on my own failings or on the existence of the smartphone itself as a technology. Most of the people I know do the same. We tell ourselves: The phone arrived, and it ravaged me. I believed any smartphone would have done the same. But what Tristan was showing is that the truth is more complicated. The arrival of the smartphone would always have increased to some degree the number of distractions in life, to be sure, but a great deal of the damage to our attention spans is being caused by something more subtle. It’s not the smartphone in and of itself; it is the way the apps on the smartphone and the sites on our laptops are designed.

Tristan taught me that the phones we have, and the programs that run on them, were deliberately designed by the smartest people in the world to maximally grab and maximally hold our attention. He wants us to understand that this design is not inevitable. I had to really think this over, because, of all the things I learned from him, this seemed the most important.

The way our tech works now to corrode our attention was and remains a choice – by Silicon Valley, and by the wider society that lets them do it. Humans could have made a different choice then, and they can make a different choice now. You could have all this technology, Tristan told me, but not design it to be maximally distracting. In fact, you could design it with the opposite goal: to maximally respect people’s need for sustained

attention, and to interrupt them as little as possible. You could design the technology not so that it pulls people away from their deeper and more meaningful goals, but so that it helps them to achieve them.

This was shocking to me. It's not just the phone: it's the way the phone is currently designed. It's not just the internet: it's the way the internet is currently designed – and the incentives for the people designing it. You could keep your phone and your laptop, and you could keep your social-media accounts – and have much better attention, if they were designed around a different set of incentives.

Once you see it in this different way, Tristan came to believe, it opens up a very different path forward, and the beginnings of a way out of our crisis. If the existence of the phone and the internet is the sole driver of this problem, we're trapped and in deep trouble – because as a society, we're not going to discard our tech. But if it's the current design of the phones and the internet and the sites we run on them that is driving a lot of the problem, and there's a very different way they could work, that would put us all in a very different position.

After you've adjusted your perspective in this way, seeing this as a debate between whether you are pro-tech or anti-tech is bogus and lets the people who stole your attention off the hook. The real debate is: *what* tech, designed for *what* purposes, in *whose* interests?



But when Tristan and Aza said that these sites are designed to be as distracting as possible, I still didn't really understand how. It seemed like a big claim. To grasp it, I had to first learn something else embarrassingly basic. When you open your Facebook feed, you see a whirr of things for you to look at – your friends, their photos, some news stories. When I first joined Facebook back in 2008, I naively thought that these things appeared simply in the order in which my friends had posted them. I'm seeing my friend Rob's photo because he just put it up; then my auntie's status update comes next because she posted it before him. Or maybe, I thought, they

were selected randomly. In fact, I learned over the years – as we all became more informed about these questions – that what you see is selected for you according to an algorithm.

When Facebook (and all the others) decide what you see in your news feed, there are many thousands of things they could show you. So they have written a piece of code to automatically decide what you will see. There are all sorts of algorithms they could use – ways they could decide what you should see, and the order in which you should see them. They could have an algorithm designed to show you things that make you feel happy. They could have an algorithm designed to show you things that make you feel sad. They could have an algorithm to show you things that your friends are talking about most. The list of potential algorithms is long.

The algorithm they actually use varies all the time, but it has one key driving principle that is consistent. It shows you things that will keep you looking at your screen. That's it. Remember: the more time you look, the more money they make. So the algorithm is always weighted towards figuring out what will keep you looking, and pumping more and more of that on to your screen to keep you from putting down your phone. It is designed to distract. But, Tristan was learning, that leads – quite unexpectedly, and without anyone intending it to – to some other changes, which have turned out to be incredibly consequential.

Imagine two Facebook feeds. One is full of updates, news and videos that make you feel calm and happy. The other is full of updates, news and videos that make you feel angry and outraged. Which one does the algorithm select? The algorithm is neutral about the question of whether it wants you to be calm or angry. That's not its concern. It only cares about one thing: will you keep scrolling? Unfortunately, there's a quirk of human behaviour. On average, we will stare at something negative and outrageous for a lot longer than we will stare at something positive and calm. You will stare at a car crash longer than you will stare at a person handing out flowers by the side of the road, even though the flowers will give you a lot more pleasure than the mangled bodies in a crash. Scientists have been proving this effect in different contexts for a long time – if they showed you

a photo of a crowd, and some of the people in it were happy, and some angry, you would instinctively pick out the angry faces first. Even ten-week-old babies respond differently to angry faces. This has been known about in psychology for years and is based on a broad body of evidence. It's called 'negativity bias'.

There is growing evidence that this natural human quirk has a huge effect online. On YouTube, what are the words that you should put into the title of your video, if you want to get picked up by the algorithm? They are – according to the best site monitoring YouTube trends – words such as 'hates, obliterates, slams, destroys'. A major study at New York University found that for every word of moral outrage you add to a tweet, your retweet rate will go up by 20 percent on average, and the words that increased your retweet rate most were 'attack', 'bad' and 'blame'. A study by the Pew Research Center found that if you fill your Facebook posts with 'indignant disagreement', you'll double your likes and shares. So an algorithm that prioritises keeping you glued to the screen will – unintentionally but inevitably – prioritise outraging and angering you. If it's more enraging, it's more engaging.

If enough people are spending enough of their time being angered, that starts to change the culture. As Tristan told me, it 'turns hate into a habit'. You can see this seeping into the bones of our society. When I was a teenager, there was a horrific crime in Britain, where two ten-year-old children murdered a toddler named Jamie Bulger. The Conservative prime minister at the time, John Major, responded by publicly saying that he believed we need 'to condemn a little more, and understand a little less'. I remembered thinking then, at the age of fourteen, that this was surely wrong – that it's always better to understand why people do things, even (perhaps especially) the most heinous acts. But today, this attitude – condemn more, understand less – has become the default response of almost everyone, from the right to the left, as we spend our lives dancing to the tune of algorithms that reward fury and penalise mercy.



In 2015 a researcher named Motahhare Eslami, as part of a team at the University of Illinois, took a group of ordinary Facebook users and explained to them how the Facebook algorithm works. She talked them through how it selects what they see. She discovered that 62 percent of them didn't know their feeds were filtered at all, and they were astonished to learn about the algorithm's existence. One person in the study compared it to the moment in the film *The Matrix*, when the central character, Neo, discovers he is living in a computer simulation.

Since I started work on this book in 2018, awareness of these questions has been growing rapidly, not least thanks to Tristan's work – but I called several of my relatives and asked them if they knew what an algorithm was. None of them – including the teenagers – did. I asked my neighbours. They looked at me blankly. It's easy to assume most people know about this, but I don't think it's true. And even if you know all about it, that alone gives you no protection at all.



When I pieced together the evidence I'd learned, I could see that – when I broke it down – the people I interviewed had presented evidence for six distinct ways in which this machinery, as it currently operates, is harming our attention. (I will come to the scientists who dispute these arguments in

**Chapter Eight:** as you read this, remember that some of it is controversial.)

First, these sites and apps are designed to train our minds to crave frequent rewards. They make us hunger for hearts and likes. When I was deprived of them in Provincetown, I felt bereft, and had to go through a painful withdrawal. Once you have been conditioned to need these reinforcements, Tristan told one interviewer, ‘It’s very hard to be with reality, the physical world, the built world – because it doesn’t offer as frequent and as immediate rewards as this thing does.’ This craving will drive you to pick up your phone more than you would if you had never been plugged into this system. You’ll break away from your work and your relationships to seek a sweet, sweet hit of retweets.

Second, these sites push you to switch tasks more frequently than you normally would – to pick up your phone, or click over to Facebook on your laptop. When you do this, all the costs to your attention caused by switching – as I discussed in

**Chapter One** – kick in. The evidence there shows this is as bad for the quality of your thinking as getting drunk or stoned.

Third, these sites learn – as Tristan put it – how to ‘frack’ you. These sites get to know what makes you tick, in very specific ways – they learn what you like to look at, what excites you, what angers you, what enrages you. They learn your personal triggers – what, specifically, will distract *you*. This means that they can drill into your attention. Whenever you are tempted to put your phone down, the site keeps drip-feeding you the kind of material that it has learned, from your past behaviour, keeps you scrolling. Older technologies – like the printed page, or the television – can’t target you in this way. Social media knows exactly where to drill. It learns your most distractible spots and targets them.

Fourth, because of the way the algorithms work, these sites make you angry a lot of the time. Scientists have been proving in experiments for years that anger itself screws with your ability to pay attention. They have discovered that if I make you angry, you will pay less attention to the quality of arguments around you, and you will show ‘decreased depth of processing’ – that is, you will think in a shallower, less attentive way. We’ve all had that feeling – you start prickling with rage, and your ability to properly listen goes out the window. The business models of these sites are jacking up our anger every day. Remember the words their algorithms promote – attack, bad, blame.

Fifth, in addition to making you angry, these sites make you feel that you are surrounded by other people’s anger. This can trigger a different psychological response in you. As Dr Nadine Harris, the Surgeon General of California, who you’ll meet later in this book, explained to me: Imagine that one day you are attacked by a bear. You will stop paying attention to your normal concerns – what you’re going to eat tonight, or how you will pay the rent. You become vigilant. Your attention flips to scanning for unexpected dangers all around you. For days and weeks afterwards, you will find it harder to focus on more everyday concerns. This isn’t limited to bears. These sites make you feel that you are in an environment full of anger and hostility, so you become more vigilant – a situation where more

of your attention shifts to searching for dangers, and less and less is available for slower forms of focus like reading a book or playing with your kids.

Sixth, these sites set society on fire. This is the most complex form of harm to our attention, with several stages, and I think probably the most harmful. Let's go through it slowly.



We don't just pay attention as individuals: we pay attention together, as a society. Here's an example. In the 1970s, scientists discovered that all over the world, people were using hairsprays that contained a group of chemicals named CFCs. These chemicals were then entering the atmosphere and having an unintended but disastrous effect – they were damaging the ozone layer, a crucial part of the atmosphere that protects us from the sun's rays. Those scientists warned that, over time, this could pose a serious threat to life on earth. Ordinary people absorbed this information and saw that it was true. Then activist groups – made up of ordinary citizens – formed, and demanded a ban. These activists persuaded their fellow citizens that this was urgent and made it into a big political issue. This put pressure on politicians and that pressure was sustained until those politicians banned CFCs entirely. At every stage, averting this risk to our species required us to be able to pay attention as a society – to absorb the science; to distinguish it from falsehood; to band together to demand action; and to pressure our politicians until they act.

But there is evidence that these sites are now severely harming our ability to come together as a society to identify our problems and to find solutions in ways like this. They are damaging not just your attention as an individual, but our collective attention. At the moment false claims spread on social media far faster than the truth, because of the algorithms that spread outraging material faster and further. A study by the Massachusetts Institute of Technology found that fake news travels six times faster on Twitter than real news, and during the 2016 US presidential elections, flat-

out falsehoods on Facebook outperformed the top stories at nineteen mainstream news sites put together. As a result, we are being pushed all the time to pay attention to nonsense – things that just aren’t so. If the ozone layer was threatened today, the scientists warning about it would find themselves being shouted down by bigoted viral stories claiming the threat was all invented by the billionaire George Soros, or that there’s no such thing as the ozone layer anyway, or that the holes were really being made by Jewish space lasers.

If we are lost in lies, and constantly riled up to be angry with our fellow citizens, this sets off a chain reaction. It means we can’t understand what is really going on. In those circumstances, we can’t solve our collective challenges. This means our wider problems will get worse. As a result, the society won’t just *feel* more dangerous – it will actually be more dangerous. Things will start to break down. And as real danger rises, we will become more and more vigilant.

One day, Tristan was shown how this dynamic works when he was approached by a man named Guillaume Chaslot, who had been an engineer designing and administering the algorithm that picks out the videos that are recommended to you on YouTube when you watch a video there. Guillaume wanted to tell him what was happening behind closed doors. Just like Facebook, YouTube makes more money the longer you watch. That’s why they designed it so that when you stop watching one video, it automatically recommends and plays another one for you. How are those videos selected? YouTube also has an algorithm – and it too has figured that that you’ll keep watching longer if you see things that are outrageous, shocking and extreme. Guillaume had seen how it works, with all the data YouTube keeps secret – and he saw what it meant in practice.

If you watched a factual video about the Holocaust, it would recommend several more videos, each one getting more extreme, and within a chain of five or so videos, it would usually end up automatically playing a video denying the Holocaust happened. If you watched a normal video about 9/11, it would often recommend a ‘9/11 truther’ video in a similar way. This isn’t because the algorithm (or anyone at YouTube) is a Holocaust denier or

9/11 truther. It was simply selecting whatever would most shock and compel people to watch longer. Tristan started to look into this, and concluded: ‘No matter where you start, you end up more crazy.’

It turned out, as Guillaume leaked to Tristan, that YouTube had recommended videos by Alex Jones and his website InfoWars 15 billion times. Jones is a vicious conspiracy theorist who has claimed that the 2012 Sandy Hook massacre was faked, and that the grieving parents are liars whose children had never even existed. As a result, some of those parents were inundated with death threats and had to flee their homes. When they sued him, he admitted in court that the massacre was real, and said he had been suffering from ‘a form of psychosis’ when he denied it. This is just one of many insane claims he has made. Tristan has said: ‘Let’s compare that – what is the aggregate traffic of the *New York Times*, the *Washington Post*, the *Guardian*? All that together is not close to fifteen billion views.’

The average young person is soaking up filth like this day after day. Do those feelings of anger go away when they put down their phone? The evidence suggests that for lots of people, they don’t. A major study asked white nationalists how they became radicalised, and a majority named the internet – with YouTube as the site that most influenced them. A separate study of far-right people on Twitter found that YouTube was by far the website they turned to the most. ‘Just watching YouTube radicalises people,’ Tristan explained. Companies like YouTube want us to think ‘we have a few bad apples’, he explained to the journalist Decca Aitkenhead, but they don’t want us to ask: ‘Do we have a system that is systematically, as you turn the crank every day, pumping out more radicalisation? We’re growing bad apples. We’re a bad-apple factory. We’re a bad-apple farm.’

I saw a vision of where this could take us all in 2018, when I went to Brazil in the run-up to their presidential election, in part to see my friend Raull Santiago, a remarkable young man I got to know when I was writing the Brazilian edition of my book about the war on drugs, *Chasing the Scream*.

Raull grew up in a place named Complexo do Alemão, which is one of the biggest and poorest favelas in Rio. It’s a huge, jagged ziggurat of

concrete and tin and wire that stretches far up on the hills, way above the city, until it seems to be almost in the clouds. At least 200,000 people live there, in narrow concrete alleyways that are criss-crossed with makeshift wires providing electricity. The people here built this whole world brick by brick, with little support from the state. The alleyways of Alemão are surreally beautiful: they look like Naples after some undefined apocalypse. As a child, Raull would fly kites high above the favela with his best friend Fabio, where they could see out all across Rio, towards the ocean and the statue of Christ the Redeemer.

Often the authorities would send tanks rolling into the favela. The attitude of the Brazilian state towards the poor was to keep them suppressed with periodic threats of extreme violence. On their way to school, Raull and Fabio would regularly see bodies in the alleyways. Everyone in Alemão knew that the cops could shoot poor kids and claim they were drug dealers, and plant drugs or guns on them. In practice, the police had a licence to murder the poor, and everyone knew it.

Fabio always seemed like the kid most likely to get away from all of this – he was great at maths, and determined to raise money for his mother and disabled sister. He was always figuring out deals – he persuaded the local bars to let him buy their bottles so he could sell them on in bulk, for example. But then, one day, Raull was told something terrible: Fabio had – like so many kids before him – been shot dead by the police. He was fifteen years old.

Raull decided he couldn't just watch his friends being killed one by one – so, as the years passed, he decided to do something bold. He set up a Facebook page named Coletivo Papo Reto, which gathers cell phone footage from across Brazil of the police killing innocent people and planting drugs or guns on them. It became huge with their videos regularly going viral. Even some people who had defended the police began to see their real behaviour and oppose it. It was an inspiring story about how the internet made it possible for people who have been treated like third-class citizens to find a voice, and to mobilise and fight back.

But at the same time as the web was having this positive effect, the social-media algorithms were having the opposite effect – they were supercharging anti-democratic forces in Brazil. A former military officer named Jair Bolsonaro had been a marginal figure for years. He was way outside the mainstream, because he kept saying vile things and attacking large parts of the population in extreme ways. He praised people who had carried out torture against innocent people when Brazil was a dictatorship. He told his female colleagues in the Senate that they were so ugly he wouldn't bother raping them, and that they weren't 'worthy' of it. He said he would rather learn his son was dead than learn his son was gay. Then YouTube and Facebook became one of the main ways people in Brazil got their news. Their algorithms prioritised angry outrageous content – and Bolsonaro's reach dramatically surged. He became a social-media star. He ran for president openly attacking people like the residents of Alemão, saying the country's poorer, blacker citizens 'are not even good for breeding', and should 'go back to the zoo'. He promised to give the police even more power to launch intensified military attacks on the favelas – a licence for wholesale slaughter.

Here was a society with huge problems that urgently needed to be solved – but social media algorithms were boosting far-right-wingers and wild disinformation. In the run-up to the election, in favelas like Alemão, many people were deeply worried about a story that had been circulating online. Supporters of Bolsonaro had created a video warning that his main rival, Fernando Haddad, wanted to turn all the children of Brazil into homosexuals, and that he had developed a cunning technique to do it. The video showed a baby sucking a bottle, only there was something peculiar about it – the teat of the bottle had been painted to look like a penis. This, the story that circulated said, is what Haddad will distribute to every kindergarten in Brazil. This became one of the most-shared news stories in the entire election. People in the favelas explained indignantly that they couldn't possibly vote for somebody who wanted to get babies to suck these penis-teats, and so they would have to vote for Bolsonaro instead. On these algorithm-pumped absurdities, the fate of the whole country turned.

When Bolsonaro unexpectedly won the presidency, his supporters chanted ‘Facebook! Facebook! Facebook!’ They knew what the algorithms had done for them. There were, of course, many other factors at work in Brazilian society – this is only one – but it is the one Bolsonaro’s gleeful followers picked out first.

Not long afterwards, Raull was in his home in Alemão when he heard a noise that sounded like an explosion. He ran outside and saw that a helicopter was hovering above the favela and firing down at the people below – precisely the kind of violence Bolsonaro had pledged to carry out. Raull screamed for his kids to hide, terrified. When I spoke to Raull on Skype later, he was more shaken than I had seen him before. As I write, this violence is being ramped up more and more.

When I thought about Raull, I could see the deeper way the rage-driven algorithms of social media and YouTube damage attention and focus. It’s a cascading effect. These sites harm people’s ability to pay attention as individuals. Then they pump the population’s heads full of grotesque falsehoods, to the point where they can’t distinguish real threats to their existence (an authoritarian leader pledging to shoot them) from non-existent threats (their children being made gay by penises painted on baby bottles). Over time, if you expose any country to all this for long enough, it will become so lost in rage and unreality that it can’t make sense of its problems and it can’t build solutions. This means that the streets and the skies actually become more dangerous – so you become hypervigilant, and this wrecks your attention even more.

This could be the future for all of us if we continue with these trends. Indeed, what happens in Brazil alone directly affects your life and mine. Bolsonaro has dramatically stepped up the destruction of the Amazon rainforest – the lungs of the planet. If this continues for much longer, it will tip us into an even worse climate disaster.

When I was discussing all this with Tristan one day back in San Francisco, he ran his fingers through his hair and said to me that these algorithms are ‘debasing the soil of society … You need … a social fabric, and if you debase it, you don’t know what you are going to wake up to.’



This machinery is systematically diverting us – at an individual and a social level – from where we want to go. James Williams, the former Google strategist, said to me we should imagine ‘if we had a GPS and it worked fine the first time. But the next time, it took you a few streets away from where you wanted to go. And then later, it took you to a different town.’ All because the advertisers who funded GPS had paid for this to happen. ‘You would never keep using that.’ But social media works exactly this way. There’s a ‘destination we want to get to, and most of the time, it doesn’t actually get us there – it takes us off track. If it was actually navigating us not through informational space but through physical space, we would never keep using it. It would be, by definition, defective.’



Tristan and Aza started to believe that all these effects, when you add them together, are producing a kind of ‘human downgrading.’ Aza said: ‘I think we’re in the process of reverse-engineering ourselves. [We discovered a way to] open up the human skull, find the strings that control us, and start pulling on our own marionette strings. Once you do that, an accidental jerk in one direction causes your arm to jerk further, which pulls your marionette string further … That’s the era that we’re headed into now.’ Tristan believes that what we are seeing is ‘the collective downgrading of humans and the upgrading of machines’. We are becoming less rational, less intelligent, less focused.

Aza told me: ‘Imagine if you have worked your entire career towards a technology that you feel is good. It’s making democracy stronger. It’s changing the way you live. Your friends value you because of these things you’ve made. All of a sudden you’re like – that thing I’ve been working on my entire life is not just meaningless. It’s tearing apart the things you love the most.’

He told me that literature is full of stories where humans create something in a burst of optimism and then lose control of their creation. Dr Frankenstein creates a monster only for it to escape from him and commit murder. Aza began to think about these stories when he talked with his friends who were engineers working for some of the most famous websites in the world. He would ask them basic questions, like why their recommendation engines recommend one thing over another and, he said to me, ‘They’re like: we’re not sure why it’s recommending those things.’ They’re not lying – they have set up a technology that is doing things they don’t fully comprehend. He always says to them: ‘Isn’t that exactly the moment, in the allegories, where you turn the thing off – [when] it’s starting to do things you can’t predict?’

When Tristan testified about this before the Senate, he asked: ‘How can we solve the world’s most urgent problems if we’ve downgraded our attention spans, downgraded our capacity for complexity and nuance, downgraded our shared truth, downgraded our beliefs into conspiracy-theory thinking, where we can’t construct shared agendas to solve our problems? This is destroying our sense-making, at a time when we need it the most. And the reason why I’m here is because every day it’s incentivised to get worse.’ He said he was especially worried about this, he told me later, because we are now, as a species, facing our biggest challenge ever – the fact that we are destroying the ecosystem we depend on for life by triggering the climate crisis. If we can’t focus, what possible hope do we have to solve global warming?

So Tristan and Aza started to ask with increasing urgency: How, in practice, do we change the machinery that is stealing our attention?

## Cause Seven: The Rise of Cruel Optimism (or: Why Individual Changes are an Important Start, But Not Enough)

'I was with my daughter that afternoon,' the Israeli-American tech designer Nir Eyal said to me, as he looked back on the day that it hit him that something had gone really wrong. 'We had this beautiful afternoon planned' – they were going through a daddy-and-daughter book, and she got to a page that asked: if you could have any superpower, which one would you choose? As she was contemplating this, Nir received a text, and 'I started looking at my phone, as opposed to being fully present with her.' When he looked up, she was gone.

A childhood is made up of small moments of connection between a child and their parent. If you miss them, you don't ever get them back. Nir realised with a lurch: 'She got the message that whatever was on my phone was more important than she was.'

This wasn't the first time. 'I realised – wow, I really need to reconsider my relationship with distraction.' Except Nir's relationship to the technology causing this was different from yours or mine in a crucial way. Like Tristan, he studied with B. J. Fogg in his lab of 'persuasive technologies' at Stanford, and he went on to work with some of the most

influential companies in Silicon Valley, helping them figure out how to get their users ‘hooked’. Now he was seeing it happen even to his own young daughter. She would scream at him: ‘iPad time! iPad time!’ and demand to go online. Nir realised he needed to figure out a strategy for how to overcome this – for her, for himself, and for all of us.

He offers one particular way of dealing with this crisis that I want to engage with in detail. It is very different from the approach that Tristan and Aza have developed. Nir’s approach is important because it’s pretty clear this is going to be the approach that the wider tech industry offers us for the attention problems they are, in part, causing.

Somewhere at the back of his mind, Nir already had a template for what he believed he had to do. When he was young, Nir had been seriously overweight – something that shocked me when he said it, because he is now lean, bordering on buff. He was sent to ‘fat camp’, and tried all sorts of diets and detoxes, stripping out sugar or fast food. Nothing worked. Then, finally, he realised: ‘As much as I would have loved to blame McDonald’s for the problem, that wasn’t the problem. I was eating my feelings. I was using food as a coping mechanism.’ Once he knew this, he said, he could ‘actually tackle the problem’. He got in touch with his own anxieties and unhappiness, and he took up wrestling, and slowly began to change his body. ‘Clearly, food had a role,’ he said, ‘but it wasn’t the root cause of my problem.’ He said he had learned a key lesson: ‘In my life, I had something that felt like it controlled me, and I controlled it.’

Nir came to believe that if we are going to overcome this process of becoming hooked to our apps and devices, we have to develop individual skills to resist the part inside all of us that succumbs to these distractions. He argues that to do that, we primarily have to look inwards – to the reasons why we want to use them compulsively in the first place. People like Tristan and Aza, he said, ‘tell me about how bad these companies are. I say, well, what have you tried? Right? What have you done? Often, it’s nothing.’ He believes individual changes should be ‘the first line of defence’, and ‘it has to begin with a bit of introspection, with a bit of understanding ourselves’. Yes, he says, the environment changed: ‘You [the

average tech user] didn't make the iPhone. It's not your fault. I never said it's your fault. I'm saying it's your responsibility. This stuff isn't going away. In some form or other, it's here to stay. What choice do we have? We have to adapt. That's our only option.'

So how can we adapt? What can we do? He began to read through the social-science literature, to find evidence for individual changes you can make. He laid out what he sees as the best answers in his book *Indistractable*. There is one tool in particular that he believes can get us out of this problem. All of us have 'internal triggers' – moments in our lives that push us to give in to bad habits. Nir realised that for him, it's 'when I'm writing – it's never come easy. It's always difficult.' When he sat at his laptop and tried to write, he would often start to feel bored or stressed. 'All of these bad things come bubbling up when I'm writing.' When that happened, it would trigger something inside him. To get away from these uncomfortable feelings, he would tell himself there was something else he had to do, for just a moment. 'The easiest thing to do would be – let me just check email real quick. Let me just open my phone real quick.' He said: 'I would think of every single conceivable excuse.' He would compulsively check the news, telling himself that's what a good citizen does. He would google a fact supposedly relevant to his writing, and two hours later he would find himself at the bottom of a rabbit hole, looking at something totally irrelevant.

'An internal trigger is an uncomfortable emotional state,' he told me. 'It's all about avoidance. It's all about – how do I get out of this uncomfortable state?' He believes we all need to explore our triggers non-judgementally, think about them, and find ways to disrupt them. So whenever he felt that prickling feeling or boredom or stress come to him, he identified what was happening, and picked up a pack of Post-It notes, and he wrote on it what he wanted to know. Later, when he had finished a good stretch of writing, he would let himself google it – but only then.

It worked for him. This taught Nir that 'we're not beholden to habits. They can be interrupted. They get interrupted all the time. We can change habits. The way we change a habit is by understanding what the internal

trigger is, and making sure that there's some kind of break between the impulse to do a behaviour and the behaviour itself.' He developed a range of techniques like this. He believes we should all try adopting a 'ten-minute rule' – if you feel the urge to check your phone, wait ten minutes. He says you should 'time-box' – which means you should draw up a detailed schedule of what you are going to do each day, and stick to it. He recommends changing the notification settings on your phone, so that your apps can't interrupt you and kill your focus throughout the day. He says you should delete all the apps you can from your phone, and if you have to keep some, then you should schedule the time you are willing to spend on them in advance. He advises that you unsubscribe from email lists, and – if you can – have 'office hours' on your email, when you check them a few times a day, and ignore them the rest of the time.

By laying out these tools, he told me, 'I wanted to empower people to realise – look, this isn't that hard. It's not that tough. If you know what to do, it's pretty simple how to handle distraction.' He seemed puzzled that more people don't do it: 'Two-thirds of people with a smartphone never change their notification settings. What? Right? This is not hard stuff. We just need to do this kind of stuff.' Instead of railing against the tech companies, he says, we need to ask what we have done as individuals. He asked me: 'Why isn't the beginning of the discussion – okay, have we exhausted everything you can do right now? Can we do that stuff first? ... Change your notification settings! Come on, this is basic stuff, right? Turn off the fucking Facebook notifications every five minutes! How about planning your day, you know? How many of us plan our day? We just let our time be usurped by the news or whatever's on Twitter or whatever's happening in the world outside us, as opposed to saying – actually what do I want to do with my time?'



I felt conflicted as Nir explained this to me. I realised he was articulating precisely the logic that had taken me to Provincetown. Something deep

inside me thought like this. Like him, I believed: this is a problem in you, and you need to change yourself. There was clearly some truth in it. Every specific intervention Nir recommends is, I believe, helpful. I tried each one of them after going through his work, and several of them made a small but real difference to me.

But there was something about what he said that made me feel uncomfortable, and for a while, I couldn't articulate it. Nir's approach is absolutely in line with how the tech companies want us to think about our attention problems. They can no longer deny the crisis, so they are doing something else: subtly urging us to see it as an individual problem that has to be solved with greater self-restraint on my part and yours, not theirs. That's why they began to offer tools they argued would help you to strengthen your willpower. All new iPhones have an option where you could be told how much Screen Time you spent that day and that week, and a Do Not Disturb function where you can block out incoming messages. Facebook and Instagram introduced their own modest equivalents. Mark Zuckerberg even started using Tristan's slogan, promising that time on Facebook would be 'time well spent' – except for him, it was all about Nir-style tools where you reflect on what's gone wrong with your own motives. I am writing this chapter about Nir not because he is unusual, but because he is the most candid of the people putting forward the dominant view in Silicon Valley about what you and I should do now.

Nir kept insisting that the tech companies have done a lot to make it easy for us to unplug. To explain this, he gave the example of a company boardroom he had been to where the boss took out his phone in a meeting, so everyone else felt free to do it. 'I don't know why that's the tech company's responsibility. In fact, if anything, the tech company gives you this beautiful little function here that [says] "do not disturb". The tech company gave us a button. All you have to do is that. What more responsibility do we want from Apple? For God's sake, push the fucking button that says "do not disturb" for an hour if you're going to have a meeting with your colleagues. Is that so difficult?'

My unease about this approach only became clear to me when I turned to the book Nir wrote a few years before he produced his work about how to beat distraction. It was written for an audience of tech designers and engineers, and it was named *Hooked: How to Build Habit-Forming Products*. He described it as a ‘cookbook’ containing ‘a recipe for human behaviour’. Reading *Hooked* as an ordinary user of the internet is strange – it’s like the moment in an old Batman movie when the villain is caught and reveals everything he did all along, step by step. Nir writes: ‘Let’s admit it: we are all in the persuasion business. Innovators build products meant to persuade people to do what we want them to do. We call these people users and even if we don’t say it aloud, we secretly wish every one of them would become fiendishly hooked to whatever we’re making.’

He lays out the methods to achieve this, which he describes as ‘mind manipulation’. The goal, Nir says, is to ‘create a craving’ in human beings – and he cites B. F. Skinner as a model for how to do it. His approach can be summarised by the headline on one of his blog posts: ‘Want to hook your users? Drive them crazy’.

The goal of the designer is to create an ‘internal trigger’ (remember them?) that will keep the user coming back again and again. To help the designer picture the kind of person they are targeting, he says they should imagine a user he names Julie, who ‘fears being out of the loop’. He comments: ‘Now we’ve got something! Fear is a powerful internal trigger, and we can design our solution to help calm Julie’s fear.’ Once you have succeeded in playing on feelings like this, ‘a habit is formed, [and so] the user is automatically triggered to use the product during routine events such as wanting to kill time while waiting in line,’ he writes approvingly.

Designers should get you and me ‘to repeat behaviours for long periods, ideally for the rest of their lives’, he writes. He says he believes this makes people’s lives better, but he also notes: ‘Habits can be very good for the bottom line.’ Nir says there should be some ethical limits to this: it is wrong to target children, and he believes designers need to ‘get high on their own supply’ and use their own apps themselves. He is not opposed to all regulations – he believes it should be a legal requirement that if you spend

more than thirty-five hours on Facebook a week, you should see a pop-up saying you might have a problem and directing you towards a place to get help.

But as I read all this, I was troubled. Nir's 'cookbook' for how to design apps became hugely successful – the CEO of Microsoft, for example, held it aloft and told her staff to read it, and Nir is a hugely popular speaker at tech conferences. Many apps were built inspired by his techniques. Nir was one of the people who led Silicon Valley in the charge to 'drive them crazy' – and yet when people like my godson Adam were, in fact, driven crazy, he told me that the solution is primarily to change our individual behaviour, not the actions of the tech companies.

When we talked, I explained to him that, for me, it seemed like there was a worrying mismatch between his two books. In *Hooked* he talks about using ferociously powerful machinery to get us 'fiendishly hooked' and in 'pain' until we get our next techno-fix. Yet in *Indistractable* he tells us that when we feel distracted by this machinery, we should try gentle personal changes. In the first book, he describes big and powerful forces used to hook us; in the second, he describes fragile little personal interventions that he says will get us out.

'I see exactly the opposite, in fact,' he said in response. 'Everything I talked about in *Hooked*, you can turn off with the tap of one thumb. Fuck them.'



I understood my growing discomfort with Nir's approach more fully when I talked it over with several other people. One was Ronald Purser, who is professor of management at San Francisco State University. He introduced me to an idea I hadn't heard before – a concept named 'cruel optimism'. This is when you take a really big problem with deep causes in our culture – like obesity, or depression, or addiction – and you offer people, in upbeat language, a simplistic individual solution. It sounds optimistic, because you are telling them that the problem can be solved, and soon – but it is, in fact,

cruel, because the solution you are offering is so limited, and so blind to the deeper causes, that for most people, it will fail.

Ronald gave lots of examples of this idea, which was first coined by the historian Lauren Berlant. I started to really grasp this idea when he applied this concept to an idea that's related to attention but separate to it – stress. I think it's worth taking a little time to go through it, because I believe it can help us to see a mistake that Nir – and many us – are making when it comes to focus.

Ronald talked to me about a best-selling book by a *New York Times* reporter that tells its readers: 'Stress isn't something imposed on us. It's something we impose on ourselves.' Stress is a feeling. Stress is a series of thoughts. If you just learn how to think differently – to quiet down your rattling thoughts – your stress will melt away. So you just need to learn to meditate. Your stress comes from a failure to be mindful.

This message sings off the page with optimistic promise – but Ronald points out that in the real world, the top causes of stress in the US have been identified by scientists at Stanford Graduate School of Business in a major study. They are 'a lack of health insurance, the constant threat of lay-offs, lack of discretion and autonomy in decision-making, long working hours, low levels of organisational justice, and unrealistic demands'. If you don't have health insurance and you have diabetes and you can't afford insulin, or if you are forced to work sixty hours a week by a bullying boss, or if you are watching your colleagues get laid off one by one and you suspect with a sickening feeling that you will be next, your stress is not 'something we impose on ourselves'. It is something imposed on you.

Ronald thinks that meditation can help some people, and I agree, but that this typical best-selling book, which tells you to meditate your way through stress and humiliation, is 'bullshit ... Tell it to Hispanic women working three jobs with four kids.' The people who say stress is just a matter of changing your thoughts are, he says, talking 'from a privileged position. It's easy for them to say that.' He gave me the example of a company that was cutting back on providing healthcare to some people – and was, at the same time, congratulated by the same *New York Times* writer for providing

meditation classes to its employees. You can see clearly how this is cruel. You tell somebody there's a solution to their problem – just think differently about your stress and you'll be fine! – and then leave them in a waking nightmare. We won't give workers insulin, but we'll give them classes on how to change their thinking. It's the twenty-first-century version of Marie Antoinette saying, 'Let them eat cake.' Let them be present.

While at first glance, cruel optimism seems kind and optimistic, it often has an ugly after-effect. It ensures that when the small, cramped solution fails, as it will most of the time, the individual won't blame the system – she will blame herself. She will think she screwed up and she just wasn't good enough. Ronald told me, 'It deflects attention away from the social causes of stress,' like overwork, and it can quite quickly turn into a form of 'victim-blaming'. It whispers: the problem isn't in the system; the problem is in you.

As he said this, I thought about Nir again, and the wider Silicon Valley approach he exemplifies. He makes his living from marketing and promoting a digital model that 'hooks' us and plays on our fears and which even he says is designed to make us 'crazy'. That model, in turn, hooked him. But because he is in a position of incredible privilege – in terms of wealth, and knowledge of these systems – he was able to use his own techniques to regain some sense of control. Now he thinks the solution is simply for all of us to do the same.

Set aside the fact that it's very convenient for him if we all blame ourselves rather than tackling the deeper problems – after all, his income depends on the tech industry. Look at something more basic. The truth is that it's not so easy for everyone else to do what he has done. This is one of the problems with cruel optimism – it takes exceptional cases, usually achieved in exceptional circumstances, and acts as if they can be commonplace. It's easier to find serenity through meditation when you haven't just lost your job and you aren't wondering how you're going to avoid being evicted next Tuesday. It's easier to say no to the next hamburger, or the next Facebook notification, or the next tab of OxyContin if you aren't exhausted and stressed, and in desperate need of some kind of

salve to get you through the next few stress-filled hours. To tell people – as Nir does, and as the wider tech industry increasingly does – that it's 'pretty simple' and that they should just 'push the fucking button' is to deny the reality of most people's lives.

And, most importantly, people shouldn't have to do it. Cruel optimism takes it for granted that we can't significantly change the systems that are wrecking our attention, so we have to mainly focus on changing our isolated selves. But why should we accept these systems as a given? Why should we accept an environment full of programs designed to 'hook' us and drive us 'crazy'?

I could see this most clearly when I thought about Nir's own analogy with the obesity experienced when he was a kid. I think it's worth taking a moment to think through this comparison, because I think it tells us a lot about where we are going wrong now. It seems incredible to us today, but fifty years ago, there was very little obesity in the Western world. Look at a photograph of a beach taken back then: everyone is, by our standards, slim. Then a whole series of changes took place. We replaced a food-supply system based around fresh, nutritious food with one consisting mainly of processed junk. We massively stressed out our populations, making comfort eating a whole lot more appealing. We built cities that it's often impossible to walk or bike around. In other words, the environment changed, and that – not any individual failing on the part of you or me – changed our bodies. We gained mass, en masse. The average weight gain for an adult between 1960 and 2002 was 24 lbs, or 1.7 stone.

Then what happened? Rather than acknowledge the wider forces that have done this to us, take them on, and build a healthy environment in which it's easier to avoid obesity, we were taught by the diet industry to blame ourselves as individuals. We learned to think: I got fat because of a personal failing. I chose the wrong food. I got greedy, I got lazy, I didn't get a handle on my feelings properly, I'm not good enough. We resolved to count the calories better next time. (I've been there.) Individual diet books and diet plans became the primary answer offered by the culture to a crisis with primarily social causes.

How is that working out for us? The scientists who have studied it discovered that 95 percent of people in our culture who lose weight on a diet regain it within one to five years. That's nineteen out of every twenty people. Why? It's because it misses most of why you (and I) gained weight in the first place. It has no systemic analysis. It doesn't talk about the crisis in our food supply, which surrounds us with addictive, highly processed foods that bear no relationship to what previous generations of humans ate. It doesn't explain the crisis of stress and anxiety that drives us to overeat. It doesn't address the fact that we live in cities where you have to squeeze yourself into a steel box to get anywhere. Diet books ignore the fact that you live in a society and culture that are shaping and pushing you, every day, to act in certain ways. A diet doesn't change your wider environment – and it's the wider environment that is the cause of the crisis. Your diet ends, and you're still in an unhealthy environment that's pushing you to gain weight. Trying to lose weight in the environment we've built is like trying to run up an escalator that is constantly carrying you down. A few people might heroically sprint to the top – but most of us will find ourselves back at the bottom, feeling like it's our fault.

If we listen to Nir and the people like him, I fear we will respond to the rise of attention problems in the same way that we responded to the rise in weight problems – and we will end up with the same disastrous outcomes. It's not just Silicon Valley that pushes this approach. Almost all the existing books about attention problems (and I read a lot as research for this book) present them simply as individual flaws requiring individual tweaks. They are digital diet books. But diet books didn't solve the obesity crisis and digital diet books won't solve the attention crisis. We have to understand the deeper forces at work here.

There was a different way we could have reacted to the obesity crisis when it began forty or so years ago. We could have listened to the evidence that purely practising individual restraint – in an unchanged environment – rarely works for long, except in one in twenty cases like Nir's. We could have looked instead at what does work: changing the environment in specific ways. We could have used government policy to make fresh,

nutritious food cheap and accessible, and sugar-filled junk expensive and inaccessible. We could have reduced the factors that cause people to be so stressed that they comfort eat. We could have built cities people can easily walk or bike through. We could have banned the targeting of junk food ads at children, shaping their tastes for life. That's why countries that have done some of this – like Norway, or Denmark, or the Netherlands – have much lower levels of obesity, and countries that have focused on telling individual overweight people to pull themselves together, like the US and UK, have very high levels of obesity. If all the energy people like me had put into shaming and starving ourselves had been put instead into demanding these political changes, there would be far less obesity now, and a lot less misery.

Tristan believes we need a similar shift in consciousness around tech. When he testified before the Senate, he told them: ‘You can try having self-control, but there are a thousand engineers on the other side of the screen working against you.’ This precisely what Nir refuses to fully acknowledge – even though he has been one of those designers himself. I stress again: I am in favour of each individual piece of advice he offers. You really should take out your phone now and turn off your notifications. You really should figure out your internal triggers. And on, and on. (Tristan believes this too). But it’s not ‘pretty simple’ to get from that to being able to pay attention in an environment designed – in part by Nir himself – to invade and raid your focus.

My discussion with Nir got a little heated as we spoke more. Because this is one of the few contentious interviews in this book, to be fair to him, I have posted the full audio on the book’s website, so you can hear his responses – including the ones I don’t have space to quote here – in full. Our conversation clarified my thinking in a really helpful way. He made me realise that to get our attention back, we are going to have to adopt some individual solutions, to be sure – but we have to be honest enough to tell people that they alone probably won’t be enough to get most of us out of this hole. We are also going to have to collectively take on the forces that are stealing our focus and compel them to change.

The alternative to cruel optimism – telling people a simplistic story that sets them up to fail – isn't pessimism, the idea that you can't change anything. It's authentic optimism. This is where you honestly acknowledge the barriers that stand in the way of your goal and establish a plan to work together with other people to dismantle those barriers, step by step.

Then I realised I was now left with a really difficult question. How, precisely, do we start to do that?

# 9

## The First Glimpses of the Deeper Solution

After learning so much about how our technology works, I was left with two clear and urgent questions. Firstly: what are the specific changes to this invasive tech that could be made, in practice, to prevent it harming our attention and focus? And secondly: how do we compel these huge corporations to introduce these changes in the real world?

Tristan and Aza – drawing on their own experiences, and the essential work of Professor Shoshana Zuboff – believe that if we are going to find a lasting solution, we need to go right to the root cause of the problem. That's why, one morning, Aza said to me starkly: 'We could just ban surveillance capitalism.' I paused to try to process what he was saying. This would mean, he explained, that the government would ban any business model that tracks you online in order to figure out your weaknesses and then sells that private data to the highest bidder so they can change your behaviour. This model is, Aza says, 'just fundamentally anti-democratic and anti-human', and it has to go.

This sounded dramatic and frankly impossible when I first heard it, but Tristan and Aza explained that there are plenty of historical precedents for something becoming so widespread, only for society to discover it actually causes a lot of harm and ban the market in it. Think about lead paint. It was in a majority of American homes – then it was discovered to damage the

brains of kids and adults, making it harder for them to focus. As one of Tristan's mentors, Jaron Lanier, pointed out to me, when we found that out, we didn't say nobody could paint their homes ever again. We just banned the lead in the paint. Your home is still painted today – just with much better products. Or think about CFCs. As I mentioned before, when I was a child in the hairspray-obsessed 1980s, it was discovered that a substance in hairsprays was destroying the ozone layer that protects us from the sun's rays. It terrified us all. We banned CFCs. We still have hairsprays, they just work differently, and today, the ozone layer is healing. There are all sorts of things that we have decided, as a civilised society, can't be bought and sold, like (for example) human organs.

So, I asked them, let's say we banned surveillance capitalism. What would happen to my Facebook and Twitter accounts the following day, the following week, the following year? 'I think they would have a crisis moment, in the same way that Microsoft had a crisis moment,' Aza told me. In 2001, Microsoft was ruled by the US government to have become a monopoly. That company reinvented itself, and now 'They're sort of like the benevolent adult in the room. I think the same transformation would happen to Facebook.'

In practice, the day after a ban, these companies would have to find different ways to fund themselves. There is one model that is obvious, and an alternative form of capitalism that everyone reading this will have some experience of – subscription. Let's imagine each of us had to pay fifty cents or a dollar every month to use Facebook. Suddenly, Facebook would no longer be working for advertisers and offering up your secret wishes and preferences as their real product. No. It would be working for you. Its job – for the first time – would be to actually figure out what makes you happy, and to give it to you – instead of figuring out what makes advertisers happy, and how they can manipulate you to give it to them. So if, like most people, you want to be able to focus, the site would have to be redesigned to facilitate that. If you want to be socially connected, instead of isolated in front of your screen, it would have to figure out how to make that possible.

There's another obvious way that these companies could survive, which is for them to be bought by the government and taken into public ownership. This would take social media out of the capitalist part of the economy. This can sound drastic, but every single person reading this book benefits today, directly, from exactly the same model. We all agree we need to have sewers – they are an unavoidable necessity, unless we want to go back to the world of cholera outbreaks and faeces in the streets. So in virtually every country, the government owns, maintains and regulates the sewers, and even hardcore anti-government activists agree that this is a good use of state power.

Using the same model, our governments could acknowledge that social media is now an essential public utility, and explain that when it is run according to the wrong incentives, it causes the psychological equivalents of cholera outbreaks. It would be a bad idea for the government to run it – it's easy to imagine how authoritarian leaders could abuse that. Fortunately, there's a better option: you can have public ownership, independent of the government. In Britain, the BBC is owned and funded by the British public, and it is run in the interests of the British public – but its day-to-day running is independent of the government. It's not perfect, but this model works so well that it is the most respected media organisation in the world.

Once the financial incentives are changed – through subscription, or public ownership, or another model – then the nature of these sites can change, in ways we can actually begin to envision already. Aza told me that 'it's actually technically not hard' to redesign the major social-media sites so that, instead of trashing your attention span and our societies, they would be designed to heal them, once the financial incentives to do that are in place. This was difficult for me to grasp at first, so I asked what social media would look like after the changes they would like to see. Tristan, Aza and others began by explaining minor changes, then built up to big changes, and then told me what has to happen to make any of these changes happen.

They started by talking about how these companies could, overnight, remove a lot of the aspects of these apps and sites that deliberately scramble our heads and keep us online longer than we really want. Aza said: 'For

instance, Facebook tomorrow could start batching your notifications, so you only get one push notification a day ... They could do that tomorrow.' (This was something Tristan had proposed in his explosive slide show back when he was still at Google.) So instead of getting 'this constant drip of behavioural cocaine', telling you every few minutes that somebody liked your picture, commented on your post, has a birthday tomorrow, and on and on and on – you would get one daily update, like a newspaper, summarising it all. You'd be pushed to look once a day, instead of being interrupted several times an hour.

'Here's another one,' he said. 'Infinite scroll.' That's his invention, where when you get to the bottom of the screen, it automatically loads more and more, forever. 'What's going on there is it's catching your impulses before your brain has a chance to really get involved and make a decision.' Facebook and Instagram and the others could simply turn off infinite scroll – so that when you get to the bottom of the screen, you have to make a conscious decision to carry on scrolling.

Similarly, these sites could simply switch off the things that have been shown to most polarise people politically, stealing our ability to pay collective attention. Since there's evidence YouTube's recommendation engine is radicalising people, Tristan told one interviewer: 'Just turn it off. They can turn it off in a heartbeat.' It's not as if, he points out, the day before recommendations were introduced, people were lost and clamouring for somebody to tell them what to watch next.

Once the most obvious forms of mental pollution have been stopped, they said, we can begin to look deeper, at how these sites could be redesigned to make it easier for you to restrain yourself and think about your longer-term goals. 'It doesn't take much work to start imagining what would be different interfaces,' Aza said. The most obvious example takes us back to where I started with Tristan, in our very first conversation: there could be a button that says 'here are all your friends who are nearby and are indicating they'd like to meet up today'. You click it, you connect, you put down your phone and hang out with them. Instead of being a vacuum sucking up your attention and keeping it away from the outside world,

social media would become a trampoline, sending you back into that world as efficiently as possible, matched with the people you want to see.

Similarly, when you set up (say) a Facebook account, it could ask you how much time you want to spend per day or per week on the site. You might name ten minutes, or two hours – it's up to you – and then the website could help you to achieve your goal. One way could be that when you hit that limit, the website could radically slow down. In tests, Amazon found that even 100 milliseconds of delay in the pace at which a page loads results in a substantial drop-off in people sticking around to buy the product. Aza said: 'It just gives your brain a chance to catch up to your impulse and [ask] – do I really want to be here? No.'

In addition, Facebook could ask you at regular intervals – what changes do you want to make to your life? Maybe you want to exercise more, or take up gardening, or become vegetarian, or start a heavy-metal band. It could then match you up with other people nearby – friends, or friends of friends, or interested strangers in your neighbourhood – who say they also want to make that change and have indicated they are looking for the equivalent of gym buddies. Facebook would become, Aza says, 'a way of socially surrounding yourself with the behaviour that you want'. A battery of scientific evidence shows that if you want to succeed in changing something, you should meet up with groups of people doing the same.

At the moment, they said, social media is designed to grab your *attention* and sell it to the highest bidder, but it could be designed to understand your *intentions* and to better help you achieve them. Tristan and Aza told me that it's just as easy to design and program this life-affirming Facebook as the life-draining Facebook we currently have. I think that most people, if you stopped them in the street and painted them a vision of these two Facebooks, would say they wanted the one that serves your intentions. So why isn't it happening? It comes back, Tristan and Aza said, to the business model. If right now these social-media companies made the changes that you just read about, they would lose an enormous amount of money. Within the existing economic structure of the companies, they can't do the right thing by your attention span or the wider society. This – above everything

else – is the rock-solid reason why you have to change the business model, if you want to change the way social media affects us.

The business model can only be changed by regulation imposed on these companies by governments, they said. Then the changes I just described would cease to be impossible threats to the bottom line and start to become very exciting ways to tempt subscribers. At the moment there is a fundamental clash between your interests – to be able to focus, to have friends you see offline, to be able to discuss things calmly – and the interests of the social-media companies. With the introduction of a ban on surveillance capitalism and a move to a different business model, that clash ends. As Tristan put it, you'd be paying for the interests to be aligned between you and the product you use. Suddenly that team of Silicon Valley engineers behind the screen wouldn't be working against you and your deeper intentions; they'd be working *for* you and trying to *serve* your deeper intentions.

One day, Aza said to me: ‘The fundamental thing is that no one likes the way that they are spending time or making decisions with the way technology currently is. It’s hard to get from that hill to this hill, because we have to go through a valley. That’s the role of regulation – to help making crossing that valley easier. But the hill on the other side is much, much nicer.’



I found so much of what Aza and Tristan had taught me persuasive – but I was wary about their argument that we need to use the law to stop these companies from continuing as they are. There were several reasons why. Firstly, I wondered if they were overstating the problem. When I spoke with Nir Eyal, he said: ‘Every generation has these moral panics, where we only want to look at the negative sides’ of an issue. He told me ‘Tristan is reading, literally verbatim, from the 1950s about the comic-book debate,’ when many people believed that children were being made violent by a new wave of gory comics. In the 1950s, ‘People like Tristan went to the Senate

and told the senators that comic books are turning children into addicted, hijacked [zombies] – literally, it's the same stuff ... Today, we think of comic books as so innocuous.'

On this basis, he argues – and here he's not alone – that the science that Tristan and Aza and other critics of the current tech business model draw on is incorrect. He believes that some of the social science I have drawn on in the past two chapters is garbled or wrong.

I'll give you one detailed example, so you get a sense of this controversy. Tristan argues YouTube is radicalising people, based on an array of evidence I mentioned before. Nir responds by pointing to a recent study by the coder Mark Ledwich that suggested in fact, watching YouTube had a slightly *deradicalising* effect on its users. Tristan, in response, directs people towards the Princeton academic Professor Arvind Narayanan, and many other critics of this study, who say that the research Nir is citing here is worthless. Let's go through this, step by step. The people who say YouTube radicalises you argue that this effect happens over time. You create a profile, you log in, and gradually YouTube builds up knowledge of your preferences, and to keep you watching, the content it feeds you gets more extreme. But the research Nir cites didn't study *any* logged-in users. All they did was go to a video on YouTube – say, Boris Johnson giving a speech – and without logging in, they looked at the recommendations that appeared along the side. If you use YouTube in this highly unusual way, the videos don't become more extreme over time, and it might be fair to say YouTube is deradicalising. But huge numbers of YouTube users *do* log in. (We don't know exactly how many, because YouTube keeps that information secret.)

For every conceivable way the tech companies could be screwing with us, there is a back-and-forth like this, with Tristan and Nir each citing rigorous social scientists who have reached opposing conclusions. Tristan draws on academics from Yale and New York University and Harvard; Nir draws on academics like Professor Andrew Przybylski at Oxford University, who agrees with Nir that Tristan's warnings are overheated. So what's happening? It's not that either of them is being disingenuous – it's

that measuring the changes these sites are triggering is really complicated, and hard to figure out. We have to be honest that we are making decisions based on a lot of uncertainty here. In the long sweep of history, there will likely be some areas where it turns out Nir is right, and some where Tristan is right. That still leaves us with a basic dilemma. Right now, we need to make choices about whether to let social-media companies continue behaving as they have been. We have to figure out the balance of risk.

There are two things that helped me make up my mind about what I think we should do next. One was a thought experiment, and the other was hard evidence from inside Facebook itself.

Let's imagine Nir is wrong, and we all follow his advice anyway – we allow surveillance capitalism to continue getting us ‘fiendishly hooked’, with only light regulation. Then let's imagine Tristan is wrong, and we all follow his advice anyway – we regulate the Big Tech companies to stop their invasive practices.

If Tristan is wrong and we still follow his advice, you would have been tricked into creating a world where you get targeted with a lot less advertising, you spend less, you get spied on less, and in return, you have to pay a small sum each month to subscribe to a few social-media companies, or those companies have in some way been taken over as public utilities run in our collective interests, like the sewers or the highways. Now imagine if we did what Nir wants. What happens if he's wrong? What are we left with? Attention shrinks even more, political extremism expands, and the disturbing trends we see around us continue to rise.

The second thing that persuaded me was even more decisive. One day, in the spring of 2020, it was revealed what Facebook actually thinks about these questions, in private, when they think we will never be able to hear them. A large number of internal Facebook documents and communications were leaked to the *Wall Street Journal*. It turned out that behind closed doors, the company had responded to the claims that their algorithms had damaged our collective attention and helped the rise of Trump and Brexit by convening a team of some of their best scientists and tasking them with

figuring out if this was really true, and if it was, to figure out what they could do about it. The unit was called Common Ground.

After studying all the hidden data – the stuff that Facebook doesn’t release to the public – the company’s scientists reached a definite conclusion. They wrote: ‘Our algorithms exploit the human brain’s attraction to divisiveness,’ and ‘if left unchecked’, the site would continue to pump its users with ‘more and more divisive content in an effort to gain user attention and increase time on the platform’. A separate internal Facebook team, whose work also leaked to the *Journal*, had independently reached the same conclusions. They found that 64 percent of all the people joining extremist groups were finding their way to them because Facebook’s algorithms were directly recommending them. This meant across the world, people were seeing in their Facebook feeds racist, fascist and even Nazi groups next to the words: ‘Groups You Should Join.’ They warned that in Germany, one-third of all the political groups on the site were extremist. Facebook’s own team was blunt, concluding: ‘Our recommendation systems grow the problem.’

After carefully analysing all the options, Facebook’s scientists concluded there was one solution: they said Facebook would have to abandon its current business model. Because their growth was so tied up with toxic outcomes, the company should abandon attempts at growth. The only way out was for the company to adopt a strategy that was ‘anti-growth’ – deliberately shrink, and choose to be a less wealthy company that wasn’t wrecking the world.

Once Facebook was shown – in plain language, by their own people – what they were doing, how did the company’s executives respond? According to the *Journal*’s in-depth reporting, they mocked the research, calling it an ‘Eat Your Veggies’ approach. They introduced some minor tweaks, but dismissed most of the recommendations. The Common Ground team was disbanded and has ceased to exist. The *Journal* reported dryly: ‘Zuckerberg also signalled he was losing interest in the effort to recalibrate the platform in the name of the social good … asking that they not bring him something like that again.’ I read this and I thought of my friend Raull

Santiago, in his favela in Rio, being terrorised by helicopters sent by the far-right government that was elected with the help of these algorithms – algorithms so powerful that Bolsonaro’s supporters responded to his victory by chanting, ‘Facebook! Facebook!’

I realised that if Facebook won’t change the fact that their algorithm unintentionally promotes fascism – that it promotes Nazism *in Germany* – they will never care about protecting your focus and attention. These companies will never restrain themselves. The risks of letting them continue behaving the way they have are greater than the risks of overreacting. They have to be stopped. They have to be stopped by us.



I was daunted. For a while, I felt I had no idea how we could achieve such a goal. Many people go this far in the argument, and then sputter to a pessimistic halt. They say – yes, this system is messing with us in terrible ways, but we’ll just have to adjust, because nothing and nobody can stop it. We live in a culture where there is a sense of deep political fatalism at every turn. I saw this when I wrote my book about the war on drugs, *Chasing the Scream*, and I travelled all over the world talking about it. Especially in the US, I kept hearing: Yes, you’re right that the drug war is a disaster and a failure. (Over 80 percent of Americans agree.) Yes, you’re right that decriminalisation or legalisation would be better. But no, it will never happen – so do you know a good lawyer or rehab facility for an addicted relative? Political pessimism keeps people trapped in a search for purely personal and individual solutions.

But here’s the truth: this despair isn’t just self-defeating; I think it’s actually empirically wrong. I reminded myself – forces as powerful as the tech companies have been defeated many times in human history, and it always happens in the same way. It is when ordinary people form movements and demand something better, and they don’t give up until they have achieved it. I know that could sound vague or idealistic, so I want to

give a very practical example of a change that happened in my family, and very likely in your family, in the past three generations.

I am forty-one years old. My grandmothers were the age I am now in the year 1962. In that year, my Scottish grandmother, Amy McRae, was living in a working-class tenement in Scotland, and my Swiss grandmother, Lydia Hari, was living on a mountain in the Swiss Alps. Amy had been forced to leave school when she was thirteen, because nobody thought it was worth educating girls. While her brother stayed in education, she was sent to work cleaning toilets, which she did all her working life. She had wanted to work with homeless people, but in practice women were locked out of jobs like that, and she was told to know her place as a woman and shut up. Lydia grew up in a Swiss village, and as a teenager she was constantly drawing and painting. She wanted to be an artist. She was told that girls couldn't be artists. She got married young, and was told to obey her husband. I would sit in their kitchen years later, when her husband would hold out an empty mug and yell '*Kaffee!*' (coffee) and she was expected to scramble to fetch it. She would sometimes sketch, but she said it made her depressed, because it reminded her of what her life might have been.

My grandmothers lived in a society in which women were excluded from almost all systems of power and almost all choices about their lives. In 1962 there were no women in the British cabinet, the US cabinet or the Swiss government. Women made up less than 4 percent of the members of British parliament and the US Senate, and less than 1 percent in Switzerland's Federal Assembly, where women weren't even allowed to vote in seventeen out of the country's twenty cantons (including the one where my grandmother lived). This meant that the rules were written by men for men. American and British women were banned from getting mortgages or opening bank accounts unless they were married and had written permission from their husbands. Swiss women were banned from getting jobs at all without the written permission of their spouse. There were no domestic-violence shelters anywhere on earth, and it was legal everywhere for a man to rape his wife. (When, in the 1980s, there were moves to ban rape within marriage, one California Assembly member

objected, saying, ‘But if you can’t rape your wife, who can you rape?’) In practice, men could beat their wives, because the police did not regard this as a crime, and they could molest their daughters, since it was so taboo to speak out about this that nobody ever went to the police to report it.

As I type out those facts, I keep thinking about my fifteen-year-old niece. Like her great-grandmother, she loves to draw and paint, and every time I see her doing it, I think of Lydia, doing the same thing in her Swiss village eighty-five years before. Lydia was told to stop wasting her time and start serving men. My niece is told: You’re going to be a great artist – let’s start looking at art schools. My niece never met my grandmother, but I believe that Lydia would have been happy to know the ways in which feminism changed the world.

I know it’s exceptionally irritating for a male to mansplain this topic in this way, especially when so much sexism and misogyny remains, and when women still face huge barriers. I know the advance of women’s rights is far from won, and many of the advances that have been made are under threat. I know only one thing here that is definitely true: the difference between the lives of my grandmothers and the life of my niece is a stunning achievement, and it happened for one reason, and one reason only. There was an organised movement of ordinary women who banded together and fought for it, and continued fighting even when it was really hard.

There are, of course, many differences between the fight for feminism and the fight for our focus. But nonetheless, I kept returning to this example in my mind for a very basic reason. The feminist movement teaches us that huge and seemingly immovable forces can be challenged by ordinary people – and that when they do, it can lead to real change. The concentrated power of men in 1962 was vastly greater than the power of Big Tech as I write this in 2021. Men controlled almost everything – every parliament, every corporation, every police force – and they had for as long as those institutions had existed. It would have been very easy, in that situation, to say – nothing can change; give up; women will just have to learn to live a life of subordination. Many people are tempted to think that now, when they contemplate the huge forces stealing our focus. But that’s the thing about

the pessimistic belief that we are powerless and can't change anything. It's false.

Think about another historical example. I'm gay. In 1962, I would have been put in jail for it. Now I can get married. Homophobia ruled for 2,000 years, and then it didn't. The difference – the only difference – was a movement of ordinary people demanding an end to the forces thwarting their lives. I am free because the people who came before us didn't give up; they got up. Again, of course, there's big differences between the struggle for equality for gay people, and this fight. But there is a key parallel: no source of power, no set of ideas, is so large it can't be challenged. Big Tech would love us to believe that their power is impregnable and there's no point fighting for change because that never works. These companies are as fragile as every other powerful force that was torn down in the end.

If we don't form a movement and fight, what is the alternative? Tristan and Aza warned me that right now, we are only at the start of what unregulated surveillance capitalism will do to us. It is only going to become more sophisticated and more invasive. They gave me lots of examples. Here's one. There's a technology that exists called 'style transfer'. If you use it, you can show a computer lots of paintings by Van Gogh and then you point it at a new scene, and it can recreate it in the style of Van Gogh. Aza told me how 'style transfer' could quite soon be used against you or me: 'Google today could read all of your Gmail, come up with a model that can mimic your style, and then sell that to an advertiser. [You, as the user] don't even know what's going on,' but you will start to receive emails that are unusually welcoming and persuasive, because they sound just like you. Even worse, in Aza's opinion, 'they could look at all of your Gmail, look at all the emails you responded to quickly and positively, and learn that style. So [they] learn the style that is uniquely persuasive to you. There is nothing illegal about that. There are no laws to protect you against that. Is it breaking your privacy? They're not selling your data. They're just selling an asymmetric knowledge about how you work – even more than you know about yourself – to the highest bidder.'

It's an asymmetry so extreme that it will hack vulnerabilities you don't even know are vulnerabilities. There are technological innovations coming that will make the current forms of surveillance capitalism look as crude as Space Invaders looks to a kid raised on Fortnite. Facebook, in 2015, filed a patent for technology that will be able to detect your emotions from the cameras on your laptop and phone. If we don't regulate, Aza warns, 'Our supercomputers are going to test their way to finding all our vulnerabilities, without anyone ever stopping to ask – is that right? It'll feel to us a little bit like we're still making our own decisions,' but it will be 'a direct attack against agency and free will'.

Tristan's mentor, Jaron Lanier – a veteran Silicon Valley engineer – told me he used to be a consultant for loads of dystopian Hollywood movies, like *Minority Report*, but he had to stop because he kept designing ever-more-frightening technologies to warn people of what was coming – and designers kept responding by saying: that's so cool; how do we make that?

'Sometimes I hear people say it's too late to make certain changes to the web or platforms or digital technology,' James Williams told me. But the axe, he said, existed for 1.4 million years before anybody thought to put a handle on it. The web, by contrast, 'is less than ten thousand days old'.

We are, I realised, in a race. To one side there is the rapidly escalating power of invasive technologies, which are figuring out how we work and fracturing our attention. On the other side there needs to be a movement demanding technologies that work for us, not against us; technologies that feed our ability to focus, instead of fracturing it. At the moment, the movement for humane technology consists of a few brave people like Professor Shoshana Zuboff, Tristan and Aza. They are the equivalent of the scattered bands of brave feminists of the early 1960s. We all need to decide – are we going to join them and put up a fight? Or are we going to let the invasive technologies win by default?

# 10

## Cause Eight: The Surge in Stress and How It Is Triggering Vigilance

When I first admitted to myself I had an attention problem and fled to Provincetown, I had a simple story about what happened to my focus – the internet and cellphones broke it. I now knew that this was too simplistic – that the business model behind the tech was more important than the tech itself – but I was about to learn something even more important. These technologies arrived in our lives at a moment when we were unusually vulnerable to being hijacked by them – when our collective immune system was down, for reasons that are totally separate from the technology and its design.

At some level, many of us can sense some of the reasons for this. In early 2020 I decided to team up with the Council for Evidence-Based Psychiatry, and together we commissioned YouGov – one of the world’s leading polling companies – to carry out (so far as I can tell) the first scientific opinion poll ever conducted into attention, in both the US and Britain. The poll identified people who felt their attention was getting worse, and then it asked them why they believed this was happening. It gave them ten options to choose from, and asked them to select any and all that they felt applied to them. The number-one reason people gave for their problems was not their phones. It was stress, which was chosen by 48 percent. The number-two

reason was a change in life circumstances, like having a baby or getting older, also chosen by 48 percent. The number-three problem was difficult or disturbed sleep, which was named by 43 percent. Phones came fourth, chosen by 37 percent.

When I started to study the science of this in more detail, I learned that the hunches of ordinary people are not wrong. There are deeper forces than our phones and the web at work – and those forces led us, in turn, to develop a dysfunctional relationship with the web.

I began to understand the first dimension of this when I spent time with the woman who later became the Surgeon General of California, who has made a key breakthrough on these questions. Of all the people I met for this book, she is perhaps the one I most admire. At first, when you read her story, it might seem the situation she is describing is so extreme that it doesn't have much to do with your own life – but stick with me, because what she discovered can help us to understand a force that is fracturing the attention of many of us.



In the 1980s, in the suburbs of Palo Alto in California, a young Black girl named Nadine felt anxious as she made her way home from school. She loved her mother – her mom had taught her some ferocious moves on the tennis court, and she was always telling Nadine to get herself an education, because once you have it, nobody can take it away from you. But there were times when – through no fault of her own – her mother behaved very differently. ‘The problem was,’ Nadine wrote later, ‘that we never knew which mother we were going to get. Every day after school it was a guessing game – are we coming home to happy Mom or scary Mom?’

Two decades later, Dr Nadine Burke Harris looked at the two children sitting in front of her in her examination room and felt something in her body – an old, familiar ache. The kids were seven and eight years old, and a few hours before, their father had pulled them into his car, deliberately failed to put on their seatbelts, and driven off, until he found a wall. Then he

aimed his car at it and drove forward as fast as he could. Nadine watched the kids and thought about how afraid they must have been. ‘I knew intuitively what that type of fear felt like,’ she told me when we sat together. ‘I could empathise on a physiological level, if that makes any sense. I know what happens in those moments.’ These children, it turned out, also had a parent with paranoid schizophrenia.

Nadine had coped with her mother’s mental illness by always being an A student, just as her mom, in her healthier moments, had taught her to. She got into Harvard, and then she studied public health and paediatrics. When it came to making a decision about what to do with everything she had learned, she realised she wanted to help children. While many of her classmates went on to provide medicine for rich people, Nadine went to Bayview, one of the last non-gentrified parts of San Francisco, which is a really poor, struggling neighbourhood with a lot of violence. Not long after she started there, Nadine was with some friends when she heard a cracking sound. She ran towards it, and found a seventeen-year-old boy who had been shot and was bleeding out. She learned that grandmothers in her new neighbourhood sometimes slept in their bathtubs because they were afraid of stray bullets hitting them in their sleep. She reflected later on what it’s like to live in the middle of random violence like this all the time. To live in Bayview, she realised, was to constantly soak up fear and stress.

One day, a fourteen-year-old boy who had been diagnosed with ADHD, who I’ll call Robert, was brought to see Nadine. (I have also changed some other details throughout this chapter, at Nadine’s request, to protect the medical confidentiality of her patients.) For a while, Robert had been prescribed the stimulant drug Ritalin, but it didn’t seem to be making any difference for him. He said he didn’t like how it made him feel, and he wanted to stop, but his previous doctors had insisted that he carry on taking it at higher and higher doses.

Nadine asked Robert and his mother when his attention problems had first begun. It was when he was ten. She asked: what happened then? Well, they explained, that was when he was sent to live at his dad’s house. They talked about the divorce, and the boy’s life in general – and then Nadine

asked gently: why was Robert sent to live with his dad? It took a while for them to tell the story, but in fits and starts, it tumbled out. Robert's mother had a boyfriend, and one day when she came home, she found him in the shower, sexually abusing her son. She had been sexually abused all throughout her own childhood, and she had been groomed to be terrified of abusive men and to submit to their demands. In that moment, she felt powerless – so she did something she was deeply ashamed of. Instead of calling the police, she sent her son away to live with his dad. Whenever Robert came back to visit, his abuser was still there, waiting.

Nadine thought a lot about this case, and she began to wonder if it might connect to a wider problem she was seeing. When she arrived at the medical centre in Bayview, she had noticed that the kids there were being diagnosed as having attention problems at a staggering rate – dramatically higher than in wealthier neighbourhoods – and that the first and usually only response was to drug them with very powerful stimulants like Ritalin or Adderall. Nadine is a believer in the power of medication to solve all sorts of problems – it's why she went into medicine – but she started to wonder: what if we are misdiagnosing the problem a lot of these kids are facing?

Nadine knew that decades before, scientists had discovered something significant. When human beings are in a terrifying environment – like a war zone – we often flip into a different state. She gave me an example, one I briefly referred to a little earlier. Imagine that you are walking in the woods and you are confronted by a grizzly bear that looks like it's angry and about to attack you. In that moment, your brain stops worrying about what you're going to eat that night, or how you're going to pay the rent. It becomes narrowly and entirely focused on one thing: danger. You track every movement of the bear, and your mind starts scanning for ways to get away from it. You become highly vigilant.

Now imagine that these bear attacks happen a lot. Imagine if three times a week, an angry bear suddenly appeared on your street and swiped one of your neighbours. If this happened, you would likely develop a state known as 'hypervigilance'. You would start to look out for danger all the time –

whether there's a bear right in front of you or not. Nadine explained to me: 'Hypervigilance is essentially when you're looking out for the bear around every corner. Your attention is focused on cues for potential danger, as opposed to being focused on being present with what's going on, or the lesson you're supposed to be learning, or doing the work you were supposed to be doing. It's not that [people in this state are] not paying attention. It's that they're paying attention to any cues or signs of threat or danger in their environment. That is where their focus is.'

She pictured Robert sitting in a classroom trying to learn math, but knowing that in a few days he will be seeing the man who sexually abused him and might do it again. How, Nadine wondered, could he bring the power of his mind to bear on sums in these circumstances? It was primed instead to do one thing – to detect danger. This wasn't a failing in his brain – it was a natural and necessary response to intolerable circumstances. She wanted to know how many of the kids she was treating, who were being told they had some inherent defect, might in fact be in a position like this. With the team at her clinic, she decided to scientifically investigate this question. She began to read the relevant scientific studies, and she learned that there was a standard way to identify if a child has been traumatised, and by how much. It's named the Adverse Childhood Experiences Study. It's quite straightforward. It asks: Have you experienced any of these ten bad things in your childhood – factors like physical abuse, cruelty and neglect? Then it asks about any problems you might be having now – like obesity, addiction and depression.

Nadine decided her team was going to study all of the more than 1,000 children in their care in this way, to figure out how much childhood trauma they had experienced, and to see if that correlated with any of the other problems they might be having – including headaches, abdominal pains, and (crucially) attention problems. With every child, they went through this detailed assessment.

Children who had experienced four or more types of trauma were 32.6 *times* more likely to have been diagnosed with attention or behaviour problems than children who had not experienced any trauma. Other

scientists across the US have backed up the broad finding that kids are far more likely to have problems focusing if they experience trauma. For example, Dr Nicole Brown, in a separate body of research, found that childhood trauma tripled the development of ADHD symptoms. A large study by the British Office of National Statistics found that if there's a financial crisis in the family, a child's chances of being diagnosed with attention problems go up 50 percent. If there's a serious illness in the family, it goes up 75 percent. If a parent has to make a court appearance, it goes up nearly 200 percent. This evidence base is small, but it is growing, and it seems to broadly back up what Nadine found in Bayview.

She believed she had uncovered a key truth about focus: to pay attention in normal ways, you need to feel safe. You need to be able to switch off the parts of your mind that are scanning the horizon for bears or lions or their modern equivalents, and let yourself sink down into one secure topic. In Adelaide, in Australia, I met with a child psychiatrist named Dr Jon Jureidini who has specialised in this question, and he told me that narrowing your focus is 'a really good strategy in a safe environment, because it means you can learn things and flourish and develop. But if you are in a dangerous environment, selective attention [where you focus on just one thing] is a really dumb strategy. What you need instead is to evenly spread vigilance around your environment, looking for cues for danger.'

After she learned this, Nadine realised that with Robert, the response by his previous doctors had been a serious error. She told me: 'Guess what? Ritalin does not treat sexual assault.' For these kids, 'The medications are treating the surface symptoms and not the root cause ... If a child is having horrific behaviour, most of the time, it's the child's really great way of alerting the system that something is not right.' She came to believe that when children can't pay attention, that's often a signal that they are under terrible stress. Jon, the doctor in Adelaide who specialised in this subject, told me: 'If you're medicating a child in that situation, you're colluding with them remaining in a violent or unacceptable situation.' One study compared children who had been sexually abused with a group of children the same age who hadn't been abused, and found that the sexual-abuse

survivors had double the usual rate of diagnosable ADHD. (This is not the only cause of ADHD – I'll come to the others later.)

The approach that was taken to Robert can lead to horrendous outcomes. In Norway, I went to interview the politician Inga Marte Thorkildsen, who started to investigate these questions – and wrote a book about it – after she was shaken by the case of one of her constituents. He was an eight-year-old boy whose teachers identified him as showing all the signs of hypervigilance. He wouldn't sit still; he was running around all the time; he refused to do what he was told. So he was diagnosed with ADHD, and given stimulants. Not long afterwards he was found dead, with a seventeen-centimetre gap in his skull. He had been murdered by his father, who, it emerged, had been violently abusing him all along. When I sat with her in Oslo, Inge told me: 'Nobody did anything because they just said, wow, he has problems with attention, blah blah. They didn't even talk to him during [the period when he was being given] medication.'

Nadine began to ask, If that is the wrong approach, what's the right way to respond? How could she help Robert, and all the other kids in her care like him? She told me that she starts by explaining to parents: 'I believe this [inability to focus] is being caused by your [child's] body making too many stress hormones. So here's how we fix them. We have to create an environment. We have to limit the amount of scary or stressful things that your [child] is experiencing and witnessing. And we have to layer on lots of buffering, lots of caregiving, lots of nurturing. In order for you to be able to do that, you, Mom, have to recognise and address your own history of what's gone on in your life.'

There's no point saying this if you can't then offer them practical ways to do it. So she worked really hard to get funding from Bay Area philanthropists so that she could turn this proposal into a reality. In a case like Robert's, Nadine explained, there are lots of steps that have to be taken. They had to help the mother get therapy, so she could understand why she felt powerless to challenge his abuser. They had to connect the family with legal help so they could get a restraining order on the abuser, so he was out of Robert's life for ever. They had to prescribe yoga for both the abused

child and mother, so they could reconnect with their bodies. They had to help them to improve their sleep and their nutrition.

Nadine told me that you have to ‘scale the tools that you offer to be the same scale as the problems folks are having’. These deeper solutions are, she stressed, really hard work – but she has seen them transform children. ‘I think it’s easy for people to hear that when you’ve experienced childhood trauma, you’re broken or damaged,’ but in reality, ‘we have an ability to change.’ She sees it all the time in her practice: ‘The number of kids who have gone from failing to honour roll when they have the right diagnosis and the right support is nuts.’ That’s why, for her, this is ‘joyful work’, because ‘it shows us the profound potential for change. That’s what I see in my clinical practice. This is eminently treatable. It’s nuts how treatable it is. And there’s so much low-hanging fruit.’ She believes that if we work hard enough to inform people, ‘We’re going to get there: we’re going to get to the place where we’ve transformed the landscape of how society and medicine – all of us – respond to this issue.’



Nadine believes she can only do this work because of the scared child she was in the suburbs of Palo Alto all those years before. She told me: ‘There’s a Buddhist saying – be grateful for your suffering, because it allows you to empathise with the suffering of others.’

Not long before I saw her last, Nadine had just been appointed Surgeon General of California, the most senior medical position in the state. But as prestigious and powerful as that is, she told me she is more proud of something else. She had recently met with Robert and his mother. She saw how – as a result of the extensive help they have been given – they were slowly changing. He was no longer drugged for attention problems, nor was he showing difficulty focusing. They were developing empathy for each other. They were healing at a deep level, in a way that drugging the child could never have achieved. Robert’s mother was able to see how her own sexual abuse had left her unable to protect her own child, and she was able,

for the first time in her life, to see herself differently – and to have compassion for herself. This in turn meant she could start to have compassion for her son. They are both, Nadine said, ‘recognising how the story can unfold differently’ from now on.



Nadine could see that the severe trauma that Robert experienced had been devastating, but she also came to believe that ordinary life in Bayview – with all the stress that entails – corrodes attention. Her patients who weren’t being abused as kids were still worried a lot of the time about being evicted, or going hungry, or being shot. They were under constant low-level pressure.

When she explained this to me, I wanted to understand – do other forms of stress affect attention? How about ones that are vastly less harrowing than sexual abuse? I found that the scientific evidence on this is a little bit complicated. The evidence in labs shows if you are put under mild-to-moderate stress, you will perform *better* on some tasks that require attention in the short term. We’ve all had that experience: before I go on stage to give a speech, I feel a surge of pressure, but it makes me wake up, pull myself together, and perform at my best.

But what if that stress is protracted? In those circumstances, even mild levels of stress ‘can significantly alter attentional processes’, as one scientific team found in a typical study. The science is so clear on this that a recent summary explained: ‘It is now obvious that stress can cause structural changes in the brain with long-term effects.’

I started to ask – why would this be? One reason is that stress often triggers other problems that we know undermine attention. For example, Professor Charles Nunn, a leading evolutionary anthropologist, investigated the rise of insomnia, and found that we struggle to sleep when we experience ‘stress and hyper-vigilance’. If you don’t feel safe, then you’ll be unable to wind down, because your body is saying to you – you’re in danger; stay alert. So the inability to sleep, he explained, isn’t a malfunction

– it's 'an adaptive trait, under circumstances of perceived threat'. To really deal with insomnia, Charles concluded we 'need to alleviate the sources of the anxiety and stress to effectively treat insomnia.' They have to get to grips with the causes.

What might those deeper causes be? Here's one. Six out of every ten US citizens have less than \$500 in savings for if a crisis comes along, and many other countries in the Western world are moving in the same direction. As a result of big structural changes in the economy, the middle class is collapsing. I wanted to understand: what happens to your ability to think clearly when you become more financially stressed? I learned that this has been studied carefully by Sendhil Mullainathan, professor of computational science at the University of Chicago. He was part of a team that studied sugarcane harvesters in India. They tested their thinking skills before the harvest (when they were broke), and after the harvest (when they had a fair bit of money). It turned out that when they had the financial security that came at the end of the harvest, they were on average thirteen IQ points smarter – an extraordinary gap. Why would that be? Anyone reading this who's ever been financially stressed knows part of the answer instinctively. When you are worried about how to survive financially, everything – from a broken washing machine to a child's lost shoe – becomes a threat to your ability to get through the week. You become more vigilant, just like Nadine's patients.

As I studied this big cause of stress, I kept thinking about something Nadine said to me: you have to 'scale the tools that you offer to be the same scale as the problems folks are having'. I wondered: what would this mean if we applied it to our financial stress? It turns out there is a place that answered that very question. In Finland in 2017, a coalition government, consisting of both centrist and right-wing parties, decided to try an experiment. Every now and then, politicians and citizens across the world have suggested that we should give everyone a small guaranteed basic income every month. The government would say to you: we're giving you a small amount of money to cover the basics (food, housing, heat), but no more. You don't have to do anything for it – we just want you to be secure

and have the basic minimum necessary to survive. This idea has been mooted by everyone from Republican President Richard Nixon to the Democratic presidential candidate Andrew Yang.

Finland decided to stop talking and actually try it. They selected 2,000 of their citizens at random, aged between twenty-five and fifty-eight, and told them: for the next two years, every month, we're going to give you 560 euros (which is about \$650 US, or £500), no strings attached. The government set up alongside it a rigorous scientific programme to see what happened next, and once the project was over, the results were published. I interviewed two of the lead scientists who worked on it: Olavi Kangas, who is a professor in the Department of Social Research at the University of Turku, and Dr Signe Jauhainen, and they talked me through their findings.

Olavi told me that when it came to attention and focus, 'the differences were very significant' – once people received a basic income, their ability to focus improved significantly. Signe said they couldn't figure out the exact reason why, but they found that 'problems with money are really not good for concentration ... If you have to worry about your financial situation ... it takes a lot of the capacity of your brain. If you don't have to worry, then it improves your capacity to think about other things.'

What the guaranteed basic income seems to have done – even though it was quite small – is give the recipients a sense they were standing on stable ground at last. How many people in the world feel that at the moment? Anything that reduces stress improves our ability to pay deep attention. Finland showed that a universal basic income – enough to give a baseline of security, but not so much that it disincentivises work – improves people's focus by dealing with one of the causes of our hypervigilance.

This made me think again about our problems with our phones and with the web. The internet arrived for most of us in the late 1990s, into a society where the middle class was starting to crumble, and where financial insecurity was rising, and we were sleeping an hour less than people did in 1945. A more stressed society will be less able to resist distractions. It would always have been hard to resist the sophisticated human-hacking of surveillance capitalism, but it appeared we were already getting weaker, and

we were easier to hack than we would have been otherwise. I was about to investigate other causes that also made us increasingly vulnerable.



I want to be honest here about something that complicates the argument I am putting forward in this book. There's one way in which what Nadine had to teach me – and the wider science of stress that I learned later – is a challenge to the broader thrust of what I'm writing here.

As you saw in the introduction, I believe it is reasonable to argue that our attention problems are getting worse, even though we don't have any long-term studies tracking changes in people's ability to focus over time. I came to this conclusion because we can prove that there are several factors that damage focus and attention, and those factors are rising.

But there's one counterargument to that. You might ask: what if there are countervailing trends, happening at the same time, which make our attention better? Nadine has shown that experiencing violence damages your ability to focus. But over the past century, there has been a big fall in violence in the Western world. I know this runs contrary to what we read in the news, but it's true – Professor Stephen Pinker, in his book *The Better Angels of Our Nature*, lays out the evidence for this very clearly. This seems counterintuitive, in part because we are constantly fed images of violent and threat on television and the web, but it is a fact that you are far less likely to be violently attacked or murdered than your ancestors. Not very long ago, the whole world – in terms of violence and fear – looked more like Bayview, or worse.

The threat of being beaten up or killed is surely the largest source of stress any person can face. Since that has fallen, we would expect this trend to have *improved* attention and focus. I want to be candid about this fact.

Do I think this sole – but highly significant – trend improving our focus outweighs all the other factors dragging it down? Does it outweigh the effects of a huge increase in switching, a decline in sleep, the effects of vast machinery of surveillance capitalism, the rise in financial insecurity? I think

– on balance – it doesn’t. But this isn’t something we can put into a computer and crunch the numbers on – it’s too hard to quantify and compare each of these effects. So reasonable people could disagree with me. It is possible that Nadine’s evidence suggests our attention, as a society, should be improving.

But I then learned about another attention-wrecking force in our culture – one that has been rising throughout my lifetime.



As a culture, in the Western world, we work longer with each decade that passes. Ed Deci, a professor of psychology who I interviewed at the University of Rochester in upstate New York, has shown that an extra month per year has been tacked on to what, in 1969, was considered a full-time job. As the twenty-first century began, the Canadian health service decided to study how people in their country spent their time at work. They studied over 30,000 people in over one hundred workplaces – public and private, large and small – and they ended up producing some of the most detailed research anywhere on how we work. They explained that as work hours swell and swell, people get more distracted and less productive, and concluded: ‘These workloads are not sustainable.’

I only understood the full implications of this for our attention when I went to two places that had experimented with ways to radically reduce the amount of stress people experience at work. They are 10,000 miles apart, and their experiments are quite different – but I believe they have big implications for how we could reverse the damage that is being done to our attention today.

# 11

## The Places That Figured Out How to Reverse the Surge in Speed and Exhaustion

Andrew Barnes never stopped. He was working in the City of London – Britain’s Wall Street – in the aftermath of the financial sector being deregulated in 1987. So companies could really let rip, and there was an explosion of financial swagger, with men in suits yelling at each other across the floor of the Stock Exchange as they traded billions. In this world, you were a wimp if you arrived later than 7.30 a.m., and you were a fool if you left before 7.30 p.m. So for half of the year, Andrew woke up in the dark and arrived home in the dark. He missed feeling the sun on his face.

In the City, everyone believed working better meant working more, until work consumed your whole life. He moved between various ball-breaking corporations. At one of them, all the new employees were called in on their first day to find that on the table in front of them there was a pre-typed resignation letter. They were ordered to sign it, and they were told: if you ever displease the boss, we’ll pull out this letter, and you will be out. Andrew slowly realised that he hated this exhausting existence. ‘If I look back, I sacrificed my twenties on the altar of ambition, and later in life, I probably sacrificed my family,’ he told me. His wild overwork ‘cost me some relationships along the way’, and it was only many years later that ‘I’m now having to build relationships with my kids.’

Andrew left England for Australia and New Zealand, where over time he became really successful, rising to own a series of large businesses. When I went to see him, we met in his penthouse apartment looking out over the city of Auckland – but the memory of those sunless years in the City of London never left him.

One day, in 2018, he was on a plane when he happened to see a report in a business magazine about research into productivity at work. It contained some figures that intrigued him. The average British worker, the research had found, was only actually engaged with their job for less than three hours a day. This meant that most of the time people were at work, they were mentally checked out. They were in the office for a lot of hours, with their lives passing them by, but they weren't getting much done.

Andrew kept thinking about this. The company he ran in New Zealand, named Perpetual Guardian, had over a dozen offices employing over 240 people, in a business that drew up wills and ran and managed trusts. He wondered if these poor productivity figures applied to his own staff. In this situation, everyone is losing out. The workers are bored and distracted and worried about other things, particularly the families they don't get to see as much as they should. At the same time, the employer isn't getting a workforce that's focused on the task in hand. At the back of Andrew's mind, there was a memory of the years he himself had worked in a dysfunctional way, and he felt his own focus and judgement had been thrown off.

So one day he asked himself: what if I changed my entire company so that from now on, every employee worked only four days a week, for the same wages? It would free up time for them to rest, have a proper social life, and to be with their families – the things they are often trying to squeeze into the cracks of their work time. What if giving them all this meant that, in return, the workers were able to focus on their tasks for just forty-five minutes more a day? His back-of-the-envelope calculations suggested to him that, in this scenario, the company's productivity would actually go up. Giving people more time to rest and enjoy life might mean they worked more productively when they were in the office.

To see if this could be right, he started to look back over the history of experiments in changing people's work hours. For example, in Britain during the First World War, there had been a munitions factory that made people work seven days a week. When they cut back to six days, they found, the factory produced more overall. How far, Andrew wondered, could that principle be extended?

So he decided to try something bold. He arranged a conference call and told all his employees that starting soon, they were going to be paid the same wage they currently got for a five-day week, but they would only be asked to work four days. However, he told them – in return, you have to find ways to genuinely get the job done. My hunch is you'll be more productive – but you have to show me I'm right. We'll try this change for two months. If, in that period, we don't see a fall in productivity, I will make the four-day week permanent. 'I was like – what? Am I hearing this right?' I was told by Amber Taare when I went to interview everyone at the offices Perpetual has in a town named Rotorua, which is well away from the corporate headquarters. The workers were excited but wary. How could a plan like this really succeed? Was there some catch they couldn't see? Gemma Mills, who also works in the Rotorua offices, told me: 'I didn't have a lot of faith that it was going to work.' Andrew's management team was also highly sceptical. 'My head of HR literally fell over,' Andrew said. The managers felt sure that productivity would be dented, and the blame would come back to them.

He gave the company a month to prepare, in which everyone had to think about how they could work better, and he called in a team of academic researchers to measure the real outcomes. Niggling drains on productivity that had been dragging on for years were identified and finally dealt with. One person, for example, had a job where she had to enter data, and it was wasting an hour of her day to have to enter it twice because two different systems weren't talking to each other. Now she went to IT and insisted they sort it out. There were hundreds of changes like this happening across the company. In another office, the staff bought a little pot of flags, and

everyone agreed that if you didn't want to be interrupted, you put a flag on your desk from now on, to show you are focusing.

'It took a while to get your head around the concept, because it's so challenging,' I was told by Russell Bridge, another Perpetual Guardian employee. 'If you've worked on an eight-to-five model for so long, it's so ingrained and entrenched.' But the change happened. With a whole extra day to themselves, people spent this time in different ways. Amber took her three-year-old daughter out of day care for one day a week, and played with her more. Gemma said 'it just gives you that extra day to recuperate,' and as a result, 'I just felt genuinely better overall.' Russell started to do DIY repairs around his home, and spent 'quality time with the family'. He told me it helped him to realise that 'the way humans are designed is to have downtime and [then] you will be more productive'. He found that when he came back to work, he was 'fresher'.

Almost everyone I spoke to who went through this experiment stressed that they noticed one change above all the others. As Gemma put it to me: 'I was less likely to be distracted.' Why? She said that, for her, it was about decompression. 'I think your brain doesn't necessarily switch off as easily if you're going, going, going. You don't take that time to switch off and relax... Your brain becomes accustomed to thinking constantly.' But she found that with 'that extra day to relax', she could start to wind down – and so when she came back to work, her mind was clearer.

Of course, the workers had a vested reason to believe this – they wanted to keep the extra time off. What mattered more was more objective measurements. What did the academics who studied the changes find? All signs of distraction, they found, were radically down. For example, the time people spent on social media at work – which was measured by monitoring their computers – fell by 35 percent. At the same time, levels of engagement, teamwork and stimulation at work – some of which were measured by observing the workers, and some by how the workers described themselves – went up by between 30 and 40 percent. Stress levels were down by 15 percent. People told me they slept more, rested more, read more, relaxed more. Andrew's management team – who had initially been

highly sceptical – reached a surprising conclusion: they conceded that the company was achieving as much in four days as they had before in five. The changes have now been made permanent.

Dr Helen Delaney, who studied these changes as part of her work in the Faculty of Business and Economics at the University of Auckland, told me with a laugh: ‘It wasn’t a monstrous failure – I think we can say that. The work got done, clients were happy, staff were happy.’ When she interviewed them in depth, she found that ‘overwhelmingly, employees really liked their four-day workweek … They loved it. Who wouldn’t?’ Helen found this extra time gave them two things. Firstly, it ‘allowed them to nurture relationships with other people that are lost in the frenzy of modern living’. One senior manager told her he had struggled to connect with his son, but now he had started spending a lot of his freed-up time with him, he ‘realised actually I like being with my son, and he quite likes me, and this is a nice time to be together’. Secondly, ‘they also talked a lot about having what they called “me time”’. They told her ‘with no one around me, no kids, no partner, no one – I got to be myself’.

Something similar has been tried in many other places, and even though the experiments are quite different, they keep finding similar outcomes. In 1920s Britain, W. G. Kellogg – the manufacturer of cereals – cut his staff from an eight-hour day to a six-hour day, and workplace accidents (a good measure of attention) fell by 41 percent. In 2019 in Japan, Microsoft moved to a four-day week, and they reported a 40 percent improvement in productivity. In Gothenberg in Sweden around the same time, a care home for elderly people went from an eight-hour day to a six-hour day with no loss of pay, and as a result, their workers slept more, experienced less stress, and took less time off sick. In the same city, Toyota cut two hours per day off the work week, and it turned out their mechanics produced 114 percent of what they had before, and profits went up by 25 percent.

All this suggests that when people work less, their focus significantly improves. Andrew told me we have to take on the logic that more work is always better work. ‘There’s a time for work, and there’s a time for not having work,’ he said, but today, for most people, ‘the problem is that we

don't have time. Time, and reflection, and a bit of rest to help us make better decisions. So, just by creating that opportunity, the quality of what I do, of what the staff does, improves.' Andrew followed his own advice. Now he takes every weekend off – something he had never done before in his life – and goes away to his home on a nearby island without any devices connected to the internet. Gemma, one of the workers who told me that she had been wary at the start, said to me gently: 'You know, there's so much more than working until twelve o'clock at night ... You've got to have a life outside of it.'

Later, at Stanford University, I discussed these questions with Jeffrey Pfeffer, who is a professor of organisational behaviour there. He said the reason it works is blindingly obvious. Ask any sports fan, he said. 'If I want to win a football game, [or] if I want to win a baseball game, do I really want my team to be exhausted?' He let this question hang in the air. Why, he asked, would the rest of us be any different?



One day I went for a walk along the shore in Auckland, thinking about what I had seen – and it struck me that this was the first place I had been to that had directly challenged the logic of our ever-accelerating society. We live in a culture that gets us to walk faster, talk faster, work longer, and we are taught to think that is where productivity and success come from. But here was a group of people saying: No. We are going to slow down and create more space for rest and attention.

At the moment, this sane decision looks like an impossible luxury to the majority of us. Most people can't slow down, because they fear that if they do, they'll lose their jobs or their status. Today, only 56 percent of Americans take even one week of vacation a year. This is why telling people what they need to do to improve their attention – do one thing at a time, sleep more, read more books, let your mind wander – can so easily curdle into cruel optimism. The way our society works at the moment means they can't do those things. But it doesn't have to be this way. Our

society can change. As I reflected on this, I felt a little uneasy, because there's a few reasons why telling you the story of what happened in New Zealand in this way could leave you with a misleading impression. I like Andrew Barnes a lot – he's an unusually enlightened and decent employer – but I don't want you to imagine you too can wait for your boss to have an epiphany and hand you a four-day week. If we want this change to happen, you will very likely have to take a different route.

Think about the weekend, which for a more than a hundred years gave most workers a guaranteed slice of rest and reflection. How did that come to pass? In the eighteenth century, as the Industrial Revolution surged, many workers found themselves forced by their employers to work for ten hours a day, six days a week. It was breaking them, physically and mentally. So they began to band together and demanded time to live. The first strike demanding shorter working hours took place in Philadelphia in 1791. The police beat the workers to a pulp, and afterwards, many of them were fired. But the workers didn't give up. They fought harder. By 1835 they were organising a General Strike for an eight-hour day. Only decades of campaigns like this finally yielded an eight-hour day and a weekend for almost everyone.

With a few honourable exceptions like Andrew, the owners of corporations will not voluntarily take less of your time, any more than Facebook will. They have to be compelled to do it. The introduction of the weekend was the biggest challenge to the speeding-up of society that has ever happened. Only a comparable fight will deliver a four-day week.

This insight is connected to another big obstacle to achieving this goal. A four-day week can be applied to salaried workers – but increasingly, many people are being forced into the 'gig economy', where they scramble to do several jobs without any contracts or fixed work hours at all. This is happening as a result of a very specific change: in countries like the US and Britain, governments broke up and largely destroyed labour unions. They made it harder and harder for workers to band together and demand things like contracts and fixed work hours. The only long-term solution to this is to steadily rebuild unions – so people have the power to demand these basic

rights. This has already begun. For example, all over the US, workers in fast-food restaurants are unionising and demanding a \$15 minimum wage per hour, with incredible success. They have secured wage rises for over 22 million workers and have pulled off the difficult job of winning majority support both in states that voted for Donald Trump and in states that voted for Joe Biden.

But I think we won't only have to take on employers – we'll also have to fight something inside ourselves. When I spent time with the workers at Perpetual Guardian, I found what they said persuasive – but in my gut, I kept pushing back, looking for flaws in what they were telling me. At first I couldn't figure out why. Then I realised that I often only feel I have worked enough if, at the end of the day, I am bone-tired and wrung out. The team who designed the original Macintosh computer wore T-shirts boasting 'Working 90 hours a week and loving it!' This could be the insane slogan for our professional class. Many of us have built our identities around working to the point of exhaustion. We call this success. In a culture built on ever-increasing speed, slowing down is hard, and most of us will feel guilty about doing it. That's one reason why it's important we all do it together – as a societal, structural change.



When Covid-19 spread across the world, lots of people thought – amid all the tragedy and horror – that there might at least be one good outcome. Many people (not all) were freed from the daily commute and from the pressure to be seen at their desks all the time. So it was assumed that there might be a little space created for more rest. But work hours actually went *up* during Covid – in the first month and a half of lockdown alone, the average US worker clocked in three extra hours a day. In France, Spain and Britain, people worked two hours more a day on average. It's not totally clear why. Some people think it's because Zoom meetings take so damn long; others reckon it's because, given all the economic insecurity, people were even more keen to show they were working so they didn't get laid off.

What this shows is that no big outside force is going to come along and free us from the ratchet to work more and more hours – not even a global pandemic. We will only get it through a collective struggle to change the rules.

But Covid also showed us something else that is relevant to a four-day week. It demonstrated that businesses can change their working practices radically, in a very short period of time, and continue to function well. When I caught up with him on Zoom in early 2021, Andrew Barnes said to me: ‘If a chief executive of a British bank had said, “We could run a 60,000-person bank from home,” a year and a half ago you’d have said – no chance. Right?’ And yet it happened, pretty seamlessly. ‘So … surely you can run a business in four days, not five?’ Andrew told me other managers used to say to him that a four-day week couldn’t possibly work because they wouldn’t be able to trust their staff if they couldn’t see them. Andrew called them back and said they should think again now: ‘They all work from home. Amazingly, the work got done.’

The way we work seems fixed and unchangeable – until it changes, and then we realise it didn’t have to be like that in the first place.



Ten thousand miles away, in Paris, workers had come up with a parallel proposal to help slow their lives down. Before the rise of smartphones, it was unusual for a boss to contact her worker once she had left the office and gone home. As a kid, plenty of my friends had parents with demanding jobs – but I almost never saw them get phoned by their employer once they got home. It was rare in the 1980s: when work was over, it was over. The only people who lived on permanent call were doctors, presidents and prime ministers.

But since our work lives came to be dominated by email, there’s a growing expectation that workers will respond at any time, day or night. One study found that a third of French professionals felt they could never unplug, for fear of missing out on an email they were expected to reply to.

Another study found that just the expectation that you should be on call causes workers anxiety, even if they don't actually get contacted on any given night. In effect, the idea of work hours has disappeared, and we are all on call all the time. By 2015, French doctors explained they were seeing an explosion in patients suffering from '*le burnout*', and voters started to demand action – so the French government commissioned Bruno Mettling, the head of the telecoms company Orange, to study the evidence and figure out a solution. He concluded that this constantly-on-call way of working was disastrous for people's health and their ability to do their jobs. He proposed a significant reform: he said that everyone should have a 'right to disconnect'.

This right is simple. It says: you are entitled to clearly defined work hours – and you are entitled, when those work hours are over, to unplug and not have to look at email, or to have any other work contact. So in 2016, the French government passed this into law. Now any company with more than fifty people has to formally negotiate with its workers to agree the hours in which they can be contacted – and all other hours are out of bounds. (Smaller companies can draw up their own charters but don't have to formally consult their workers.) Since then, several companies have faced penalties for trying to force people to respond to email out of hours. For example, the pest-control company Rentokil had to pay a local branch manager €60,000 (around \$70,000 in the US and £50,000 in the UK) in compensation after it had complained he didn't respond to out-of-hours emails.

In practice, when I went to Paris and spoke to my friends who work for companies there, they said change is happening too slowly on this – the law is not being enforced by a tough regulator, so most French people haven't yet experienced a big shift. But it's a first step in the direction we all need to travel.

Sitting in a café in Paris, I thought about what I had seen. There's no point giving people sweet self-help lectures about the benefits of unplugging unless you give them a legal right to do it. In fact, lecturing people who aren't allowed to unwind by their bosses about the benefits of

unwinding becomes a kind of maddening taunt – it's like lecturing famine victims on how they'd feel better if they had dinner at the Ritz. If you have an independent fortune and you don't need to work, then you can probably make these changes now. But for the rest of us, we need to be part of a collective struggle in order to reclaim the time and space that has been taken from us – so we can finally rest, and sleep, and restore our attention.

## 12

# Causes Nine and Ten: Our Deteriorating Diets and Rising Pollution

For every summer of my childhood and my teenage years, I was banished from my home in suburban London to a place that seemed as alien to me as the rings of Saturn. My dad had been born in a wooden farmhouse on a mountain in the Swiss Alps. ‘You must go to the farm,’ my father yelled, ‘it will teach you how to be a man!’ And so, for six weeks of the year, I would be woken up every morning by the crowing of a cockerel, in a fog of deep confusion, in the tiny room my father had shared as a kid with his four brothers.

The first summer I spent alone with my Swiss grandparents was when I was nine years old. I learned that all through their lives, they had mostly eaten food that they had grown, raised or killed themselves. They had a huge garden, where they planted their own fruit and vegetables, and they raised their own animals for meat. But when they put their food on the table in front of me, I stared at it and struggled to recognise that it was even edible. Back home, my mother and my other grandmother were working-class Scottish women, and they had raised me on a diet of chips, fried food, supermarket-bought processed meals and vast amounts of Kinder Egg chocolate. We got a microwave when I was about seven, and from that point on I lived primarily on radiated pizza and zapped French fries. So for

the first few weeks I was in Switzerland, I pleaded for chips, pizza, anything that I saw as food, and I refused to eat what my grandmother prepared. '*Ce n'est pas nourriture!*' I said sincerely: 'It's not food.'

My grandparents were baffled. One day my grandmother caved in and took me to the city several hours away for a McDonald's. She didn't order anything for herself, and she watched me eat my Big Mac and fries with a look of compassionate disgust. Years later, in Las Vegas, I stumbled one day upon a very mentally unwell homeless person who was eating rotting maggot-filled food from the garbage behind the Rio casino. I realised my facial expression was exactly the same as my grandmother's had been that day in the McDonald's in Zurich.

In the two generations that had passed from my grandparents to me, there had been a dramatic transformation in one of the most basic elements of being a human – what we put into our bodies for fuel. All over the world I interviewed experts who said that we all know this change has been bad for our waistlines and our hearts, but we have been neglecting another key effect: it is stealing large parts of our ability to pay attention.

Dale Pinnock is one of the best-known nutritionists in Britain, and when we sat down together for a meal in London, I tried not to look at the juicy hamburgers on the menu, and ordered tofu and vegetables instead, just to impress him. He told me that if you want to understand why so many of us are struggling to focus, you might want to think about it this way. 'If you put shampoo into a car engine, you're not going to scratch your head when the thing conks out,' he said. Yet every day, all over the Western world, we are putting into our bodies substances 'which are so far removed from what was intended for human fuel'. Achieving sustained attention, he said, is a physical process that requires your body to be able to do certain things. So if you disrupt your body – by depriving it of the nutrients it needs, or by pumping it full of pollutants – your ability to pay attention will also be disrupted.

Dale, and other experts on this question I spent time with across the world, went on to outline three broad ways in which the way we eat now is harming our focus. The first is that we currently eat a diet that causes

regular energy spikes and energy crashes. If you eat (say) a Twinkie, he said, your ‘blood sugar is going through the roof, and then crashing back down again. That’s going to affect how you can actually physically focus, because if your energy is through the floor, you’re not going to be able to give things your full attention.’ But most of us now start the day with the equivalent of a Twinkie, though we don’t realise it. ‘Think about that typical pattern. People will eat maybe a bowl of cereal and a slice of toast in the morning. It’s usually Frosties and white bread.’ Because there’s very little fibre in there, glucose – which gives you energy – ‘will be released very, very rapidly. So your blood sugar goes really high, really quickly, which is great – for about twenty minutes.’ Then ‘it crashes down, and when it crashes down, that’s when you’re knackered’ and at this point, ‘you get brain fog’.

When that happens, you sit at your desk and you struggle to think. Your child experiences that crash sitting at school, and she isn’t able to listen to the teacher. This is where ‘you have very, very low energy, and you constantly feel like you need a pick-me-up … That is the blood sugar crashing.’ When this happens, you and your kid want more sugary-carby treats in order to get another short burst of focus. ‘If every mealtime you’re consuming those cheap, shitty carbohydrates, then you’re going to be going on that rollercoaster over and over again.’ He added that if you’re consuming those kinds of foods with caffeine, the effect on blood sugar is exaggerated even further: ‘If you had a croissant on its own, your blood sugar would obviously spike, but if you had it with a coffee, it would spike even higher, and you would get a much more aggressive crash.’ These spikes and crashes take place throughout the day, leaving us so depleted that we can’t focus well for long stretches. He said that all this – shifting metaphor slightly – is ‘like putting rocket fuel into a Mini. It would just burn out and bust very quickly – because it can’t handle that. But put in the petrol it’s designed to take, and it’ll go along nicely.’

There is such a strong scientific consensus that our current diets cause these energy crashes that the British National Health Service’s carefully fact-checked official website warns about it. So, Dale said, if we want to

improve our kids' focus and attention, our first step should be to 'stop feeding them fucking Coke for breakfast and a bowl of sugar and milk. Try giving them proper food first.' If we do, he said we'll see rapid results, because 'the developing brain is so responsive to change'. (He later explained that, at the moment, parents have to fight against an army of advertisers trying to get their kids to eat badly, and a food-supply system that is designed to hack our weaknesses – I'll come to that soon.)

The second way in which our diets affect our focus is that most of us now eat in a way that deprives us of the nutrients we need for our brains to develop and function fully. For almost all of our history, human beings ate, roughly, like my grandparents – they consumed fresh food that they knew the origin of. As the great food writer Michael Pollan, who's a big influence on Dale, has explained, in the two generations between them and me, food went through a profound degeneration. In the mid-twentieth century there was a rapid move from fresh food towards pre-cooked, processed food that was sold in supermarkets and created in order to be reheated. This food had to be prepared for sale in a completely different way. It was pumped full of stabilisers and preservatives to make sure it didn't go off as it sat on supermarket shelves, and this industrial process has, it turns out, stripped food of a lot of its nutritional value.

Then, as we became more accustomed to food that was radically different to what had gone before, the food industry began to find more and more sophisticated ways to directly target our primitive pleasure centres. They pumped our foods full of sugars in quantities that never occur in nature, and trans fats, and various unprecedented new inventions. In the US and Britain, most of what we eat now falls into the category of 'ultra-processed food' – which is, as Michael Pollan has pointed out, so removed from anything in nature that it's very hard to figure out what the original ingredients even were.

There's some uncertainty about precisely how this has affected our focus, but we have some pretty strong clues. Since the 1970s there have been several scientific studies designed to figure out what happens to your attention when you change your diet. To give one example, in 2009 a team

of Dutch scientists took a group of twenty-seven children who had been identified as having trouble focusing, and they split them into two groups. Fifteen of them were assigned to an ‘eliminationist’ diet, which meant they couldn’t consume the junk most of us eat every day – preservatives, additives, synthetic dyes – and so instead they had to eat the kind of food my grandparents would have recognised. The other twelve carried on eating the usual Western diet. The team then monitored them for several weeks to see what happened. It turned out that more than 70 percent of the kids who cut out the preservatives and dyes improved their ability to pay attention, and the average improvement was a remarkable 50 percent.

But this was a small study – so the same team decided to follow up. This time, they took a hundred children, and they did the experiment again, following kids over five weeks. Once again, it turned out that most of the kids who stuck to the eliminationist diet saw a big improvement in their attention and focus, and more than half got dramatically better.

The scientists doing these studies have mostly been investigating the notion that these kids can’t focus because they are allergic to something in our everyday diets. That’s possible. But their experiments seem to me more likely to fit with this wider way of thinking that I was learning about: that when you consume the kind of foods we evolved to eat, your brain will function better. In New York, I went for breakfast with Dr Drew Ramsay, who’s one of the pioneers of ‘nutritional psychiatry’ – a new field that is teasing out the connection between the way we eat and our psychological challenges. He said if anyone doubts these insights, he would ask them where ‘they think attention comes from … The brain gets built from foods. So there’s that very fundamental connection.’ Your brain, he told me, can only grow and thrive if it gets a broad range of key nutrients. To give one well-studied example, if you eat a diet that’s deprived of omega-3s – which are largely found in fish – your brain will suffer. And it’s not good enough to replace these foods with supplements – your body absorbs nutrients much more effectively from real food than from capsules.

The third reason is different. Our current diets aren’t just lacking in what we need – they also actively contain chemicals that seem to act on our

brains almost like drugs. For example, in 2007 a group of scientists in Southampton in Britain got 297 normal kids, who were either three-year-olds or aged between eight and nine, and they split them into two groups. One group was given a drink containing common food additives that appear regularly in our diets, and the other group was given a drink that didn't contain them. They were then monitored to see how they behaved. The kids who drank the food dyes were significantly more likely to become hyperactive. The evidence for this was strong and decisive enough that in the aftermath of this discovery, many European countries banned these dyes – but the US regulators refused to, and they are still being consumed every day in some of the country's most popular cereals and snacks. I wondered if this could help to explain some of the gap in ADHD rates between Europe and the US.

Dale told me that if you want to understand what's really going on here, you should look out across the world at the places where people are physically and mentally fitter than us, with lower levels of diagnosed ADHD and dementia. If you do that, he said, at first it'll seem puzzling, because the diets they eat are actually very different – some of them are heavy on fish, some have very little fish; some have a lot of plants, some don't have many plants; some have lots of carbohydrates and some have none at all. If you're looking for a magic ingredient, you won't find it. But 'there's one thing that unifies every single one of them. They're all leaving out the crap that's making us sick in the first place. They're all leaving out the refined carbohydrates, the processed food, the junk oils. They're all building their foundations on whole foods ... That's the key. That's the magic bullet – just go back to whole foods. Foods as they were originally intended.' He quoted Michael Pollan, who says we should eat only food that our grandparents would have recognised as food, and we should shop primarily around the outer edges of the supermarket – the fruit and veg at the front, and the meat and fish at the back. The stuff in the middle, he warned, isn't really food at all.

Yet instead of promoting healthy food to children, we often push the worst food on them. In Boston another nutritional psychiatrist, Dr Umadevi

Naidoo, told me that a few years before, the funding for school lunches in the US had been cut, and ‘the food companies moved in and provided vending machines’. Now, ‘the obvious connection is that if they’re getting candy bars and cookies, which were processed’, there will ‘definitely’ be a link to the rise in attention problems in children. These reasons – and many more – are why Professor Joel Nigg, the ADHD expert I interviewed in Portland, has written: ‘A sea change is under way … If you think your child’s ADHD may have something to do with food, science now agrees with you.’



I liked all the people I was meeting – but part of me felt really uncomfortable as I had these conversations. So many of my emotions are tied up with the foods that they were explaining to me are focus-killers. I was raised to find comfort in unhealthy food. I pine for it when I feel down. As I reflected on how this diet might be affecting me, I started to think again about my time in Provincetown. There are no fast-food chains there – no McDonald’s! No KFC! Not even Burger King! There’s only a single pizza place, Spiritus Pizza. So for three months, I ate almost nothing but healthy, fresh food – which is two months and thirty days longer than at any other point in my life, other than those long Swiss summers. I wondered if that, too, had played a role in why I focused so easily and so well there.

As I investigated all this, I kept thinking about the last time I ever saw my Swiss grandmother. She was in her mid-eighties, and we walked up her mountain together, with her walking faster than me. She led me into her huge garden, and she tended to it – ripping out weeds, observing the progress of her carrots and leeks – while her chickens scratched freely all around us. Then, with brisk hand movements, she picked out the food we were going to eat together that night, and I watched her cook it. To her, this was as natural as breathing. To me, I realise now, it should have been a revelation.

Yet I can imagine presenting this evidence to people in a way that reeks of cruel optimism. You can picture Instagram influencers taking these points and posting: Look! Just change what you eat and your focus will return! I did it! Now you can too! But the truth is that this is – like so much of what I was learning about for this book – primarily a structural problem. Nobody I know has a mountain and a farm like my grandparents did – they have to get their food at supermarkets. Those supermarkets are full of cheap processed food which is promoted to us from the moment we are born by enormous advertising budgets. If we are going to overcome this problem, there is some role for each of us making individual changes, but there's a bigger need to deal with the larger forces behind it. Today, just like – as Tristan had taught me – every time you try to put down your phone there's a thousand engineers behind the screen trying to get you to pick it up again, every time you try to give up processed food, there's a team of expert marketers trying to get you to crack and come back to it. From long before you were even consciously aware of it, they have been working at getting you to associate positive feelings with unhealthy food. They programmed me perfectly to feed their profit margins rather than my brain health, and I'm not alone. That machinery needs to be turned off, so it can't distort the tastes and steal the focus of another generation.



The next cause of our attention crisis is, out of all the factors I have written about in this book, potentially the biggest. We all know that being exposed to pollution and to industrial chemicals – in the air, or on the products we buy – is bad for us. If you'd asked me when I started researching this book, I could have explained to you, in pretty basic terms, that air pollution causes asthma and other breathing problems, for example. But I was startled to learn that there is growing evidence suggesting that this pollution is seriously damaging our ability to focus.

To understand this, I read widely about the science surrounding this question, and I interviewed scientists who have been at the cutting edge of

discovering these effects. Professor Barbara Demeneix – a prestigious scientist in France who has won several major awards, including the Légion d'honneur, the country's highest civilian prize – explained to me: ‘At every stage of your life, different forms of pollution will affect your attention span,’ and she has concluded this is a factor in why ‘we’ve got neurodevelopmental disease increasing exponentially ... [including] ADHD across the board.’ She said that we are now surrounded by so many pollutants that ‘there is no way we can have a normal brain today’.

The form of pollution we, as ordinary citizens, know most about is in the air all around us, so I interviewed Barbara Maher, who is a professor of environmental science at the University of Lancaster in England, and has been carrying out potentially game-changing research on how it is affecting our brains. She explained to me that if you live in a major city today, every day you are breathing in a chemical soup – a mixture of many different contaminants, including those spewed from car engines. Your brain did not evolve to absorb these chemicals, like iron, through the respiratory system, and it doesn’t know how to handle them. So just by living in a polluted city, she said, you are experiencing a ‘repeated chronic insult to your brain’, and it will react by becoming inflamed. I asked her: what happens if that goes on for months and years? She said it ‘is going to lead to damage to the nerve cells, to the neurons. Depending on the dose [i.e. how bad the pollution is], depending on your genetic susceptibility, eventually, over time, your brain cells will be damaged.’

She has found that the worse the pollution, the worse the damage to your brain. After soaking up this damage for years, you are more likely to develop one of the worst forms of brain degeneration, dementia. In Canada, a study found that people who live within fifty metres of a major road were 15 percent more likely to develop dementia than people who didn’t. But I asked Barbara: What does that inflammation do to your mental functioning earlier in life? ‘It’s probable that if there’s a chronic impact, that can cause aggression, loss of control, attention deficit.’

The evidence is especially worrying when it comes to children’s brains, which are still developing, she said. ‘We’ve now seen evidence for the onset

of these degenerative diseases in really, really young children in highly polluted environments. That's your next generation ... My colleague in Mexico [has] been doing MRI scans, and they can already see shrinking volumes of brain tissue in badly affected young people.' The more polluted an area is, the worse the harm – to the point where some have 'lesions. You can actually see plaques and tangles [in the brain, as in dementia patients], even in very young cases.' A scientist in Barcelona, Professor Jordi Sunyer, tested school children's ability to pay attention across the city – and found that the worse the pollution, the worse the kids performed.

This seemed really daunting. It told me there's a focus-killer literally all around us, and I felt overwhelmed. How can we fight it? I began to get some clues once I had learned some history. I started by looking at the effect of one specific pollutant on our attention: lead. As far back as ancient Rome, it was known that lead was poisonous to human beings. The architect Vitruvius, for example, begged the Roman authorities to not use it to build the city's pipes. Yet for centuries lead was used to paint homes and in water pipes, and then in the early twentieth century it was added to petrol, which meant it was pumped into the air of every city in the world and breathed in by its inhabitants. Scientists warned almost at once that leaded gasoline was likely to produce disaster. When in 1925 General Motors announced that putting lead in gasoline was a 'gift of God', its CEO was warned by Dr Alice Hamilton, the leading expert on lead in the US, that he was playing with fire. 'Where there is lead,' she said, 'some case of lead poisoning sooner or later develops.' It was clear this could have a terrible effect on people's brains: in high doses, lead poisoning makes people hallucinate, lose their minds or die. The factories where leaded petrol was developed had outbreaks of staff members going violently insane and dying because of their exposure to it.

There was always a non-leaded form of gasoline available that didn't carry these risks, but the big corporations resisted it fiercely, seemingly for a commercial reason: they could patent the leaded version, and so make more money from it. For forty years, the lead industry funded all the

scientific research into whether it was safe – and assured the world that their scientists had discovered it was.

It turns out this decision to allow leaded petrol to dominate the market stole a large amount of focus from people all over the world. I went to interview Bruce Lanphear, who is professor of health sciences at Simon Fraser University in Canada. He explained that as a young academic in the 1980s, he was offered a position in Rochester in upstate New York to study the effects of lead on children’s cognitive abilities. He knew that kids were still being exposed to a lot of lead, even though leaded paint had been banned in 1978, because millions of people still lived in homes full of it, and leaded petrol continued to be used everywhere. He wanted to know what this was doing to them.

As part of the project he worked with, all the kids in Rochester were given blood tests to see just how much lead they were carrying in their bodies. When Bruce saw the results, he was taken aback. One in three of the children in the town had lead poisoning. For Black children, it was one in two. Rochester wasn’t unusual – separate research a few years before found that modern Americans by the 1970s were carrying more than 600 times more lead in their bodies than pre-industrial humans, and the Environmental Protection Agency estimates that 68 million children were exposed to toxic levels of lead in the US from leaded petrol alone between 1927 and 1987.

Bruce and other scientists showed that lead severely stunts your ability to focus and pay attention. If you are exposed to lead as a child, he explained to me, you are ‘two and a half times more likely to meet criteria for ADHD.’ The effect becomes even bigger if it is combined with other forms of pollution. For example, if your mother was exposed to lead during pregnancy and she smoked cigarettes, you are *eight* times more likely to be diagnosed with ADHD.

Before Bruce arrived, the mothers of Rochester – like mothers across the United States — had been warned about the dangers of lead poisoning, and then told that it was their fault. The authorities said to them – your kids are being exposed in this way because, as mothers, you have failed to dust your homes enough. Do more housework and get your kids to wash their hands

more. This was part of a wider push: the lead industry itself claimed the problem lay mainly with ‘uneducable Negro and Puerto Rican’ parents who ‘failed’ to protect their kids from the lead in their homes.

But when Bruce studied it, he found that all this dusting and handwashing made no difference at all. He could see that a whole town, and a whole generation of children, had been poisoned, and the families had been told it was down to them because they weren’t clean enough. Some scientists had gone even further in blaming the victims. They said the problem wasn’t that the families were living with high levels of a brain-damaging metal, but that the children had a mental illness. They said the kids had a psychological disorder named ‘pica’, which was making toddlers irrationally stick chunks of lead paint in their mouths. These children were labelled as having a ‘perverted appetite’, and it was (again) claimed that this problem seemed to be suffered mainly by Black and Brown children.

At every stage, right from the 1920s onwards, the lead industry created and encouraged these diversionary tactics. They also bought the loyalty of some scientists, who systematically cast doubt on the evidence that lead harmed people’s brains. Right at the start, in the 1920s, one scientist, named Thomas Midgley, announced at a press conference that it was perfectly safe to use leaded products. He didn’t tell the gathered journalists he had just recovered from a terrible dose of lead poisoning himself, caused by the very products he was now promoting. At every stage, the lead industry insisted, in effect – if there is any doubt about the danger, we should be allowed to carry on pumping lead into people’s bodies.

All through the research for this book, I had an ongoing struggle to hold clearly in my mind the structural nature of our attention crisis. We live in an extremely individualistic culture, where we are constantly pushed to see our problems as individual failings, and to seek out individual solutions. You’re unable to focus? Overweight? Poor? Depressed? We are taught in this culture to think: That’s my fault. I should have found a personal way to lift myself up and out of these environmental problems. Now, whenever I feel that way, I think about the mothers in Rochester whose kids were being poisoned by lead, and they were simply told they should dust their homes

more, or that their kids had a ‘perverted’ desire to suck on chunks of lead paint. We can see clearly now there was a huge problem with a deep cause in the environment – and yet the primary response was to tell people to throw all their energy into a frantic individual displacement activity that made no difference at all, or (even worse) to blame their own poisoned children.

When the problem was blamed on isolated individuals, and they were told to solve it by simply tweaking their own behaviour, the problem only got worse. So I investigated – what did end it? I learned it was one thing, and one thing only. It stopped when ordinary citizens learned the scientific evidence and banded together to demand their governments change the law to stop these companies from poisoning them. In Britain, for example, the campaign against leaded petrol was led by a housewife named Jill Runnette, who succeeded in getting the government to cut the amount of lead in petrol by two-thirds in 1981. (It was later banned altogether.) She did it to protect herself and the children of her society.

In a way, this felt to me like a metaphor for our whole attention crisis. Our attention and focus has been raided, pillaged and poisoned by huge external forces – and we have been told to do the equivalent of dusting our homes and washing our hands more, when we should have been doing the equivalent of banning lead paint and petrol all along. In many ways, the story of resistance to lead poisoning is a model for us to follow now. The dangers were clear for decades – Dr Alice Hamilton accurately documented them in the mid-1920s – but things only changed when there was a dedicated democratic movement of ordinary citizens taking on the forces that stole their focus. In 1975 the average Americans had a blood lead level of 15 micrograms per decilitre. Today it’s 0.85 micrograms per decilitre. The IQ of the average pre-schooler is estimated by scientists at the US Centers for Disease Control and Prevention to have risen by five points as a result of the ban. It’s proof that it’s possible to make dramatic progress on fighting an attention-killer.



But Barbara Demeneix warned me that since then, ‘there are so many other [attention-damaging] chemicals that … are increasing on the market’ that she fears it is now dwarfing the benefit of ditching lead. So I asked her – what chemicals are we being exposed to today that have potential effects on attention? ‘Let’s start with the main culprits: pesticides. Plasticisers. Flame-retardants. Cosmetics.’ She said ‘of over two hundred pesticides on the market in Europe, about two-thirds affect either brain development or thyroid hormone signalling’. When monkeys are exposed to the same level of the common pollutant polychlorinated biphenyls (PCBs) as humans currently are, they develop serious problems with their working memory and mental development. A team of scientists studied the amount of a pollutant named bisphenol A, or BPA – which is used to coat 80 percent of metal cans – that mothers are exposed to. They found that exposure to the chemical predicts which of them will have kids with behaviour problems.

Barbara has been engaged for nearly twenty years in developmental neurotoxicity testing – the science that figures out how the chemicals we are exposed to, both on the products that we buy and in the food that we eat, affect the development of foetuses and babies. She was commissioned by the European Parliament to do major research on this question, and she has co-ordinated many other research projects – and in the course of her research, there was one area in particular that worried her most. She explained to me that from the moment you are conceived, your development is shaped by hormones, which ‘regulate early development’. So she began to research whether these chemicals have any effect on these endocrine signals. What she discovered is that many of them create an effect that’s like ‘radio interference’, screwing with the system that guides how a human should develop, especially the brain, and making parts of it go astray. This affects attention, she explained, because this whole system guides how a person’s brain will develop. If your brain doesn’t develop normally, your attention can seriously suffer.

Between 2005 and 2012, she tested many common substances that are all around us – and the more substances her team tested, the more evidence she gathered that the endocrine system is being messed with by our current

environment. She warns that all children today are being born ‘precontaminated’ by a ‘toxic cocktail’.

This is disputed: some scientists believe that these dangers are being hugely overstated. For example, the American Council of Science and Health has ridiculed Barbara’s claims, arguing that you would have to be exposed to a massive dose of some of these chemicals for them to have the effects she describes. According to *Mother Jones* magazine, this group has allegedly been funded by chemical companies and large agricultural corporations with a vested interest in this debate (although the group denies these claims), which means we should handle their scepticism with some scepticism of our own – but it doesn’t necessarily mean they are wrong. There needs to be more funding to study these questions in detail.

It sometimes seems like the same story that played out with lead is now happening with other attention-damaging chemicals. The industries that profit from using them fund the vast majority of the research into them; they systematically promote doubt about the possible harms; and they argue that if there’s any doubt at all about the danger of their products, they should be allowed to carry on using them.

I felt tempted, when I heard all this, to keep asking the scientists I interviewed: Okay, what products contain these pollutants, and how do I cut them out of my life? You say BPA coats metal cans – should I avoid metal cans? But Barbara Demeneix told me that trying to personally avoid pollutants today, at an individual level, is largely a fool’s errand in a landscape so filled with them. ‘We can eat bio [i.e. organic]. We can air our homes as often as possible. [We can] live in the countryside.’ But when it comes to these endocrine disruptors, ‘there’s no escape. There’s no escape.’ Not at the level of the isolated individual.

To understand what we can actually do to solve the damage pollution is doing to our attention, I went to meet up with Bruce Lanphear by the rocks in Horseshoe Bay, on the West Coast of Canada, on a foggy day. He had just been out kayaking, and in the water in front of us, there were seals flapping around and vanishing under the waves. ‘Look at that,’ he said. ‘The clouds. The water. The greenery.’

From our conversation, I learned that there were two ways we need to respond now. Firstly, when it comes to new chemicals, we need a new approach. He told me that at the moment, ‘chemicals are assumed to be innocent until study after study shows they’re toxic’. So if you want to put a product on the market containing a new chemical, you can use whatever you want, and, in the years that follow, poorly funded scientists have to scramble to figure out if it’s safe. ‘That’s because who’s calling the shots? Industry.’ We need to do it differently, he said. ‘Basically, we should treat new chemicals, new pollutants, as though they are like drugs.’ The chemical should have to be tested for safety *before* it starts being used by ordinary people – and only if it passes stringent tests should it end up in your home and in your bloodstream.

Second, for the chemicals that are already widely used, we need to do these tests, and this research needs to be carried out by scientists who are not funded by industry. Then, if we discover that any of them are harmful, we need to band together as citizens and demand that it be prohibited, like lead is – finally – today. Later, Barbara Demeneix told me bluntly: ‘We’ve got to get this under control very soon.’

Barbara Maher told me that when it comes to her area of expertise, air pollution, we need to pressure our governments to bring forward the transition to electric cars by law, because they massively reduce this problem. She stressed, in addition, that there are interim steps we can push our leaders to take: if we plant trees in pollution hotspots, they will soak up a lot of the contamination, and clean the air of many toxins.



As I absorbed all this, I kept thinking about what Barbara Demeneix said to me: ‘There is no way we can have a normal brain today.’ It’s possible that a hundred years from now, when they look back at us and ask why we struggled to pay attention, they will say, ‘They were surrounded by pollutants and chemicals that inflamed their brains and harmed focus. They walked around exposed to BPA and PCBs, and breathing in metals. Their

scientists knew what it did to their brains and their ability to focus. Why were they surprised they struggled to pay attention?’ Those people in the future will know whether, after learning this, we banded together to protect our brains – or whether we allowed them to continue to degrade.

# 13

## Cause Eleven: The Rise of ADHD and How We Are Responding to It

Something strange started to happen around fifteen years ago, when my nephews were small. Their teachers believed that large numbers of kids in their classes were becoming more restless and unable to focus. They didn't want to sit still or attend to their lessons. Around this time, an idea that didn't exist in Britain when I was a child – or, at least, was exceptionally rare – started to spread through the country. It was argued by some researchers and doctors that these children had a biological disorder, and that is why they weren't paying attention. This idea proliferated with incredible speed across the English-speaking world. Between 2003 and 2011 alone, diagnoses of attention deficit hyperactivity disorder (ADHD) soared in the United States by 43 percent overall, and by 55 percent among girls. It has now reached the point that 13 percent of adolescents in the US have been given this diagnosis, and of them, a majority are given powerful stimulant drugs as a result.

In Britain, the increase has also been extraordinary: for every child who was diagnosed with ADHD when I was seven years old, in 1986, there are now one hundred kids in this position. Between 1998 and 2004 alone, the number of children being given stimulants doubled.

When it comes to our own attention problems as adults, we often readily acknowledge a whole range of influences on us – the rise of invasive technologies, stress, lack of sleep, and so on. But when our children face the same challenges, over the past twenty years we have been drawn to a starkly simple story: that this problem is largely the result of a biological disorder. I wanted to investigate this in depth. Of all the chapters in this book, this is the one I've found hardest to write, because it's the topic about which serious scientists disagree the most. By interviewing them, I learned that they don't agree on even the most basic questions – including whether ADHD actually exists in the way most people have been told it does, as a biological illness. So I want to go through this chapter slowly and carefully. This is the topic where I interviewed the most experts – over thirty of them – and I kept going back with more questions for a long time.

But I want to make clear a few things at the start that every expert I spoke with agreed on: everyone being diagnosed with ADHD has a real problem. They aren't making it up or faking it. Whatever the cause, if you or your child is struggling to focus, it's not your fault: you're not incompetent or undisciplined or any of the other stigmatising labels that might have been applied to you. You deserve compassion and practical help to find solutions. Most experts believed that for some children, there can be a biological contribution to their poor focus – though they disagreed on how large a contribution that was. We should be able to have a calm and honest conversation about the other aspects of the ADHD controversy while holding these truths in our minds.



The question of whether kids who can't focus have a biological problem is, in fact, a fairly new debate, and it has changed a lot in the past few years. In 1952 the American Psychiatric Association first wrote a guide to all the things that can go wrong with a person's mental health, and the idea that kids who struggle to focus are suffering from a biological disorder was not included. By 1968, the idea had gained enough popularity among

psychiatrists that they added it, but they believed it applied to a tiny number of children. With each passing year, the number of kids identified as having this problem has soared, to the point that in many parts of the South in the United States, 30 percent of boys are now diagnosed with ADHD by the time they turn eighteen. As I write, it is swelling even further – huge numbers of adults are now being told they have this disability, with over 3 million of them already being prescribed stimulants. The market for prescribing stimulants is now worth at least \$10 billion.

As all this has exploded, a polarised argument has broken out over it. On one side, there are people saying ADHD is a disorder caused overwhelmingly by something going wrong within the individual's genes and brain, and that very large numbers of children and adults should be taking these stimulants to treat it. This side has largely prevailed in the US. On the other side, there are people saying that attention problems are real and painful, but it is incorrect and harmful to see them as a biological disorder that requires the mass prescription of drugs, and we should be offering different forms of help. This side has largely prevailed in places like Finland.



Let's start with the purely biological story, and why so many people find truth and relief in it. One day, on an Amtrak train, I got talking to a woman who asked me what I did for a job. When I told her I was writing a book about why people struggle to pay attention, she started to tell me about her son. I didn't write it down at the time, so I only remember the broad details of what she said – but he had a typical experience. Years before, he had been really struggling at school – he wasn't able to pay attention in class, and he was in trouble a lot. She felt concerned for him, and judged by the other parents. Finally, the school's teachers urged her to take him to the doctor. Their doctor spoke to her son and then told her that he had diagnosed him with ADHD. He told her that it meant her son had different genetics from other kids, and that as a result, he had developed a different

kind of brain, one that wasn't like most people's. This meant he found it much harder to sit still and focus. Stephen Hinshaw, a professor of psychology at Stanford University, similarly told me that genetics account for '75 to 80 percent' of ADHD, a ballpark figure that is based on a large series of scientific studies.

It's distressing to be told your child has a disability. She felt shocked – but at the same time as they are offered this message, parents are also told lots of positive things: your son's behaviour isn't your fault. In fact, you deserve sympathy: you've been coping with something really hard. And best of all, there is a solution. Her son was prescribed the stimulant drug Ritalin. When he started to take it, he stopped being so restless and bouncing off the walls. He said he didn't like how it made him feel, though – one child I know told me that he felt like his brain was turned off when he took the drug – so his mother felt genuinely conflicted. Ultimately, she decided to continue to give him the stimulants until he turned eighteen, because she felt that at least this would stop him being thrown out of school. There's no dramatic aspect to this story: he didn't have a heart attack or start using meth. On balance, she thought she was doing the right thing.

I feel a lot of sympathy for her. But there are several reasons why I also feel worried about the fact that there are more and more people like her, who now believe this is an overwhelmingly genetic problem that needs to be dealt with primarily with stimulants. I think the best way to start to explain why might be to step sideways for a moment, and to look at what happened when the concept of ADHD spread beyond kids, and even beyond adults, to a whole new category of living creatures.



One day in the 1990s, a nine-year-old beagle named Emma was led into a vet's surgery. Her stressed-out owner explained that she had a problem. The dog was anxious all the time – she ate constantly, and there were times when she would suddenly go ballistic, ricocheting off the walls and barking

incessantly. If she was left alone in the house, the dog would freak out even more. The owner kept using one word to describe Emma: hyperactive. She implored the vet to help her figure out what to do.

The vet she had come to see was a man named Nicholas Dodman, an English immigrant who – over a thirty-year career – had become one of the leading veterinary specialists in the United States, and a professor at Tufts University. At first, Nicholas prescribed for Emma and her owner to go to dog training, where both of them could learn new skills to help them interact. It worked – but not completely. The owner said Emma’s problems dipped by around 30 percent. When he heard this, Nicholas decided that Emma in fact had ADHD – a concept that, until he made his own breakthroughs in interpreting animal behaviour, had only really been applied to humans. He prescribed the stimulant drug Ritalin for the dog, and told Emma’s owner to smush it into her food twice daily. When she came back not long afterwards, the owner was thrilled. The problem, she said, was solved. The dog had stopped bouncing around the house and trying to eat all the time. It was true that Emma still howled terribly when she was left alone, but otherwise, she was the dog her owner had always hoped for.

By the time I met Nicholas at his home in Massachusetts, this had become a normal day at his clinic. He regularly prescribes Ritalin and other stimulants to animals he diagnoses as having ADHD. Nicholas is a pioneer, and he’s been called the ‘Pied Piper’ of drugging animals for psychiatric problems.

I was curious about how he came to take this position. He told me it all began quite by accident, like many scientific breakthroughs. In the mid-1980s he was called as a vet to visit a horse named Poker, who had a problem. Poker was obsessively ‘cribbing’ – a terrible compulsive behaviour that around 8 percent of horses develop when they are shut away in stalls for most of the day. It’s an awkward repetitive action, where the horse will grasp with his teeth onto something solid – like the fence in front of him – then arch his neck, swallow, and grunt hard. He’ll do this again and again, compulsively. The so-called treatments for cribbing at that time were shockingly cruel. Sometimes vets would drill holes into the horse’s

face so he couldn't suck in air, or they would put brass rings in the horse's lips so he couldn't grasp the fence. Nicholas was appalled by these practices, and in his search for alternatives, he suddenly had an idea. What if we gave this horse a drug? He decided to inject the horse with naloxone, which is an opioid-blocker. 'Within a few minutes, the horse just completely stopped,' he told me. 'The owner was like, "Oh my God. Oh my God." ' After about twenty minutes the horse started cribbing again, but 'we repeated that [injection] many times with many different horses subsequently, and had exactly the same result'. He said: 'It fascinated me that you could change behaviour so dramatically by changing brain chemistry ... You know, that changed my career.'

From that point on, Nicholas began to believe you could solve the problems of many animals by responding to them in ways that, until then, had only been applied to humans. For example, he was consulted by Calgary Zoo about a polar bear that was endlessly pacing, and he recommended giving it a massive dose of Prozac. It stopped pacing and began to sit docilely in its cage. Today, thanks in part to Nicholas's shift in perspective, there are parrots on Xanax and Valium, there are many species from chickens to walruses being given anti-psychotics, and there are cats on Prozac. One of the staff at a leading US zoo told a reporter that psychiatric drugs are 'definitely a wonderful management tool, and that's how we look at them. To be able to just take the edge off puts us a little more at ease.' Nearly half of all zoos in the US now admit giving psychiatric drugs to their animals, and 50 to 60 percent of the owners who come to Nicholas's clinic are seeking psychiatric meds for their pets. At times, it sounds like *One Flew Over the Cuckoo's Nest* for actual cuckoos.

Before I went to meet Nicholas, I expected him to justify this in one particular way. I thought he would tell me the story that lots of doctors tell parents who have kids with attention problems – that this is a disorder with biological causes, and this is why they need biological solutions in the form of drugs. But he didn't say that. In fact, his explanation started where his own journey into this science had begun – with cribbing horses. 'No one's ever seen a horse in the wild do this. This is a condition of "domestication",

keeping horses in unnatural situations,’ he told me. ‘If they’d never been put in a stall, and they’d never been subjected to that psychological pressure early on, they wouldn’t develop it.’

As he described what happened to these horses, he used a phrase that struck me. He said these horses are suffering from ‘frustrated biological objectives’. Horses want to roam and run and graze. When they can’t express their innate nature, their behaviour and focus go awry, and they start to act out. He told me that ‘the pressure of having your biological objectives thwarted is such that it opens a Pandora’s box’, where you’ll try to find any behaviour that will ‘alleviate this crushing psychological pressure or inability to do anything ... Horses spend about 60 percent of their time in the wild grazing, so it’s not surprising that one of the things that gives them release is a sort of fake grazing, which is what cribbing is.’

He admitted freely that his approach of drugging animals for what’s dubbed ‘zoochosis’ – the madness animals often develop when they are caged – is an extremely limited solution. I asked him if, for example, drugging the polar bear had solved his problem. ‘No,’ he replied. ‘It’s a Band-aid. The problem is you’ve taken a polar bear out of the polar environment, and you’ve stuck it in a zoo ... Polar bears in nature will walk for miles across the Arctic tundra. They look for seal places, and they swim, and they eat seals. The exhibit [the cage where this polar bear was trapped] is nothing like real life. So, just like the guy in jail, they pace to appease the inner pain of being denied a real life ... They’ve got all these instincts that are all intact, that they’re unable to utilise.’

The long-term solution is to shut down zoos, he said, and to let all animals live in an environment that is compatible with their natures. He told me about a dog that was unable to focus on anything and spent all its time obsessively chasing its own tail. It lived in a tiny apartment in Manhattan. Then, one day, its owners split up, and it was sent to live on a farm upstate – and its tail-chasing and apparent focus problems went away. All dogs should run for at least an hour off-leash every day, but ‘not many’ pet dogs in the US get that, he told me. They’re frustrated, and it causes problems.

He can't magic that world into existence by himself. In the absence of those long-term solutions, he wanted to know, what would I have him do? We discussed this for a long time. I tried to explain to him that while I saw where he was coming from, I felt instinctively uncomfortable with it. These animals are showing these behaviours as a way of expressing distress – Poker the horse hated being shut away, and Emma the beagle hated being left alone, because horses need to run and dogs need a pack. I was worried that by muffling their signals with drugs, he might be encouraging their owners into a kind of fantasy – that they could take a creature, ignore its nature, and make it live a life that fits the owner's needs, not the animal's, without any cost. We need to hear the animal's distress, not suppress it.

He listened thoughtfully, and responded by describing to me pigs who live and die in brutal factory farms, ripped from their mothers as babies, spending their whole lives in carts where they can't turn around. He asked: 'I could make this pig a lot better and tolerate this intolerable situation with less psychological pain if I was to put Prozac in the drinking line. Would you be against that?' But the choices he was confronting me with, I said, with shouldn't exist. His hypothetical concedes too much – it takes a dysfunctional environment for granted, and assumes that all we can do is try to adapt to it and take the edge off. We need better choices than that. 'I mean – reality shouldn't be the choice,' he replied. 'It's what we have, you know? So you have to work with what you've got.'



I began to ask myself – is there any way in which children who struggle to focus are like Emma the beagle, and are being medicated for what is in fact an environmental problem? I learned that scientists fiercely disagree about this. We do know that the huge rise in children being diagnosed with attention problems has coincided with several other big changes in the way children live. Kids are now allowed to run around far less – instead of playing in the streets and in their neighbourhoods, they now spend almost all their time inside their homes or school classrooms. Children are now fed

a very different diet – one that lacks many nutrients needed for brain development, and is full of sugars and dyes that negatively affect attention. Children’s schooling has changed, so it now focuses almost entirely on preparing them for high-stress testing, with very little space for nurturing their curiosity. Is it a coincidence that ADHD diagnoses are rising at the same time as these big changes, or is there a connection? I’ve already discussed the evidence that our dramatic changes in diet and rise in pollution are causing a rise in children’s attention problems, and I’ll come to the evidence about how the other changes might be affecting children’s attention in the next chapter.

I want to start, though, with somebody who has pioneered a different way of responding to ADHD in children. Across three years, I repeatedly interviewed Dr Sami Timimi, who is a leading child psychiatrist in Britain, and one of the most prominent and vocal critics in the world of the way we talk about ADHD today. I went to see him in Lincoln, a town that was built over a thousand years ago around a cathedral and seems to have been sighing back into the earth ever since. The old parts of the town have been taken over by chain stores paying minimum wage, and when Sami moved there he discovered his practice was full of people who were really struggling, through no fault of their own, with low wages and little hope. He could see that people in Lincoln needed a lot of practical help – but he was surprised to find that people seemed to expect one thing from him. They thought, as he put it, ‘That a psychiatrist was basically somebody who does medication,’ and he was treated as a pill-dispenser. He inherited from his predecessor twenty-seven kids who were being prescribed stimulant drugs for ADHD, and local schools were pressing for more kids to be put on them. It would have been easy for Sami to just carry on with this approach.

But he was pensive. He believed that if he was going to take his responsibility as a doctor to these kids seriously, he had to take time to look in depth at their lives and their environments. One of the children who had been diagnosed with ADHD and given stimulants by Sami’s predecessor was an eleven-year-old boy, who he called Michael to protect his

confidence. After he was dragged into Sami's office by his mother, Michael refused to even talk to him. He just sat there, angrily sulking, as his mother explained that she didn't know what to do. She said that Michael kept kicking off at school, refusing to focus and becoming aggressive. As she explained all this, Michael kept interrupting her, sullenly demanding to leave.

Sami refused to decide anything based on just one session. He felt he needed to learn more – so he kept interviewing this mother and son over a period of several months. He wanted to understand when these problems began. As he probed into this, it slowly emerged that two years before, Michael's dad had moved to another town, and he hardly ever talked to his son any more. It was in the aftermath of this that Michael started acting up at school. Sami wondered if he felt rejected. Sami told me: 'When you're a child, you're not developed intellectually to take a step back and look at things from a more rational, objective point of view ... When a father says they're going to come and see you, but they never turn up, you imagine it's because there's something wrong with you. It's because they don't want to see you. It's because you're not very nice. It's because you cause problems.'

So one day, Sami decided to phone Michael's dad. He agreed that he would come into the doctor's office to see Sami, and they talked over the situation. The father was chastened, and decided to come back into his son's life in a structured and consistent way. Sami called Michael in and told him that there was nothing wrong with him. It wasn't his fault his dad had disengaged. He didn't have a disorder. He had been let down, and that wasn't his fault. Now it was going to change. As Michael reconnected with his dad, over several months they weaned him off his stimulant drugs. Sami did this gradually because the withdrawal effects can be severe and terrible. As time passed, several things changed for Michael. He had a male role model. He knew he wasn't a bad person who drove his dad away. He stopped acting out at school and started learning again. Sami felt he had identified the underlying problem and solved it – and so the attention problems gradually went away.

Another of the kids brought to Sami was a nine-year-old boy he called Aden, who behaved well at home, but seemed to be behaving badly at school. His teacher said he was hyperactive and kept distracting the other kids, and was urging that he be given stimulants. Sami decided to visit the school, and he was appalled by what he saw. Aden's teacher spent all her time yelling at the class to be quiet, and irrationally punishing Aden and a few other kids she seemed to have taken a dislike to. The classroom was in chaos, and Aden was being blamed. At first, Sami tried to help the teacher to change her story about Aden, but she wouldn't listen, so he helped Aden's parents move him to a new, less chaotic school. Once he got settled in, he started to thrive, and his attention problems also faded.

Sami does still occasionally continue the prescription of stimulants to children, but it's rare, it's short term, and it's after trying all other options. He said that with the vast majority of cases of kids with attention problems that come into his office, if he listens carefully and offers practical support to change the child's environment, it almost always reduces or ends the problem they have.

He told me that when people hear a child has been diagnosed with ADHD, they often imagine this is like a diagnosis of, say, pneumonia – that a doctor has identified an underlying pathogen or illness, and is now going to prescribe something that can deal with that physical problem. But with ADHD, there are no physical tests a doctor can carry out. All she can do is talk to the child, and people who know the child, and see if the kid's behaviour matches a checklist drawn up by psychiatrists. That's it. He says: 'ADHD is not a diagnosis. It's not a diagnosis. It's just a description of certain behaviours that sometimes occur together. That's all it is.' All you are saying, when a child has been diagnosed with ADHD, is that a child is struggling to focus. 'It doesn't tell you anything about the "why" question.' It's like being told that a child has a cough, listening to the cough, and then saying – yes, the child has a cough. If a doctor identifies a child with attention problems, that should be the first step in the process – not the last.

I was moved by Sami's experiences – but I also asked: how do we know if this kind of approach – listening to the child, and trying to solve the

underlying problem – actually works, beyond these moving anecdotes? I dug deeply into this question. It turns out there's a huge number of studies investigating what happens when you give children stimulant drugs (I'll come to the results of them soon). There are some studies into what happens when you give parenting classes on how to set boundaries, give consistent feedback, and so on (the evidence is mixed, but you often see a mild improvement). But I wanted to know – is there any research into what happens when you intervene in the way Sami does?

It turned out that – so far as I could uncover – in the whole world, there seemed to be only one group of scientists who had studied something close to this question, in a remarkable long-term study, so I went to Minneapolis, where they conducted their research, to meet them. In 1973, Alan Sroufe, who became a professor of child psychology there, started a massive collective research project, which was designed to answer a really big question – what factors in your life really shape you? We met in the café of a garden centre in the city's suburbs. Alan is a gentle, softly spoken scientist who, at the end of our conversation, went to pick up his grandchildren from school. For more than forty years, Alan and his team have been studying the same 200 people, who were all born into poor families. They have been tracked and analysed from birth all the way into middle age. These scientists measured a huge range of factors in these people's lives – from their bodies to their home lives, from their personalities to their parents. One of the many things they wanted to figure out is: what factors in a person's life can lead to them developing attention problems?

At the start, Alan was fairly confident about the answer they would find. He believed – like most scientists at the time – that ADHD was caused entirely by some inborn biological problem in the child's brain, so he was sure one of the most important measures they took would be of the child's neurological status at birth. They also measured the baby's temperament in its first few months, and then, over time, they measured all sorts of other things – like how stressful their parents' lives were, and how much social support the family got. His eye was keenly fixed on those neurological measures.

By the time the kids were three and a half, the scientists started to make predictions about which of them would develop ADHD. They wanted to see: which factors made it more likely? Alan was startled by what they found, as the kids got older and some were indeed diagnosed with attention problems. It turned out their neurological status at birth didn't help at all in predicting which kids would develop serious attention problems. So what did? They discovered 'the surrounding context is the most important thing', Alan told me, and a crucial factor was 'the amount of chaos in the environment'. If a child is raised in an environment where there is a lot of stress, they are significantly more likely to then develop attention problems and be diagnosed with ADHD. It turns out that the elevated levels of stress in their parents' lives usually came first. He told me: 'You could see it unfolding.'

But why would a child growing up in a stressful environment be more likely to have this problem? I of course thought back to everything I had learned from Nadine Burke Harris. Alan began to offer an additional layer of explanation – one that is compatible with her findings. He explained that when you're very young, if you get upset or angry, you need an adult to soothe you, and calm you down. Over time, as you grow up, if you are soothed enough, you learn to soothe yourself. You internalise the reassurance and relaxation your family gave to you. But stressed-out parents, through no fault of their own, find it harder to soothe their children – because they are so amped-up themselves. That means that their children don't learn how to calm and centre themselves in the same way. Their kids are, as a result, more likely to respond to difficult situations by getting angry or distressed – feelings that wreck their focus. To give an extreme example, he said to me – you try being evicted from your apartment, and then giving your child all the soothing she needs that night. He added – it's not just poverty that causes this – middle-class parents struggle with stress too. He told me: 'Many parents are currently overwhelmed with their life circumstances, such that they cannot provide a stable and calm and supportive environment for their children.' The worst response to this discovery is to 'point fingers at the parents'. That only causes more stress,

and more problems for the kids, and misses the truth: ‘Those parents were doing the best they could. I guarantee you they loved their children.’ Parenting takes place in an environment – and if that environment floods parents with stress, it will inevitably affect their children.

After gathering evidence on this for decades, Alan concluded that ‘none of what I originally believed turned out to be true’, and a ‘clear majority’ of the kids who were later diagnosed ‘were not born to be ADHD. They developed these problems in reaction to their circumstances.’

There was one crucial question, Alan said, that held the key to whether parents overcame these problems – one that seemed to me to tell us a lot about Sami’s work. It was: ‘Is there somebody giving you support?’ The families they studied sometimes got help from people around them. It usually wasn’t from a professional – they just found a supportive partner, or a group of friends. When their social support went up in this way, they found ‘the children are less likely to have problems at the next stage’. Why would this be? Alan wrote: ‘Parents experiencing less stress can be more responsive to their infants; then infants can become more secure.’ This effect was so large that ‘the strongest predictor of positive change was an increase in social support available to the parents during the intervening years.’ Social support is, I reflected, the main thing Sami provides to families whose children struggle with attention.



Yet there’s a challenge here. There is no question that when you give a child a stimulant like Adderall or Ritalin, their attention will significantly improve in the short term. All the experts I interviewed, wherever they stand on this debate, agreed with this, and I’ve seen it for myself. I knew a little boy who was constantly running around, shouting, and bouncing off the walls, who – when given Ritalin – sat still and was able to look people in the eye with a steady gaze for the first time in his life. The evidence is clear that this effect is real, and due to the drugs. I have plenty of adult friends who use stimulants when they have to blitz a work project, and it

has the same effect on them. In Los Angeles in 2019, I caught up with my friend Laurie Penny, who is a British writer on various TV shows there, and she told me she uses prescribed stimulants when she wants to do a big writing job because they help her to concentrate. This seems to me like a reasonable decision for adults to take.

But there is a reason why most doctors across the world are very cautious about prescribing stimulant drugs to children, and no country (with the solitary exception of Israel) comes close to prescribing them as freely as the US.

My concerns about this started to crystallise when I met with a woman named Nadine Ezard, who is the clinical director of alcohol and drug services at St Vincent's Hospital in Sydney. She's a doctor who works with people who have addiction problems, and by the time we met in 2015, Aussies were in the middle of a severe spike in methamphetamine addiction. For a while, doctors weren't sure how to respond. With heroin, there is a drug they could legally prescribe to addicted people that's a reasonable substitute, methadone – though with meth, there didn't seem to be one. So Nadine – along with a group of other doctors – was part of a crucial experiment, licensed by the government. They started to give people addicted to meth a stimulant that is prescribed over a million times a year in the US for kids with ADHD – dextroamphetamine.

At the time that I spoke with her, they had already tried it with fifty people, and the results of a bigger experiment are going to be published after this book comes out. She told me that when they are given these stimulants, the people addicted to meth seemed to feel less craving, because it scratched some of the same itch: 'They say that when they first start on it, it's the first time in a long time their brain hasn't been focused completely on meth. That they suddenly feel this freedom.' Speaking about one patient, she recalled: 'He would be thinking about meth constantly. He'd be in the supermarket, [or] wherever, [and] his constant decision making would be – "Am I going to have enough money left to buy crystal?" And then [giving him dextroamphetamine] relieved him from that.' She compared it to giving nicotine patches to smokers.

She is not the only scientist discovering the similarities between methamphetamine and the other amphetamines the US routinely prescribes to children. Later, I went to see Carl Hart, professor of psychology at Columbia University, who had conducted experiments giving Adderall to people who were addicted to meth. When they were given in similar ways in the lab, these people with long-standing meth addictions responded in almost identical ways to Adderall and meth.

Nadine's programme is a thoughtful, compassionate way to treat people with meth addictions – but I felt unsettled to learn that the drugs we give kids turn out to be a reasonable proxy for meth. Sami told me: 'It's a bit bizarre when you start realising that we are prescribing legally the same substances that you are saying on the other hand are very dangerous to take if you take them illicitly ... They're chemically similar. They work in a similar way. They work on very similar neurotransmitters.' But – as Nadine stressed to me – there are some important differences. They give higher doses to people recovering from meth addiction than children are given for ADHD. They give them as pills, which releases them more slowly into your brain than smoking or injecting. And street drugs – because they are banned and have to be sold by criminals – contain all sorts of contaminants that aren't in the pills you get from a pharmacist. But still, it made me resolve to research the mass prescription of this drug to children some more.



For years, lots of parents were told that you could figure out if your child has ADHD in a straightforward way, related to these drugs. Many doctors told them that a normal child would become manic and high if they were given these pills, whereas an ADHD kid would slow down, focus and pay attention. But when scientists actually gave these drugs both to kids with attention problems and kids without attention problems, this turned out to be wrong. All children – indeed, all people – given Ritalin focus and pay attention better for a while. The fact the drug works isn't evidence that you had an underlying biological problem all along – it's just proof that you are

taking a stimulant. This is why, during the Second World War, radar operators were given stimulants by the army – it made it easier for them to continue to focus on the very boring job of watching a mostly unchanging screen. It's also why people who snort a line of stimulants then become very boring and go off on long monologues – they become very focused on their own train of thought, and filter out the bored-to-tears look on your face.

There is scientific evidence that there are several risks associated with giving these drugs to kids. The first risk associated with these drugs is physical – there is evidence that taking stimulants stunts a child's growth. Kids taking a standard dose are about three centimetres shorter, over a three-year period, than they would have otherwise been. Several scientists have also warned that stimulants increase the risk of a child having heart problems and dying as a result. Obviously, heart problems are rare among children – but when millions of kids are taking these drugs, even a small increase in risk means a real rise in deaths.

But James Li, assistant professor of psychology, who I went to see at the University of Wisconsin in Madison, told me about what I found to be the most worrying thing. He explained: 'We simply don't know the long-term effects. That's a fact.' Most people assume – I certainly did – that these drugs have been tested and found to be safe, but he explained 'there hasn't been a lot of research done on long-term consequences to brain development'. This is especially concerning, he says, since 'we're so quick to give them to young kids. Kids are our most vulnerable population, because their brains are developing ... These are drugs that operate directly on the brain, right? It's not an antibiotic.'

He showed me that the best long-term research we have is in animal studies – where the findings are sobering. I read them, and they show that if you give adolescent rats Ritalin for three weeks – which is the equivalent of giving it to a human for several years – you find that the striatum, a crucial part of the brain that deals with experiencing rewards, shrinks significantly in adolescent rats. He said that you can't assume that these drugs will affect humans the same way they affect rats, and he stressed there are some

benefits to taking these drugs – but we need to be aware ‘there’s the benefit, and there’s the risk. What we currently operate under is the short-term benefit.’

When I interviewed other scientists, I also learned that the positive effects of these drugs – while real – are surprisingly limited. At New York University, Xavier Castellanos – a professor of child and adolescent psychiatry – explained to me that the best research on the effects of stimulants found something important. They improve a child’s behaviour on tasks that require repetition, but they do *not* improve their learning. I frankly didn’t believe him, but then I went and looked it up in the study that the supporters of stimulant prescription had directed me to as the gold standard on ADHD research. After fourteen months on stimulants, kids performed 1.8 percent better on academic tests. But kids who for the same amount of time were simply given guidance on their behaviour improved by 1.6 percent.

Just as critically, the evidence suggests that the initial positive effects of stimulants don’t last. Anyone who takes stimulants develops tolerance for the drug – your body gets used to it, so you need a higher dose to get the same effect. Eventually, you hit the maximum dose kids are allowed to take.

One of the most alarmed scientists I spoke with was Dr Charles Czeisler, the sleep expert at Harvard Medical School, who told me that one of the main effects of taking stimulants is that you sleep less. This, he explained, has very worrying implications for the development of young people’s brains – particularly all the young people he sees using them so they can study longer and longer hours. ‘The pushing of all these amphetamines for these kids reminds me of the opioid crisis, except nobody’s talking about it,’ he said. ‘When I was a kid, if people gave me amphetamines, sold them to children, they would go to jail. But just like the opioid crisis … nobody does anything about it. It’s a dirty little secret in our society.’

Most of the scientists I interviewed in the US – and I talked with a lot of the most prestigious experts on ADHD – told me that they believe prescribing stimulants is safe and provides a lot of benefits that outweigh the risks. Indeed, many US scientists argue that presenting the

counterarguments – as I am doing here – is actively dangerous: it will, they say, make parents less likely to bring their kids forward to be prescribed stimulants, and as a result, those children will needlessly suffer and do worse in their lives. They also believe it may make some people quit these drugs abruptly, which is dangerous – they could go through a horrible physical withdrawal. But in the rest of the world, scientific opinion is more divided, and it's more common to hear scepticism or outright opposition to this approach.



There is one decisive reason why many people – like the woman I met on the Amtrak – are persuaded that their child's attention problems are largely the result of a physical disorder. It is because they have been told that this is a problem caused primarily by their child's genetic make-up. As I mentioned before, Professor Stephen Hinshaw told me that genes explain '75 to 80 percent' of the problem, and even higher figures are often put forward. If this is a mainly biological problem, then a mainly biological solution intuitively makes sense – and the kind of interventions Sami and others argue for can only ever be additional extras. When I dug into this, I came to believe that the truth is complicated – and doesn't really fit with the strident claims of either side of this polarised debate.

I was keen to understand: where do these statistics showing that a very high percentage of ADHD is caused by a genetic disorder come from? I was surprised to learn, from the scientists who put these statistics forward, that they do not come from any direct analysis of the human genome. Almost all of it comes from a much simpler method, known as twin studies. They take a pair of identical twins. If one of them has been diagnosed with ADHD, they ask, Has the other twin been diagnosed with it too? Then they take a pair of non-identical twins. If one of them has been diagnosed with ADHD, they ask, Has the other twin been diagnosed with it? They then repeat this many times, until they have a big enough sample, and they compare the figures.

The reason they do this is simple. All sets of twins in these studies – whether they are identical or not – grow up in the same home, with the same family, so they figure if you find a difference between the two types of twin, they reason, it can't be down to their environment. The difference has to be explained instead by their genes. Identical twins are much more genetically similar to each other than non-identical twins, so if you discover that something is more common among identical twins, the scientists conclude there's a genetic component. You can figure how much is determined by genes by seeing how big this gap is. This method has been used for years by all sorts of highly reputable scientists.

Whenever scientists investigate ADHD in this way, they *always* find that identical twins are much more likely to both be diagnosed than non-identical twins. Over twenty studies have found this result – it's consistent. This is where the very high odds on ADHD being genetically determined come from.

But a small group of scientists have been asking if there is a serious problem with this technique. I spoke with one of the people who has made this case in the greatest scientific detail, Dr Jay Joseph, who is a psychologist in Oakland, California. He talked me through the facts. It has been proven – in a different set of scientific studies – that identical twins do *not* actually experience the same environments as non-identical twins. Identical twins spend more time together than non-identical twins. They are treated more alike – by their parents, friends and schools (indeed, often people can't tell them apart). They are more likely to become confused about their identity and to feel merged with their twin. They are psychologically closer. Jay told me that in most respects, ‘their environment’s more similar ... They’re copying each other’s behaviour more. They’re being treated more alike. All of these things lead to more similar behaviour – whatever the behaviour may be.’

So, he explained, there is something *other* than genes that could explain the gap that's showing up in all these studies. It could be accounted for by the fact that ‘identical twins grow up in a much more similar behaviour-shaping environment than non-identical twins.’ Their attention problems

may be more alike not because their genes are more similar, but because their lives are more similar. If there are factors in the environment causing attention problems, identical twins are more likely to both experience them to the same extent than non-identical twins. So, he explains, ‘Twin studies are unable to disentangle the potential influences of genes and environment.’ This means the statistics we often hear – of 75 to 80 percent of ADHD being due to genetics, for example – are built on an unreliable foundation. Such figures are, Jay says, ‘misleading, and misunderstood’.

It seemed to me implausible that so many prominent scientists would draw on this technique if it was so flawed. I was conscious that in my previous books, I drew on evidence from twin studies myself. But when I asked some scientists who argue that ADHD is primarily genetically driven about the flaws in these studies, many of them readily conceded that these criticisms have some legitimacy, in a way that was disarming. Usually, they would then simply switch the conversation onto other reasons why we should believe this is a genetically based problem. (I’ll come to them in a moment.) I came to believe that twin studies are a kind of zombie technique, which people keep referencing even though they know they can’t fully defend it, because it tells us what we want to hear – that this problem is mostly in our kids’ genes.

When you set aside these twin studies, Professor James Li told me, ‘time after time, every single study’ looking at the role any individual gene plays in causing ADHD finds that ‘no matter how you measure [it], it is always small. The effect of the environment is always bigger.’ So as I absorbed all this, I began to ask myself – does this mean genes play no role in ADHD? There are some people who get close to arguing this – and that is where I think the ADHD-sceptics go too far.

James explained to me that although the twin studies overestimate the role of genes, there’s a new technique called SNP heritability, which figures out how much of a characteristic is genetically driven by using a different method from twin studies. Instead of comparing types of twin, these studies compare the genetic make-up of two totally unrelated people. It could pluck, say, you and me, and see whether match-ups in genes between us

correlate with a problem we might both have – like (say) depression or obesity or ADHD. These studies currently find that around 20 to 30 percent of attention problems relate to your genes. James told me that this is a new way of studying the question and it only looks at common variation genes, so in the end the proportion caused by our genetics might end up being somewhat more than that. So it's wrong, he explained, to dismiss a genetic component – but it's also wrong to say it's all or most of the problem.



One of the people who most helped me to understand some aspects of these questions was Professor Joel Nigg, who I interviewed at Oregon Health and Science University in Portland. He is the former president of the International Society for Research in Child and Adolescent Psychopathology, and a leading figure in this field.

He told me it used to be thought that some kids were simply wired by their genes to be different and to develop different brains. But – as he has written – now ‘the science has moved on’. The latest research shows that ‘genes aren’t destiny; rather they affect probability.’ Alan Sroufe, who did the long-term study into what factors cause ADHD, said the same: ‘Genes don’t operate in a vacuum. That’s the main thing we’ve learned from gene studies … Genes are turned on and off in response to environmental input.’ As Joel puts it, ‘our experiences literally get under our skin’ and change how our genes are expressed.

To help me think about how this works, Joel offered me an analogy. He explains: ‘If your child is tired and run down, she will catch a cold at school more easily in the winter. She is more susceptible’ – but ‘if there was no cold virus’, then neither an exhausted kid nor a well-rested one would get a cold. Similarly, your genes might make you more vulnerable to a trigger in the environment – but there still has to be a trigger in the environment. He writes: ‘In some ways, the truly big news about ADHD today is that we’ve revived our interest in the environment.’

Joel believes there is some role for stimulants. He says that in a bad situation, he believes they are better than nothing, and can give kids and parents some real relief. ‘I’m splinting a broken bone in a battlefield. I’m not healing it, you know? But at least the guy can walk off, even if he might have a crooked leg the rest of his life.’

But if we are going to do that, he said, we crucially also need to ask: ‘Where is the problem located? Do we need to look at what our kids are facing?’ He says that kids at the moment face many large forces that we know harm their attention – stress, poor nutrition, pollution: all things I was going to investigate more after learning about them from him. ‘I would say we should not accept those things. We should not accept that our kids have to grow up in a chemical soup [of pollutants], for example. We shouldn’t accept that they have to grow up with grocery stores that hardly have any food in them that’s really food ... That should change ... For some kids, there’s actually something wrong with them because their environment has injured them. In that case, it’s a bit criminal to say nothing more than, in effect, “Let’s placate them with medications so that they can cope with this damaging environment we’ve created.” How is that different from giving sedatives to prisoners so they can handle being in prison?’ He believes you can only ethically give out drugs if you are also at the same time trying to solve the deeper problem.

He looked sombre, and said: ‘There’s the old metaphor that ... villagers are at the river one day, and they notice a dead body come floating down the river. So they do the right thing. They take it out and they give it an appropriate burial. The next day two bodies come down the river and they do the appropriate thing and they bury the bodies. This goes on for a while, and finally they start to wonder – I wonder where these bodies are coming down the river [from], and if we should do something to stop that? So they go up the river to find out.’

He leaned forward in his chair and said: ‘We can treat these kids – but sooner or later, we need to figure out why is this happening.’ I realised it was time for me to go upriver.

## 14

# Cause Twelve: The Confinement of Our Children, Both Physically and Psychologically

A few years ago I was sitting drinking coffee at sunset in a small village at the edge of a forest in Cauca, in the south-west of Colombia. A few thousand people lived there, growing the caffeinated drinks that we glug across the world to keep ourselves alert. I watched them as they slowly unwound for the day. The adults had put tables and chairs out on the street, and they were talking and chatting in the shadow of a lush green mountain. I looked on as they wandered from table to table, when I noticed something that I rarely see in the Western world any more. All across the village, children were playing freely, without adults watching over them. Some had a hoop they were rolling along the ground in a group. Some were chasing each other around at the edge of the forest, and daring each other to run in, only to dash out again thirty seconds later, shrieking and laughing. Even very small children – they seemed to be three or four – were running around with just other kids to look out for them. Occasionally, one of the children would fall over and run back to their mother. The rest only returned home when their parents called for them at eight in the evening, and the streets would finally empty.

It occurred to me that this is what childhood looked like for my parents, in very different places – an Alpine Swiss village, and a working-class Scottish tenement. They ran around freely without their parents for most of the day from when they were quite small, and only returned to eat and sleep. This is, in fact, what childhood looked like for all of my ancestors, so far as I can tell, going back thousands of years. There are periods when some children didn't live like this – when they were forced to work in factories, for example, or during the living nightmare of chattel slavery – but in the long human story, these are extreme exceptions.

Today, I don't know any children who live like that. In the past thirty years there have been huge changes in childhood. By 2003, in the US only 10 percent of children spent any time playing freely outdoors on a regular basis. Childhood now happens, overwhelmingly, behind closed doors, and when they do get to play, they are supervised by grown-ups, or it takes place on screens. The way children spend their time at school has also changed dramatically. The school systems in the US and Britain have been redesigned by politicians so that teachers are forced to spend the majority of their time preparing and drilling children for tests. In the US, only 73 percent of elementary schools now have *any* form of recess. Free play and free enquiry have fallen off a cliff.

These changes have happened so quickly, and all at once, that it's hard to scientifically measure the effects this transformation might be having on children's ability to pay attention and focus. We can't randomly assign some kids to live freely in that village in Cauca, and some to live indoors in an American suburb, and come back to see how well they focus. But there is, I believe, a way we can begin to figure out some of the effects of this shift. We can do it if we break down this big transformation into its smaller constituent parts, and see what the science tells us about those effects.

One of the ways I did this was by following the story of a remarkable woman I got to know named Lenore Skenazy. She's not a scientist. She's an activist. She was driven to try to understand how this transformation is affecting kids because of a shocking experience she had in her own life. It led her to start to work with some of the best social scientists studying these

questions. Together with them, she has pioneered practical proposals to understand why so many more kids seem to be struggling to focus – and how to restore it.



In the 1960s, in a suburb of Chicago, a five-year-old girl walked out of her house, alone. It was a fifteen-minute walk to Lenore's school, and every day she did it by herself. When she got to the road near school, she was helped to safely cross by another child, a ten-year-old boy wearing a yellow sash across his chest, whose job was to stop the cars and shepherd the smaller kids across the tarmac. At the end of each school day, Lenore would walk out of the gates, again without an adult, and she would wander the neighbourhood with her friends, or try to spot four-leaf clovers, which she collected. There was often a kickball game going on outside her house that the kids would spontaneously organise and sometimes she would join in. By the time she was nine years old, when she felt like it, she would get on her bike and ride a few miles to the library to pick out books, and then curl up reading them somewhere quiet. At other times, she'd knock on her friends' doors to see if they wanted to play. If Joel was home, they'd play Batman, and if Betsy was home, they'd play Princess and the Witch. Lenore always insisted on being the witch. Finally, when she was hungry or it started to get dark, she went home.

To many of us, this scene now seems jarring, or even shocking. Across the US over the past decade, there have been many instances where people have seen children as old as nine walking unaccompanied in the street and they've called the police to report it as a case of parental negligence. But in the 1960s, this was the norm all over the world. Almost all children's lives looked something like this. Being a kid meant you went out into your neighbourhood and you wandered around, found other kids, and made up your own games. Adults had only a vague idea where you were. A parent who kept their child indoors all the time, or walked them to school, or stood

over them while they played, and intervened in their games, would have been regarded as crazy.

By the time Lenore had grown up and had her own children, in New York City in the 1990s, everything had changed. She was expected to walk her own children to school and wait while they went through the gates, and then pick them up at the end of the day. Nobody let their kids out to play unsupervised, ever. Children stayed in the home all the time, unless there was an adult to watch over them. One time, Lenore took her family to a resort in Mexico, and the kids would gather every morning on the beach and play, usually at whatever game they made up among themselves. It was the only time she had ever seen her son get up before her. He would race to the beach to find the other kids. She had never seen her son so gleeful. Lenore told me: ‘What I realised is that for one week, he had what I had for my entire childhood – which was the ability to go outside, meet up with friends, and play.’

Lenore thought that back home, her nine-year-old son, Izzy, still needed to have some small taste of freedom if he was going to mature. So when, one day, he asked her if he could be taken to a place in New York he’d never been to before and then be left to find his own way home, it struck her as a good idea. Her husband sat on the floor with him and helped him plan out the route he would take, and one sunny Sunday, she took him to Bloomingdales, and – with a little catch in her heart – they parted ways. An hour later, he appeared at the door of their apartment. He had taken a subway and a bus, alone. ‘He was very happy – I’d say he was levitating,’ she recalls. It seemed like such a common-sense thing to do that Lenore – who was a journalist – wrote an article telling this story, so other parents would have the confidence to do the same thing.

Then something strange happened. Lenore’s article was greeted with horror and revulsion. She was denounced on many of the top news shows in the United States as ‘America’s worst mom’. She was slammed as shamefully neglectful, and she was told that she had put her own child at terrible risk. She was invited to appear on TV shows where they would put her on with a parent whose child had been kidnapped and murdered, as if it

was equally likely that your child would ride the subway safely and that he would be killed. Every host would ask her a variant of: ‘But Lenore, how would you have felt if he never came home?’

‘I was always flabbergasted,’ Lenore told me when we sat together in her home in Jackson Heights in New York. She told them that she was simply giving her son what she – and all the adults condemning her – had taken for granted when they were kids, just a few decades before. She tried to explain to people that we live in one of the safest moments in human history. Violence against adults and children has dramatically plunged, and your children are now three times more likely to be struck by lightning than to be killed by a stranger. She asked: Would you imprison your child to prevent them being hit by lightning? Statistically, that would make more sense. People responded with disgust to this argument. Other mothers told her that every time they turned their heads, they pictured their kids being snatched. After hearing this a lot, Lenore realised, ‘That was my crime. My crime was not thinking that way. I hadn’t gone to the darkest place first and decided – oh my God, it’s not worth it. To be a good American mom is to think that way now.’ She realised that somehow, we had – in a very short period of time – ended up believing only ‘a bad mom takes her eyes off her kids’.

She noticed that when a DVD of the early episodes of *Sesame Street* from the late 1960s was released, they had put a warning on the screen at the start. Five-year-olds are shown walking the streets on their own, talking to strangers and playing on vacant lots. The warning says: ‘The following is intended for adult viewing only and may not be suitable for our youngest viewers.’ She realised the change was so dramatic that now it was as if kids couldn’t even be allowed to see what freedom might look like. Lenore was puzzled by how quickly this ‘gigantic shift’ had happened. Children’s lives have come to be dominated by ideas ‘that are very radical and new. The idea that kids can’t play outside without this being dangerous – that has never been the case in human history. Kids have always played together, much of the time without direct adult supervision ... That’s been the way for all of humanity. To suddenly say no, it’s too dangerous – it’s like saying

kids should sleep upside down.' It's an inversion of what every previous human society has thought.



As I spent a lot of time with Lenore, I came to believe that to understand the effects of this change, we need to break it down into five different components and look at the scientific evidence behind each one. The first is the most obvious. For years, scientists have been discovering a broad body of evidence showing that when people run around – or engage in any form of exercise – their ability to pay attention improves. For example, one study that investigated this found that exercise provides ‘an exceptional boost’ to attention in children. Professor Joel Nigg, who I interviewed in Portland, has summarised the evidence clearly – he explains that ‘for developing children, aerobic exercise expands the growth of brain connections, the frontal cortex, and the brain chemicals that support self-regulation and executive functioning’. Exercise causes changes that ‘make the brain grow more and get more efficient’. The evidence showing this is so broad that these findings should be regarded, he writes, as ‘definite’. The evidence couldn’t be clearer: if you stop kids from acting on their natural desire to run around, on average, their attention, and the overall health of their brains, will suffer.



But Lenore suspected there might be a way this is harming kids that is even deeper. She started to seek out the leading scientists who have studied these questions – including professor of psychology Peter Gray, evolutionary primatologist Dr Isabel Behncke and social psychologist Professor Jonathan Haidt. They taught her that in fact it is when children play that they learn their most important skills – the ones they need for their whole lives.

To understand this second component of the change that has taken place – the deprivation of play – picture again that scene on Lenore’s street when she was a child back in that Chicago suburb, or the scene I saw in

Colombia. What skills are the kids learning there, as they play freely with each other? For starters, if you're a kid and you're on your own with other kids, 'You figure out how to make something happen,' Lenore says. You have to use your creativity to come up with a game. You then have to persuade the other kids that your game is the best one they could play. Then 'you figure out how to read people enough so that the game keeps going'. You have to learn how to negotiate when it's your turn and when it's their turn – so you have to learn about other people's needs and desires, and how to meet them. You learn how to cope with being disappointed, or frustrated. You learn all this 'through being excluded, through coming up with a new game, through getting lost, through climbing the tree and [then] somebody says, "Climb higher!" and you can't decide if you will or you won't. Then you do, and it's exhilarating, and then you climb a little higher the next time – or you climb a little higher and it's so scary that you're crying ... And yet: now you're on top. These are all crucial forms of attention.'

One of Lenore's intellectual mentors, Dr Isabel Behncke, the Chilean expert on play, told me when we sat together in Scotland that the scientific evidence we have so far suggests 'there are three main areas [of child development] where play has a major impact. One is creativity and imagination' – it's how you learn to think about problems and solve them. The second is 'social bonds' – it's how you learn to interact with other people and socialise. And the third is 'aliveness' – it's how you learn to experience joy and pleasure. The things we learn from play aren't trivial add-ons to becoming a functioning human being, Isabel explained. They are the core of it. Play builds the foundation of a solid personality, and everything that adults sit down and explain to the child afterwards builds on this base. If you want to be a person who can pay attention fully, she told me, you need this base of free play.

Yet suddenly, we have been 'taking all this out of kids' lives,' Lenore says. Today, even when children do finally get to play, it's mainly supervised by adults, who set the rules and tell them what to do. On Lenore's street when she was a kid, everyone played softball and policed the rules themselves. Today, they go to organised activities where the adults

intervene all the time to tell them what the rules are. Free play has been turned into supervised play, and so – like processed food – it has been drained of most of its value. This means that now, as a kid, Lenore said, ‘you’re not getting that [chance to develop these skills] – because you’re in a car being driven to a game where somebody tells you what position you’re playing, and when to catch the ball, and when it’s your time to hit, and who’s bringing the snack, and you can’t bring grapes because they have to be cut into quarters and it’s your mom’s job to do that... That’s a very different childhood, because you haven’t experienced the give-and-take of life that’s going to prepare you for adulthood.’ As a result, kids are ‘not having the problems and the exhilaration of getting there on their own.’ One day, Barbara Sarnecka, an associate professor of cognitive sciences at the University of California, Irvine, told Lenore that today ‘adults are saying: “Here’s the environment. I’ve already mapped it. Stop exploring.” But that’s the opposite of what childhood is.’

Lenore wanted to know: now that they are effectively under house arrest, what are kids doing with the time they used to spend playing? One study of this found that this time is now overwhelmingly spent on homework (which exploded by 145 percent between 1981 and 1997), screens, and shopping with their parents. A 2004 study found that US kids spent 7.5 hours more each week on academics than they had twenty years before.

Isabel told me the schools squeezing out play are ‘making a huge mistake’. She said: ‘I would first ask them – what is their objective? What are you trying to achieve?’ Presumably, they want children to learn. ‘I just can’t see where these people get their insights from, because all the evidence shows it’s the other way round: our brains are more supple, more plastic, more creative’ when we have had the chance to ‘learn through play. The *primary* technology for learning is play. You learn to learn in play. And in a world where information is always changing, why do you want to fill their heads with information? We have no idea what the world will be in twenty years. Surely we want to be creating brains that are adaptable, and have the capacity to assess context, and can be thinking critically. All these things are trained through play. So it’s so misguided, it’s unbelievable.’



This led Lenore to explore the third component of this change. Professor Jonathan Haidt – a leading social psychologist – has argued that there has been a big rise in anxiety among children and teens, in part because of this play deprivation. When a child plays, he learns the skills that make it possible to cope with the unexpected. If you deprive children of those challenges, as they grow up they will feel panicked and unable to cope a lot of the time. They don't feel they are competent, or can make things happen without older people guiding them. Haidt argues this is one reason why anxiety is sky-rocketing – and there is strong scientific evidence that if you are anxious, your attention will suffer.



Lenore believes there is also a fourth factor at work. To understand it, you have to grasp a discovery that was made by the scientist Ed Deci, a professor of psychology who I interviewed in Rochester in upstate New York, and his colleague Richard Ryan, who I also spoke with. Their research uncovered that all human beings have within us two different kinds of motivation for why we do anything. Imagine you are a runner. If you go running in the morning because you love how it feels – the wind in your hair, the sense that your body is powerful and it's carrying you forward – that's an 'intrinsic' motive. You're not doing it to get some other reward further down the line; you're doing it because you love it. Now imagine you go running not because you love it, but because you have a drill-sergeant dad who forces you to get up and run with him. Or imagine you go running in order to post the videos of you shirtless on Instagram and you're hooked on getting the hearts and 'yum, you're so hot' comments you receive. That would be an 'extrinsic' motive to run. You're not doing it because the act itself gives you a sense of pleasure or fulfilment – you are doing it because you have been forced to, or to get something out of it further down the line.

Richard and Ed discovered that it's easier to focus on something, and stick at it, if your motives are intrinsic – if you are doing something because it's meaningful to you – than if your motives are extrinsic, and you're doing it because you are forced to, or to get something out of it afterwards. The more intrinsic your motivation, the easier it will be to sustain your attention.

Lenore came to suspect that children in this new and radically different model of childhood are being deprived of the chance to develop intrinsic motives. Most people, she said, 'learn focus by doing something that is either very important or very interesting to them'. You 'learn the habit of focus by being interested in something enough that you notice what's going on, and you process it ... The way you learn to focus is automatic if there's something that interests you ... or absorbs you, or thrills you.' But if you are a kid today, you live almost all of your life according to what adults tell you to do. She asked me: 'How do you find meaning when your day is filled from seven in the morning to nine at night when you go to bed, with somebody else's idea of what is important? ... If you don't have any free time to figure out what [emotionally] turns you on, I'm not sure you're going to find meaning. You're not given any *time* to find meaning.'

As a child, wandering around her neighbourhood, Lenore had the freedom to figure out what excited her – reading, writing, playing dress-up – and to pursue these things when she wanted to. Other kids learned they loved soccer, or climbing, or little scientific experiments. That was at least one way they learned attention and focus. That route is largely being cut off for kids now. She asked me: if your attention is constantly managed by other people, how can it develop? How do you learn what fascinates you? How do you find your intrinsic motives, the ones that are so important to developing attention?



After learning all this, Lenore was so worried about what we are doing to our kids that she started to tour the country, urging parents to let their children play in a free, unstructured, unsupervised way some of the time.

She set up a group named Let Grow, designed to promote free play and freedom to explore for kids. She would say to the parents: ‘I want everybody to think back to your own childhood’ and to describe ‘something that you loved – absolutely loved – to do, that you don’t let your own children do’. Their eyes would light up with memories. They would tell her: ‘ “We built forts. We played manhunt.” I met a guy the other day who played marbles. I said, “What was your favourite marble?” He said, “Oh, it was burgundy, and it was a swirl.” You could just see this love of something from so long ago. It infused him with joy.’ The parents admitted that ‘they all rode their bikes. They all climbed trees. They all went to town and got candy.’ But then they said it was much too dangerous today to allow their kids to do the same.

Lenore would explain how absolutely minuscule the risk of kidnapping is – and that violence is lower now than when they were young. This is not, she added, *because* we hide our kids away – we know that because violence against adults has also massively fallen, and they still move around freely. Parents would nod, and keep their kids indoors nonetheless. She would explain the clear benefits of free play. Parents would nod, and still they wouldn’t let their kids out. Nothing seemed to work. She became more and more frustrated. She began to conclude that ‘even the people who are on our side, or who wonder what happened … they can’t let go’. She realised ‘you can’t be the only people [doing it] – because then you’re the crazy person sending your kid’ out alone.

So she asked herself: what if we did this differently? What if we stopped trying to change parents’ minds, and started trying to change their behaviour instead – and what if we tried to change them not as isolated individuals, but as a group? With those thoughts, Lenore became a part of a crucial experiment.



One day, Roanoke Avenue Elementary, a school on Long Island, decided to take part in something called Global Play Day, where for one day a year,

kids are allowed to play freely and create their own fun. The teachers filled four of their classrooms with empty boxes and Lego and some old toys, and they said, Go play. You get to choose what you do. Donna Verbeck, who had been a teacher at the school for more than twenty years, watched the kids, expecting to see glee and laughter – but she quickly realised something was wrong. Some of the kids plunged in and started playing right away, as she'd expected – but a large number of the children just stood there. They stared at the boxes and the Lego and the handful of children who were starting to improvise games, but they didn't move. They watched, inert, for a long time. Finally one of the kids, puzzled by the experience and unsure what to do, lay down in a corner and went to sleep.

Suddenly, Donna realised, as she explained to me later: 'They don't know what to do. They don't know how to get involved when somebody else is playing, or how to just start free play by themselves. They just did not know how to do it.' Thomas Payton, who was the principal, added: 'And we're not talking one or two kids. There were a *lot* of kids like that.' Donna felt shaken, and sad. She realised that these kids had never been set free to play before. Their attention had been constantly managed for them by adults for their whole lives.

So Roanoake Avenue Elementary decided to become one of the first schools to sign up to the programme that Lenore leads. Let Grow is based on the idea that if children are going to become adults who can make their own decisions and pay attention, they need to experience increasing levels of freedom and independence throughout their childhood. When a school signs up, they commit that one day a week, or once a month, a child's 'homework' will be to go home and do something new, independently, without adult supervision, and then report back on it. They would choose their own mission. Every child, when they go out into the world, is given a card to show to any adult who stops them to ask where their parents are. It says: 'I'm not lost or neglected. If you think it's wrong for me to be on my own, please read *Huckleberry Finn* and visit [letgrow.org](http://letgrow.org). Remember your own childhood. Was your parent with you every second? And with today's

crime rate back to what it was in 1963, it is safer to play outside now than when you were at my age. Let me grow.'

I went to meet the kids who had been taking part in this programme at Roanoke for over a year. It's in a poor neighbourhood with a lot of parents who are financially struggling, and many who are recent immigrants. The first group I met were nine years old, and they jostled to tell me about what they had done as part of their project with a gleeful energy. One of them set up a lemonade stand on his street. Another had walked down to the local river and collected the trash that had built up there, because she said this would 'save the turtles'. (A few of the other kids joined in when she said this and shouted, 'Save the turtles! Save them!') A little girl told me that, before this project: 'Well, I'd literally sit in front of a TV all day. It doesn't really pop into your head to do stuff.' But for Let Grow, the first thing she did was cook something for her mother on her own. She waved her hands excitedly as she described it. It seemed to have blown her mind – to discover that she could *do* something.

I also wanted with talk to the kids who didn't immediately volunteer their stories, so I spoke with a pale, rather serious-faced boy. He told me quietly: 'We have a rope [in our backyard] that's connected to a tree.' It had never crossed his mind to try to climb it, 'But I finally said – well, I could at least try to do it.' He managed to get a little way up. He offered a sly little beam of a smile as he described how it felt to be climbing for the first time.

Some of the kids discovered new ambitions. In Donna's class, there was a boy I'll call L.B., who wasn't particularly academic, and had often been distracted or bored in lessons. There was a constant struggle between him and his mom to get him to read or do his homework. He chose as his Let Grow project to build a replica of a boat. He assembled a piece of wood, a foam core, a hot-glue gun, and toothpicks and thread, and he sat night after night, intensely working on it. He tried one set of techniques, and the boat fell apart – so he tried again, and again. Once he had successfully built this small boat and showed it to his friends, he decided he was going to build something bigger – a life-size wagon that he could sleep in, in his yard. He took an old door that was in his garage, and his dad's wrenches and

screwdrivers, and he started to read about how to put all this together. He persuaded his neighbours to give him some old bamboo they had lying around in their garden, to use for the frame. Before long, L.B. had a wagon.

Then he decided he wanted to do something even more ambitious – to build an amphibious wagon, one he could push out onto the ocean. So he started to read about how to build things that float. When I talked with L.B., he described the process of building it in detail. He told me he was going to build another wagon next: ‘I have to figure out how I’m going to cut the hula hoops to go on it, and then I got to lay shrink-wrap over it.’ I asked him how this project made him feel. ‘It’s different because I’m actually using my hands on materials … I think it’s cool to just have your hands on something instead of seeing it on a screen, not really being able to touch it.’ I went to meet his mother, who worked in medical billing, and she told me: ‘I don’t think, as a parent, I realised how much he could do on his own.’ She saw him change: ‘I could see the confidence – and him wanting to do more and more and figure it out his way.’ She glowed with pride. Her struggles to get him to read had ended, because now he was reading all the time about how to build stuff.

It struck me: when L.B. was being told what to do constantly – when he was being forced to act on extrinsic motivations – he couldn’t focus, and he was bored all the time. But when he was given the chance, through play, to find out what interested him – to develop an intrinsic motivation – his ability to focus flourished, and he worked for hours and hours without a break, building his boats and wagons.

His teacher, Donna, told me L.B. changed in class after that. His reading hugely improved, and ‘he didn’t consider it to be “reading”, because it was his hobby. It was something he really, really liked.’ He started to gain status among the other kids – whenever they wanted to build anything, the cry would go up to find L.B., because he knew how to do it. She told me that – as with all the deepest learning – ‘Nobody taught him. His mom and dad just let him do it… He just used his own head and really taught himself.’ Gary Karlson, another teacher there, told me: ‘That learning is going to do

more for that kid than anything academic that we could've brought to him through his time here.'

As I talked with L.B., I thought about another aspect of attention that I had been taught about by scientists – one that is, I think, the fifth way in which we are currently hobbling our children's attention. In Aarhus in Denmark, Jan Tonnesvang, a Professor of Psychology there, had told me that we all need to have a sense of what he called 'mastery' – that we are good at something. It's a basic human psychological need. When you feel you are good at something, you will find it much easier to focus on it, and if you feel incompetent, your attention will shrivel like a salted snail. When I listened to L.B., I realised that we have a school system right now that is so narrow that it makes a lot of kids (especially boys, I think) feel that they aren't good at anything. Their experience of school is constantly being made to feel incompetent. But once L.B. started to feel he could master something – that he could become *good* at it – his focus began to form.



I went to see another aspect of the programme, half an hour's drive away at a local middle school, in a wealthier part of Long Island. The teacher Jodi Maurici told me she realised her students needed a Let Grow program when thirty-nine out of her 200 students – aged between twelve and thirteen – were diagnosed with anxiety problems in a single year, way more than she'd ever had before. Yet when Jodi explained that their thirteen-year-olds should do something – anything – independently, lots of parents became angry. 'I had one child tell me they wanted to do the laundry, and [her] mom said, "Absolutely not. You're not doing the laundry. You may ruin it." The child was so defeated at that point ... When I say defeated, I mean defeated.' They told Jodi: 'They don't even trust me to try on my own.' She said: 'They get no confidence, because the small things build confidence.'

When I talked with Jodi's students, it was startling to hear how terrified they had been at the start of the programme. A tall, strapping fourteen-year-old boy told me he had always been too frightened of kidnapping and 'all

the ransom calls that happen' to walk into town. He lives in a place where the French bakery is across the street from the olive-oil store, but he had anxiety levels that would have been appropriate to living in a war zone. The Let Grow programme gave him a taste of independence in small steps. First he did his own laundry. Then, a month later, his parents let him go for a run around the block. Within a year, he had teamed up with his friends and they had built a fort in their local woods, where they now spend a lot of their time hanging out. He told me: 'We sit there and talk, or we have little competitions. We don't have our moms. We can't say, "Hey mom – can you get us this?" It doesn't work like that. It's different.' As I spoke with him, I thought about something the writer Neale Donald Walsch wrote – 'life begins at the edge of your comfort zone'.

Lenore met this boy with me, and afterwards she said: 'Think of history, and prehuman history. We have to chase things to eat. We have to hide from things that want to eat us, and [we have to] seek. We need to build shelter. Everybody does that for a million years, and just this generation, we've taken it all away. Kids don't get to build their shelter, or hide, or seek with a bunch of other kids on their own ... And that boy, given the chance, went into the woods and built a shelter.'



One day, after a year of growing, and building, and focusing, L.B. and his mom walked down to the ocean, and placed the amphibious wagon he had built onto the water. They pushed it out to sea. They watched it float for a moment – and then it sank. They went home.

'I felt disappointment, but I was kind of determined to get it afloat. So I siliconed it,' L.B. told me. They went back to the ocean. This time, the wagon floated, and L.B. and his mother watched it drift away. 'I felt kind of proud,' L.B. told me. 'I was happy to see it float.'

And then they went home, and he started to focus on the next thing he wants to build.



At first, a lot of parents were very nervous about letting their kids take part in the Let Grow experiment. But, Lenore said, ‘When the kid comes through the door proud, and happy, and excited, and maybe a little sweaty or hungry, and they met a squirrel, or they ran into a friend, or they found a quarter,’ the parents see that ‘their kid rose to the occasion’. Once this happens, ‘They are so proud that the parents are rewired. The parents are like – “that’s my boy. Look at him.” That’s what changes them. Not me telling them this is what is going to be good for your kid … The only thing that actually changes the parents is seeing their own kids do something without them watching or helping … People have to see it to believe it. See their kid blossom. And afterward they can’t understand why they didn’t trust their kids sooner. You have to change the picture in people’s heads.’



After everything I had learned from Lenore and the scientists she works with, I began to wonder if our kids are not only more confined at home, but also more confined at school. I started to ask myself – is the way our schools are structured today helping our kids to develop a healthy sense of focus, or in fact hindering it?

I thought about my own education. When I was eleven years old, I was sitting at a wooden desk in a chilly classroom on my first day at secondary school, which is roughly equivalent to middle school in the US. A teacher placed pieces of paper in front of every kid in the class. I looked down and saw that on this piece of paper, there was a grid, full of little boxes. ‘This is your timetable,’ I remember him saying. ‘It says where you have to be, and at what time, every day.’ I looked at it. It said that on Wednesday at 9 a.m. I would be learning woodwork; at 10 a.m. history; at 11 a.m. geography; and so on. I felt a flush of anger, and looked around me. I thought – wait, what’s happening here? Who are these people to tell me what I will be doing at 9

a.m. on a Wednesday morning? I haven't committed any crime. Why am I being treated like a prisoner?

I put up my hand and asked the teacher why I had to do these lessons, and not, say, learn about things I found interesting. 'Because you have to,' he said. This didn't seem to me to be a satisfying answer, so I asked him what he meant. 'Because I say so,' he said, flustered. In every lesson after that, I asked why we were learning these things. The answers were always the same: because you'll have a test on it; because you have to; because I tell you so. After a week, I was told to 'shut up and learn'. When I was at home, choosing my own material, I could read for days on end. At school, I could barely read for five minutes. (This was before the notion of ADHD had spread to Britain, so I was not given stimulants, though I suspect that if I was at school today I would be.)

I always loved learning, and I always hated school. For a long time I thought this was a paradox, until I got to know Lenore. Because it consisted mostly of fragmented rote-learning, very little in my education was meaningful to me, and since I was at school twenty-five years ago, education has been stripped of meaning even more. Across most of the Western world, the school system has been radically restructured by politicians to prioritise testing children much more. Almost everything else has been steadily squeezed out – from play, to music, to breaks. There was never a golden age when most schools were progressive, but there has been a swing towards a school system built around a narrow vision of efficiency. In 2002 George W. Bush signed into law the No Child Left Behind Act, which massively increased standardised testing across the US. In the four years that followed, diagnoses of severe attention problems in children rose by 22 percent.

I thought back over all the factors that I had learned make it possible for kids to develop attention. Our schools allow kids less exercise. They allow kids less play. They create more anxiety, because of the frenzy of tests. They don't create conditions where kids can find their intrinsic motivations. And for many kids, we don't give them opportunities to develop mastery – the sense they are good at something. All along, many teachers warned that

dragging schools in this direction was a bad idea, but politicians tied financial support for schools to it nonetheless.



I wondered if there was a better way – so I decided to visit places that take a radically different approach to education, to see what I could learn from them. In the late 1960s, a group of Massachusetts parents who were unhappy with their kids' schooling decided to do something that sounds, at first glance, quite mad. They opened a school that would have no teachers, no classes, no curriculum, no homework and no tests. One of the founders told me their goal was to create a completely new model, from scratch, of how a school could be. It left out almost everything we think of as schooling. More than fifty years later, I arrived at their creation. It is named Sudbury Valley School, and from the outside, it looks like a raddled Downton Abbey – a big, roomy, old-fashioned mansion, surrounded by woods and barns and creeks. It feels like you are stepping into a clearing in a forest, with the scent of pine trees filling every space you enter.

An eighteen-year-old student named Hannah offered to show me around and explain how the school works. We stood at first by the piano room, with kids milling freely around us, and she explained that before she came here, she went to a standard American high school. ‘I just dreaded it. I didn’t want to get up. I was so anxious, and then I’d just go to school, and I’d get through it, and then I’d just get home as fast as I could,’ she said. ‘It was really hard for me to have to sit still and learn stuff that I didn’t think was any good to me.’ So, she told me, when she arrived here, four years before I met her, ‘It was shocking.’ It was explained to her that there is no structure at Sudbury except for the one you create with your fellow students. There’s no timetable or lessons. You learn what you want. You choose how to spend your time. You can ask the staff – who mill around and talk to the kids – to teach you things if you want, but there’s no pressure to do that.

So, I asked, what do the kids do all day? From age four to eleven, the kids spend most of their time playing extraordinarily elaborate games they

have created, which go on for months, and build up into an epic mythology, like a children's version of *Game of Thrones*. They have clans and fight goblins and dragons, and in the school's extensive grounds, they build forts. Waving towards the rocks, Hannah says that through all these games, 'I think they're learning problem-solving, because they're building these forts, and then there could be a conflict within the group, and they have to figure that out. They're learning how to be creative and think about things in a different way.'

The older students tend to form groups and ask to learn things together – whether it's cooking, or pottery, or music. People go on learning jags, she says. 'I'll find this topic that I'm really interested in, and I'll just latch onto it, and I'll research it or I'll read about it for a week or a few days, and then I move on to the next thing ... I'm really interested in medicine, so there's one speciality of medicine [where] I would read about it intensively and learn everything I could. Then I would go to lizards – lizards are my favourite animal, so I read a lot about lizards. Right now, there's a bunch of people who have been doing origami all day, which is really cool.' Hannah had been spending the past year teaching herself Hebrew, with the help of a staff member.

The fact that you have to create order for yourself doesn't mean there's no order at all, she told me as we walked through the grounds. On the contrary: all the school's rules are created and voted on by a daily meeting. Anyone can turn up and make a proposal, and anyone can vote on it. Everyone – from a four-year-old to the adult staff – has the same say, a single vote. There's an elaborate legal code that the school has built up over the years. If you are caught breaking the rules, you get tried by a jury that represents the whole age range of kids at the school, and they decide on the punishment. For example, if you break a tree branch, they might decree that you aren't allowed on the trees for a few weeks. The school is so democratic that the kids even vote on whether the individual staff members get rehired every year.

We walked through the dance room, the computer room, the walls covered with books. At this school, it became clear, kids only do things that

are meaningful to them. ‘I think if you’re not getting to use your imagination and be creative, then it’s really putting you in a box,’ Hannah told me. ‘I don’t feel as much pressure to learn every single fact, and I trust that the main idea or the most important things will just stay in my brain, and not having tests also gives me the freedom to take my time learning things.’ Because I – and everyone I know – was raised in such a different system, I found this, at first glance, overwhelmingly weird. Given the freedom to do nothing, wouldn’t most kids go crazy and indulge themselves? There aren’t even formal lessons in reading at Sudbury, though kids can ask the staff, or each other, to show them how reading works. Surely, I thought at first, this produces semi-literates?

I wanted to know what the outcome of this kind of education is, so I went to interview Professor Peter Gray, a research psychologist at Boston College who tracked down the alumni of Sudbury Valley School to see how they turned out. Were they undisciplined wrecks who couldn’t function in the modern world? It turned out that over 50 percent went on to higher education, and almost all of them, he has written, have been ‘remarkably successful in finding employment that interested them and earned them a living. They had gone on, successfully, to a wide range of occupations, including business, arts, science, medicine, other service professions, and skilled trades.’ There have been similar results for other kids like them in other places. Peter’s research found that kids who have been ‘unschooled’ like this were more likely to go on to higher education than other kids.

How can that be? Peter explained to me that in fact for most of human history, children have learned in the way they do at Sudbury. He studied the evidence that’s been gathered about children in hunter-gatherer societies – the way humans lived until, in evolutionary terms, the day before yesterday. There, kids will play, mill around, imitate adults, ask lots of questions, and slowly, over time, they become competent, without being formally instructed very much. The anomaly isn’t Sudbury, he explained – it’s the modern school, which was designed very recently, in the 1870s, to train children to sit still, shut up and do what they are told, to prepare them to work in factories. He told me that children evolved to be curious and to

explore their environment. They naturally want to learn, and they'll do it spontaneously when they can pursue things that seem interesting to them. They learn primarily by playing freely. His research found that Sudbury was particularly effective with kids who had been told that they had learning problems. Of the eleven students he studied who had been judged to have 'serious learning difficulties' before they arrived at Sudbury, four went on to receive college degrees and a fifth was enrolled to get one.

These findings are important but need to be handled with a bit of caution. Sudbury Valley charges fees between \$7,500 and \$10,000 a year – so the parents who send their kids there already have more financial advantages than the rest of the population. That means their kids would already – in any circumstances – be more likely to go on to higher education, and the parents themselves are also quite likely to teach their kids some stuff at home. So the success of the kids at Sudbury Valley can't be attributed solely to the school.

But Peter argues this model is doing something that does boost real learning, in a way conventional schools don't. To understand why, he says we should look at the evidence for what happens when animals are deprived of play. For example, he told me he started to study this subject after he was struck by a typical study – which I later read myself – which compared two groups of rats. The first was prevented from playing with other rats at all. The second was allowed to play with other rats for one hour a day. The scientists then watched as they grew up, to see if there were any differences. By the time they became adults, the play-deprived rats experienced much more fear and anxiety, and they were much less able to deal with unexpected events. The rats who got to play were braver, more likely to explore, and better able to cope with new situations. They tested both sets of rats for their ability to solve new problems – they set it up so that in order to get food, the rats would have to figure out a new sequence. It turned out the rats who had been allowed to play when they were young were significantly smarter.

At Sudbury, Hannah told me that once she was free from the mindless and meaningless grilling of standardised schooling, she found 'I really

appreciate education more, and I'm excited to learn, and I want to pursue different things. Since I don't feel like I'm being forced to, I'm motivated to do that.' This fits with a wider body of scientific evidence – the more something is meaningful, the easier it is to pay attention to it and learn, for adults and kids. Standardised schooling too often drains learning of meaning, while progressive schooling tries to infuse it into everything. This is why the best research on this question shows that kids at more progressive schools are more likely to retain what they've learned in the long run, more likely to want to carry on learning, and more likely to be able to apply what they've learned to new problems. These, it seems to me, are amongst the most precious forms of attention.

Standing outside Sudbury, Hannah told me she used to long for the school day to end, but now, 'I don't want to go home.' The other kids I spoke with told me they had a similar point of view, before they ran off to join some collective activity with other children. I found it startling to discover that you can throw out almost everything we regard as schooling – all the testing, all the assessments, even formal teaching – and still produce people who can read, write and function in society. This tells you how much of what we are neurotically putting our kids through is pointless (at best).

Personally, my instinct is that Sudbury goes too far. I went to other progressive schools to see if there's a way you can mix much greater freedom with some adult guidance. One I particularly liked was in Berlin, named the Evangelische Schule Berlin Zentrum. There, the kids decide collectively on a topic they want to investigate – when I visited, it was whether humans can live in space. Then, for a whole term, half of all their lessons are built around investigating this question – they investigate the physics of how to build rockets, the history of going to the moon, the geography of what would grow on other planets. It builds to a big collective project – they were literally building a rocket in their classroom. In this way, subjects that seemed dry and boring when they are broken up and rote-learned were infused for these kids with meaning, and they wanted to know more about them.

Because I had grown up in such a different system, I kept having doubts about these alternatives. But I kept coming back to one key fact: the country that is often judged by international league tables to have the most successful schools in the world, Finland, is closer to these progressive models than anything we would recognise. Their children don't go to school at all until they are seven years old – before then, they just play. Between the ages of seven and sixteen, kids arrive at school at 9 a.m. and leave at 2 p.m. They are given almost no homework, and they sit almost no tests until they graduate from high school. Free play is at the beating heart of Finnish kids' lives: by law, teachers have to give kids fifteen minutes of free play for every forty-five minutes of instruction. What's the outcome? Only 0.1 percent of their kids are diagnosed with attention problems, and Finns are among the most literate, numerate and happy people in the world.

Hannah told me as I was leaving that when she remembers her time at a conventional high school, 'I see myself sitting at a desk, and it's all grey. It's this weird image.' She told me she worries about her friends still stuck in that system. 'They hate it, and I feel bad they don't have the opportunity to do something else.'



When adults notice that children and teens seem to be struggling to focus and pay attention today, we often say it with a weary and exasperated superiority. The implication is – look at this degraded younger generation! Aren't we better than them? Why can't they be like us? But after learning all this, I think about it very differently. Children have needs – and it's our job, as adults, to create an environment that meets those needs. In many cases, in this culture, we aren't meeting those needs. We don't let them play freely; we imprison them in their homes, with little to do except interact via screens; and our school system largely deadens and bores them. We feed them food that causes energy crashes, contains drug-like additives that can make them hyper, and doesn't contain the nutrients they need. We expose them to brain-disrupting chemicals in the atmosphere. It's not a flaw in

them that, as a result, they are struggling to learn attention. It's a flaw in the world we built for them.



Now, when Lenore speaks to parents, she still gets them to talk about the happiest moments in their own childhoods. It's almost always a moment when they were free – building a fort, walking through the woods with friends, playing out in the street. She says to them: 'We're scrimping and saving to send them to the dance class,' but when it comes down to it, 'You're not giving them the thing you loved the most.' We don't have to continue like this, she tells them. There's a different childhood waiting for our kids, if we commit, together, to rebuild it – one where they can learn, like L.B. building his boats, to focus deeply again.

# Conclusion

## *Attention Rebellion*

If this was a self-help book, I would be able to serve up a delightfully simple conclusion to this story. Those books have a very satisfying structure: the author identifies a problem – usually one he’s had himself – and he talks you through how he personally solved it. Then he says – and now, dear reader, you can do what I have done, and it will set you free. But this is not a self-help book, and what I have to say to you is more complex, and it means starting with an admission: I have not entirely solved this problem in myself. In fact, at this moment, as I write this in lockdown, my attention has never been worse.

For me, the collapse came in a strange dream-like month. In February 2020 I walked into Heathrow Airport to board a flight to Moscow. I was on my way to interview James Williams, the former Google strategist who you’ve seen quoted throughout this book. As I hurried through the alienating yellow light of the airport towards my gate, I noticed something strange. Some of the staff were wearing face masks. I had, of course, read in the news about the new virus that had emerged in Wuhan in China, but I assumed – as so many of us did – that like the swine flu or Ebola crises a few years before, this problem would be contained at source before it could become a pandemic. I felt a flicker of irritation at what I saw as their paranoia, and I boarded my flight.

I landed into a freakishly warm Russian winter. There was no snow on the ground, and people were wearing T-shirts and selling off their fur coats

for a pittance. As I strolled through the eerily snowless streets, I felt tiny and disorientated. Everything in Moscow is vast – people live in enormous concrete lumps of apartment blocks, and they work in ugly fortresses, and they trudge between them across eight-lane highways. The city is designed to make the collective seem vast and to make you, the individual, feel like a speck on the wind. James was living in a nineteenth-century Moscow apartment block, and as we sat in front of a huge bookcase filled with Russian classics, I felt like I had stumbled into a Tolstoy novel. He was living there partly because his wife worked for the World Health Organization, and partly because he loved Russian culture and philosophy.

He told me that after years of studying focus, he has come to believe that attention takes three different forms – all of which are now being stolen. When we went through them, it clarified for me a lot of what I had learned so far.

The first layer of your attention, he said, is your *spotlight*. This is when you focus on ‘immediate actions’, like, ‘I’m going to walk into the kitchen and make a coffee.’ You want to find your glasses? You want to see what’s in the fridge? You want to finish reading this chapter of my book? It’s called the *spotlight* because – as I explained earlier – it involves narrowing down your focus. If your spotlight gets distracted or disrupted, you are prevented from carrying out near-term actions like this.

The second layer of your attention is your *starlight*. This is, he says, the focus you can apply to your ‘longer-term goals – projects over time’. You want to write a book. You want to set up a business. You want to be a good parent. It’s called the *starlight* because when you feel lost, you look up to the stars, and you remember the direction you are travelling in. If you become distracted from your *starlight*, he said, you ‘lose sight of the longer-term goals’. You start to forget where you are headed.

The third layer of your attention is your *daylight*. This is the form of focus that makes it possible for you to know what your longer-term goals are in the first place. How do you know you want to write a book? How do you know you want to set up a business? How do you know what it means to be a good parent? Without being able to reflect and think clearly, you

won't be able to figure these things out. He gave it this name because it's only when a scene is flooded with daylight that you can see the things around you most clearly. If you get so distracted that you lose your sense of the daylight, James says, 'In many ways you may not even be able to figure out who you are, what you wanted to do, [or] where you want to go.'

He believes that losing your daylight is 'the deepest form of distraction', and you may even begin 'decohering'. This is when you stop making sense to yourself, because you don't have the mental space to create a story about who you are. You become obsessed with petty goals, or dependent on simplistic signals from the outside world like retweets. You lose yourself in a cascade of distractions. You can only find your starlight and your daylight if you have sustained periods of reflection, mind-wandering and deep thought. James has come to believe that our attention crisis is depriving us of all three of these forms of focus. We are losing our light.

He said a different metaphor might also help us to understand this. Sometimes, hackers decide to attack a website in a very specific way. They get an enormous number of computers to try to connect to a website all at once – and by doing this, they 'overwhelm its capacity for managing traffic, to the point where it can't be accessed by anyone else, and it goes down'. It crashes. This is called a 'denial-of-service attack'. James thinks we are all living through something like a denial-of-service attack on our minds. 'We're that server, and there's all these things trying to grab our attention by throwing information at us ... It undermines our capacity for responding to anything. It leaves us in a state of either distraction, or paralysis.' We are so inundated 'that it fills up your world, and you can't find a place to get a view on all of it and realise that you're so distracted and figure out what to do about it. It can just colonise your entire world,' he said. You are left so depleted that 'you don't get the space to push back against it'.

I left James's apartment and walked the streets of the Russian capital, and I began to wonder if there is, in fact, a fourth form of attention. I would call it our *stadium lights* – it's our ability to see each other, to hear each other, and to work together to formulate and fight for collective goals. I could see a creepy example of what happens when this is lost unfolding all around

me. I was in Moscow in winter, and people were walking around outside in T-shirts because it was so warm. A heatwave was just starting in Siberia – a sentence I never thought I would write. The climate crisis couldn't be clearer – Moscow itself, ten years before, had been choked by the smoke from severe wildfires. But there is very little climate activism in Russia, nor – given the scale of the crisis – anywhere in the world. Our attention is occupied with other, less important things. I knew I was more guilty in this than most – I thought about my own horrendous carbon emissions.

As I flew back to London, I felt like on this long journey I had learned a huge amount about attention – and I felt I could fix mine a little, step by step. When I landed, I noticed that everyone who worked at the airport was now wearing a mask, and the newspaper stands were full of images of hospitals in Italy where people were dying on the floor or in the corridors. I didn't know it then, but these were the last days before air travel all but ceased across the world. Soon after, Heathrow would be empty and echoing.

A few days later, I was walking home when I noticed that my teeth were chattering. It was a mild winter in London too, and I assumed I was caught in a cold draught, but by the time I got home half an hour later, I was shivering and shaking. I crawled into bed, and I didn't get out again, except to go to the bathroom, for three weeks. I had a raging temperature, and I became feverish and almost delusional. By the time I was able to understand what was going on, British Prime Minister Boris Johnson was appearing on television telling everyone that they must not leave their homes, and then, soon after, he was in hospital himself, almost dead. It was like a stress dream, where the walls of reality start to collapse.



Up to this point, I had been applying what I'd learned on this journey steadily, step by step, to improve my own attention. I'd made six big changes in my life.

One: I used pre-commitment to stop switching tasks so much. Pre-commitment is when you realise that if you want to change your behaviour, you have to take steps now that will lock in that desire and make it harder for you to crack later. One key step for me was buying a kSafe, which – as I mentioned briefly before – is a large plastic safe with a removable lid. You put your phone in it, put the lid back on, and turn the dial at the top for however long you want – from fifteen minutes to two weeks – and then it locks your phone away for as long as you selected. Before I went on this journey, my use of it was patchy. Now I use it every day without exception, and that buys me long stretches of focus. I also use on my laptop a program called Freedom, which cuts it off from the internet for as long as I select. (As I write this sentence, it's counting down from three hours.)

Two: I have changed the way I respond to my own sense of distraction. I used to reproach myself, and say – you're lazy, you're not good enough, what's wrong with you? I tried to shame myself into focusing harder. Now, based on what Mihaly Csikszentmihalyi taught me, instead I have a very different conversation with myself. I ask: What could you do now to get into a flow state, and access your mind's own ability to focus deeply? I remember what Mihaly taught me are the main components of flow, and I say to myself: What would be something meaningful to me that I could do now? What is at the edge of my abilities? How can I do something that matches these criteria now? Seeking out flow, I learned, is far more effective than self-punishing shame.

Three: based on what I learned about the way social media is designed to hack our attention spans, I now take six months of the year totally off it. (This time is divided into chunks, usually of a few weeks). To make sure I stick to it, I always announce publicly when I am going off – I'll tweet that I am leaving the site for a certain amount of time, so that I will feel like a fool if I suddenly crack and go back a week later. I also get my friend Lizzie to change my passwords.

Four: I acted on what I learned about the importance of mind-wandering. I realised that letting your mind wander is not a crumbling of attention, but in fact a crucial form of attention in its own right. It is when you let your

mind drift away from your immediate surroundings that it starts to think over the past, and starts to game out the future, and makes connections between different things you have learned. Now I make it a point to go for a walk for an hour every day without my phone or anything else that could distract me. I let my thoughts float and find unexpected connections. I found that precisely because I give my attention space to roam, my thinking is sharper, and I have better ideas.

Five: I used to see sleep as a luxury, or – worse – as an enemy. Now I am strict with myself about getting eight hours every night. I have a little ritual where I make myself unwind: I don't look at screens for two hours before I go to bed, and I light a scented candle and try to set aside the stresses of the day. I bought a FitBit device to measure my sleep, and if I get less than eight hours, I make myself go back to bed. This made a really big difference.

Six: I'm not a parent, but I am very involved in the lives of my godchildren and my young relatives. I used to spend a lot of my time with them deliberately doing things – busy, educational activities I would plan out in advance. Now I spend most of my time with them just playing freely, or letting them play on their own without being managed or over-supervised or imprisoned. I had learned that the more free play they get, the more sound a foundation they will have for their focus and attention. I try to give them as much of that as I can.

I would like to be able to tell you that I also did other things I learned I should do to improve my focus – cut out processed foods, meditate every day, build in other slow practices like yoga, and take an extra day off work each week. The truth is I struggle with this – so much of how I deal with ordinary anxiety is tied up with comfort eating and overworking.

But I would estimate that by making these six changes, I had – by the time I went to Moscow – improved my own focus by about 15 to 20 percent, which is a fair whack. It made a real and marked difference to my life. All of these changes are worth trying, and there will probably be other tweaks to your life that you are considering based on what you've read in this book. I am strongly in favour of individuals making the changes they

can in their personal lives. I am also in favour of being honest about the fact there are limits to how far that can take you.



As I was recovering from Covid-19, I found myself in a weird mirror image of where I started this journey. I began by going to Provincetown for three months to escape the internet and cellphones. Now I was shut away for three months in my apartment with almost nothing but the internet and cellphones. Provincetown had liberated my focus and attention; the Covid-19 crisis brought it lower than it had ever been. For months, I couldn't focus on anything. I skipped from news channel to news channel, seeing fear and fever spread across the world. I took to spending hours listlessly watching live webcams of all the places I had been to research this book. It didn't matter where they were – Memphis or Melbourne, Fifth Avenue in New York or Commercial Street in Provincetown – they were all the same: the streets were almost empty, except for short sightings of masked people scuttling. I was not alone in finding it impossible to focus. Some of what I experienced was likely a biological after-effect of the virus – but many people who hadn't been infected were reporting a similar problem. There was a 300 percent increase in people googling 'how to get your brain to focus'. All over social media, people were saying they couldn't get their mind to work.

But now, I felt, I had the tools to understand why this was happening to us. Your individual efforts to improve your attention can be dwarfed by an environment full of things that wreck it. This had been true for years leading up to Covid-19 – and it was even more true during it. Stress shatters attention, and we were all more stressed. There was a virus we couldn't see and didn't fully understand and it was threatening all of us. The economy was tanking and many of us were suddenly even more financially insecure. On top of this, our political leaders often seemed dangerously incompetent, which ramped up the stress further. For all these reasons, many of us were suddenly hypervigilant.

And how did we cope? We turned more heavily than ever before to our Silicon Valley-controlled screens, which were waiting for us, offering connection, or at least a hologram of it. As we used them more, our attention seemed to get worse. In the US, in April 2020, the average citizen spent thirteen hours a day looking at a screen. The number of children looking at screens for more than six hours a day increased sixfold, and traffic to kids' apps trebled.

In this respect, Covid gave us a glimpse of the future we were already skidding towards. My friend Naomi Klein, a political writer who has made many strikingly accurate predictions about the future for twenty years, explained to me: 'We were on a gradual slide into a world in which every one of our relationships was mediated by platforms and screens, and because of Covid, that gradual process went into hyper-speed.' The tech companies were planning for us to be immersed in their world to such an extreme extent in a decade's time, not now. 'The plan was not for it to leap in this way,' she said. 'That leaping is an opportunity, really – because when you do something that quickly, it comes as a shock to your system.' We didn't slowly acclimatise to it, and get hooked on its increasing patterns of reinforcements. Instead, we got slammed headfirst into a vision of the future – and we realised 'we hate it. It's not good for our well-being. We desperately miss each other.' Under Covid, even more than before, we were living in simulations of social life, not the real thing. It was better than nothing, to be sure – but it felt thinner. And all the while, the algorithms of surveillance capitalism were altering us – tracking and changing us – for many more hours a day.

I could see that in the pandemic, the environment changed and this wrecked our ability to focus. For many of us, the pandemic didn't create new factors that ruined our attention – it supercharged the factors that had already been corroding our attention for years. I saw this when I talked with my godson Adam, who I had taken to Memphis. His attention, which had been deteriorating for some time, was now shattered. He was on his phone almost every waking hour, seeing the world mainly through TikTok, a new app which made Snapchat look like a Henry James novel.

Naomi told me that the way we felt when we were spending all day in lockdown on Zoom and Facebook was awful but ‘also kind of a gift’, because it showed us the road we were headed down with such clarity. More screens. More stress. More collapse of the middle class. More insecurity for the working class. More invasive technology. She calls this vision of the future the ‘Screen New Deal’. She told me: ‘The ray of hope in all of this is that we are in touch with how much we dislike this vision of the future that we have just trial run … We weren’t going to have a trial run. We were going to have a gradual rollout. But we got a crash course.’

One thing was now very clear to me. If we continue to be a society of people who are severely under-slept and overworked; who switch tasks every three minutes; who are tracked and monitored by social-media sites designed to figure out our weaknesses and manipulate them to make us scroll and scroll and scroll; who are so stressed that we become hypervigilant; who eat diets that cause our energy to spike and crash; who are breathing in a chemical soup of brain-inflaming toxins every day – then, yes, we will continue to be a society with serious attention problems. But there is an alternative. It’s to organise and fight back – to take on the forces that are setting fire to our attention, and replace them with forces that will help us to heal.

I started thinking about why we need to do this with an analogy that seemed to tie together a lot of what I had learned. Imagine you bought a plant and you wanted to help it grow. What would you do? You would make sure certain things were present: sunlight, and water, and soil with the right nutrients. And you would protect it from the things that could damage or kill it: you would plant it far from the trampling feet of other people, and from pests and diseases. Your ability to develop deep focus is, I have come to believe, like a plant. To grow and flourish to its full potential, your focus needs certain things to be present: play for children and flow states for adults, to read books, to discover meaningful activities that you want to focus on, to have space to let your mind wander so you can make sense of your life, to exercise, to sleep properly, to eat nutritious food that makes it possible for you to develop a healthy brain, and to have a sense of safety.

And there are certain things you need to protect your attention from, because they will sicken or stunt it: too much speed, too much switching, too much stimuli, intrusive technology designed to hack and hook you, stress, exhaustion, processed food pumped with dyes that amp you up, polluted air.

For a long time we took our attention for granted, as if it was a cactus that would grow in even the most desiccated climate. Now we know it's more like an orchid, a plant that requires great care or it will wither.

With this image in mind, I now had a sense of what a movement to reclaim our attention might look like. I would start with three big, bold goals. One: Ban surveillance capitalism, because people who are being hacked and deliberately hooked can't focus. Two: Introduce a four-day week, because people who are chronically exhausted can't pay attention. Three: Rebuild childhood around letting kids play freely – in their neighbourhoods and at school – because children who are imprisoned in their homes won't be able to develop a healthy ability to pay attention. If we achieve these goals, the ability of people to pay attention would, over time, dramatically improve. Then we will have a solid core of focus that we could use to take the fight further and deeper.

The idea of building a movement sometimes seemed to me still quite hard to picture concretely – so I wanted to talk to people who had built movements around really big, impossible-seeming goals, and actually achieved them. My friend Ben Stewart was the head of communications at Greenpeace UK for years, and when I first met him more than fifteen years ago, he told me about a plan he was drawing up with other environmentalist activists. He explained that Britain was the birthplace of the Industrial Revolution, and this revolution had been powered by one thing: coal. Because coal contributes more than any other fuel to global warming, his team were drawing up a plan to force the government to end all new coal mines and new power stations in Britain, and move rapidly to leaving all the country's existing coal in the ground to ensure it will never be burned. When he explained it, I literally laughed out loud – Good luck to you, I said, I'm on your side, but you're being a dreamer.

Within five years, every single new coal mine and new coal power plant in Britain was stopped, and the government had been forced to set in stone plans to close down all the ones that already existed. As a result of their campaign, the place that launched the world on the road to global warming had begun to seek out a path beyond it.

I wanted to talk to Ben about our attention crisis, and how we could learn from other movements that have succeeded in the past. He said: ‘I agree with you it’s a crisis. It’s a crisis for the human species. But I don’t think it’s being identified [like that] in the same way that structural racism or climate change [are]. I don’t think we’re at that point yet ... I don’t think that it’s understood that it’s a societal problem, and that it’s caused by decisions by corporate actors, and that it can change.’ So Ben told me the very first step to building a movement is to create a ‘consciousness-raising breakthrough cultural moment, where people go – “Shit, my brain’s been frazzled by this stuff. It’s why I don’t have some of the pleasures in life I used to have.”’ How do we do that? The ideal tool, he said, is what he calls ‘a site battle’. This is where you choose a place that symbolises the wider struggle, and begin a non-violent fight there. An obvious example is Rosa Parks taking her seat on a bus in Montgomery, Alabama.

Think, he said, about how we did it with coal. Man-made global warming is a rapidly unfolding disaster, but – like our attention crisis – it can easily seem pretty abstract, and far away, and hard to get a handle on. Even once you do understand it, it can seem so huge and overwhelming that you are often left feeling powerless to do anything. When Ben first drew up his plans, there was a coal-fired power station in Britain named Kingsnorth, and the government was planning to authorise the construction of another coal station right next to it. This, Ben realised, was the whole global problem in microcosm. So after a lot of planning, with his allies, he broke into the power station and abseiled down its side, painting a warning about the extreme weather events that coal unleashes across the world onto the side of the building.

They were all arrested and put on trial – which was part of their plan. They intended to use the justice process – in a ju-jitsu move – as a perfect

opportunity to put coal itself on trial. They called some of the leading scientific experts from all over the world to testify, to explain what the burning of coal is doing to the ecosystem. In Britain there's a law that says that in an emergency, you can break some rules – you don't get charged with trespassing, for example, if you break into a burning building to save people. Ben and his legal team argued that this was an emergency: they were trying to prevent the planet being set on fire. Twelve ordinary British jurors considered the facts – and they acquitted Ben and the other activists on all counts. It was a sensational story, reported all over the world. In the wake of the negative publicity around coal that emerged out of the trial, the British government abandoned all plans to build new coal-powered stations – and began to shutter the ones that remain.

Ben explained that a site battle makes it possible to 'tell the story about the wider problem', and when you do this, 'it speeds up the national conversation' by waking up a lot of people to what's really going on. For this first stage, Ben said, 'You don't need millions of people. You need a small group of people that get [what] the problems [are], and know about creative confrontation – to create drama around it, to begin the consciousness-raising ... You capture people's attention, and then enough people feel that it's a vital issue that they want to give their time and their energy [to], and that there's a clear direction.'

So Ben asked – should people be surrounding Facebook HQ? Twitter? What's the site battle here? What's the issue we start on? This is something activists need to debate and decide on. As I write this, I know one group is considering projecting a video of Holocaust survivors talking about the dangers of super-charging far-right ideas onto the side of Facebook's HQ. Ben stressed that site battles alone don't deliver victory – what they do is establish the crisis clearly in the public's mind, and draw more people into a movement, so they can begin to fight at many different levels and in many different ways. On attention, Ben said, a site battle is an opportunity to explain to people this is a fight 'about personal liberation' – about 'liberating ourselves from people who are controlling our minds without our consent'. That is 'something that people can coalesce around – and it's

highly motivating as well'. That then becomes a movement millions of people can join. Their participation after that will take many forms. Some of it will be inside the political system, organising within political parties, or lobbying the government. Some of it will continue to be outside the political system, with direct action and persuading other citizens. To succeed, you need both.

As I talked with Ben, I wondered if a movement to achieve these goals should be named Attention Rebellion. He smiled when I suggested it. '*It is* an attention rebellion,' he said. I realised this requires a shift in how we think about ourselves. We are not medieval peasants begging at the court of King Zuckerberg for crumbs of attention. We are the free citizens of democracies, and we own our own minds and our own society, and together, we are going to take them back.

At times it seemed to me that this would be a hard movement to get off the ground – but then I remembered that all the movements that have changed your life and my life were hard to get off the ground. For example, when gay people first started organising in the 1890s, they could be put in prison just for saying who they loved. When labour unions started fighting for the weekend, they were beaten by the police and their leaders were shot or hanged. What we face is, in many ways, vastly less challenging than the cliff they had to scale. They didn't give up. Often, when a person argues for social change, they are called 'naive'. The exact opposite is the truth. It's naive to think we as citizens can do nothing, and leave the powerful to do whatever they want, and somehow our attention will survive. There's nothing naive about believing that concerted democratic campaigning can change the world. As the anthropologist Margaret Mead said, it's the only thing that ever has.

I realised that we have to decide now: do we value attention and focus? Does being able to think deeply matter to us? Do we want it for our children? If we do, then we have to fight for it. As one politician said – you don't get what you don't fight for.



Even as it became clearer to me what we need to do now, there were some unresolved thoughts that kept nagging at me. Lying beneath so many of the causes of this crisis that I had learned about, there seemed to be one big cause – but I was reluctant to reckon with it because it is so big, and, to be honest, I hesitate to write about it now, in case it daunts you too. Back in Denmark, Sune Lehmann had shown me the evidence that the world is speeding up, and that process is shrinking our collective attention span. He showed that social media is a major accelerant. But he made it clear that this has been happening for a very long time. His study started analysing data from the 1880s, and it showed that every decade since, the way we experience the world has been getting faster, and we have been focusing on any one topic less and less.

I kept puzzling away at this question. Why? Why has this been happening so long? This trend far precedes Facebook, or most of the factors I have written about here. What's the underlying cause stretching back to the 1880s? I discussed it with many people, and the most persuasive answer came from the Norwegian scientist Thomas Hylland Eriksen, who is a professor of social anthropology. Ever since the Industrial Revolution, he said, our economies have been built around a new and radical idea – economic growth. This is the belief that every year, the economy – and each individual company in it – should get bigger and bigger. That's how we now define success. If a country's economy grows, its politicians are likely to be reelected. If a company grows, its CEOs are likely garlanded. If a country's economy or a company's share price shrinks, politicians or CEOs face a greater risk of being booted out. Economic growth is the central organising principle of our society. It is at the heart of how we see the world.

Thomas explained that growth can happen in one of two ways. The first is that a corporation can find new markets – by inventing something new, or exporting something to a part of the world that doesn't have it yet. The second is that a corporation can persuade existing consumers to consume more. If you can get people to eat more, or to sleep less, then you have found a source of economic growth. Mostly, he believes, we achieve growth

today primarily through this second option. Corporations are constantly finding ways to cram more stuff into the same amount of time. To give one example: they want you to watch TV *and* follow the show on social media. Then you see twice as many ads. This inevitably speeds up life. If the economy has to grow every year, in the absence of new markets it has to get you and me to do more and more in the same amount of time.

As I read Thomas's work more deeply, I realised this is one of the crucial reasons why life has accelerated every decade since the 1880s: we are living in an economic machine that requires greater speed to keep going – and that inevitably degrades our attention over time. In fact, when I reflected on it, this need for economic growth seemed to be the underlying force that was driving so many of the causes of poor attention that I had learned about – our increasing stress, our swelling work hours, our more invasive technologies, our lack of sleep, our bad diets.

I thought about what Dr Charles Czeisler had told me back at Harvard Medical School. If we all went back to sleeping as much as our brains and our bodies need, he said, 'It would be an earthquake for our economic system, because our economic system has become dependent on sleep-depriving people. The attentional failures are just roadkill. That's just the cost of doing business.' This is true of sleep – and it's true of much more than sleep.

It was intimidating to realise that something so deeply ingrained in our way of life is – over time – an acid on our attention. But I already knew we don't have to live like this. My friend Dr Jason Hickel, who is an economic anthropologist at the University of London, is perhaps the leading critic of the concept of economic growth in the world – and he has been explaining for a long time that there is an alternative. When I went to see him, he explained that we need to move beyond the idea of growth to something called a 'steady-state economy'. We would abandon economic growth as the driving principle of the economy and instead choose a different set of goals. At the moment we think we're prosperous if we are working ourselves ragged to buy things – most of which don't even make us happy. He said we could redefine prosperity to mean having time to spend with our

children, or to be in nature, or to sleep, or to dream, or to have secure work. Most people don't want a fast life – they want a good life. Nobody lies on their deathbed and thinks about all that they contributed to economic growth. A steady-state economy can allow us to choose goals that don't raid our attention, and don't raid the planet's resources.

As Jason and I talked, in a public park in London in the middle of the Covid-19 crisis, I looked around us, where people were sitting in the middle of a workday under the trees, enjoying nature. This was, I realised, the only time in my life the world had truly slowed down. A terrible tragedy had forced us to do it – but there was also, for many of us, a hint of relief. It was the first time in centuries that the world chose, together, to stop racing, and pause. We decided as a society to value something other than speed and growth. We literally looked up and saw the trees.

I suspect that, in the long run, it will be ultimately not be possible to rescue attention and focus in a world that is dominated by the belief that we need to keep growing and speeding up every year. I can't tell you I have all the answers to how we do that – but I believe that if an Attention Rebellion begins, we will, sooner or later, have to take on this very deep issue: the growth machine itself.

But we will have to do this in any event – for another reason. The growth machine has pushed humans beyond the limits of our minds – but it is also pushing the planet beyond its ecological limits. And these two crises, I was coming to believe, are intertwined.



There is one particularly large reason why we need an Attention Rebellion today. It's stark. Human beings have never needed our ability to focus – our superpower as a species – more than we do at this moment, because we face an unprecedented crisis.

As I write these words, I am looking at a webcam of San Francisco, showing the streets where I walked with Tristan Harris. He told me there – just over a year before – that his biggest worry about the destruction of our

attention is that it will prevent us from dealing with global warming. Right now, on those streets, it's midday, but you can't see the sun – it has been blacked out by ash from the massive wildfires ripping across California. One in every thirty-three acres in the state has burned. The house Tristan grew up in, not far away, has been consumed by the flames, and most of his belongings have been destroyed. The streets where I had this conversation about the climate crisis with him have ash flecked across them, and the sky is glowing a low, dark orange.

The three years I worked on this book have been years of fire. Several of the cities I spent time in have been choked by the smoke from huge and unprecedented wildfires – Sydney, Sao Paulo and San Francisco. Like a lot of people, I read about the fires, but only a little – I began to feel quickly overwhelmed. The moment when it became real to me – when I felt it in my gut – was a moment that might seem small when I describe it.

Starting in 2019, Australia experienced what became known as its Black Summer, a series of wildfires so vast that they are hard to describe. Three billion animals had to flee or were burned to death, and so many species were lost that Professor Kingsley Dixon, a botanist, called it a 'biological Armageddon'. Some Australians had to huddle on the beaches, surrounded by a ring of flames, as they wondered if they should try to scramble onto boats to escape. They could hear the fires getting closer. It sounded like a raging waterfall, witnesses said, and it was broken only by the sound of bottles smashing as their houses burned up, one by one. The smoke from the fires was visible 1,200 miles away in New Zealand, where the skies over the South Island turned orange.

About three weeks or so into the fires, I was on the phone to a friend in Sydney when I heard a loud shrieking sound. It was the fire alarm in his apartment. All over the city, in offices and homes, these alarms had started to sound. This was because there was so much smoke in the air travelling in from the wildfires that the smoke alarms believed each individual building was on fire. This meant that one by one, many people in Sydney turned off their smoke alarms, and they sat in the silence and the smoke. I only realised why I found this so disturbing when I talked it over with my friend

Bruno Giussani, a Swiss writer. He said to me that they were turning off the warning systems in our homes that are designed to protect us, because the bigger warning systems that are meant to protect us all – our society’s ability to focus on what scientists are telling us, and act on what they say – are not working.

The climate crisis can be solved. We need to rapidly transition away from fossil fuels and towards powering our societies by clean, green sources of energy. But to do that we will need to be able to focus, to have sane conversations with each other, and to think clearly. These solutions are not going to be achieved by an addled population who are switching tasks every three minutes and screaming at each other all the time in algorithm-pumped fury. We can only solve the climate crisis if we solve our attention crisis. As I contemplated this, I began to think again about something that James Williams wrote: ‘I used to think there were no great political struggles left ... How wrong I was. The liberation of human attention may be the defining moral and political struggle of our time. Its success is the prerequisite for the success of virtually all other struggles.’

When I look now at the orange, fire-scarred skies over San Francisco on this grainy webcam, I keep thinking about the light in Provincetown in the summer I spent there without my phone or the internet, and how pure and perfect it seemed. James Williams was right: our attention is a kind of light, one that clarifies the world and makes it visible to us. In Provincetown I could see more clearly than I ever had before in my life – my own thoughts, my own goals, my own dreams. I want to live in that light – the light of knowing, of achieving our ambitions, of being fully alive – and not in the menacing orange light of it all burning down.

When I hung up on my friend in Sydney so he could unscrew his fire alarm and switch it off, I thought – if our attention continues to shatter, the ecosystem won’t wait patiently for us to regain our focus. It will fall and it will burn. At the start of the Second World War, the English poet W. H. Auden – when he looked out over the new technologies of destruction that had been created by humans – warned: ‘We must love one another, or die.’ I believe that now we must focus together – or face the fires alone.

# Groups Already Fighting to Improve Attention

The fight to heal and restore our attention has already begun. This is a list of groups you can join today who have begun the work. It's an early and provisional index – I believe more groups will be formed as we become more informed about the attention crisis. If there isn't a group doing what you believe needs to be done, set it up and email me at [chasingthescream@gmail.com](mailto:chasingthescream@gmail.com) and I'll add it to the book's website and to future editions of this book.

## **On fighting to change how the internet works**

Center for Humane Technology: <https://www.humanetech.com>

The Avaaz campaign to detoxify the algorithms:  
[https://secure.avaaaz.org/campaign/en/detox\\_the\\_algorithm\\_loc/](https://secure.avaaaz.org/campaign/en/detox_the_algorithm_loc/)

Stop Hate For Profit: <https://www.stophateforprofit.org/backup-week-of-action-toolkit>

## **On fighting for a four-day week**

Andrew Barnes and Charlotte Lockhart have co-founded this group:  
[www.4dayweek.com](http://www.4dayweek.com)

In Europe, the New Economics Foundation is fighting for this:  
<https://neweconomics.org/campaigns/euro-working-time>

Four Day Week Ireland: <https://fourdayweek.ie>

## **On children being allowed to play**

Let Grow: <https://letgrow.org>

Let Our Kids Be Kids: [letthekidsbekids.wordpress.com](http://letthekidsbekids.wordpress.com)

The Daily Mile: [www.thedailymile.co.uk](http://www.thedailymile.co.uk)

The Less Testing, More Learning Campaign:

<https://www.citizensforpublicschools.org/less-testing-more-learning-ma-campaign/sign-the-less-testing-more-learning-petition-today/>

More Than A Score (opposing over-testing in the UK):

[www.morethanascore.org.uk](http://www.morethanascore.org.uk) and [www.facebook.com/parentssupportteachers/](http://www.facebook.com/parentssupportteachers/)

Keeping Early Years Unique: <https://www.keyu.co.uk>

Upstart Scotland: [www.upstart.scot](http://www.upstart.scot)

### **On protecting kids from getting hooked to tech when they are young**

Turning Life On: <https://www.turninglifeon.org>

### **On changing our food supply**

Alliance for a Healthier Generation: [www.healthiergeneration.org](http://www.healthiergeneration.org)

Healthy Food America: [www.healthyfoodamerica.org](http://www.healthyfoodamerica.org)

Healthy Schools Campaign:

<https://healthyschoolscampaign.org/issues/school-food/>

Better Food Britain, and the Children's Food Campaign:

<https://www.sustainweb.org/projectsandcampaigns/> and

<https://www.sustainweb.org/childrensfoodcampaign/>

School Food Matters: <https://www.schoolfoodmatters.org/campaigns>

Henry: [www.henry.org.uk](http://www.henry.org.uk)

### **On resisting pollutants that can damage attention**

Little Things Matter: <https://littlethingsmatter.ca>

Client Earth: <https://www.clientearth.org>

The BreatheLife campaign:

<https://www.ccacoalition.org/en/activity/breathelife-campaign> or

<https://breathelife2030.org>

HealthyAir: <https://www.healthyair.org.uk>

Endocrine Society (ES): <https://www.endocrine.org/>

European Society of Endocrinology (ESE): <https://www.esehormones.org/>

Health and Environmental Alliance (HEAL): <https://www.env-health.org/>

## **On a universal basic income**

Citizen's Basic Income Trust: <https://citizensincome.org>

Basic Income: <https://www.basicincome.org.uk>



If you'd like to be very occasionally kept up to date on developments in the movement to reclaim our attention by me, you can sign up to my mailing list: [www.stolenfocusbook.com/mailing-list](http://www.stolenfocusbook.com/mailing-list)

## ACKNOWLEDGEMENTS

I was only able to write this book with the help and support of a large number of people. First and foremost, I want to thank the brilliant Sarah Punshon, who helped me with additional research and fact-checking, but much more than that – her insights and thoughts were central to the shaping of what you've just read. I am deeply in her debt.

I owe a huge amount to the social scientists and other experts who gave me so much of their time to explain their research to me. The social sciences have been having a rough time lately, but they are an essential tool for how we understand the world, and I'm really grateful to them.

My totally brilliant editors, Kevin Doughten at Crown and Alexis Kirschbaum at Bloomsbury, both made this a much better book, as did my agents, Natasha Fairweather at Rogers, Coleridge & White (RCW) in London and Richard Pine at Inkwell in New York. Lydia Morgan at Crown also made really helpful suggestions that reshaped the text. Thanks also to Tristan Kendrick, Matthew Marland, Sam Coates, Laurence Laluyaux, Stephen Edwards and Katharina Volckmer at RCW.

Conversations with my friends Naomi Klein and V, formerly known as Eve Ensler, really transformed this book and I owe them a lot, for this, and for so much more. My friend Lizzie Davidson helped me to track down lots of the people I talked with, using her sinister NSA-like powers of detection.

In Provincetown, I am really grateful to Andrew Sullivan, James Barraford, Dave Grossman, Stefan Piscateli, Denise Gaylord, Chris Bodenner, Doug Belford, Pat Schultz, Jeff Peters, and everyone at Café

Heaven. If you want to get taught yoga by Stefan, go to [www.outermostyoga.com](http://www.outermostyoga.com).

On my travels, I was helped by so many people – Jake Hess in Washington D.C., Anthony Bansie, Jeremy Heimans, Kasia Malinowska and Sarah Evans in New York, Colleen Haikes and Christopher Rogers in San Francisco, Elizabeth Flood and Mario Burrell in LA, Stephen Hollis in Ohio, Jim Cates in Indiana, Sam Loetscher and John Holder in Miami, Hermione Davis (the queen of publicists) and Andy Leonard in Australia, Alex Romain, Ben Birks Ang and everyone at the NZ Drug Foundation in New Zealand, Sarah Kay, Adam Biles, Katy Lee and everyone at Shakespeare and Company in Paris, Rosanne Kropman in the Netherlands, Christian Lerch, Kate McNaughton and Jacinda Nandi in Berlin, Halldor Arnason and everyone at Snarotin in Iceland, Sturla Haugsgyerd and Oda Bergli in Norway, Kim Norager in Denmark, Rebekah Lehrer, Ricardo Teperman, Julita Lemgruber and Stefano Nunes in Brazil, Alnoor Lahda in Costa Rica, and Joe Daniels and Beatriz Vejarano in Colombia.

Thank you to James Brown for explaining magic to me. If you want to hire him in the UK go to [www.powa.academy](http://www.powa.academy). Thank you to Ayesha Lyn-Birkets at YouGov, and to everyone at the Council for Evidence-Based Psychiatry, particularly Dr James Davies. Thank you to Kate Quarry for her copy-editing.

My transcriptions were all done by the team at CLK Transcription – thank you to CarolLee and everyone there. If you need good transcripts contact them at [CLKtranscripts@gmail.com](mailto:CLKtranscripts@gmail.com)

And thank you to the people who discussed this topic with me for years: Decca Aitkenhead, Stephen Grosz, Dorothy Byrne, Alex Higgins, Lucy Johnstone, Jess Luxembourg, Ronan McCrea, Patrick Strudwick, Jacquie Grice, Jay Johnson, Barbara Bateman, Jemima Khan, Tom Costello, Rob Blackhurst, Amy Pollard, Harry Woodlock, Andrew Gow, Josepha Jacobson, Natalie Carpenter, Deborah Friedell, Imtiaz Shams, Bruno Guissani, Felicity McMahon, Patricia Clark, Ammie al-Whatey, Jake and Joe Wilkinson, Max Jeffrey, Peter Marshall, Anna Powell-Smith, Ben

Stewart, Joss Garman, Joe Ferris, Tim Dixon, Ben Ramm, Harry Quilter-Pinner, Jamie Janson and Elisa Hari.

The reference to W. H. Auden at the end of this book is thanks to David Kinder, my brilliant former English teacher, who taught me to love his poetry. Thank you also to two other brilliant English teachers I had: Sue Roach and Sidney McMinn.

I am really grateful to all my Patreon supporters, particularly Pam Roy, Robert King, Martin Mander, Lewis Black, Lynn McFarland, Deandra Christianson, Fiona Houslip, Roby Abeles, Rachel Bomgaar, Roger Cox and Susie Robinson. To find out more about my Patreon – and get regular updates on what I'm working on next – go to <https://www.patreon.com/johannhari>.

Any errors in this book are entirely mine. If you spot anything that you think might be wrong, please do reach out to me so I can correct it on the website and in future editions of the book at [chasingthescream@gmail.com](mailto:chasingthescream@gmail.com). To see any corrections I've already issued go to [www.stolenfocusbook.com/corrections](http://www.stolenfocusbook.com/corrections)

## NOTES

Please note these are partial endnotes. There are more references, background, and extra explanatory material – as well as audio of the quotes in the book – at [www.stolenfocusbook.com/additional-endnotes/](http://www.stolenfocusbook.com/additional-endnotes/)

### INTRODUCTION

**here** For example, a small study investigated how often an average American college student: Jill Twenge, *iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy – and Completely Unprepared for Adulthood – and What That Means for the Rest of Us* (New York: Atria Books, 2017), p. 64, citing L. Yeykelis, J. J. Cummings and B. Reeves, ‘Multitasking on a Single Device: Arousal and the Frequency, Anticipation, and Prediction of Switching Between Media Content on a Computer’, *Journal of Communications*, 64, 2014, pp. 167–92. DOI:10.1111/jcom.12070

See also Adam Gazzaley and Harry D. Rosen, *The Distracted Mind: Ancient Brains in a High-Tech World* (Cambridge: MIT Press, 2017), pp. 165–7.

**here** A different study by Gloria Mark, professor of infomatics at the University of California, Irvine: V. M. Gonzalez and G. Mark, ‘Constant, constant, multitasking craziness: Managing multiple working spheres’, in *Proceedings of CHI 2004*, Vienna, Austria, pp. 113–120. Professor Marks described this in this interview with

*Business Journal*, and elucidated further in my subsequent interview with her years later.

‘Too Many Interruptions At Work?’, *Business Journal*, 8 June 2006. <https://news.gallup.com/businessjournal/23146/too-many-interruptions-work.aspx>

See also C. Marci, ‘A (biometric) day in the life: Engaging across media’, paper presented at Re:Think 2012, New York, NY, 28 March 2012.

For a study with similar (not identical) results, see: L. D. Rosen et al., ‘Facebook and texting made me do it: Media-induced task-switching while studying’, *Computers in Human Behaviour*, 29 (3), 2013, pp. 948–58.

**here A study by Professor Michael Posner at the University of Oregon:**

G. Mark, S. Iqbal, M. Czerwinski and P. Johns, ‘Focused, Aroused, but so Distractible’, in *The 18th ACM Conference*, 2015, pp. 903–16. DOI:10.1145/2675133.2675221; James Williams, *Stand Out Of Our Light* (Cambridge: Cambridge University Press, 2018), p. 51.

See also L. Dabbish, G. Mark and V. Gonzalez, ‘Why do I keep interrupting myself? Environment, habit and self-interruption’, in *Proceedings of the 2011 annual conference on human factors in computing systems*, pp. 3,127–30.

See also K. Pattison, ‘Worker, Interrupted: The Cost of Task-Switching’, *Fast Company*, 28 July 2008.

<https://www.fastcompany.com/944128/worker-interrupted-cost-task-switching>

**here A different study of office workers in the US:** J. MacKay, ‘The

Myth of Multitasking: The ultimate guide to getting more done by doing less’, *RescueTime* (blog), 17 January 2019.

<https://blog.rescuetime.com/multitasking/#at-work>; and J. MacKay,

‘Communication overload: our research shows most workers can’t go 6 minutes without checking email or IM’, *RescueTime* (blog), 11 July 2018. <https://blog.rescuetime.com/communication-multitasking-switches/>

## CHAPTER ONE

**here nothing can be changed until it is faced:** D. Charles William, *Forever a Father, Always a Son* (New York: Victor Books, 1991), p. 112.

**here For the average American, it's three hours and fifteen minutes:** J. MacKay, 'Screen time stats 2019: here's how much you use your phone during the work day', *RescueTime* (blog), 21 March 2019. <https://blog.rescuetime.com/screen-time-stats-2018/>

**here We touch our phones 2,617 times every twenty-four hours:** J. Naftulin, 'Here's how many times we touch our phones every day', *Insider*, 13 July 2016. <https://www.businessinsider.com/dscout-research-people-touch-cell-phones-2617-times-a-day-2016-7?r=US&IR=T>.

**here something the Spanish writer José Ortega y Gasset said:** Original: '*La vida no puede esperar a que las ciencias expliquen científicamente el Universo. No se puede vivir ad kalendas graecas. El atributo más esencial de la existencia es su perentoriedad: la vida es siempre urgente. Se vive aquí y ahora sin posible demora ni traspaso. La vida nos es disparada a quemarropa. Ya la cultura, que no es sino su interpretación, no puede tampoco esperar.*' J. Ortega y Gasset, *Mission of the University (Misión de la Universidad)*, 1930, translated by H. L. Nostrand (Princeton, Princeton University Press, 1944), p. 73.

**here It turned out pre-commitment was strikingly successful:** Molly J. Crockett et al., 'Restricting Temptations: Neural Mechanisms of Precommitment', *Neuron*, 2013, 79 (2), 391. DOI: 10.1016/j.neuron.2013.05.028

This 2012 article is a good summary of the issue and current thinking: Z. Kurth-Nelson and A. D. Redish, 'Don't let me do that! – models of precommitment', *Frontiers in Neuroscience*, 6 (2012), p. 138.

**here** scientists have shown the same effect in a broad range of experiments: T. Dubowitz et al., ‘Using a Grocery List Is Associated With a Healthier Diet and Lower BMI Among Very High-Risk Adults’, *Journal of Nutrition, Education and Behavior*, 47 (3), 2015, pp. 259–64; J. Schwartz et al., ‘Healthier by Precommitment’, *Psychological Science*, 25 (2), 2015, pp. 538–46. DOI:10.1177/0956797613510950; R. Ladouceur, A. Blaszczynski and D. R. Lalande, ‘Pre-commitment in gambling: a review of the empirical evidence’, *International Gambling Studies*, 12 (2), 2012, pp. 215–30.

**here** the largest scientific study yet conducted to answer a key question: P. Lorenz-Spreen, B. Mørch Mønsted, P. Hövel and S. Lehmann, ‘Accelerating dynamics of collective attention’, *Nature Communications*, 10 (1), 2019. DOI: 10.1038/s41467-019-09311-w

**here** The raw figures on this have been analysed: M. Hilbert and P. López, ‘The World’s Technological Capacity to Store, Communicate and Compute Information’, *Science*, 332, 2011, pp. 60–5.

**here** They found that you can – but it always comes at a cost: M. E. J. Masson, ‘Cognitive processes in skimming stories’, *Journal of Experimental Psychology: Learning, Memory, and Cognition*, 8, 1982, pp. 400–17.

See also M. L. Slowiaczek and C. Clifton, ‘Subvocalization and reading for meaning’, *Journal of Verbal Learning and Verbal Behavior*, 19 (5), 1980, pp. 573–82; T. Calef, M. Pieper and B. Coffey, ‘Comparisons of eye movements before and after a speed-reading course’, *Journal of the American Optometric Association*, 70, 1999, pp. 171–81; M. Just, M. Masson and P. Carpenter, ‘The differences between speed reading and skimming’, *Bulletin of the Psychonomic Society*, 16, 1980, p. 171; M. C. Dyson and M. Haselgrove, ‘The effects of reading speed and reading patterns on the understanding of text read from screen’, *Journal of Research in Reading*, 23, 2000, pp. 210–23.

**here** Scientists then studied professional speed-readers: K. Rayner et al., ‘So Much to Read, So Little Time: How Do We Read, and Can Speed Reading Help?’, *Psychological Science in the Public Interest*, 17 (1), 2016, pp. 4–34.

**here** The scientists investigating this also discovered that if you make people read quickly: S. C. Wilkinson, W. Reader and S. J. Payne, ‘Adaptive browsing: Sensitivity to time pressure and task difficulty’, *International Journal of Human-Computer Studies*, 70, 2012, pp. 14–25; G. B. Duggan and S. J. Payne, ‘Text skimming: the process and effectiveness of foraging through text under time pressure’, *Journal of Experimental Psychology: Applied*, 15 (3), 2009, pp. 228–42.

**here** people talk significantly faster now than they did in the 1950s: T. H. Eriksen, *Tyranny of the Moment* (London: Pluto Press, 2001), p. 71, citing the research of Ulf Torgersen, ‘Taletempo’, *Nytt norsk tidsskrift*, 16, 1999, pp. 3–5.

See also M. Toft, ‘Med eit muntert blikk på styre og stell’, *Uni Forum* 29 June 2005.

<https://www.uniform.no/nyheter/2005/06/med-eit-muntert-blikk-paa-styre-og-stell.html>

See also this interesting discussion: M. Liberman, ‘Norwegian Speed: Fact or Factoid?’, *Language Log* (blog), 13 September 2010. <https://languagelog.ldc.upenn.edu/nll/?p=2628>

**here** people have started to walk 10 percent faster in cities: R. Colville, *The Great Acceleration: How the World is Getting Faster, Faster* (London: Bloomsbury, 2016), pp. 2–3, citing R. Levine, *A Geography of Time* (New York: Basic Books, 1997), and Richard Wiseman, [www.richardwiseman.com/quirkology/pace\\_home.htm](http://www.richardwiseman.com/quirkology/pace_home.htm)

‘anything worth doing is worth doing faster’: Colville, *The Great Acceleration*, p. 11.

‘if you’re not fast, you’re fucked’: Ibid., p. 20.

He has analysed what happens to a person’s focus if they engage in deliberately slow practices: G. Claxton, *Intelligence in the Flesh*

(New Haven: Yale University Press, 2016), pp. 260–1.

See also P. Wayne et al., ‘Effects of tai chi on cognitive performance in older adults: systematic review and meta-analysis’, *Journal of the American Geriatric Society*, 62 (1), 2014, pp. 25–39; N. Gothe et al., ‘The effect of acute yoga on executive function’, *Journal of Physical Activity and Health*, 10 (4), 2013, pp. 488–95; P. Lovatt, ‘Dance psychology’, *Psychology Review*, 2013, pp. 18–21; C. Lewis and P. Lovatt, ‘Breaking away from set patterns of thinking: improvisation and divergent thinking’, *Thinking Skills and Creativity*, 9, 2013, pp. 46–58.

**here when I went to interview Professor Earl Miller:** This is a good primer on his positions on this subject: E. Miller, ‘Multitasking: Why Your Brain Can’t Do It and What You Should Do About It’ (seminar recording and presentation slides), *Radius*, 11 April 2017. <https://radius.mit.edu/programs/multitasking-why-your-brain-can-t-do-it-and-what-you-should-do-about-it>

**here The first is called the switch cost effect:** Switch costs are very firmly established in the academic literature. Here is a typical example: R. D. Rogers and S. Monsell, ‘The cost of a predictable switch between simple cognitive tasks’, *Journal of Experimental Psychology: General*, 124, 1995, pp. 207–31. This is also a good summary: ‘Multitasking: Switching costs’, *American Psychological Association*, 20 March 2006. <https://www.apa.org/research/action/multitask> [no author given]

**here To give you a sense of how big that is:** James Williams, *Stand Out Of Our Light* (Cambridge: Cambridge University Press, 2018), p. 69. This study was by Dr Glenn Wilson. It was not published, because it was commissioned by a private company. You can read Dr Wilson discussing the study at this link, if you select the section marked ‘Infomania’: <http://drglennwilson.com/links.html>.

See also P. Hemp, ‘Death By Information Overload’, *Harvard Business Review*, September 2009. <https://hbr.org/2009/09/death-by-information-overload>

Dr Wilson has been uncomfortable with how some journalists have written about this study, and I have tried to absorb his criticisms in the text here. He says that the comparison with cannabis is only true in the short term – in the longer term, cannabis may harm your IQ more. I have worded the sentence here to reflect this fact.

**here** **It turned out that afterwards they couldn't remember:** E. Hoffman, *Time* (London: Profile Books, 2010), pp. 80–1; W. Kirn, ‘The Autumn of the Multitaskers’, *The Atlantic*, November 2017.

**here** **Professor Gloria Mark, at the Department of Infomatics at the University of California, Irvine:** V. M. Gonzalez and G. Mark, ‘Constant, constant, multitasking craziness: Managing multiple working spheres’, in *Proceedings of CHI 2004*, Vienna, Austria, pp. 113–20.

See also L. Dabbish, G. Mark and V. Gonzalez, ‘Why do I keep interrupting myself? Environment, habit and self-interruption’, in *Proceedings of the 2011 annual conference on human factors in computing systems*, pp. 3,127–30; T. Klingberg, *The Overflowing Brain*, (Oxford, OUP, 2009), p. 4; Colville, *The Great Acceleration*, p. 47.

**here** **Several other studies have shown a large chunk of Americans:** T. Harris, ‘Episode 7: Pardon the Interruptions’, *Your Undivided Attention Podcast*, 14 August 2019. <https://www.humanetech.com/podcast>; C. Thompson, ‘Meet The Life Hackers’, *New York Times Magazine*, 16 October 2005.

**here** **most office workers never get an hour to themselves without being interrupted:** J. MacKay, ‘The Myth of Multitasking: The ultimate guide to getting more done by doing less’ *RescueTime* (blog), 17 January 2019. <https://blog.rescuetime.com/multitasking/#at-work>; and J. MacKay, ‘Communication overload: our research shows most workers can’t go 6 minutes without checking email or IM’, *RescueTime* (blog), 11 July 2018. <https://blog.rescuetime.com/communication-multitasking-switches/>

**here** the average CEO of a Fortune 500 company: Colville, *The Great Acceleration*, p. 47.

**here** The students who received messages performed, on average, 20 percent worse: B. Sullivan, ‘Students can’t resist distraction for two minutes... and neither can you’, *NBC News*, 18 May 2013. <https://www.nbcnews.com/technology/students-can-t-resist-distraction-two-minutes-neither-can-you-1C9984270>. This study was not published.

**here** Other studies in similar scenarios have found even worse outcomes: Gazzaley and Rosen, *The Distracted Mind*, p. 127.

**here** It turned out their level of impairment was ‘very similar’: D. L. Strayer, ‘Is the Technology in Your Car Driving You to Distraction?’, *Policy Insights from the Behavioral and Brain Sciences*, 2 (1), 2015, pp. 157–65. The phrase ‘very similar’ was used by him here: K. Ferebee, ‘Drivers on Cell Phones Are As Bad As Drunks’, *UNews Archive*, University of Utah, 25 March 2011. [https://archive.unews.utah.edu/news\\_releases/drivers-on-cell-phones-are-as-bad-as-drunks/](https://archive.unews.utah.edu/news_releases/drivers-on-cell-phones-are-as-bad-as-drunks/)

**here** around one in five car accidents: S. P. McEvoy et al., ‘The impact of driver distraction on road safety: results from a representative survey in two Australian states’, *Injury prevention: Journal of the International Society for Child and Adolescent Injury Prevention*, vol. 12, 4, 2006, pp. 242–7.

**here** genuinely believes they can follow six or seven forms of media at once: Gazzaley and Rosen, *The Distracted Mind*, p. 11; L. M. Carrier et al., ‘Multitasking Across Generations: Multitasking Choices and Difficulty Ratings in Three Generations of Americans’, *Computers in Human Behavior*, 25, 2009, pp. 483–9.

**here** For example, children in noisy classrooms: A. Kakhshan and V. Shivakumar, ‘Effects of traffic noise around schools on attention and memory in primary school children’, *International Journal of Clinical and Experimental Physiology*, 2 (3), 2015, pp. 176–9.

## CHAPTER TWO

**here** ‘By the time I was ten years old’: K. S. Beard, ‘Theoretically Speaking: An Interview with Mihaly Csikszentmihalyi on Flow Theory Development and Its Usefulness in Addressing Contemporary Challenges in Education’, *Educational Psychology Review*, 27, 2015, pp. 353–64.

**here—here** Take a pigeon. Put it in a cage: See B. F. Skinner, ‘“Superstition” in the pigeon’, *Journal of Experimental Psychology*, 38 (2), 1948, pp. 168–72.

**here** ‘When they finished’: Beard, ‘Theoretically Speaking’, pp. 353–64.

**here** something about ‘the process of painting itself’: R. Kegan, *The Evolving Self: Problem and Process in Human Development* (Cambridge: Harvard University Press, 1983), p. xii.

**here** ‘I was carried on by the flow’: M. Csikszentmihalyi, *Flow: the psychology of optimal experience* (New York: Harper, 2008), p. 40.

**here** ‘The mystique of rock-climbing is climbing’: Ibid., p. 54.

**here** They have also shown that the more flow you experience, the better you feel: Ibid., pp. 158–9.

**here** He wrote: ‘Many forces, both within ourselves and in the environment, stand in the way’ of flow: Ibid., p. 7.

See also Brigid Schulte, *Overwhelmed: Work, Love and Play When No One Has the Time* (London: Bloomsbury Press, 2014), pp. 66–7.

**here** In the late 1980s, he discovered that staring at a screen: R. Kubey and M. Csikszentmihalyi, *Television and the Quality of Life: How Viewing Shapes Everyday Experience* (Abingdon-on-Thames: Routledge, 1990).

**here** He warned that ‘surrounded by an astonishing panoply of recreational gadgets’: Csikszentmihalyi, *Flow*, p. 83.

**here** ‘To have a good life, it is not enough to remove what is wrong with it’: Csikszentmihalyi, *Creativity: Flow and the Psychology of Discovery and Invention* (New York: HarperCollins, 1996), p. 11.

## CHAPTER THREE

**here Over the past century, the average child has lost eighty-five minutes of sleep every night:** L. Matricciani, T. Olds and J. Petkov, ‘In search of lost sleep: secular trends in the sleep time of school-aged children and adolescents’, *Sleep Medicine Reviews*, 16 (3), 2012, pp. 203–11.

**here She discovered that on average, a typical student has the same sleep quality:** H. G. Lund et al., ‘Sleep patterns and predictors of disturbed sleep in a large population of college students’, *Journal of Adolescent Health*, 46 (2), 2010, pp. 124–32.

**here Raise your blood pressure:** J. E. Gangwisch, ‘A review of evidence for the link between sleep duration and hypertension’, *American Journal of Hypertension*, 27 (10), 2014, pp. 1,235–42.

**here I’m going to make you want more fast food:** E. C. Hanlon and E. Van Cauter, ‘Quantification of sleep behavior and of its impact on the cross-talk between the brain and peripheral metabolism’, *Proceedings of the National Academy of Sciences of the United States of America*, 108, suppl. 3, 2011, pp. 15,609–16; M. Walker, *Why We Sleep* (London: Penguin, 2018), p. 3.

**here it’s why narcoleptic people, who sleep a lot, are significantly more creative:** J. Hamzelou, ‘People with narcolepsy may be more creative because of how they sleep’, *New Scientist*, 18 June 2019.

**here your mind will start to transfer the things you have learned during the day into your long-term memory:** Sleep doubles your chances of remembering previously unremembered material. See University of Essex study: N. Dumay, ‘Sleep not just protects memories against forgetting, it also makes them more accessible’, *Cortex*, 74, 2016, pp. 289–96.

**here you can get rats to learn a maze, and that night, you can monitor what happens in their brains as they sleep:** The landmark study is by K. Louie and M. A. Wilson, ‘Temporally Structured Replay of

Awake Hippocampal Ensemble Activity during Rapid Eye Movement Sleep', *Neuron*, 29, 2001, pp. 145–56.

**here If you deprive kids of sleep, they begin to show attention problems rapidly:** A. Hvolby, 'Associations of sleep disturbance with ADHD: implications for treatment', *Attention deficit and hyperactivity disorders*, 7 (1), 2015, pp. 1–18; E. J. Paavonen et al., 'Short sleep duration and behavioral symptoms of attention-deficit/hyperactivity disorder in healthy 7- to 8-year-old children', *Pediatrics*, 2009, 123 (5):e857–64; A. Pesonen et al., 'Sleep duration and regularity are associated with behavioral problems in 8-year-old children', *International Journal of Behavioral Medicine*, 17 (4), 2010, pp. 298–305; R. Gruber et al., 'Short sleep duration is associated with teacher-reported inattention and cognitive problems in healthy school-aged children', *Nature and Science of Sleep*, 4, 2012, pp. 33–40.

**here Dr Maiken Nedergaard, at the University of Rochester, told one interviewer:** A. Huffington, *The Sleep Revolution: Transforming Your Life, One Night At A Time* (New York: Penguin Random House, 2016), pp. 103–4.

**here you're more likely to get into a car accident, for example:** K. Janto, J. R. Prichard and S. Pusalavidyasagar, 'An Update on Dual Orexin Receptor Antagonists and Their Potential Role in Insomnia Therapeutics', *Journal of clinical sleep medicine (JCSM: official publication of the American Academy of Sleep Medicine)*, 14 (8), 2018, pp. 1,399–1408.

**here Charles believes that – as he said to another interviewer:** S. R. D. Morales, 'Dreaming with the Zeitgeber, Part I: A Lecture on Moderns and Their Night', *The Wayward School*, <https://journals.uvic.ca/index.php/peninsula/article/view/11518/3217>

**here We are now exposed to ten times the amount of artificial light:** T. Farragher, 'Sleep, the final frontier. This guy studies it. Here's what he has to say', *Boston Globe*, 18 August 2018. <https://www.bostonglobe.com/metro/2018/08/17/sleep-final->

[frontier-this-guy-studies-here-what-has-say/MCII4NnJyK6tbOHpvdLgQN/story.html](https://frontier-this-guy-studies-here-what-has-say/MCII4NnJyK6tbOHpvdLgQN/story.html)

## CHAPTER FOUR

**here reading for pleasure had fallen by 40 percent, while for women, it was down by 29 percent:** C. Ingraham, ‘Leisure reading in the U.S. is at an all-time low’, *Washington Post*, 29 June 2018. <https://www.washingtonpost.com/news/wonk/wp/2018/06/29/leisure-reading-in-the-u-s-is-at-an-all-time-low/> <https://www.bls.gov/tus/>

**here the proportion of Americans who never read a book in any given year tripled between 1978 to 2014:** D. W. Moore, ‘About Half Of Americans Reading A Book’, *Gallup News Service*, 3 June 2005. <https://news.gallup.com/poll/16582/about-half-americans-reading-book.aspx>

C. Ingraham, ‘The long, steady decline of literary reading’, *Washington Post*, 7 September 2016. [https://www.washingtonpost.com/news/wonk/wp/2016/09/07/the-long-steady-decline-of-literary-reading/?utm\\_term=.f9d5fec802ad&itid=lk\\_inline\\_manual\\_12](https://www.washingtonpost.com/news/wonk/wp/2016/09/07/the-long-steady-decline-of-literary-reading/?utm_term=.f9d5fec802ad&itid=lk_inline_manual_12)

Pew found it was slightly higher: A. Perrin, ‘Who doesn’t read books in America?’, *Pew Research Center*, 26 September 2019. <https://www.pewresearch.org/fact-tank/2019/09/26/who-doesnt-read-books-in-america/>

**here by 2017, the average American spent seventeen minutes a day reading books:** Ingraham, ‘Leisure reading in the U.S. is at an all-time low’.

**here 5.4 hours on their phone:** E. Brown, ‘Americans spend far more time on their smartphones than they think’, *ZDnet*, 28 April 2019. <https://www.zdnet.com/article/americans-spend-far-more-time-on-their-smartphones-than-they-think/>

**here less than half of Americans read literature for pleasure:** *Reading at Risk*, National Endowment for the Arts, 2002.

[https://www.arts.gov/sites/default/files/RaRExec\\_0.pdf](https://www.arts.gov/sites/default/files/RaRExec_0.pdf)

**here similar trends in Britain and other countries:** A. Flood ‘Literary fiction in crisis as sales drop dramatically, Arts Council England reports’, *Guardian*, 15 December 2017.

<https://www.theguardian.com/books/2017/dec/15/literary-fiction-in-crisis-as-sale-drop-dramatically-arts-council-england-reports>.

**here In one single year – 2011:** W. Self, ‘The printed word in peril’, *Harpers*, October 2018. <https://harpers.org/archive/2018/10/the-printed-word-in-peril/>.

**here Anne has conducted studies that split people into two groups:** A. Mangen, G. Olivier and J. Velay, ‘Comparing Comprehension of a Long Text Read in Print Book and on Kindle: Where in the Text and When in the Story?’, *Frontiers in Psychology*, 10, 2019, p. 38.

**here There’s broad scientific evidence for this now, emerging from fifty-four studies:** P. Delgado et al., ‘Don’t throw away your printed books: a meta-analysis on the effects of reading media on reading comprehension’, *Educational Research and Reviews*, 25, 2018, pp. 23–38.

**here in elementary-school children, it’s the equivalent of two-thirds of a year’s growth in reading comprehension:** Delgado et al., ‘Don’t throw away your printed books’.

**here one that was also mulled, in a different way, by Nicholas Carr in his book:** N. Carr, *The Shallows: How the Internet Is Changing the Way We Think, Read and Remember* (London: Atlantic Books, 2010), p. 6.

**here ‘the medium is the message’:** Gerald Emanuel Stern (ed.), *McLuhan Hot & Cool: A primer for the understanding of and a critical symposium with a rebuttal* (New York: Dial Press, 1967), pp. 20, 23, 65, 212–13, 215.

**here one of his studies found that the more a child is read storybooks ... the better they are at reading other people’s emotions:** R. A. Mar et al., ‘Exposure to media and theory-of-mind development in preschoolers’, *Cognitive Development*, 25 (1), 2010, pp. 69–78.

**here** One of his studies showed that children are more empathetic if they read storybooks or watch movies, but not if they watch shorter shows: Mar et al., ‘Exposure to media and theory-of-mind development in preschoolers’.

## CHAPTER FIVE

**here** ‘everyone knows what attention is’: W. James, *The Principles of Psychology*, 1890, chapter XI: available online. <https://psychclassics.yorku.ca/James/Principles/prin11.htm>

**here** a teenage boy named Marcus Raichle: M. E. Raichle et al., ‘A default mode of brain function’, *Proceedings of the National Academy of Sciences*, 98 (2), 2001, pp. 676–82. I first learned about his work in Leonard Mlodinow’s excellent book *Elastic: Flexible Thinking in a Constantly Changing World* (London: Penguin, 2018), pp. 110–21.

See also G. Watson, *Attention: Beyond Mindfulness* (London: Reaktion Books, 2017), p. 90.

**here** This isn’t a flaw in your reading. This is reading: J. Smallwood, D. Fishman and J. Schooler, ‘Counting the Cost of an Absent Mind’, *Psychonomic Bulletin & Review*, 14, 2007. I first learned about this from W. Gallagher, *Rapt: Attention and the Focused Life* (London: Penguin, 2009), p. 149.

**here** Some mind-wandering is essential for things to make sense: Y. Citton, *The Ecology of Attention* (Cambridge: Polity, 2016), pp. 116–17.

**here** the better you are at having organised personal goals: B. Medea et al., ‘How do we decide what to do? Resting-state connectivity patterns and components of self-generated thought linked to the development of more concrete personal goals’, *Experimental Brain Research*, 236, 2018, pp. 2,469–81.

**here** being creative: B. Baird et al., ‘Inspired by Distraction: Mind Wandering Facilitates Creative Incubation’, *Psychological Science*,

23 (10), October 2012, pp. 1,117–22.

**here and making patient, long-term decisions:** J. Smallwood, F. J. M. Ruby, T. Singer, ‘Letting go of the present: Mind-wandering is associated with reduced delay discounting’, *Consciousness and Cognition*, 22 (1), 2013, pp. 1–7.

Jonathan also added via email: ‘It might also be important to note that many of these features may be most obvious in people who can control when they mind wander (i.e. who can avoid doing it when the external world demands their attention).’

**here They concluded: ‘A wandering mind is an unhappy mind’:** M. Killingsworth and D. Gilbert, ‘A Wandering Mind is an Unhappy Mind’, *Science*, 12 November 2010. See also Watson, *Attention*, pp. 15, 70.

## CHAPTER SIX

**here ‘It’s really about the limits of attention’:** T. Ferris, ‘The Tim Ferris Show Transcripts – Fighting Skynet and Firewalling Attention’, *Tim.Blog* (blog), 24 September 2019. <https://tim.blog/2019/09/24/the-tim-ferriss-show-transcripts-tristan-harris-fighting-skynet-and-firewalling-attention-387/>

**here ‘It’s about something more subtle,’ he said later:** Ferris, ‘The Tim Ferris Show Transcripts’.

**here They can, he believed, ‘be more persistent than human beings, [and] offer greater anonymity’:** B. J. Fogg, *Persuasive Technology* (San Francisco: Morgan Kaufman, 2003), pp. 7–8.

**here ‘the psychology of mind control’:** Fogg, *Persuasive Technology*, p. ix.

**here ‘the millionaire maker’:** I. Leslie, ‘The scientists who make apps addictive’, 1843 Magazine, 20 October 2016. <https://www.1843magazine.com/features/the-scientists-who-make-apps-addictive>

**here** They asked: ‘What if in future you had a profile of every single person on earth?’: Ferris, ‘The Tim Ferris Show Transcripts’.

**here** ‘I want you to imagine walking into a room. A control room, with a bunch of people, a hundred people...’: T. Harris, ‘How a handful of tech companies control billions of minds every day’, TED talk, *TED2017*.

[https://www.ted.com/talks/tristan\\_harris\\_how\\_a\\_handful\\_of\\_tech\\_companies\\_control\\_billions\\_of\\_minds\\_every\\_day?language=en](https://www.ted.com/talks/tristan_harris_how_a_handful_of_tech_companies_control_billions_of_minds_every_day?language=en)

**here—here** One day he would hear an engineer excitedly saying: ‘Why don’t we make it buzz your phone every time we get an email?’: C. Newton, ‘Google’s new focus on wellbeing started five years ago with this presentation’, *The Verge*, 10 May 2018. <https://www.theverge.com/2018/5/10/17333574/google-android-p-update-tristan-harris-design-ethics>

**here** ‘How can we make this more engaging?’: A. Marantz, ‘Silicon Valley’s Crisis of Conscience’, *New Yorker*, 19 August 2019.

**here** People were, he warned, living ‘on a treadmill of continuous checking’: You can also read the full presentation at [minimizeddistraction.com](http://minimizeddistraction.com).

**here** ‘This is hard, it’s confusing, and it’s often at odds with our bottom line’: N. Thompson, ‘Tristan Harris: Tech Is Downgrading Humans’, *Wired*, 23 April 2019; N. Hiltzik, ‘Ex-Google Manager Leads A Drive To Rein in Pernicious Impact of Social Media’, *Los Angeles Times*, 10 May 2019.

**here** ‘You don’t even really get to make that ethical decision’ to improve people’s attention spans: Ferris, ‘The Tim Ferris Show Transcripts’.

**here** ‘I failed because companies don’t [currently] have the right incentive to change’: T. Harris, Senate Commerce Committee testimony, 25 June 2019.

<https://www.commerce.senate.gov/services/files/96E3A739-DC8D-45F1-87D7-EC70A368371D>.

**here** ‘I felt completely hopeless’: P. Marsden, ‘Humane: A New Agenda for Tech’, *Digital Wellbeing*, 25 April 2019. <https://digitalwellbeing.org/humane-a-new-agenda-for-tech-speed-summary-and-video/>

**here** ‘it’s about making us extra-human’: This is as recalled by Aza in his interview with me.

**here** At a conservative estimate, infinite scroll makes you spend 50 percent more of your time: There’s a debate about the precise numbers for this, because it’s inherently hard to measure. One way of measuring it is what’s called ‘bounce rate’ (the number of people who arrive on a site and immediately leave without going to any other page on the website). For example, time.com’s ‘bounce rate’ apparently dropped by 15 percent when they introduced infinite scroll in 2014; Quartz readers view about 50 percent more stories than they would without infinite scroll. Both of these figures come from S. Kirkland, ‘Time.com’s bounce rate down 15 percentage points since adopting continuous scroll’, *Poynter*, 20 July 2014. <https://web.archive.org/web/20150507024326/http://www.poynter.org:80/news/mediawire/257466/time-coms-bounce-rate-down-15-percentage-points-since-adopting-continuous-scroll/>

**here** ‘God only knows what it’s doing to our children’s brains’: T. Ong, ‘Sean Parker on Facebook’, *The Verge*, 9 November 2017. <https://www.theverge.com/2017/11/9/16627724/sean-parker-facebook-childrens-brains-feedback-loop>. For more such quotes from tech figures, see A. Alter, *Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked* (London: Penguin, 2017), p. 1.

**here** his own kids ‘aren’t allowed to use that shit’: Roger McNamee, *Zucked: Waking up to the Facebook Catastrophe* (HarperCollins, 2019), pp. 146–7; R. Seymour, *The Twittering Machine* (London: Indigo Press, 2019), pp. 26–7.

**here** Tony Fadell, who co-invented the iPhone, said: ‘I wake up in cold sweats every so often thinking, what did we bring to the

**world?’:** James Williams, *Stand Out of Our Light* (Cambridge: Cambridge University Press, 2018), p. 102.

**here Paul Graham, wrote: ‘Unless the forms of technological progress that produced these things are subject to different laws:** Nir Eyal, *Hooked: How to Build Habit-Forming Products* (London: Penguin, 2014), p. 11; P. Graham, ‘The Acceleration of Addictiveness’, *Paul Graham* (blog), July 2010. <http://www.paulgraham.com/addiction.html?viewfullsite=1>

## CHAPTER SEVEN

**here ‘surveillance capitalism’:** S. Zuboff, *The Age of Surveillance Capitalism* (New York: Public Affairs, 2019). Visit [www.shoshanazuboff.com](http://www.shoshanazuboff.com) for more on Professor Zuboff’s fight for ‘a human future’.

**here On average, we will stare at something negative and outrageous for a lot longer than we will stare at something positive and calm:** P. M. Litvak, J. S. Lerner, L. Z. Tiedens and K. Shonk, ‘Fuel in the Fire: How anger affects decision-making’, *International Handbook of Anger*, 2010, pp. 287–310, citing C. H. Hansen and R. D. Hansen, ‘Finding the face in the crowd: An anger superiority effect’, *Journal of Personality and Social Psychology*, 54 (6), 1988, pp. 917–24.

See also R. C. Solomon, *A Passion for Justice* (Reading, MA: Addison-Wesley Publishing Company, 1990); C. Tavris, *Anger: The misunderstood emotion* (New York: Touchstone Books/Simon & Schuster, 1989).

**here Even ten-week-old babies respond differently to angry faces:** Litvak et al., ‘Fuel in the Fire’, citing J. M. Haviland and M. Lelwica, ‘The induced affect response: 10-week-old infants’ responses to three emotion expressions’, *Developmental Psychology*, 23 (1), 1987, pp. 97–104.

**here It's called 'negativity bias':** For a good summary, see M. Jaworski, 'The Negativity Bias: why the bad stuff sticks', *PsyCom*, 19 February 2020. <https://www.psycom.net/negativity-bias>

**here They are – according to the best site monitoring YouTube trends – words such as ‘hates, obliterates, slams, destroys’:** See algotransparency.org – this website tracks words that trend on YouTube.

**here your retweet rate will go up by 20 percent on average, and the words that increased your retweet rate most were ‘attack’, ‘bad’ and ‘blame’:** William J. Brady et al., ‘Emotion shapes the diffusion of moralised content in social networks’, *Proceedings of the National Academy of Sciences*, 114, 28, 2017, pp. 7,313–18.

**here A study by the Pew Research Center:** ‘Partisan Conflict and Congressional Outreach’, Pew Research Center, 23 February 2017. [https://www.pewresearch.org/politics/2017/02/23/partisan-conflict-and-congressional-outreach/pdl-02-23-17\\_antipathy-new-00-02/](https://www.pewresearch.org/politics/2017/02/23/partisan-conflict-and-congressional-outreach/pdl-02-23-17_antipathy-new-00-02/)

**here we need ‘to condemn a little more, and understand a little less’:** John Major made these remarks in 1993 in an interview with the *Mail on Sunday* which was widely reported.

**here In 2015 a researcher named Motahhare Eslami:** Nolen Gertz, *Nihilism and Technology*, (Rowman & Littlefield, 2018), p. 97; A. Madrigal, ‘Many many Facebook users still don’t know that their feed is filtered by an algorithm’, *Splinter*, 27 March 2015. <https://splinternews.com/many-many-facebook-users-still-dont-know-that-their-ne-1793846682>; Motahhare Eslami et al., ‘“I always assumed that I wasn’t really that close to [her]”: Reasoning about Invisible Algorithms in News Feeds’, *Proceedings of the 33rd Annual ACM Conference on Human Factors in Computing Systems* (CHI ’15) (New York: Association for Computing Machinery, 2015), pp. 153–162. Full text of this paper available here: [http://www-personal.umich.edu/~csandvig/research/Eslami\\_Algorithms\\_CHI15.pdf](http://www-personal.umich.edu/~csandvig/research/Eslami_Algorithms_CHI15.pdf)

**here** Tristan told one interviewer, ‘It’s very hard to be with reality, the physical world, the built world’: Tristan said this to Decca Aitkenhead, the chief interviewer of the *Sunday Times*. She gave me the unpublished transcript of their full conversation, which helped to inform this part of the book.

**here** They have discovered that if I make you angry, you will pay less attention to the quality of arguments around you: Litvak et al., ‘Fuel in the Fire’, citing G. V. Bodenhausen et al., ‘Happiness and stereotypic thinking in social judgement’, *Journal of Personality and Social Psychology*, 66 (4), 1994, pp. 621–36; D. DeSteno et al., ‘Beyond valence in the perception of likelihood: the role of emotion specificity’, *Journal of Personality and Social Psychology*, 78 (3), 2000, pp. 397–416.

**here** you will show ‘decreased depth of processing’: Litvak et al., ‘Fuel in the Fire’, p. 299.

**here** A study by the Massachusetts Institute of Technology found that fake news travels six times faster on Twitter than real news: S. Vosoughi, D. Roy, D. and S. Aral, ‘The spread of true and false news online’, *Science*, 359, 2018, pp. 1,146–51.

**here** during the 2016 US presidential elections, flat-out falsehoods on Facebook outperformed the top stories at nineteen mainstream news sites put together: C. Silverman, ‘This Analysis Shows How Viral Fake Election News Stories Outperformed Real News On Facebook’, *BuzzFeed*, 16 November 2016.  
<https://www.buzzfeednews.com/article/craigsilverman/viral-fake-election-news-outperformed-real-news-on-facebook>

**here** ‘a form of psychosis’: <https://www.vox.com/2019/3/31/18289271/alex-jones-psychosis-conspiracies-sandy-hook-hoax>

**here** ‘Let’s compare that – what is the aggregate traffic of the *New York Times*: Tristan said this to Decca Aitkenhead. The *Guardian* had c. 286 million visits in the six months to September 2020; the *New York Times* nearly 354 million; the *Washington Post* just over 185 million, according to SimilarWeb.com. The 15 billion figure comes

from here: <https://www.latimes.com/business/hiltzik/la-fi-hiltzik-tristan-tech-20190510-story.html>.

**here A major study asked white nationalists:** A. Jones, ‘From Memes to Infowars: how 75 Fascist activists were “Red-Pilled”’, *Bellingcat*, 11 October 2018. <https://www.bellingcat.com/news/americas/2018/10/11/memes-infowars-75-fascist-activists-red-pilled/>

**here A separate study of far-right people on Twitter found that YouTube was by far the website they turned to the most:** J. M. Berger, ‘The Alt-Right Twitter Census: defining and describing the audience for Alt-Right content on Twitter’, *VOX-Pol Network of Excellence*, 2018. [https://www.voxpol.eu/download/vox-pol\\_publication/AltRightTwitterCensus.pdf](https://www.voxpol.eu/download/vox-pol_publication/AltRightTwitterCensus.pdf)

**here ‘Do we have a system that is systematically, as you turn the crank every day, pumping out more radicalisation?:** Tristan said this to Decca Aitkenhead.

**here that they weren’t ‘worthy’ of it:** C. Alter, ‘Brazilian Politician tells Congresswoman she’s “not worthy” of sexual assault’, *Time*, 11 December 2014. <https://time.com/3630922/brazil-politics-congresswoman-rape-comments/>

**here ‘are not even good for breeding’:** <https://www.independent.co.uk/news/world/americas/jair-bolsonaro-who-is-quotes-brazil-president-election-run-off-latest-a8573901.html>

**here his supporters chanted ‘Facebook! Facebook! Facebook!’:** C. Doctorow, ‘Fans of Brazil’s new Fascist President chant “Facebook! Facebook! Whatsapp! Whatsapp!” At inauguration’, *BoingBoing*, 3 January 2019. <https://boingboing.net/2019/01/03/world-more-connected.html>

**here ‘the collective downgrading of humans and the upgrading of machines’:** Tristan said this to Decca Aitkenhead.

**here ‘How can we solve the world’s most urgent problems if we’ve downgraded our attention spans:** T. Harris, Senate Commerce

## CHAPTER EIGHT

**here** ‘iPad time! iPad time!’: Nir Eyal, *Indistractable: How to Control Your Attention and Choose Your Life* (London: Bloomsbury Publishing, 2020), p. 213.

**here** He believes we should all try adopting a ‘ten-minute rule’: Ibid., pp. 41–2.

**here** He says you should ‘time-box’: Ibid., p. 62.

**here** have ‘office hours’: Ibid., p. 113.

**here** He described it as a ‘cookbook’: Ibid., p. 1.

**here** Nir writes: ‘Let’s admit it: we are all in the persuasion business: N. Eyal, *Hooked: How to Build Habit-Forming Products* (London: Penguin, 2014), p. 164. When I later read this quote to Nir, he said: ‘Well, you have to read the book, right? So if you just take it out of context, and just say that one sentence, of course you can make me say anything you want me to say.’ But I did read it in context, and I urge other people to. Nothing in the context surrounding this sentence or the wider book mitigates the clear meaning of this sentence.

**here** which he describes as ‘mind manipulation’: Ibid., p. 2.

**here** ‘Want to hook your users? Drive them crazy’: N. Eyal, ‘Want to Hook Your Users? Drive Them Crazy’, *TechCrunch* (blog), 26 March 2012. <https://techcrunch.com/2012/03/25/want-to-hook-your-users-drive-them-crazy/>

**here** The goal of the designer is to create an ‘internal trigger’: Eyal, *Hooked*, p. 47.

**here** he says they should imagine a user he names Julie, who ‘fears being out of the loop’: Ibid., p. 57.

**here** Once you have succeeded in playing on feelings like this, ‘a habit is formed’: Ibid., p. 18.

**here** Designers should get you and me ‘to repeat behaviours for long periods, ideally for the rest of their lives’: Ibid., p. 25.

‘Habits can be very good for the bottom line’: Ibid., p. 17.

**here** Nir says there should be some ethical limits to this: He also lists some healthy uses of these techniques – for example, to design fitness apps that encourage people to go to the gym, or apps that help you learn another language.

**here** ‘Stress isn’t something imposed on us. It’s something we impose on ourselves’: Ronald Purser, *McMindfulness* (Repeater Books, 2019), p. 138.

**here** the top causes of stress in the US have been identified by scientists at Stanford Graduate School of Business in a major study: Ibid., p. 139, citing Dana Becker, *One Nation Under Stress: The Trouble With Stress As An Idea* (Oxford: Oxford University Press, 2013).

**here** The average weight gain for an adult between 1960 and 2002 was 24 lbs, or 1.7 stone:  
<https://www.nytimes.com/2021/01/09/opinion/diet-resolution-new-years.html>, as accessed 12 January 2020.

**here** The scientists who have studied it discovered that 95 percent of people in our culture who lose weight on a diet regain it within one to five years: The original study finding that 95 percent of diets fail was with one hundred obese patients: A. J. Stunkard and M. McLaren-Hume, ‘The results of treatment for obesity’, *AMA Archives of Internal Medicine*, 103, 1959, pp. 79–85. Other more recent studies have found very similar outcomes – in this one, only 2 percent of people maintained a greater than 20 kg weight loss two years later: J. Kassirer and M. Angell, ‘Losing weight—an ill-fated New Year’s resolution’, *New England Journal of Medicine*, 338, 1998, pp. 52–4.

Some scientists argue this is too pessimistic or defining success too demandingly. See, for example, R. R. Wing and S. Phelan,

‘Long-term weight loss maintenance’, *The American Journal of Clinical Nutrition*, vol. 82, issue 1, 2005, pp. 222S–225S. They argue we should define success as somebody who maintains 10 percent weight loss one year after the diet. But even if you use this redefinition, only about 20 percent of dieters can manage it, and 80 percent fail.

This article covers the 1959 study and argues it’s too negative:  
<https://www.nytimes.com/1999/05/25/health/95-regain-lost-weight-or-do-they.html>

See also T. Mann, *Secrets from the Eating Lab* (New York: Harper Wave, 2017). The author reviewed sixty years of diet literature and found that on average dieters lose 10 percent of their starting weight, and within two years they’ve on average regained all but about two of those pounds.

**here like the US and UK, have very high levels of obesity:** More than 42 percent of US adults and 18.5 percent of US children were obese in 2018. There’s been twenty years of steady increase: ‘Overweight & Obesity Data & Statistics’, Centre for Disease Control and Prevention. <https://www.cdc.gov/obesity/data/index.html>

In 2018, 15 percent of Dutch adults were obese – much less, but they still (rightly) consider this to be a major public health crisis. See C. Stewart, ‘Share of the population with overweight in the Netherlands’, *Statista*, 16 November 2020.  
<https://www.statista.com/statistics/544060/share-of-the-population-with-overweight-in-the-netherlands/>

## CHAPTER NINE

**here this model works so well that it is the most respected media organisation in the world:** D. Marshall, ‘BBC most trusted news source 2020’, *Ipsos Mori*, 22 May 2020.  
<https://www.ipsos.com/ipsos-mori/en-uk/bbc-most-trusted-news-source-2020>; W. Turvill, ‘Survey: Americans trust the BBC more

than the New York Times, Wall Street Journal, ABC or CBS', *Press Gazette*, 16 June 2020. <https://www.pressgazette.co.uk/survey-americans-trust-the-bbc-more-than-new-york-times-wall-street-journal-abc-or-cbs/>

**here** 'Just turn it off. They can turn it off in a heartbeat': Tristan said this to Decca Aitkenhead.

**here** Amazon found that even 100 milliseconds of delay: G. Linden, 'Marissa Mayer at Web.20', *Glinden* (blog), 9 November 2006. <http://glinden.blogspot.com/2006/11/marissa-mayer-at-web-20.html>  
See also <http://loadstorm.com/2014/04/infographic-web-performance-impacts-conversion-rates/>.

See also R. Colville, *The Great Acceleration: How the World is Getting Faster, Faster* (London: Bloomsbury, 2016), p. 27.

**here** Nir responds by pointing to a recent study by the coder Mark Ledwich: M. Ledwich and A. Zaitsev, 'Algorithmic Extremism: Examining YouTube's Rabbit Hole of Radicalisation', arXiv:1912.11211 [cs.SI], Cornell University, 2019.

<https://arxiv.org/abs/1912.11211>

See also A. Kantrowitz, 'Does YouTube Radicalize?', *OneZero*, 7 January 2020. <https://onezero.medium.com/does-youtube-radicalize-a-debate-between-kevin-roose-and-mark-ledwich-1b99651c7bb>; W. Feuer, 'Critics slam study claiming YouTube's algorithm doesn't lead to radicalisation', *CNBC*, 30 December 2019, updated 31 December 2019. <https://www.cnbc.com/2019/12/30/critics-slam-youtube-study-showing-no-ties-to-radicalisation.html>

**here** Tristan, in response, directs people towards the Princeton academic Professor Arvind Narayanan: A. Narayanan, Twitter post 29 December 2019, 12.34pm. [https://twitter.com/random\\_walker/status/1211264254109765634?lang=en](https://twitter.com/random_walker/status/1211264254109765634?lang=en)

**here** One day, in the spring of 2020, it was revealed what Facebook actually thinks about these questions: J. Horwitz and D. Seetharaman, 'Facebook Executives Shut Down Efforts to Make the

Site Less Divisive’, *Wall Street Journal*, 26 May 2020.  
<https://www.wsj.com/articles/facebook-knows-it-encourages-division-top-executives-nixed-solutions-11590507499>

**here that wasn’t wrecking the world:** The *Wall Street Journal* article balanced these claims by quoting from Zuckerberg. They wrote: ‘Mr. Zuckerberg announced in 2019 that Facebook would take down content violating specific standards but where possible take a hands-off approach to policing material not clearly violating its standards. “You can’t impose tolerance top-down,” he said in an October speech at Georgetown University. “It has to come from people opening up, sharing experiences, and developing a shared story for society that we all feel we’re a part of. That’s how we make progress together.”’

**here ‘But if you can’t rape your wife, who can you rape?’:** A. Dworkin, *Life and Death: Unapologetic Writings on the Continuing War Against Women* (London: Simon & Schuster, 1997), p. 210.

## CHAPTER TEN

**here ‘The problem was’:** N. Burke Harris, *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity* (London: Bluebird, 2018), p. 215.

**here It’s named the Adverse Childhood Experiences Study:** V. J. Felitti et al., ‘Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: The Adverse Childhood Experiences (ACE) study’, *American Journal of Preventive Medicine*, 14 (4), 1998, pp. 245–58.

I have also been informed here by my interviews with Dr Vincent Felitti, Dr Robert Anda and Dr Gabor Maté. See Gabor Maté’s book *In the Realm of Hungry Ghosts: Close Encounters With Addiction* (London: Vermilion, 2018).

**here Children who had experienced four or more types of trauma were 32.6 times more likely:** Harris, *The Deepest Well*, p. 59.

[here](#)—[here](#) Dr Nicole Brown, in a separate body of research, found that childhood trauma tripled the development of ADHD symptoms: R. Ruiz, ‘How Childhood Trauma Could Be Mistaken For ADHD’, *The Atlantic*, 7 July 2014.

See also N. M. Brown et al., ‘Associations Between Adverse Childhood Experiences and ADHD Diagnosis and Severity’, *Academic paediatrics*, 17 (4), 2017, pp. 349–55; Newsroom, ‘Researchers Link ADHD With Childhood Trauma’, *Children’s Hospitals Today*, Children’s Hospital Association, 9 August 2017. <https://www.childrenshospitals.org/Newsroom/Childrens-Hospitals-Today/Articles/2017/08/Researchers-Link-ADHD-with-Childhood-Trauma>; K. Szymanski, L. Sapanski and F. Conway, ‘Trauma and ADHD – Association or Diagnostic Confusion? A Clinical Perspective’, *Journal of Infant, Child, and Adolescent Psychotherapy*, 10 (1), 2011, pp. 51–59; R.C. Kessler et al., ‘The prevalence and correlates of adult ADHD in the United States: results from the National Comorbidity Survey Replication’, *The American Journal of Psychiatry*, 163, 4, 2006, pp. 716–23.

Kids raised in Romanian orphanages (where they were severely neglected) were found to be four times more likely to later have serious attention problems. See M. Kennedy et al., ‘Early severe institutional deprivation is associated with a persistent variant of adult-deficit hyperactivity disorder’, *Journal of Child Psychology and Psychiatry*, 57 (10), 2016, pp. 1,113–25.

See also Joel Nigg’s book, *Getting Ahead of ADHD: What Next-Generation Science Says About Treatments That Work* (New York: Guilford Press, 2017), pp. 161–2.

See also W. Gallagher, *Rapt: Attention and the Focused Life* (London: Penguin, 2009), p. 167; R. C. Herrenkohl, B. P. Egolf and E. C. Herrenkohl, ‘Pre-school Antecedents of Adolescent Assaultive Behaviour: A Longitudinal Study’, *American Journal of Orthopsychiatry*, 67, 1997, pp. 422–32.

**here A large study by the British Office of National Statistics:** H. Green et al., *Mental Health of Children and Young People in Great Britain, 2004*, Office of National Statistics, Department of Health and the Scottish Executive (Basingstoke: Palgrave Macmillan, 2005). The stats are on p. 161, and summarised in tables 7.20 and 7.21.

My attention was brought to these statistics by N. Hart and L. Benassaya, ‘Social Deprivation or Brain Dysfunction? Data and the Discourse of ADHD in Britain and North America’, in S. Timimi and J. Leo (eds), *Rethinking ADHD: From Brain to Culture* (London: Palgrave Macmillan, 2009), pp. 218–51.

**here One study compared children who had been sexually abused with a group of children the same age who hadn’t been abused:** S. N. Merry and L. K. Andrews, ‘Psychiatric status of sexually abused children 12 months after disclosure of abuse’, *Journal of the American Academy of Child and Adolescent Psychiatry*, 33 (7), 1994, pp. 939–44.

See also T. Endo, T. Sugiyama and T. Someya, ‘Attention-deficit/hyperactivity disorder and dissociative disorder among abused children’, *Psychiatry and Clinical Neurosciences*, 60 (4), 2006, pp. 434–8. <https://doi.org/10.1111/j.1440-1819.2006.01528.x>

**here The evidence in labs shows if you are put under mild-to-moderate stress, you will perform better on some tasks that require attention in the short term:** A helpful guide to the best research on this – and one I have drawn on for many of the studies in the next few paragraphs – is Charissa Andreotti’s thesis, ‘Effects of Acute and Chronic Stress on Attention and Psychobiological Stress Reactivity in Women’, PhD dissertation (Vanderbilt University, 2013).

See also E. Chajut and D. Algom, ‘Selective attention improves under stress: Implications for theories of social cognition’, *Journal of Personality and Social Psychology*, 85, 2003, pp. 231–48; and P. D. Skosnik et al., ‘Modulation of attentional inhibition by

norepinephrine and cortisol after psychological stress', *International Journal of Psychophysiology*, 36, 2000, pp. 59–68.

**here even mild levels of stress ‘can significantly alter attentional processes’:** Skosnik et al., ‘Modulation of attentional inhibition by norepinephrine and cortisol after psychological stress’; see also C. Liston, B. S. McEwen and B. J. Casey, ‘Psychosocial stress reversibly disrupts prefrontal processing and attentional control’, *Proceedings of the National Academy of Sciences of the United States of America*, 106 (3), 2009, pp. 912–17.

**here a recent summary explained: ‘It is now obvious that stress can cause structural changes in the brain with long-term effects’:** H. Yaribeygi et al., ‘The impact of stress on body function: A review’, *EXCLI Journal*, 16, 2017, pp. 1,057–72.

**here it’s ‘an adaptive trait, under circumstances of perceived threat’:** Z. Heller, ‘Why We Sleep – and Why We Often Can’t’, *New Yorker*, 3 December 2018.

**here Professor Charles Nunn – a leading evolutionary anthropologist – investigated the rise of insomnia:** C. Nunn et al., ‘Shining evolutionary light on human sleep and sleep disorders’, *Evolution, Medicine and Public Health*, 2016 (1), 2016, pp. 234, 238.

**here I learned that this has been studied carefully by Sendhil Mullainathan:** S. Mullainathan et al., ‘Poverty impedes cognitive function’, *Science*, 30, 2013, pp. 976–80.

See also R. Putnam, *Our Kids: The American Dream in Crisis* (New York: Simon & Schuster, 2015), p. 130.

**here when they had the financial security that came at the end of the harvest, they were on average thirteen IQ points smarter:** Mullainathan et al., ‘Poverty impedes cognitive function’.

This is a great interview with Professor Mullainathan: C. Feinberg, ‘The science of scarcity: a behavioural economist’s fresh perspectives on poverty’, *Harvard Magazine*, May–June 2015. <https://www.harvardmagazine.com/2015/05/the-science-of-scarcity>; Sendhil Mullainathan and Eldar Shafir’s book *Scarcity: Why Having*

*Too Little Means So Much* (London: Penguin, 2014) goes through this science in great detail.

- here Finland decided to stop talking and actually try it:** J. Howego, ‘Universal income study finds money for nothing won’t make us work less’, *New Scientist*, 8 February 2019. <https://www.newscientist.com/article/2193136-universal-income-study-finds-money-for-nothing-wont-make-us-work-less/>
- here Ed Deci, a professor of psychology who I interviewed at the University of Rochester in upstate New York, has shown that:** G. Maté, *Scattered Minds: The Origins and Healing of Attention Deficit Disorder* (London: Vermilion, 2019), p. 175; E. Deci, *Why We Do What We Do: Understanding Self-Motivation* (London: Penguin, 1996), p. 28; W. C. Dement, *The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night’s Sleep* (New York: Bantam Doubleday Dell, 1999), p. 218.
- here They explained that as work hours swell and swell:** R. Colville, *The Great Acceleration: How the World is Getting Faster, Faster* (London: Bloomsbury, 2016), p. 59.
- here ‘These workloads are not sustainable’:** B. Schulte, *Overwhelmed: Work, Love and Play When No One Has the Time* (London: Bloomsbury, 2014), p. 22, citing L. Duxbury and C. Higgins, *Work-Life Conflict in Canada in the New Millennium: Key Findings and Recommendations from the 2001 National Work-Life Conflict Study*, Report 6 (Health Canada, January 2009); L. Duxbury and C. Higgins, *Work-Life Conflict in Canada in the New Millennium: A Status Report*, Final Report (Health Canada, October 2003). <http://publications.gc.ca/collections/Collection/H72-21-186-2003E.pdf>. See Table F1 for role-overload stats.

## CHAPTER ELEVEN

**here** The average British worker, the research had found, was only actually engaged: B. Cotton, ‘British employees work for just three hours a day’, *Business Leader*, 6 February 2019. <https://www.businessleader.co.uk/british-employees-work-for-just-three-hours-a-day/59742/>

**here** All signs of distraction, they found, were radically down: Professor Helen Delaney from the University of Auckland also kindly gave me their next paper on this, which was still under peer review, and I have drawn on the evidence in there.

**here** In 1920s Britain, W. G. Kellogg: A. Harper, A. Stirling and A. Coote, *The Case For a Four Day Week* (London: Polity, 2020), p. 6.

**here** In 2019 in Japan, Microsoft moved to a four-day week: K. Paul, ‘Microsoft Japan tested a four day work week and productivity jumped by 40%’, *Guardian*, 4 November 2019. <https://www.theguardian.com/technology/2019/nov/04/microsoft-japan-four-day-work-week-productivity>; Harper et al., *The Case For a Four Day Week*, p. 89.

**here** In Gothenberg in Sweden around the same time: Harper et al., *The Case For a Four Day Week*, pp. 68–71.

**here** In the same city, Toyota cut two hours per day: Ibid., pp. 17–18.

**here** ‘Working 90 hours a week and loving it!’: K. Onstad, *The Weekend Effect* (New York: HarperOne, 2017), p. 49.

**here** the average US worker clocked in three extra hours a day: M. F. Davis and J. Green, ‘Three hours longer, the pandemic workday has obliterated work-life balance’, *Bloomberg*, 23 April 2020. <https://www.bloomberg.com/news/articles/2020-04-23/working-from-home-in-covid-era-means-three-more-hours-on-the-job>

**here** people worked two hours more a day on average: A. Webber, ‘Working at home has led to longer hours’, *Personnel Today*, 13 August 2020 <https://www.personneltoday.com/hr/longer-hours-and-loss-of-creative-discussions-among-home-working-side-effects/>; ‘People are working longer hours during the pandemic’, *The Economist*, 24 November 2020.

<https://www.economist.com/graphic-detail/2020/11/24/people-are-working-longer-hours-during-the-pandemic>; A. Friedman, ‘Proof our work-life balance is in danger (but there’s hope)’, *Atlassian*, 5 November 2020. <https://www.atlassian.com/blog/teamwork/data-analysis-length-of-workday-covid>

**here—here a third of French professionals felt they could never unplug:**

F. Jaureñguiberry, ‘Déconnexion volontaire aux technologies de l’information et de la communication’, Rapport de recherche, Agence Nationale de la Recherche, 2014, hal-00925309. <https://hal.archives-ouvertes.fr/hal-00925309/document>

**here Another study found that just the expectation that you should be on call causes workers anxiety:** R. Haridy, ‘The right to disconnect: the new laws banning after-hours work emails’, *New Atlas*, 14 August 2018. <https://newatlas.com/right-to-disconnect-after-hours-work-emails/55879/>, citing W. J. Becker, L. Belkin and S. Tuskey, ‘Killing me softly: Electronic communications monitoring and employee and spouse well-being’, *Academy of Management Annual Meeting Proceedings*, 2018 (1), 2018.

## CHAPTER TWELVE

**here the British National Health Service’s carefully fact-checked official website warns about it:** ‘Sleep and tiredness’, NHS webpage. <https://www.nhs.uk/live-well/sleep-and-tiredness/eight-energy-stealers/>

**here most of us now eat in a way that deprives us of the nutrients we need for our brains to develop and function fully:** M. Pollan, *In Defence of Food* (London: Penguin, 2008), pp. 85–9.

**here in 2009 a team of Dutch scientists:** L. Pelsser et al., ‘Effect of a restricted elimination diet on the behaviour of children with attention-deficit hyperactivity disorder (INCA study): a randomised controlled trial’, *Lancet*, 377, 2011, pp. 494–503; J. K. Ghuman,

‘Restricted elimination diet for ADHD: the INCA study’, *Lancet*, 377, 2011, pp. 446–8.

See also Joel Nigg, *Getting Ahead of ADHD: What Next-Generation Science Says About Treatments That Work* (New York: Guilford Press, 2017), pp. 79–82.

**here For example, in 2007 a group of scientists in Southampton in Britain got 297 normal kids:** Donna McCann et al., ‘Food additives and hyperactive behaviour in 3-year-old and 8/9-year-old children in the community: a randomised, double-blinded, placebo-controlled trial’, *Lancet*, 370, 2007, pp. 1,560–67; B. Bateman et al., ‘The effects of a double blind, placebo controlled, artificial food colourings and benzoate preservative challenge on hyperactivity in a general population sample of preschool children’, *Archives of Disease in Childhood*, 89, 2004, pp. 506–11.

See also M. Wedge, *A Disease Called Childhood: Why ADHD Became an American Epidemic* (New York: Avery, 2016), pp. 148–59.

**here ‘A sea change is under way...: Joel Nigg, Getting Ahead of ADHD, p. 59.**

**here has been carrying out potentially game-changing research on how it is affecting our brains:** B. A. Maher, ‘Airborne Magnetite- and Iron-Rich Pollution Nanoparticles: Potential Neurotoxicants and Environmental Risk Factors for Neurodegenerative Disease, Including Alzheimer’s Disease’, *Journal of Alzheimer’s Disease*, 71, 2, 2019, pp. 361–75; B. A. Maher et al., ‘Magnetite pollution nanoparticles in the human brain’, *Proceedings of the National Academy of Sciences of the United States of America*, 113, 39, 2016, pp. 10,797–801.

**here ‘Depending on the dose [i.e. how bad the pollution is], depending on your genetic susceptibility, eventually, over time, your brain cells will be damaged’:** F. Perera et al., ‘Benefits of Reducing Prenatal Exposure to Coal-Burning Pollutants to Children’s Neurodevelopment in China’, *Environmental Health Perspectives*,

116 (10), 2008, pp. 1,396–400; M. Guxens et al., ‘Air Pollution During Pregnancy and Childhood Cognitive and Psychomotor Development: Six European Birth Cohorts’, *Epidemiology*, 25, 2014, pp. 636–47; P. Wang et al., ‘Socioeconomic disparities and sexual dimorphism in neurotoxic effects of ambient fine particles on youth IQ: A longitudinal analysis’, *PLoS One*, 12, 12, 2017, e0188731; Xin Zhang et al., ‘The impact of exposure to air pollution on cognitive performance’, *Procedures of the National Academy of Science*, USA, 115 (37), 2018, pp. 9,193–7; F. Perera et al., ‘Polycyclic aromatic hydrocarbons-aromatic DNA adducts in cord blood and behavior scores in New York city children’, *Environmental Health Perspectives*, 119, 8, 2011, pp. 1,176–81; N. Newman et al., ‘Traffic-Related Air Pollution Exposure in the First Year of Life and Behavioral Scores at 7 Years of Age’, *Environmental Health Perspectives*, 121 (6), 2013, pp. 731–6.

**here In Canada, a study found that people who live within fifty metres of a major road:** Weiran Yuchi et al., ‘Road proximity, air pollution, noise, green space and neurologic disease incidence: a population-based cohort study’, *Environmental Health*, 19, article no. 8, 2020.

**here The evidence is especially worrying when it comes to children’s brains:** N. Rees, ‘Danger in the Air: How air pollution can affect brain development in young children’, *UNICEF Division of Data, Research and Policy Working Paper* (New York: United Nations Children’s Fund (UNICEF), 2017); Y-H. M. Chiu et al., ‘Associations between traffic-related black carbon exposure and attention in a prospective birth cohort of urban children’, *Environmental Health Perspectives*, 121 (7), 2013, pp. 859–64.

**here My colleague in Mexico [has] been doing MRI scans:** L. Calderón-Garcidueñas et al., ‘Exposure to severe urban air pollution influences cognitive outcomes, brain volume and systemic inflammation in clinically healthy children’, *Brain and Cognition*, 77, 3, 2011, pp. 345–55.

**here A scientist in Barcelona, Professor Jordi Sunyer, tested school children's ability to pay attention:** J. Sunyer et al., 'Traffic-related air pollution and attention in primary school children: short-term association', *Epidemiology*, 28 (2), 2017, pp. 181–9.

**here 'Where there is lead,' she said:** T. Harford, 'Why did we use leaded petrol for so long?', *BBC News*, 28 August 2017. <https://www.bbc.co.uk/news/business-40593353>

**here When Bruce saw the results, he was taken aback:** M. V. Maffini et al., 'No Brainer: the impact of chemicals on children's brain development: a cause for concern and a need for action', CHEMTrust report, March 2017. <https://www.chemtrust.org/wp-content/uploads/chemtrust-nobrainer-mar17.pdf>; House of Commons Environmental Audit Committee, 'Toxic Chemicals in Everyday Life', Twentieth Report of Session 2017–2019. (London: House of Commons, 2019).

<https://publications.parliament.uk/pa/cm201719/cmselect/cmenvau/1805/1805.pdf>.

**here For example, if your mother was exposed to lead during pregnancy and she smoked:** T. E. Froehlich et al., 'Association of Tobacco and Lead Exposures With Attention-Deficit/Hyperactivity Disorder', *Pediatrics*, 124, 2009, e1054.

This meta-analysis of 18 studies found that 16 of them showed lead played a role in the ADHD in the children they studied: M. Daneshparvar et al., 'The Role of Lead Exposure on Attention-Deficit/Hyperactivity Disorder in Children: A Systematic Review', *Iranian Journal of Psychiatry*, 11 (1), 2016, pp. 1–14. Bruce discusses this here: <https://vimeo.com/154266125>

**here 'uneducable Negro and Puerto Rican' parents:** D. Rosner and G. Markowitz, 'Why It Took Decades of Blaming Parents Before We Banned Lead Paint', *The Atlantic*, 22 April 2013. <https://www.theatlantic.com/health/archive/2013/04/why-it-took-decades-of-blaming-parents-before-we-banned-lead-paint/275169/>

For more on the racism of this policy see this excellent piece: L. Bliss, ‘The long, ugly history of the politics of lead poisoning’, *Bloomberg City Lab*, 9 February 2016. <https://www.bloomberg.com/news/articles/2016-02-09/the-politics-of-lead-poisoning-a-long-ugly-history>

See also M. Segarra, ‘Lead Poisoning: A Doctor’s Lifelong Crusade to Save Children From It’, *NPR*, 5 June 2016. <https://www.npr.org/2016/06/05/480595028/lead-poisoning-a-doctors-lifelong-crusade-to-save-children-from-it?t=1615379691329>

**here all this dusting and hand-washing made no difference at all:** B. Yeoh et al., ‘Household interventions for preventing domestic lead exposure in children’, *Cochrane Database of Systematic Reviews*, 4, 2012. <https://core.ac.uk/download/pdf/143864237.pdf>

**here The IQ of the average pre-schooler:** S. D. Grosse, T. D. Matte, J. Schwartz and R. J. Jackson, ‘Economic gains resulting from the reduction in children’s exposure to lead in the United States’, *Environmental Health Perspectives*, 110 (6), 2002, pp. 563–9.

**here When monkeys are exposed to the same level of the common pollutant polychlorinated biphenyls (PCBs):** Joel Nigg, *Getting Ahead of ADHD: What Next-Generation Science Says About Treatments That Work* (New York: Guilford Press, 2017), pp. 152–3.

For a chilling summary of the animal experiments, see H. J. K. Sable and S. L. Schantz, ‘Executive Function following Developmental Exposure to Polychlorinated Biphenyls (PCBs): What Animal Models Have Told Us’, in E. D. Levin and J. J. Buccafusco (eds), *Animal Models of Cognitive Impairment* (Boca Raton, Florida: CRC Press/Taylor & Francis, 2006), Chapter 8. Available from <https://www.ncbi.nlm.nih.gov/books/NBK2531/>

Barbara Demeneix discusses PCBs and the evidence around them in her book *Toxic Cocktail* (OUP, 2017), pp. 55–6.

**here a pollutant named bisphenol A, or BPA:** Joel Nigg, *Getting Ahead of ADHD*, pp. 146, 155; News Desk, ‘BPA rules in European Union

now in force: limit strengthened 12 fold', *Food Safety News*, 16 September 2018. <https://www.foodsafetynews.com/2018/09/bpa-rules-in-european-union-now-in-force-limit-strengthened-12-fold/>

**here** So she began to research whether these chemicals have any effect on these endocrine signals: B. Demeneix, 'Endocrine Disruptors: From Scientific Evidence to Human Health Protection', Policy Department for Citizens' Rights and Constitutional Affairs Directorate General for Internal Policies of the Union, PE 608.866, 2019. [https://www.europarl.europa.eu/thinktank/en/document.html?reference=IPOL\\_STU%282019%29608866](https://www.europarl.europa.eu/thinktank/en/document.html?reference=IPOL_STU%282019%29608866)

**here** She warns that all children today are being born 'precontaminated': B. Demeneix, 'Letter: Chemical pollution is another "asteroid threat" ', *Financial Times*, January 11 2020; B. Demeneix, 'Environmental factors contribute to loss of IQ', *Financial Times*, 18 July 2017.

See also Demeneix, *Toxic Cocktail*, p. 5.

**here** this group has allegedly been funded by chemical companies: A. Kroll and J. Schulman, 'Leaked Documents Reveal The Secret Finances of a Pro-Industry Science Group', *Mother Jones*, 28 October 2013.  
<https://www.motherjones.com/politics/2013/10/american-council-science-health-leaked-documents-fundraising/>

## CHAPTER THIRTEEN

**here** genetics account for '75 to 80 percent' of ADHD: When I asked him for a citation on this, he replied: 'An authoritative citation is S. Faraone and H. Larsson, "Genetics of attention deficit hyperactivity disorder", *Molecular Psychiatry*, 2018. They estimate heritability at 74 percent, slightly more conservative than 75–80 percent.' S. V. Faraone and H. Larsson, 'Genetics of attention deficit hyperactivity disorder', *Molecular Psychiatry*, 24, 2018, pp. 562–75.

**here he's been called the 'Pied Piper' of drugging animals for psychiatric problems:** L. Braitman, *Animal Madness: Inside Their Minds* (New York: Simon & Schuster, 2015), p. 211.

**here One of the staff at a leading US zoo told a reporter:** Ibid., p. 196.

**here For more than forty years, Alan and his team have been studying the same 200 people:** A huge number of studies have emerged from this research. The most salient here are D. Jacobvitz and L. A. Sroufe, 'The early caregiver-child relationship and attention deficit disorder with hyperactivity in kindergarten: A prospective study', *Child Development*, 58, 1987, pp. 1,496–504; E. Carlson, D. Jacobvitz and L. A. Sroufe, 'A developmental investigation of inattentiveness and hyperactivity', *Child Development*, 66, 1995, pp. 37–54.

See also A. Sroufe, 'Ritalin Gone Wrong', *New York Times*, 28 January 2012.

**here One of the many things they wanted to figure out is: what factors in a person's life:** See Alan Sroufe's brilliant book *A Compelling Idea: How We Become the Persons We Are* (Brandon, Vermont: Safer Society Press, 2020), pp. 60–5. See also Sroufe's *The Development of the Person: The Minnesota Study of Risk and Adaptation From Birth to Adulthood* (New York: Guilford Press, 2009).

**here After gathering evidence on this for decades, Alan concluded:** Sroufe, *A Compelling Idea*, p. 63.

**here This effect was so large that:** Ibid., p. 64.

**here their attention will significantly improve in the short term:** L. Furman, 'ADHD: What Do We Really Know?' in S. Timimi and J. Leo (eds), *Rethinking ADHD: From Brain to Culture* (London: Palgrave Macmillan, 2009), p. 57.

**here part of a crucial experiment, licensed by the government:** N. Ezard et al., 'LiMA: a study protocol for a randomised, double-blind, placebo controlled trial of lisdexamfetamine for the treatment of methamphetamine dependence', *BMJ Open*, 2018, 8:e020723.

**here who had conducted experiments giving Adderall to people who were addicted to meth:** M. G. Kirkpatrick et al., ‘Comparison of intranasal methamphetamine and d-amphetamine self-administration by humans’, *Addiction*, 107, 4, 2012, pp. 783–91.

**here All children – indeed, all people – given Ritalin focus and pay attention better for a while:** The classic research was done by Judith Rapoport: J. L. Rapoport et al., ‘Dextroamphetamine: Its cognitive and behavioural effects in normal prepubertal boys’, *Science*, 199, 1978, pp. 560–3; J. L. Rapoport et al., ‘Dextroamphetamine: Its Cognitive and Behavioral Effects in Normal and Hyperactive Boys and Normal Men’, *Archives of General Psychiatry*, 37, 8, 1980, pp. 933–43; M. Donnelly and J. Rapoport, ‘Attention Deficit Disorders’, in J. M. Wiener (ed.), *Diagnosis and Psychopharmacology of Childhood and Adolescent Disorders* (New York: Wiley, 1985).

See also S. W. Garber, *Beyond Ritalin: Facts About Medication and other Strategies for Helping Children* (New York: Harper Perennial, 1996).

**here there is evidence that taking stimulants stunts a child’s growth:** D. Rabiner, ‘Consistent use of ADHD medication may stunt growth by 2 inches, large study finds’, *Sharp Brains* (blog), 16 March 2013. <https://sharpbrains.com/blog/2018/03/16/consistent-use-of-adhd-medication-may-stun-growth-by-2-inches-large-study-finds/>; A. Poulton, ‘Growth on stimulant medication; clarifying the confusion: a review’, *Archives of Disease in Childhood*, 90, 2005, pp. 801–6.

See also G. E. Jackson, ‘The Case against Stimulants’, in Timimi and Leo, *Rethinking ADHD*, pp. 255–86.

**here Kids taking a standard dose are about three centimetres shorter:** J. Moncrieff, *The Myth of the Chemical Cure: A Critique of Psychiatric Drug Treatment* (London: Palgrave Macmillan, 2009), p. 217, citing J. M. Swanson et al., ‘Effects of stimulant medication on growth rates across 3 years in the MTA follow-up’, *Journal of*

*the American Academy of Child and Adolescent Psychiatry*, 46, 8, 2007, pp. 1,015–27.

**here stimulants increase the risk of a child having heart problems:** A. Sinha et al., ‘Adult ADHD Medications and Their Cardiovascular Implications’, *Case Reports in Cardiology*, 2016, 2343691; J.-Y. Shin et al., ‘Cardiovascular safety of methylphenidate among children and young people with attention-deficit/hyperactivity disorder (ADHD): nationwide self-controlled case series study’, *British Medical Journal*, 2016, p. 353.

**here If you give adolescent rats Ritalin for three weeks:** K. van der Marel et al., ‘Long-Term Oral Methylphenidate Treatment in Adolescent and Adult Rats: Differential Effects on Brain Morphology and Function’, *Neuropsychopharmacology*, 39, 2014, pp. 263–73. Curiously, the same study found that in adults, the striatum had grown.

**here the study that the supporters of stimulant prescription had directed me to:** See Table 4 here: The MTA Cooperative Group, ‘A 14-Month Randomised Clinical Trial of Treatment Strategies for Attention-Deficit/Hyperactivity Disorder’, *Archives of General Psychiatry*, 56, 12, 1999, pp. 1,073–86.

**here so if you discover that something is more common among identical twins:** J. Joseph, *The Trouble With Twin Studies: A Reassessment of Twin Research in the Social and Behavioral Sciences* (Abingdon-on-Thames: Routledge, 2016), pp. 153–78.

**here Over twenty studies have found this result – it’s consistent:** See for example: P. Heiser et al., ‘Twin study on heritability of activity, attention, and impulsivity and assessed by objective measures’, *Journal of Attention Disorders*, 9, 2006, pp. 575–81; R. E. Lopez, ‘Hyperactivity in twins’, *Canadian Psychiatric Association Journal*, 10, 1965, pp. 421–6; D. K. Sherman et al., ‘Attention-deficit hyperactivity disorder dimensions: A twin study of inattention and impulsivity-hyperactivity’, *Journal of the American Academy of Child and Adolescent Psychiatry*, 36, 1997, pp. 745–53; A. Thapar

et al., ‘Genetic basis of attention-deficit and hyperactivity’, *British Journal of Psychiatry*, 174, 1999, pp. 105–11.

**here It has been proven – in a different set of scientific studies – that identical twins do *not* actually experience the same environments as non-identical twins:** Joseph, *The Trouble With Twin Studies*, pp. 153–78.

Jay has compiled all the studies that show this: J. Joseph, ‘Levels of Identity Confusion and Attachment Among Reared-Together MZ and DZ Twin Pairs’, *The Gene Illusion* (blog), 21 April 2020. [https://thegeneillusion.blogspot.com/2020/04/levels-of-identity-confusion-and\\_21.html](https://thegeneillusion.blogspot.com/2020/04/levels-of-identity-confusion-and_21.html).

For a typical example, see A. Morris-Yates et al, ‘Twins: a test of the equal environments assumption’, *Acta Psychiatrica Scandinavica*, 81, 1990, pp. 322–6.

See also J. Joseph, ‘Not in Their Genes: A Critical View of the Genetics of Attention-Deficit Hyperactivity Disorder’, *Developmental Review*, 20, no. 4 (2000), pp. 539–67.

**here are built on an unreliable foundation:** There is a very long debate about this. Jay’s response to the most common defences of twin studies, and his rebuttals, are here – I find them persuasive: ‘It’s Time To Abandon the “Classical Twin Method” in Behavioral Research’, *The Gene Illusion* (blog), 21 June 2020. [https://thegeneillusion.blogspot.com/2020/06/its-time-to-abandon-classical-twin\\_21.html](https://thegeneillusion.blogspot.com/2020/06/its-time-to-abandon-classical-twin_21.html)

**here These studies currently find that around 20 to 30 percent of attention problems relate to your genes:** D. Demontis et al., ‘Discovery of the first genome-wide significant risk loci for attention deficit/hyperactivity disorder’, *Nature Genetics*, 51, 2019, pp. 63–75.

**here But – as he has written – now ‘the science has moved on.’:** Nigg, *Getting Ahead of ADHD*, pp. 6–7.

**here genes aren’t destiny; rather they affect probability.:** Ibid., p. 45.

**here ‘our experiences literally get under our skin’:** Ibid., p. 41.

**here If your child is tired and run down:** Ibid., p. 39.

**here In some ways, the truly big news about ADHD today:** Ibid., p. 2.

## CHAPTER FOURTEEN

**here By 2003, in the US only 10 percent of children spent any time playing freely outdoors on a regular basis:** S. L. Hofferth, ‘Changes in American children’s time – 1997 to 2003’, *Electronic International Journal of Time-use Research*, 6 (1), 2009, pp. 26–47.

See also B. Schulte, *Overwhelmed: Work, Love and Play When No One Has the Time* (London: Bloomsbury, 2014), pp. 207–8; P. Gray, ‘The decline of play and the rise of psychopathology in children and adolescents’, *American Journal of Play*, 3 (4), 2011, pp. 443–63; R. Clements, ‘An Investigation of the Status of Outdoor Play’, *Contemporary Issues in Early Childhood*, 5 (1), 2004, pp. 68–80.

For other striking figures demonstrating a similar point, see C. Steiner-Adair, *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age* (New York: HarperCollins, 2013), p. 88: ‘In America, half of kids walked or cycled to school in 1969, and only 12 percent drove; by 2009, those proportions were almost exactly reversed. In Britain, the proportion of seven- or eight-year-olds walking to school dropped from 80 percent in 1971 to just 9 percent in 1990.’

See also L. Skenazy, *Free Range Kids: How to Raise Safe, Self-Reliant Children (Without Going Nuts with Worry)* (Hoboken, New Jersey: Jossey-Bass, 2010), p. 126.

**here a broad body of evidence showing that when people run around – or engage in any form of exercise – their ability to pay attention improves:** L. Verburgh et al., ‘Physical exercise and executive functions in preadolescent children, adolescents and young adults: a meta-analysis’, *British Journal of Sports Medicine*, 48, 2014, pp. 973–9; Y. K. Chang et al., ‘The effects of acute exercise on

cognitive performance: a meta-analysis', *Brain Research*, 1,453, 2012, pp. 87–101; S. Colcombe and A. F. Kramer, 'Fitness effects on the cognitive function of older adults: a meta-analytic study', *Psychological Science*, 14, 2, 2003, pp. 125–30; P. D. Tomporowski et al., 'Exercise and Children's Intelligence, Cognition, and Academic Achievement', *Educational Psychology Review*, 20, 2, 2008, pp. 111–31.

**here one study that investigated this found that exercise provides 'an exceptional boost' to attention in children:** M. T. Tine and A. G. Butler, 'Acute aerobic exercise impacts selective attention: an exceptional boost in lower-income children', *Educational Psychology*, 32, 7, 2012, pp. 821–34. This particular study looked at low-income children who struggled with attention, but as Professor Nigg explains, this effect can be seen more widely.

**here 'for developing children, aerobic exercise expands the growth':** Nigg, *Getting Ahead of ADHD*, p. 90.

**here 'definite':** Ibid., p. 92.

**here Play builds the foundation of a solid personality, and everything that adults sit down and explain to the child afterwards builds on this base:** For further evidence of Isabel's arguments here, see A. Pellegrini et al., 'A short-term longitudinal study of children's playground games across the first year of school: implications for social competence and adjustment to school', *American Educational Research Journal*, 39, 4, 2002, pp. 991–1,015.

See also C. L. Ramstetter, R. Murray and A. S. Garner, 'The crucial role of recess in schools', *Journal of School Health*, 80, 11, 2010, pp. 517–26, pmid:21039550; National Association of Early Childhood Specialists in State Departments of Education, *Recess and the Importance of Play: A Position Statement on Young Children and Recess*, Washington, DC, 2002, available at: [www.naecs-sde.org/recessplay.pdf](http://www.naecs-sde.org/recessplay.pdf); O. Jarrett, 'Recess in elementary school: what does the research say?', *ERIC Digest*, ERIC

Clearinghouse on Elementary and Early Childhood Education, 1 July 2002, available at: [www.eric.ed.gov/PDFS/ED466331.pdf](http://www.eric.ed.gov/PDFS/ED466331.pdf)

**here One day, Barbara Sarnecka, an associate professor of cognitive sciences:** L. Skenazy, ‘To Help Kids Find Their Passion, Give Them Free Time’, *Reason*, December 2020.  
<https://reason.com/2020/11/26/to-help-kids-find-their-passion-give-them-free-time/>.

**here One study of this found that this time is now overwhelmingly spent on homework:** S. L. Hofferth and J. F. Sandberg, ‘Changes in American Children’s Time, 1981–1997’, in T. Owens and S. L. Hofferth (eds), *Children at the Millennium: Where Have We Come From? Where Are We Going? Advances in Life Course Research*, 6, 2001, pp. 193–229, cited in P. Gray, ‘The Decline of Play and the Rise of Psychopathology in Children and Adolescents’, *American Journal of Play*, Spring 2011.

**here A 2004 study found that US kids spent 7.5 hours more each week on academics:** Skenazy, ‘To Help Kids Find Their Passion, Give Them Free Time’; F. T. Juster, H. Ono and F. P. Stafford, ‘Changing Times of American Youth, 1981–2003’, *Child Development Supplement* (University of Michigan, November 2004).  
[http://ns.umich.edu/Releases/2004/Nov04/teen\\_time\\_report.pdf](http://ns.umich.edu/Releases/2004/Nov04/teen_time_report.pdf)

**here all human beings have within us two different kinds of motivation:** R. J. Vallerand et al., ‘The Academic Motivation Scale: A Measure of Intrinsic, Extrinsic, and Amotivation in Education’, *Educational and Psychological Measurement*, 52, 4, 1992, pp. 1,003–17.

**here In the four years that followed, diagnoses:** M. Wedge, *A Disease Called Childhood: Why ADHD Became an American Epidemic* (New York: Avery, 2016), p. 144. See also J. Henley et al., ‘Robbing elementary students of their childhood: the perils of No Child Left Behind’, *Education*, 128, 1, 2007, pp. 56–63.

**here ‘remarkably successful in finding employment:** P. Gray, *Free to Learn: Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-Reliant and Better Students For Life* (New York:

Basic Books, 2013), p. 93; P. Gray and D. Chanoff, ‘Democratic Schooling: What Happens to Young People Who Have Charge of Their Own Education?’, *American Journal of Education*, 94, 2, 1986, pp. 182–213.

**here Peter’s research found that kids:** G. Riley and P. Gray, ‘Grown unschoolers’ experiences with higher education and employment: Report II on a survey of 75 unschooled adults’, *Other Education*, 4, 2, 2015, pp. 33–53; M. F. Cogan, ‘Exploring academic outcomes of homeschooled students’, *Journal of College Admission*, 2010; G. W. Gloeckner and P. Jones, ‘Reflections on a decade of changes in homeschooling’, *Peabody Journal of Education*, 88 (3), 2013.

**here He studied the evidence that’s been gathered about children in hunter-gatherer societies:** P. Gray, ‘Play as a Foundation for Hunter-Gatherer Social Existence’, *American Journal of Play*, 1, 4, 2009, pp. 476–522.

See also P. Gray, ‘The value of a play-filled childhood in development of the hunter-gatherer individual’, in D. Narvaez, J. Panksepp, A. Schore and T. Gleason (eds), *Evolution, early experience and human development: From research to practice and policy* (New York: Oxford University Press, 2012), pp. 352–70.

**here To understand why, he says we should look at the evidence for what happens when animals are deprived of play:** P. Gray, ‘Evolutionary Functions of Play: Practice, Resilience, Innovation, and Cooperation’, in P. K. Smith and J. Roopnarine (eds), *The Cambridge Handbook of Play: Developmental and Disciplinary Perspectives* (Cambridge, UK: Cambridge University Press, 2019), pp. 84–102.

**here It turned out the rats who had been allowed to play:** D. Einon, M. J. Morgan and C. C. Kibbler, ‘Brief periods of socialisation and later behavior in the rat’, *Developmental Psychobiology*, 11, 1978, pp. 213–25.

## CONCLUSION

**here ‘biological Armageddon’:** L. Albeck-Ripka, ‘Koala Mittens and Baby Bottles: Saving Australia’s Animals After Fires’, *New York Times*, 7 January 2020. For more cautious estimates, see, for example, ‘Australia’s fires killed or harmed three billion animals’, *BBC News*, 28 July 2020. <https://www.bbc.co.uk/news/world-australia-53549936>

**here I used to think there were no great political struggles left:** James Williams, *Stand Out Of Our Light* (Cambridge, UK: Cambridge University Press, 2018), p. xii.

# INDEX

Adderall, [here](#), [here](#), [here](#)  
addiction, [here](#), [here](#), [here](#), [here](#), [here](#)  
adenosine, [here](#)  
ADHD, [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#)  
    and animals, [here](#)  
    and genetics, [here](#), [here](#)  
Adverse Childhood Experiences Study, [here](#)  
advertising, [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#)  
Aitkenhead, Decca, [here](#)  
algae, [here](#)  
Amazon, [here](#), [here](#)  
Amazon Echo, [here](#)  
Ambien, [here](#)  
American Council of Science and Health, [here](#)  
American Psychiatric Association, [here](#)  
American Time Use Survey, [here](#)  
Apple Macintosh, [here](#), [here](#)  
Apple Screen Time, [here](#), [here](#), [here](#)  
asthma, [here](#)  
‘attentional blinks’, [here](#)  
Auden, W. H., [here](#)  
autism, [here](#)  
  
Barnes, Andrew, [here](#), [here](#), [here](#)

Baumeister, Roy, [here](#), [here](#)  
BBC, [here](#)  
bears, [here](#), [here](#)  
Beauvoir, Simone de, [here](#)  
Beethoven, Ludwig van, [here](#)  
Behncke, Isabel, [here](#)  
Berland, Lauren, [here](#)  
Beyoncé, [here](#)  
Biden, Joe, [here](#)  
Bieber, Justin, [here](#)  
bisphenol A (BPA), [here](#), [here](#)  
BlackBerry, [here](#)  
blood pressure, [here](#)  
blood sugar, [here](#)  
Blue Lagoon (Iceland), [here](#)  
Bolsonaro, Jair, [here](#), [here](#)  
brains  
    and ADHD, [here](#), [here](#)  
    and exercise, [here](#)  
    and multitasking, [here](#)  
    PET scans, [here](#)  
    and pollution, [here](#), [here](#), [here](#), [here](#)  
    and sleep, [here](#), [here](#)  
Brazil, [here](#)  
Bridge, Russell, [here](#)  
Brin, Sergey, [here](#)  
Bros, [here](#)  
Brown, Derren, [here](#)  
Brown, Nicole, [here](#)  
Brown, James, [here](#)  
Buddhism, [here](#)  
Bush, George W., [here](#)

caffeine, [here](#)  
Cambridge Analytica, [here](#)  
Carnegie Mellon Human Computer Interaction Lab, [here](#)  
Carr, Nicholas, [here](#)  
Castellanos, Xavier, [here](#), [here](#)  
cats, [here](#)  
Cauca (Colombia), [here](#)  
CFCs, [here](#), [here](#)  
Chaslot, Guillaume, [here](#)  
chess players, [here](#)  
childhood, [here](#), [here](#)  
*see also* [education](#); [play](#)  
childhood trauma, [here](#), [here](#)  
cholera, [here](#)  
City of London, [here](#)  
Claxton, Guy, [here](#)  
climate crisis, [here](#), [here](#), [here](#), [here](#)  
coal, burning of, [here](#)  
cockroaches, [here](#)  
Coletivo Papo Reto, [here](#)  
Colville, Robert, [here](#)  
comic books, [here](#)  
Complexo do Alemão, [here](#)  
Conrad, Joseph, [here](#)  
Council for Evidence-Based Psychiatry, [here](#)  
Covid-19, [here](#), [here](#), [here](#), [here](#)  
Crockett, Molly, [here](#)  
cruel optimism, [here](#), [here](#), [here](#), [here](#)  
crystals, [here](#)  
Csikszentmihalyi, Mihaly, [here](#), [here](#), [here](#)  
Csikszentmihalyi, Moricz, [here](#), [here](#)  
Czeisler, Charles, [here](#), [here](#), [here](#), [here](#), [here](#)

daydreaming, [here](#), [here](#)  
Deci, Ed, [here](#), [here](#)  
Delaney, Helen, [here](#)  
Demeneix, Barbara, [here](#), [here](#)  
dementia, [here](#), [here](#), [here](#)  
democracy, [here](#), [here](#), [here](#)  
denial-of-service attacks, [here](#)  
depression, [here](#), [here](#), [here](#), [here](#)  
Dickens, Charles, [here](#), [here](#)  
diet and nutrition, [here](#)  
Dixon, Kingsley, [here](#)  
Dodman, Nicholas, [here](#)  
dogs, and ADHD, [here](#), [here](#)  
dreams, [here](#), [here](#)  
driving, [here](#)  
drugs, war on, [here](#)  
Dvořák, Antonín, [here](#)

economic growth, [here](#)  
education, [here](#)  
electric light, invention of, [here](#)  
empathy, [here](#), [here](#)  
endocrine disruptors, [here](#)  
Eriksen, Thomas Hylland, [here](#)  
Eslami, Motahhare, [here](#)  
European Parliament, [here](#)  
European Union, [here](#)  
Evangelische Schule Berlin Zentrum, [here](#)  
ExxonMobil, [here](#), [here](#)  
Eyal, Nir, [here](#), [here](#), [here](#)  
Ezard, Nadine, [here](#)

Facebook, [here](#), [here](#)  
algorithms, [here](#), [here](#), [here](#), [here](#)  
business model, [here](#), [here](#), [here](#)  
Common Ground team, [here](#)  
Finland, [here](#), [here](#), [here](#)  
Firefox, [here](#)  
First World War, [here](#)  
flow, [here](#), [here](#), [here](#), [here](#)  
Fogg, B.J., [here](#), [here](#)  
Fortnite, [here](#)  
free will, [here](#), [here](#), [here](#)  
Freedom app, [here](#)  
frogs, [here](#)  
‘frustrated biological objectives’, [here](#)

Gazzaley, Adam, [here](#)  
General Motors, [here](#)  
‘gig economy’, [here](#)  
Gilbert, Dan, [here](#)  
Giussani, Bruno, [here](#)  
Global Play Day, [here](#)  
global warming, [here](#)  
*see also* [climate crisis](#)  
Gmail, [here](#), [here](#), [here](#), [here](#)  
Google, [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#)  
business model, [here](#), [here](#), [here](#)  
Google Books, [here](#)  
Google Maps, [here](#), [here](#), [here](#)  
Google Nest Hubs, [here](#)  
GPS, [here](#)  
Graceland, [here](#), [here](#)  
Graham, Paul, [here](#)

Gray, Peter, [here](#), [here](#)

*Guardian*, [here](#)

Haddad, Fernando, [here](#)

Haidt, Jonathan, [here](#), [here](#)

Hamilton, Alice, [here](#), [here](#)

Hari, Lydia, [here](#)

Harris, Nadine Burke, [here](#), [here](#), [here](#), [here](#)

Harris, Tristan, [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#)

Hart, Carl, [here](#)

Hawking, Stephen, [here](#)

Hewlett-Packard, [here](#)

Hickel, Jason, [here](#)

Hilbert, Martin, [here](#)

Hinshaw, Stephen, [here](#), [here](#)

Holocaust, [here](#), [here](#)

Homer, [here](#)

homosexuality, [here](#), [here](#)

horses, and ADHD, [here](#)

*Huckleberry Finn*, [here](#)

hyperactivity, [here](#), [here](#), [here](#), [here](#), [here](#), [here](#)

*see also* ADHD

hypervigilance, [here](#), [here](#), [here](#), [here](#), [here](#), [here](#)

Industrial Revolution, [here](#), [here](#), [here](#)

‘infinite scroll’, [here](#), [here](#)

information, increasing volume of, [here](#), [here](#)

InfoWars website, [here](#)

Instagram, [here](#), [here](#)

[here](#), [here](#)

internal triggers, [here](#), [here](#), [here](#)

iPads, [here](#), [here](#), [here](#)

iPhones, [here](#), [here](#), [here](#), [here](#), [here](#), [here](#)  
iPods, [here](#), [here](#), [here](#)  
IQ tests, [here](#), [here](#), [here](#)

Jackson, Shirley, [here](#)  
James, Henry, [here](#)  
James, William, [here](#)  
Jauhilinen, Signe, [here](#)  
Jitterbug phone, [here](#)  
Jobs, Steve, [here](#)  
Johnson, Boris, [here](#), [here](#)  
Jones, Alex, [here](#)  
Joseph, Jay, [here](#)  
Jung, Carl, [here](#)  
Jureidini, Jon, [here](#)

Kangas, Olavi, [here](#)  
Karlson, Gary, [here](#)  
Kellogg, W. G., [here](#)  
Killingsworth, Matthew, [here](#)  
Kingsnorth power station, [here](#)  
Klein, Naomi, [here](#)  
Kooij, Sandra, [here](#)  
Krieger, Mike, [here](#), [here](#)

Lanier, Jaron, [here](#), [here](#)  
Lanphear, Bruce, [here](#), [here](#)  
lead, [here](#), [here](#)  
Ledwich, Matk, [here](#)  
Lehmann, Sune, [here](#), [here](#)  
Let Grow program, [here](#), [here](#), [here](#)  
Li, James, [here](#), [here](#)

López, Priscilla, [here](#)

McDonald's, [here](#), [here](#), [here](#), [here](#)

McLuhan, Marshall, [here](#)

McRae, Amy, [here](#)

magic, [here](#)

Maher, Barbara, [here](#), [here](#)

Major, John, [here](#)

Mangen, Anne, [here](#)

Mar, Raymond, [here](#)

Mark, Gloria, [here](#), [here](#), [here](#)

*Matrix, The*, [here](#)

Maurici, Jodi, [here](#)

Mead, Margaret, [here](#)

meditation, [here](#)

melatonin, [here](#), [here](#)

methadone, [here](#)

methamphetamine, [here](#)

Mettling, Bruno, [here](#)

Microsoft, [here](#), [here](#)

middle class, collapse of, [here](#)

Midgley, Thomas, [here](#)

Miller, Earl, [here](#)

Mills, Gemma, [here](#), [here](#)

mindfulness, [here](#)

mind-wandering, [here](#), [here](#)

*Minority Report*, [here](#)

Mona Lisa, [here](#)

'monotasking', [here](#), [here](#)

motivation, intrinsic and extrinsic, [here](#)

Mullainathan, Sendhil, [here](#)

'multitasking', [here](#), [here](#), [here](#)

Nabokov, Vladimir, [here](#)  
Naidoo, Umadevi, [here](#)  
naloxone, [here](#)  
Narayanan, Arvind, [here](#)  
narcissism, [here](#)  
National Health Service, [here](#)  
Nazism, promoted on Facebook, [here](#)  
Nedergaard, Maiken, [here](#)  
‘negativity bias’, [here](#)  
*New York Times*, [here](#), [here](#)  
Newton, Isaac, [here](#)  
Nielsen, Tore, [here](#)  
Nigg, Joel, [here](#), [here](#), [here](#), [here](#)  
9/11 attacks, [here](#)  
Nixon, Richard, [here](#)  
No Child Left Behind Act, [here](#)  
Nunn, Charles, [here](#)  
nutritional psychiatry, [here](#)

Oatley, Keith, [here](#)  
obesity, [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#)  
Ocean Colour Scene, [here](#)  
Office of National Statistics, [here](#)  
omega-3s, [here](#)  
opioid crisis, [here](#)  
Ortega y Gasset, José, [here](#)  
OxyContin, [here](#)  
ozone layer, [here](#), [here](#)

Page, Larry, [here](#)  
painters, [here](#), [here](#)  
Palihapitiya, Chamath, [here](#)

Parker, Sean, [here](#)  
Parks, Rosa, [here](#)  
parrots, [here](#)  
PCBs, [here](#), [here](#)  
Penny, Laurie, [here](#)  
Perpetual Guardian, [here](#), [here](#)  
Persuasive Technologies Lab, [here](#), [here](#)  
Pfeffer, Jeffrey, [here](#)  
pigeons, [here](#), [here](#), [here](#), [here](#)  
Pilgrim Fathers, [here](#)  
Pinker, Stephen, [here](#)  
Pinnock, Dale, [here](#), [here](#)  
Piscitelli, Stefan, [here](#)  
play, [here](#), [here](#), [here](#)  
Poincaré, Henri, [here](#)  
polar bears, [here](#)  
Pollan, Michael, [here](#), [here](#)  
pollution, [here](#)  
pornography, [here](#)  
‘positive psychology’, [here](#)  
positron emission tomography (PET), [here](#)  
Posner, Michael, [here](#)  
Post-Social app, [here](#)  
pre-commitment, [here](#), [here](#), [here](#)  
Presley, Elvis, [here](#), [here](#), [here](#)  
Prichard, Roxanne, [here](#), [here](#)  
Prozac, [here](#), [here](#)  
Przbylski, Andrew, [here](#)  
Purser, Ronald, [here](#)  
  
radar operators, [here](#)  
radicalisation, [here](#), [here](#), [here](#)  
Raichle, Marcus, [here](#), [here](#)



site battles, [here](#)  
Skenazy, Lenore, [here](#), [here](#), [here](#)  
Skinner, B. F., [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#)  
sleep, [here](#), [here](#), [here](#), [here](#), [here](#), [here](#)  
    insomnia, [here](#)  
    REM sleep, [here](#)  
Smallwood, Jonathan, [here](#)  
smoking, [here](#)  
Snapchat, [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#)  
SNP heritability, [here](#)  
‘social bonds’, [here](#)  
*Social Dilemma, The*, [here](#)  
Socrates, [here](#)  
Soros, George, [here](#)  
Space Invaders, [here](#)  
Spears, Britney, [here](#)  
speed-readers, [here](#)  
Spotify, [here](#)  
Spreng, Nathan, [here](#)  
Sroufe, Alan, [here](#), [here](#)  
Stewart, Ben, [here](#)  
Strayer, David, [here](#)  
stress, [here](#), [here](#), [here](#), [here](#), [here](#), [here](#)  
stress hormones, [here](#)  
strikes, [here](#)  
Sudbury Valley School, [here](#)  
Sunyer, Jordi, [here](#)  
surveillance capitalism, [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#)  
Sutherland, Kiefer, [here](#)  
swimmers, [here](#)  
Systrom, Kevin, [here](#), [here](#), [here](#)  
  
Taare, Amber, [here](#)

television, [here](#), [here](#), [here](#)  
Thoreau, Henry David, [here](#)  
Thorkildsen, Inga Marte, [here](#)  
TikTok, [here](#)  
Timimi, Sami, [here](#), [here](#), [here](#), [here](#)  
Tonnesvang, Jan, [here](#)  
Toyota, [here](#)  
trade unions, [here](#)  
Trump, Donald, [here](#), [here](#), [here](#)  
Twitter, [here](#), [here](#)

Ulin, David, [here](#)  
ultra-processed food, [here](#)  
universal basic income, [here](#)  
US Centers for Disease Control, [here](#)  
US Environmental Protection Agency, [here](#)  
US Senate, [here](#), [here](#), [here](#)

Valium, [here](#)  
Van Gogh, Vincent, [here](#)  
Verbeck, Donna, [here](#)  
‘victim-blaming’, [here](#), [here](#)  
violence, reduction in, [here](#)  
Vitruvius, [here](#)

*Wall Street Journal*, [here](#)  
Walsch, Neale Donald, [here](#)  
*War and Peace*, [here](#), [here](#)  
*Washington Post*, [here](#)  
Whatsapp, [here](#)  
Wikipedia, [here](#), [here](#)

wildfires, [here](#)

Williams, James, [here](#), [here](#), [here](#), [here](#), [here](#), [here](#)

women's rights, [here](#)

working hours, [here](#), [here](#), [here](#)

World Health Organization, [here](#)

Xanax, [here](#)

Yang, Andrew, [here](#)

yoga, [here](#)

YouTube, [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), [here](#)

'zoochosis', [here](#)

Zuboff, Shoshana, [here](#), [here](#), [here](#)

Zuckerberg, Mark, [here](#), [here](#), [here](#), [here](#), [here](#)

## A NOTE ON THE AUTHOR

Johann Hari is an internationally bestselling author whose books have appeared in 38 languages. His first book, *Chasing the Scream*, was made into both an Academy Award-nominated film and an eightpart TV series presented by Samuel L Jackson. He was an executive producer of both. His second book, *Lost Connections*, was a *Sunday Times* and *New York Times* bestseller. He has written for the *New York Times*, *Le Monde*, the *Guardian* and others. His TED Talks on addiction and depression have been viewed more than 80 million times.

BLOOMSBURY PUBLISHING  
Bloomsbury Publishing Plc  
50 Bedford Square, London, WC1B 3DP, UK  
29 Earlsfort Terrace, Dublin 2, Ireland

BLOOMSBURY, BLOOMSBURY PUBLISHING and the Diana logo are trademarks of Bloomsbury Publishing Plc

First published in Great Britain 2022  
This electronic edition first published in 2022

Copyright © Johann Hari, 2022

Johann Hari has asserted his right under the Copyright, Designs and Patents Act, 1988, to be identified as Author of this work

For legal purposes the [Acknowledgements](#) constitute an extension of this copyright page

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage or retrieval system, without prior permission in writing from the publishers

Bloomsbury Publishing Plc does not have any control over, or responsibility for, any third-party websites referred to in this book. All internet addresses given in this book were correct at the time of going to press. The author and publisher regret any inconvenience caused if addresses have changed or sites have ceased to exist, but can accept no responsibility for any such changes

A catalogue record for this book is available from the British Library

ISBN: HB: 978-1-5266-2022-4; TPB: 978-1-5266-2016-3; EBOOK: 978-1-5266-2024-8; EPDF:  
978-1-5266-4711-5

To find out more about our authors and books visit [www.bloomsbury.com](http://www.bloomsbury.com) and sign up for our [newsletters](#)

# PERCEPTIONS OF A RENEGADE MIND



DAVID ICKE

# PERCEPTIONS OF A RENEGADE MIND



**DAVID ICKE**

# PERCEPTIONS OF A RENEGADE MIND

ickonic  
publishing

First published in July 2021.



**New Enterprise House  
St Helens Street  
Derby  
DE1 3GY  
UK**

*email:* [gareth.icke@davidicke.com](mailto:gareth.icke@davidicke.com)

Copyright © 2021 David Icke

No part of this book may be reproduced in any form without permission from the Publisher, except for the quotation of brief passages in criticism

*Cover Design:* Gareth Icke  
*Book Design:* Neil Hague

**British Library Cataloguing-in  
Publication Data**  
A catalogue record for this book is  
available from the British Library

eISBN 978-18384153-1-0

PERCEPTIONS  
OF A  
RENEGADE  
MIND



**DAVID ICKE**

**Dedication:**

To *Freeeeeedom!*

# **ICKONIC**



## **THE ALTERNATIVE**

**NEW. DIFFERENT. REVOLUTIONARY**

HUNDREDS OF CUTTING EDGE DOCUMENTARIES,  
FEATURE FILMS, SERIES & PODCASTS.

**SIGN UP NOW AT [ICKONIC.COM](http://ICKONIC.COM)**

THE LIFE STORY OF DAVID ICKE  
**RENEGADE**  
THE FEATURE LENGTH FILM



**AVAILABLE NOW AT DAVIDICKE.COM**

**Renegade:**

Adjective

'Having rejected tradition: Unconventional.'

**Merriam-Webster Dictionary**

## **Acquiescence to tyranny is the death of the spirit**

You may be 38 years old, as I happen to be. And one day, some great opportunity stands before you and calls you to stand up for some great principle, some great issue, some great cause. And you refuse to do it because you are afraid

... You refuse to do it because you want to live longer ...

You're afraid that you will lose your job, or you are afraid that you will be criticised or that you will lose your popularity, or you're afraid that somebody will stab you, or shoot at you or bomb your house; so you refuse to take the stand.

Well, you may go on and live until you are 90, but you're just as dead at 38 as you would be at 90. And the cessation of breathing in your life is but the belated announcement of an earlier death of the spirit.

**Martin Luther King**

**How the few control the many and always have – the many do  
whatever they're told**

'Forward, the Light Brigade!'  
Was there a man dismayed?  
Not though the soldier knew  
    Someone had blundered.  
Theirs not to make reply,  
Theirs not to reason why,  
Theirs but to do and die.  
    Into the valley of Death  
        Rode the six hundred.

Cannon to right of them,  
Cannon to left of them,  
Cannon in front of them  
    Volleyed and thundered;  
Stormed at with shot and shell,  
    Boldly they rode and well,  
        Into the jaws of Death,  
        Into the mouth of hell  
            Rode the six hundred

**Alfred Lord Tennyson (1809-1892)**

The mist is lifting slowly  
I can see the way ahead  
And I've left behind the empty streets  
That once inspired my life  
And the strength of the emotion  
Is like thunder in the air  
'Cos the promise that we made each other  
Haunts me to the end

The secret of your beauty  
And the mystery of your soul  
I've been searching for in everyone I meet  
And the times I've been mistaken  
It's impossible to say  
And the grass is growing  
Underneath our feet

The words that I remember  
From my childhood still are true  
That there's none so blind  
As those who will not see  
And to those who lack the courage  
And say it's dangerous to try  
Well they just don't know  
That love eternal will not be denied

I know you're out there somewhere  
Somewhere, somewhere  
I know you're out there somewhere

Somewhere you can hear my voice  
I know I'll find you somehow  
Somehow, somehow  
I know I'll find you somehow  
And somehow I'll return again to you

**The Moody Blues**

## **Are you a gutless wonder - or a Renegade Mind?**

Monuments put from pen to paper,  
Turns me into a gutless wonder,  
And if you tolerate this,  
Then your children will be next.  
Gravity keeps my head down,  
Or is it maybe shame ...

**Manic Street Preachers**

Rise like lions after slumber  
In unvanquishable number.  
Shake your chains to earth like dew  
Which in sleep have fallen on you.  
Ye are many – they are few.

**Percy Shelley**

# **Contents**

<b>CHAPTER 1</b>	<b>'I'm thinking' – Oh, but <i>are you?</i></b>
<b>CHAPTER 2</b>	<b>Renegade perception</b>
<b>CHAPTER 3</b>	<b>The Pushbacker sting</b>
<b>CHAPTER 4</b>	<b>'Covid': The calculated catastrophe</b>
<b>CHAPTER 5</b>	<b>There <i>is no</i> 'virus'</b>
<b>CHAPTER 6</b>	<b>Sequence of deceit</b>
<b>CHAPTER 7</b>	<b>War on your mind</b>
<b>CHAPTER 8</b>	<b>'Reframing' insanity</b>
<b>CHAPTER 9</b>	<b>We must have it? So what is it?</b>
<b>CHAPTER 10</b>	<b>Human 2.0</b>
<b>CHAPTER 11</b>	<b>Who controls the Cult?</b>
<b>CHAPTER 12</b>	<b>Escaping Wetiko</b>
<b>POSTSCRIPT</b>	
<b>APPENDIX</b>	<b>Cowan-Kaufman-Morell Statement on Virus Isolation</b>
<b>BIBLIOGRAPHY</b>	
<b>INDEX</b>	

# CHAPTER ONE

## I'm thinking' – Oh, but *are* you?

*Think for yourself and let others enjoy the privilege of doing so too*  
Voltaire

French-born philosopher, mathematician and scientist René Descartes became famous for his statement in Latin in the 17th century which translates into English as: 'I think, therefore I am.'

On the face of it that is true. Thought reflects perception and perception leads to both behaviour and self-identity. In that sense 'we' are what we think. But who or what is doing the thinking and is thinking the only route to perception? Clearly, as we shall see, 'we' are not always the source of 'our' perception, indeed with regard to humanity as a whole this is rarely the case; and thinking is far from the only means of perception. Thought is the village idiot compared with other expressions of consciousness that we all have the potential to access and tap into. This has to be true when we *are* those other expressions of consciousness which are infinite in nature. We have forgotten this, or, more to the point, been manipulated to forget.

These are not just the esoteric musings of the navel. The whole foundation of human control and oppression is control of perception. Once perception is hijacked then so is behaviour which is dictated by perception. Collective perception becomes collective behaviour and collective behaviour is what we call human society. Perception is all and those behind human control know that which is

why perception is the target 24/7 of the psychopathic manipulators that I call the Global Cult. They know that if they dictate perception they will dictate behaviour and collectively dictate the nature of human society. They are further aware that perception is formed from information received and if they control the circulation of information they will to a vast extent direct human behaviour.

Censorship of information and opinion has become globally Nazi-like in recent years and never more blatantly than since the illusory ‘virus pandemic’ was triggered out of China in 2019 and across the world in 2020. Why have billions submitted to house arrest and accepted fascistic societies in a way they would have never believed possible? Those controlling the information spewing from government, mainstream media and Silicon Valley (all controlled by the same Global Cult networks) told them they were in danger from a ‘deadly virus’ and only by submitting to house arrest and conceding their most basic of freedoms could they and their families be protected. This monumental and provable lie became the *perception* of the billions and therefore the *behaviour* of the billions. In those few words you have the whole structure and modus operandi of human control. Fear is a perception – False Emotion Appearing Real – and fear is the currency of control. In short ... get them by the balls (or give them the impression that you have) and their hearts and minds will follow. Nothing grips the dangly bits and freezes the rear-end more comprehensively than fear.

## **World number 1**

There are two ‘worlds’ in what appears to be one ‘world’ and the prime difference between them is knowledge. First we have the mass of human society in which the population is maintained in coldly-calculated ignorance through control of information and the ‘education’ (indoctrination) system. That’s all you really need to control to enslave billions in a perceptual delusion in which what are perceived to be *their* thoughts and opinions are ever-repeated mantras that the system has been downloading all their lives through ‘education’, media, science, medicine, politics and academia

in which the personnel and advocates are themselves overwhelmingly the perceptual products of the same repetition. Teachers and academics in general are processed by the same programming machine as everyone else, but unlike the great majority they never leave the ‘education’ program. It gripped them as students and continues to grip them as programmers of subsequent generations of students. The programmed become the programmers – the programmed programmers. The same can largely be said for scientists, doctors and politicians and not least because as the American writer Upton Sinclair said: ‘It is difficult to get a man to understand something when his salary depends upon his not understanding it.’ If your career and income depend on thinking the way the system demands then you will – bar a few free-minded exceptions – concede your mind to the Perceptual Mainframe that I call the Postage Stamp Consensus. This is a tiny band of perceived knowledge and possibility ‘taught’ (downloaded) in the schools and universities, pounded out by the mainstream media and on which all government policy is founded. Try thinking, and especially speaking and acting, outside of the ‘box’ of consensus and see what that does for your career in the Mainstream Everything which bullies, harasses, intimidates and ridicules the population into compliance. Here we have the simple structure which enslaves most of humanity in a perceptual prison cell for an entire lifetime and I’ll go deeper into this process shortly. Most of what humanity is taught as fact is nothing more than programmed belief. American science fiction author Frank Herbert was right when he said: ‘Belief can be manipulated. Only knowledge is dangerous.’ In the ‘Covid’ age belief is promoted and knowledge is censored. It was always so, but never to the extreme of today.

## **World number 2**

A ‘number 2’ is slang for ‘doing a poo’ and how appropriate that is when this other ‘world’ is doing just that on humanity every minute of every day. World number 2 is a global network of secret societies and semi-secret groups dictating the direction of society via

governments, corporations and authorities of every kind. I have spent more than 30 years uncovering and exposing this network that I call the Global Cult and knowing its agenda is what has made my books so accurate in predicting current and past events. Secret societies are secret for a reason. They want to keep their hoarded knowledge to themselves and their chosen initiates and to hide it from the population which they seek through ignorance to control and subdue. The whole foundation of the division between World 1 and World 2 is *knowledge*. What number 1 knows number 2 must not. Knowledge they have worked so hard to keep secret includes (a) the agenda to enslave humanity in a centrally-controlled global dictatorship, and (b) the nature of reality and life itself. The latter (b) must be suppressed to allow the former (a) to prevail as I shall be explaining. The way the Cult manipulates and interacts with the population can be likened to a spider's web. The 'spider' sits at the centre in the shadows and imposes its will through the web with each strand represented in World number 2 by a secret society, satanic or semi-secret group, and in World number 1 – the world of the seen – by governments, agencies of government, law enforcement, corporations, the banking system, media conglomerates and Silicon Valley ([Fig 1](#) overleaf). The spider and the web connect and coordinate all these organisations to pursue the same global outcome while the population sees them as individual entities working randomly and independently. At the level of the web governments *are* the banking system *are* the corporations *are* the media *are* Silicon Valley *are* the World Health Organization working from their inner cores as one unit. Apparently unconnected countries, corporations, institutions, organisations and people are on the *same team* pursuing the same global outcome. Strands in the web immediately around the spider are the most secretive and exclusive secret societies and their membership is emphatically restricted to the Cult inner-circle emerging through the generations from particular bloodlines for reasons I will come to. At the core of the core you would get them in a single room. That's how many people are dictating the direction of human society and its transformation

through the ‘Covid’ hoax and other means. As the web expands out from the spider we meet the secret societies that many people will be aware of – the Freemasons, Knights Templar, Knights of Malta, Opus Dei, the inner sanctum of the Jesuit Order, and such like. Note how many are connected to the Church of Rome and there is a reason for that. The Roman Church was established as a revamp, a rebranding, of the relocated ‘Church’ of Babylon and the Cult imposing global tyranny today can be tracked back to Babylon and Sumer in what is now Iraq.



**Figure 1:** The global web through which the few control the many. (Image Neil Hague.)

Inner levels of the web operate in the unseen away from the public eye and then we have what I call the cusp organisations located at the point where the hidden meets the seen. They include a series of satellite organisations answering to a secret society founded in London in the late 19th century called the Round Table and among them are the Royal Institute of International Affairs (UK, founded in 1920); Council on Foreign Relations (US, 1921); Bilderberg Group (worldwide, 1954); Trilateral Commission (US/worldwide, 1972); and the Club of Rome (worldwide, 1968) which was created to exploit environmental concerns to justify the centralisation of global power to ‘save the planet’. The Club of Rome instigated with others the human-caused climate change hoax which has led to all the ‘green

new deals' demanding that very centralisation of control. Cusp organisations, which include endless 'think tanks' all over the world, are designed to coordinate a single global policy between political and business leaders, intelligence personnel, media organisations and anyone who can influence the direction of policy in their own sphere of operation. Major players and regular attenders will know what is happening – or some of it – while others come and go and are kept overwhelmingly in the dark about the big picture. I refer to these cusp groupings as semi-secret in that they can be publicly identified, but what goes on at the inner-core is kept very much 'in house' even from most of their members and participants through a fiercely-imposed system of compartmentalisation. Only let them know what they need to know to serve your interests and no more. The structure of secret societies serves as a perfect example of this principle. Most Freemasons never get higher than the bottom three levels of 'degree' (degree of knowledge) when there are 33 official degrees of the Scottish Rite. Initiates only qualify for the next higher 'compartment' or degree if those at that level choose to allow them. Knowledge can be carefully assigned only to those considered 'safe'. I went to my local Freemason's lodge a few years ago when they were having an 'open day' to show how cuddly they were and when I chatted to some of them I was astonished at how little the rank and file knew even about the most ubiquitous symbols they use. The mushroom technique – keep them in the dark and feed them bullshit – applies to most people in the web as well as the population as a whole. Sub-divisions of the web mirror in theme and structure transnational corporations which have a headquarters somewhere in the world dictating to all their subsidiaries in different countries. Subsidiaries operate in their methodology and branding to the same centrally-dictated plan and policy in pursuit of particular ends. The Cult web functions in the same way. Each country has its own web as a subsidiary of the global one. They consist of networks of secret societies, semi-secret groups and bloodline families and their job is to impose the will of the spider and the global web in their particular country. Subsidiary networks control and manipulate the national political system, finance, corporations, media, medicine, etc. to

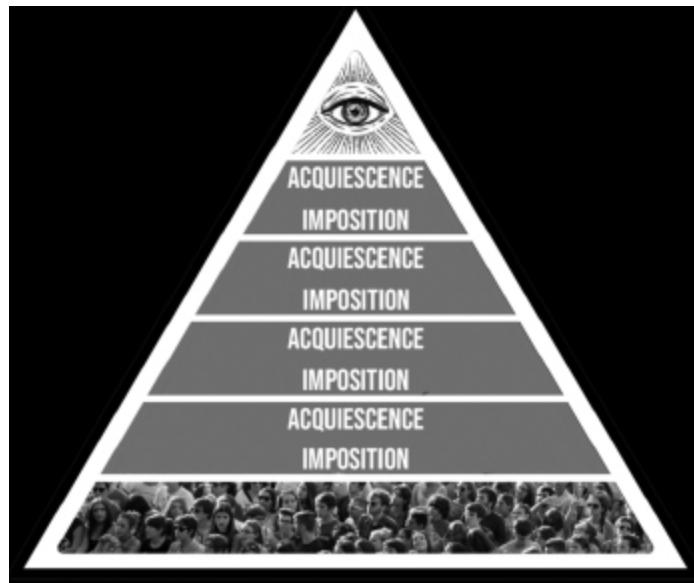
ensure that they follow the globally-dictated Cult agenda. These networks were the means through which the ‘Covid’ hoax could be played out with almost every country responding in the same way.

### **The ‘Yessir’ pyramid**

Compartmentalisation is the key to understanding how a tiny few can dictate the lives of billions when combined with a top-down sequence of imposition and acquiescence. The inner core of the Cult sits at the peak of the pyramidal hierarchy of human society ([Fig 2](#) overleaf). It imposes its will – its agenda for the world – on the level immediately below which acquiesces to that imposition. This level then imposes the Cult will on the level below them which acquiesces and imposes on the next level. Very quickly we meet levels in the hierarchy that have no idea there even is a Cult, but the sequence of imposition and acquiescence continues down the pyramid in just the same way. ‘I don’t know why we are doing this but the order came from “on-high” and so we better just do it.’ Alfred Lord Tennyson said of the cannon fodder levels in his poem *The Charge of the Light Brigade*: ‘Theirs not to reason why; theirs but to do and die.’ The next line says that ‘into the valley of death rode the six hundred’ and they died because they obeyed without question what their perceived ‘superiors’ told them to do. In the same way the population capitulated to ‘Covid’. The whole hierarchical pyramid functions like this to allow the very few to direct the enormous many.

Eventually imposition-acquiescence-imposition-acquiescence comes down to the mass of the population at the foot of the pyramid. If they acquiesce to those levels of the hierarchy imposing on them (governments/law enforcement/doctors/media) a circuit is completed between the population and the handful of super-psychopaths in the Cult inner core at the top of the pyramid. Without a circuit-breaking refusal to obey, the sequence of imposition and acquiescence allows a staggeringly few people to impose their will upon the entirety of humankind. We are looking at the very sequence that has subjugated billions since the start of 2020. Our freedom has not been taken from us. Humanity has given it

away. Fascists do not impose fascism because there are not enough of them. Fascism is imposed by the population acquiescing to fascism. Put another way allowing their perceptions to be programmed to the extent that leads to the population giving their freedom away by giving their perceptions – their mind – away. If this circuit is not broken by humanity ceasing to cooperate with their own enslavement then nothing can change. For that to happen people have to critically think and see through the lies and window dressing and then summon the backbone to act upon what they see. The Cult spends its days working to stop either happening and its methodology is systematic and highly detailed, but it can be overcome and that is what this book is all about.



**Figure 2:** The simple sequence of imposition and compliance that allows a handful of people at the peak of the pyramid to dictate the lives of billions.

## The Life Program

Okay, back to world number 1 or the world of the ‘masses’. Observe the process of what we call ‘life’ and it is a perceptual download from cradle to grave. The Cult has created a global structure in which perception can be programmed and the program continually topped-up with what appears to be constant confirmation that the program is indeed true reality. The important word here is ‘appears’.

This is the structure, the fly-trap, the Postage Stamp Consensus or Perceptual Mainframe, which represents that incredibly narrow band of perceived possibility delivered by the ‘education’ system, mainstream media, science and medicine. From the earliest age the download begins with parents who have themselves succumbed to the very programming their children are about to go through. Most parents don’t do this out of malevolence and mostly it is quite the opposite. They do what they believe is best for their children and that is what the program has told them is best. Within three or four years comes the major transition from parental programming to full-blown state (Cult) programming in school, college and university where perceptually-programmed teachers and academics pass on their programming to the next generations. Teachers who resist are soon marginalised and their careers ended while children who resist are called a problem child for whom Ritalin may need to be prescribed. A few years after entering the ‘world’ children are under the control of authority figures representing the state telling them when they have to be there, when they can leave and when they can speak, eat, even go to the toilet. This is calculated preparation for a lifetime of obeying authority in all its forms. Reflex-action fear of authority is instilled by authority from the start. Children soon learn the carrot and stick consequences of obeying or defying authority which is underpinned daily for the rest of their life. Fortunately I daydreamed through this crap and never obeyed authority simply because it told me to. This approach to my alleged ‘bettters’ continues to this day. There can be consequences of pursuing open-minded freedom in a world of closed-minded conformity. I spent a lot of time in school corridors after being ejected from the classroom for not taking some of it seriously and now I spend a lot of time being ejected from Facebook, YouTube and Twitter. But I can tell you that being true to yourself and not compromising your self-respect is far more exhilarating than bowing to authority for authority’s sake. You don’t have to be a sheep to the shepherd (authority) and the sheep dog (fear of not obeying authority).

The perceptual download continues throughout the formative years in school, college and university while script-reading ‘teachers’, ‘academics’ ‘scientists’, ‘doctors’ and ‘journalists’ insist that ongoing generations must be as programmed as they are. Accept the program or you will not pass your ‘exams’ which confirm your ‘degree’ of programming. It is tragic to think that many parents pressure their offspring to work hard at school to download the program and qualify for the next stage at college and university. The late, great, American comedian George Carlin said: ‘Here’s a bumper sticker I’d like to see: We are proud parents of a child who has resisted his teachers’ attempts to break his spirit and bend him to the will of his corporate masters.’ Well, the best of luck finding many of those, George. Then comes the moment to leave the formal programming years in academia and enter the ‘adult’ world of work. There you meet others in your chosen or prescribed arena who went through the same Postage Stamp Consensus program before you did. There is therefore overwhelming agreement between almost everyone on the basic foundations of Postage Stamp reality and the rejection, even contempt, of the few who have a mind of their own and are prepared to use it. This has two major effects. Firstly, the consensus confirms to the programmed that their download is really how things are. I mean, everyone knows that, right? Secondly, the arrogance and ignorance of Postage Stamp adherents ensure that anyone questioning the program will have unpleasant consequences for seeking their own truth and not picking their perceptions from the shelf marked: ‘Things you must believe without question and if you don’t you’re a dangerous lunatic conspiracy theorist and a harebrained nutter’.

Every government, agency and corporation is founded on the same Postage Stamp prison cell and you can see why so many people believe the same thing while calling it their own ‘opinion’. Fusion of governments and corporations in pursuit of the same agenda was the definition of fascism described by Italian dictator Benito Mussolini. The pressure to conform to perceptual norms downloaded for a lifetime is incessant and infiltrates society right

down to family groups that become censors and condemners of their own ‘black sheep’ for not, ironically, being sheep. We have seen an explosion of that in the ‘Covid’ era. Cult-owned global media unleashes its propaganda all day every day in support of the Postage Stamp and targets with abuse and ridicule anyone in the public eye who won’t bend their mind to the will of the tyranny. Any response to this is denied (certainly in my case). They don’t want to give a platform to expose official lies. Cult-owned-and-created Internet giants like Facebook, Google, YouTube and Twitter delete you for having an unapproved opinion. Facebook boasts that its AI censors delete 97-percent of ‘hate speech’ before anyone even reports it. Much of that ‘hate speech’ will simply be an opinion that Facebook and its masters don’t want people to see. Such perceptual oppression is widely known as fascism. Even Facebook executive Benny Thomas, a ‘CEO Global Planning Lead’, said in comments secretly recorded by investigative journalism operation Project Veritas that Facebook is ‘too powerful’ and should be broken up:

I mean, no king in history has been the ruler of two billion people, but Mark Zuckerberg is ... And he's 36. That's too much for a 36-year-old ... You should not have power over two billion people. I just think that's wrong.

Thomas said Facebook-owned platforms like Instagram, Oculus, and WhatsApp needed to be separate companies. ‘It’s too much power when they’re all one together’. That’s the way the Cult likes it, however. We have an executive of a Cult organisation in Benny Thomas that doesn’t know there is a Cult such is the compartmentalisation. Thomas said that Facebook and Google ‘are no longer companies, they’re countries’. Actually they are more powerful than countries on the basis that if you control information you control perception and control human society.

## **I love my oppressor**

Another expression of this psychological trickery is for those who realise they are being pressured into compliance to eventually

convince themselves to believe the official narratives to protect their self-respect from accepting the truth that they have succumbed to meek and subservient compliance. Such people become some of the most vehement defenders of the system. You can see them everywhere screaming abuse at those who prefer to think for themselves and by doing so reminding the compliers of their own capitulation to conformity. ‘You are talking dangerous nonsense you Covidiot!!’ Are you trying to convince me or yourself? It is a potent form of Stockholm syndrome which is defined as: ‘A psychological condition that occurs when a victim of abuse identifies and attaches, or bonds, positively with their abuser.’ An example is hostages bonding and even ‘falling in love’ with their kidnappers. The syndrome has been observed in domestic violence, abused children, concentration camp inmates, prisoners of war and many and various Satanic cults. These are some traits of Stockholm syndrome listed at [goodtherapy.org](http://goodtherapy.org):

- Positive regard towards perpetrators of abuse or captor [see ‘Covid’].
- Failure to cooperate with police and other government authorities when it comes to holding perpetrators of abuse or kidnapping accountable [or in the case of ‘Covid’ cooperating with the police to enforce and defend their captors’ demands].
- Little or no effort to escape [see ‘Covid’].
- Belief in the goodness of the perpetrators or kidnappers [see ‘Covid’].
- Appeasement of captors. This is a manipulative strategy for maintaining one’s safety. As victims get rewarded – perhaps with less abuse or even with life itself – their appeasing behaviours are reinforced [see ‘Covid’].
- Learned helplessness. This can be akin to ‘if you can’t beat ‘em, join ‘em’. As the victims fail to escape the abuse or captivity, they may start giving up and soon realize it’s just easier for everyone if they acquiesce all their power to their captors [see ‘Covid’].

- Feelings of pity toward the abusers, believing they are actually victims themselves. Because of this, victims may go on a crusade or mission to 'save' [protect] their abuser [see the venom unleashed on those challenging the official 'Covid' narrative].
- Unwillingness to learn to detach from their perpetrators and heal. In essence, victims may tend to be less loyal to themselves than to their abuser [*definitely* see 'Covid'].

Ponder on those traits and compare them with the behaviour of great swathes of the global population who have defended governments and authorities which have spent every minute destroying their lives and livelihoods and those of their children and grandchildren since early 2020 with fascistic lockdowns, house arrest and employment deletion to 'protect' them from a 'deadly virus' that their abusers' perceptually created to bring about this very outcome. We are looking at mass Stockholm syndrome. All those that agree to concede their freedom will believe those perceptions are originating in their own independent 'mind' when in fact by conceding their reality to Stockholm syndrome they have by definition conceded any independence of mind. Listen to the 'opinions' of the acquiescing masses in this 'Covid' era and what gushes forth is the repetition of the official version of everything delivered unprocessed, unfiltered and unquestioned. The whole programming dynamic works this way. I must be free because I'm told that I am and so I think that I am.

You can see what I mean with the chapter theme of 'I'm thinking – Oh, but *are you?*' The great majority are not thinking, let alone for themselves. They are repeating what authority has told them to believe which allows them to be controlled. Weaving through this mentality is the fear that the 'conspiracy theorists' are right and this again explains the often hysterical abuse that ensues when you dare to contest the official narrative of anything. Denial is the mechanism of hiding from yourself what you don't want to be true. Telling people what they want to hear is easy, but it's an infinitely greater challenge to tell them what they would rather not be happening.

One is akin to pushing against an open door while the other is met with vehement resistance no matter what the scale of evidence. I don't want it to be true so I'll convince myself that it's not. Examples are everywhere from the denial that a partner is cheating despite all the signs to the reflex-action rejection of any idea that world events in which country after country act in exactly the same way are centrally coordinated. To accept the latter is to accept that a force of unspeakable evil is working to destroy your life and the lives of your children with nothing too horrific to achieve that end. Who the heck wants that to be true? But if we don't face reality the end is duly achieved and the consequences are far worse and ongoing than breaking through the walls of denial today with the courage to make a stand against tyranny.

## **Connect the dots – but how?**

A crucial aspect of perceptual programming is to portray a world in which everything is random and almost nothing is connected to anything else. Randomness cannot be coordinated by its very nature and once you perceive events as random the idea they could be connected is waved away as the rantings of the tinfoil-hat brigade. You can't plan and coordinate random you idiot! No, you can't, but you can hide the coldly-calculated and long-planned behind the *illusion* of randomness. A foundation manifestation of the Renegade Mind is to scan reality for patterns that connect the apparently random and turn pixels and dots into pictures. This is the way I work and have done so for more than 30 years. You look for similarities in people, modus operandi and desired outcomes and slowly, then ever quicker, the picture forms. For instance: There would seem to be no connection between the 'Covid pandemic' hoax and the human-caused global-warming hoax and yet they are masks (appropriately) on the same face seeking the same outcome. Those pushing the global warming myth through the Club of Rome and other Cult agencies are driving the lies about 'Covid' – Bill Gates is an obvious one, but they are endless. Why would the same people be involved in both when they are clearly not connected? Oh, but they

are. Common themes with personnel are matched by common goals. The ‘solutions’ to both ‘problems’ are centralisation of global power to impose the will of the few on the many to ‘save’ humanity from ‘Covid’ and save the planet from an ‘existential threat’ (we need ‘zero Covid’ and ‘zero carbon emissions’). These, in turn, connect with the ‘dot’ of globalisation which was coined to describe the centralisation of global power in every area of life through incessant political and corporate expansion, trading blocks and superstates like the European Union. If you are the few and you want to control the many you have to centralise power and decision-making. The more you centralise power the more power the few at the centre will have over the many; and the more that power is centralised the more power those at the centre have to centralise even quicker. The momentum of centralisation gets faster and faster which is exactly the process we have witnessed. In this way the hoaxed ‘pandemic’ and the fakery of human-caused global warming serve the interests of globalisation and the seizure of global power in the hands of the Cult inner-circle which is behind ‘Covid’, ‘climate change’ and globalisation. At this point random ‘dots’ become a clear and obvious picture or pattern.

Klaus Schwab, the classic Bond villain who founded the Cult’s Gates-funded World Economic Forum, published a book in 2020, *The Great Reset*, in which he used the ‘problem’ of ‘Covid’ to justify a total transformation of human society to ‘save’ humanity from ‘climate change’. Schwab said: ‘The pandemic represents a rare but narrow window of opportunity to reflect, reimagine, and reset our world.’ What he didn’t mention is that the Cult he serves is behind both hoaxes as I show in my book *The Answer*. He and the Cult don’t have to reimagine the world. They know precisely what they want and that’s why they destroyed human society with ‘Covid’ to ‘build back better’ in their grand design. Their job is not to imagine, but to get humanity to imagine and agree with their plans while believing it’s all random. It must be pure coincidence that ‘The Great Reset’ has long been the Cult’s code name for the global imposition of fascism and replaced previous code-names of the ‘New World

'Order' used by Cult frontmen like Father George Bush and the 'New Order of the Ages' which emerged from Freemasonry and much older secret societies. New Order of the Ages appears on the reverse of the Great Seal of the United States as 'Novus ordo seclorum' underneath the Cult symbol used since way back of the pyramid and all seeing-eye ([Fig 3](#)). The pyramid is the hierarchy of human control headed by the illuminated eye that symbolises the force behind the Cult which I will expose in later chapters. The term 'Annuit Coeptis' translates as 'He favours our undertaking'. We are told the 'He' is the Christian god, but 'He' is not as I will be explaining.



**Figure 3:** The all-seeing eye of the Cult 'god' on the Freemason-designed Great Seal of the United States and also on the dollar bill.

## Having you on

Two major Cult techniques of perceptual manipulation that relate to all this are what I have called since the 1990s Problem-Reaction-Solution (PRS) and the Totalitarian Tiptoe (TT). They can be uncovered by the inquiring mind with a simple question: Who benefits? The answer usually identifies the perpetrators of a given action or happening through the concept of 'he who most benefits from a crime is the one most likely to have committed it'. The Latin 'Cue bono?' – Who benefits? – is widely attributed to the Roman orator and statesman Marcus Tullius Cicero. No wonder it goes back so far when the concept has been relevant to human behaviour since

history was recorded. Problem-Reaction-Solution is the technique used to manipulate us every day by covertly creating a problem (or the illusion of one) and offering the solution to the problem (or the illusion of one). In the first phase you create the problem and blame someone or something else for why it has happened. This may relate to a financial collapse, terrorist attack, war, global warming or pandemic, anything in fact that will allow you to impose the ‘solution’ to change society in the way you desire at that time. The ‘problem’ doesn’t have to be real. PRS is manipulation of perception and all you need is the population to believe the problem is real. Human-caused global warming and the ‘Covid pandemic’ only have to be *perceived* to be real for the population to accept the ‘solutions’ of authority. I refer to this technique as NO-Problem-Reaction-Solution. Billions did not meekly accept house arrest from early 2020 because there was a real deadly ‘Covid pandemic’ but because they perceived – believed – that to be the case. The antidote to Problem-Reaction-Solution is to ask who benefits from the proposed solution. Invariably it will be anyone who wants to justify more control through deletion of freedom and centralisation of power and decision-making.

The two world wars were Problem-Reaction-Solutions that transformed and realigned global society. Both were manipulated into being by the Cult as I have detailed in books since the mid-1990s. They dramatically centralised global power, especially World War Two, which led to the United Nations and other global bodies thanks to the overt and covert manipulations of the Rockefeller family and other Cult bloodlines like the Rothschilds. The UN is a stalking horse for full-blown world government that I will come to shortly. The land on which the UN building stands in New York was donated by the Rockefellers and the same Cult family was behind Big Pharma scalpel and drug ‘medicine’ and the creation of the World Health Organization as part of the UN. They have been stalwarts of the eugenics movement and funded Hitler’s race-purity expert Ernst Rudin. The human-caused global warming hoax has been orchestrated by the Club of Rome through the UN which is

manufacturing both the ‘problem’ through its Intergovernmental Panel on Climate Change and imposing the ‘solution’ through its Agenda 21 and Agenda 2030 which demand the total centralisation of global power to ‘save the world’ from a climate hoax the United Nations is itself perpetrating. What a small world the Cult can be seen to be particularly among the inner circles. The bedfellow of Problem-Reaction-Solution is the Totalitarian Tiptoe which became the Totalitarian Sprint in 2020. The technique is fashioned to hide the carefully-coordinated behind the cover of apparently random events. You start the sequence at ‘A’ and you know you are heading for ‘Z’. You don’t want people to know that and each step on the journey is presented as a random happening while all the steps strung together lead in the same direction. The speed may have quickened dramatically in recent times, but you can still see the incremental approach of the Tiptoe in the case of ‘Covid’ as each new imposition takes us deeper into fascism. Tell people they have to do this or that to get back to ‘normal’, then this and this and this. With each new demand adding to the ones that went before the population’s freedom is deleted until it disappears. The spider wraps its web around the flies more comprehensively with each new diktat. I’ll highlight this in more detail when I get to the ‘Covid’ hoax and how it has been pulled off. Another prime example of the Totalitarian Tiptoe is how the Cult-created European Union went from a ‘free-trade zone’ to a centralised bureaucratic dictatorship through the Tiptoe of incremental centralisation of power until nations became mere administrative units for Cult-owned dark suits in Brussels.

The antidote to ignorance is knowledge which the Cult seeks vehemently to deny us, but despite the systematic censorship to that end the Renegade Mind can overcome this by vociferously seeking out the facts no matter the impediments put in the way. There is also a method of thinking and perceiving – *knowing* – that doesn’t even need names, dates, place-type facts to identify the patterns that reveal the story. I’ll get to that in the final chapter. All you need to know about the manipulation of human society and to what end is still out there – *at the time of writing* – in the form of books, videos

and websites for those that really want to breach the walls of programmed perception. To access this knowledge requires the abandonment of the mainstream media as a source of information in the awareness that this is owned and controlled by the Cult and therefore promotes mass perceptions that suit the Cult. Mainstream media lies all day, every day. That is its function and very reason for being. Where it does tell the truth, here and there, is only because the truth and the Cult agenda very occasionally coincide. If you look for fact and insight to the BBC, CNN and virtually all the rest of them you are asking to be conned and perceptually programmed.

### **Know the outcome and you'll see the journey**

Events seem random when you have no idea where the world is being taken. Once you do the random becomes the carefully planned. Know the outcome and you'll see the journey is a phrase I have been using for a long time to give context to daily happenings that appear unconnected. Does a problem, or illusion of a problem, trigger a proposed 'solution' that further drives society in the direction of the outcome? Invariably the answer will be yes and the random – *abracadabra* – becomes the clearly coordinated. So what is this outcome that unlocks the door to a massively expanded understanding of daily events? I will summarise its major aspects – the fine detail is in my other books – and those new to this information will see that the world they thought they were living in is a very different place. The foundation of the Cult agenda is the incessant centralisation of power and all such centralisation is ultimately in pursuit of Cult control on a global level. I have described for a long time the planned world structure of top-down dictatorship as the Hunger Games Society. The term obviously comes from the movie series which portrayed a world in which a few living in military-protected hi-tech luxury were the overlords of a population condemned to abject poverty in isolated 'sectors' that were not allowed to interact. 'Covid' lockdowns and travel bans anyone? The 'Hunger Games' pyramid of structural control has the inner circle of the Cult at the top with pretty much the entire

population at the bottom under their control through dependency for survival on the Cult. The whole structure is planned to be protected and enforced by a military-police state ([Fig 4](#)).

Here you have the reason for the global lockdowns of the fake pandemic to coldly destroy independent incomes and livelihoods and make everyone dependent on the ‘state’ (the Cult that controls the ‘states’). I have warned in my books for many years about the plan to introduce a ‘guaranteed income’ – a barely survivable pittance – designed to impose dependency when employment was destroyed by AI technology and now even more comprehensively at great speed by the ‘Covid’ scam. Once the pandemic was played and lockdown consequences began to delete independent income the authorities began to talk right on cue about the need for a guaranteed income and a ‘Great Reset’. Guaranteed income will be presented as benevolent governments seeking to help a desperate people – desperate as a direct result of actions of the same governments. The truth is that such payments are a trap. You will only get them if you do exactly what the authorities demand including mass vaccination (genetic manipulation). We have seen this theme already in Australia where those dependent on government benefits have them reduced if parents don’t agree to have their children vaccinated according to an insane health-destroying government-dictated schedule. Calculated economic collapse applies to governments as well as people. The Cult wants rid of countries through the creation of a world state with countries broken up into regions ruled by a world government and super states like the European Union. Countries must be bankrupted, too, to this end and it’s being achieved by the trillions in ‘rescue packages’ and furlough payments, trillions in lost taxation, and money-no-object spending on ‘Covid’ including constant all-medium advertising (programming) which has made the media dependent on government for much of its income. The day of reckoning is coming – as planned – for government spending and given that it has been made possible by printing money and not by production/taxation there is inflation on the way that has the

potential to wipe out monetary value. In that case there will be no need for the Cult to steal your money. It just won't be worth anything (see the German Weimar Republic before the Nazis took over). Many have been okay with lockdowns while getting a percentage of their income from so-called furlough payments without having to work. Those payments are dependent, however, on people having at least a theoretical job with a business considered non-essential and ordered to close. As these business go under because they are closed by lockdown after lockdown the furlough stops and it will for everyone eventually. Then what? The 'then what?' is precisely the idea.



**Figure 4:** The Hunger Games Society structure I have long warned was planned and now the 'Covid' hoax has made it possible. This is the real reason for lockdowns.

## Hired hands

Between the Hunger Games Cult elite and the dependent population is planned to be a vicious military-police state (a fusion of the two into one force). This has been in the making for a long time with police looking ever more like the military and carrying weapons to match. The pandemic scam has seen this process accelerate so fast as

lockdown house arrest is brutally enforced by carefully recruited fascist minds and gormless system-servers. The police and military are planned to merge into a centrally-directed world army in a global structure headed by a world government which wouldn't be elected even by the election fixes now in place. The world army is not planned even to be human and instead wars would be fought, primarily against the population, using robot technology controlled by artificial intelligence. I have been warning about this for decades and now militaries around the world are being transformed by this very AI technology. The global regime that I describe is a particular form of fascism known as a technocracy in which decisions are not made by clueless and co-opted politicians but by unelected technocrats – scientists, engineers, technologists and bureaucrats. Cult-owned-and-controlled Silicon Valley giants are examples of technocracy and they already have far more power to direct world events than governments. They are with their censorship *selecting* governments. I know that some are calling the 'Great Reset' a Marxist communist takeover, but fascism and Marxism are different labels for the same tyranny. Tell those who lived in fascist Germany and Stalinist Russia that there was a difference in the way their freedom was deleted and their lives controlled. I could call it a fascist technocracy or a Marxist technocracy and they would be equally accurate. The Hunger Games society with its world government structure would oversee a world army, world central bank and single world cashless currency imposing its will on a microchipped population ([Fig 5](#)). Scan its different elements and see how the illusory pandemic is forcing society in this very direction at great speed. Leaders of 23 countries and the World Health Organization (WHO) backed the idea in March, 2021, of a global treaty for 'international cooperation' in 'health emergencies' and nations should 'come together as a global community for peaceful cooperation that extends beyond this crisis'. Cut the Orwellian bullshit and this means another step towards global government. The plan includes a cashless digital money system that I first warned about in 1993. Right at the start of 'Covid' the deeply corrupt Tedros

Adhanom Ghebreyesus, the crooked and merely gofer ‘head’ of the World Health Organization, said it was possible to catch the ‘virus’ by touching cash and it was better to use cashless means. The claim was ridiculous nonsense and like the whole ‘Covid’ mind-trick it was nothing to do with ‘health’ and everything to do with pushing every aspect of the Cult agenda. As a result of the Tedros lie the use of cash has plummeted. The Cult script involves a single world digital currency that would eventually be technologically embedded in the body. China is a massive global centre for the Cult and if you watch what is happening there you will know what is planned for everywhere. The Chinese government is developing a digital currency which would allow fines to be deducted immediately via AI for anyone caught on camera breaking its fantastic list of laws and the money is going to be programmable with an expiry date to ensure that no one can accrue wealth except the Cult and its operatives.



**Figure 5:** The structure of global control the Cult has been working towards for so long and this has been enormously advanced by the ‘Covid’ illusion.

## **Serfdom is so smart**

The Cult plan is far wider, extreme, and more comprehensive than even most conspiracy researchers appreciate and I will come to the true depths of deceit and control in the chapters ‘Who controls the

Cult?' and 'Escaping Wetiko'. Even the world that we know is crazy enough. We are being deluged with ever more sophisticated and controlling technology under the heading of 'smart'. We have smart televisions, smart meters, smart cards, smart cars, smart driving, smart roads, smart pills, smart patches, smart watches, smart skin, smart borders, smart pavements, smart streets, smart cities, smart communities, smart environments, smart growth, smart planet ... smart *everything* around us. Smart technologies and methods of operation are designed to interlock to create a global Smart Grid connecting the entirety of human society including human minds to create a centrally-dictated 'hive' mind. 'Smart cities' is code for densely-occupied megacities of total surveillance and control through AI. Ever more destructive frequency communication systems like 5G have been rolled out without any official testing for health and psychological effects (colossal). 5G/6G/7G systems are needed to run the Smart Grid and each one becomes more destructive of body and mind. Deleting independent income is crucial to forcing people into these AI-policed prisons by ending private property ownership (except for the Cult elite). The Cult's Great Reset now openly foresees a global society in which no one will own any possessions and everything will be rented while the Cult would own literally everything under the guise of government and corporations. The aim has been to use the lockdowns to destroy sources of income on a mass scale and when the people are destitute and in unrepayable amounts of debt (problem) Cult assets come forward with the pledge to write-off debt in return for handing over all property and possessions (solution). Everything – literally everything including people – would be connected to the Internet via AI. I was warning years ago about the coming Internet of Things (IoT) in which all devices and technology from your car to your fridge would be plugged into the Internet and controlled by AI. Now we are already there with much more to come. The next stage is the Internet of Everything (IoE) which is planned to include the connection of AI to the human brain and body to replace the human mind with a centrally-controlled AI mind. Instead of perceptions

being manipulated through control of information and censorship those perceptions would come direct from the Cult through AI. What do you think? You think whatever AI decides that you think. In human terms there would be no individual 'think' any longer. Too incredible? The ravings of a lunatic? Not at all. Cult-owned crazies in Silicon Valley have been telling us the plan for years without explaining the real motivation and calculated implications. These include Google executive and 'futurist' Ray Kurzweil who highlights the year 2030 for when this would be underway. He said:

Our thinking ... will be a hybrid of biological and non-biological thinking ... humans will be able to extend their limitations and 'think in the cloud' ... We're going to put gateways to the cloud in our brains ... We're going to gradually merge and enhance ourselves ... In my view, that's the nature of being human – we transcend our limitations.

As the technology becomes vastly superior to what we are then the small proportion that is still human gets smaller and smaller and smaller until it's just utterly negligible.

The sales-pitch of Kurzweil and Cult-owned Silicon Valley is that this would make us 'super-human' when the real aim is to make us post-human and no longer 'human' in the sense that we have come to know. The entire global population would be connected to AI and become the centrally-controlled 'hive-mind' of externally-delivered perceptions. The Smart Grid being installed to impose the Cult's will on the world is being constructed to allow particular locations – even one location – to control the whole global system. From these prime control centres, which absolutely include China and Israel, anything connected to the Internet would be switched on or off and manipulated at will. Energy systems could be cut, communication via the Internet taken down, computer-controlled driverless autonomous vehicles driven off the road, medical devices switched off, the potential is limitless given how much AI and Internet connections now run human society. We have seen nothing yet if we allow this to continue. Autonomous vehicle makers are working with law enforcement to produce cars designed to automatically pull over if they detect a police or emergency vehicle flashing from up to 100 feet away. At a police stop the car would be unlocked and the

window rolled down automatically. Vehicles would only take you where the computer (the state) allowed. The end of petrol vehicles and speed limiters on all new cars in the UK and EU from 2022 are steps leading to electric computerised transport over which ultimately you have no control. The picture is far bigger even than the Cult global network or web and that will become clear when I get to the nature of the ‘spider’. There is a connection between all these happenings and the instigation of DNA-manipulating ‘vaccines’ (which aren’t ‘vaccines’) justified by the ‘Covid’ hoax. That connection is the unfolding plan to transform the human body from a biological to a synthetic biological state and this is why synthetic biology is such a fast-emerging discipline of mainstream science. ‘Covid vaccines’ are infusing self-replicating synthetic genetic material into the cells to cumulatively take us on the Totalitarian Tiptoe from Human 1.0 to the synthetic biological Human 2.0 which will be physically and perceptually attached to the Smart Grid to one hundred percent control every thought, perception and deed.

Humanity needs to wake up and *fast*.

This is the barest explanation of where the ‘outcome’ is planned to go but it’s enough to see the journey happening all around us. Those new to this information will already see ‘Covid’ in a whole new context. I will add much more detail as we go along, but for the minutiae evidence see my mega-works, *The Answer*, *The Trigger* and *Everything You Need to Know But Have Never Been Told*.

Now – how does a Renegade Mind see the ‘world’?

## CHAPTER TWO

### Renegade Perception

*It is one thing to be clever and another to be wise*

George R.R. Martin

A simple definition of the difference between a programmed mind and a Renegade Mind would be that one sees only dots while the other connects them to see the picture. Reading reality with accuracy requires the observer to (a) know the planned outcome and (b) realise that everything, but *everything*, is connected.

The entirety of infinite reality is connected – that's its very nature – and with human society an expression of infinite reality the same must apply. Simple cause and effect is a connection. The effect is triggered by the cause and the effect then becomes the cause of another effect. Nothing happens in isolation because it *can't*. Life in whatever reality is simple choice and consequence. We make choices and these lead to consequences. If we don't like the consequences we can make different choices and get different consequences which lead to other choices and consequences. The choice and the consequence are not only connected they are indivisible. You can't have one without the other as an old song goes. A few cannot control the world unless those being controlled allow that to happen – cause and effect, choice and consequence. Control – who has it and who doesn't – is a two-way process, a symbiotic relationship, involving the controller and controlled. 'They took my freedom away!!' Well, yes, but you also gave it to them. Humanity is

subjected to mass control because humanity has acquiesced to that control. This is all cause and effect and literally a case of give and take. In the same way world events of every kind are connected and the Cult works incessantly to sell the illusion of the random and coincidental to maintain the essential (to them) perception of dots that hide the picture. Renegade Minds know this and constantly scan the world for patterns of connection. This is absolutely pivotal in understanding the happenings in the world and without that perspective clarity is impossible. First you know the planned outcome and then you identify the steps on the journey – the day-by-day apparently random which, when connected in relation to the outcome, no longer appear as individual events, but as the proverbial *chain* of events leading in the same direction. I'll give you some examples:

## **Political puppet show**

We are told to believe that politics is 'adversarial' in that different parties with different beliefs engage in an endless tussle for power. There may have been some truth in that up to a point – and only a point – but today divisions between 'different' parties are rhetorical not ideological. Even the rhetorical is fusing into one-speak as the parties eject any remaining free thinkers while others succumb to the ever-gathering intimidation of anyone with the 'wrong' opinion. The Cult is not a new phenomenon and can be traced back thousands of years as my books have documented. Its intergenerational initiates have been manipulating events with increasing effect the more that global power has been centralised. In ancient times the Cult secured control through the system of monarchy in which 'special' bloodlines (of which more later) demanded the right to rule as kings and queens simply by birthright and by vanquishing others who claimed the same birthright. There came a time, however, when people had matured enough to see the unfairness of such tyranny and demanded a say in who governed them. Note the word – *governed* them. Not served them – *governed* them, hence government defined as 'the political direction and control exercised over the

actions of the members, citizens, or inhabitants of communities, societies, and states; direction of the affairs of a state, community, etc.' Governments exercise control over rather than serve just like the monarchies before them. Bizarrely there are still countries like the United Kingdom which are ruled by a monarch *and* a government that officially answers to the monarch. The UK head of state and that of Commonwealth countries such as Canada, Australia and New Zealand is 'selected' by who in a *single family* had unprotected sex with whom and in what order. Pinch me it can't be true. Ouch! Shit, it is. The demise of monarchies in most countries offered a potential vacuum in which some form of free and fair society could arise and the Cult had that base covered. Monarchies had served its interests but they couldn't continue in the face of such widespread opposition and, anyway, replacing a 'royal' dictatorship that people could see with a dictatorship 'of the people' hiding behind the concept of 'democracy' presented far greater manipulative possibilities and ways of hiding coordinated tyranny behind the illusion of 'freedom'.

Democracy is quite wrongly defined as government selected by the population. This is not the case at all. It is government selected by *some* of the population (and then only in theory). This 'some' doesn't even have to be the majority as we have seen so often in first-past-the-post elections in which the so-called majority party wins fewer votes than the 'losing' parties combined. Democracy can give total power to a party in government from a minority of the votes cast. It's a sleight of hand to sell tyranny as freedom. Seventy-four million Trump-supporting Americans didn't vote for the 'Democratic' Party of Joe Biden in the distinctly dodgy election in 2020 and yet far from acknowledging the wishes and feelings of that great percentage of American society the Cult-owned Biden government set out from day one to destroy them and their right to a voice and opinion. Empty shell Biden and his Cult handlers said they were doing this to 'protect democracy'. Such is the level of lunacy and sickness to which politics has descended. Connect the dots and relate them to the desired outcome – a world government run by self-appointed technocrats and no longer even elected

politicians. While operating through its political agents in government the Cult is at the same time encouraging public distain for politicians by putting idiots and incompetents in theoretical power on the road to deleting them. The idea is to instil a public reaction that says of the technocrats: 'Well, they couldn't do any worse than the pathetic politicians.' It's all about controlling perception and Renegade Minds can see through that while programmed minds cannot when they are ignorant of both the planned outcome and the manipulation techniques employed to secure that end. This knowledge can be learned, however, and fast if people choose to get informed.

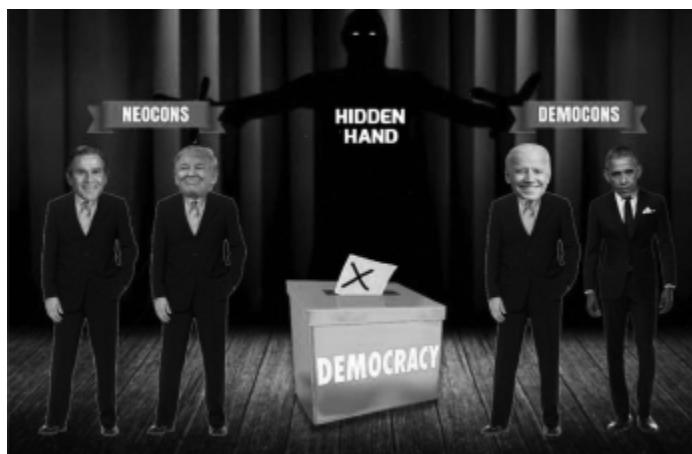
Politics may at first sight appear very difficult to control from a central point. I mean look at the 'different' parties and how would you be able to oversee them all and their constituent parts? In truth, it's very straightforward because of their structure. We are back to the pyramid of imposition and acquiescence. Organisations are structured in the same way as the system as a whole. Political parties are not open forums of free expression. They are hierarchies. I was a national spokesman for the British Green Party which claimed to be a different kind of politics in which influence and power was devolved; but I can tell you from direct experience – and it's far worse now – that Green parties are run as hierarchies like all the others however much they may try to hide that fact or kid themselves that it's not true. A very few at the top of all political parties are directing policy and personnel. They decide if you are elevated in the party or serve as a government minister and to do that you have to be a yes man or woman. Look at all the maverick political thinkers who never ascended the greasy pole. If you want to progress within the party or reach 'high-office' you need to fall into line and conform. Exceptions to this are rare indeed. Should you want to run for parliament or Congress you have to persuade the local or state level of the party to select you and for that you need to play the game as dictated by the hierarchy. If you secure election and wish to progress within the greater structure you need to go on conforming to what is acceptable to those running the hierarchy

from the peak of the pyramid. Political parties are perceptual gulags and the very fact that there are party ‘Whips’ appointed to ‘whip’ politicians into voting the way the hierarchy demands exposes the ridiculous idea that politicians are elected to serve the people they are supposed to represent. Cult operatives and manipulation has long seized control of major parties that have any chance of forming a government and at least most of those that haven’t. A new party forms and the Cult goes to work to infiltrate and direct. This has reached such a level today that you see video compilations of ‘leaders’ of all parties whether Democrats, Republicans, Conservative, Labour and Green parroting the same Cult mantra of ‘Build Back Better’ and the ‘Great Reset’ which are straight off the Cult song-sheet to describe the transformation of global society in response to the Cult-instigated hoaxes of the ‘Covid pandemic’ and human-caused ‘climate change’. To see Caroline Lucas, the Green Party MP that I knew when I was in the party in the 1980s, speaking in support of plans proposed by Cult operative Klaus Schwab representing the billionaire global elite is a real head-shaker.

## **Many parties – one master**

The party system is another mind-trick and was instigated to change the nature of the dictatorship by swapping ‘royalty’ for dark suits that people believed – though now ever less so – represented their interests. Understanding this trick is to realise that a single force (the Cult) controls all parties either directly in terms of the major ones or through manipulation of perception and ideology with others. You don’t need to manipulate Green parties to demand your transformation of society in the name of ‘climate change’ when they are obsessed with the lie that this is essential to ‘save the planet’. You just give them a platform and away they go serving your interests while believing they are being environmentally virtuous. America’s political structure is a perfect blueprint for how the two or multi-party system is really a one-party state. The Republican Party is controlled from one step back in the shadows by a group made up of billionaires and their gofers known as neoconservatives or Neocons.

I have exposed them in fine detail in my books and they were the driving force behind the policies of the imbecilic presidency of Boy George Bush which included 9/11 (see *The Trigger* for a comprehensive demolition of the official story), the subsequent ‘war on terror’ (war of terror) and the invasions of Afghanistan and Iraq. The latter was a No-Problem-Reaction-Solution based on claims by Cult operatives, including Bush and British Prime Minister Tony Blair, about Saddam Hussein’s ‘weapons of mass destruction’ which did not exist as war criminals Bush and Blair well knew.



**Figure 6:** Different front people, different parties – same control system.

The Democratic Party has its own ‘Neocon’ group controlling from the background which I call the ‘Democons’ and here’s the penny-drop – the Neocons and Democons answer to the same masters one step further back into the shadows (Fig 6). At that level of the Cult the Republican and Democrat parties are controlled by the same people and no matter which is in power the Cult is in power. This is how it works in almost every country and certainly in Britain with Conservative, Labour, Liberal Democrat and Green parties now all on the same page whatever the rhetoric may be in their feeble attempts to appear different. Neocons operated at the time of Bush through a think tank called The Project for the New American Century which in September, 2000, published a document entitled *Rebuilding America’s Defenses: Strategies, Forces, and Resources*

*For a New Century* demanding that America fight ‘multiple, simultaneous major theatre wars’ as a ‘core mission’ to force regime-change in countries including Iraq, Libya and Syria. Neocons arranged for Bush (‘Republican’) and Blair (‘Labour Party’) to front-up the invasion of Iraq and when they departed the Democons orchestrated the targeting of Libya and Syria through Barack Obama (‘Democrat’) and British Prime Minister David Cameron (‘Conservative Party’). We have ‘different’ parties and ‘different’ people, but the same unfolding script. The more the Cult has seized the reigns of parties and personnel the more their policies have transparently pursued the same agenda to the point where the fascist ‘Covid’ impositions of the Conservative junta of Jackboot Johnson in Britain were opposed by the Labour Party because they were not fascist enough. The Labour Party is likened to the US Democrats while the Conservative Party is akin to a British version of the Republicans and on both sides of the Atlantic they all speak the same language and support the direction demanded by the Cult although some more enthusiastically than others. It’s a similar story in country after country because it’s all centrally controlled. Oh, but what about Trump? I’ll come to him shortly. Political ‘choice’ in the ‘party’ system goes like this: You vote for Party A and they get into government. You don’t like what they do so next time you vote for Party B and they get into government. You don’t like what they do when it’s pretty much the same as Party A and why wouldn’t that be with both controlled by the same force? Given that only two, sometimes three, parties have any chance of forming a government to get rid of Party B that you don’t like you have to vote again for Party A which ... you don’t like. This, ladies and gentlemen, is what they call ‘democracy’ which we are told – wrongly – is a term interchangeable with ‘freedom’.

## **The cult of cults**

At this point I need to introduce a major expression of the Global Cult known as Sabbatian-Frankism. Sabbatian is also spelt as Sabbatean. I will summarise here. I have published major exposés

and detailed background in other works. Sabbatian-Frankism combines the names of two frauds posing as 'Jewish' men, Sabbatai Zevi (1626-1676), a rabbi, black magician and occultist who proclaimed he was the Jewish messiah; and Jacob Frank (1726-1791), the Polish 'Jew', black magician and occultist who said he was the reincarnation of 'messiah' Zevi and biblical patriarch Jacob. They worked across two centuries to establish the Sabbatian-Frankist cult that plays a major, indeed central, role in the manipulation of human society by the Global Cult which has its origins much further back in history than Sabbatai Zevi. I should emphasise two points here in response to the shrill voices that will scream 'anti-Semitism': (1) Sabbatian-Frankists are NOT Jewish and only pose as such to hide their cult behind a Jewish façade; and (2) my information about this cult has come from Jewish sources who have long realised that their society and community has been infiltrated and taken over by interloper Sabbatian-Frankists. Infiltration has been the foundation technique of Sabbatian-Frankism from its official origin in the 17th century. Zevi's Sabbatian sect attracted a massive following described as the biggest messianic movement in Jewish history, spreading as far as Africa and Asia, and he promised a return for the Jews to the 'Promised Land' of Israel. Sabbatianism was not Judaism but an inversion of everything that mainstream Judaism stood for. So much so that this sinister cult would have a feast day when Judaism had a fast day and whatever was forbidden in Judaism the Sabbatians were encouraged and even commanded to do. This included incest and what would be today called Satanism. Members were forbidden to marry outside the sect and there was a system of keeping their children ignorant of what they were part of until they were old enough to be trusted not to unknowingly reveal anything to outsiders. The same system is employed to this day by the Global Cult in general which Sabbatian-Frankism has enormously influenced and now largely controls.

Zevi and his Sabbatians suffered a setback with the intervention by the Sultan of the Islamic Ottoman Empire in the Middle East and what is now the Republic of Turkey where Zevi was located. The

Sultan gave him the choice of proving his ‘divinity’, converting to Islam or facing torture and death. Funnily enough Zevi chose to convert or at least appear to. Some of his supporters were disillusioned and drifted away, but many did not with 300 families also converting – only in theory – to Islam. They continued behind this Islamic smokescreen to follow the goals, rules and rituals of Sabbatianism and became known as ‘crypto-Jews’ or the ‘Dönmeh’ which means ‘to turn’. This is rather ironic because they didn’t ‘turn’ and instead hid behind a fake Islamic persona. The process of appearing to be one thing while being very much another would become the calling card of Sabbatianism especially after Zevi’s death and the arrival of the Satanist Jacob Frank in the 18th century when the cult became Sabbatian-Frankism and plumbbed still new depths of depravity and infiltration which included – still includes – human sacrifice and sex with children. Wherever Sabbatians go paedophilia and Satanism follow and is it really a surprise that Hollywood is so infested with child abuse and Satanism when it was established by Sabbatian-Frankists and is still controlled by them? Hollywood has been one of the prime vehicles for global perceptual programming and manipulation. How many believe the version of ‘history’ portrayed in movies when it is a travesty and inversion (again) of the truth? Rabbi Marvin Antelman describes Frankism in his book, *To Eliminate the Opiate*, as ‘a movement of complete evil’ while Jewish professor Gershom Scholem said of Frank in *The Messianic Idea in Judaism*: ‘In all his actions [he was] a truly corrupt and degenerate individual ... one of the most frightening phenomena in the whole of Jewish history.’ Frank was excommunicated by traditional rabbis, as was Zevi, but Frank was undeterred and enjoyed vital support from the House of Rothschild, the infamous banking dynasty whose inner-core are Sabbatian-Frankists and not Jews. Infiltration of the Roman Church and Vatican was instigated by Frank with many Dönmeh ‘turning’ again to convert to Roman Catholicism with a view to hijacking the reins of power. This was the ever-repeating modus operandi and continues to be so. Pose as an advocate of the religion, culture or country that you want to control and then

manipulate your people into the positions of authority and influence largely as advisers, administrators and Svengalis for those that appear to be in power. They did this with Judaism, Christianity (Christian Zionism is part of this), Islam and other religions and nations until Sabbatian-Frankism spanned the world as it does today.

## **Sabbatian Saudis and the terror network**

One expression of the Sabbatian-Frankist Dönme within Islam is the ruling family of Saudi Arabia, the House of Saud, through which came the vile distortion of Islam known as Wahhabism. This is the violent creed followed by terrorist groups like Al-Qaeda and ISIS or Islamic State. Wahhabism is the hand-chopping, head-chopping ‘religion’ of Saudi Arabia which is used to keep the people in a constant state of fear so the interloper House of Saud can continue to rule. Al-Qaeda and Islamic State were lavishly funded by the House of Saud while being created and directed by the Sabbatian-Frankist network in the United States that operates through the Pentagon, CIA and the government in general of whichever ‘party’. The front man for the establishment of Wahhabism in the middle of the 18th century was a Sabbatian-Frankist ‘crypto-Jew’ posing as Islamic called Muhammad ibn Abd al-Wahhab. His daughter would marry the son of Muhammad bin Saud who established the first Saudi state before his death in 1765 with support from the British Empire. Bin Saud’s successors would establish modern Saudi Arabia in league with the British and Americans in 1932 which allowed them to seize control of Islam’s major shrines in Mecca and Medina. They have dictated the direction of Sunni Islam ever since while Iran is the major centre of the Shiite version and here we have the source of at least the public conflict between them. The Sabbatian network has used its Wahhabi extremists to carry out Problem-Reaction-Solution terrorist attacks in the name of ‘Al-Qaeda’ and ‘Islamic State’ to justify a devastating ‘war on terror’, ever-increasing surveillance of the population and to terrify people into compliance. Another insight of the Renegade Mind is the streetwise understanding that

just because a country, location or people are attacked doesn't mean that those apparently representing that country, location or people are not behind the attackers. Often they are *orchestrating* the attacks because of the societal changes that can be then justified in the name of 'saving the population from terrorists'.

I show in great detail in *The Trigger* how Sabbatian-Frankists were the real perpetrators of 9/11 and not '19 Arab hijackers' who were blamed for what happened. Observe what was justified in the name of 9/11 alone in terms of Middle East invasions, mass surveillance and control that fulfilled the demands of the Project for the New American Century document published by the Sabbatian Neocons. What appear to be enemies are on the deep inside players on the same Sabbatian team. Israel and Arab 'royal' dictatorships are all ruled by Sabbatians and the recent peace agreements between Israel and Saudi Arabia, the United Arab Emirates (UAE) and others are only making formal what has always been the case behind the scenes. Palestinians who have been subjected to grotesque tyranny since Israel was bombed and terrorised into existence in 1948 have never stood a chance. Sabbatian-Frankists have controlled Israel (so the constant theme of violence and war which Sabbatians love) and they have controlled the Arab countries that Palestinians have looked to for real support that never comes. 'Royal families' of the Arab world in Saudi Arabia, Bahrain, UAE, etc., are all Sabbatians with allegiance to the aims of the cult and not what is best for their Arabic populations. They have stolen the oil and financial resources from their people by false claims to be 'royal dynasties' with a genetic right to rule and by employing vicious militaries to impose their will.

## **Satanic 'illumination'**

The Satanist Jacob Frank formed an alliance in 1773 with two other Sabbatians, Mayer Amschel Rothschild (1744-1812), founder of the Rothschild banking dynasty, and Jesuit-educated fraudulent Jew, Adam Weishaupt, and this led to the formation of the Bavarian Illuminati, firstly under another name, in 1776. The Illuminati would

be the manipulating force behind the French Revolution (1789-1799) and was also involved in the American Revolution (1775-1783) before and after the Illuminati's official creation. Weishaupt would later become (in public) a Protestant Christian in archetypal Sabbatian style. I read that his name can be decoded as Adam-Weishaupt or 'the first man to lead those who know'. He wasn't a leader in the sense that he was a subordinate, but he did lead those below him in a crusade of transforming human society that still continues today. The theme was confirmed as early as 1785 when a horseman courier called Lanz was reported to be struck by lighting and extensive Illuminati documents were found in his saddlebags. They made the link to Weishaupt and detailed the plan for world takeover. Current events with 'Covid' fascism have been in the making for a very long time. Jacob Frank was jailed for 13 years by the Catholic Inquisition after his arrest in 1760 and on his release he headed for Frankfurt, Germany, home city and headquarters of the House of Rothschild where the alliance was struck with Mayer Amschel Rothschild and Weishaupt. Rothschild arranged for Frank to be given the title of Baron and he became a wealthy nobleman with a big following of Jews in Germany, the Austro-Hungarian Empire and other European countries. Most of them would have believed he was on their side.

The name 'Illuminati' came from the Zohar which is a body of works in the Jewish mystical 'bible' called the Kabbalah. 'Zohar' is the foundation of Sabbatian-Frankist belief and in Hebrew 'Zohar' means 'splendour', 'radiance', 'illuminated', and so we have 'Illuminati'. They claim to be the 'Illuminated Ones' from their knowledge systematically hidden from the human population and passed on through generations of carefully-chosen initiates in the global secret society network or Cult. Hidden knowledge includes an awareness of the Cult agenda for the world and the nature of our collective reality that I will explore later. Cult 'illumination' is symbolised by the torch held by the Statue of Liberty which was gifted to New York by French Freemasons in Paris who knew exactly what it represents. 'Liberty' symbolises the goddess worshipped in

Babylon as Queen Semiramis or Ishtar. The significance of this will become clear. Notice again the ubiquitous theme of inversion with the Statue of 'Liberty' really symbolising mass control ([Fig 7](#)). A mirror-image statute stands on an island in the River Seine in Paris from where New York Liberty originated ([Fig 8](#)). A large replica of the Liberty flame stands on top of the Pont de l'Alma tunnel in Paris where Princess Diana died in a Cult ritual described in *The Biggest Secret*. Lucifer 'the light bringer' is related to all this (and much more as we'll see) and 'Lucifer' is a central figure in Sabbatian-Frankism and its associated Satanism. Sabbatians reject the Jewish Torah, or Pentateuch, the 'five books of Moses' in the Old Testament known as Genesis, Exodus, Leviticus, Numbers, and Deuteronomy which are claimed by Judaism and Christianity to have been dictated by 'God' to Moses on Mount Sinai. Sabbatians say these do not apply to them and they seek to replace them with the Zohar to absorb Judaism and its followers into their inversion which is an expression of a much greater global inversion. They want to delete all religions and force humanity to worship a one-world religion – Sabbatian Satanism that also includes worship of the Earth goddess. Satanic themes are being more and more introduced into mainstream society and while Christianity is currently the foremost target for destruction the others are planned to follow.



**Figure 7:** The Cult goddess of Babylon disguised as the Statue of Liberty holding the flame of Lucifer the 'light bringer'.



**Figure 8:** Liberty's mirror image in Paris where the New York version originated.

## **Marx brothers**

Rabbi Marvin Antelman connects the Illuminati to the Jacobins in *To Eliminate the Opiate* and Jacobins were the force behind the French Revolution. He links both to the Bund der Gerechten, or League of the Just, which was the network that inflicted communism/Marxism on the world. Antelman wrote:

The original inner circle of the Bund der Gerechten consisted of born Catholics, Protestants and Jews [Sabbatian-Frankist infiltrators], and those representatives of respective subdivisions formulated schemes for the ultimate destruction of their faiths. The heretical Catholics laid plans which they felt would take a century or more for the ultimate destruction of the church; the apostate Jews for the ultimate destruction of the Jewish religion.

Sabbatian-created communism connects into this anti-religion agenda in that communism does not allow for the free practice of religion. The Sabbatian 'Bund' became the International Communist Party and Communist League and in 1848 'Marxism' was born with the Communist Manifesto of Sabbatian assets Karl Marx and Friedrich Engels. It is absolutely no coincidence that Marxism, just a different name for fascist and other centrally-controlled tyrannies, is being imposed worldwide as a result of the 'Covid' hoax and nor that Marxist/fascist China was the place where the hoax originated. The reason for this will become very clear in the chapter 'Covid: The calculated catastrophe'. The so-called 'Woke' mentality has hijacked

traditional beliefs of the political left and replaced them with far-right make-believe ‘social justice’ better known as Marxism. Woke will, however, be swallowed by its own perceived ‘revolution’ which is really the work of billionaires and billionaire corporations feigning being ‘Woke’. Marxism is being touted by Wokers as a replacement for ‘capitalism’ when we don’t have ‘capitalism’. We have cartelism in which the market is stitched up by the very Cult billionaires and corporations bankrolling Woke. Billionaires love Marxism which keeps the people in servitude while they control from the top.

Terminally naïve Wokers think they are ‘changing the world’ when it’s the Cult that is doing the changing and when they have played their vital part and become surplus to requirements they, too, will be targeted. The Illuminati-Jacobins were behind the period known as ‘The Terror’ in the French Revolution in 1793 and 1794 when Jacobin Maximillian de Robespierre and his Orwellian ‘Committee of Public Safety’ killed 17,000 ‘enemies of the Revolution’ who had once been ‘friends of the Revolution’. Karl Marx (1818-1883), whose Sabbatian creed of Marxism has cost the lives of at least 100 million people, is a hero once again to Wokers who have been systematically kept ignorant of real history by their ‘education’ programming. As a result they now promote a Sabbatian ‘Marxist’ abomination destined at some point to consume them. Rabbi Antelman, who spent decades researching the Sabbatian plot, said of the League of the Just and Karl Marx:

Contrary to popular opinion Karl Marx did not originate the Communist Manifesto. He was paid for his services by the League of the Just, which was known in its country of origin, Germany, as the Bund der Gaeachteten.

Antelman said the text attributed to Marx was the work of other people and Marx ‘was only repeating what others already said’. Marx was ‘a hired hack – lackey of the wealthy Illuminists’. Marx famously said that religion was the ‘opium of the people’ (part of the Sabbatian plan to demonise religion) and Antelman called his books, *To Eliminate the Opiate*. Marx was born Jewish, but his family converted to Christianity (Sabbatian modus operandi) and he

attacked Jews, not least in his book, *A World Without Jews*. In doing so he supported the Sabbatian plan to destroy traditional Jewishness and Judaism which we are clearly seeing today with the vindictive targeting of orthodox Jews by the Sabbatian government of Israel over 'Covid' laws. I don't follow any religion and it has done much damage to the world over centuries and acted as a perceptual straightjacket. Renegade Minds, however, are always asking *why* something is being done. It doesn't matter if they agree or disagree with what is happening – *why* is it happening is the question. The 'why?' can be answered with regard to religion in that religions create interacting communities of believers when the Cult wants to dismantle all discourse, unity and interaction (see 'Covid' lockdowns) and the ultimate goal is to delete all religions for a one-world religion of Cult Satanism worshipping their 'god' of which more later. We see the same 'why?' with gun control in America. I don't have guns and don't want them, but why is the Cult seeking to disarm the population at the same time that law enforcement agencies are armed to their molars and why has every tyrant in history sought to disarm people before launching the final takeover? They include Hitler, Stalin, Pol Pot and Mao who followed confiscation with violent seizing of power. You know it's a Cult agenda by the people who immediately race to the microphones to exploit dead people in multiple shootings. Ultra-Zionist Cult lackey Senator Chuck Schumer was straight on the case after ten people were killed in Boulder, Colorado in March, 2021. Simple rule ... if Schumer wants it the Cult wants it and the same with his ultra-Zionist mate the wild-eyed Senator Adam Schiff. At the same time they were calling for the disarmament of Americans, many of whom live a long way from a police response, Schumer, Schiff and the rest of these pampered clowns were sitting on Capitol Hill behind a razor-wired security fence protected by thousands of armed troops in addition to their own armed bodyguards. Mom and pop in an isolated home? They're just potential mass shooters.

## Zion Mainframe

Sabbatian-Frankists and most importantly the Rothschilds were behind the creation of 'Zionism', a political movement that demanded a Jewish homeland in Israel as promised by Sabbatai Zevi. The very symbol of Israel comes from the German meaning of the name Rothschild. Dynasty founder Mayer Amschel Rothschild changed the family name from Bauer to Rothschild, or 'Red-Shield' in German, in deference to the six-pointed 'Star of David' hexagram displayed on the family's home in Frankfurt. The symbol later appeared on the flag of Israel after the Rothschilds were centrally involved in its creation. Hexagrams are not a uniquely Jewish symbol and are widely used in occult ('hidden') networks often as a symbol for Saturn (see my other books for why). Neither are Zionism and Jewishness interchangeable. Zionism is a political movement and philosophy and not a 'race' or a people. Many Jews oppose Zionism and many non-Jews, including US President Joe Biden, call themselves Zionists as does Israel-centric Donald Trump. America's support for the Israel government is pretty much a gimme with ultra-Zionist billionaires and corporations providing fantastic and dominant funding for both political parties. Former Congresswoman Cynthia McKinney has told how she was approached immediately she ran for office to 'sign the pledge' to Israel and confirm that she would always vote in that country's best interests. All American politicians are approached in this way. Anyone who refuses will get no support or funding from the enormous and all-powerful Zionist lobby that includes organisations like mega-lobby group AIPAC, the American Israel Public Affairs Committee. Trump's biggest funder was ultra-Zionist casino and media billionaire Sheldon Adelson while major funders of the Democratic Party include ultra-Zionist George Soros and ultra-Zionist financial and media mogul, Haim Saban. Some may reel back at the suggestion that Soros is an Israel-firster (Sabbatian-controlled Israel-firster), but Renegade Minds watch the actions not the words and everywhere Soros donates his billions the Sabbatian agenda benefits. In the spirit of Sabbatian inversion Soros pledged \$1 billion for a new university network to promote 'liberal values and tackle intolerance'. He made the announcement during his annual speech

at the Cult-owned World Economic Forum in Davos, Switzerland, in January, 2020, after his ‘harsh criticism’ of ‘authoritarian rulers’ around the world. You can only laugh at such brazen mendacity. How *he* doesn’t laugh is the mystery. Translated from the Orwellian ‘liberal values and tackle intolerance’ means teaching non-white people to hate white people and for white people to loathe themselves for being born white. The reason for that will become clear.

### **The ‘Anti-Semitism’ fraud**

Zionists support the Jewish homeland in the land of Palestine which has been the Sabbatian-Rothschild goal for so long, but not for the benefit of Jews. Sabbatians and their global Anti-Semitism Industry have skewed public and political opinion to equate opposing the violent extremes of Zionism to be a blanket attack and condemnation of all Jewish people. Sabbatians and their global Anti-Semitism Industry have skewed public and political opinion to equate opposing the violent extremes of Zionism to be a blanket attack and condemnation of all Jewish people. This is nothing more than a Sabbatian protection racket to stop legitimate investigation and exposure of their agendas and activities. The official definition of ‘anti-Semitism’ has more recently been expanded to include criticism of Zionism – a *political movement* – and this was done to further stop exposure of Sabbatian infiltrators who created Zionism as we know it today in the 19th century. Renegade Minds will talk about these subjects when they know the shit that will come their way. People must decide if they want to know the truth or just cower in the corner in fear of what others will say. Sabbatians have been trying to label me as ‘anti-Semitic’ since the 1990s as I have uncovered more and more about their background and agendas. Useless, gutless, fraudulent ‘journalists’ then just repeat the smears without question and on the day I was writing this section a pair of unquestioning repeaters called Ben Quinn and Archie Bland (how appropriate) outright called me an ‘anti-Semite’ in the establishment propaganda sheet, the London *Guardian*, with no supporting evidence. The

Sabbatian Anti-Semitism Industry said so and who are they to question that? They wouldn't dare. Ironically 'Semitic' refers to a group of languages in the Middle East that are almost entirely Arabic. 'Anti-Semitism' becomes 'anti-Arab' which if the consequences of this misunderstanding were not so grave would be hilarious. Don't bother telling Quinn and Bland. I don't want to confuse them, bless 'em. One reason I am dubbed 'anti-Semitic' is that I wrote in the 1990s that Jewish operatives (Sabbatians) were heavily involved in the Russian Revolution when Sabbatians overthrew the Romanov dynasty. This apparently made me 'anti-Semitic'. Oh, really? Here is a section from *The Trigger*:

British journalist Robert Wilton confirmed these themes in his 1920 book *The Last Days of the Romanovs* when he studied official documents from the Russian government to identify the members of the Bolshevik ruling elite between 1917 and 1919. The Central Committee included 41 Jews among 62 members; the Council of the People's Commissars had 17 Jews out of 22 members; and 458 of the 556 most important Bolshevik positions between 1918 and 1919 were occupied by Jewish people. Only 17 were Russian. Then there were the 23 Jews among the 36 members of the vicious Cheka Soviet secret police established in 1917 who would soon appear all across the country.

Professor Robert Service of Oxford University, an expert on 20th century Russian history, found evidence that ['Jewish'] Leon Trotsky had sought to make sure that Jews were enrolled in the Red Army and were disproportionately represented in the Soviet civil bureaucracy that included the Cheka which performed mass arrests, imprisonment and executions of 'enemies of the people'. A US State Department Decimal File (861.00/5339) dated November 13th, 1918, names [Rothschild banking agent in America] Jacob Schiff and a list of ultra-Zionists as funders of the Russian Revolution leading to claims of a 'Jewish plot', but the key point missed by all is they were not 'Jews' – they were Sabbatian-Frankists.

Britain's Winston Churchill made the same error by mistake or otherwise. He wrote in a 1920 edition of the *Illustrated Sunday Herald* that those behind the Russian revolution were part of a 'worldwide conspiracy for the overthrow of civilisation and for the reconstitution of society on the basis of arrested development, of envious malevolence, and impossible equality' (see 'Woke' today because that has been created by the same network). Churchill said there was no need to exaggerate the part played in the creation of Bolshevism and in the actual bringing about of the Russian

Revolution 'by these international and for the most part atheistical Jews' ['atheistical Jews' = Sabbatians]. Churchill said it is certainly a very great one and probably outweighs all others: 'With the notable exception of Lenin, the majority of the leading figures are Jews.' He went on to describe, knowingly or not, the Sabbatian modus operandi of placing puppet leaders nominally in power while they control from the background:

Moreover, the principal inspiration and driving power comes from the Jewish leaders. Thus Tchitcherin, a pure Russian, is eclipsed by his nominal subordinate, Litvinoff, and the influence of Russians like Bukharin or Lunacharski cannot be compared with the power of Trotsky, or of Zinovieff, the Dictator of the Red Citadel (Petrograd), or of Krassin or Radek – all Jews. In the Soviet institutions the predominance of Jews is even more astonishing. And the prominent, if not indeed the principal, part in the system of terrorism applied by the Extraordinary Commissions for Combatting Counter-Revolution has been taken by Jews, and in some notable cases by Jewesses.

What I said about seriously disproportionate involvement in the Russian Revolution by Jewish 'revolutionaries' (Sabbatians) is provable fact, but truth is no defence against the Sabbatian Anti-Semitism Industry, its repeater parrots like Quinn and Bland, and the now breathtaking network of so-called 'Woke' 'anti-hate' groups with interlocking leaderships and funding which have the role of discrediting and silencing anyone who gets too close to exposing the Sabbatians. We have seen 'truth is no defence' confirmed in legal judgements with the Saskatchewan Human Rights Commission in Canada decreeing this: 'Truthful statements can be presented in a manner that would meet the definition of hate speech, and not all truthful statements must be free from restriction.' Most 'anti-hate' activists, who are themselves consumed by hatred, are too stupid and ignorant of the world to know how they are being used. They are far too far up their own virtue-signalling arses and it's far too dark for them to see anything.

## **The 'revolution' game**

The background and methods of the 'Russian' Revolution are straight from the Sabbatian playbook seen in the French Revolution

and endless others around the world that appear to start as a revolution of the people against tyrannical rule and end up with a regime change to more tyrannical rule overtly or covertly. Wars, terror attacks and regime overthrows follow the Sabbatian cult through history with its agents creating them as Problem-Reaction-Solutions to remove opposition on the road to world domination. Sabbatian dots connect the Rothschilds with the Illuminati, Jacobins of the French Revolution, the 'Bund' or League of the Just, the International Communist Party, Communist League and the Communist Manifesto of Karl Marx and Friedrich Engels that would lead to the Rothschild-funded Russian Revolution. The sequence comes under the heading of 'creative destruction' when you advance to your global goal by continually destroying the status quo to install a new status quo which you then also destroy. The two world wars come to mind. With each new status quo you move closer to your planned outcome. Wars and mass murder are to Sabbatians a collective blood sacrifice ritual. They are obsessed with death for many reasons and one is that death is an inversion of life. Satanists and Sabbatians are obsessed with death and often target churches and churchyards for their rituals. Inversion-obsessed Sabbatians explain the use of inverted symbolism including the *inverted* pentagram and *inverted* cross. The inversion of the cross has been related to targeting Christianity, but the cross was a religious symbol long before Christianity and its inversion is a statement about the Sabbatian mentality and goals more than any single religion.

Sabbatians operating in Germany were behind the rise of the occult-obsessed Nazis and the subsequent Jewish exodus from Germany and Europe to Palestine and the United States after World War Two. The Rothschild dynasty was at the forefront of this both as political manipulators and by funding the operation. Why would Sabbatians help to orchestrate the horrors inflicted on Jews by the Nazis and by Stalin after they organised the Russian Revolution? Sabbatians hate Jews and their religion, that's why. They pose as Jews and secure positions of control within Jewish society and play the 'anti-Semitism' card to protect themselves from exposure

through a global network of organisations answering to the Sabbatian-created-and-controlled globe-spanning intelligence network that involves a stunning web of military-intelligence operatives and operations for a tiny country of just nine million. Among them are Jewish assets who are not Sabbatians but have been convinced by them that what they are doing is for the good of Israel and the Jewish community to protect them from what they have been programmed since childhood to believe is a Jew-hating hostile world. The Jewish community is just a highly convenient cover to hide the true nature of Sabbatians. Anyone getting close to exposing their game is accused by Sabbatian place-people and gofers of 'anti-Semitism' and claiming that all Jews are part of a plot to take over the world. I am not saying that. I am saying that Sabbatians – the *real* Jew-haters – have infiltrated the Jewish community to use them both as a cover and an 'anti-Semitic' defence against exposure. Thus we have the Anti-Semitism Industry targeted researchers in this way and most Jewish people think this is justified and genuine. They don't know that their 'Jewish' leaders and institutions of state, intelligence and military are not controlled by Jews at all, but cultists and stooges of Sabbatian-Frankism. I once added my name to a pro-Jewish freedom petition online and the next time I looked my name was gone and text had been added to the petition blurb to attack me as an 'anti-Semite' such is the scale of perceptual programming.

## **Moving on America**

I tell the story in *The Trigger* and a chapter called 'Atlantic Crossing' how particularly after Israel was established the Sabbatians moved in on the United States and eventually grasped control of government administration, the political system via both Democrats and Republicans, the intelligence community like the CIA and National Security Agency (NSA), the Pentagon and mass media. Through this seriously compartmentalised network Sabbatians and their operatives in Mossad, Israeli Defense Forces (IDF) and US agencies pulled off 9/11 and blamed it on 19 'Al-Qaeda hijackers' dominated by men from, or connected to, Sabbatian-ruled Saudi

Arabia. The '19' were not even on the planes let alone flew those big passenger jets into buildings while being largely incompetent at piloting one-engine light aircraft. 'Hijacker' Hani Hanjour who is said to have flown American Airlines Flight 77 into the Pentagon with a turn and manoeuvre most professional pilots said they would have struggled to do was banned from renting a small plane by instructors at the Freeway Airport in Bowie, Maryland, just *six weeks* earlier on the grounds that he was an incompetent pilot. The Jewish population of the world is just 0.2 percent with even that almost entirely concentrated in Israel (75 percent Jewish) and the United States (around two percent). This two percent and globally 0.2 percent refers to *Jewish* people and not Sabbatian interlopers who are a fraction of that fraction. What a sobering thought when you think of the fantastic influence on world affairs of tiny Israel and that the Project for the New America Century (PNAC) which laid out the blueprint in September, 2000, for America's war on terror and regime change wars in Iraq, Libya and Syria was founded and dominated by Sabbatians known as 'Neocons'. The document conceded that this plan would not be supported politically or publicly without a major attack on American soil and a Problem-Reaction-Solution excuse to send troops to war across the Middle East. Sabbatian Neocons said:

... [The] process of transformation ... [war and regime change] ... is likely to be a long one, absent some catastrophic and catalysing event – like a new Pearl Harbor.

Four months later many of those who produced that document came to power with their inane puppet George Bush from the long-time Sabbatian Bush family. They included Sabbatian Dick Cheney who was officially vice-president, but really de-facto president for the entirety of the 'Bush' government. Nine months after the 'Bush' inauguration came what Bush called at the time 'the Pearl Harbor of the 21st century' and with typical Sabbatian timing and symbolism 2001 was the 60th anniversary of the attack in 1941 by the Japanese Air Force on Pearl Harbor, Hawaii, which allowed President Franklin Delano Roosevelt to take the United States into a Sabbatian-

instigated Second World War that he said in his election campaign that he never would. The evidence is overwhelming that Roosevelt and his military and intelligence networks knew the attack was coming and did nothing to stop it, but they did make sure that America's most essential naval ships were not in Hawaii at the time. Three thousand Americans died in the Pearl Harbor attacks as they did on September 11th. By the 9/11 year of 2001 Sabbatians had widely infiltrated the US government, military and intelligence operations and used their compartmentalised assets to pull off the 'Al-Qaeda' attacks. If you read *The Trigger* it will blow your mind to see the utterly staggering concentration of 'Jewish' operatives (Sabbatian infiltrators) in essential positions of political, security, legal, law enforcement, financial and business power before, during, and after the attacks to make them happen, carry them out, and then cover their tracks – and I do mean *staggering* when you think of that 0.2 percent of the world population and two percent of Americans which are Jewish while Sabbatian infiltrators are a fraction of that. A central foundation of the 9/11 conspiracy was the hijacking of government, military, Air Force and intelligence computer systems in real time through 'back-door' access made possible by Israeli (Sabbatian) 'cyber security' software. Sabbatian-controlled Israel is on the way to rivalling Silicon Valley for domination of cyberspace and is becoming the dominant force in cyber-security which gives them access to entire computer systems and their passcodes across the world. Then add to this that Zionists head (officially) Silicon Valley giants like Google (Larry Page and Sergey Brin), Google-owned YouTube (Susan Wojcicki), Facebook (Mark Zuckerberg and Sheryl Sandberg), and Apple (Chairman Arthur D. Levinson), and that ultra-Zionist hedge fund billionaire Paul Singer has a \$1 billion stake in Twitter which is only nominally headed by 'CEO' pothead Jack Dorsey. As cable news host Tucker Carlson said of Dorsey: 'There used to be debate in the medical community whether dropping a ton of acid had permanent effects and I think that debate has now ended.' Carlson made the comment after Dorsey told a hearing on Capitol Hill (if you cut through his bullshit) that he

believed in free speech so long as he got to decide what you can hear and see. These 'big names' of Silicon Valley are only front men and women for the Global Cult, not least the Sabbatians, who are the true controllers of these corporations. Does anyone still wonder why these same people and companies have been ferociously censoring and banning people (like me) for exposing any aspect of the Cult agenda and especially the truth about the 'Covid' hoax which Sabbatians have orchestrated?

The Jeffrey Epstein paedophile ring was a Sabbatian operation. He was officially 'Jewish' but he was a Sabbatian and women abused by the ring have told me about the high number of 'Jewish' people involved. The Epstein horror has Sabbatian written all over it and matches perfectly their modus operandi and obsession with sex and ritual. Epstein was running a Sabbatian blackmail ring in which famous people with political and other influence were provided with young girls for sex while everything was being filmed and recorded on hidden cameras and microphones at his New York house, Caribbean island and other properties. Epstein survivors have described this surveillance system to me and some have gone public. Once the famous politician or other figure knew he or she was on video they tended to do whatever they were told. Here we go again ...when you've got them by the balls their hearts and minds will follow. Sabbatians use this blackmail technique on a wide scale across the world to entrap politicians and others they need to act as demanded. Epstein's private plane, the infamous 'Lolita Express', had many well-known passengers including Bill Clinton while Bill Gates has flown on an Epstein plane and met with him four years after Epstein had been jailed for paedophilia. They subsequently met many times at Epstein's home in New York according to a witness who was there. Epstein's infamous side-kick was Ghislaine Maxwell, daughter of Mossad agent and ultra-Zionist mega-crooked British businessman, Bob Maxwell, who at one time owned the *Daily Mirror* newspaper. Maxwell was murdered at sea on his boat in 1991 by Sabbatian-controlled Mossad when he became a liability with his

business empire collapsing as a former Mossad operative has confirmed (see *The Trigger*).

### **Money, money, money, funny money ...**

Before I come to the Sabbatian connection with the last three US presidents I will lay out the crucial importance to Sabbatians of controlling banking and finance. Sabbatian Mayer Amschel Rothschild set out to dominate this arena in his family's quest for total global control. What is freedom? It is, in effect, choice. The more choices you have the freer you are and the fewer your choices the more you are enslaved. In the global structure created over centuries by Sabbatians the biggest decider and restrictor of choice is ... money. Across the world if you ask people what they would like to do with their lives and why they are not doing that they will reply 'I don't have the money'. This is the idea. A global elite of multi-billionaires are described as 'greedy' and that is true on one level; but control of money – who has it and who doesn't – is not primarily about greed. It's about control. Sabbatians have seized ever more control of finance and sucked the wealth of the world out of the hands of the population. We talk now, after all, about the 'One-percent' and even then the wealthiest are a lot fewer even than that. This has been made possible by a money scam so outrageous and so vast it could rightly be called the scam of scams founded on creating 'money' out of nothing and 'loaning' that with interest to the population. Money out of nothing is called 'credit'. Sabbatians have asserted control over governments and banking ever more completely through the centuries and secured financial laws that allow banks to lend hugely more than they have on deposit in a confidence trick known as fractional reserve lending. Imagine if you could lend money that doesn't exist and charge the recipient interest for doing so. You would end up in jail. Bankers by contrast end up in mansions, private jets, Malibu and Monaco.

Banks are only required to keep a fraction of their deposits and wealth in their vaults and they are allowed to lend 'money' they don't have called 'credit'. Go into a bank for a loan and if you succeed

the banker will not move any real wealth into your account. They will type into your account the amount of the agreed 'loan' – say £100,000. This is not wealth that really exists; it is non-existent, fresh-air, created-out-of-nothing 'credit' which has never, does not, and will never exist except in theory. Credit is backed by nothing except wind and only has buying power because people think that it has buying power and accept it in return for property, goods and services. I have described this situation as like those cartoon characters you see chasing each other and when they run over the edge of a cliff they keep running forward on fresh air until one of them looks down, realises what's happened, and they all crash into the ravine. The whole foundation of the Sabbatian financial system is to stop people looking down except for periodic moments when they want to crash the system (as in 2008 and 2020 ongoing) and reap the rewards from all the property, businesses and wealth their borrowers had signed over as 'collateral' in return for a 'loan' of fresh air. Most people think that money is somehow created by governments when it comes into existence from the start as a debt through banks 'lending' illusory money called credit. Yes, the very currency of exchange is a *debt* from day one issued as an interest-bearing loan. Why don't governments create money interest-free and lend it to their people interest-free? Governments are controlled by Sabbatians and the financial system is controlled by Sabbatians for whom interest-free money would be a nightmare come true. Sabbatians underpin their financial domination through their global network of central banks, including the privately-owned US Federal Reserve and Britain's Bank of England, and this is orchestrated by a privately-owned central bank coordination body called the Bank for International Settlements in Basle, Switzerland, created by the usual suspects including the Rockefellers and Rothschilds. Central bank chiefs don't answer to governments or the people. They answer to the Bank for International Settlements or, in other words, the Global Cult which is dominated today by Sabbatians.

## **Built-in disaster**

There are so many constituent scams within the overall banking scam. When you take out a loan of thin-air credit only the amount of that loan is theoretically brought into circulation to add to the amount in circulation; but you are paying back the principle plus interest. The additional interest is not created and this means that with every 'loan' there is a shortfall in the money in circulation between what is borrowed and what has to be paid back. There is never even close to enough money in circulation to repay all outstanding public and private debt including interest. Coldly weaved in the very fabric of the system is the certainty that some will lose their homes, businesses and possessions to the banking 'lender'. This is less obvious in times of 'boom' when the amount of money in circulation (and the debt) is expanding through more people wanting and getting loans. When a downturn comes and the money supply contracts it becomes painfully obvious that there is not enough money to service all debt and interest. This is less obvious in times of 'boom' when the amount of money in circulation (and the debt) is expanding through more people wanting and getting loans. When a downturn comes and the money supply contracts and it becomes painfully obvious – as in 2008 and currently – that there is not enough money to service all debt and interest.

Sabbatian banksters have been leading the human population through a calculated series of booms (more debt incurred) and busts (when the debt can't be repaid and the banks get the debtor's tangible wealth in exchange for non-existent 'credit'). With each 'bust' Sabbatian bankers have absorbed more of the world's tangible wealth and we end up with the One-percent. Governments are in bankruptcy levels of debt to the same system and are therefore owned by a system they do not control. The Federal Reserve, 'America's central bank', is privately-owned and American presidents only nominally appoint its chairman or woman to maintain the illusion that it's an arm of government. It's not. The 'Fed' is a cartel of private banks which handed billions to its associates and friends after the crash of 2008 and has been Sabbatian-controlled since it was manipulated into being in 1913 through the covert trickery of Rothschild banking agents Jacob Schiff and Paul

Warburg, and the Sabbatian Rockefeller family. Somehow from a Jewish population of two-percent and globally 0.2 percent (Sabbatian interlopers remember are far smaller) ultra-Zionists headed the Federal Reserve for 31 years between 1987 and 2018 in the form of Alan Greenspan, Bernard Bernanke and Janet Yellen (now Biden's Treasury Secretary) with Yellen's deputy chairman a Israeli-American dual citizen and ultra-Zionist Stanley Fischer, a former governor of the Bank of Israel. Ultra-Zionist Fed chiefs spanned the presidencies of Ronald Reagan ('Republican'), Father George Bush ('Republican'), Bill Clinton ('Democrat'), Boy George Bush ('Republican') and Barack Obama ('Democrat'). We should really add the pre-Greenspan chairman, Paul Adolph Volcker, 'appointed' by Jimmy Carter ('Democrat') who ran the Fed between 1979 and 1987 during the Carter and Reagan administrations before Greenspan took over. Volcker was a long-time associate and business partner of the Rothschilds. No matter what the 'party' officially in power the United States economy was directed by the same force. Here are members of the Obama, Trump and Biden administrations and see if you can make out a common theme.

## **Barack Obama ('Democrat')**

Ultra-Zionists Robert Rubin, Larry Summers, and Timothy Geithner ran the US Treasury in the Clinton administration and two of them reappeared with Obama. Ultra-Zionist Fed chairman Alan Greenspan had manipulated the crash of 2008 through deregulation and jumped ship just before the disaster to make way for ultra-Zionist Bernard Bernanke to hand out trillions to Sabbatian 'too big to fail' banks and businesses, including the ubiquitous ultra-Zionist Goldman Sachs which has an ongoing staff revolving door operation between itself and major financial positions in government worldwide. Obama inherited the fallout of the crash when he took office in January, 2009, and fortunately he had the support of his ultra-Zionist White House Chief of Staff Rahm Emmanuel, son of a terrorist who helped to bomb Israel into being in 1948, and his ultra-Zionist senior adviser David Axelrod, chief strategist in Obama's two

successful presidential campaigns. Emmanuel, later mayor of Chicago and former senior fundraiser and strategist for Bill Clinton, is an example of the Sabbatian policy after Israel was established of migrating insider families to America so their children would be born American citizens. ‘Obama’ chose this financial team throughout his administration to respond to the Sabbatian-instigated crisis:

Timothy Geithner (ultra-Zionist) Treasury Secretary; Jacob J. Lew, Treasury Secretary; Larry Summers (ultra-Zionist), director of the White House National Economic Council; Paul Adolph Volcker (Rothschild business partner), chairman of the Economic Recovery Advisory Board; Peter Orszag (ultra-Zionist), director of the Office of Management and Budget overseeing all government spending; Penny Pritzker (ultra-Zionist), Commerce Secretary; Jared Bernstein (ultra-Zionist), chief economist and economic policy adviser to Vice President Joe Biden; Mary Schapiro (ultra-Zionist), chair of the Securities and Exchange Commission (SEC); Gary Gensler (ultra-Zionist), chairman of the Commodity Futures Trading Commission (CFTC); Sheila Bair (ultra-Zionist), chair of the Federal Deposit Insurance Corporation (FDIC); Karen Mills (ultra-Zionist), head of the Small Business Administration (SBA); Kenneth Feinberg (ultra-Zionist), Special Master for Executive [bail-out] Compensation. Feinberg would be appointed to oversee compensation (with strings) to 9/11 victims and families in a campaign to stop them having their day in court to question the official story. At the same time ultra-Zionist Bernard Bernanke was chairman of the Federal Reserve and these are only some of the ultra-Zionists with allegiance to Sabbatian-controlled Israel in the Obama government. Obama’s biggest corporate donor was ultra-Zionist Goldman Sachs which had employed many in his administration.

## **Donald Trump ('Republican')**

Trump claimed to be an outsider (he wasn’t) who had come to ‘drain the swamp’. He embarked on this goal by immediately appointing ultra-Zionist Steve Mnuchin, a Goldman Sachs employee for 17

years, as his Treasury Secretary. Others included Gary Cohn (ultra-Zionist), chief operating officer of Goldman Sachs, his first Director of the National Economic Council and chief economic adviser, who was later replaced by Larry Kudlow (ultra-Zionist). Trump's senior adviser throughout his four years in the White House was his sinister son-in-law Jared Kushner, a life-long friend of Israel Prime Minister Benjamin Netanyahu. Kushner is the son of a convicted crook who was pardoned by Trump in his last days in office. Other ultra-Zionists in the Trump administration included: Stephen Miller, Senior Policy Adviser; Avrahm Berkowitz, Deputy Adviser to Trump and his Senior Adviser Jared Kushner; Ivanka Trump, Adviser to the President, who converted to Judaism when she married Jared Kushner; David Friedman, Trump lawyer and Ambassador to Israel; Jason Greenblatt, Trump Organization executive vice president and chief legal officer, who was made Special Representative for International Negotiations and the Israeli-Palestinian Conflict; Rod Rosenstein, Deputy Attorney General; Elliot Abrams, Special Representative for Venezuela, then Iran; John Eisenberg, National Security Council Legal Adviser and Deputy Council to the President for National Security Affairs; Anne Neuberger, Deputy National Manager, National Security Agency; Ezra Cohen-Watnick, Acting Under Secretary of Defense for Intelligence; Elan Carr, Special Envoy to monitor and combat anti-Semitism; Len Khodorkovsky, Deputy Special Envoy to monitor and combat anti-Semitism; Reed Cordish, Assistant to the President, Intragovernmental and Technology Initiatives. Trump Vice President Mike Pence and Secretary of State Mike Pompeo, both Christian Zionists, were also vehement supporters of Israel and its goals and ambitions.

Donald 'free-speech believer' Trump pardoned a number of financial and violent criminals while ignoring calls to pardon Julian Assange and Edward Snowden whose crimes are revealing highly relevant information about government manipulation and corruption and the widespread illegal surveillance of the American people by US 'security' agencies. It's so good to know that Trump is on the side of freedom and justice and not mega-criminals with

allegiance to Sabbatian-controlled Israel. These included a pardon for Israeli spy Jonathan Pollard who was jailed for life in 1987 under the Espionage Act. Aviem Sella, the Mossad agent who recruited Pollard, was also pardoned by Trump while Assange sat in jail and Snowden remained in exile in Russia. Sella had 'fled' (was helped to escape) to Israel in 1987 and was never extradited despite being charged under the Espionage Act. A Trump White House statement said that Sella's clemency had been 'supported by Benjamin Netanyahu, Ron Dermer, Israel's US Ambassador, David Friedman, US Ambassador to Israel and Miriam Adelson, wife of leading Trump donor Sheldon Adelson who died shortly before. Other friends of Jared Kushner were pardoned along with Sholom Weiss who was believed to be serving the longest-ever white-collar prison sentence of more than 800 years in 2000. The sentence was commuted of Ponzi-schemer Eliyahu Weinstein who defrauded Jews and others out of \$200 million. I did mention that Assange and Snowden were ignored, right? Trump gave Sabbatians almost everything they asked for in military and political support, moving the US Embassy from Tel Aviv to Jerusalem with its critical symbolic and literal implications for Palestinian statehood, and the 'deal of the Century' designed by Jared Kushner and David Friedman which gave the Sabbatian Israeli government the green light to substantially expand its already widespread program of building illegal Jewish-only settlements in the occupied land of the West Bank. This made a two-state 'solution' impossible by seizing all the land of a potential Palestinian homeland and that had been the plan since 1948 and then 1967 when the Arab-controlled Gaza Strip, West Bank, Sinai Peninsula and Syrian Golan Heights were occupied by Israel. All the talks about talks and road maps and delays have been buying time until the West Bank was physically occupied by Israeli real estate. Trump would have to be a monumentally ill-informed idiot not to see that this was the plan he was helping to complete. The Trump administration was in so many ways the Kushner administration which means the Netanyahu administration which means the Sabbatian administration. I understand why many opposing Cult fascism in all its forms gravitated to Trump, but he

was a crucial part of the Sabbatian plan and I will deal with this in the next chapter.

## **Joe Biden ('Democrat')**

A barely cognitive Joe Biden took over the presidency in January, 2021, along with his fellow empty shell, Vice-President Kamala Harris, as the latest Sabbatian gofers to enter the White House. Names on the door may have changed and the 'party' – the force behind them remained the same as Zionists were appointed to a stream of pivotal areas relating to Sabbatian plans and policy. They included: Janet Yellen, Treasury Secretary, former head of the Federal Reserve, and still another ultra-Zionist running the US Treasury after Mnuchin (Trump), Lew and Geithner (Obama), and Summers and Rubin (Clinton); Anthony Blinken, Secretary of State; Wendy Sherman, Deputy Secretary of State (so that's 'Biden's' Sabbatian foreign policy sorted); Jeff Zients, White House coronavirus coordinator; Rochelle Walensky, head of the Centers for Disease Control; Rachel Levine, transgender deputy health secretary (that's 'Covid' hoax policy under control); Merrick Garland, Attorney General; Alejandro Mayorkas, Secretary of Homeland Security; Cass Sunstein, Homeland Security with responsibility for new immigration laws; Avril Haines, Director of National Intelligence; Anne Neuberger, National Security Agency cybersecurity director (note, cybersecurity); David Cohen, CIA Deputy Director; Ronald Klain, Biden's Chief of Staff (see Rahm Emanuel); Eric Lander, a 'leading geneticist', Office of Science and Technology Policy director (see Smart Grid, synthetic biology agenda); Jessica Rosenworcel, acting head of the Federal Communications Commission (FCC) which controls Smart Grid technology policy and electromagnetic communication systems including 5G. How can it be that so many pivotal positions are held by two-percent of the American population and 0.2 percent of the world population administration after administration no matter who is the president and what is the party? It's a coincidence? Of course it's not and this is why Sabbatians have built their colossal global web of interlocking 'anti-

hate' hate groups to condemn anyone who asks these glaring questions as an 'anti-Semite'. The way that Jewish people horrifically abused in Sabbatian-backed Nazi Germany are exploited to this end is stomach-turning and disgusting beyond words.

## **Political fusion**

Sabbatian manipulation has reversed the roles of Republicans and Democrats and the same has happened in Britain with the Conservative and Labour Parties. Republicans and Conservatives were always labelled the 'right' and Democrats and Labour the 'left', but look at the policy positions now and the Democrat-Labour 'left' has moved further to the 'right' than Republicans and Conservatives under the banner of 'Woke', the Cult-created far-right tyranny. Where once the Democrat-Labour 'left' defended free speech and human rights they now seek to delete them and as I said earlier despite the 'Covid' fascism of the Jackboot Johnson Conservative government in the UK the Labour Party of leader Keir Starmer demanded even more extreme measures. The Labour Party has been very publicly absorbed by Sabbatians after a political and media onslaught against the previous leader, the weak and inept Jeremy Corbyn, over made-up allegations of 'anti-Semitism' both by him and his party. The plan was clear with this 'anti-Semite' propaganda and what was required in response was a swift and decisive 'fuck off' from Corbyn and a statement to expose the Anti-Semitism Industry (Sabbatian) attempt to silence Labour criticism of the Israeli government (Sabbatians) and purge the party of all dissent against the extremes of ultra-Zionism (Sabbatians). Instead Corbyn and his party fell to their knees and appeased the abusers which, by definition, is impossible. Appeasing one demand leads only to a new demand to be appeased until takeover is complete. Like I say – 'fuck off' would have been a much more effective policy and I have used it myself with great effect over the years when Sabbatians are on my case which is most of the time. I consider that fact a great compliment, by the way. The outcome of the Labour Party capitulation is that we now have a Sabbatian-controlled

Conservative Party ‘opposed’ by a Sabbatian-controlled Labour Party in a one-party Sabbatian state that hurtles towards the extremes of tyranny (the Sabbatian cult agenda). In America the situation is the same. Labour’s Keir Starmer spends his days on his knees with his tongue out pointing to Tel Aviv, or I guess now Jerusalem, while Boris Johnson has an ‘anti-Semitism czar’ in the form of former Labour MP John Mann who keeps Starmer company on his prayer mat.

Sabbatian influence can be seen in Jewish members of the Labour Party who have been ejected for criticism of Israel including those from families that suffered in Nazi Germany. Sabbatians despise real Jewish people and target them even more harshly because it is so much more difficult to dub them ‘anti-Semitic’ although in their desperation they do try.

## CHAPTER THREE

### The Pushbacker sting

*Until you realize how easy it is for your mind to be manipulated, you remain the puppet of someone else's game*

Evita Ochel

I will use the presidencies of Trump and Biden to show how the manipulation of the one-party state plays out behind the illusion of political choice across the world. No two presidencies could – on the face of it – be more different and apparently at odds in terms of direction and policy.

A Renegade Mind sees beyond the obvious and focuses on outcomes and consequences and not image, words and waffle. The Cult embarked on a campaign to divide America between those who blindly support its agenda (the mentality known as 'Woke') and those who are pushing back on where the Cult and its Sabbatians want to go. This presents infinite possibilities for dividing and ruling the population by setting them at war with each other and allows a perceptual ring fence of demonisation to encircle the Pushbackers in a modern version of the Little Big Horn in 1876 when American cavalry led by Lieutenant Colonel George Custer were drawn into a trap, surrounded and killed by Native American tribes defending their land of thousands of years from being seized by the government. In this modern version the roles are reversed and it's those defending themselves from the Sabbatian government who are surrounded and the government that's seeking to destroy them. This trap was set years ago and to explain how we must return to 2016

and the emergence of Donald Trump as a candidate to be President of the United States. He set out to overcome the best part of 20 other candidates in the Republican Party before and during the primaries and was not considered by many in those early stages to have a prayer of living in the White House. The Republican Party was said to have great reservations about Trump and yet somehow he won the nomination. When you know how American politics works – politics in general – there is no way that Trump could have become the party's candidate unless the Sabbatian-controlled 'Neocons' that run the Republican Party wanted that to happen. We saw the proof in emails and documents made public by WikiLeaks that the Democratic Party hierarchy, or Democons, systematically undermined the campaign of Bernie Sanders to make sure that Sabbatian gofer Hillary Clinton won the nomination to be their presidential candidate. If the Democons could do that then the Neocons in the Republican Party could have derailed Trump in the same way. But they didn't and at that stage I began to conclude that Trump could well be the one chosen to be president. If that was the case the 'why' was pretty clear to see – the goal of dividing America between Cult agenda-supporting Wokers and Pushbackers who gravitated to Trump because he was telling them what they wanted to hear. His constituency of support had been increasingly ignored and voiceless for decades and profoundly through the eight years of Sabbatian puppet Barack Obama. Now here was someone speaking their language of pulling back from the incessant globalisation of political and economic power, the exporting of American jobs to China and elsewhere by 'American' (Sabbatian) corporations, the deletion of free speech, and the mass immigration policies that had further devastated job opportunities for the urban working class of all races and the once American heartlands of the Midwest.

### **Beware the forked tongue**

Those people collectively sighed with relief that at last a political leader was apparently on their side, but another trait of the Renegade Mind is that you look even harder at people telling you

what you want to hear than those who are telling you otherwise. Obviously as I said earlier people wish what they want to hear to be true and genuine and they are much more likely to believe that than someone saying what they don't want to here and don't want to be true. Sales people are taught to be skilled in eliciting by calculated questioning what their customers want to hear and repeating that back to them as their own opinion to get their targets to like and trust them. Assets of the Cult are also sales people in the sense of selling perception. To read Cult manipulation you have to play the long and expanded game and not fall for the Vaudeville show of party politics. Both American parties are vehicles for the Cult and they exploit them in different ways depending on what the agenda requires at that moment. Trump and the Republicans were used to be the focus of dividing America and isolating Pushbackers to open the way for a Biden presidency to become the most extreme in American history by advancing the full-blown Woke (Cult) agenda with the aim of destroying and silencing Pushbackers now labelled Nazi Trump supporters and white supremacists.

Sabbatians wanted Trump in office for the reasons described by ultra-Zionist Saul Alinsky (1909-1972) who was promoting the Woke philosophy through 'community organising' long before anyone had heard of it. In those days it still went by its traditional name of Marxism. The reason for the manipulated Trump phenomenon was laid out in Alinsky's 1971 book, *Rules for Radicals*, which was his blueprint for overthrowing democratic and other regimes and replacing them with Sabbatian Marxism. Not surprisingly his to-do list was evident in the Sabbatian French and Russian 'Revolutions' and that in China which will become very relevant in the next chapter about the 'Covid' hoax. Among Alinsky's followers have been the deeply corrupt Barack Obama, House Speaker Nancy Pelosi and Hillary Clinton who described him as a 'hero'. All three are Sabbatian stooges with Pelosi personifying the arrogant corrupt idiocy that so widely fronts up for the Cult inner core. Predictably as a Sabbatian advocate of the 'light-bringer' Alinsky features Lucifer on the dedication page of his book as the original radical who gained

his own kingdom ('Earth' as we shall see). One of Alinsky's golden radical rules was to pick an individual and focus all attention, hatred and blame on them and not to target faceless bureaucracies and corporations. *Rules for Radicals* is really a Sabbatian handbook with its contents repeatedly employed all over the world for centuries and why wouldn't Sabbatians bring to power their designer-villain to be used as the individual on which all attention, hatred and blame was bestowed? This is what they did and the only question for me is how much Trump knew that and how much he was manipulated. A bit of both, I suspect. This was Alinsky's Trump technique from a man who died in 1972. The technique has spanned history:

Pick the target, freeze it, personalize it, polarize it. Don't try to attack abstract corporations or bureaucracies. Identify a responsible individual. Ignore attempts to shift or spread the blame.

From the moment Trump came to illusory power everything was about him. It wasn't about Republican policy or opinion, but all about Trump. Everything he did was presented in negative, derogatory and abusive terms by the Sabbatian-dominated media led by Cult operations such as CNN, MSNBC, *The New York Times* and the Jeff Bezos-owned *Washington Post* – 'Pick the target, freeze it, personalize it, polarize it.' Trump was turned into a demon to be vilified by those who hated him and a demi-god loved by those who worshipped him. This, in turn, had his supporters, too, presented as equally demonic in preparation for the punchline later down the line when Biden was about to take office. It was here's a Trump, there's a Trump, everywhere a Trump, Trump. Virtually every news story or happening was filtered through the lens of 'The Donald'. You loved him or hated him and which one you chose was said to define you as Satan's spawn or a paragon of virtue. Even supporting some Trump policies or statements and not others was enough for an assault on your character. No shades of grey were or are allowed. Everything is black and white (literally and figuratively). A Californian I knew had her head utterly scrambled by her hatred for Trump while telling people they should love each other. She was so totally consumed by

Trump Derangement Syndrome as it became to be known that this glaring contradiction would never have occurred to her. By definition anyone who criticised Trump or praised his opponents was a hero and this lady described Joe Biden as 'a kind, honest gentleman' when he's a provable liar, mega-crook and vicious piece of work to boot. Sabbatians had indeed divided America using Trump as the fall-guy and all along the clock was ticking on the consequences for his supporters.

### **In hock to his masters**

Trump gave Sabbatians via Israel almost everything they wanted in his four years. Ask and you shall receive was the dynamic between himself and Benjamin Netanyahu orchestrated by Trump's ultra-Zionist son-in-law Jared Kushner, his ultra-Zionist Ambassador to Israel, David Friedman, and ultra-Zionist 'Israel adviser', Jason Greenblatt. The last two were central to the running and protecting from collapse of his business empire, the Trump Organisation, and colossal business failures made him forever beholden to Sabbatian networks that bailed him out. By the start of the 1990s Trump owed \$4 billion to banks that he couldn't pay and almost \$1 billion of that was down to him personally and not his companies. This mega-disaster was the result of building two new casinos in Atlantic City and buying the enormous Taj Mahal operation which led to crippling debt payments. He had borrowed fantastic sums from 72 banks with major Sabbatian connections and although the scale of debt should have had him living in a tent alongside the highway they never foreclosed. A plan was devised to lift Trump from the mire by BT Securities Corporation and Rothschild Inc. and the case was handled by Wilber Ross who had worked for the Rothschilds for 27 years. Ross would be named US Commerce Secretary after Trump's election. Another crucial figure in saving Trump was ultra-Zionist 'investor' Carl Icahn who bought the Taj Mahal casino. Icahn was made special economic adviser on financial regulation in the Trump administration. He didn't stay long but still managed to find time to make a tidy sum of a reported \$31.3 million when he sold his

holdings affected by the price of steel three days before Trump imposed a 235 percent tariff on steel imports. What amazing bits of luck these people have. Trump and Sabbatian operatives have long had a close association and his mentor and legal adviser from the early 1970s until 1986 was the dark and genetically corrupt ultra-Zionist Roy Cohn who was chief counsel to Senator Joseph McCarthy's 'communist' witch-hunt in the 1950s. *Esquire* magazine published an article about Cohn with the headline 'Don't mess with Roy Cohn'. He was described as the most feared lawyer in New York and 'a ruthless master of dirty tricks ... [with] ... more than one Mafia Don on speed dial'. Cohn's influence, contacts, support and protection made Trump a front man for Sabbatians in New York with their connections to one of Cohn's many criminal employers, the 'Russian' Sabbatian Mafia. Israel-centric media mogul Rupert Murdoch was introduced to Trump by Cohn and they started a long friendship. Cohn died in 1986 weeks after being disbarred for unethical conduct by the Appellate Division of the New York State Supreme Court. The wheels of justice do indeed run slow given the length of Cohn's crooked career.

## **QAnon-sense**

We are asked to believe that Donald Trump with his fundamental connections to Sabbatian networks and operatives has been leading the fight to stop the Sabbatian agenda for the fascistic control of America and the world. Sure he has. A man entrapped during his years in the White House by Sabbatian operatives and whose biggest financial donor was casino billionaire Sheldon Adelson who was Sabbatian to his DNA?? Oh, do come on. Trump has been used to divide America and isolate Pushbackers on the Cult agenda under the heading of 'Trump supporters', 'insurrectionists' and 'white supremacists'. The US Intelligence/Mossad Psyop or psychological operation known as QAnon emerged during the Trump years as a central pillar in the Sabbatian campaign to lead Pushbackers into the trap set by those that wished to destroy them. I knew from the start that QAnon was a scam because I had seen the same scenario many

times before over 30 years under different names and I had written about one in particular in the books. ‘Not again’ was my reaction when QAnon came to the fore. The same script is pulled out every few years and a new name added to the letterhead. The story always takes the same form: ‘Insiders’ or ‘the good guys’ in the government-intelligence-military ‘Deep State’ apparatus were going to instigate mass arrests of the ‘bad guys’ which would include the Rockefellers, Rothschilds, Barack Obama, Hillary Clinton, George Soros, etc., etc. Dates are given for when the ‘good guys’ are going to move in, but the dates pass without incident and new dates are given which pass without incident. The central message to Pushbackers in each case is that they don’t have to do anything because there is ‘a plan’ and it is all going to be sorted by the ‘good guys’ on the inside. ‘Trust the plan’ was a QAnon mantra when the only plan was to misdirect Pushbackers into putting their trust in a Psyop they believed to be real. Beware, beware, those who tell you what you want to hear and always check it out. Right up to Biden’s inauguration QAnon was still claiming that ‘the Storm’ was coming and Trump would stay on as president when Biden and his cronies were arrested and jailed. It was never going to happen and of course it didn’t, but what did happen as a result provided that punchline to the Sabbatian Trump/QAnon Psyop.

On January 6th, 2021, a very big crowd of Trump supporters gathered in the National Mall in Washington DC down from the Capitol Building to protest at what they believed to be widespread corruption and vote fraud that stopped Trump being re-elected for a second term as president in November, 2020. I say as someone that does not support Trump or Biden that the evidence is clear that major vote-fixing went on to favour Biden, a man with cognitive problems so advanced he can often hardly string a sentence together without reading the words written for him on the Teleprompter. Glaring ballot discrepancies included serious questions about electronic voting machines that make vote rigging a comparative cinch and hundreds of thousands of paper votes that suddenly appeared during already advanced vote counts and virtually all of

them for Biden. Early Trump leads in crucial swing states suddenly began to close and disappear. The pandemic hoax was used as the excuse to issue almost limitless numbers of mail-in ballots with no checks to establish that the recipients were still alive or lived at that address. They were sent to streams of people who had not even asked for them. Private organisations were employed to gather these ballots and who knows what they did with them before they turned up at the counts. The American election system has been manipulated over decades to become a sick joke with more holes than a Swiss cheese for the express purpose of dictating the results. Then there was the criminal manipulation of information by Sabbatian tech giants like Facebook, Twitter and Google-owned YouTube which deleted pro-Trump, anti-Biden accounts and posts while everything in support of Biden was left alone. Sabbatians wanted Biden to win because after the dividing of America it was time for full-on Woke and every aspect of the Cult agenda to be unleashed.

### **Hunter gatherer**

Extreme Silicon Valley bias included blocking information by the *New York Post* exposing a Biden scandal that should have ended his bid for president in the final weeks of the campaign. Hunter Biden, his monumentally corrupt son, is reported to have sent a laptop to be repaired at a local store and failed to return for it. Time passed until the laptop became the property of the store for non-payment of the bill. When the owner saw what was on the hard drive he gave a copy to the FBI who did nothing even though it confirmed widespread corruption in which the Joe Biden family were using his political position, especially when he was vice president to Obama, to make multiple millions in countries around the world and most notably Ukraine and China. Hunter Biden's one-time business partner Tony Bobulinski went public when the story broke in the *New York Post* to confirm the corruption he saw and that Joe Biden not only knew what was going on he also profited from the spoils. Millions were handed over by a Chinese company with close

connections – like all major businesses in China – to the Chinese communist party of President Xi Jinping. Joe Biden even boasted at a meeting of the Cult's World Economic Forum that as vice president he had ordered the government of Ukraine to fire a prosecutor. What he didn't mention was that the same man just happened to be investigating an energy company which was part of Hunter Biden's corrupt portfolio. The company was paying him big bucks for no other reason than the influence his father had. Overnight Biden's presidential campaign should have been over given that he had lied publicly about not knowing what his son was doing. Instead almost the entire Sabbatian-owned mainstream media and Sabbatian-owned Silicon Valley suppressed circulation of the story. This alone went a mighty way to rigging the election of 2020. Cult assets like Mark Zuckerberg at Facebook also spent hundreds of millions to be used in support of Biden and vote 'administration'.

The Cult had used Trump as the focus to divide America and was now desperate to bring in moronic, pliable, corrupt Biden to complete the double-whammy. No way were they going to let little things like the will of the people thwart their plan. Silicon Valley widely censored claims that the election was rigged because it *was* rigged. For the same reason anyone claiming it was rigged was denounced as a 'white supremacist' including the pathetically few Republican politicians willing to say so. Right across the media where the claim was mentioned it was described as a 'false claim' even though these excuses for 'journalists' would have done no research into the subject whatsoever. Trump won seven million more votes than any sitting president had ever achieved while somehow a cognitively-challenged soon to be 78-year-old who was hidden away from the public for most of the campaign managed to win more votes than any presidential candidate in history. It makes no sense. You only had to see election rallies for both candidates to witness the enthusiasm for Trump and the apathy for Biden. Tens of thousands would attend Trump events while Biden was speaking in empty car parks with often only television crews attending and framing their shots to hide the fact that no one was there. It was pathetic to see

footage come to light of Biden standing at a podium making speeches only to TV crews and party fixers while reading the words written for him on massive Teleprompter screens. So, yes, those protestors on January 6th had a point about election rigging, but some were about to walk into a trap laid for them in Washington by the Cult Deep State and its QAnon Psyop. This was the Capitol Hill riot ludicrously dubbed an ‘insurrection’.

## **The spider and the fly**

Renegade Minds know there are not two ‘sides’ in politics, only one side, the Cult, working through all ‘sides’. It’s a stage show, a puppet show, to direct the perceptions of the population into focusing on diversions like parties and candidates while missing the puppeteers with their hands holding all the strings. The Capitol Hill ‘insurrection’ brings us back to the Little Big Horn. Having created two distinct opposing groupings – Woke and Pushbackers – the trap was about to be sprung. Pushbackers were to be encircled and isolated by associating them all in the public mind with Trump and then labelling Trump as some sort of Confederate leader. I knew immediately that the Capitol riot was a set-up because of two things. One was how easy the rioters got into the building with virtually no credible resistance and secondly I could see – as with the ‘Covid’ hoax in the West at the start of 2020 – how the Cult could exploit the situation to move its agenda forward with great speed. My experience of Cult techniques and activities over more than 30 years has showed me that while they do exploit situations they haven’t themselves created this never happens with events of fundamental agenda significance. Every time major events giving cultists the excuse to rapidly advance their plan you find they are manipulated into being for the specific reason of providing that excuse – Problem-Reaction-Solution. Only a tiny minority of the huge crowd of Washington protestors sought to gain entry to the Capitol by smashing windows and breaching doors. That didn’t matter. The whole crowd and all Pushbackers, even if they did not support Trump, were going to be lumped together as dangerous

insurrectionists and conspiracy theorists. The latter term came into widespread use through a CIA memo in the 1960s aimed at discrediting those questioning the nonsensical official story of the Kennedy assassination and it subsequently became widely employed by the media. It's still being used by inept 'journalists' with no idea of its origin to discredit anyone questioning anything that authority claims to be true. When you are perpetrating a conspiracy you need to discredit the very word itself even though the dictionary definition of conspiracy is merely 'the activity of secretly planning with other people to do something bad or illegal' and 'a general agreement to keep silent about a subject for the purpose of keeping it secret'. On that basis there are conspiracies almost wherever you look. For obvious reasons the Cult and its lapdog media have to claim there are no conspiracies even though the word appears in state laws as with conspiracy to defraud, to murder, and to corrupt public morals.

Agent provocateurs are widely used by the Cult Deep State to manipulate genuine people into acting in ways that suit the desired outcome. By genuine in this case I mean protestors genuinely supporting Trump and claims that the election was stolen. In among them, however, were agents of the state wearing the garb of Trump supporters and QAnon to pump-prime the Capitol riot which some genuine Trump supporters naively fell for. I described the situation as 'Come into my parlour said the spider to the fly'. Leaflets appeared through the Woke paramilitary arm Antifa, the anti-fascist fascists, calling on supporters to turn up in Washington looking like Trump supporters even though they hated him. Some of those arrested for breaching the Capitol Building were sourced to Antifa and its stable mate Black Lives Matter. Both organisations are funded by Cult billionaires and corporations. One man charged for the riot was according to his lawyer a former FBI agent who had held top secret security clearance for 40 years. Attorney Thomas Plofchan said of his client, 66-year-old Thomas Edward Caldwell:

He has held a Top Secret Security Clearance since 1979 and has undergone multiple Special Background Investigations in support of his clearances. After retiring from the Navy, he

worked as a section chief for the Federal Bureau of Investigation from 2009-2010 as a GS-12 [mid-level employee].

He also formed and operated a consulting firm performing work, often classified, for U.S government customers including the US Drug Enforcement Agency, Department of Housing and Urban Development, the US Coast Guard, and the US Army Personnel Command.

A judge later released Caldwell pending trial in the absence of evidence about a conspiracy or that he tried to force his way into the building. *The New York Post* reported a 'law enforcement source' as saying that 'at least two known Antifa members were spotted' on camera among Trump supporters during the riot while one of the rioters arrested was John Earle Sullivan, a seriously extreme Black Lives Matter Trump-hater from Utah who was previously arrested and charged in July, 2020, over a BLM-Antifa riot in which drivers were threatened and one was shot. Sullivan is the founder of Utah-based Insurgence USA which is an affiliate of the Cult-created-and-funded Black Lives Matter movement. Footage appeared and was then deleted by Twitter of Trump supporters calling out Antifa infiltrators and a group was filmed changing into pro-Trump clothing before the riot. Security at the building was *pathetic* – as planned. Colonel Leroy Fletcher Prouty, a man with long experience in covert operations working with the US security apparatus, once described the tell-tale sign to identify who is involved in an assassination. He said:

No one has to direct an assassination – it happens. The active role is played secretly by permitting it to happen. This is the greatest single clue. Who has the power to call off or reduce the usual security precautions?

This principle applies to many other situations and certainly to the Capitol riot of January 6th, 2021.

## **The sting**

With such a big and potentially angry crowd known to be gathering near the Capitol the security apparatus would have had a major police detail to defend the building with National Guard troops on

standby given the strength of feeling among people arriving from all over America encouraged by the QAnon Psyop and statements by Donald Trump. Instead Capitol Police ‘security’ was flimsy, weak, and easily breached. The same number of officers was deployed as on a regular day and that is a blatant red flag. They were not staffed or equipped for a possible riot that had been an obvious possibility in the circumstances. No protective and effective fencing worth the name was put in place and there were no contingency plans. The whole thing was basically a case of standing aside and waving people in. Once inside police mostly backed off apart from one Capitol police officer who ridiculously shot dead unarmed Air Force veteran protestor Ashli Babbitt without a warning as she climbed through a broken window. The ‘investigation’ refused to name or charge the officer after what must surely be considered a murder in the circumstances. They just lifted a carpet and swept. The story was endlessly repeated about five people dying in the ‘armed insurrection’ when there was no report of rioters using weapons. Apart from Babbitt the other four died from a heart attack, strokes and apparently a drug overdose. Capitol police officer Brian Sicknick was reported to have died after being bludgeoned with a fire extinguisher when he was alive after the riot was over and died later of what the Washington Medical Examiner’s Office said was a stroke. Sicknick had no external injuries. The lies were delivered like rapid fire. There was a narrative to build with incessant repetition of the lie until the lie became the accepted ‘everybody knows that’ truth. The ‘Big Lie’ technique of Nazi Propaganda Minister Joseph Goebbels is constantly used by the Cult which was behind the Nazis and is today behind the ‘Covid’ and ‘climate change’ hoaxes. Goebbels said:

If you tell a lie big enough and keep repeating it, people will eventually come to believe it. The lie can be maintained only for such time as the State can shield the people from the political, economic and/or military consequences of the lie. It thus becomes vitally important for the State to use all of its powers to repress dissent, for the truth is the mortal enemy of the lie, and thus by extension, the truth is the greatest enemy of the State.

Most protestors had a free run of the Capitol Building. This allowed pictures to be taken of rioters in iconic parts of the building including the Senate chamber which could be used as propaganda images against all Pushbackers. One Congresswoman described the scene as ‘the worst kind of non-security anybody could ever imagine’. Well, the first part was true, but someone obviously did imagine it and made sure it happened. Some photographs most widely circulated featured people wearing QAnon symbols and now the Psyop would be used to dub all QAnon followers with the ubiquitous fit-all label of ‘white supremacist’ and ‘insurrectionists’. When a Muslim extremist called Noah Green drove his car at two police officers at the Capitol Building killing one in April, 2021, there was no such political and media hysteria. They were just disappointed he wasn’t white.

## **The witch-hunt**

Government prosecutor Michael Sherwin, an aggressive, dark-eyed, professional Rottweiler led the ‘investigation’ and to call it over the top would be to underestimate reality a thousand fold. Hundreds were tracked down and arrested for the crime of having the wrong political views and people were jailed who had done nothing more than walk in the building, committed no violence or damage to property, took a few pictures and left. They were labelled a ‘threat to the Republic’ while Biden sat in the White House signing executive orders written for him that were dismantling ‘the Republic’. Even when judges ruled that a mother and son should not be in jail the government kept them there. Some of those arrested have been badly beaten by prison guards in Washington and lawyers for one man said he suffered a fractured skull and was made blind in one eye. Meanwhile a woman is shot dead for no reason by a Capitol Police officer and we are not allowed to know who he is never mind what has happened to him although that will be *nothing*. The Cult’s QAnon/Trump sting to identify and isolate Pushbackers and then target them on the road to crushing and deleting them was a resounding success. You would have thought the Russians had

invaded the building at gunpoint and lined up senators for a firing squad to see the political and media reaction. Congresswoman Alexandria Ocasio-Cortez is a child in a woman's body, a terrible-twins, me, me, me, Woker narcissist of such proportions that words have no meaning. She said she thought she was going to die when 'insurrectionists' banged on her office door. It turned out she wasn't even in the Capitol Building when the riot was happening and the 'banging' was a Capitol Police officer. She referred to herself as a 'survivor' which is an insult to all those true survivors of violent and sexual abuse while she lives her pampered and privileged life talking drivel for a living. Her Woke colleague and fellow mega-narcissist Rashida Tlaib broke down describing the devastating effect on her, too, of *not being* in the building when the rioters were there. Ocasio-Cortez and Tlaib are members of a fully-Woke group of Congresswomen known as 'The Squad' along with Ilhan Omar and Ayanna Pressley. The Squad from what I can see can be identified by its vehement anti-white racism, anti-white men agenda, and, as always in these cases, the absence of brain cells on active duty.

The usual suspects were on the riot case immediately in the form of Democrat ultra-Zionist senators and operatives Chuck Schumer and Adam Schiff demanding that Trump be impeached for 'his part in the insurrection'. The same pair of prats had led the failed impeachment of Trump over the invented 'Russia collusion' nonsense which claimed Russia had helped Trump win the 2016 election. I didn't realise that Tel Aviv had been relocated just outside Moscow. I must find an up-to-date map. The Russia hoax was a Sabbatian operation to keep Trump occupied and impotent and to stop any rapport with Russia which the Cult wants to retain as a perceptual enemy to be pulled out at will. Puppet Biden began attacking Russia when he came to office as the Cult seeks more upheaval, division and war across the world. A two-year stage show 'Russia collusion inquiry' headed by the not-very-bright former 9/11 FBI chief Robert Mueller, with support from 19 lawyers, 40 FBI agents plus intelligence analysts, forensic accountants and other

staff, devoured tens of millions of dollars and found no evidence of Russia collusion which a ten-year-old could have told them on day one. Now the same moronic Schumer and Schiff wanted a second impeachment of Trump over the Capitol ‘insurrection’ (riot) which the arrested development of Schumer called another ‘Pearl Harbor’ while others compared it with 9/11 in which 3,000 died and, in the case of CNN, with the Rwandan genocide in the 1990s in which an estimated 500,000 to 600,000 were murdered, between 250, 000 and 500,000 women were raped, and populations of whole towns were hacked to death with machetes. To make those comparisons purely for Cult political reasons is beyond insulting to those that suffered and lost their lives and confirms yet again the callous inhumanity that we are dealing with. Schumer is a monumental idiot and so is Schiff, but they serve the Cult agenda and do whatever they’re told so they get looked after. Talking of idiots – another inane man who spanned the Russia and Capitol impeachment attempts was Senator Eric Swalwell who had the nerve to accuse Trump of collusion with the Russians while sleeping with a Chinese spy called Christine Fang or ‘Fang Fang’ which is straight out of a Bond film no doubt starring Klaus Schwab as the bloke living on a secret island and controlling laser weapons positioned in space and pointing at world capitals. Fang Fang plays the part of Bond’s infiltrator girlfriend which I’m sure she would enjoy rather more than sharing a bed with the brainless Swalwell, lying back and thinking of China. The FBI eventually warned Swalwell about Fang Fang which gave her time to escape back to the Chinese dictatorship. How very thoughtful of them. The second Trump impeachment also failed and hardly surprising when an impeachment is supposed to remove a sitting president and by the time it happened Trump was no longer president. These people are running your country America, well, officially anyway. Terrifying isn’t it?

## **Outcomes tell the story - always**

The outcome of all this – and it’s the *outcome* on which Renegade Minds focus, not the words – was that a vicious, hysterical and

obviously pre-planned assault was launched on Pushbackers to censor, silence and discredit them and even targeted their right to earn a living. They have since been condemned as ‘domestic terrorists’ that need to be treated like Al-Qaeda and Islamic State. ‘Domestic terrorists’ is a label the Cult has been trying to make stick since the period of the Oklahoma bombing in 1995 which was blamed on ‘far-right domestic terrorists’. If you read *The Trigger* you will see that the bombing was clearly a Problem-Reaction-Solution carried out by the Deep State during a Bill Clinton administration so corrupt that no dictionary definition of the term would even nearly suffice. Nearly 30,000 troops were deployed from all over America to the empty streets of Washington for Biden’s inauguration. Ten thousand of them stayed on with the pretext of protecting the capital from insurrectionists when it was more psychological programming to normalise the use of the military in domestic law enforcement in support of the Cult plan for a police-military state. Biden’s fascist administration began a purge of ‘wrong-thinkers’ in the military which means anyone that is not on board with Woke. The Capitol Building was surrounded by a fence with razor wire and the Land of the Free was further symbolically and literally dismantled. The circle was completed with the installation of Biden and the exploitation of the QAnon Psyop.

America had never been so divided since the civil war of the 19th century, Pushbackers were isolated and dubbed terrorists and now, as was always going to happen, the Cult immediately set about deleting what little was left of freedom and transforming American society through a swish of the hand of the most controlled ‘president’ in American history leading (officially at least) the most extreme regime since the country was declared an independent state on July 4th, 1776. Biden issued undebated, dictatorial executive orders almost by the hour in his opening days in office across the whole spectrum of the Cult wish-list including diluting controls on the border with Mexico allowing thousands of migrants to illegally enter the United States to transform the demographics of America and import an election-changing number of perceived Democrat

voters. Then there were Biden deportation amnesties for the already illegally resident (estimated to be as high as 20 or even 30 million). A bill before Congress awarded American citizenship to anyone who could prove they had worked in agriculture for just 180 days in the previous two years as 'Big Ag' secured its slave labour long-term. There were the plans to add new states to the union such as Puerto Rico and making Washington DC a state. They are all parts of a plan to ensure that the Cult-owned Woke Democrats would be permanently in power.

## **Border – what border?**

I have exposed in detail in other books how mass immigration into the United States and Europe is the work of Cult networks fuelled by the tens of billions spent to this and other ends by George Soros and his global Open Society (open borders) Foundations. The impact can be seen in America alone where the population has increased by *100 million* in little more than 30 years mostly through immigration. I wrote in *The Answer* that the plan was to have so many people crossing the southern border that the numbers become unstoppable and we are now there under Cult-owned Biden. El Salvador in Central America puts the scale of what is happening into context. A third of the population now lives in the United States, much of it illegally, and many more are on the way. The methodology is to crush Central and South American countries economically and spread violence through machete-wielding psychopathic gangs like MS-13 based in El Salvador and now operating in many American cities. Biden-imposed lax security at the southern border means that it is all but open. He said before his 'election' that he wanted to see a surge towards the border if he became president and that was the green light for people to do just that after election day to create the human disaster that followed for both America and the migrants. When that surge came the imbecilic Alexandria Ocasio-Cortez said it wasn't a 'surge' because they are 'children, not insurgents' and the term 'surge' (used by Biden) was a claim of 'white supremacists'.

This disingenuous lady may one day enter the realm of the most basic intelligence, but it won't be any time soon.

Sabbatians and the Cult are in the process of destroying America by importing violent people and gangs in among the genuine to terrorise American cities and by overwhelming services that cannot cope with the sheer volume of new arrivals. Something similar is happening in Europe as Western society in general is targeted for demographic and cultural transformation and upheaval. The plan demands violence and crime to create an environment of intimidation, fear and division and Soros has been funding the election of district attorneys across America who then stop prosecuting many crimes, reduce sentences for violent crimes and free as many violent criminals as they can. Sabbatians are creating the chaos from which order – their order – can respond in a classic Problem-Reaction-Solution. A Freemasonic moto says ‘Ordo Ab Chao’ (Order out of Chaos) and this is why the Cult is constantly creating chaos to impose a new ‘order’. Here you have the reason the Cult is constantly creating chaos. The ‘Covid’ hoax can be seen with those entering the United States by plane being forced to take a ‘Covid’ test while migrants flooding through southern border processing facilities do not. Nothing is put in the way of mass migration and if that means ignoring the government’s own ‘Covid’ rules then so be it. They know it’s all bullshit anyway. Any pushback on this is denounced as ‘racist’ by Wokers and Sabbatian fronts like the ultra-Zionist Anti-Defamation League headed by the appalling Jonathan Greenblatt which at the same time argues that Israel should not give citizenship and voting rights to more Palestinian Arabs or the ‘Jewish population’ (in truth the Sabbatian network) will lose control of the country.

## **Society-changing numbers**

Biden’s masters have declared that countries like El Salvador are so dangerous that their people must be allowed into the United States for humanitarian reasons when there are fewer murders in large parts of many Central American countries than in US cities like

Baltimore. That is not to say Central America cannot be a dangerous place and Cult-controlled American governments have been making it so since way back, along with the dismantling of economies, in a long-term plan to drive people north into the United States. Parts of Central America are very dangerous, but in other areas the story is being greatly exaggerated to justify relaxing immigration criteria. Migrants are being offered free healthcare and education in the United States as another incentive to head for the border and there is no requirement to be financially independent before you can enter to prevent the resources of America being drained. You can't blame migrants for seeking what they believe will be a better life, but they are being played by the Cult for dark and nefarious ends. The numbers since Biden took office are huge. In February, 2021, more than 100,000 people were known to have tried to enter the US illegally through the southern border (it was 34,000 in the same month in 2020) and in March it was 170,000 – a 418 percent increase on March, 2020. These numbers are only known people, not the ones who get in unseen. The true figure for migrants illegally crossing the border in a single month was estimated by one congressman at 250,000 and that number will only rise under Biden's current policy. Gangs of murdering drug-running thugs that control the Mexican side of the border demand money – thousands of dollars – to let migrants cross the Rio Grande into America. At the same time gun battles are breaking out on the border several times a week between rival Mexican drug gangs (which now operate globally) who are equipped with sophisticated military-grade weapons, grenades and armoured vehicles. While the Capitol Building was being 'protected' from a non-existent 'threat' by thousands of troops, and others were still deployed at the time in the Cult Neocon war in Afghanistan, the southern border of America was left to its fate. This is not incompetence, it is cold calculation.

By March, 2021, there were 17,000 unaccompanied children held at border facilities and many of them are ensnared by people traffickers for paedophile rings and raped on their journey north to America. This is not conjecture – this is fact. Many of those designated

children are in reality teenage boys or older. Meanwhile Wokers posture their self-purity for encouraging poor and tragic people to come to America and face this nightmare both on the journey and at the border with the disgusting figure of House Speaker Nancy Pelosi giving disingenuous speeches about caring for migrants. The woman's evil. Wokers condemned Trump for having children in cages at the border (so did Obama, *Shhhh*), but now they are sleeping on the floor without access to a shower with one border facility 729 percent over capacity. The Biden insanity even proposed flying migrants from the southern border to the northern border with Canada for 'processing'. The whole shambles is being overseen by ultra-Zionist Secretary of Homeland Security, the moronic liar Alejandro Mayorkas, who banned news cameras at border facilities to stop Americans seeing what was happening. Mayorkas said there was not a ban on news crews; it was just that they were not allowed to film. Alongside him at Homeland Security is another ultra-Zionist Cass Sunstein appointed by Biden to oversee new immigration laws. Sunstein despises conspiracy researchers to the point where he suggests they should be banned or *taxed* for having such views. The man is not bonkers or anything. He's perfectly well-adjusted, but adjusted to what is the question. Criticise what is happening and you are a 'white supremacist' when earlier non-white immigrants also oppose the numbers which effect their lives and opportunities. Black people in poor areas are particularly damaged by uncontrolled immigration and the increased competition for work opportunities with those who will work for less. They are also losing voting power as Hispanics become more dominant in former black areas. It's a downward spiral for them while the billionaires behind the policy drone on about how much they care about black people and 'racism'. None of this is about compassion for migrants or black people – that's just wind and air. Migrants are instead being mercilessly exploited to transform America while the countries they leave are losing their future and the same is true in Europe. Mass immigration may now be the work of Woke Democrats, but it can be traced back to the 1986 Immigration Reform and Control Act (it

wasn't) signed into law by Republican hero President Ronald Reagan which gave amnesty to millions living in the United States illegally and other incentives for people to head for the southern border. Here we have the one-party state at work again.

## **Save me syndrome**

Almost every aspect of what I have been exposing as the Cult agenda was on display in even the first days of 'Biden' with silencing of Pushbackers at the forefront of everything. A Renegade Mind will view the Trump years and QAnon in a very different light to their supporters and advocates as the dots are connected. The QAnon/Trump Psyop has given the Cult all it was looking for. We may not know how much, or little, that Trump realised he was being used, but that's a side issue. This pincer movement produced the desired outcome of dividing America and having Pushbackers isolated. To turn this around we have to look at new routes to empowerment which do not include handing our power to other people and groups through what I will call the 'Save Me Syndrome' – 'I want someone else to do it so that I don't have to'. We have seen this at work throughout human history and the QAnon/Trump Psyop is only the latest incarnation alongside all the others. Religion is an obvious expression of this when people look to a 'god' or priest to save them or tell them how to be saved and then there are 'save me' politicians like Trump. Politics is a diversion and not a 'saviour'. It is a means to block positive change, not make it possible.

Save Me Syndrome always comes with the same repeating theme of handing your power to whom or what you believe will save you while your real 'saviour' stares back from the mirror every morning. Renegade Minds are constantly vigilant in this regard and always asking the question 'What can I do?' rather than 'What can someone else do for me?' Gandhi was right when he said: 'You must be the change you want to see in the world.' We are indeed the people we have been waiting for. We are presented with a constant raft of reasons to concede that power to others and forget where the real power is. Humanity has the numbers and the Cult does not. It has to

use diversion and division to target the unstoppable power that comes from unity. Religions, governments, politicians, corporations, media, QAnon, are all different manifestations of this power-diversion and dilution. Refusing to give your power to governments and instead handing it to Trump and QAnon is not to take a new direction, but merely to recycle the old one with new names on the posters. I will explore this phenomenon as we proceed and how to break the cycles and recycles that got us here through the mists of repeating perception and so repeating history.

For now we shall turn to the most potent example in the entire human story of the consequences that follow when you give your power away. I am talking, of course, of the 'Covid' hoax.

## CHAPTER FOUR

### 'Covid': Calculated catastrophe

*Facts are threatening to those invested in fraud*  
DaShanne Stokes

We can easily unravel the real reason for the 'Covid pandemic' hoax by employing the Renegade Mind methodology that I have outlined this far. We'll start by comparing the long-planned Cult outcome with the 'Covid pandemic' outcome. Know the outcome and you'll see the journey.

I have highlighted the plan for the Hunger Games Society which has been in my books for so many years with the very few controlling the very many through ongoing dependency. To create this dependency it is essential to destroy independent livelihoods, businesses and employment to make the population reliant on the state (the Cult) for even the basics of life through a guaranteed pittance income. While independence of income remained these Cult ambitions would be thwarted. With this knowledge it was easy to see where the 'pandemic' hoax was going once talk of 'lockdowns' began and the closing of all but perceived 'essential' businesses to 'save' us from an alleged 'deadly virus'. Cult corporations like Amazon and Walmart were naturally considered 'essential' while mom and pop shops and stores had their doors closed by fascist decree. As a result with every new lockdown and new regulation more small and medium, even large businesses not owned by the Cult, went to the wall while Cult giants and their frontmen and women grew financially fatter by the second. Mom and pop were

denied an income and the right to earn a living and the wealth of people like Jeff Bezos (Amazon), Mark Zuckerberg (Facebook) and Sergei Brin and Larry Page (Google/Alphabet) have reached record levels. The Cult was increasing its own power through further dramatic concentrations of wealth while the competition was being destroyed and brought into a state of dependency. Lockdowns have been instigated to secure that very end and were never anything to do with health. My brother Paul spent 45 years building up a bus repair business, but lockdowns meant buses were running at a fraction of normal levels for months on end. Similar stories can told in their hundreds of millions worldwide. Efforts of a lifetime coldly destroyed by Cult multi-billionaires and their lackeys in government and law enforcement who continued to earn their living from the taxation of the people while denying the right of the same people to earn theirs. How different it would have been if those making and enforcing these decisions had to face the same financial hardships of those they affected, but they never do.

## **Gates of Hell**

Behind it all in the full knowledge of what he is doing and why is the psychopathic figure of Cult operative Bill Gates. His puppet Tedros at the World Health Organization declared 'Covid' a pandemic in March, 2020. The WHO had changed the definition of a 'pandemic' in 2009 just a month before declaring the 'swine flu pandemic' which would not have been so under the previous definition. The same applies to 'Covid'. The definition had included... 'an infection by an infectious agent, occurring simultaneously in different countries, with a significant mortality rate relative to the proportion of the population infected'. The new definition removed the need for 'significant mortality'. The 'pandemic' has been fraudulent even down to the definition, but Gates demanded economy-destroying lockdowns, school closures, social distancing, mandatory masks, a 'vaccination' for every man, woman and child on the planet and severe consequences and restrictions for those that refused. Who gave him this power? The

Cult did which he serves like a little boy in short trousers doing what his daddy tells him. He and his psychopathic missus even smiled when they said that much worse was to come (what they knew was planned to come). Gates responded in the matter-of-fact way of all psychopaths to a question about the effect on the world economy of what he was doing:

Well, it won't go to zero but it will shrink. Global GDP is probably going to take the biggest hit ever [Gates was smiling as he said this] ... in my lifetime this will be the greatest economic hit. But you don't have a choice. People act as if you have a choice. People don't feel like going to the stadium when they might get infected ... People are deeply affected by seeing these stats, by knowing they could be part of the transmission chain, old people, their parents and grandparents, could be affected by this, and so you don't get to say ignore what is going on here.

There will be the ability to open up, particularly in rich countries, if things are done well over the next few months, but for the world at large normalcy only returns when we have largely vaccinated the entire population.

The man has no compassion or empathy. How could he when he's a psychopath like all Cult players? My own view is that even beyond that he is very seriously mentally ill. Look in his eyes and you can see this along with his crazy flailing arms. You don't do what he has done to the world population since the start of 2020 unless you are mentally ill and at the most extreme end of psychopathic. You especially don't do it when to you know, as we shall see, that cases and deaths from 'Covid' are fakery and a product of monumental figure massaging. 'These stats' that Gates referred to are based on a 'test' that's not testing for the 'virus' as he has known all along. He made his fortune with big Cult support as an infamously ruthless software salesman and now buys global control of 'health' (death) policy without the population he affects having any say. It's a breathtaking outrage. Gates talked about people being deeply affected by fear of 'Covid' when that was because of *him* and his global network lying to them minute-by-minute supported by a lying media that he seriously influences and funds to the tune of hundreds of millions. He's handed big sums to media operations including the BBC, NBC, Al Jazeera, Univision, *PBS NewsHour*,

*ProPublica, National Journal, The Guardian, The Financial Times, The Atlantic, Texas Tribune, USA Today* publisher Gannett, Washington Monthly, Le Monde, Center for Investigative Reporting, Pulitzer Center on Crisis Reporting, National Press Foundation, International Center for Journalists, Solutions Journalism Network, the Poynter Institute for Media Studies, and many more. Gates is everywhere in the ‘Covid’ hoax and the man must go to prison – or a mental facility – for the rest of his life and his money distributed to those he has taken such enormous psychopathic pleasure in crushing.

## **The Muscle**

The Hunger Games global structure demands a police-military state – a fusion of the two into one force – which viciously imposes the will of the Cult on the population and protects the Cult from public rebellion. In that regard, too, the ‘Covid’ hoax just keeps on giving. Often unlawful, ridiculous and contradictory ‘Covid’ rules and regulations have been policed across the world by moronic automatons and psychopaths made faceless by face-nappy masks and acting like the Nazi SS and fascist blackshirts and brownshirts of Hitler and Mussolini. The smallest departure from the rules decreed by the psychos in government and their clueless gofers were jumped upon by the face-nappy fascists. Brutality against public protestors soon became commonplace even on girls, women and old people as the brave men with the batons – the Face-Nappies as I call them – broke up peaceful protests and handed out fines like confetti to people who couldn’t earn a living let alone pay hundreds of pounds for what was once an accepted human right. Robot Face-Nappies of Nottingham police in the English East Midlands fined one group £11,000 for attending a child’s birthday party. For decades I charted the transformation of law enforcement as genuine, decent officers were replaced with psychopaths and the brain dead who would happily and brutally do whatever their masters told them. Now they were let loose on the public and I would emphasise the point that none of this just happened. The step-by-step change in the dynamic between police and public was orchestrated from the shadows by

those who knew where this was all going and the same with the perceptual reframing of those in all levels of authority and official administration through ‘training courses’ by organisations such as Common Purpose which was created in the late 1980s and given a massive boost in Blair era Britain until it became a global phenomenon. Supposed public ‘servants’ began to view the population as the enemy and the same was true of the police. This was the start of the explosion of behaviour manipulation organisations and networks preparing for the all-war on the human psyche unleashed with the dawn of 2020. I will go into more detail about this later in the book because it is a core part of what is happening.

Police desecrated beauty spots to deter people gathering and arrested women for walking in the countryside alone ‘too far’ from their homes. We had arrogant, clueless sergeants in the Isle of Wight police where I live posting on Facebook what they insisted the population must do or else. A schoolmaster sergeant called Radford looked young enough for me to ask if his mother knew he was out, but he was posting what he *expected* people to do while a Sergeant Wilkinson boasted about fining lads for meeting in a McDonald’s car park where they went to get a lockdown takeaway. Wilkinson added that he had even cancelled their order. What a pair of prats these people are and yet they have increasingly become the norm among Jackboot Johnson’s Yellowshirts once known as the British police. This was the theme all over the world with police savagery common during lockdown protests in the United States, the Netherlands, and the fascist state of Victoria in Australia under its tyrannical and again moronic premier Daniel Andrews. Amazing how tyrannical and moronic tend to work as a team and the same combination could be seen across America as arrogant, narcissistic Woke governors and mayors such as Gavin Newsom (California), Andrew Cuomo (New York), Gretchen Whitmer (Michigan), Lori Lightfoot (Chicago) and Eric Garcetti (Los Angeles) did their Nazi and Stalin impressions with the full support of the compliant brutality of their enforcers in uniform as they arrested small business owners defying

fascist shutdown orders and took them to jail in ankle shackles and handcuffs. This happened to bistro owner Marlena Pavlos-Hackney in Gretchen Whitmer's fascist state of Michigan when police arrived to enforce an order by a state-owned judge for 'putting the community at risk' at a time when other states like Texas were dropping restrictions and migrants were pouring across the southern border without any 'Covid' questions at all. I'm sure there are many officers appalled by what they are ordered to do, but not nearly enough of them. If they were truly appalled they would not do it. As the months passed every opportunity was taken to have the military involved to make their presence on the streets ever more familiar and 'normal' for the longer-term goal of police-military fusion.

Another crucial element to the Hunger Games enforcement network has been encouraging the public to report neighbours and others for 'breaking the lockdown rules'. The group faced with £11,000 in fines at the child's birthday party would have been dobbed-in by a neighbour with a brain the size of a pea. The technique was most famously employed by the Stasi secret police in communist East Germany who had public informants placed throughout the population. A police chief in the UK says his force doesn't need to carry out 'Covid' patrols when they are flooded with so many calls from the public reporting other people for visiting the beach. Dorset police chief James Vaughan said people were so enthusiastic about snitching on their fellow humans they were now operating as an auxiliary arm of the police: 'We are still getting around 400 reports a week from the public, so we will respond to reports ... We won't need to be doing hotspot patrols because people are very quick to pick the phone up and tell us.' Vaughan didn't say that this is a pillar of all tyrannies of whatever complexion and the means to hugely extend the reach of enforcement while spreading distrust among the people and making them wary of doing anything that might get them reported. Those narcissistic Isle of Wight sergeants Radford and Wilkinson never fail to add a link to their Facebook posts where the public can inform on their fellow slaves.

Neither would be self-aware enough to realise they were imitating the Stasi which they might well never have heard of. Government psychologists that I will expose later laid out a policy to turn communities against each other in the same way.

## **A coincidence? Yep, and I can knit fog**

I knew from the start of the alleged pandemic that this was a Cult operation. It presented limitless potential to rapidly advance the Cult agenda and exploit manipulated fear to demand that every man, woman and child on the planet was ‘vaccinated’ in a process never used on humans before which infuses self-replicating *synthetic* material into human cells. Remember the plan to transform the human body from a biological to a synthetic biological state. I’ll deal with the ‘vaccine’ (that’s not actually a vaccine) when I focus on the genetic agenda. Enough to say here that mass global ‘vaccination’ justified by this ‘new virus’ set alarms ringing after 30 years of tracking these people and their methods. The ‘Covid’ hoax officially beginning in China was also a big red flag for reasons I will be explaining. The agenda potential was so enormous that I could dismiss any idea that the ‘virus’ appeared naturally. Major happenings with major agenda implications never occur without Cult involvement in making them happen. My questions were twofold in early 2020 as the media began its campaign to induce global fear and hysteria: Was this alleged infectious agent released on purpose by the Cult or did it even exist at all? I then did what I always do in these situations. I sat, observed and waited to see where the evidence and information would take me. By March and early April synchronicity was strongly – and ever more so since then – pointing me in the direction of *there is no ‘virus’*. I went public on that with derision even from swathes of the alternative media that voiced a scenario that the Chinese government released the ‘virus’ in league with Deep State elements in the United States from a top-level bio-lab in Wuhan where the ‘virus’ is said to have first appeared. I looked at that possibility, but I didn’t buy it for several reasons. Deaths from the ‘virus’ did not in any way match what they

would have been with a ‘deadly bioweapon’ and it is much more effective if you sell the *illusion* of an infectious agent rather than having a real one unless you can control through injection who has it and who doesn’t. Otherwise you lose control of events. A made-up ‘virus’ gives you a blank sheet of paper on which you can make it do whatever you like and have any symptoms or mutant ‘variants’ you choose to add while a real infectious agent would limit you to what it actually does. A phantom disease allows you to have endless ludicrous ‘studies’ on the ‘Covid’ dollar to widen the perceived impact by inventing ever more ‘at risk’ groups including one study which said those who walk slowly may be almost four times more likely to die from the ‘virus’. People are in psychiatric wards for less.

A real ‘deadly bioweapon’ can take out people in the hierarchy that are not part of the Cult, but essential to its operation. Obviously they don’t want that. Releasing a real disease means you immediately lose control of it. Releasing an illusory one means you don’t. Again it’s vital that people are extra careful when dealing with what they want to hear. A bioweapon unleashed from a Chinese laboratory in collusion with the American Deep State may fit a conspiracy narrative, but is it true? Would it not be far more effective to use the excuse of a ‘virus’ to justify the real bioweapon – the ‘vaccine’? That way your disease agent does not have to be transmitted and arrives directly through a syringe. I saw a French virologist Luc Montagnier quoted in the alternative media as saying he had discovered that the alleged ‘new’ severe acute respiratory syndrome coronavirus , or SARS-CoV-2, was made artificially and included elements of the human immunodeficiency ‘virus’ (HIV) and a parasite that causes malaria. SARS-CoV-2 is alleged to trigger an alleged illness called Covid-19. I remembered Montagnier’s name from my research years before into claims that an HIV ‘retrovirus’ causes AIDS – claims that were demolished by Berkeley virologist Peter Duesberg who showed that no one had ever proved that HIV causes acquired immunodeficiency syndrome or AIDS. Claims that become accepted as fact, publicly and medically, with no proof whatsoever are an ever-recurring story that profoundly applies to

'Covid'. Nevertheless, despite the lack of proof, Montagnier's team at the Pasteur Institute in Paris had a long dispute with American researcher Robert Gallo over which of them discovered and isolated the HIV 'virus' and with *no evidence* found it to cause AIDS. You will see later that there is also no evidence that any 'virus' causes any disease or that there is even such a thing as a 'virus' in the way it is said to exist. The claim to have 'isolated' the HIV 'virus' will be presented in its real context as we come to the shocking story – and it is a story – of SARS-CoV-2 and so will Montagnier's assertion that he identified the full SARS-CoV-2 genome.

## **Hoax in the making**

We can pick up the 'Covid' story in 2010 and the publication by the Rockefeller Foundation of a document called 'Scenarios for the Future of Technology and International Development'. The inner circle of the Rockefeller family has been serving the Cult since John D. Rockefeller (1839-1937) made his fortune with Standard Oil. It is less well known that the same Rockefeller – the Bill Gates of his day – was responsible for establishing what is now referred to as 'Big Pharma', the global network of pharmaceutical companies that make outrageous profits dispensing scalpel and drug 'medicine' and are obsessed with pumping vaccines in ever-increasing number into as many human arms and backsides as possible. John D. Rockefeller was the driving force behind the creation of the 'education' system in the United States and elsewhere specifically designed to program the perceptions of generations thereafter. The Rockefeller family donated exceptionally valuable land in New York for the United Nations building and were central in establishing the World Health Organization in 1948 as an agency of the UN which was created from the start as a Trojan horse and stalking horse for world government. Now enter Bill Gates. His family and the Rockefellers have long been extremely close and I have seen genealogy which claims that if you go back far enough the two families fuse into the same bloodline. Gates has said that the Bill and Melinda Gates Foundation was inspired by the Rockefeller Foundation and why not

when both are serving the same Cult? Major tax-exempt foundations are overwhelmingly criminal enterprises in which Cult assets fund the Cult agenda in the guise of 'philanthropy' while avoiding tax in the process. Cult operatives can become mega-rich in their role of front men and women for the psychopaths at the inner core and they, too, have to be psychopaths to knowingly serve such evil. Part of the deal is that a big percentage of the wealth gleaned from representing the Cult has to be spent advancing the ambitions of the Cult and hence you have the Rockefeller Foundation, Bill and Melinda Gates Foundation (and so many more) and people like George Soros with his global Open Society Foundations spending their billions in pursuit of global Cult control. Gates is a global public face of the Cult with his interventions in world affairs including Big Tech influence; a central role in the 'Covid' and 'vaccine' scam; promotion of the climate change shakedown; manipulation of education; geoengineering of the skies; and his food-control agenda as the biggest owner of farmland in America, his GMO promotion and through other means. As one writer said: 'Gates monopolizes or wields disproportionate influence over the tech industry, global health and vaccines, agriculture and food policy (including biopiracy and fake food), weather modification and other climate technologies, surveillance, education and media.' The almost limitless wealth secured through Microsoft and other not-allowed-to-fail ventures (including vaccines) has been ploughed into a long, long list of Cult projects designed to enslave the entire human race. Gates and the Rockefellers have been working as one unit with the Rockefeller-established World Health Organization leading global 'Covid' policy controlled by Gates through his mouth-piece Tedros. Gates became the WHO's biggest funder when Trump announced that the American government would cease its donations, but Biden immediately said he would restore the money when he took office in January, 2021. The Gates Foundation (the Cult) owns through limitless funding the world health system and the major players across the globe in the 'Covid' hoax.

Okay, with that background we return to that Rockefeller Foundation document of 2010 headed ‘Scenarios for the Future of Technology and International Development’ and its ‘imaginary’ epidemic of a virulent and deadly influenza strain which infected 20 percent of the global population and killed eight million in seven months. The Rockefeller scenario was that the epidemic destroyed economies, closed shops, offices and other businesses and led to governments imposing fierce rules and restrictions that included mandatory wearing of face masks and body-temperature checks to enter communal spaces like railway stations and supermarkets. The document predicted that even after the height of the Rockefeller-envisioned epidemic the authoritarian rule would continue to deal with further pandemics, transnational terrorism, environmental crises and rising poverty. Now you may think that the Rockefellers are our modern-day seers or alternatively, and rather more likely, that they well knew what was planned a few years further on. Fascism had to be imposed, you see, to ‘protect citizens from risk and exposure’. The Rockefeller scenario document said:

During the pandemic, national leaders around the world flexed their authority and imposed airtight rules and restrictions, from the mandatory wearing of face masks to body-temperature checks at the entries to communal spaces like train stations and supermarkets. Even after the pandemic faded, this more authoritarian control and oversight of citizens and their activities stuck and even intensified. In order to protect themselves from the spread of increasingly global problems – from pandemics and transnational terrorism to environmental crises and rising poverty – leaders around the world took a firmer grip on power.

At first, the notion of a more controlled world gained wide acceptance and approval. Citizens willingly gave up some of their sovereignty – and their privacy – to more paternalistic states in exchange for greater safety and stability. Citizens were more tolerant, and even eager, for top-down direction and oversight, and national leaders had more latitude to impose order in the ways they saw fit.

In developed countries, this heightened oversight took many forms: biometric IDs for all citizens, for example, and tighter regulation of key industries whose stability was deemed vital to national interests. In many developed countries, enforced cooperation with a suite of new regulations and agreements slowly but steadily restored both order and, importantly, economic growth.

There we have the prophetic Rockefellers in 2010 and three years later came their paper for the Global Health Summit in Beijing, China, when government representatives, the private sector, international organisations and groups met to discuss the next 100 years of 'global health'. The Rockefeller Foundation-funded paper was called 'Dreaming the Future of Health for the Next 100 Years' and more prophecy ensued as it described a dystopian future: 'The abundance of data, digitally tracking and linking people may mean the 'death of privacy' and may replace physical interaction with transient, virtual connection, generating isolation and raising questions of how values are shaped in virtual networks.' Next in the 'Covid' hoax preparation sequence came a 'table top' simulation in 2018 for another 'imaginary' pandemic of a disease called Clade X which was said to kill 900 million people. The exercise was organised by the Gates-funded Johns Hopkins University's Center for Health Security in the United States and this is the very same university that has been compiling the disgustingly and systematically erroneous global figures for 'Covid' cases and deaths. Similar Johns Hopkins health crisis scenarios have included the Dark Winter exercise in 2001 and Atlantic Storm in 2005.

## **Nostradamus 201**

For sheer predictive genius look no further prophecy-watchers than the Bill Gates-funded Event 201 held only six weeks before the 'coronavirus pandemic' is supposed to have broken out in China and Event 201 was based on a scenario of a global 'coronavirus pandemic'. Melinda Gates, the great man's missus, told the BBC that he had 'prepared for years' for a coronavirus pandemic which told us what we already knew. Nostradamugates had predicted in a TED talk in 2015 that a pandemic was coming that would kill a lot of people and demolish the world economy. My god, the man is a machine – possibly even literally. Now here he was only weeks before the real thing funding just such a simulated scenario and involving his friends and associates at Johns Hopkins, the World Economic Forum Cult-front of Klaus Schwab, the United Nations,

Johnson & Johnson, major banks, and officials from China and the Centers for Disease Control in the United States. What synchronicity – Johns Hopkins would go on to compile the fraudulent ‘Covid’ figures, the World Economic Forum and Schwab would push the ‘Great Reset’ in response to ‘Covid’, the Centers for Disease Control would be at the forefront of ‘Covid’ policy in the United States, Johnson & Johnson would produce a ‘Covid vaccine’, and everything would officially start just weeks later in China. Spooky, eh? They were even accurate in creating a simulation of a ‘virus’ pandemic because the ‘real thing’ would also be a simulation. Event 201 was not an exercise preparing for something that might happen; it was a rehearsal for what those in control knew was *going* to happen and very shortly. Hours of this simulation were posted on the Internet and the various themes and responses mirrored what would soon be imposed to transform human society. News stories were inserted and what they said would be commonplace a few weeks later with still more prophecy perfection. Much discussion focused on the need to deal with misinformation and the ‘anti-vax movement’ which is exactly what happened when the ‘virus’ arrived – was said to have arrived – in the West.

Cult-owned social media banned criticism and exposure of the official ‘virus’ narrative and when I said there *was* no ‘virus’ in early April, 2020, I was banned by one platform after another including YouTube, Facebook and later Twitter. The mainstream broadcast media in Britain was in effect banned from interviewing me by the Tony-Blair-created government broadcasting censor Ofcom headed by career government bureaucrat Melanie Dawes who was appointed just as the ‘virus’ hoax was about to play out in January, 2020. At the same time the Ickonic media platform was using Vimeo, another ultra-Zionist-owned operation, while our own player was being created and they deleted in an instant hundreds of videos, documentaries, series and shows to confirm their unbelievable vindictiveness. We had copies, of course, and they had to be restored one by one when our player was ready. These people have no class. Sabbatian Facebook promised free advertisements for the Gates-

controlled World Health Organization narrative while deleting ‘false claims and conspiracy theories’ to stop ‘misinformation’ about the alleged coronavirus. All these responses could be seen just a short while earlier in the scenarios of Event 201. Extreme censorship was absolutely crucial for the Cult because the official story was so ridiculous and unsupportable by the evidence that it could never survive open debate and the free-flow of information and opinion. If you can’t win a debate then don’t have one is the Cult’s approach throughout history. Facebook’s little boy front man – front boy – Mark Zuckerberg equated ‘credible and accurate information’ with official sources and exposing their lies with ‘misinformation’.

## **Silencing those that can see**

The censorship dynamic of Event 201 is now the norm with an army of narrative-supporting ‘fact-checker’ organisations whose entire reason for being is to tell the public that official narratives are true and those exposing them are lying. One of the most appalling of these ‘fact-checkers’ is called NewsGuard founded by ultra-Zionist Americans Gordon Crovitz and Steven Brill. Crovitz is a former publisher of *The Wall Street Journal*, former Executive Vice President of Dow Jones, a member of the Council on Foreign Relations (CFR), and on the board of the American Association of Rhodes Scholars. The CFR and Rhodes Scholarships, named after Rothschild agent Cecil Rhodes who plundered the gold and diamonds of South Africa for his masters and the Cult, have featured widely in my books. NewsGuard don’t seem to like me for some reason – I really can’t think why – and they have done all they can to have me censored and discredited which is, to quote an old British politician, like being savaged by a dead sheep. They are, however, like all in the censorship network, very well connected and funded by organisations themselves funded by, or connected to, Bill Gates. As you would expect with anything associated with Gates NewsGuard has an offshoot called HealthGuard which ‘fights online health care hoaxes’. How very kind. Somehow the NewsGuard European Managing Director Anna-Sophie Harling, a remarkably young-

looking woman with no broadcasting experience and little hands-on work in journalism, has somehow secured a position on the ‘Content Board’ of UK government broadcast censor Ofcom. An executive of an organisation seeking to discredit dissidents of the official narratives is making decisions for the government broadcast ‘regulator’ about content?? Another appalling ‘fact-checker’ is Full Fact funded by George Soros and global censors Google and Facebook.

It’s amazing how many activists in the ‘fact-checking’, ‘anti-hate’, arena turn up in government-related positions – people like UK Labour Party activist Imran Ahmed who heads the Center for Countering Digital Hate founded by people like Morgan McSweeney, now chief of staff to the Labour Party’s hapless and useless ‘leader’ Keir Starmer. Digital Hate – which is what it really is – uses the American spelling of Center to betray its connection to a transatlantic network of similar organisations which in 2020 shapeshifted from attacking people for ‘hate’ to attacking them for questioning the ‘Covid’ hoax and the dangers of the ‘Covid vaccine’. It’s just a coincidence, you understand. This is one of Imran Ahmed’s hysterical statements: ‘I would go beyond calling anti-vaxxers conspiracy theorists to say they are an extremist group that pose a national security risk.’ No one could ever accuse this prat of understatement and he’s including in that those parents who are now against vaccines after their children were damaged for life or killed by them. He’s such a nice man. Ahmed does the rounds of the Woke media getting soft-ball questions from spineless ‘journalists’ who never ask what right he has to campaign to destroy the freedom of speech of others while he demands it for himself. There also seems to be an overrepresentation in Ofcom of people connected to the narrative-worshipping BBC. This incredible global network of narrative-support was super-vital when the ‘Covid’ hoax was played in the light of the mega-whopper lies that have to be defended from the spotlight cast by the most basic intelligence.

## **Setting the scene**

The Cult plays the long game and proceeds step-by-step ensuring that everything is in place before major cards are played and they don't come any bigger than the 'Covid' hoax. The psychopaths can't handle events where the outcome isn't certain and as little as possible – preferably nothing – is left to chance. Politicians, government and medical officials who would follow direction were brought to illusory power in advance by the Cult web whether on the national stage or others like state governors and mayors of America. For decades the dynamic between officialdom, law enforcement and the public was changed from one of service to one of control and dictatorship. Behaviour manipulation networks established within government were waiting to impose the coming 'Covid' rules and regulations specifically designed to subdue and rewire the psyche of the people in the guise of protecting health. These included in the UK the Behavioural Insights Team part-owned by the British government Cabinet Office; the Scientific Pandemic Insights Group on Behaviours (SPI-B); and a whole web of intelligence and military groups seeking to direct the conversation on social media and control the narrative. Among them are the cyberwarfare (on the people) 77th Brigade of the British military which is also coordinated through the Cabinet Office as civilian and military leadership continues to combine in what they call the Fusion Doctrine. The 77th Brigade is a British equivalent of the infamous Israeli (Sabbatian) military cyberwarfare and Internet manipulation operation Unit 8200 which I expose at length in *The Trigger*. Also carefully in place were the medical and science advisers to government – many on the payroll past or present of Bill Gates – and a whole alternative structure of unelected government stood by to take control when elected parliaments were effectively closed down once the 'Covid' card was slammed on the table. The structure I have described here and so much more was installed in every major country through the Cult networks. The top-down control hierarchy looks like this: The Cult – Cult-owned Gates – the World Health Organization and Tedros – Gates-funded or controlled chief medical officers and science 'advisers' (dictators) in each country –

political ‘leaders’ – law enforcement – The People. Through this simple global communication and enforcement structure the policy of the Cult could be imposed on virtually the entire human population so long as they acquiesced to the fascism. With everything in place it was time for the button to be pressed in late 2019/early 2020.

These were the prime goals the Cult had to secure for its will to prevail:

- 1) Locking down economies, closing all but designated ‘essential’ businesses (Cult-owned corporations were ‘essential’), and putting the population under house arrest was an imperative to destroy independent income and employment and ensure dependency on the Cult-controlled state in the Hunger Games Society. Lockdowns had to be established as the global blueprint from the start to respond to the ‘virus’ and followed by pretty much the entire world.
- 2) The global population had to be terrified into believing in a deadly ‘virus’ that didn’t actually exist so they would unquestioningly obey authority in the belief that authority must know how best to protect them and their families. Software salesman Gates would suddenly morph into the world’s health expert and be promoted as such by the Cult-owned media.
- 3) A method of testing that wasn’t testing for the ‘virus’, but was only claimed to be, had to be in place to provide the illusion of ‘cases’ and subsequent ‘deaths’ that had a very different cause to the ‘Covid-19’ that would be scribbled on the death certificate.
- 4) Because there was no ‘virus’ and the great majority testing positive with a test not testing for the ‘virus’ would have no symptoms of anything the lie had to be sold that people without symptoms (without the ‘virus’) could still pass it on to others. This was crucial to justify for the first time quarantining – house arresting – healthy people. Without this the economy-destroying lockdown of *everybody* could not have been credibly sold.
- 5) The ‘saviour’ had to be seen as a vaccine which beyond evil drug companies were working like angels of mercy to develop as quickly as possible, with all corners cut, to save the day. The public must absolutely not know that the ‘vaccine’ had nothing to do with a ‘virus’ or that the contents were ready and waiting with a very different motive long before the ‘Covid’ card was even lifted from the pack.

I said in March, 2020, that the ‘vaccine’ would have been created way ahead of the ‘Covid’ hoax which justified its use and the following December an article in the New York *Intelligencer* magazine said the Moderna ‘vaccine’ had been ‘designed’ by

January, 2020. This was ‘before China had even acknowledged that the disease could be transmitted from human to human, more than a week before the first confirmed coronavirus case in the United States’. The article said that by the time the first American death was announced a month later ‘the vaccine had already been manufactured and shipped to the National Institutes of Health for the beginning of its Phase I clinical trial’. The ‘vaccine’ was actually ‘designed’ long before that although even with this timescale you would expect the article to ask how on earth it could have been done that quickly. Instead it asked why the ‘vaccine’ had not been rolled out then and not months later. Journalism in the mainstream is truly dead. I am going to detail in the next chapter why the ‘virus’ has never existed and how a hoax on that scale was possible, but first the foundation on which the Big Lie of ‘Covid’ was built.

## **The test that doesn’t test**

Fraudulent ‘testing’ is the bottom line of the whole ‘Covid’ hoax and was the means by which a ‘virus’ that did not exist *appeared* to exist. They could only achieve this magic trick by using a test not testing for the ‘virus’. To use a test that *was* testing for the ‘virus’ would mean that every test would come back negative given there was no ‘virus’. They chose to exploit something called the RT-PCR test invented by American biochemist Kary Mullis in the 1980s who said publicly that his PCR test … *cannot detect infectious disease*. Yes, the ‘test’ used worldwide to detect infectious ‘Covid’ to produce all the illusory ‘cases’ and ‘deaths’ compiled by Johns Hopkins and others *cannot detect infectious disease*. This fact came from the mouth of the man who invented PCR and was awarded the Nobel Prize in Chemistry in 1993 for doing so. Sadly, and incredibly conveniently for the Cult, Mullis died in August, 2019, at the age of 74 just before his test would be fraudulently used to unleash fascism on the world. He was said to have died from pneumonia which was an irony in itself. A few months later he would have had ‘Covid-19’ on his death certificate. I say the timing of his death was convenient because had he lived Mullis, a brilliant, honest and decent man, would have been

vociferously speaking out against the use of his test to detect 'Covid' when it was never designed, or able, to do that. I know that to be true given that Mullis made the same point when his test was used to 'detect' – not detect – HIV. He had been seriously critical of the Gallo/Montagnier claim to have isolated the HIV 'virus' and shown it to cause AIDS for which Mullis said there was no evidence. AIDS is actually not a disease but a series of diseases from which people die all the time. When they die from those *same diseases* after a positive 'test' for HIV then AIDS goes on their death certificate. I think I've heard that before somewhere. Countries instigated a policy with 'Covid' that anyone who tested positive with a test not testing for the 'virus' and died of any other cause within 28 days and even longer 'Covid-19' had to go on the death certificate. Cases have come from the test that can't test for infectious disease and the deaths are those who have died of *anything* after testing positive with a test not testing for the 'virus'. I'll have much more later about the death certificate scandal.

Mullis was deeply dismissive of the now US 'Covid' star Anthony Fauci who he said was a liar who didn't know anything about anything – 'and I would say that to his face – nothing.' He said of Fauci: 'The man thinks he can take a blood sample, put it in an electron microscope and if it's got a virus in there you'll know it – he doesn't understand electron microscopy and he doesn't understand medicine and shouldn't be in a position like he's in.' That position, terrifyingly, has made him the decider of 'Covid' fascism policy on behalf of the Cult in his role as director since 1984 of the National Institute of Allergy and Infectious Diseases (NIAID) while his record of being wrong is laughable; but being wrong, so long as it's the *right kind* of wrong, is why the Cult loves him. He'll say anything the Cult tells him to say. Fauci was made Chief Medical Adviser to the President immediately Biden took office. Biden was installed in the White House by Cult manipulation and one of his first decisions was to elevate Fauci to a position of even more control. This is a coincidence? Yes, and I identify as a flamenco dancer called Lola. How does such an incompetent criminal like Fauci remain in that

pivotal position in American health since *the 1980s*? When you serve the Cult it looks after you until you are surplus to requirements. Kary Mullis said prophetically of Fauci and his like: ‘Those guys have an agenda and it’s not an agenda we would like them to have ... they make their own rules, they change them when they want to, and Tony Fauci does not mind going on television in front of the people who pay his salary and lie directly into the camera.’ Fauci has done that almost daily since the ‘Covid’ hoax began. Lying is in Fauci’s DNA. To make the situation crystal clear about the PCR test this is a direct quote from its inventor Kary Mullis:

It [the PCR test] doesn’t tell you that you’re sick and doesn’t tell you that the thing you ended up with was really going to hurt you ...’

Ask yourself why governments and medical systems the world over have been using this very test to decide who is ‘infected’ with the SARS-CoV-2 ‘virus’ and the alleged disease it allegedly causes, ‘Covid-19’. The answer to that question will tell you what has been going on. By the way, here’s a little show-stopper – the ‘new’ SARS-CoV-2 ‘virus’ was ‘identified’ as such right from the start using ... *the PCR test not testing for the ‘virus’*. If you are new to this and find that shocking then stick around. I have hardly started yet. Even worse, other ‘tests’, like the ‘Lateral Flow Device’ (LFD), are considered so useless that they have to be *confirmed* by the PCR test! Leaked emails written by Ben Dyson, adviser to UK ‘Health’ Secretary Matt Hancock, said they were ‘dangerously unreliable’. Dyson, executive director of strategy at the Department of Health, wrote: ‘As of today, someone who gets a positive LFD result in (say) London has at best a 25 per cent chance of it being a true positive, but if it is a self-reported test potentially as low as 10 per cent (on an optimistic assumption about specificity) or as low as 2 per cent (on a more pessimistic assumption).’ These are the ‘tests’ that schoolchildren and the public are being urged to have twice a week or more and have to isolate if they get a positive. Each fake positive goes in the statistics as a ‘case’ no matter how ludicrously inaccurate and the

'cases' drive lockdown, masks and the pressure to 'vaccinate'. The government said in response to the email leak that the 'tests' were accurate which confirmed yet again what shocking bloody liars they are. The real false positive rate is *100 percent* as we'll see. In another 'you couldn't make it up' the UK government agreed to pay £2.8 billion to California's Innova Medical Group to supply the irrelevant lateral flow tests. The company's primary test-making centre is in China. Innova Medical Group, established in March, 2020, is owned by Pasaca Capital Inc, chaired by Chinese-American millionaire Charles Huang who was born in Wuhan.

## **How it works – and how it doesn't**

The RT-PCR test, known by its full title of Polymerase chain reaction, is used across the world to make millions, even billions, of copies of a DNA/RNA genetic information sample. The process is called 'amplification' and means that a tiny sample of genetic material is amplified to bring out the detailed content. I stress that it is not testing for an infectious disease. It is simply amplifying a sample of genetic material. In the words of Kary Mullis: 'PCR is ... just a process that's used to make a whole lot of something out of something.' To emphasise the point companies that make the PCR tests circulated around the world to 'test' for 'Covid' warn on the box that it can't be used to detect 'Covid' or infectious disease and is for research purposes only. It's okay, rest for a minute and you'll be fine. This is the test that produces the 'cases' and 'deaths' that have been used to destroy human society. All those global and national medical and scientific 'experts' demanding this destruction to 'save us' KNOW that the test is not testing for the 'virus' and the cases and deaths they claim to be real are an almost unimaginable fraud. Every one of them and so many others including politicians and psychopaths like Gates and Tedros must be brought before Nuremberg-type trials and jailed for the rest of their lives. The more the genetic sample is amplified by PCR the more elements of that material become sensitive to the test and by that I don't mean sensitive for a 'virus' but for elements of the genetic material which

is naturally in the body or relates to remnants of old conditions of various kinds lying dormant and causing no disease. Once the amplification of the PCR reaches a certain level *everyone* will test positive. So much of the material has been made sensitive to the test that everyone will have some part of it in their body. Even lying criminals like Fauci have said that once PCR amplifications pass 35 cycles everything will be a false positive that cannot be trusted for the reasons I have described. I say, like many proper doctors and scientists, that 100 percent of the 'positives' are false, but let's just go with Fauci for a moment.

He says that any amplification over 35 cycles will produce false positives and yet the US Centers for Disease Control (CDC) and Food and Drug Administration (FDA) have recommended up to 40 cycles and the National Health Service (NHS) in Britain admitted in an internal document for staff that it was using 45 cycles of amplification. A long list of other countries has been doing the same and at least one 'testing' laboratory has been using 50 cycles. Have you ever heard a doctor, medical 'expert' or the media ask what level of amplification has been used to claim a 'positive'. The 'test' comes back 'positive' and so you have the 'virus', end of story. Now we can see how the government in Tanzania could send off samples from a goat and a pawpaw fruit under human names and both came back positive for 'Covid-19'. Tanzania president John Magufuli mocked the 'Covid' hysteria, the PCR test and masks and refused to import the DNA-manipulating 'vaccine'. The Cult hated him and an article sponsored by the Bill Gates Foundation appeared in the London *Guardian* in February, 2021, headed 'It's time for Africa to rein in Tanzania's anti-vaxxer president'. Well, 'reined in' he shortly was. Magufuli appeared in good health, but then, in March, 2021, he was dead at 61 from 'heart failure'. He was replaced by Samia Hassan Suhulu who is connected to Klaus Schwab's World Economic Forum and she immediately reversed Magufuli's 'Covid' policy. A sample of cola tested positive for 'Covid' with the PCR test in Germany while American actress and singer-songwriter Erykah Badu tested positive in one nostril and negative in the other. Footballer Ronaldo called

the PCR test ‘bullshit’ after testing positive three times and being forced to quarantine and miss matches when there was nothing wrong with him. The mantra from Tedros at the World Health Organization and national governments (same thing) has been test, test, test. They know that the more tests they can generate the more fake ‘cases’ they have which go on to become ‘deaths’ in ways I am coming to. The UK government has its Operation Moonshot planned to test multiple millions every day in workplaces and schools with free tests for everyone to use twice a week at home in line with the Cult plan from the start to make testing part of life. A government advertisement for an ‘Interim Head of Asymptomatic Testing Communication’ said the job included responsibility for delivering a ‘communications strategy’ (propaganda) ‘to support the expansion of asymptomatic testing that *“normalises testing as part of everyday life”*. More tests means more fake ‘cases’, ‘deaths’ and fascism. I have heard of, and from, many people who booked a test, couldn’t turn up, and yet got a positive result through the post for a test they’d never even had. The whole thing is crazy, but for the Cult there’s method in the madness. Controlling and manipulating the level of amplification of the test means the authorities can control whenever they want the number of apparent ‘cases’ and ‘deaths’. If they want to justify more fascist lockdown and destruction of livelihoods they keep the amplification high. If they want to give the illusion that lockdowns and the ‘vaccine’ are working then they lower the amplification and ‘cases’ and ‘deaths’ will appear to fall. In January, 2021, the Cult-owned World Health Organization suddenly warned laboratories about over-amplification of the test and to lower the threshold. Suddenly headlines began appearing such as: ‘Why ARE “Covid” cases plummeting?’ This was just when the vaccine rollout was underway and I had predicted months before they would make cases appear to fall through amplification tampering when the ‘vaccine’ came. These people are so predictable.

## Cow vaccines?

The question must be asked of what is on the test swabs being poked far up the nose of the population to the base of the brain? A nasal swab punctured one woman's brain and caused it to leak fluid. Most of these procedures are being done by people with little training or medical knowledge. Dr Lorraine Day, former orthopaedic trauma surgeon and Chief of Orthopaedic Surgery at San Francisco General Hospital, says the tests are really a '*vaccine*'. Cows have long been vaccinated this way. She points out that masks have to cover the nose and the mouth where it is claimed the 'virus' exists in saliva. Why then don't they take saliva from the mouth as they do with a DNA test instead of pushing a long swab up the nose towards the brain? The ethmoid bone separates the nasal cavity from the brain and within that bone is the cribriform plate. Dr Day says that when the swab is pushed up against this plate and twisted the procedure is 'depositing things back there'. She claims that among these 'things' are nanoparticles that can enter the brain. Researchers have noted that a team at the Gates-funded Johns Hopkins have designed tiny, star-shaped micro-devices that can latch onto intestinal mucosa and release drugs into the body. Mucosa is the thin skin that covers the inside surface of parts of the body such as *the nose* and mouth and produces mucus to protect them. The Johns Hopkins micro-devices are called 'theragrippers' and were 'inspired' by a parasitic worm that digs its sharp teeth into a host's intestines. Nasal swabs are also coated in the sterilisation agent ethylene oxide. The US National Cancer Institute posts this explanation on its website:

At room temperature, ethylene oxide is a flammable colorless gas with a sweet odor. It is used primarily to produce other chemicals, including antifreeze. In smaller amounts, ethylene oxide is used as a pesticide and a sterilizing agent. The ability of ethylene oxide to damage DNA makes it an effective sterilizing agent but also accounts for its cancer-causing activity.

The Institute mentions lymphoma and leukaemia as cancers most frequently reported to be associated with occupational exposure to ethylene oxide along with stomach and breast cancers. How does anyone think this is going to work out with the constant testing

regime being inflicted on adults and children at home and at school that will accumulate in the body anything that's on the swab?

## **Doctors know best**

It is vital for people to realise that 'hero' doctors 'know' only what the Big Pharma-dominated medical authorities tell them to 'know' and if they refuse to 'know' what they are told to 'know' they are out the door. They are mostly not physicians or healers, but repeaters of the official narrative – or else. I have seen alleged professional doctors on British television make shocking statements that we are supposed to take seriously. One called 'Dr' Amir Khan, who is actually telling patients how to respond to illness, said that men could take the birth pill to 'help slow down the effects of Covid-19'. In March, 2021, another ridiculous 'Covid study' by an American doctor proposed injecting men with the female sex hormone progesterone as a 'Covid' treatment. British doctor Nighat Arif told the BBC that face coverings were now going to be part of ongoing normal. Yes, the vaccine protects you, she said (evidence?) ... but the way to deal with viruses in the community was always going to come down to hand washing, face covering and keeping a physical distance. That's not what we were told before the 'vaccine' was circulating. Arif said she couldn't imagine ever again going on the underground or in a lift without a mask. I was just thanking my good luck that she was not my doctor when she said – in March, 2021 – that if 'we are *behaving* and we are doing all the right things' she thought we could 'have our nearest and dearest around us at home ... around *Christmas* and *New Year!*' Her patronising delivery was the usual school teacher talking to six-year-olds as she repeated every government talking point and probably believed them all. If we have learned anything from the 'Covid' experience surely it must be that humanity's perception of doctors needs a fundamental rethink. NHS 'doctor' Sara Kayat told her television audience that the 'Covid vaccine' would '100 percent prevent hospitalisation and death'. Not even Big Pharma claimed that. We have to stop taking 'experts' at their word without question when so many of them are

clueless and only repeating the party line on which their careers depend. That is not to say there are not brilliant doctors – there are and I have spoken to many of them since all this began – but you won't see them in the mainstream media or quoted by the psychopaths and yes-people in government.

## **Remember the name – Christian Drosten**

German virologist Christian Drosten, Director of Charité Institute of Virology in Berlin, became a national star after the pandemic hoax began. He was feted on television and advised the German government on 'Covid' policy. Most importantly to the wider world Drosten led a group that produced the 'Covid' testing protocol for the PCR test. What a remarkable feat given the PCR cannot test for infectious disease and even more so when you think that Drosten said that his method of testing for SARS-CoV-2 was developed 'without having virus material available'. *He developed a test for a 'virus' that he didn't have and had never seen.* Let that sink in as you survey the global devastation that came from what he did. The whole catastrophe of Drosten's 'test' was based on the alleged genetic sequence published by Chinese scientists on the Internet. We will see in the next chapter that this alleged 'genetic sequence' has never been produced by China or anyone and cannot be when there is no SARS-CoV-2. Drosten, however, doesn't seem to let little details like that get in the way. He was the lead author with Victor Corman from the same Charité Hospital of the paper 'Detection of 2019 novel coronavirus (2019-nCoV) by real-time PCR' published in a magazine called *Eurosurveillance*. This became known as the Corman-Drosten paper. In November, 2020, with human society devastated by the effects of the Corman-Drosten test baloney, the protocol was publicly challenged by 22 international scientists and independent researchers from Europe, the United States, and Japan. Among them were senior molecular geneticists, biochemists, immunologists, and microbiologists. They produced a document headed 'External peer review of the RTPCR test to detect SARS-Cov-2 Reveals 10 Major Flaws At The Molecular and Methodological Level: Consequences

For False-Positive Results'. The flaws in the Corman-Drosten test included the following:

- The test is non-specific because of erroneous design
- Results are enormously variable
- The test is unable to discriminate between the whole 'virus' and viral fragments
- It doesn't have positive or negative controls
- The test lacks a standard operating procedure
- It is unsupported by proper peer view

The scientists said the PCR 'Covid' testing protocol was not founded on science and they demanded the Corman-Drosten paper be retracted by *Eurosurveillance*. They said all present and previous Covid deaths, cases, and 'infection rates' should be subject to a massive retroactive inquiry. Lockdowns and travel restrictions should be reviewed and relaxed and those diagnosed through PCR to have 'Covid-19' should not be forced to isolate. Dr Kevin Corbett, a health researcher and nurse educator with a long academic career producing a stream of peer-reviewed publications at many UK universities, made the same point about the PCR test debacle. He said of the scientists' conclusions: 'Every scientific rationale for the development of that test has been totally destroyed by this paper. It's like Hiroshima/Nagasaki to the Covid test.' He said that China hadn't given them an isolated 'virus' when Drosten developed the test. Instead they had developed the test from *a sequence in a gene bank.*' Put another way ... *they made it up!* The scientists were supported in this contention by a Portuguese appeals court which ruled in November, 2020, that PCR tests are unreliable and it is unlawful to quarantine people based solely on a PCR test. The point about China not providing an isolated virus must be true when the 'virus' has never been isolated to this day and the consequences of that will become clear. Drosten and company produced this useless 'protocol' right on cue in January, 2020, just as the 'virus' was said to

be moving westward and it somehow managed to successfully pass a peer-review in 24 hours. In other words there was no peer-review for a test that would be used to decide who had 'Covid' and who didn't across the world. The Cult-created, Gates-controlled World Health Organization immediately recommended all its nearly 200 member countries to use the Drosten PCR protocol to detect 'cases' and 'deaths'. The sting was underway and it continues to this day.

So who is this Christian Drosten that produced the means through which death, destruction and economic catastrophe would be justified? His education background, including his doctoral thesis, would appear to be somewhat shrouded in mystery and his track record is dire as with another essential player in the 'Covid' hoax, the Gates-funded Professor Neil Ferguson at the Gates-funded Imperial College in London of whom more shortly. Drosten predicted in 2003 that the alleged original SARS 'virus' (SARS-1') was an epidemic that could have serious effects on economies and an effective vaccine would take at least two years to produce. Drosten's answer to every alleged 'outbreak' is a vaccine which you won't be shocked to know. What followed were just 774 official deaths worldwide and none in Germany where there were only nine cases. That is even if you believe there ever was a SARS 'virus' when the evidence is zilch and I will expand on this in the next chapter. Drosten claims to be co-discoverer of 'SARS-1' and developed a test for it in 2003. He was screaming warnings about 'swine flu' in 2009 and how it was a widespread infection far more severe than any dangers from a vaccine could be and people should get vaccinated. It would be helpful for Drosten's vocal chords if he simply recorded the words 'the virus is deadly and you need to get vaccinated' and copies could be handed out whenever the latest made-up threat comes along. Drosten's swine flu epidemic never happened, but Big Pharma didn't mind with governments spending hundreds of millions on vaccines that hardly anyone bothered to use and many who did wished they hadn't. A study in 2010 revealed that the risk of dying from swine flu, or H1N1, was no higher than that of the annual seasonal flu which is what at least most of 'it' really was as in

the case of 'Covid-19'. A media investigation into Drosten asked how with such a record of inaccuracy he could be *the* government adviser on these issues. The answer to that question is the same with Drosten, Ferguson and Fauci – they keep on giving the authorities the 'conclusions' and 'advice' they want to hear. Drosten certainly produced the goods for them in January, 2020, with his PCR protocol garbage and provided the foundation of what German internal medicine specialist Dr Claus Köhnlein, co-author of *Virus Mania*, called the 'test pandemic'. The 22 scientists in the *Eurosurveillance* challenge called out conflicts of interest within the Drosten 'protocol' group and with good reason. Olfert Landt, a regular co-author of Drosten 'studies', owns the biotech company TIB Molbiol Syntheselabor GmbH in Berlin which manufactures and sells the tests that Drosten and his mates come up with. They have done this with SARS, Enterotoxigenic E. coli (ETEC), MERS, Zika 'virus', yellow fever, and now 'Covid'. Landt told the *Berliner Zeitung* newspaper:

The testing, design and development came from the Charité [Drosten and Corman]. We simply implemented it immediately in the form of a kit. And if we don't have the virus, which originally only existed in Wuhan, we can make a synthetic gene to simulate the genome of the virus. That's what we did very quickly.

This is more confirmation that the Drosten test was designed without access to the 'virus' and only a synthetic simulation which is what SARS-CoV-2 really is – a computer-generated synthetic fiction. It's quite an enterprise they have going here. A Drosten team decides what the test for something should be and Landt's biotech company flogs it to governments and medical systems across the world. His company must have made an absolute fortune since the 'Covid' hoax began. Dr Reiner Fuellmich, a prominent German consumer protection trial lawyer in Germany and California, is on Drosten's case and that of Tedros at the World Health Organization for crimes against humanity with a class-action lawsuit being prepared in the United States and other legal action in Germany.

## **Why China?**

Scamming the world with a ‘virus’ that doesn’t exist would seem impossible on the face of it, but not if you have control of the relatively few people that make policy decisions and the great majority of the global media. Remember it’s not about changing ‘real’ reality it’s about controlling *perception* of reality. You don’t have to make something happen you only have to make people *believe* that it’s happening. Renegade Minds understand this and are therefore much harder to swindle. ‘Covid-19’ is not a ‘real’ ‘virus’. It’s a mind virus, like a computer virus, which has infected the minds, not the bodies, of billions. It all started, publically at least, in China and that alone is of central significance. The Cult was behind the revolution led by its asset Mao Zedong, or Chairman Mao, which established the People’s Republic of China on October 1st, 1949. It should have been called The Cult’s Republic of China, but the name had to reflect the recurring illusion that vicious dictatorships are run by and for the people (see all the ‘Democratic Republics’ controlled by tyrants). In the same way we have the ‘Biden’ Democratic Republic of America officially ruled by a puppet tyrant (at least temporarily) on behalf of Cult tyrants. The creation of Mao’s merciless communist/fascist dictatorship was part of a frenzy of activity by the Cult at the conclusion of World War Two which, like the First World War, it had instigated through its assets in Germany, Britain, France, the United States and elsewhere. Israel was formed in 1948; the Soviet Union expanded its ‘Iron Curtain’ control, influence and military power with the Warsaw Pact communist alliance in 1955; the United Nations was formed in 1945 as a Cult precursor to world government; and a long list of world bodies would be established including the World Health Organization (1948), World Trade Organization (1948 under another name until 1995), International Monetary Fund (1945) and World Bank (1944). Human society was redrawn and hugely centralised in the global Problem-Reaction-Solution that was World War Two. All these changes were significant. Israel would become the headquarters of the Sabbatians

and the revolution in China would prepare the ground and control system for the events of 2019/2020.

Renegade Minds know there are no borders except for public consumption. The Cult is a seamless, borderless global entity and to understand the game we need to put aside labels like borders, nations, countries, communism, fascism and democracy. These delude the population into believing that countries are ruled within their borders by a government of whatever shade when these are mere agencies of a global power. America's illusion of democracy and China's communism/fascism are subsidiaries – vehicles – for the same agenda. We may hear about conflict and competition between America and China and on the lower levels that will be true; but at the Cult level they are branches of the same company in the way of the McDonald's example I gave earlier. I have tracked in the books over the years support by US governments of both parties for Chinese Communist Party infiltration of American society through allowing the sale of land, even military facilities, and the acquisition of American business and university influence. All this is underpinned by the infamous stealing of intellectual property and technological know-how. Cult-owned Silicon Valley corporations waive their fraudulent 'morality' to do business with human-rights-free China; Cult-controlled Disney has become China's PR department; and China in effect owns 'American' sports such as basketball which depends for much of its income on Chinese audiences. As a result any sports player, coach or official speaking out against China's horrific human rights record is immediately condemned or fired by the China-worshipping National Basketball Association. One of the first acts of China-controlled Biden was to issue an executive order telling federal agencies to stop making references to the 'virus' by the 'geographic location of its origin'. Long-time Congressman Jerry Nadler warned that criticising China, America's biggest rival, leads to hate crimes against Asian people in the United States. So shut up you bigot. China is fast closing in on Israel as a country that must not be criticised which is apt, really, given that Sabbatians control them both. The two countries have

developed close economic, military, technological and strategic ties which include involvement in China's 'Silk Road' transport and economic initiative to connect China with Europe. Israel was the first country in the Middle East to recognise the establishment of Mao's tyranny in 1950 months after it was established.

### **Project Wuhan – the 'Covid' Psyop**

I emphasise again that the Cult plays the long game and what is happening to the world today is the result of centuries of calculated manipulation following a script to take control step-by-step of every aspect of human society. I will discuss later the common force behind all this that has spanned those centuries and thousands of years if the truth be told. Instigating the Mao revolution in China in 1949 with a 2020 'pandemic' in mind is not only how they work – the 71 years between them is really quite short by the Cult's standards of manipulation preparation. The reason for the Cult's Chinese revolution was to create a fiercely-controlled environment within which an extreme structure for human control could be incubated to eventually be unleashed across the world. We have seen this happen since the 'pandemic' emerged from China with the Chinese control-structure founded on AI technology and tyrannical enforcement sweep across the West. Until the moment when the Cult went for broke in the West and put its fascism on public display Western governments had to pay some lip-service to freedom and democracy to not alert too many people to the tyranny-in-the-making. Freedoms were more subtly eroded and power centralised with covert government structures put in place waiting for the arrival of 2020 when that smokescreen of 'freedom' could be dispensed with. The West was not able to move towards tyranny before 2020 anything like as fast as China which was created as a tyranny and had no limits on how fast it could construct the Cult's blueprint for global control. When the time came to impose that structure on the world it was the same Cult-owned Chinese communist/fascist government that provided the excuse – the 'Covid pandemic'. It was absolutely crucial to the Cult plan for the Chinese response to the 'pandemic' –

draconian lockdowns of the entire population – to become the blueprint that Western countries would follow to destroy the livelihoods and freedom of their people. This is why the Cult-owned, Gates-owned, WHO Director-General Tedros said early on:

The Chinese government is to be congratulated for the extraordinary measures it has taken to contain the outbreak. China is actually setting a new standard for outbreak response and it is not an exaggeration.

*Forbes* magazine said of China: ‘... those measures protected untold millions from getting the disease’. The Rockefeller Foundation ‘epidemic scenario’ document in 2010 said ‘prophetically’:

However, a few countries did fare better – China in particular. The Chinese government’s quick imposition and enforcement of mandatory quarantine for all citizens, as well as its instant and near-hermetic sealing off of all borders, saved millions of lives, stopping the spread of the virus far earlier than in other countries and enabling a swifter post-pandemic recovery.

Once again – *spooky*.

The first official story was the ‘bat theory’ or rather the bat diversion. The source of the ‘virus outbreak’ we were told was a “wet market” in Wuhan where bats and other animals are bought and eaten in horrifically unhygienic conditions. Then another story emerged through the alternative media that the ‘virus’ had been released on purpose or by accident from a BSL-4 (biosafety level 4) laboratory in Wuhan not far from the wet market. The lab was reported to create and work with lethal concoctions and bioweapons. Biosafety level 4 is the highest in the World Health Organization system of safety and containment. Renegade Minds are aware of what I call designer manipulation. The ideal for the Cult is for people to buy its prime narrative which in the opening salvos of the ‘pandemic’ was the wet market story. It knows, however, that there is now a considerable worldwide alternative media of researchers sceptical of anything governments say and they are often given a version of events in a form they can perceive as credible while misdirecting them from the real truth. In this case let them

think that the conspiracy involved is a ‘bioweapon virus’ released from the Wuhan lab to keep them from the real conspiracy – *there is no ‘virus’*. The WHO’s current position on the source of the outbreak at the time of writing appears to be: ‘We haven’t got a clue, mate.’ This is a good position to maintain mystery and bewilderment. The inner circle will know where the ‘virus’ came from – *nowhere*. The bottom line was to ensure the public believed there *was* a ‘virus’ and it didn’t much matter if they thought it was natural or had been released from a lab. The belief that there was a ‘deadly virus’ was all that was needed to trigger global panic and fear. The population was terrified into handing their power to authority and doing what they were told. They had to or they were ‘all gonna die’.

In March, 2020, information began to come my way from real doctors and scientists and my own additional research which had my intuition screaming: ‘Yes, that’s it! *There is no virus.*’ The ‘bioweapon’ was not the ‘virus’; it was the ‘vaccine’ already being talked about that would be the bioweapon. My conclusion was further enhanced by happenings in Wuhan. The ‘virus’ was said to be sweeping the city and news footage circulated of people collapsing in the street (which they’ve never done in the West with the same ‘virus’). The Chinese government was building ‘new hospitals’ in a matter of ten days to ‘cope with demand’ such was the virulent nature of the ‘virus’. Yet in what seemed like no time the ‘new hospitals’ closed – even if they even opened – and China declared itself ‘virus-free’. It was back to business as usual. This was more propaganda to promote the Chinese draconian lockdowns in the West as the way to ‘beat the virus’. Trouble was that we subsequently had lockdown after lockdown, but never business as usual. As the people of the West and most of the rest of the world were caught in an ever-worsening spiral of lockdown, social distancing, masks, isolated old people, families forced apart, and livelihood destruction, it was party-time in Wuhan. Pictures emerged of thousands of people enjoying pool parties and concerts. It made no sense until you realised there never was a ‘virus’ and the

whole thing was a Cult set-up to transform human society out of one its major global strongholds – China.

How is it possible to deceive virtually the entire world population into believing there is a deadly virus when there is not even a ‘virus’ let alone a deadly one? It’s nothing like as difficult as you would think and that’s clearly true because it happened.

**Postscript:** See end of book Postscript for more on the ‘Wuhan lab virus release’ story which the authorities and media were pushing heavily in the summer of 2021 to divert attention from the truth that the ‘Covid virus’ is pure invention.

## CHAPTER FIVE

### **There is no ‘virus’**

***You can fool some of the people all of the time, and all of the people some of the time, but you cannot fool all of the people all of the time***

**Abraham Lincoln**

The greatest form of mind control is repetition. The more you repeat the same mantra of alleged ‘facts’ the more will accept them to be true. It becomes an ‘everyone knows that, mate’. If you can also censor any other version or alternative to your alleged ‘facts’ you are pretty much home and cooking.

By the start of 2020 the Cult owned the global mainstream media almost in its entirety to spew out its ‘Covid’ propaganda and ignore or discredit any other information and view. Cult-owned social media platforms in Cult-owned Silicon Valley were poised and ready to unleash a campaign of ferocious censorship to obliterate all but the official narrative. To complete the circle many demands for censorship by Silicon Valley were led by the mainstream media as ‘journalists’ became full-out enforcers for the Cult both as propagandists and censors. Part of this has been the influx of young people straight out of university who have become ‘journalists’ in significant positions. They have no experience and a headful of programmed perceptions from their years at school and university at a time when today’s young are the most perceptually-targeted generations in known human history given the insidious impact of technology. They enter the media perceptually prepared and ready to repeat the narratives of the system that programmed them to

repeat its narratives. The BBC has a truly pathetic ‘specialist disinformation reporter’ called Marianna Spring who fits this bill perfectly. She is clueless about the world, how it works and what is really going on. Her role is to discredit anyone doing the job that a proper journalist would do and system-serving hacks like Spring wouldn’t dare to do or even see the need to do. They are too busy licking the arse of authority which can never be wrong and, in the case of the BBC propaganda programme, *Panorama*, contacting payments systems such as PayPal to have a donations page taken down for a film company making documentaries questioning vaccines. Even the BBC soap opera *EastEnders* included a disgracefully biased scene in which an inarticulate white working class woman was made to look foolish for questioning the ‘vaccine’ while a well-spoken black man and Asian woman promoted the government narrative. It ticked every BBC box and the fact that the black and minority community was resisting the ‘vaccine’ had nothing to do with the way the scene was written. The BBC has become a disgusting tyrannical propaganda and censorship operation that should be defunded and disbanded and a free media take its place with a brief to stop censorship instead of demanding it. A BBC ‘interview’ with Gates goes something like: ‘Mr Gates, sir, if I can call you sir, would you like to tell our audience why you are such a great man, a wonderful humanitarian philanthropist, and why you should absolutely be allowed as a software salesman to decide health policy for approaching eight billion people? Thank you, sir, please sir.’ Propaganda programming has been incessant and merciless and when all you hear is the same story from the media, repeated by those around you who have only heard the same story, is it any wonder that people on a grand scale believe absolute mendacious garbage to be true? You are about to see, too, why this level of information control is necessary when the official ‘Covid’ narrative is so nonsensical and unsupportable by the evidence.

## **Structure of Deceit**

The pyramid structure through which the ‘Covid’ hoax has been manifested is very simple and has to be to work. As few people as possible have to be involved with full knowledge of what they are doing – and why – or the real story would get out. At the top of the pyramid are the inner core of the Cult which controls Bill Gates who, in turn, controls the World Health Organization through his pivotal funding and his puppet Director-General mouthpiece, Tedros.

Before he was appointed Tedros was chair of the Gates-founded Global Fund to ‘fight against AIDS, tuberculosis and malaria’, a board member of the Gates-funded ‘vaccine alliance’ GAVI, and on the board of another Gates-funded organisation. Gates owns him and picked him for a specific reason – Tedros is a crook and worse. ‘Dr’ Tedros (he’s not a medical doctor, the first WHO chief not to be) was a member of the tyrannical Marxist government of Ethiopia for decades with all its human rights abuses. He has faced allegations of corruption and misappropriation of funds and was exposed three times for covering up cholera epidemics while Ethiopia’s health minister. Tedros appointed the mass-murdering genocidal Zimbabwe dictator Robert Mugabe as a WHO goodwill ambassador for public health which, as with Tedros, is like appointing a psychopath to run a peace and love campaign. The move was so ridiculous that he had to drop Mugabe in the face of widespread condemnation. American economist David Steinman, a Nobel peace prize nominee, lodged a complaint with the International Criminal Court in The Hague over alleged genocide by Tedros when he was Ethiopia’s foreign minister. Steinman says Tedros was a ‘crucial decision maker’ who directed the actions of Ethiopia’s security forces from 2013 to 2015 and one of three officials in charge when those security services embarked on the ‘killing’ and ‘torturing’ of Ethiopians. You can see where Tedros is coming from and it’s sobering to think that he has been the vehicle for Gates and the Cult to direct the global response to ‘Covid’. Think about that. A psychopathic Cult dictates to psychopath Gates who dictates to psychopath Tedros who dictates how countries of the world must respond to a ‘Covid virus’ never scientifically shown to exist. At the same time psychopathic Cult-owned Silicon Valley information

giants like Google, YouTube, Facebook and Twitter announced very early on that they would give the Cult/Gates/Tedros/WHO version of the narrative free advertising and censor those who challenged their intelligence-insulting, mendacious story.

The next layer in the global ‘medical’ structure below the Cult, Gates and Tedros are the chief medical officers and science ‘advisers’ in each of the WHO member countries which means virtually all of them. Medical officers and arbiters of science (they’re not) then take the WHO policy and recommended responses and impose them on their country’s population while the political ‘leaders’ say they are deciding policy (they’re clearly not) by ‘following the science’ on the advice of the ‘experts’ – the same medical officers and science ‘advisers’ (dictators). In this way with the rarest of exceptions the entire world followed the same policy of lockdown, people distancing, masks and ‘vaccines’ dictated by the psychopathic Cult, psychopathic Gates and psychopathic Tedros who we are supposed to believe give a damn about the health of the world population they are seeking to enslave. That, amazingly, is all there is to it in terms of crucial decision-making. Medical staff in each country then follow like sheep the dictates of the shepherds at the top of the national medical hierarchies – chief medical officers and science ‘advisers’ who themselves follow like sheep the shepherds of the World Health Organization and the Cult. Shepherds at the national level often have major funding and other connections to Gates and his Bill and Melinda Gates Foundation which carefully hands out money like confetti at a wedding to control the entire global medical system from the WHO down.

## **Follow the money**

Christopher Whitty, Chief Medical Adviser to the UK Government at the centre of ‘virus’ policy, a senior adviser to the government’s Scientific Advisory Group for Emergencies (SAGE), and Executive Board member of the World Health Organization, was gifted a grant of \$40 million by the Bill and Melinda Gates Foundation for malaria research in Africa. The BBC described the unelected Whitty as ‘the

official who will probably have the greatest impact on our everyday lives of any individual policymaker in modern times' and so it turned out. What Gates and Tedros have said Whitty has done like his equivalents around the world. Patrick Vallance, co-chair of SAGE and the government's Chief Scientific Adviser, is a former executive of Big Pharma giant GlaxoSmithKline with its fundamental financial and business connections to Bill Gates. In September, 2020, it was revealed that Vallance owned a deferred bonus of shares in GlaxoSmithKline worth £600,000 while the company was 'developing' a 'Covid vaccine'. Move along now – nothing to see here – what could possibly be wrong with that? Imperial College in London, a major player in 'Covid' policy in Britain and elsewhere with its 'Covid-19' Response Team, is funded by Gates and has big connections to China while the now infamous Professor Neil Ferguson, the useless 'computer modeller' at Imperial College is also funded by Gates. Ferguson delivered the dramatically inaccurate excuse for the first lockdowns (much more in the next chapter). The Institute for Health Metrics and Evaluation (IHME) in the United States, another source of outrageously false 'Covid' computer models to justify lockdowns, is bankrolled by Gates who is a vehement promotor of lockdowns. America's version of Whitty and Vallance, the again now infamous Anthony Fauci, has connections to 'Covid vaccine' maker Moderna as does Bill Gates through funding from the Bill and Melinda Gates Foundation. Fauci is director of the National Institute of Allergy and Infectious Diseases (NIAID), a major recipient of Gates money, and they are very close. Deborah Birx who was appointed White House Coronavirus Response Coordinator in February, 2020, is yet another with ties to Gates. Everywhere you look at the different elements around the world behind the coordination and decision making of the 'Covid' hoax there is Bill Gates and his money. They include the World Health Organization; Centers for Disease Control (CDC) in the United States; National Institutes of Health (NIH) of Anthony Fauci; Imperial College and Neil Ferguson; the London School of Hygiene where Chris Whitty worked; Regulatory agencies like the UK Medicines & Healthcare products Regulatory Agency (MHRA)

which gave emergency approval for ‘Covid vaccines’; Wellcome Trust; GAVI, the Vaccine Alliance; the Coalition for Epidemic Preparedness Innovations (CEPI); Johns Hopkins University which has compiled the false ‘Covid’ figures; and the World Economic Forum. A [Nationalfile.com](#) article said:

Gates has a lot of pull in the medical world, he has a multi-million dollar relationship with Dr. Fauci, and Fauci originally took the Gates line supporting vaccines and casting doubt on [the drug hydroxychloroquine]. Coronavirus response team member Dr. Deborah Birx, appointed by former president Obama to serve as United States Global AIDS Coordinator, also sits on the board of a group that has received billions from Gates’ foundation, and Birx reportedly used a disputed Bill Gates-funded model for the White House’s Coronavirus effort. Gates is a big proponent for a population lockdown scenario for the Coronavirus outbreak.

Another funder of Moderna is the Defense Advanced Research Projects Agency (DARPA), the technology-development arm of the Pentagon and one of the most sinister organisations on earth. DARPA had a major role with the CIA covert technology-funding operation In-Q-Tel in the development of Google and social media which is now at the centre of global censorship. Fauci and Gates are extremely close and openly admit to talking regularly about ‘Covid’ policy, but then why wouldn’t Gates have a seat at every national ‘Covid’ table after his Foundation committed \$1.75 billion to the ‘fight against Covid-19’. When passed through our Orwellian Translation Unit this means that he has bought and paid for the Cult-driven ‘Covid’ response worldwide. Research the major ‘Covid’ response personnel in your own country and you will find the same Gates funding and other connections again and again. Medical and science chiefs following World Health Organization ‘policy’ sit atop a medical hierarchy in their country of administrators, doctors and nursing staff. These ‘subordinates’ are told they must work and behave in accordance with the policy delivered from the ‘top’ of the national ‘health’ pyramid which is largely the policy delivered by the WHO which is the policy delivered by Gates and the Cult. The whole ‘Covid’ narrative has been imposed on medical staff by a climate of fear although great numbers don’t even need that to comply. They do so through breathtaking levels of ignorance and

include doctors who go through life simply repeating what Big Pharma and their hierarchical masters tell them to say and believe. No wonder Big Pharma ‘medicine’ is one of the biggest killers on Planet Earth.

The same top-down system of intimidation operates with regard to the Cult Big Pharma cartel which also dictates policy through national and global medical systems in this way. The Cult and Big Pharma agendas are the same because the former controls and owns the latter. ‘Health’ administrators, doctors, and nursing staff are told to support and parrot the dictated policy or they will face consequences which can include being fired. How sad it’s been to see medical staff meekly repeating and imposing Cult policy without question and most of those who can see through the deceit are only willing to speak anonymously off the record. They know what will happen if their identity is known. This has left the courageous few to expose the lies about the ‘virus’, face masks, overwhelmed hospitals that aren’t, and the dangers of the ‘vaccine’ that isn’t a vaccine. When these medical professionals and scientists, some renowned in their field, have taken to the Internet to expose the truth their articles, comments and videos have been deleted by Cult-owned Facebook, Twitter and YouTube. What a real head-shaker to see YouTube videos with leading world scientists and highly qualified medical specialists with an added link underneath to the notorious Cult propaganda website *Wikipedia* to find the ‘facts’ about the same subject.

### **HIV – the ‘Covid’ trial-run**

I’ll give you an example of the consequences for health and truth that come from censorship and unquestioning belief in official narratives. The story was told by PCR inventor Kary Mullis in his book *Dancing Naked in the Mind Field*. He said that in 1984 he accepted as just another scientific fact that Luc Montagnier of France’s Pasteur Institute and Robert Gallo of America’s National Institutes of Health had independently discovered that a ‘retrovirus’ dubbed HIV (human immunodeficiency virus) caused AIDS. They

were, after all, Mullis writes, specialists in retroviruses. This is how the medical and science pyramids work. Something is announced or *assumed* and then becomes an everybody-knows-that purely through repetition of the assumption as if it is fact. Complete crap becomes accepted truth with no supporting evidence and only repetition of the crap. This is how a 'virus' that doesn't exist became the 'virus' that changed the world. The HIV-AIDS fairy story became a multi-billion pound industry and the media poured out propaganda terrifying the world about the deadly HIV 'virus' that caused the lethal AIDS. By then Mullis was working at a lab in Santa Monica, California, to detect retroviruses with his PCR test in blood donations received by the Red Cross. In doing so he asked a virologist where he could find a reference for HIV being the cause of AIDS. 'You don't need a reference,' the virologist said ... '*Everybody knows it.*' Mullis said he wanted to quote a reference in the report he was doing and he said he felt a little funny about not knowing the source of such an important discovery when everyone else seemed to. The virologist suggested he cite a report by the Centers for Disease Control and Prevention (CDC) on morbidity and mortality. Mullis read the report, but it only said that an organism had been identified and did not say how. The report did not identify the original scientific work. Physicians, however, *assumed* (key recurring theme) that if the CDC was convinced that HIV caused AIDS then proof must exist. Mullis continues:

I did computer searches. Neither Montagnier, Gallo, nor anyone else had published papers describing experiments which led to the conclusion that HIV probably caused AIDS. I read the papers in Science for which they had become well known as AIDS doctors, but all they had said there was that they had found evidence of a past infection by something which was probably HIV in some AIDS patients.

They found antibodies. Antibodies to viruses had always been considered evidence of past disease, not present disease. Antibodies signaled that the virus had been defeated. The patient had saved himself. There was no indication in these papers that this virus caused a disease. They didn't show that everybody with the antibodies had the disease. In fact they found some healthy people with antibodies.

Mullis asked why their work had been published if Montagnier and Gallo hadn't really found this evidence, and why had they been fighting so hard to get credit for the discovery? He says he was hesitant to write 'HIV is the probable cause of AIDS' until he found published evidence to support that. 'Tens of thousands of scientists and researchers were spending billions of dollars a year doing research based on this idea,' Mullis writes. 'The reason had to be there somewhere; otherwise these people would not have allowed their research to settle into one narrow channel of investigation.' He said he lectured about PCR at numerous meetings where people were always talking about HIV and he asked them how they knew that HIV was the cause of AIDS:

Everyone said something. Everyone had the answer at home, in the office, in some drawer. They all knew, and they would send me the papers as soon as they got back. But I never got any papers. Nobody ever sent me the news about how AIDS was caused by HIV.

Eventually Mullis was able to ask Montagnier himself about the reference proof when he lectured in San Diego at the grand opening of the University of California AIDS Research Center. Mullis says this was the last time he would ask his question without showing anger. Montagnier said he should reference the CDC report. 'I read it', Mullis said, and it didn't answer the question. 'If Montagnier didn't know the answer who the hell did?' Then one night Mullis was driving when an interview came on National Public Radio with Peter Duesberg, a prominent virologist at Berkeley and a California Scientist of the Year. Mullis says he finally understood why he could not find references that connected HIV to AIDS – *there weren't any!* No one had ever proved that HIV causes AIDS even though it had spawned a multi-billion pound global industry and the media was repeating this as fact every day in their articles and broadcasts terrifying the shit out of people about AIDS and giving the impression that a positive test for HIV (see 'Covid') was a death sentence. Duesberg was a threat to the AIDS gravy train and the agenda that underpinned it. He was therefore abused and castigated after he told the Proceedings of the National Academy of Sciences

there was no good evidence implicating the new ‘virus’. Editors rejected his manuscripts and his research funds were deleted. Mullis points out that the CDC has defined AIDS as one of more than 30 diseases *if accompanied* by a positive result on a test that detects antibodies to HIV; but those same diseases are not defined as AIDS cases when antibodies are not detected:

If an HIV-positive woman develops uterine cancer, for example, she is considered to have AIDS. If she is not HIV positive, she simply has uterine cancer. An HIV-positive man with tuberculosis has AIDS; if he tests negative he simply has tuberculosis. If he lives in Kenya or Colombia, where the test for HIV antibodies is too expensive, he is simply presumed to have the antibodies and therefore AIDS, and therefore he can be treated in the World Health Organization’s clinic. It’s the only medical help available in some places. And it’s free, because the countries that support WHO are worried about AIDS.

Mullis accuses the CDC of continually adding new diseases (see ever more ‘Covid symptoms’) to the grand AIDS definition and of virtually doctoring the books to make it appear as if the disease continued to spread. He cites how in 1993 the CDC enormously broadened its AIDS definition and county health authorities were delighted because they received \$2,500 per year from the Federal government for every reported AIDS case. Ladies and gentlemen, I have just described, via Kary Mullis, the ‘Covid pandemic’ of 2020 and beyond. Every element is the same and it’s been pulled off in the same way by the same networks.

### **The ‘Covid virus’ exists? Okay – prove it. Er ... still waiting**

What Kary Mullis described with regard to ‘HIV’ has been repeated with ‘Covid’. A claim is made that a new, or ‘novel’, infection has been found and the entire medical system of the world repeats that as fact exactly as they did with HIV and AIDS. No one in the mainstream asks rather relevant questions such as ‘How do you know?’ and ‘Where is your proof?’ The SARS-CoV-2 ‘virus’ and the ‘Covid-19 disease’ became an overnight ‘everybody-knows-that’. The origin could be debated and mulled over, but what you could not suggest was that ‘SARS-CoV-2’ didn’t exist. That would be

ridiculous. ‘Everybody knows’ the ‘virus’ exists. Well, I didn’t for one along with American proper doctors like Andrew Kaufman and Tom Cowan and long-time American proper journalist Jon Rappaport. We dared to pursue the obvious and simple question: ‘Where’s the evidence?’ The overwhelming majority in medicine, journalism and the general public did not think to ask that. After all, *everyone knew* there was a new ‘virus’. Everyone was saying so and I heard it on the BBC. Some would eventually argue that the ‘deadly virus’ was nothing like as deadly as claimed, but few would venture into the realms of its very existence. Had they done so they would have found that the evidence for that claim had gone AWOL as with HIV causes AIDS. In fact, not even that. For something to go AWOL it has to exist in the first place and scientific proof for a ‘SARS-Cov-2’ can be filed under nothing, nowhere and zilch.

Dr Andrew Kaufman is a board-certified forensic psychiatrist in New York State, a Doctor of Medicine and former Assistant Professor and Medical Director of Psychiatry at SUNY Upstate Medical University, and Medical Instructor of Hematology and Oncology at the Medical School of South Carolina. He also studied biology at the Massachusetts Institute of Technology (MIT) and trained in Psychiatry at Duke University. Kaufman is retired from allopathic medicine, but remains a consultant and educator on natural healing, I saw a video of his very early on in the ‘Covid’ hoax in which he questioned claims about the ‘virus’ in the absence of any supporting evidence and with plenty pointing the other way. I did everything I could to circulate his work which I felt was asking the pivotal questions that needed an answer. I can recommend an excellent pull-together interview he did with the website The Last Vagabond entitled *Dr Andrew Kaufman: Virus Isolation, Terrain Theory and Covid-19* and his website is [andrewkaufmanmd.com](http://andrewkaufmanmd.com). Kaufman is not only a forensic psychiatrist; he is forensic in all that he does. He always reads original scientific papers, experiments and studies instead of second-third-fourth-hand reports about the ‘virus’ in the media which are repeating the repeated repetition of the narrative. When he did so with the original Chinese ‘virus’ papers Kaufman

realised that there was no evidence of a ‘SARS-Cov-2’. They had never – from the start – shown it to exist and every repeat of this claim worldwide was based on the accepted existence of proof that was nowhere to be found – see Kary Mullis and HIV. Here we go again.

## **Let's postulate**

Kaufman discovered that the Chinese authorities immediately concluded that the cause of an illness that broke out among about 200 initial patients in Wuhan was a ‘new virus’ when there were no grounds to make that conclusion. The alleged ‘virus’ was not isolated from other genetic material in their samples and then shown through a system known as Koch’s postulates to be the causative agent of the illness. The world was told that the SARS-Cov-2 ‘virus’ caused a disease they called ‘Covid-19’ which had ‘flu-like’ symptoms and could lead to respiratory problems and pneumonia. If it wasn’t so tragic it would almost be funny. *‘Flu-like’ symptoms?* *Pneumonia? Respiratory disease?* What in CHINA and particularly in Wuhan, one of the most polluted cities in the world with a resulting epidemic of respiratory disease?? Three hundred thousand people get pneumonia in China every year and there are nearly a billion cases worldwide of ‘flu-like symptoms’. These have a whole range of causes – including pollution in Wuhan – but no other possibility was credibly considered in late 2019 when the world was told there was a new and deadly ‘virus’. The global prevalence of pneumonia and ‘flu-like systems’ gave the Cult networks unlimited potential to re-diagnose these other causes as the mythical ‘Covid-19’ and that is what they did from the very start. Kaufman revealed how Chinese medical and science authorities (all subordinates to the Cult-owned communist government) took genetic material from the lungs of only a few of the first patients. The material contained their own cells, bacteria, fungi and other microorganisms living in their bodies. The only way you could prove the existence of the ‘virus’ and its responsibility for the alleged ‘Covid-19’ was to isolate the virus from all the other material – a process also known as ‘purification’ – and

then follow the postulates sequence developed in the late 19th century by German physician and bacteriologist Robert Koch which became the ‘gold standard’ for connecting an alleged causation agent to a disease:

1. The microorganism (bacteria, fungus, virus, etc.) must be present in every case of the disease and all patients must have the same symptoms. It must also *not be present in healthy individuals*.
2. The microorganism must be isolated from the host with the disease. If the microorganism is a bacteria or fungus it must be grown in a pure culture. If it is a virus, it must be purified (i.e. containing no other material except the virus particles) from a clinical sample.
3. The specific disease, with all of its characteristics, must be reproduced when the infectious agent (the purified virus or a pure culture of bacteria or fungi) is inoculated into a healthy, susceptible host.
4. The microorganism must be recoverable from the experimentally infected host as in step 2.

*Not one* of these criteria has been met in the case of ‘SARS-Cov-2’ and ‘Covid-19’. Not ONE. EVER. Robert Koch refers to bacteria and not viruses. What are called ‘viral particles’ are so minute (hence masks are useless by any definition) that they could only be seen after the invention of the electron microscope in the 1930s and can still only be observed through that means. American bacteriologist and virologist Thomas Milton Rivers, the so-called ‘Father of Modern Virology’ who was very significantly director of the Rockefeller Institute for Medical Research in the 1930s, developed a less stringent version of Koch’s postulates to identify ‘virus’ causation known as ‘Rivers criteria’. ‘Covid’ did not pass that process either. Some even doubt whether any ‘virus’ can be isolated from other particles containing genetic material in the Koch method. Freedom of Information requests in many countries asking for scientific proof that the ‘Covid virus’ has been purified and isolated and shown to exist have all come back with a ‘we don’t have that’ and when this happened with a request to the UK Department of Health they added this comment:

However, outside of the scope of the [Freedom of Information Act] and on a discretionary basis, the following information has been advised to us, which may be of interest. Most infectious diseases are caused by viruses, bacteria or fungi. Some bacteria or fungi have the capacity to grow on their own in isolation, for example in colonies on a petri dish. Viruses are different in that they are what we call 'obligate pathogens' – that is, they cannot survive or reproduce without infecting a host ...

... For some diseases, it is possible to establish causation between a microorganism and a disease by isolating the pathogen from a patient, growing it in pure culture and reintroducing it to a healthy organism. These are known as 'Koch's postulates' and were developed in 1882. However, as our understanding of disease and different disease-causing agents has advanced, these are no longer the method for determining causation [Andrew Kaufman asks why in that case are there two published articles falsely claiming to satisfy Koch's postulates].

It has long been known that viral diseases cannot be identified in this way as viruses cannot be grown in 'pure culture'. When a patient is tested for a viral illness, this is normally done by looking for the presence of antigens, or viral genetic code in a host with molecular biology techniques [Kaufman asks how you could know the origin of these chemicals without having a pure culture for comparison].

For the record 'antigens' are defined so:

Invading microorganisms have antigens on their surface that the human body can recognise as being foreign – meaning not belonging to it. When the body recognises a foreign antigen, lymphocytes (white blood cells) produce antibodies, which are complementary in shape to the antigen.

Notwithstanding that this is open to question in relation to 'SARS-CoV-2' the presence of 'antibodies' can have many causes and they are found in people that are perfectly well. Kary Mullis said: 'Antibodies ... had always been considered evidence of past disease, not present disease.'

## **'Covid' really is a computer 'virus'**

Where the UK Department of Health statement says 'viruses' are now 'diagnosed' through a 'viral genetic code in a host with molecular biology techniques', they mean ... *the PCR test* which its inventor said cannot test for infectious disease. They have no credible method of connecting a 'virus' to a disease and we will see that there is no scientific proof that any 'virus' causes any disease or there is any such thing as a 'virus' in the way that it is described. Tenacious Canadian researcher Christine Massey and her team made

some 40 Freedom of Information requests to national public health agencies in different countries asking for proof that SARS-CoV-2 has been isolated and not one of them could supply that information. Massey said of her request in Canada: 'Freedom of Information reveals Public Health Agency of Canada has no record of 'SARS-CoV-2' isolation performed by anyone, anywhere, ever.' If you accept the comment from the UK Department of Health it's because they can't isolate a 'virus'. Even so many 'science' papers claimed to have isolated the 'Covid virus' until they were questioned and had to admit they hadn't. A reply from the Robert Koch Institute in Germany was typical: 'I am not aware of a paper which purified isolated SARS-CoV-2.' So what the hell was Christian Drosten and his gang using to design the 'Covid' testing protocol that has produced all the illusory Covid' cases and 'Covid' deaths when the head of the Chinese version of the CDC admitted there was a problem right from the start in that the 'virus' had never been isolated/purified? Breathe deeply: What they are calling 'Covid' is actually created by a *computer program* i.e. *they made it up* – er, that's it. They took lung fluid, with many sources of genetic material, from one single person alleged to be infected with Covid-19 by a PCR test which they *claimed*, without clear evidence, contained a 'virus'. They used several computer programs to create a model of a theoretical virus genome sequence from more than fifty-six million small sequences of RNA, each of an unknown source, assembling them like a puzzle with no known solution. The computer filled in the gaps with sequences from bits in the gene bank to make it look like a bat SARS-like coronavirus! A wave of the magic wand and poof, an *in silico* (computer-generated) genome, a scientific fantasy, was created. UK health researcher Dr Kevin Corbett made the same point with this analogy:

... It's like giving you a few bones and saying that's your fish. It could be any fish. Not even a skeleton. Here's a few fragments of bones. That's your fish ... It's all from gene bank and the bits of the virus sequence that weren't there they made up.

They synthetically created them to fill in the blanks. That's what genetics is; it's a code. So it's ABBBCCDDDD and you're missing some what you think is EEE so you put it in. It's all

synthetic. You just manufacture the bits that are missing. This is the end result of the geneticization of virology. This is basically a computer virus.

Further confirmation came in an email exchange between British citizen journalist Frances Leader and the government's Medicines & Healthcare Products Regulatory Agency (the Gates-funded MHRA) which gave emergency permission for untested 'Covid vaccines' to be used. The agency admitted that the 'vaccine' is not based on an isolated 'virus', but comes from a *computer-generated model*. Frances Leader was naturally banned from Cult-owned fascist Twitter for making this exchange public. The process of creating computer-generated alleged 'viruses' is called 'in silico' or 'in silicon' – computer chips – and the term 'in silico' is believed to originate with biological experiments using only a computer in 1989. 'Vaccines' involved with 'Covid' are also produced 'in silico' or by computer not a natural process. If the original 'virus' is nothing more than a made-up computer model how can there be 'new variants' of something that never existed in the first place? They are not new 'variants'; they are new *computer models* only minutely different to the original program and designed to further terrify the population into having the 'vaccine' and submitting to fascism. You want a 'new variant'? Click, click, enter – there you go. Tell the medical profession that you have discovered a 'South African variant', 'UK variants' or a 'Brazilian variant' and in the usual HIV-causes-AIDS manner they will unquestioningly repeat it with no evidence whatsoever to support these claims. They will go on television and warn about the dangers of 'new variants' while doing nothing more than repeating what they have been told to be true and knowing that any deviation from that would be career suicide. Big-time insiders will know it's a hoax, but much of the medical community is clueless about the way they are being played and themselves play the public without even being aware they are doing so. What an interesting 'coincidence' that AstraZeneca and Oxford University were conducting 'Covid vaccine trials' in the three countries – the UK, South Africa and Brazil – where the first three 'variants' were claimed to have 'broken out'.

## **Here's your 'virus' – it's a unicorn**

Dr Andrew Kaufman presented a brilliant analysis describing how the 'virus' was imagined into fake existence when he dissected an article published by *Nature* and written by 19 authors detailing *alleged* 'sequencing of a complete viral genome' of the 'new SARS-CoV-2 virus'. This computer-modelled *in silico* genome was used as a template for all subsequent genome sequencing experiments that resulted in the so-called variants which he said now number more than 6,000. The fake genome was constructed from more than 56 million individual short strands of RNA. Those little pieces were assembled into longer pieces by finding areas of overlapping sequences. The computer programs created over two million possible combinations from which the authors simply chose the longest one. They then compared this to a 'bat virus' and the computer 'alignment' rearranged the sequence and filled in the gaps! They called this computer-generated abomination the 'complete genome'. Dr Tom Cowan, a fellow medical author and collaborator with Kaufman, said such computer-generation constitutes scientific fraud and he makes this superb analogy:

Here is an equivalency: A group of researchers claim to have found a unicorn because they found a piece of a hoof, a hair from a tail, and a snippet of a horn. They then add that information into a computer and program it to re-create the unicorn, and they then claim this computer re-creation is the real unicorn. Of course, they had never actually seen a unicorn so could not possibly have examined its genetic makeup to compare their samples with the actual unicorn's hair, hooves and horn.

The researchers claim they decided which is the real genome of SARS-CoV-2 by 'consensus', sort of like a vote. Again, different computer programs will come up with different versions of the imaginary 'unicorn', so they come together as a group and decide which is the real imaginary unicorn.

This is how the 'virus' that has transformed the world was brought into fraudulent 'existence'. Extraordinary, yes, but as the Nazis said the bigger the lie the more will believe it. Cowan, however, wasn't finished and he went on to identify what he called the real blockbuster in the paper. He quotes this section from a paper written

by virologists and published by the CDC and then explains what it means:

Therefore, we examined the capacity of SARS-CoV-2 to infect and replicate in several common primate and human cell lines, including human adenocarcinoma cells (A549), human liver cells (HUH 7.0), and human embryonic kidney cells (HEK-293T). In addition to Vero E6 and Vero CCL81 cells. ... Each cell line was inoculated at high multiplicity of infection and examined 24h post-infection.

No CPE was observed in any of the cell lines except in Vero cells, which grew to greater than 10 to the 7th power at 24 h post-infection. In contrast, HUH 7.0 and 293T showed only modest viral replication, and A549 cells were incompatible with SARS CoV-2 infection.

Cowan explains that when virologists attempt to prove infection they have three possible 'hosts' or models on which they can test. The first was humans. Exposure to humans was generally not done for ethical reasons and has never been done with SARS-CoV-2 or any coronavirus. The second possible host was animals. Cowan said that forgetting for a moment that they never actually use purified virus when exposing animals they do use solutions that they *claim* contain the virus. Exposure to animals has been done with SARS-CoV-2 in an experiment involving mice and this is what they found: *None of the wild (normal) mice got sick*. In a group of genetically-modified mice, a statistically insignificant number lost weight and had slightly bristled fur, but they experienced nothing like the illness called 'Covid-19'. Cowan said the third method – the one they mostly rely on – is to inoculate solutions they *say* contain the virus onto a variety of tissue cultures. This process had never been shown to kill tissue *unless* the sample material was starved of nutrients and poisoned as *part of the process*. Yes, incredibly, in tissue experiments designed to show the 'virus' is responsible for killing the tissue they starve the tissue of nutrients and add toxic drugs including antibiotics and they do not have control studies to see if it's the starvation and poisoning that is degrading the tissue rather than the 'virus' they allege to be in there somewhere. You want me to pinch you? Yep, I understand. Tom Cowan said this about the whole nonsensical farce as he explains what that quote from the CDC paper really means:

The shocking thing about the above quote is that using their own methods, the virologists found that solutions containing SARS-CoV-2 – even in high amounts – were NOT, I repeat NOT, infective to any of the three human tissue cultures they tested. In plain English, this means they proved, on their terms, that this ‘new coronavirus’ is not infectious to human beings. It is ONLY infective to monkey kidney cells, and only then when you add two potent drugs (gentamicin and amphotericin), known to be toxic to kidneys, to the mix.

My friends, read this again and again. These virologists, published by the CDC, performed a clear proof, on their terms, showing that the SARS-CoV-2 virus is harmless to human beings. That is the only possible conclusion, but, unfortunately, this result is not even mentioned in their conclusion. They simply say they can provide virus stocks cultured only on monkey Vero cells, thanks for coming.

Cowan concluded: ‘If people really understood how this “science” was done, I would hope they would storm the gates and demand honesty, transparency and truth.’ Dr Michael Yeadon, former Vice President and Chief Scientific Adviser at drug giant Pfizer has been a vocal critic of the ‘Covid vaccine’ and its potential for multiple harm. He said in an interview in April, 2021, that ‘not one [vaccine] has the virus. He was asked why vaccines normally using a ‘dead’ version of a disease to activate the immune system were not used for ‘Covid’ and instead we had the synthetic methods of the ‘mRNA Covid vaccine’. Yeadon said that to do the former ‘you’d have to have some of [the virus] wouldn’t you?’ He added: ‘No-one’s got any – seriously.’ Yeadon said that surely they couldn’t have fooled the whole world for a year without having a virus, ‘but oddly enough ask around – no one’s got it’. He didn’t know why with all the ‘great labs’ around the world that the virus had not been isolated – ‘Maybe they’ve been too busy running bad PCR tests and vaccines that people don’t need.’ What is today called ‘science’ is not ‘science’ at all. Science is no longer what is, but whatever people can be manipulated to *believe* that it is. Real science has been hijacked by the Cult to dispense and produce the ‘expert scientists’ and contentions that suit the agenda of the Cult. How big-time this has happened with the ‘Covid’ hoax which is entirely based on fake science delivered by fake ‘scientists’ and fake ‘doctors’. The human-caused climate change hoax is also entirely based on fake science delivered by fake ‘scientists’ and fake ‘climate experts’. In both cases real

scientists, climate experts and doctors have their views suppressed and deleted by the Cult-owned science establishment, media and Silicon Valley. This is the ‘science’ that politicians claim to be ‘following’ and a common denominator of ‘Covid’ and climate are Cult psychopaths Bill Gates and his mate Klaus Schwab at the Gates-funded World Economic Forum. But, don’t worry, it’s all just a coincidence and absolutely nothing to worry about. Zzzzzzzz.

## **What is a ‘virus’ REALLY?**

Dr Tom Cowan is one of many contesting the very existence of viruses let alone that they cause disease. This is understandable when there is no scientific evidence for a disease-causing ‘virus’. German virologist Dr Stefan Lanka won a landmark case in 2017 in the German Supreme Court over his contention that there is no such thing as a measles virus. He had offered a big prize for anyone who could prove there is and Lanka won his case when someone sought to claim the money. There is currently a prize of more than 225,000 euros on offer from an Isolate Truth Fund for anyone who can prove the isolation of SARS-CoV-2 and its genetic substance. Lanka wrote in an article headed ‘The Misconception Called Virus’ that scientists think a ‘virus’ is causing tissue to become diseased and degraded when in fact it is the *processes they are using* which do that – not a ‘virus’. Lanka has done an important job in making this point clear as Cowan did in his analysis of the CDC paper. Lanka says that all claims about viruses as disease-causing pathogens are wrong and based on ‘easily recognisable, understandable and verifiable misinterpretations.’ Scientists believed they were working with ‘viruses’ in their laboratories when they were really working with ‘typical particles of specific dying tissues or cells ...’ Lanka said that the tissue decaying process claimed to be caused by a ‘virus’ still happens when no alleged ‘virus’ is involved. It’s the *process* that does the damage and not a ‘virus’. The genetic sample is deprived of nutrients, removed from its energy supply through removal from the body and then doused in toxic antibiotics to remove any bacteria. He confirms again that establishment scientists do not (pinch me)

conduct control experiments to see if this is the case and if they did they would see the claims that 'viruses' are doing the damage is nonsense. He adds that during the measles 'virus' court case he commissioned an independent laboratory to perform just such a control experiment and the result was that the tissues and cells died in the exact same way as with alleged 'infected' material. This is supported by a gathering number of scientists, doctors and researchers who reject what is called 'germ theory' or the belief in the body being infected by contagious sources emitted by other people. Researchers Dawn Lester and David Parker take the same stance in their highly-detailed and sourced book *What Really Makes You Ill – Why everything you thought you knew about disease is wrong* which was recommended to me by a number of medical professionals genuinely seeking the truth. Lester and Parker say there is no provable scientific evidence to show that a 'virus' can be transmitted between people or people and animals or animals and people:

The definition also claims that viruses are the cause of many diseases, as if this has been definitively proven. But this is not the case; there is no original scientific evidence that definitively demonstrates that any virus is the cause of any disease. The burden of proof for any theory lies with those who proposed it; but none of the existing documents provides 'proof' that supports the claim that 'viruses' are pathogens.

Dr Tom Cowan employs one of his clever analogies to describe the process by which a 'virus' is named as the culprit for a disease when what is called a 'virus' is only material released by cells detoxing themselves from infiltration by chemical or radiation poisoning. The tidal wave of technologically-generated radiation in the 'smart' modern world plus all the toxic food and drink are causing this to happen more than ever. Deluded 'scientists' misread this as a gathering impact of what they wrongly label 'viruses'.

## **Paper can infect houses**

Cowan said in an article for [davidicke.com](http://davidicke.com) – with his tongue only mildly in his cheek – that he believed he had made a tremendous

discovery that may revolutionise science. He had discovered that small bits of paper are alive, ‘well alive-ish’, can ‘infect’ houses, and then reproduce themselves inside the house. The result was that this explosion of growth in the paper inside the house causes the house to explode, blowing it to smithereens. His evidence for this new theory is that in the past months he had carefully examined many of the houses in his neighbourhood and found almost no scraps of paper on the lawns and surrounds of the house. There was an occasional stray label, but nothing more. Then he would return to these same houses a week or so later and with a few, not all of them, particularly the old and decrepit ones, he found to his shock and surprise they were littered with stray bits of paper. He knew then that the paper had infected these houses, made copies of itself, and blew up the house. A young boy on a bicycle at one of the sites told him he had seen a demolition crew using dynamite to explode the house the previous week, but Cowan dismissed this as the idle thoughts of silly boys because ‘I was on to something big’. He was on to how ‘scientists’ mistake genetic material in the detoxifying process for something they call a ‘virus’. Cowan said of his house and paper story:

If this sounds crazy to you, it’s because it should. This scenario is obviously nuts. But consider this admittedly embellished, for effect, current viral theory that all scientists, medical doctors and virologists currently believe.

He takes the example of the ‘novel SARS-Cov2’ virus to prove the point. First they take someone with an undefined illness called ‘Covid-19’ and don’t even attempt to find any virus in their sputum. Never mind the scientists still describe how this ‘virus’, which they have not located attaches to a cell receptor, injects its genetic material, in ‘Covid’s’ case, RNA, into the cell. The RNA once inserted exploits the cell to reproduce itself and makes ‘thousands, nay millions, of copies of itself ... Then it emerges victorious to claim its next victim’:

If you were to look in the scientific literature for proof, actual scientific proof, that uniform SARS-CoV2 viruses have been properly isolated from the sputum of a sick person, that actual spike proteins could be seen protruding from the virus (which has not been found), you would find that such evidence doesn't exist.

If you go looking in the published scientific literature for actual pictures, proof, that these spike proteins or any viral proteins are ever attached to any receptor embedded in any cell membrane, you would also find that no such evidence exists. If you were to look for a video or documented evidence of the intact virus injecting its genetic material into the body of the cell, reproducing itself and then emerging victorious by budding off the cell membrane, you would find that no such evidence exists.

The closest thing you would find is electron micrograph pictures of cellular particles, possibly attached to cell debris, both of which to be seen were stained by heavy metals, a process that completely distorts their architecture within the living organism. This is like finding bits of paper stuck to the blown-up bricks, thereby proving the paper emerged by taking pieces of the bricks on its way out.

## **The Enders baloney**

Cowan describes the 'Covid' story as being just as make-believe as his paper story and he charts back this fantasy to a Nobel Prize winner called John Enders (1897-1985), an American biomedical scientist who has been dubbed 'The Father of Modern Vaccines'. Enders is claimed to have 'discovered' the process of the viral culture which 'proved' that a 'virus' caused measles. Cowan explains how Enders did this 'by using the EXACT same procedure that has been followed by every virologist to find and characterize every new virus since 1954'. Enders took throat swabs from children with measles and immersed them in 2ml of milk. Penicillin (100u/ml) and the antibiotic streptomycin (50,g/ml) were added and the whole mix was centrifuged – rotated at high speed to separate large cellular debris from small particles and molecules as with milk and cream, for example. Cowan says that if the aim is to find little particles of genetic material ('viruses') in the snot from children with measles it would seem that the last thing you would do is mix the snot with other material – milk –that also has genetic material. 'How are you ever going to know whether whatever you found came from the snot or the milk?' He points out that streptomycin is a 'nephrotoxic' or poisonous-to-the-kidney drug. You will see the relevance of that

shortly. Cowan says that it gets worse, much worse, when Enders describes the culture medium upon which the virus 'grows': 'The culture medium consisted of bovine amniotic fluid (90%), beef embryo extract (5%), horse serum (5%), antibiotics and phenol red as an indicator of cell metabolism.' Cowan asks incredulously: 'Did he just say that the culture medium also contained fluids and tissues that are themselves rich sources of genetic material?' The genetic cocktail, or 'medium', is inoculated onto tissue and cells from rhesus monkey *kidney* tissue. This is where the importance of streptomycin comes in and currently-used antimicrobials and other drugs that are *poisonous to kidneys* and used in ALL modern viral cultures (e.g. gentamicin, streptomycin, and amphotericin). Cowan asks: 'How are you ever going to know from this witch's brew where any genetic material comes from as we now have five different sources of rich genetic material in our mix?' Remember, he says, that all genetic material, whether from monkey kidney tissues, bovine serum, milk, etc., is made from the exact same components. The same central question returns: 'How are you possibly going to know that it was the virus that killed the kidney tissue and not the toxic antibiotic and starvation rations on which you are growing the tissue?' John Enders answered the question himself – *you can't*:

A second agent was obtained from an uninoculated culture of monkey kidney cells. The cytopathic changes [death of the cells] it induced in the unstained preparations could not be distinguished with confidence from the viruses isolated from measles.

The death of the cells ('cytopathic changes') happened in exactly the same manner, whether they inoculated the kidney tissue with the measles snot or not, Cowan says. 'This is evidence that the destruction of the tissue, the very proof of viral causation of illness, was not caused by anything in the snot because they saw the same destructive effect when the snot was not even used ... the cytopathic, i.e., cell-killing, changes come from the process of the culture itself, not from any virus in any snot, period.' Enders quotes in his 1957 paper a virologist called Ruckle as reporting similar findings 'and in addition has isolated an agent from monkey kidney tissue that is so

far indistinguishable from human measles virus'. In other words, Cowan says, these particles called 'measles viruses' are simply and clearly breakdown products of the starved and poisoned tissue. For measles 'virus' see all 'viruses' including the so-called 'Covid virus'. Enders, the 'Father of Modern Vaccines', also said:

There is a potential risk in employing cultures of primate cells for the production of vaccines composed of attenuated virus, since the presence of other agents possibly latent in primate tissues cannot be definitely excluded by any known method.

Cowan further quotes from a paper published in the journal *Viruses* in May, 2020, while the 'Covid pandemic' was well underway in the media if not in reality. 'EVs' here refers to particles of genetic debris from our own tissues, such as exosomes of which more in a moment: 'The remarkable resemblance between EVs and viruses has caused quite a few problems in the studies focused on the analysis of EVs released during viral infections.' Later the paper adds that to date a reliable method that can actually guarantee a complete separation (of EVs from viruses) DOES NOT EXIST. This was published at a time when a fairy tale 'virus' was claimed in total certainty to be causing a fairy tale 'viral disease' called 'Covid-19' – a fairy tale that was already well on the way to transforming human society in the image that the Cult has worked to achieve for so long. Cowan concludes his article:

To summarize, there is no scientific evidence that pathogenic viruses exist. What we think of as 'viruses' are simply the normal breakdown products of dead and dying tissues and cells. When we are well, we make fewer of these particles; when we are starved, poisoned, suffocated by wearing masks, or afraid, we make more.

There is no engineered virus circulating and making people sick. People in laboratories all over the world are making genetically modified products to make people sick. These are called vaccines. There is no virome, no 'ecosystem' of viruses, viruses are not 8%, 50% or 100 % of our genetic material. These are all simply erroneous ideas based on the misconception called a virus.

## **What is 'Covid'? Load of bollocks**

The background described here by Cowan and Lanka was emphasised in the first video presentation that I saw by Dr Andrew Kaufman when he asked whether the ‘Covid virus’ was in truth a natural defence mechanism of the body called ‘exosomes’. These are released by cells when in states of toxicity – see the same themes returning over and over. They are released ever more profusely as chemical and radiation toxicity increases and think of the potential effect therefore of 5G alone as its destructive frequencies infest the human energetic information field with a gathering pace (5G went online in Wuhan in 2019 as the ‘virus’ emerged). I’ll have more about this later. Exosomes transmit a warning to the rest of the body that ‘Houston, we have a problem’. Kaufman presented images of exosomes and compared them with ‘Covid’ under an electron microscope and the similarity was remarkable. They both attach to the same cell receptors (*claimed* in the case of ‘Covid’), contain the same genetic material in the form of RNA or ribonucleic acid, and both are found in ‘viral cell cultures’ with damaged or dying cells. James Hildreth MD, President and Chief Executive Officer of the Meharry Medical College at Johns Hopkins, said: ‘The virus is fully an exosome in every sense of the word.’ Kaufman’s conclusion was that there is no ‘virus’: ‘This entire pandemic is a completely manufactured crisis … there is no evidence of anyone dying from [this] illness.’ Dr Tom Cowan and Sally Fallon Morell, authors of *The Contagion Myth*, published a statement with Dr Kaufman in February, 2021, explaining why the ‘virus’ does not exist and you can read it that in full in the Appendix.

‘Virus’ theory can be traced to the ‘cell theory’ in 1858 of German physician Rudolf Virchow (1821-1920) who contended that disease originates from a single cell infiltrated by a ‘virus’. Dr Stefan Lanka said that findings and insights with respect to the structure, function and central importance of tissues in the creation of life, which were already known in 1858, comprehensively refute the cell theory. Virchow ignored them. We have seen the part later played by John Enders in the 1950s and Lanka notes that infection theories were only established as a global dogma through the policies and

eugenics of the Third Reich in Nazi Germany (creation of the same Sabbatian cult behind the ‘Covid’ hoax). Lanka said: ‘Before 1933, scientists dared to contradict this theory; after 1933, these critical scientists were silenced’. Dr Tom Cowan’s view is that ill-health is caused by too much of something, too little of something, or toxification from chemicals and radiation – not contagion. We must also highlight as a major source of the ‘virus’ theology a man still called the ‘Father of Modern Virology’ – Thomas Milton Rivers (1888-1962). There is no way given the Cult’s long game policy that it was a coincidence for the ‘Father of Modern Virology’ to be director of the Rockefeller Institute for Medical Research from 1937 to 1956 when he is credited with making the Rockefeller Institute a leader in ‘viral research’. Cult Rockefellers were the force behind the creation of Big Pharma ‘medicine’, established the World Health Organisation in 1948, and have long and close associations with the Gates family that now runs the WHO during the pandemic hoax through mega-rich Cult gofer and psychopath Bill Gates.

Only a Renegade Mind can see through all this bullshit by asking the questions that need to be answered, not taking ‘no’ or prevarication for an answer, and certainly not hiding from the truth in fear of speaking it. Renegade Minds have always changed the world for the better and they will change this one no matter how bleak it may currently appear to be.

## CHAPTER SIX

### Sequence of deceit

*If you tell the truth, you don't have to remember anything*

Mark Twain

**A**gainst the background that I have laid out this far the sequence that took us from an invented 'virus' in Cult-owned China in late 2019 to the fascist transformation of human society can be seen and understood in a whole new context.

We were told that a deadly disease had broken out in Wuhan and the world media began its campaign (coordinated by behavioural psychologists as we shall see) to terrify the population into unquestioning compliance. We were shown images of Chinese people collapsing in the street which never happened in the West with what was supposed to be the same condition. In the earliest days when alleged cases and deaths were few the fear register was hysterical in many areas of the media and this would expand into the common media narrative across the world. The real story was rather different, but we were never told that. The Chinese government, one of the Cult's biggest centres of global operation, said they had discovered a new illness with flu-like and pneumonia-type symptoms in a city with such toxic air that it is overwhelmed with flu-like symptoms, pneumonia and respiratory disease. Chinese scientists said it was a new – 'novel' – coronavirus which they called Sars-Cov-2 and that it caused a disease they labelled 'Covid-19'. There was no evidence for this and the 'virus' has never to this day been isolated, purified and its genetic code established from that. It

was from the beginning a computer-generated fiction. Stories of Chinese whistleblowers saying the number of deaths was being suppressed or that the ‘new disease’ was related to the Wuhan bio-lab misdirected mainstream and alternative media into cul-de-sacs to obscure the real truth – there was no ‘virus’.

Chinese scientists took genetic material from the lung fluid of just a few people and said they had found a ‘new’ disease when this material had a wide range of content. There was no evidence for a ‘virus’ for the very reasons explained in the last two chapters. The ‘virus’ has never been shown to (a) exist and (b) cause any disease. People were diagnosed on symptoms that are so widespread in Wuhan and polluted China and with a PCR test that can’t detect infectious disease. On this farce the whole global scam was sold to the rest of the world which would also diagnose respiratory disease as ‘Covid-19’ from symptoms alone or with a PCR test not testing for a ‘virus’. Flu miraculously disappeared *worldwide* in 2020 and into 2021 as it was redesignated ‘Covid-19’. It was really the same old flu with its ‘flu-like’ symptoms attributed to ‘flu-like’ ‘Covid-19’. At the same time with very few exceptions the Chinese response of draconian lockdown and fascism was the chosen weapon to respond across the West as recommended by the Cult-owned Tedros at the Cult-owned World Health Organization run by the Cult-owned Gates. All was going according to plan. Chinese scientists – everything in China is controlled by the Cult-owned government – compared their contaminated RNA lung-fluid material with other RNA sequences and said it appeared to be just under 80 percent identical to the SARS-CoV-1 ‘virus’ claimed to be the cause of the SARS (severe acute respiratory syndrome) ‘outbreak’ in 2003. They decreed that because of this the ‘new virus’ had to be related and they called it SARS-CoV-2. There are some serious problems with this assumption and *assumption* was all it was. Most ‘factual’ science turns out to be assumptions repeated into everyone-knows-that. A match of under 80-percent is meaningless. Dr Kaufman makes the point that there’s a 96 percent genetic correlation between humans and chimpanzees, but ‘no one would say our genetic material is part

of the chimpanzee family'. Yet the Chinese authorities were claiming that a much lower percentage, less than 80 percent, proved the existence of a new 'coronavirus'. For goodness sake human DNA is 60 percent similar to a *banana*.

## **You are feeling sleepy**

The entire 'Covid' hoax is a global Psyop, a psychological operation to program the human mind into believing and fearing a complete fantasy. A crucial aspect of this was what *appeared* to happen in Italy. It was all very well streaming out daily images of an alleged catastrophe in Wuhan, but to the Western mind it was still on the other side of the world in a very different culture and setting. A reaction of 'this could happen to me and my family' was still nothing like as intense enough for the mind-doctors. The Cult needed a Western example to push people over that edge and it chose Italy, one of its major global locations going back to the Roman Empire. An Italian 'Covid' crisis was manufactured in a particular area called Lombardy which just happens to be notorious for its toxic air and therefore respiratory disease. Wuhan, China, *déjà vu*. An hysterical media told horror stories of Italians dying from 'Covid' in their droves and how Lombardy hospitals were being overrun by a tidal wave of desperately ill people needing treatment after being struck down by the 'deadly virus'. Here was the psychological turning point the Cult had planned. Wow, if this is happening in Italy, the Western mind concluded, this indeed could happen to me and my family. Another point is that Italian authorities responded by following the Chinese blueprint so vehemently recommended by the Cult-owned World Health Organization. They imposed fascistic lockdowns on the whole country viciously policed with the help of surveillance drones sweeping through the streets seeking out anyone who escaped from mass house arrest. Livelihoods were destroyed and psychology unravelled in the way we have witnessed since in all lockdown countries. Crucial to the plan was that Italy responded in this way to set the precedent of suspending freedom and imposing fascism in a 'Western liberal democracy'. I emphasised in an

animated video explanation on [davidicke.com](http://davidicke.com) posted in the summer of 2020 how important it was to the Cult to expand the Chinese lockdown model across the West. Without this, and the bare-faced lie that non-symptomatic people could still transmit a ‘disease’ they didn’t have, there was no way locking down the whole population, sick and not sick, could be pulled off. At just the right time and with no evidence Cult operatives and gofers claimed that people without symptoms could pass on the ‘disease’. In the name of protecting the ‘vulnerable’ like elderly people, who lockdowns would kill by the tens of thousands, we had for the first time healthy people told to isolate as well as the sick. The great majority of people who tested positive had no symptoms because there was nothing wrong with them. It was just a trick made possible by a test not testing for the ‘virus’.

Months after my animated video the Gates-funded Professor Neil Ferguson at the Gates-funded Imperial College confirmed that I was right. He didn’t say it in those terms, naturally, but he did say it. Ferguson will enter the story shortly for his outrageously crazy ‘computer models’ that led to Britain, the United States and many other countries following the Chinese and now Italian methods of response. Put another way, following the Cult script. Ferguson said that SAGE, the UK government’s scientific advisory group which has controlled ‘Covid’ policy from the start, wanted to follow the Chinese lockdown model (while they all continued to work and be paid), but they wondered if they could possibly, in Ferguson’s words, ‘get away with it in Europe’. ‘Get away with it’? Who the hell do these moronic, arrogant people think they are? This appalling man Ferguson said that once Italy went into national lockdown they realised they, too, could mimic China:

It’s a communist one-party state, we said. We couldn’t get away with it in Europe, we thought ... and then Italy did it. And we realised we could. Behind this garbage from Ferguson is a simple fact: Doing the same as China in every country was the plan from the start and Ferguson’s ‘models’ would play a central role in achieving that. It’s just a coincidence, of course, and absolutely nothing to worry your little head about.

## **Oops, sorry, our mistake**

Once the Italian segment of the Psyop had done the job it was designed to do a very different story emerged. Italian authorities revealed that 99 percent of those who had 'died from Covid-19' in Italy had one, two, three, or more 'co-morbidities' or illnesses and health problems that could have ended their life. The US Centers for Disease Control and Prevention (CDC) published a figure of 94 percent for Americans dying of 'Covid' while having other serious medical conditions – on average two to three (some five or six) other potential causes of death. In terms of death from an unproven 'virus' I say it is 100 percent. The other one percent in Italy and six percent in the US would presumably have died from 'Covid's' flu-like symptoms with a range of other possible causes in conjunction with a test not testing for the 'virus'. Fox News reported that even more startling figures had emerged in one US county in which 410 of 422 deaths attributed to 'Covid-19' had other potentially deadly health conditions. The Italian National Health Institute said later that the average age of people dying with a 'Covid-19' diagnosis in Italy was about 81. Ninety percent were over 70 with ten percent over 90. In terms of other reasons to die some 80 percent had two or more chronic diseases with half having three or more including cardiovascular problems, diabetes, respiratory problems and cancer. Why is the phantom 'Covid-19' said to kill overwhelmingly old people and hardly affect the young? Old people continually die of many causes and especially respiratory disease which you can re-diagnose 'Covid-19' while young people die in tiny numbers by comparison and rarely of respiratory disease. Old people 'die of Covid' because they die of other things that can be redesignated 'Covid' and it really is that simple.

## **Flu has flown**

The blueprint was in place. Get your illusory 'cases' from a test not testing for the 'virus' and redesignate other causes of death as 'Covid-19'. You have an instant 'pandemic' from something that is nothing more than a computer-generated fiction. With near-on a

billion people having ‘flu-like’ symptoms every year the potential was limitless and we can see why flu quickly and apparently miraculously disappeared *worldwide* by being diagnosed ‘Covid-19’. The painfully bloody obvious was explained away by the childlike media in headlines like this in the UK *‘Independent’*: ‘Not a single case of flu detected by Public Health England this year as Covid restrictions suppress virus’. I kid you not. The masking, social distancing and house arrest that did not make the ‘Covid virus’ disappear somehow did so with the ‘flu virus’. Even worse the article, by a bloke called Samuel Lovett, suggested that maybe the masking, sanitising and other ‘Covid’ measures should continue to keep the flu away. With a ridiculousness that disturbs your breathing (it’s ‘Covid-19’) the said Lovett wrote: ‘With widespread social distancing and mask-wearing measures in place throughout the UK, the usual routes of transmission for influenza have been blocked.’ He had absolutely no evidence to support that statement, but look at the consequences of him acknowledging the obvious. With flu not disappearing at all and only being relabelled ‘Covid-19’ he would have to contemplate that ‘Covid’ was a hoax on a scale that is hard to imagine. You need guts and commitment to truth to even go there and that’s clearly something Samuel Lovett does not have in abundance. He would never have got it through the editors anyway.

Tens of thousands die in the United States alone every winter from flu including many with pneumonia complications. CDC figures record *45 million* Americans diagnosed with flu in 2017-2018 of which 61,000 died and some reports claim 80,000. Where was the same hysteria then that we have seen with ‘Covid-19’? Some 250,000 Americans are admitted to hospital with pneumonia every year with about 50,000 cases proving fatal. About 65 million suffer respiratory disease every year and three million deaths makes this the third biggest cause of death worldwide. You only have to redesignate a portion of all these people ‘Covid-19’ and you have an instant global pandemic or the *appearance* of one. Why would doctors do this? They are told to do this and all but a few dare not refuse those who must be obeyed. Doctors in general are not researching their own

knowledge and instead take it direct and unquestioned from the authorities that own them and their careers. The authorities say they must now diagnose these symptoms ‘Covid-19’ and not flu, or whatever, and they do it. Dark suits say put ‘Covid-19’ on death certificates no matter what the cause of death and the doctors do it. Renegade Minds don’t fall for the illusion that doctors and medical staff are all highly-intelligent, highly-principled, seekers of medical truth. *Some are*, but not the majority. They are repeaters, gofers, and yes sir, no sir, purveyors of what the system demands they purvey. The ‘Covid’ con is not merely confined to diseases of the lungs. Instructions to doctors to put ‘Covid-19’ on death certificates for anyone dying of *anything* within 28 days (or much more) of a positive test not testing for the ‘virus’ opened the floodgates. The term dying *with* ‘Covid’ and not *of* ‘Covid’ was coined to cover the truth. Whether it was a *with* or an *of* they were all added to the death numbers attributed to the ‘deadly virus’ compiled by national governments and globally by the Gates-funded Johns Hopkins operation in the United States that was so involved in those ‘pandemic’ simulations. Fraudulent deaths were added to the ever-growing list of fraudulent ‘cases’ from false positives from a false test. No wonder Professor Walter Ricciardi, scientific advisor to the Italian minister of health, said after the Lombardy hysteria had done its job that ‘Covid’ death rates were due to Italy having the second oldest population in the world and to *how hospitals record deaths*:

The way in which we code deaths in our country is very generous in the sense that all the people who die in hospitals with the coronavirus are deemed to be dying of the coronavirus. On re-evaluation by the National Institute of Health, only 12 per cent of death certificates have shown a direct causality from coronavirus, while 88 per cent of patients who have died have at least one pre-morbidity – many had two or three.

This is extraordinary enough when you consider the propaganda campaign to use Italy to terrify the world, but how can they even say twelve percent were genuine when the ‘virus’ has not been shown to exist, its ‘code’ is a computer program, and diagnosis comes from a test not testing for it? As in China, and soon the world, ‘Covid-19’ in

Italy was a redesignation of diagnosis. Lies and corruption were to become the real ‘pandemic’ fuelled by a pathetically-compliant medical system taking its orders from the tiny few at the top of their national hierarchy who answered to the World Health Organization which answers to Gates and the Cult. Doctors were told – ordered – to diagnose a particular set of symptoms ‘Covid-19’ and put that on the death certificate for any cause of death if the patient had tested positive with a test not testing for the virus or had ‘Covid’ symptoms like the flu. The United States even introduced big financial incentives to manipulate the figures with hospitals receiving £4,600 from the Medicare system for diagnosing someone with regular pneumonia, \$13,000 if they made the diagnosis from the same symptoms ‘Covid-19’ pneumonia, and \$39, 000 if they put a ‘Covid’ diagnosed patient on a ventilator that would almost certainly kill them. A few – painfully and pathetically few – medical whistleblowers revealed (before Cult-owned YouTube deleted their videos) that they had been instructed to ‘let the patient crash’ and put them straight on a ventilator instead of going through a series of far less intrusive and dangerous methods as they would have done before the pandemic hoax began and the financial incentives kicked in. We are talking cold-blooded murder given that ventilators are so damaging to respiratory systems they are usually the last step before heaven awaits. Renegade Minds never fall for the belief that people in white coats are all angels of mercy and cannot be full-on psychopaths. I have explained in detail in *The Answer* how what I am describing here played out across the world coordinated by the World Health Organization through the medical hierarchies in almost every country.

## **Medical scientist calls it**

Information about the non-existence of the ‘virus’ began to emerge for me in late March, 2020, and mushroomed after that. I was sent an email by Sir Julian Rose, a writer, researcher, and organic farming promotor, from a medical scientist friend of his in the United States. Even at that early stage in March the scientist was able to explain

how the ‘Covid’ hoax was being manipulated. He said there were no reliable tests for a specific ‘Covid-19 virus’ and nor were there any reliable agencies or media outlets for reporting numbers of actual ‘Covid-19’ cases. We have seen in the long period since then that he was absolutely right. ‘Every action and reaction to Covid-19 is based on totally flawed data and we simply cannot make accurate assessments,’ he said. Most people diagnosed with ‘Covid-19’ were showing nothing more than cold and flu-like symptoms ‘because most coronavirus strains *are* nothing more than cold/flu-like symptoms’. We had farcical situations like an 84-year-old German man testing positive for ‘Covid-19’ and his nursing home ordered to quarantine only for him to be found to have a common cold. The scientist described back then why PCR tests and what he called the ‘Mickey Mouse test kits’ were useless for what they were claimed to be identifying. ‘The idea these kits can isolate a specific virus like Covid-19 is nonsense,’ he said. Significantly, he pointed out that ‘if you want to create a totally false panic about a totally false pandemic – pick a coronavirus’. This is exactly what the Cult-owned Gates, World Economic Forum and Johns Hopkins University did with their Event 201 ‘simulation’ followed by their real-life simulation called the ‘pandemic’. The scientist said that all you had to do was select the sickest of people with respiratory-type diseases in a single location – ‘say Wuhan’ – and administer PCR tests to them. You can then claim that anyone showing ‘viral sequences’ similar to a coronavirus ‘which will inevitably be quite a few’ is suffering from a ‘new’ disease:

Since you already selected the sickest flu cases a fairly high proportion of your sample will go on to die. You can then say this ‘new’ virus has a CFR [case fatality rate] higher than the flu and use this to infuse more concern and do more tests which will of course produce more ‘cases’, which expands the testing, which produces yet more ‘cases’ and so on and so on. Before long you have your ‘pandemic’, and all you have done is use a simple test kit trick to convert the worst flu and pneumonia cases into something new that doesn’t ACTUALLY EXIST [my emphasis].

He said that you then ‘just run the same scam in other countries’ and make sure to keep the fear message running high ‘so that people

will feel panicky and less able to think critically'. The only problem to overcome was the fact *there is no* actual new deadly pathogen and only regular sick people. This meant that deaths from the 'new deadly pathogen' were going to be way too low for a real new deadly virus pandemic, but he said this could be overcome in the following ways – all of which would go on to happen:

1. You can claim this is just the beginning and more deaths are imminent [you underpin this with fantasy 'computer projections']. Use this as an excuse to quarantine everyone and then claim the quarantine prevented the expected millions of dead.
2. You can [say that people] 'minimizing' the dangers are irresponsible and bully them into not talking about numbers.
3. You can talk crap about made up numbers hoping to blind people with pseudoscience.
4. You can start testing well people (who, of course, will also likely have shreds of coronavirus [RNA] in them) and thus inflate your 'case figures' with 'asymptomatic carriers' (you will of course have to spin that to sound deadly even though any virologist knows the more symptom-less cases you have the less deadly is your pathogen).

The scientist said that if you take these simple steps 'you can have your own entirely manufactured pandemic up and running in weeks'. His analysis made so early in the hoax was brilliantly prophetic of what would actually unfold. Pulling all the information together in these recent chapters we have this is simple 1, 2, 3, of how you can delude virtually the entire human population into believing in a 'virus' that doesn't exist:

- A 'Covid case' is someone who tests positive with a test not testing for the 'virus'.
- A 'Covid death' is someone who dies of *any cause* within 28 days (or much longer) of testing positive with a test not testing for the 'virus'.
- Asymptomatic means there is nothing wrong with you, but they claim you can pass on what you don't have to justify locking

down (quarantining) healthy people in totality.

The foundations of the hoax are that simple. A study involving ten million people in Wuhan, published in November, 2020, demolished the whole lie about those without symptoms passing on the ‘virus’. They found ‘300 asymptomatic cases’ and traced their contacts to find that not one of them was detected with the ‘virus’.

‘Asymptomatic’ patients and their contacts were isolated for no less than two weeks and nothing changed. I know it’s all crap, but if you are going to claim that those without symptoms can transmit ‘the virus’ then you must produce evidence for that and they never have. Even World Health Organization official Dr Maria Van Kerkhove, head of the emerging diseases and zoonosis unit, said as early as June, 2020, that she doubted the validity of asymptomatic transmission. She said that ‘from the data we have, it still seems to be rare that an asymptomatic person actually transmits onward to a secondary individual’ and by ‘rare’ she meant that she couldn’t cite any case of asymptomatic transmission.

## **The Ferguson factor**

The problem for the Cult as it headed into March, 2020, when the script had lockdown due to start, was that despite all the manipulation of the case and death figures they still did not have enough people alleged to have died from ‘Covid’ to justify mass house arrest. This was overcome in the way the scientist described: ‘You can claim this is just the beginning and more deaths are imminent ... Use this as an excuse to quarantine everyone and then claim the quarantine prevented the expected millions of dead.’ Enter one Professor Neil Ferguson, the Gates-funded ‘epidemiologist’ at the Gates-funded Imperial College in London. Ferguson is Britain’s Christian Drosten in that he has a dire record of predicting health outcomes, but is still called upon to advise government on the next health outcome when another ‘crisis’ comes along. This may seem to be a strange and ridiculous thing to do. Why would you keep turning for policy guidance to people who have a history of being

monumentally wrong? Ah, but it makes sense from the Cult point of view. These ‘experts’ keep on producing predictions that suit the Cult agenda for societal transformation and so it was with Neil Ferguson as he revealed his horrific (and clearly insane) computer model predictions that allowed lockdowns to be imposed in Britain, the United States and many other countries. Ferguson does not have even an A-level in biology and would appear to have no formal training in computer modelling, medicine or epidemiology, according to Derek Winton, an MSc in Computational Intelligence. He wrote an article somewhat aghast at what Ferguson did which included taking no account of respiratory disease ‘seasonality’ which means it is far worse in the winter months. Who would have thought that respiratory disease could be worse in the winter? Well, certainly not Ferguson.

The massively China-connected Imperial College and its bizarre professor provided the excuse for the long-incubated Chinese model of human control to travel westward at lightning speed. Imperial College confirms on its website that it collaborates with the Chinese Research Institute; publishes more than 600 research papers every year with Chinese research institutions; has 225 Chinese staff; 2,600 Chinese students – the biggest international group; 7,000 former students living in China which is the largest group outside the UK; and was selected for a tour by China’s President Xi Jinping during his state visit to the UK in 2015. The college takes major donations from China and describes itself as the UK’s number one university collaborator with Chinese research institutions. The China communist/fascist government did not appear phased by the woeful predictions of Ferguson and Imperial when during the lockdown that Ferguson induced the college signed a five-year collaboration deal with China tech giant Huawei that will have Huawei’s indoor 5G network equipment installed at the college’s West London tech campus along with an ‘AI cloud platform’. The deal includes Chinese sponsorship of Imperial’s Venture Catalyst entrepreneurship competition. Imperial is an example of the enormous influence the Chinese government has within British and North American

universities and research centres – and further afield. Up to 200 academics from more than a dozen UK universities are being investigated on suspicion of ‘unintentionally’ helping the Chinese government build weapons of mass destruction by ‘transferring world-leading research in advanced military technology such as aircraft, missile designs and cyberweapons’. Similar scandals have broken in the United States, but it’s all a coincidence. Imperial College serves the agenda in many other ways including the promotion of every aspect of the United Nations Agenda 21/2030 (the Great Reset) and produced computer models to show that human-caused ‘climate change’ is happening when in the real world it isn’t. Imperial College is driving the climate agenda as it drives the ‘Covid’ agenda (both Cult hoaxes) while Patrick Vallance, the UK government’s Chief Scientific Adviser on ‘Covid’, was named Chief Scientific Adviser to the UN ‘climate change’ conference known as COP26 hosted by the government in Glasgow, Scotland. ‘Covid’ and ‘climate’ are fundamentally connected.

## **Professor Woeful**

From Imperial’s bosom came Neil Ferguson still advising government despite his previous disasters and it was announced early on that he and other key people like UK Chief Medical Adviser Chris Whitty had caught the ‘virus’ as the propaganda story was being sold. Somehow they managed to survive and we had Prime Minister Boris Johnson admitted to hospital with what was said to be a severe version of the ‘virus’ in this same period. His whole policy and demeanour changed when he returned to Downing Street. It’s a small world with these government advisors – especially in their communal connections to Gates – and Ferguson had partnered with Whitty to write a paper called ‘Infectious disease: Tough choices to reduce Ebola transmission’ which involved another scare-story that didn’t happen. Ferguson’s ‘models’ predicted that up to 150, 000 could die from ‘mad cow disease’, or BSE, and its version in sheep if it was transmitted to humans. BSE was not transmitted and instead triggered by an organophosphate pesticide used to treat a pest on

cows. Fewer than 200 deaths followed from the human form. Models by Ferguson and his fellow incompetents led to the unnecessary culling of millions of pigs, cattle and sheep in the foot and mouth outbreak in 2001 which destroyed the lives and livelihoods of farmers and their families who had often spent decades building their herds and flocks. Vast numbers of these animals did not have foot and mouth and had no contact with the infection. Another ‘expert’ behind the cull was Professor Roy Anderson, a computer modeller at Imperial College specialising in the epidemiology of *human*, not animal, disease. Anderson has served on the Bill and Melinda Gates Grand Challenges in Global Health advisory board and chairs another Gates-funded organisation. Gates is everywhere.

In a precursor to the ‘Covid’ script Ferguson backed closing schools ‘for prolonged periods’ over the swine flu ‘pandemic’ in 2009 and said it would affect a third of the world population if it continued to spread at the speed he claimed to be happening. His mates at Imperial College said much the same and a news report said: ‘One of the authors, the epidemiologist and disease modeller Neil Ferguson, who sits on the World Health Organisation’s emergency committee for the outbreak, said the virus had “full pandemic potential”.’ Professor Liam Donaldson, the Chris Whitty of his day as Chief Medical Officer, said the worst case could see 30 percent of the British people infected by swine flu with 65,000 dying. Ferguson and Donaldson were indeed proved correct when at the end of the year the number of deaths attributed to swine flu was 392. The term ‘expert’ is rather liberally applied unfortunately, not least to complete idiots. Swine flu ‘projections’ were great for GlaxoSmithKline (GSK) as millions rolled in for its Pandemrix influenza vaccine which led to brain damage with children most affected. The British government (taxpayers) paid out more than £60 million in compensation after GSK was given immunity from prosecution. Yet another ‘Covid’ déjà vu. Swine flu was supposed to have broken out in Mexico, but Dr Wolfgang Wodarg, a German doctor, former member of parliament and critic of the ‘Covid’ hoax, observed ‘the spread of swine flu’ in Mexico City at the time. He

said: 'What we experienced in Mexico City was a very mild flu which did not kill more than usual – which killed even fewer people than usual.' Hyping the fear against all the facts is not unique to 'Covid' and has happened many times before. Ferguson is reported to have over-estimated the projected death toll of bird flu (H5N1) by some three million-fold, but bird flu vaccine makers again made a killing from the scare. This is some of the background to the Neil Ferguson who produced the perfectly-timed computer models in early 2020 predicting that half a million people would die in Britain without draconian lockdown and 2.2 million in the United States. Politicians panicked, people panicked, and lockdowns of alleged short duration were instigated to 'flatten the curve' of cases gleaned from a test not testing for the 'virus'. I said at the time that the public could forget the 'short duration' bit. This was an agenda to destroy the livelihoods of the population and force them into mass control through dependency and there was going to be nothing 'short' about it. American researcher Daniel Horowitz described the consequences of the 'models' spewed out by Gates-funded Ferguson and Imperial College:

What led our government and the governments of many other countries into panic was a single Imperial College of UK study, funded by global warming activists, that predicted 2.2 million deaths if we didn't lock down the country. In addition, the reported 8-9% death rate in Italy scared us into thinking there was some other mutation of this virus that they got, which might have come here.

Together with the fact that we were finally testing and had the ability to actually report new cases, we thought we were headed for a death spiral. But again ... we can't flatten a curve if we don't know when the curve started.

How about it *never* started?

## **Giving them what they want**

An investigation by German news outlet *Welt Am Sonntag* (*World on Sunday*) revealed how in March, 2020, the German government gathered together 'leading scientists from several research institutes and universities' and 'together, they were to produce a [modelling]

paper that would serve as legitimization for further tough political measures'. The Cult agenda was justified by computer modelling not based on evidence or reality; it was specifically constructed to justify the Cult demand for lockdowns all over the world to destroy the independent livelihoods of the global population. All these modellers and everyone responsible for the 'Covid' hoax have a date with a trial like those in Nuremberg after World War Two when Nazis faced the consequences of their war crimes. These corrupt-beyond-belief 'modellers' wrote the paper according to government instructions and it said that if lockdown measures were lifted then up to one million Germans would die from 'Covid-19' adding that some would die 'agonizingly at home, gasping for breath' unable to be treated by hospitals that couldn't cope. All lies. No matter – it gave the Cult all that it wanted. What did long-time government 'modeller' Neil Ferguson say? If the UK and the United States didn't lockdown half a million would die in Britain and 2.2 million Americans. Anyone see a theme here? 'Modellers' are such a crucial part of the lockdown strategy that we should look into their background and follow the money. Researcher Rosemary Frei produced an excellent article headlined 'The Modelling-paper Mafiosi'. She highlights a guy called John Edmunds, a British epidemiologist, and professor in the Faculty of Epidemiology and Population Health at the London School of Hygiene & Tropical Medicine. He studied at Imperial College. Edmunds is a member of government 'Covid' advisory bodies which have been dictating policy, the New and Emerging Respiratory Virus Threats Advisory Group (NERVTAG) and the Scientific Advisory Group for Emergencies (SAGE).

Ferguson, another member of NERVTAG and SAGE, led the way with the original 'virus' and Edmunds has followed in the 'variant' stage and especially the so-called UK or Kent variant known as the 'Variant of Concern' (VOC) B.1.1.7. He said in a co-written report for the Centre for Mathematical modelling of Infectious Diseases at the London School of Hygiene and Tropical Medicine, with input from the Centre's 'Covid-19' Working Group, that there was 'a realistic

possibility that VOC B.1.1.7 is associated with an increased risk of death compared to non-VOC viruses'. Fear, fear, fear, get the vaccine, fear, fear, fear, get the vaccine. Rosemary Frei reveals that almost all the paper's authors and members of the modelling centre's 'Covid-19' Working Group receive funding from the Bill and Melinda Gates Foundation and/or the associated Gates-funded Wellcome Trust. The paper was published by e-journal *Medr* <sup>xiv</sup> which only publishes papers not peer-reviewed and the journal was established by an organisation headed by Facebook's Mark Zuckerberg and his missus. What a small world it is. Frei discovered that Edmunds is on the Scientific Advisory Board of the Coalition for Epidemic Preparedness Innovations (CEPI) which was established by the Bill and Melinda Gates Foundation, Klaus Schwab's Davos World Economic Forum and Big Pharma giant Wellcome. CEPI was 'launched in Davos [in 2017] to develop vaccines to stop future epidemics', according to its website. 'Our mission is to accelerate the development of vaccines against emerging infectious diseases and enable equitable access to these vaccines for people during outbreaks.' What kind people they are. Rosemary Frei reveals that Public Health England (PHE) director Susan Hopkins is an author of her organisation's non-peer-reviewed reports on 'new variants'. Hopkins is a professor of infectious diseases at London's Imperial College which is gifted tens of millions of dollars a year by the Bill and Melinda Gates Foundation. Gates-funded modelling disaster Neil Ferguson also co-authors Public Health England reports and he spoke in December, 2020, about the potential danger of the B.1.1.7. 'UK variant' promoted by Gates-funded modeller John Edmunds. When I come to the 'Covid vaccines' the 'new variants' will be shown for what they are – bollocks.

## **Connections, connections**

All these people and modellers are lockdown-obsessed or, put another way, they demand what the Cult demands. Edmunds said in January, 2021, that to ease lockdowns too soon would be a disaster and they had to 'vaccinate much, much, much more widely than the

elderly'. Rosemary Frei highlights that Edmunds is married to Jeanne Pimenta who is described in a LinkedIn profile as director of epidemiology at GlaxoSmithKline (GSK) and she held shares in the company. Patrick Vallance, co-chair of SAGE and the government's Chief Scientific Adviser, is a former executive of GSK and has a deferred bonus of shares in the company worth £600,000. GSK has serious business connections with Bill Gates and is collaborating with mRNA-'vaccine' company CureVac to make 'vaccines' for the new variants that Edmunds is talking about. GSK is planning a 'Covid vaccine' with drug giant Sanofi. Puppet Prime Minister Boris Johnson announced in the spring of 2021 that up to 60 million vaccine doses were to be made at the GSK facility at Barnard Castle in the English North East. Barnard Castle, with a population of just 6,000, was famously visited in breach of lockdown rules in April, 2020, by Johnson aide Dominic Cummings who said that he drove there 'to test his eyesight' before driving back to London. Cummings would be better advised to test his integrity – not that it would take long. The GSK facility had nothing to do with his visit then although I'm sure Patrick Vallance would have been happy to arrange an introduction and some tea and biscuits. Ruthless psychopath Gates has made yet another fortune from vaccines in collaboration with Big Pharma companies and gushes at the phenomenal profits to be made from vaccines – more than a 20-to-1 return as he told one interviewer. Gates also tweeted in December, 2019, with the foreknowledge of what was coming: 'What's next for our foundation? I'm particularly excited about what the next year could mean for one of the best buys in global health: vaccines.'

Modeller John Edmunds is a big promotor of vaccines as all these people appear to be. He's the dean of the London School of Hygiene & Tropical Medicine's Faculty of Epidemiology and Population Health which is primarily funded by the Bill and Melinda Gates Foundation and the Gates-established and funded GAVI vaccine alliance which is the Gates vehicle to vaccinate the world. The organisation Doctors Without Borders has described GAVI as being 'aimed more at supporting drug-industry desires to promote new

products than at finding the most efficient and sustainable means for fighting the diseases of poverty'. But then that's why the psychopath Gates created it. John Edmunds said in a video that the London School of Hygiene & Tropical Medicine is involved in every aspect of vaccine development including large-scale clinical trials. He contends that mathematical modelling can show that vaccines protect individuals and society. That's on the basis of shit in and shit out, I take it. Edmunds serves on the UK Vaccine Network as does Ferguson and the government's foremost 'Covid' adviser, the grim-faced, dark-eyed Chris Whitty. The Vaccine Network says it works 'to support the government to identify and shortlist targeted investment opportunities for the most promising vaccines and vaccine technologies that will help combat infectious diseases with epidemic potential, and to address structural issues related to the UK's broader vaccine infrastructure'. Ferguson is acting Director of the Imperial College Vaccine Impact Modelling Consortium which has funding from the Bill and Melina Gates Foundation and the Gates-created GAVI 'vaccine alliance'. Anyone wonder why these characters see vaccines as the answer to every problem? Ferguson is wildly enthusiastic in his support for GAVI's campaign to vaccine children en masse in poor countries. You would expect someone like Gates who has constantly talked about the need to reduce the population to want to fund vaccines to keep more people alive. I'm sure that's why he does it. The John Edmunds London School of Hygiene & Tropical Medicine (LSHTM) has a Vaccines Manufacturing Innovation Centre which develops, tests and commercialises vaccines. Rosemary Frei writes:

The vaccines centre also performs affiliated activities like combating 'vaccine hesitancy'. The latter includes the Vaccine Confidence Project. The project's stated purpose is, among other things, 'to provide analysis and guidance for early response and engagement with the public to ensure sustained confidence in vaccines and immunisation'. The Vaccine Confidence Project's director is LSHTM professor Heidi Larson. For more than a decade she's been researching how to combat vaccine hesitancy.

How the bloody hell can blokes like John Edmunds and Neil Ferguson with those connections and financial ties model 'virus' case

and death projections for the government and especially in a way that gives their paymasters like Gates exactly what they want? It's insane, but this is what you find throughout the world.

## **'Covid' is not dangerous, oops, wait, yes it is**

Only days before Ferguson's nightmare scenario made Jackboot Johnson take Britain into a China-style lockdown to save us from a deadly 'virus' the UK government website gov.uk was reporting something very different to Ferguson on a page of official government guidance for 'high consequence infectious diseases (HCID)'. It said this about 'Covid-19':

As of 19 March 2020, COVID-19 *is no longer considered to be a high consequence infectious diseases (HCID) in the UK* [my emphasis]. The 4 nations public health HCID group made an interim recommendation in January 2020 to classify COVID-19 as an HCID. This was based on consideration of the UK HCID criteria about the virus and the disease with information available during the early stages of the outbreak.

Now that more is known about COVID-19, the public health bodies in the UK have reviewed the most up to date information about COVID-19 against the UK HCID criteria. They have determined that several features have now changed; in particular, more information is available about mortality rates (low overall), and there is now greater clinical awareness and a specific and sensitive laboratory test, the availability of which continues to increase. The Advisory Committee on Dangerous Pathogens (ACDP) is also of the opinion that COVID-19 should no longer be classified as an HCID.

Soon after the government had been exposed for downgrading the risk they upgraded it again and everyone was back to singing from the same Cult hymn book. Ferguson and his fellow Gates clones indicated that lockdowns and restrictions would have to continue until a Gates-funded vaccine was developed. Gates said the same because Ferguson and his like were repeating the Gates script which is the Cult script. 'Flatten the curve' became an ongoing nightmare of continuing lockdowns with periods in between of severe restrictions in pursuit of destroying independent incomes and had nothing to do with protecting health about which the Cult gives not a shit. Why wouldn't Ferguson be pushing a vaccine 'solution' when he's owned by vaccine-obsessive Gates who makes a fortune from them and

when Ferguson heads the Vaccine Impact Modelling Consortium at Imperial College funded by the Gates Foundation and GAVI, the ‘vaccine alliance’, created by Gates as his personal vaccine promotion operation? To compound the human catastrophe that Ferguson’s ‘models’ did so much to create he was later exposed for breaking his own lockdown rules by having sexual liaisons with his married girlfriend Antonia Staats at his home while she was living at another location with her husband and children. Staats was a ‘climate’ activist and senior campaigner at the Soros-funded Avaaz which I wouldn’t trust to tell me that grass is green. Ferguson had to resign as a government advisor over this hypocrisy in May, 2020, but after a period of quiet he was back being quoted by the ridiculous media on the need for more lockdowns and a vaccine rollout. Other government-advising ‘scientists’ from Imperial College held the fort in his absence and said lockdown could be indefinite until a vaccine was found. The Cult script was being sung by the payrolled choir. I said there was no intention of going back to ‘normal’ when the ‘vaccine’ came because the ‘vaccine’ is part of a very different agenda that I will discuss in Human 2.0. Why would the Cult want to let the world go back to normal when destroying that normal forever was the whole point of what was happening? House arrest, closing businesses and schools through lockdown, (un)social distancing and masks all followed the Ferguson fantasy models. Again as I predicted (these people are so predictable) when the ‘vaccine’ arrived we were told that house arrest, lockdown, (un)social distancing and masks would still have to continue. I will deal with the masks in the next chapter because they are of fundamental importance.

## **Where's the 'pandemic'?**

Any mildly in-depth assessment of the figures revealed what was really going on. Cult-funded and controlled organisations still have genuine people working within them such is the number involved. So it is with Genevieve Briand, assistant program director of the Applied Economics master’s degree program at Johns Hopkins

University. She analysed the impact that 'Covid-19' had on deaths from *all* causes in the United States using official data from the CDC for the period from early February to early September, 2020. She found that allegedly 'Covid' *related*-deaths exceeded those from heart disease which she found strange with heart disease always the biggest cause of fatalities. Her research became even more significant when she noted the sudden decline in 2020 of *all* non-'Covid' deaths: 'This trend is completely contrary to the pattern observed in all previous years ... the total decrease in deaths by other causes almost exactly equals the increase in deaths by Covid-19.' This was such a game, set and match in terms of what was happening that Johns Hopkins University deleted the article on the grounds that it 'was being used to support false and dangerous inaccuracies about the impact of the pandemic'. No – because it exposed the scam from official CDC figures and this was confirmed when those figures were published in January, 2021. Here we can see the effect of people dying from heart attacks, cancer, road accidents and gunshot wounds – *anything* – having 'Covid-19' on the death certificate along with those diagnosed from 'symptoms' who had even not tested positive with a test not testing for the 'virus'. I am not kidding with the gunshot wounds, by the way. Brenda Bock, coroner in Grand County, Colorado, revealed that two gunshot victims tested positive for the 'virus' within the previous 30 days and were therefore classified as 'Covid deaths'. Bock said: 'These two people had tested positive for Covid, but that's not what killed them. A gunshot wound is what killed them.' She said she had not even finished her investigation when the state listed the gunshot victims as deaths due to the 'virus'. The death and case figures for 'Covid-19' are an absolute joke and yet they are repeated like parrots by the media, politicians and alleged medical 'experts'. The official Cult narrative is the only show in town.

Genevieve Briand found that deaths from all causes were not exceptional in 2020 compared with previous years and a Spanish magazine published figures that said the same about Spain which was a 'Covid' propaganda hotspot at one point. *Discovery Salud*, a

health and medicine magazine, quoted government figures which showed how 17,000 *fewer* people died in Spain in 2020 than in 2019 and more than 26,000 fewer than in 2018. The age-standardised mortality rate for England and Wales when age distribution is taken into account was significantly lower in 2020 than the 1970s, 80s and 90s, and was only the ninth highest since 2000. Where is the ‘pandemic’?

Post mortems and autopsies virtually disappeared for ‘Covid’ deaths amid claims that ‘virus-infected’ bodily fluids posed a risk to those carrying out the autopsy. This was rejected by renowned German pathologist and forensic doctor Klaus Püschel who said that he and his staff had by then done 150 autopsies on ‘Covid’ patients with no problems at all. He said they were needed to know why some ‘Covid’ patients suffered blood clots and not severe respiratory infections. The ‘virus’ is, after all, called SARS or ‘severe acute respiratory syndrome’. I highlighted in the spring of 2020 this phenomenon and quoted New York intensive care doctor Cameron Kyle-Sidell who posted a soon deleted YouTube video to say that they had been told to prepare to treat an infectious disease called ‘Covid-19’, but that was not what they were dealing with. Instead he likened the lung condition of the most severely ill patients to what you would expect with cabin depressurisation in a plane at 30,000 feet or someone dropped on the top of Everest without oxygen or acclimatisation. I have never said this is not happening to a small minority of alleged ‘Covid’ patients – I am saying this is not caused by a phantom ‘contagious virus’. Indeed Kyle-Sidell said that ‘Covid-19’ was not the disease they were told was coming their way. ‘We are operating under a medical paradigm that is untrue,’ he said, and he believed they were treating the wrong disease: ‘These people are being slowly starved of oxygen.’ Patients would take off their oxygen masks in a state of fear and stress and while they were blue in the face on the brink of death. They did not look like patients dying of pneumonia. You can see why they don’t want autopsies when their virus doesn’t exist and there is another condition in some people that they don’t wish to be uncovered. I should add here that

the 5G system of millimetre waves was being rapidly introduced around the world in 2020 and even more so now as they fire 5G at the Earth from satellites. At 60 gigahertz within the 5G range that frequency interacts with the oxygen molecule and stops people breathing in sufficient oxygen to be absorbed into the bloodstream. They are installing 5G in schools and hospitals. The world is not mad or anything. 5G can cause major changes to the lungs and blood as I detail in *The Answer* and these consequences are labelled 'Covid-19', the alleged symptoms of which can be caused by 5G and other electromagnetic frequencies as cells respond to radiation poisoning.

## **The 'Covid death' scam**

Dr Scott Jensen, a Minnesota state senator and medical doctor, exposed 'Covid' Medicare payment incentives to hospitals and death certificate manipulation. He said he was sent a seven-page document by the US Department of Health 'coaching' him on how to fill out death certificates which had never happened before. The document said that he didn't need to have a laboratory test for 'Covid-19' to put that on the death certificate and that shocked him when death certificates are supposed to be about facts. Jensen described how doctors had been 'encouraged, if not pressured' to make a diagnosis of 'Covid-19' if they thought it was probable or '*presumed*'. No positive test was necessary – not that this would have mattered anyway. He said doctors were told to diagnose 'Covid' by symptoms when these were the same as colds, allergies, other respiratory problems, and certainly with influenza which 'disappeared' in the 'Covid' era. A common sniffle was enough to get the dreaded verdict. Ontario authorities decreed that a single care home resident with *one* symptom from a long list must lead to the isolation of the entire home. Other courageous doctors like Jensen made the same point about death figure manipulation and how deaths by other causes were falling while 'Covid-19 deaths' were rising at the same rate due to re-diagnosis. Their videos rarely survive long on YouTube with its Cult-supporting algorithms courtesy of CEO Susan Wojcicki and her bosses at Google. Figure-tampering was so glaring

and ubiquitous that even officials were letting it slip or outright saying it. UK chief scientific adviser Patrick Vallance said on one occasion that ‘Covid’ on the death certificate doesn’t mean ‘Covid’ was the cause of death (so why the hell is it there?) and we had the rare sight of a BBC reporter telling the truth when she said: ‘Someone could be successfully treated for Covid, in say April, discharged, and then in June, get run over by a bus and die ... That person would still be counted as a Covid death in England.’ Yet the BBC and the rest of the world media went on repeating the case and death figures as if they were real. Illinois Public Health Director Dr Ngozi Ezike revealed the deceit while her bosses must have been clenching their buttocks:

If you were in a hospice and given a few weeks to live and you were then found to have Covid that would be counted as a Covid death. [There might be] a clear alternate cause, but it is still listed as a Covid death. So everyone listed as a Covid death doesn’t mean that was the cause of the death, but that they had Covid at the time of death.

Yes, a ‘Covid virus’ never shown to exist and tested for with a test not testing for the ‘virus’. In the first period of the pandemic hoax through the spring of 2020 the process began of designating almost everything a ‘Covid’ death and this has continued ever since. I sat in a restaurant one night listening to a loud conversation on the next table where a family was discussing in bewilderment how a relative who had no symptoms of ‘Covid’, and had died of a long-term problem, could have been diagnosed a death by the ‘virus’. I could understand their bewilderment. If they read this book they will know why this medical fraud has been perpetrated the world over.

## **Some media truth shock**

The media ignored the evidence of death certificate fraud until eventually one columnist did speak out when she saw it first-hand. Bel Mooney is a long-time national newspaper journalist in Britain currently working for the *Daily Mail*. Her article on February 19th, 2021, carried this headline: ‘My dad Ted passed three Covid tests

and died of a chronic illness yet he's officially one of Britain's 120,000 victims of the virus and is far from alone ... so how many more are there?' She told how her 99-year-old father was in a care home with a long-standing chronic obstructive pulmonary disease and vascular dementia. Maybe, but he was still aware enough to tell her from the start that there was no 'virus' and he refused the 'vaccine' for that reason. His death was not unexpected given his chronic health problems and Mooney said she was shocked to find that 'Covid-19' was declared the cause of death on his death certificate. She said this was a 'bizarre and unacceptable untruth' for a man with long-time health problems who had tested negative twice at the home for the 'virus'. I was also shocked by this story although not by what she said. I had been highlighting the death certificate manipulation for ten months. It was the confirmation that a professional full-time journalist only realised this was going on when it affected her directly and neither did she know that whether her dad tested positive or negative was irrelevant with the test not testing for the 'virus'. Where had she been? She said she did not believe in 'conspiracy theories' without knowing I'm sure that this and 'conspiracy theorists' were terms put into widespread circulation by the CIA in the 1960s to discredit those who did not accept the ridiculous official story of the Kennedy assassination. A blanket statement of 'I don't believe in conspiracy theories' is always bizarre. The dictionary definition of the term alone means the world is drowning in conspiracies. What she said was even more daft when her dad had just been affected by the 'Covid' conspiracy. Why else does she think that 'Covid-19' was going on the death certificates of people who died of something else?

To be fair once she saw from personal experience what was happening she didn't mince words. Mooney was called by the care home on the morning of February 9th to be told her father had died in his sleep. When she asked for the official cause of death what came back was 'Covid-19'. Mooney challenged this and was told there had been deaths from Covid on the dementia floor (confirmed by a test not testing for the 'virus') so they considered it 'reasonable

to assume'. 'But doctor,' Mooney rightly protested, 'an assumption isn't a diagnosis.' She said she didn't blame the perfectly decent and sympathetic doctor – 'he was just doing his job'. Sorry, but that's *bullshit*. He wasn't doing his job at all. He was putting a false cause of death on the death certificate and that is a criminal offence for which he should be brought to account and the same with the millions of doctors worldwide who have done the same. They were not doing their job they were following orders and that must not wash at new Nuremberg trials any more than it did at the first ones. Mooney's doctor was 'assuming' (presuming) as he was told to, but 'just following orders' makes no difference to his actions. A doctor's job is to serve the patient and the truth, not follow orders, but that's what they have done all over the world and played a central part in making the 'Covid' hoax possible with all its catastrophic consequences for humanity. Shame on them and they must answer for their actions. Mooney said her disquiet worsened when she registered her father's death by telephone and was told by the registrar there had been very many other cases like hers where 'the deceased' had not tested positive for 'Covid' yet it was recorded as the cause of death. The test may not matter, but those involved at their level *think* it matters and it shows a callous disregard for accurate diagnosis. The pressure to do this is coming from the top of the national 'health' pyramids which in turn obey the World Health Organization which obeys Gates and the Cult. Mooney said the registrar agreed that this must distort the national figures adding that 'the strangest thing is that every winter we record countless deaths from flu, and this winter there have been none. Not one!' She asked if the registrar thought deaths from flu were being misdiagnosed and lumped together with 'Covid' deaths. The answer was a 'puzzled yes'. Mooney said that the funeral director said the same about 'Covid' deaths which had nothing to do with 'Covid'. They had lost count of the number of families upset by this and other funeral companies in different countries have had the same experience. Mooney wrote:

The nightly shroud-waving and shocking close-ups of pain imposed on us by the TV news bewildered and terrified the population into eager compliance with lockdowns. We were invited to ‘save the NHS’ and to grieve for strangers – the real-life loved ones behind those shocking death counts. Why would the public imagine what I now fear, namely that the way Covid-19 death statistics are compiled might make the numbers seem greater than they are?

Oh, just a little bit – like 100 percent.

## **Do the maths**

Mooney asked why a country would wish to skew its mortality figures by wrongly certifying deaths? What had been going on? Well, if you don’t believe in conspiracies you will never find the answer which is that *it’s a conspiracy*. She did, however, describe what she had discovered as a ‘national scandal’. In reality it’s a global scandal and happening everywhere. Pillars of this conspiracy were all put into place before the button was pressed with the Drosten PCR protocol and high amplifications to produce the cases and death certificate changes to secure illusory ‘Covid’ deaths.

Mooney notes that normally two doctors were needed to certify a death, with one having to know the patient, and how the rules were changed in the spring of 2020 to allow one doctor to do this. In the same period ‘Covid deaths’ were decreed to be all cases where Covid-19 was put on the death certificate even without a positive test or any symptoms. Mooney asked: ‘How many of the 30,851 (as of January 15) care home resident deaths with Covid-19 on the certificate (32.4 per cent of all deaths so far) were based on an assumption, like that of my father? And what has that done to our national psyche?’ All of them is the answer to the first question and it has devastated and dismantled the national psyche, actually the global psyche, on a colossal scale. In the UK case and death data is compiled by organisations like Public Health England (PHE) and the Office for National Statistics (ONS). Mooney highlights the insane policy of counting a death from any cause as ‘Covid-19’ if this happens within 28 days of a positive test (with a test not testing for the ‘virus’) and she points out that ONS statistics reflect deaths ‘involving Covid’ ‘or due to Covid’ which meant in practice any

death where 'Covid-19' was mentioned on the death certificate. She described the consequences of this fraud:

Most people will accept the narrative they are fed, so panicky governments here and in Europe witnessed the harsh measures enacted in totalitarian China and jumped into lockdown. Headlines about Covid deaths tolled like the knell that would bring doomsday to us all. Fear stalked our empty streets. Politicians parroted the frankly ridiculous aim of 'zero Covid' and shut down the economy, while most British people agreed that lockdown was essential and (astonishingly to me, as a patriotic Brit) even wanted more restrictions.

For what? Lies on death certificates? Never mind the grim toll of lives ruined, suicides, schools closed, rising inequality, depression, cancelled hospital treatments, cancer patients in a torture of waiting, poverty, economic devastation, loneliness, families kept apart, and so on. How many lives have been lost as a direct result of lockdown?

She said that we could join in a national chorus of shock and horror at reaching the 120,000 death toll which was surely certain to have been totally skewed all along, but what about the human cost of lockdown justified by these 'death figures'? *The British Medical Journal* had reported a 1,493 percent increase in cases of children taken to Great Ormond Street Hospital with abusive head injuries alone and then there was the effect on families:

Perhaps the most shocking thing about all this is that families have been kept apart – and obeyed the most irrational, changing rules at the whim of government – because they believed in the statistics. They succumbed to fear, which his generation rejected in that war fought for freedom. Dad (God rest his soul) would be angry. And so am I.

Another theme to watch is that in the winter months when there are more deaths from all causes they focus on 'Covid' deaths and in the summer when the British Lung Foundation says respiratory disease plummets by 80 percent they rage on about 'cases'. Either way fascism on population is always the answer.

## **Nazi eugenics in the 21st century**

Elderly people in care homes have been isolated from their families month after lonely month with no contact with relatives and grandchildren who were banned from seeing them. We were told

that lockdown fascism was to ‘protect the vulnerable’ like elderly people. At the same time Do Not Resuscitate (DNR) orders were placed on their medical files so that if they needed resuscitation it wasn’t done and ‘Covid-19’ went on their death certificates. Old people were not being ‘protected’ they were being culled – murdered in truth. DNR orders were being decreed for disabled and young people with learning difficulties or psychological problems. The UK Care Quality Commission, a non-departmental body of the Department of Health and Social Care, found that 34 percent of those working in health and social care were pressured into placing ‘do not attempt cardiopulmonary resuscitation’ orders on ‘Covid’ patients who suffered from disabilities and learning difficulties without involving the patient or their families in the decision. UK judges ruled that an elderly woman with dementia should have the DNA-manipulating ‘Covid vaccine’ against her son’s wishes and that a man with severe learning difficulties should have the jab despite his family’s objections. Never mind that many had already died. The judiciary always supports doctors and government in fascist dictatorships. They wouldn’t dare do otherwise. A horrific video was posted showing fascist officers from Los Angeles police forcibly giving the ‘Covid’ shot to women with special needs who were screaming that they didn’t want it. The same fascists are seen giving the jab to a sleeping elderly woman in a care home. This is straight out of the Nazi playbook. Hitler’s Nazis committed mass murder of the mentally ill and physically disabled throughout Germany and occupied territories in the programme that became known as Aktion T4, or just T4. Sabbatian-controlled Hitler and his grotesque crazies set out to kill those they considered useless and unnecessary. The Reich Committee for the Scientific Registering of Hereditary and Congenital Illnesses registered the births of babies identified by physicians to have ‘defects’. By 1941 alone more than 5,000 children were murdered by the state and it is estimated that in total the number of innocent people killed in Aktion T4 was between 275,000 and 300,000. Parents were told their children had been sent away for ‘special treatment’ never to return. It is rather pathetic to see claims about plans for new extermination camps being dismissed today

when the same force behind current events did precisely that 80 years ago. Margaret Sanger was a Cult operative who used 'birth control' to sanitise her programme of eugenics. Organisations she founded became what is now Planned Parenthood. Sanger proposed that 'the whole dysgenic population would have its choice of segregation or sterilization'. These included epileptics, 'feeble-minded', and prostitutes. Sanger opposed charity because it perpetuated 'human waste'. She reveals the Cult mentality and if anyone thinks that extermination camps are a 'conspiracy theory' their naivety is touching if breathtakingly stupid.

If you don't believe that doctors can act with callous disregard for their patients it is worth considering that doctors and medical staff agreed to put government-decreed DNR orders on medical files and do nothing when resuscitation is called for. I don't know what you call such people in your house. In mine they are Nazis from the Josef Mengele School of Medicine. Phenomenal numbers of old people have died worldwide from the effects of lockdown, depression, lack of treatment, the 'vaccine' (more later) and losing the will to live. A common response at the start of the manufactured pandemic was to remove old people from hospital beds and transfer them to nursing homes. The decision would result in a mass cull of elderly people in those homes through lack of treatment – *not* 'Covid'. Care home whistleblowers have told how once the 'Covid' era began doctors would not come to their homes to treat patients and they were begging for drugs like antibiotics that often never came. The most infamous example was ordered by New York governor Andrew Cuomo, brother of a moronic CNN host, who amazingly was given an Emmy Award for his handling of the 'Covid crisis' by the ridiculous Wokers that hand them out. Just how ridiculous could be seen in February, 2021, when a Department of Justice and FBI investigation began into how thousands of old people in New York died in nursing homes after being discharged from hospital to make way for 'Covid' patients on Cuomo's say-so – and how he and his staff covered up these facts. This couldn't have happened to a nicer psychopath. Even then there was a 'Covid' spin. Reports said that

thousands of old people who tested positive for ‘Covid’ in hospital were transferred to nursing homes to both die of ‘Covid’ and transmit it to others. No – they were in hospital because they were ill and the fact that they tested positive with a test not testing for the ‘virus’ is irrelevant. They were ill often with respiratory diseases ubiquitous in old people near the end of their lives. Their transfer out of hospital meant that their treatment stopped and many would go on to die.

### **They're old. Who gives a damn?**

I have exposed in the books for decades the Cult plan to cull the world’s old people and even to introduce at some point what they call a ‘demise pill’ which at a certain age everyone would take and be out of here by law. In March, 2021, Spain legalised euthanasia and assisted suicide following the Netherlands, Belgium, Luxembourg and Canada on the Tiptoe to the demise pill. Treatment of old people by many ‘care’ homes has been a disgrace in the ‘Covid’ era. There are many, many, caring staff – I know some. There have, however, been legions of stories about callous treatment of old people and their families. Police were called when families came to take their loved ones home in the light of isolation that was killing them. They became prisoners of the state. Care home residents in insane, fascist Ontario, Canada, were not allowed to leave their *room* once the ‘Covid’ hoax began. UK staff have even wheeled elderly people away from windows where family members were talking with them. Oriana Criscuolo from Stockport in the English North West dropped off some things for her 80-year-old father who has Parkinson’s disease and dementia and she wanted to wave to him through a ground-floor window. She was told that was ‘illegal’. When she went anyway they closed the curtains in the middle of the day. Oriana said:

It’s just unbelievable. I cannot understand how care home staff – people who are being paid to care – have become so uncaring. Their behaviour is inhumane and cruel. It’s beyond belief.

She was right and this was not a one-off. What a way to end your life in such loveless circumstances. UK registered nurse Nicky Millen, a proper old school nurse for 40 years, said that when she started her career care was based on dignity, choice, compassion and empathy. Now she said ‘the things that are important to me have gone out of the window.’ She was appalled that people were dying without their loved ones and saying goodbye on iPads. Nicky described how a distressed 89-year-old lady stroked her face and asked her ‘how many paracetamol would it take to finish me off’. Life was no longer worth living while not seeing her family. Nicky said she was humiliated in front of the ward staff and patients for letting the lady stroke her face and giving her a cuddle. Such is the dehumanisation that the ‘Covid’ hoax has brought to the surface. Nicky worked in care homes where patients told her they were being held prisoner. ‘I want to live until I die’, one said to her. ‘I had a lady in tears because she hadn’t seen her great-grandson.’ Nicky was compassionate old school meeting psychopathic New Normal. She also said she had worked on a ‘Covid’ ward with no ‘Covid’ patients. Jewish writer Shai Held wrote an article in March, 2020, which was headlined ‘The Staggering, Heartless Cruelty Toward the Elderly’. What he described was happening from the earliest days of lockdown. He said ‘the elderly’ were considered a group and not unique individuals (the way of the Woke). Shai Held said:

Notice how the all-too-familiar rhetoric of dehumanization works: ‘The elderly’ are bunched together as a faceless mass, all of them considered culprits and thus effectively deserving of the suffering the pandemic will inflict upon them. Lost entirely is the fact that the elderly are individual human beings, each with a distinctive face and voice, each with hopes and dreams, memories and regrets, friendships and marriages, loves lost and loves sustained.

‘The elderly’ have become another dehumanised group for which anything goes and for many that has resulted in cold disregard for their rights and their life. The distinctive face that Held talks about is designed to be deleted by masks until everyone is part of a faceless mass.

## **'War-zone' hospitals myth**

Again and again medical professionals have told me what was really going on and how hospitals 'overrun like war zones' according to the media were virtually empty. The mantra from medical whistleblowers was please don't use my name or my career is over. Citizen journalists around the world sneaked into hospitals to film evidence exposing the 'war-zone' lie. They really *were* largely empty with closed wards and operating theatres. I met a hospital worker in my town on the Isle of Wight during the first lockdown in 2020 who said the only island hospital had never been so quiet. Lockdown was justified by the psychopaths to stop hospitals being overrun. At the same time that the island hospital was near-empty the military arrived here to provide *extra beds*. It was all propaganda to ramp up the fear to ensure compliance with fascism as were never-used temporary hospitals with thousands of beds known as Nightingales and never-used make-shift mortuaries opened by the criminal UK government. A man who helped to install those extra island beds attributed to the army said they were never used and the hospital was empty. Doctors and nurses 'stood around talking or on their phones, wandering down to us to see what we were doing'. There were no masks or social distancing. He accused the useless local island paper, the *County Press*, of 'pumping the fear as if our hospital was overrun and we only have one so it should have been'. He described ambulances parked up with crews outside in deck chairs. When his brother called an ambulance he was told there was a two-hour backlog which he called 'bullshit'. An old lady on the island fell 'and was in a bad way', but a caller who rang for an ambulance was told the situation wasn't urgent enough. Ambulance stations were working under capacity while people would hear ambulances with sirens blaring driving through the streets. When those living near the stations realised what was going on they would follow them as they left, circulated around an urban area with the sirens going, and then came back without stopping. All this was to increase levels of fear and the same goes for the 'ventilator shortage crisis' that cost tens of millions for hastily produced ventilators never to be used.

Ambulance crews that agreed to be exploited in this way for fear propaganda might find themselves a mirror. I wish them well with that. Empty hospitals were the obvious consequence of treatment and diagnoses of non-'Covid' conditions cancelled and those involved handed a death sentence. People have been dying at home from undiagnosed and untreated cancer, heart disease and other life-threatening conditions to allow empty hospitals to deal with a 'pandemic' that wasn't happening.

## **Death of the innocent**

'War-zones' have been laying off nursing staff, even doctors where they can. There was no work for them. Lockdown was justified by saving lives and protecting the vulnerable they were actually killing with DNR orders and preventing empty hospitals being 'overrun'. In Britain the mantra of stay at home to 'save the NHS' was everywhere and across the world the same story was being sold when it was all lies. Two California doctors, Dan Erickson and Artin Massihi at Accelerated Urgent Care in Bakersfield, held a news conference in April, 2020, to say that intensive care units in California were 'empty, essentially', with hospitals shutting floors, not treating patients and laying off doctors. The California health system was working at minimum capacity 'getting rid of doctors because we just don't have the volume'. They said that people with conditions such as heart disease and cancer were not coming to hospital out of fear of 'Covid-19'. Their video was deleted by Susan Wojcicki's Cult-owned YouTube after reaching five million views. Florida governor Ron Desantis, who rejected the severe lockdowns of other states and is being targeted for doing so, said that in March, 2020, every US governor was given models claiming they would run out of hospital beds in days. That was never going to happen and the 'modellers' knew it. Deceit can be found at every level of the system. Urgent children's operations were cancelled including fracture repairs and biopsies to spot cancer. Eric Nicholls, a consultant paediatrician, said 'this is obviously concerning and we need to return to normal operating and to increase capacity as soon as possible'. Psychopaths

in power were rather less concerned *because* they are psychopaths. Deletion of urgent care and diagnosis has been happening all over the world and how many kids and others have died as a result of the actions of these cold and heartless lunatics dictating ‘health’ policy? The number must be stratospheric. Richard Sullivan, professor of cancer and global health at King’s College London, said people feared ‘Covid’ more than cancer such was the campaign of fear. ‘Years of lost life will be quite dramatic’, Sullivan said, with ‘a huge amount of avoidable mortality’. Sarah Woolnough, executive director for policy at Cancer Research UK, said there had been a 75 percent drop in urgent referrals to hospitals by family doctors of people with suspected cancer. Sullivan said that ‘a lot of services have had to scale back – we’ve seen a dramatic decrease in the amount of elective cancer surgery’. Lockdown deaths worldwide has been absolutely fantastic with the *New York Post* reporting how data confirmed that ‘lockdowns end more lives than they save’:

There was a sharp decline in visits to emergency rooms and an increase in fatal heart attacks because patients didn’t receive prompt treatment. Many fewer people were screened for cancer. Social isolation contributed to excess deaths from dementia and Alzheimer’s.

Researchers predicted that the social and economic upheaval would lead to tens of thousands of “deaths of despair” from drug overdoses, alcoholism and suicide. As unemployment surged and mental-health and substance-abuse treatment programs were interrupted, the reported levels of anxiety, depression and suicidal thoughts increased dramatically, as did alcohol sales and fatal drug overdoses.

This has been happening while nurses and other staff had so much time on their hands in the ‘war-zones’ that Tic-Tok dancing videos began appearing across the Internet with medical staff dancing around in empty wards and corridors as people died at home from causes that would normally have been treated in hospital.

## **Mentions in dispatches**

One brave and truth-committed whistleblower was Louise Hampton, a call handler with the UK NHS who made a viral Internet video saying she had done ‘fuck all’ during the ‘pandemic’

which was ‘a load of bollocks’. She said that ‘Covid-19’ was rebranded flu and of course she lost her job. This is what happens in the medical and endless other professions now when you tell the truth. Louise filmed inside ‘war-zone’ accident and emergency departments to show they were empty and I mean *empty* as in no one there. The mainstream media could have done the same and blown the gaff on the whole conspiracy. They haven’t to their eternal shame. Not that most ‘journalists’ seem capable of manifesting shame as with the psychopaths they slavishly repeat without question. The relative few who were admitted with serious health problems were left to die alone with no loved ones allowed to see them because of ‘Covid’ rules and they included kids dying without the comfort of mum and dad at their bedside while the evil behind this couldn’t give a damn. It was all good fun to them. A Scottish NHS staff nurse publicly quit in the spring of 2021 saying: ‘I can no longer be part of the lies and the corruption by the government.’ She said hospitals ‘aren’t full, the beds aren’t full, beds have been shut, wards have been shut’. Hospitals were never busy throughout ‘Covid’. The staff nurse said that Nicola Sturgeon, tragically the leader of the Scottish government, was on television saying save the hospitals and the NHS – ‘but the beds are empty’ and ‘we’ve not seen flu, we always see flu every year’. She wrote to government and spoke with her union Unison (the unions are Cult-compromised and *useless*, but nothing changed. Many of her colleagues were scared of losing their jobs if they spoke out as they wanted to. She said nursing staff were being affected by wearing masks all day and ‘my head is splitting every shift from wearing a mask’. The NHS is part of the fascist tyranny and must be dismantled so we can start again with human beings in charge. (Ironically, hospitals were reported to be busier again when official ‘Covid’ cases *fell* in spring/summer of 2021 and many other conditions required treatment at the same time as *the fake vaccine rollout*.)

I will cover the ‘Covid vaccine’ scam in detail later, but it is another indicator of the sickening disregard for human life that I am highlighting here. The DNA-manipulating concoctions do not fulfil

the definition of a ‘vaccine’, have never been used on humans before and were given only emergency approval because trials were not completed and they continued using the unknowing public. The result was what a NHS senior nurse with responsibility for ‘vaccine’ procedure said was ‘genocide’. She said the ‘vaccines’ were not ‘vaccines’. They had not been shown to be safe and claims about their effectiveness by drug companies were ‘poetic licence’. She described what was happening as a ‘horrid act of human annihilation’. The nurse said that management had instigated a policy of not providing a Patient Information Leaflet (PIL) before people were ‘vaccinated’ even though health care professionals are supposed to do this according to protocol. Patients should also be told that they are taking part in an ongoing clinical trial. Her challenges to what is happening had seen her excluded from meetings and ridiculed in others. She said she was told to ‘watch my step … or I would find myself surplus to requirements’. The nurse, who spoke anonymously in fear of her career, said she asked her NHS manager why he/she was content with taking part in genocide against those having the ‘vaccines’. The reply was that everyone had to play their part and to ‘put up, shut up, and get it done’. Government was ‘leaning heavily’ on NHS management which was clearly leaning heavily on staff. This is how the global ‘medical’ hierarchy operates and it starts with the Cult and its World Health Organization.

She told the story of a doctor who had the Pfizer jab and when questioned had no idea what was in it. The doctor had never read the literature. We have to stop treating doctors as intellectual giants when so many are moral and medical pygmies. The doctor did not even know that the ‘vaccines’ were not fully approved or that their trials were ongoing. They were, however, asking their patients if they minded taking part in follow-ups for research purposes – yes, the *ongoing clinical trial*. The nurse said the doctor’s ignorance was not rare and she had spoken to a hospital consultant who had the jab without any idea of the background or that the ‘trials’ had not been completed. Nurses and pharmacists had shown the same ignorance.

'My NHS colleagues have forsaken their duty of care, broken their code of conduct – Hippocratic Oath – and have been brainwashed just the same as the majority of the UK public through propaganda ...' She said she had not been able to recruit a single NHS colleague, doctor, nurse or pharmacist to stand with her and speak out. Her union had refused to help. She said that if the genocide came to light she would not hesitate to give evidence at a Nuremberg-type trial against those in power who could have affected the outcomes but didn't.

## **And all for what?**

To put the nonsense into perspective let's say the 'virus' does exist and let's go completely crazy and accept that the official manipulated figures for cases and deaths are accurate. *Even then* a study by Stanford University epidemiologist Dr John Ioannidis published on the World Health Organization website produced an average infection to fatality rate of ... 0.23 percent! Ioannidis said: 'If one could sample equally from all locations globally, the median infection fatality rate might even be substantially lower than the 0.23% observed in my analysis.' For healthy people under 70 it was ... 0.05 percent! This compares with the 3.4 percent claimed by the Cult-owned World Health Organization when the hoax was first played and maximum fear needed to be generated. An updated Stanford study in April, 2021, put the 'infection' to 'fatality' rate at just 0.15 percent. Another team of scientists led by Megan O'Driscoll and Henrik Salje studied data from 45 countries and published their findings on the Nature website. For children and young people the figure is so small it virtually does not register although authorities will be hyping dangers to the young when they introduce DNA-manipulating 'vaccines' for children. The O'Driscoll study produced an average infection-fatality figure of 0.003 for children from birth to four; 0.001 for 5 to 14; 0.003 for 15 to 19; and it was still only 0.456 up to 64. To claim that children must be 'vaccinated' to protect them from 'Covid' is an obvious lie and so there must be another reason and there is. What's more the average age of a 'Covid' death is akin

to the average age that people die in general. The average age of death in England is about 80 for men and 83 for women. The average age of death from alleged 'Covid' is between 82 and 83. California doctors, Dan Erickson and Artin Massihi, said at their April media conference that projection models of millions of deaths had been 'woefully inaccurate'. They produced detailed figures showing that Californians had a 0.03 chance of dying from 'Covid' based on the number of people who tested positive (with a test not testing for the 'virus'). Erickson said there was a 0.1 percent chance of dying from 'Covid' in the *state* of New York, not just the city, and a 0.05 percent chance in Spain, a centre of 'Covid-19' hysteria at one stage. The Stanford studies supported the doctors' data with fatality rate estimates of 0.23 and 0.15 percent. How close are these figures to my estimate of *zero*? Death-rate figures claimed by the World Health Organization at the start of the hoax were some 15 times higher. The California doctors said there was no justification for lockdowns and the economic devastation they caused. Everything they had ever learned about quarantine was that you quarantine the *sick* and not the healthy. They had never seen this before and it made no medical sense.

Why in the light of all this would governments and medical systems the world over say that billions must go under house arrest; lose their livelihood; in many cases lose their mind, their health and their life; force people to wear masks dangerous to health and psychology; make human interaction and even family interaction a criminal offence; ban travel; close restaurants, bars, watching live sport, concerts, theatre, and any activity involving human togetherness and discourse; and closing schools to isolate children from their friends and cause many to commit suicide in acts of hopelessness and despair? The California doctors said lockdown consequences included increased child abuse, partner abuse, alcoholism, depression, and other impacts they were seeing every day. Who would do that to the entire human race if not mentally-ill psychopaths of almost unimaginable extremes like Bill Gates? We must face the reality of what we are dealing with and come out of

denial. Fascism and tyranny are made possible only by the target population submitting and acquiescing to fascism and tyranny. The whole of human history shows that to be true. Most people naively and unquestioning believed what they were told about a ‘deadly virus’ and meekly and weakly submitted to house arrest. Those who didn’t believe it – at least in total – still submitted in fear of the consequences of not doing so. For the rest who wouldn’t submit draconian fines have been imposed, brutal policing by psychopaths *for* psychopaths, and condemnation from the meek and weak who condemn the Pushbackers on behalf of the very force that has them, too, in its gunsights. ‘Pathetic’ does not even begin to suffice.

Britain’s brainless ‘Health’ Secretary Matt Hancock warned anyone lying to border officials about returning from a list of ‘hotspot’ countries could face a jail sentence of up to ten years which is more than for racially-aggravated assault, incest and attempting to have sex with a child under 13. Hancock is a lunatic, but he has the state apparatus behind him in a Cult-led chain reaction and the same with UK ‘Vaccine Minister’ Nadhim Zahawi, a prominent member of the mega-Cult secret society, Le Cercle, which featured in my earlier books. The Cult enforces its will on governments and medical systems; government and medical systems enforce their will on business and police; business enforces its will on staff who enforce it on customers; police enforce the will of the Cult on the population and play their essential part in creating a world of fascist control that their own children and grandchildren will have to live in their entire lives. It is a hierarchical pyramid of imposition and acquiescence and, yes indeedy, of clinical insanity.

Does anyone bright enough to read this book have to ask what the answer is? I think not, but I will reveal it anyway in the fewest of syllables: Tell the psychos and their moronic lackeys to fuck off and let’s get on with our lives. We are many – They are few.

## CHAPTER SEVEN

### War on your mind

***One believes things because one has been conditioned to believe them***

**Aldous Huxley, *Brave New World***

I have described the ‘Covid’ hoax as a ‘Psyop’ and that is true in every sense and on every level in accordance with the definition of that term which is psychological warfare. Break down the ‘Covid pandemic’ to the foundation themes and it is psychological warfare on the human individual and collective mind.

The same can be said for the entire human belief system involving every subject you can imagine. Huxley was right in his contention that people believe what they are conditioned to believe and this comes from the repetition throughout their lives of the same falsehoods. They spew from government, corporations, media and endless streams of ‘experts’ telling you what the Cult wants you to believe and often believing it themselves (although *far* from always). ‘Experts’ are rewarded with ‘prestigious’ jobs and titles and as agents of perceptual programming with regular access to the media. The Cult has to control the narrative – control *information* – or they lose control of the vital, crucial, without-which-they-cannot-prevail public perception of reality. The foundation of that control today is the Internet made possible by the Defense Advanced Research Projects Agency (DARPA), the incredibly sinister technological arm of the Pentagon. The Internet is the result of military technology.

DARPA openly brags about establishing the Internet which has been a long-term project to lasso the minds of the global population. I have said for decades the plan is to control information to such an extreme that eventually no one would see or hear anything that the Cult does not approve. We are closing in on that end with ferocious censorship since the ‘Covid’ hoax began and in my case it started back in the 1990s in terms of books and speaking venues. I had to create my own publishing company in 1995 precisely because no one else would publish my books even then. I think they’re all still running.

## **Cult Internet**

To secure total control of information they needed the Internet in which pre-programmed algorithms can seek out ‘unclean’ content for deletion and even stop it being posted in the first place. The Cult had to dismantle print and non-Internet broadcast media to ensure the transfer of information to the appropriate-named ‘Web’ – a critical expression of the *Cult* web. We’ve seen the ever-quickenning demise of traditional media and control of what is left by a tiny number of corporations operating worldwide. Independent journalism in the mainstream is already dead and never was that more obvious than since the turn of 2020. The Cult wants all information communicated via the Internet to globally censor and allow the plug to be pulled any time. Lockdowns and forced isolation has meant that communication between people has been through electronic means and no longer through face-to-face discourse and discussion. Cult psychopaths have targeted the bars, restaurants, sport, venues and meeting places in general for this reason. None of this is by chance and it’s to stop people gathering in any kind of privacy or number while being able to track and monitor all Internet communications and block them as necessary. Even private messages between individuals have been censored by these fascists that control Cult fronts like Facebook, Twitter, Google and YouTube which are all officially run by Sabbatian place-people and from the background by higher-level Sabbatian place people.

Facebook, Google, Amazon and their like were seed-funded and supported into existence with money-no-object infusions of funds either directly or indirectly from DARPA and CIA technology arm In-Q-Tel. The Cult plays the long game and prepares very carefully for big plays like 'Covid'. Amazon is another front in the psychological war and pretty much controls the global market in book sales and increasingly publishing. Amazon's limitless funds have deleted fantastic numbers of independent publishers to seize global domination on the way to deciding which books can be sold and circulated and which cannot. Moves in that direction are already happening. Amazon's leading light Jeff Bezos is the grandson of Lawrence Preston Gise who worked with DARPA predecessor ARPA. Amazon has big connections to the CIA and the Pentagon. The plan I have long described went like this:

1. Employ military technology to establish the Internet.
2. Sell the Internet as a place where people can freely communicate without censorship and allow that to happen until the Net becomes the central and irreversible pillar of human society. If the Internet had been highly censored from the start many would have rejected it.
3. Fund and manipulate major corporations into being to control the circulation of information on your Internet using cover stories about geeks in garages to explain how they came about. Give them unlimited funds to expand rapidly with no need to make a profit for years while non-Cult companies who need to balance the books cannot compete. You know that in these circumstances your Googles, YouTubes, Facebooks and Amazons are going to secure near monopolies by either crushing or buying up the opposition.
4. Allow freedom of expression on both the Internet and communication platforms to draw people in until the Internet is the central and irreversible pillar of human society and your communication corporations have reached a stage of near monopoly domination.
5. Then unleash your always-planned frenzy of censorship on the basis of 'where else are you going to go?' and continue to expand that until nothing remains that the Cult does not want its human targets to see.

The process was timed to hit the 'Covid' hoax to ensure the best chance possible of controlling the narrative which they knew they had to do at all costs. They were, after all, about to unleash a 'deadly virus' that didn't really exist. If you do that in an environment of free-flowing information and opinion you would be dead in the

water before you could say Gates is a psychopath. The network was in place through which the Cult-created-and-owned World Health Organization could dictate the ‘Covid’ narrative and response policy slavishly supported by Cult-owned Internet communication giants and mainstream media while those telling a different story were censored. Google, YouTube, Facebook and Twitter openly announced that they would do this. What else would we expect from Cult-owned operations like Facebook which former executives have confirmed set out to make the platform more addictive than cigarettes and coldly manipulates emotions of its users to sow division between people and groups and scramble the minds of the young? If Zuckerberg lives out the rest of his life without going to jail for crimes against humanity, and most emphatically against the young, it will be a travesty of justice. Still, no matter, cause and effect will catch up with him eventually and the same with Sergey Brin and Larry Page at Google with its CEO Sundar Pichai who fix the Google search results to promote Cult narratives and hide the opposition. Put the same key words into Google and other search engines like DuckDuckGo and you will see how different results can be. Wikipedia is another intensely biased ‘encyclopaedia’ which skews its content to the Cult agenda. YouTube links to Wikipedia’s version of ‘Covid’ and ‘climate change’ on video pages in which experts in their field offer a different opinion (even that is increasingly rare with Wojcicki censorship). Into this ‘Covid’ silence-them network must be added government media censors, sorry ‘regulators’, such as Ofcom in the UK which imposed tyrannical restrictions on British broadcasters that had the effect of banning me from ever appearing. Just to debate with me about my evidence and views on ‘Covid’ would mean breaking the fascistic impositions of Ofcom and its CEO career government bureaucrat Melanie Dawes. Gutless British broadcasters tremble at the very thought of fascist Ofcom.

## **Psychos behind ‘Covid’**

The reason for the ‘Covid’ catastrophe in all its facets and forms can be seen by whom and what is driving the policies worldwide in such a coordinated way. Decisions are not being made to protect health, but to target psychology. The dominant group guiding and ‘advising’ government policy are not medical professionals. They are psychologists and behavioural scientists. Every major country has its own version of this phenomenon and I’ll use the British example to show how it works. In many ways the British version has been affecting the wider world in the form of the huge behaviour manipulation network in the UK which operates in other countries. The network involves private companies, government, intelligence and military. The Cabinet Office is at the centre of the government ‘Covid’ Psyop and part-owns, with ‘innovation charity’ Nesta, the Behavioural Insights Team (BIT) which claims to be independent of government but patently isn’t. The BIT was established in 2010 and its job is to manipulate the psyche of the population to acquiesce to government demands and so much more. It is also known as the ‘Nudge Unit’, a name inspired by the 2009 book by two ultra-Zionists, Cass Sunstein and Richard Thaler, called *Nudge: Improving Decisions About Health, Wealth, and Happiness*. The book, as with the Behavioural Insights Team, seeks to ‘nudge’ behaviour (manipulate it) to make the public follow patterns of action and perception that suit those in authority (the Cult). Sunstein is so skilled at this that he advises the World Health Organization and the UK Behavioural Insights Team and was Administrator of the White House Office of Information and Regulatory Affairs in the Obama administration. Biden appointed him to the Department of Homeland Security – another ultra-Zionist in the fold to oversee new immigration laws which is another policy the Cult wants to control. Sunstein is desperate to silence anyone exposing conspiracies and co-authored a 2008 report on the subject in which suggestions were offered to ban ‘conspiracy theorizing’ or impose ‘some kind of tax, financial or otherwise, on those who disseminate such theories’. I guess a psychiatrist’s chair is out of the question?

Sunstein's mate Richard Thaler, an 'academic affiliate' of the UK Behavioural Insights Team, is a proponent of 'behavioural economics' which is defined as the study of 'the effects of psychological, cognitive, emotional, cultural and social factors on the decisions of individuals and institutions'. Study the effects so they can be manipulated to be what you want them to be. Other leading names in the development of behavioural economics are ultra-Zionists Daniel Kahneman and Robert J. Shiller and they, with Thaler, won the Nobel Memorial Prize in Economic Sciences for their work in this field. The Behavioural Insights Team is operating at the heart of the UK government and has expanded globally through partnerships with several universities including Harvard, Oxford, Cambridge, University College London (UCL) and Pennsylvania. They claim to have 'trained' (reframed) 20,000 civil servants and run more than 750 projects involving 400 randomised controlled trials in dozens of countries' as another version of mind reframers Common Purpose. BIT works from its office in New York with cities and their agencies, as well as other partners, across the United States and Canada – this is a company part-owned by the British government Cabinet Office. An executive order by President Cult-servant Obama established a US Social and Behavioral Sciences Team in 2015. They all have the same reason for being and that's to brainwash the population directly and by brainwashing those in positions of authority.

### **'Covid' mind game**

Another prime aspect of the UK mind-control network is the 'independent' [joke] Scientific Pandemic Insights Group on Behaviours (SPI-B) which 'provides behavioural science advice aimed at anticipating and helping people adhere to interventions that are recommended by medical or epidemiological experts'. That means manipulating public perception and behaviour to do whatever government tells them to do. It's disgusting and if they really want the public to be 'safe' this lot should all be under lock and key. According to the government website SPI-B consists of

'behavioural scientists, health and social psychologists, anthropologists and historians' and advises the Whitty-Vallance-led Scientific Advisory Group for Emergencies (SAGE) which in turn advises the government on 'the science' (it doesn't) and 'Covid' policy. When politicians say they are being guided by 'the science' this is the rabble in each country they are talking about and that 'science' is dominated by behaviour manipulators to enforce government fascism through public compliance. The Behaviour Insight Team is headed by psychologist David Solomon Halpern, a visiting professor at King's College London, and connects with a national and global web of other civilian and military organisations as the Cult moves towards its goal of fusing them into one fascistic whole in every country through its 'Fusion Doctrine'. The behaviour manipulation network involves, but is not confined to, the Foreign Office; National Security Council; government communications headquarters (GCHQ); MI5; MI6; the Cabinet Office-based Media Monitoring Unit; and the Rapid Response Unit which 'monitors digital trends to spot emerging issues; including misinformation and disinformation; and identifies the best way to respond'.

There is also the 77th Brigade of the UK military which operates like the notorious Israeli military's Unit 8200 in manipulating information and discussion on the Internet by posing as members of the public to promote the narrative and discredit those who challenge it. Here we have the military seeking to manipulate *domestic* public opinion while the Nazis in government are fine with that. Conservative Member of Parliament Tobias Ellwood, an advocate of lockdown and control through 'vaccine passports', is a Lieutenant Colonel reservist in the 77th Brigade which connects with the military operation jHub, the 'innovation centre' for the Ministry of Defence and Strategic Command. jHub has also been involved with the civilian National Health Service (NHS) in 'symptom tracing' the population. The NHS is a key part of this mind control network and produced a document in December, 2020, explaining to staff how to use psychological manipulation with different groups and ages to get them to have the DNA-manipulating 'Covid vaccine'

that's designed to cumulatively rewrite human genetics. The document, called 'Optimising Vaccination Roll Out – Do's and Dont's for all messaging, documents and "communications" in the widest sense', was published by NHS England and the NHS Improvement *Behaviour Change Unit* in partnership with Public Health England and Warwick Business School. I hear the mantra about 'save the NHS' and 'protect the NHS' when we need to scrap the NHS and start again. The current version is far too corrupt, far too anti-human and totally compromised by Cult operatives and their assets. UK government broadcast media censor Ofcom will connect into this web – as will the BBC with its tremendous Ofcom influence – to control what the public see and hear and dictate mass perception. Nuremberg trials must include personnel from all these organisations.

## **The fear factor**

The 'Covid' hoax has led to the creation of the UK Cabinet Office-connected Joint Biosecurity Centre (JBC) which is officially described as providing 'expert advice on pandemics' using its independent [all Cult operations are 'independent'] analytical function to provide real-time analysis about infection outbreaks to identify and respond to outbreaks of Covid-19'. Another role is to advise the government on a response to spikes in infections – 'for example by closing schools or workplaces in local areas where infection levels have risen'. Put another way, promoting the Cult agenda. The Joint Biosecurity Centre is modelled on the Joint Terrorism Analysis Centre which analyses intelligence to set 'terrorism threat levels' and here again you see the fusion of civilian and military operations and intelligence that has led to military intelligence producing documents about 'vaccine hesitancy' and how it can be combated. Domestic civilian matters and opinions should not be the business of the military. The Joint Biosecurity Centre is headed by Tom Hurd, director general of the Office for Security and Counter-Terrorism from the establishment-to-its-fingertips Hurd family. His father is former Foreign Secretary Douglas Hurd. How coincidental that Tom

Hurd went to the elite Eton College and Oxford University with Boris Johnson. Imperial College with its ridiculous computer modeller Neil Ferguson will connect with this gigantic web that will itself interconnect with similar set-ups in other major and not so major countries. Compared with this Cult network the politicians, be they Boris Johnson, Donald Trump or Joe Biden, are bit-part players ‘following the science’. The network of psychologists was on the ‘Covid’ case from the start with the aim of generating maximum fear of the ‘virus’ to ensure compliance by the population. A government behavioural science group known as SPI-B produced a paper in March, 2020, for discussion by the main government science advisory group known as SAGE. It was headed ‘Options for increasing adherence to social distancing measures’ and it said the following in a section headed ‘Persuasion’:

- A substantial number of people still do not feel sufficiently personally threatened; it could be that they are reassured by the low death rate in their demographic group, although levels of concern may be rising. Having a good understanding of the risk has been found to be positively associated with adoption of COVID-19 social distancing measures in Hong Kong.
- The perceived level of personal threat needs to be increased among those who are complacent, using hard-hitting evaluation of options for increasing social distancing emotional messaging. To be effective this must also empower people by making clear the actions they can take to reduce the threat.
- Responsibility to others: There seems to be insufficient understanding of, or feelings of responsibility about, people’s role in transmitting the infection to others ... Messaging about actions need to be framed positively in terms of protecting oneself and the community, and increase confidence that they will be effective.
- Some people will be more persuaded by appeals to play by the rules, some by duty to the community, and some to personal risk.

All these different approaches are needed. The messaging also needs to take account of the realities of different people's lives. Messaging needs to take account of the different motivational levers and circumstances of different people.

All this could be achieved the SPI-B psychologists said by *using the media to increase the sense of personal threat* which translates as terrify the shit out of the population, including children, so they all do what we want. That's not happened has it? Those excuses for 'journalists' who wouldn't know journalism if it bit them on the arse (the great majority) have played their crucial part in serving this Cult-government Psyop to enslave their own kids and grandkids. How they live with themselves I have no idea. The psychological war has been underpinned by constant government 'Covid' propaganda in almost every television and radio ad break, plus the Internet and print media, which has pounded out the fear with taxpayers footing the bill for their own programming. The result has been people terrified of a 'virus' that doesn't exist or one with a tiny fatality rate even if you believe it does. People walk down the street and around the shops wearing face-nappies damaging their health and psychology while others report those who refuse to be that naïve to the police who turn up in their own face-nappies. I had a cameraman come to my flat and he was so frightened of 'Covid' he came in wearing a mask and refused to shake my hand in case he caught something. He had – naïveitis – and the thought that he worked in the mainstream media was both depressing and made his behaviour perfectly explainable. The fear which has gripped the minds of so many and frozen them into compliance has been carefully cultivated by these psychologists who are really psychopaths. If lives get destroyed and a lot of young people commit suicide it shows our plan is working. SPI-B then turned to compulsion on the public to comply. 'With adequate preparation, rapid change can be achieved', it said. Some countries had introduced mandatory self-isolation on a wide scale without evidence of major public unrest and a large majority of the UK's population appeared to be supportive of more coercive measures with 64 percent of adults saying they would

support putting London under a lockdown (watch the ‘polls’ which are designed to make people believe that public opinion is in favour or against whatever the subject in hand).

For ‘aggressive protective measures’ to be effective, the SPI-B paper said, special attention should be devoted to those population groups that are more at risk. Translated from the Orwellian this means making the rest of population feel guilty for not protecting the ‘vulnerable’ such as old people which the Cult and its agencies were about to kill on an industrial scale with lockdown, lack of treatment and the Gates ‘vaccine’. Psychopath psychologists sold their guilt-trip so comprehensively that Los Angeles County Supervisor Hilda Solis reported that children were apologising (from a distance) to their parents and grandparents for bringing ‘Covid’ into their homes and getting them sick. ‘... These apologies are just some of the last words that loved ones will ever hear as they die alone,’ she said. Gut-wrenchingly Solis then used this childhood tragedy to tell children to stay at home and ‘keep your loved ones alive’. Imagine heaping such potentially life-long guilt on a kid when it has absolutely nothing to do with them. These people are deeply disturbed and the psychologists behind this even more so.

## **Uncivil war – divide and rule**

Professional mind-controllers at SPI-B wanted the media to increase a sense of responsibility to others (do as you’re told) and promote ‘positive messaging’ for those actions while in contrast to invoke ‘social disapproval’ by the unquestioning, obedient, community of anyone with a mind of their own. Again the compliant Goebbels-like media obliged. This is an old, old, trick employed by tyrannies the world over throughout human history. You get the target population to keep the target population in line – *your* line. SPI-B said this could ‘play an important role in preventing anti-social behaviour or discouraging failure to enact pro-social behaviour’. For ‘anti-social’ in the Orwellian parlance of SPI-B see any behaviour that government doesn’t approve. SPI-B recommendations said that ‘social disapproval’ should be accompanied by clear messaging and

promotion of strong collective identity – hence the government and celebrity mantra of ‘we’re all in this together’. Sure we are. The mind doctors have such contempt for their targets that they think some clueless comedian, actor or singer telling them to do what the government wants will be enough to win them over. We have had UK comedian Lenny Henry, actor Michael Caine and singer Elton John wheeled out to serve the propagandists by urging people to have the DNA-manipulating ‘Covid’ non-‘vaccine’. The role of Henry and fellow black celebrities in seeking to coax a ‘vaccine’ reluctant black community into doing the government’s will was especially stomach-turning. An emotion-manipulating script and carefully edited video featuring these black ‘celebs’ was such an insult to the intelligence of black people and where’s the self-respect of those involved selling their souls to a fascist government agenda? Henry said he heard black people’s ‘legitimate worries and concerns’, but people must ‘trust the facts’ when they were doing exactly that by not having the ‘vaccine’. They had to include the obligatory reference to Black Lives Matter with the line ... ‘Don’t let coronavirus cost even more black lives – because we matter’. My god, it was pathetic. ‘I know the vaccine is safe and what it does.’ How? ‘I’m a comedian and it says so in my script.’

SPI-B said social disapproval needed to be carefully managed to avoid victimisation, scapegoating and misdirected criticism, but they knew that their ‘recommendations’ would lead to exactly that and the media were specifically used to stir-up the divide-and-conquer hostility. Those who conform like good little baa, baas, are praised while those who have seen through the tidal wave of lies are ‘Covidiots’. The awake have been abused by the fast asleep for not conforming to fascism and impositions that the awake know are designed to endanger their health, dehumanise them, and tear asunder the very fabric of human society. We have had the curtain-twitchers and morons reporting neighbours and others to the face-nappied police for breaking ‘Covid rules’ with fascist police delighting in posting links and phone numbers where this could be done. The Cult cannot impose its will without a compliant police

and military or a compliant population willing to play their part in enslaving themselves and their kids. The words of a pastor in Nazi Germany are so appropriate today:

First they came for the socialists and I did not speak out because I was not a socialist.

Then they came for the trade unionists and I did not speak out because I was not a trade unionist.

Then they came for the Jews and I did not speak out because I was not a Jew.

Then they came for me and there was no one left to speak for me.

Those who don't learn from history are destined to repeat it and so many are.

### **'Covid' rules: Rewiring the mind**

With the background laid out to this gigantic national and global web of psychological manipulation we can put 'Covid' rules into a clear and sinister perspective. Forget the claims about protecting health. 'Covid' rules are about dismantling the human mind, breaking the human spirit, destroying self-respect, and then putting Humpty Dumpty together again as a servile, submissive slave. Social isolation through lockdown and distancing have devastating effects on the human psyche as the psychological psychopaths well know and that's the real reason for them. Humans need contact with each other, discourse, closeness and touch, or they eventually, and literally, go crazy. Masks, which I will address at some length, fundamentally add to the effects of isolation and the Cult agenda to dehumanise and de-individualise the population. To do this while knowing – in fact *seeking* – this outcome is the very epitome of evil and psychologists involved in this *are* the epitome of evil. They must like all the rest of the Cult demons and their assets stand trial for crimes against humanity on a scale that defies the imagination. Psychopaths in uniform use isolation to break enemy troops and agents and make them subservient and submissive to tell what they know. The technique is rightly considered a form of torture and

torture is most certainly what has been imposed on the human population.

Clinically-insane American psychologist Harry Harlow became famous for his isolation experiments in the 1950s in which he separated baby monkeys from their mothers and imprisoned them for months on end in a metal container or ‘pit of despair’. They soon began to show mental distress and depression as any idiot could have predicted. Harlow put other monkeys in steel chambers for three, six or twelve months while denying them any contact with animals or humans. He said that the effects of total social isolation for six months were ‘so devastating and debilitating that we had assumed initially that twelve months of isolation would not produce any additional decrement’; but twelve months of isolation ‘almost obliterated the animals socially’. This is what the Cult and its psychopaths are doing to you and your children. Even monkeys in partial isolation in which they were not allowed to form relationships with other monkeys became ‘aggressive and hostile, not only to others, but also towards their own bodies’. We have seen this in the young as a consequence of lockdown. UK government psychopaths launched a public relations campaign telling people not to hug each other even after they received the ‘Covid-19 vaccine’ which we were told with more lies would allow a return to ‘normal life’. A government source told *The Telegraph*: ‘It will be along the lines that it is great that you have been vaccinated, but if you are going to visit your family and hug your grandchildren there is a chance you are going to infect people you love.’ The source was apparently speaking from a secure psychiatric facility. Janet Lord, director of Birmingham University’s Institute of Inflammation and Ageing, said that parents and grandparents should avoid hugging their children. Well, how can I put it, Ms Lord? Fuck off. Yep, that’ll do.

## **Destroying the kids – where are the parents?**

Observe what has happened to people enslaved and isolated by lockdown as suicide and self-harm has soared worldwide,

particularly among the young denied the freedom to associate with their friends. A study of 49,000 people in English-speaking countries concluded that almost half of young adults are at clinical risk of mental health disorders. A national survey in America of 1,000 currently enrolled high school and college students found that 5 percent reported attempting suicide during the pandemic. Data from the US CDC's National Syndromic Surveillance Program from January 1st to October 17th, 2020, revealed a 31 percent increase in mental health issues among adolescents aged 12 to 17 compared with 2019. The CDC reported that America in general suffered the biggest drop in life expectancy since World War Two as it fell by a year in the first half of 2020 as a result of 'deaths of despair' – overdoses and suicides. Deaths of despair have leapt by more than 20 percent during lockdown and include the highest number of fatal overdoses ever recorded in a single year – 81,000. Internet addiction is another consequence of being isolated at home which lowers interest in physical activities as kids fall into inertia and what's the point? Children and young people are losing hope and giving up on life, sometimes literally. A 14-year-old boy killed himself in Maryland because he had 'given up' when his school district didn't reopen; an 11-year-old boy shot himself during a zoom class; a teenager in Maine succumbed to the isolation of the 'pandemic' when he ended his life after experiencing a disrupted senior year at school. Children as young as nine have taken their life and all these stories can be repeated around the world. Careers are being destroyed before they start and that includes those in sport in which promising youngsters have not been able to take part. The plan of the psycho-psychologists is working all right. Researchers at Cambridge University found that lockdowns cause significant harm to children's mental health. Their study was published in the *Archives of Disease in Childhood*, and followed 168 children aged between 7 and 11. The researchers concluded:

During the UK lockdown, children's depression symptoms have increased substantially, relative to before lockdown. The scale of this effect has direct relevance for the continuation of different elements of lockdown policy, such as complete or partial school closures ...

... Specifically, we observed a statistically significant increase in ratings of depression, with a medium-to-large effect size. Our findings emphasise the need to incorporate the potential impact of lockdown on child mental health in planning the ongoing response to the global pandemic and the recovery from it.

Not a chance when the Cult's psycho-psychologists were getting exactly what they wanted. The UK's Royal College of Paediatrics and Child Health has urged parents to look for signs of eating disorders in children and young people after a three to four fold increase. Specialists say the 'pandemic' is a major reason behind the rise. You don't say. The College said isolation from friends during school closures, exam cancellations, loss of extra-curricular activities like sport, and an increased use of social media were all contributory factors along with fears about the virus (psycho-psychologists again), family finances, and students being forced to quarantine. Doctors said young people were becoming severely ill by the time they were seen with 'Covid' regulations reducing face-to-face consultations. Nor is it only the young that have been devastated by the psychopaths. Like all bullies and cowards the Cult is targeting the young, elderly, weak and infirm. A typical story was told by a British lady called Lynn Parker who was not allowed to visit her husband in 2020 for the last ten and half months of his life 'when he needed me most' between March 20th and when he died on December 19th. This vacates the criminal and enters the territory of evil. The emotional impact on the immune system alone is immense as are the number of people of all ages worldwide who have died as a result of Cult-demanded, Gates-demanded, lockdowns.

## **Isolation is torture**

The experience of imposing solitary confinement on millions of prisoners around the world has shown how a large percentage become 'actively psychotic and/or acutely suicidal'. Social isolation has been found to trigger 'a specific psychiatric syndrome, characterized by hallucinations; panic attacks; overt paranoia; diminished impulse control; hypersensitivity to external stimuli; and difficulties with thinking, concentration and memory'. Juan Mendez,

a United Nations rapporteur (investigator), said that isolation is a form of torture. Research has shown that even after isolation prisoners find it far more difficult to make social connections and I remember chatting to a shop assistant after one lockdown who told me that when her young son met another child again he had no idea how to act or what to do. Hannah Flanagan, Director of Emergency Services at Journey Mental Health Center in Dane County, Wisconsin, said: ‘The specificity about Covid social distancing and isolation that we’ve come across as contributing factors to the suicides are really new to us this year.’ But they are not new to those that devised them. They are getting the effect they want as the population is psychologically dismantled to be rebuilt in a totally different way. Children and the young are particularly targeted. They will be the adults when the full-on fascist AI-controlled technocracy is planned to be imposed and they are being prepared to meekly submit. At the same time older people who still have a memory of what life was like before – and how fascist the new normal really is – are being deleted. You are going to see efforts to turn the young against the old to support this geriatric genocide. Hannah Flanagan said the big increase in suicide in her county proved that social isolation is not only harmful, but deadly. Studies have shown that isolation from others is one of the main risk factors in suicide and even more so with women. Warnings that lockdown could create a ‘perfect storm’ for suicide were ignored. After all this was one of the *reasons* for lockdown. Suicide, however, is only the most extreme of isolation consequences. There are many others. Dr Dhruv Khullar, assistant professor of healthcare policy at Weill Cornell Medical College, said in a *New York Times* article in 2016 long before the fake ‘pandemic’:

A wave of new research suggests social separation is bad for us. Individuals with less social connection have disrupted sleep patterns, altered immune systems, more inflammation and higher levels of stress hormones. One recent study found that isolation increases the risk of heart disease by 29 percent and stroke by 32 percent. Another analysis that pooled data from 70 studies and 3.4 million people found that socially isolated individuals had a 30 percent higher risk of dying in the next seven years, and that this effect was largest in middle age.

Loneliness can accelerate cognitive decline in older adults, and isolated individuals are twice as likely to die prematurely as those with more robust social interactions. These effects start early: Socially isolated children have significantly poorer health 20 years later, even after controlling for other factors. All told, loneliness is as important a risk factor for early death as obesity and smoking.

There you have proof from that one article alone four years before 2020 that those who have enforced lockdown, social distancing and isolation knew what the effect would be and that is even more so with professional psychologists that have been driving the policy across the globe. We can go back even further to the years 2000 and 2003 and the start of a major study on the effects of isolation on health by Dr Janine Gronewold and Professor Dirk M. Hermann at the University Hospital in Essen, Germany, who analysed data on 4,316 people with an average age of 59 who were recruited for the long-term research project. They found that socially isolated people are more than 40 percent more likely to have a heart attack, stroke, or other major cardiovascular event and nearly 50 percent more likely to die from any cause. Given the financial Armageddon unleashed by lockdown we should note that the study found a relationship between increased cardiovascular risk and lack of financial support. After excluding other factors social isolation was still connected to a 44 percent increased risk of cardiovascular problems and a 47 percent increased risk of death by any cause. Lack of financial support was associated with a 30 percent increase in the risk of cardiovascular health events. Dr Gronewold said it had been known for some time that feeling lonely or lacking contact with close friends and family can have an impact on physical health and the study had shown that having strong social relationships is of high importance for heart health. Gronewold said they didn't understand yet why people who are socially isolated have such poor health outcomes, but this was obviously a worrying finding, particularly during these times of prolonged social distancing. Well, it can be explained on many levels. You only have to identify the point in the body where people feel loneliness and missing people they are parted from – it's in the centre of the chest where they feel the ache of loneliness and the ache of missing people. 'My heart aches for

you' ... 'My heart aches for some company.' I will explain this more in the chapter Escaping Wetiko, but when you realise that the body is the mind – they are expressions of each other – the reason why state of the mind dictates state of the body becomes clear.

American psychologist Ranjit Powar was highlighting the effects of lockdown isolation as early as April, 2020. She said humans have evolved to be social creatures and are wired to live in interactive groups. Being isolated from family, friends and colleagues could be unbalancing and traumatic for most people and could result in short or even long-term psychological and physical health problems. An increase in levels of anxiety, aggression, depression, forgetfulness and hallucinations were possible psychological effects of isolation. 'Mental conditions may be precipitated for those with underlying pre-existing susceptibilities and show up in many others without any pre-condition.' Powar said personal relationships helped us cope with stress and if we lost this outlet for letting off steam the result can be a big emotional void which, for an average person, was difficult to deal with. 'Just a few days of isolation can cause increased levels of anxiety and depression' – so what the hell has been the effect on the global population of *18 months* of this at the time of writing? Powar said: 'Add to it the looming threat of a dreadful disease being repeatedly hammered in through the media and you have a recipe for many shades of mental and physical distress.' For those with a house and a garden it is easy to forget that billions have had to endure lockdown isolation in tiny overcrowded flats and apartments with nowhere to go outside. The psychological and physical consequences of this are unimaginable and with lunatic and abusive partners and parents the consequences have led to tremendous increases in domestic and child abuse and alcoholism as people seek to shut out the horror. Ranjit Powar said:

Staying in a confined space with family is not all a rosy picture for everyone. It can be extremely oppressive and claustrophobic for large low-income families huddled together in small single-room houses. Children here are not lucky enough to have many board/electronic games or books to keep them occupied.

Add to it the deep insecurity of running out of funds for food and basic necessities. On the other hand, there are people with dysfunctional family dynamics, such as domineering, abusive or alcoholic partners, siblings or parents which makes staying home a period of trial. Incidence of suicide and physical abuse against women has shown a worldwide increase. Heightened anxiety and depression also affect a person's immune system, making them more susceptible to illness.

To think that Powar's article was published on April 11th, 2020.

## **Six-feet fantasy**

Social (unsocial) distancing demanded that people stay six feet or two metres apart. UK government advisor Robert Dingwall from the New and Emerging Respiratory Virus Threats Advisory Group said in a radio interview that the two-metre rule was 'conjured up out of nowhere' and was not based on science. No, it was not based on *medical* science, but it didn't come out of nowhere. The distance related to *psychological* science. Six feet/two metres was adopted in many countries and we were told by people like the criminal Anthony Fauci and his ilk that it was founded on science. Many schools could not reopen because they did not have the space for six-feet distancing. Then in March, 2021, after a year of six-feet 'science', a study published in the *Journal of Infectious Diseases* involving more than 500,000 students and almost 100,000 staff over 16 weeks revealed no significant difference in 'Covid' cases between six feet and three feet and Fauci changed his tune. Now three feet was okay. There is no difference between six feet and three *inches* when there is no 'virus' and they got away with six feet for psychological reasons for as long as they could. I hear journalists and others talk about 'unintended consequences' of lockdown. They are not *unintended* at all; they have been coldly-calculated for a specific outcome of human control and that's why super-psychopaths like Gates have called for them so vehemently. Super-psychopath psychologists have demanded them and psychopathic or clueless, spineless, politicians have gone along with them by 'following the science'. But it's not science at all. 'Science' is not what is; it's only what people can be manipulated to believe it is. The whole 'Covid' catastrophe is

founded on mind control. Three word or three statement mantras issued by the UK government are a well-known mind control technique and so we've had 'Stay home/protect the NHS/save lives', 'Stay alert/control the virus/save lives' and 'hands/face/space'. One of the most vocal proponents of extreme 'Covid' rules in the UK has been Professor Susan Michie, a member of the British Communist Party, who is not a medical professional. Michie is the director of the Centre for Behaviour Change at University College London. She is a *behavioural psychologist* and another filthy rich 'Marxist' who praised China's draconian lockdown. She was known by fellow students at Oxford University as 'Stalin's nanny' for her extreme Marxism. Michie is an influential member of the UK government's Scientific Advisory Group for Emergencies (SAGE) and behavioural manipulation groups which have dominated 'Covid' policy. She is a consultant adviser to the World Health Organization on 'Covid-19' and behaviour. Why the hell are lockdowns anything to do with her when they are claimed to be about health? Why does a behavioural psychologist from a group charged with changing the behaviour of the public want lockdown, human isolation and mandatory masks? Does that question really need an answer? Michie *absolutely* has to explain herself before a Nuremberg court when humanity takes back its world again and even more so when you see the consequences of masks that she demands are compulsory. This is a Michie classic:

The benefits of getting primary school children to wear masks is that regardless of what little degree of transmission is occurring in those age groups it could help normalise the practice. Young children wearing masks may be more likely to get their families to accept masks.

Those words alone should carry a prison sentence when you ponder on the callous disregard for children involved and what a statement it makes about the mind and motivations of Susan Michie. What a lovely lady and what she said there encapsulates the mentality of the psychopaths behind the 'Covid' horror. Let us compare what Michie said with a countrywide study in Germany published at [researchsquare.com](https://www.researchsquare.com) involving 25,000 school children and 17,854 health complaints submitted by parents. Researchers

found that masks are harming children physically, psychologically, and behaviourally with 24 health issues associated with mask wearing. They include: shortness of breath (29.7%); dizziness (26.4%); increased headaches (53%); difficulty concentrating (50%); drowsiness or fatigue (37%); and malaise (42%). Nearly a third of children experienced more sleep issues than before and a quarter developed new fears. Researchers found health issues and other impairments in 68 percent of masked children covering their faces for an average of 4.5 hours a day. Hundreds of those taking part experienced accelerated respiration, tightness in the chest, weakness, and short-term impairment of consciousness. A reminder of what Michie said again:

The benefits of getting primary school children to wear masks is that regardless of what little degree of transmission is occurring in those age groups it could help normalise the practice. Young children wearing masks may be more likely to get their families to accept masks.

Psychopaths in government and psychology now have children and young people – plus all the adults – wearing masks for hours on end while clueless teachers impose the will of the psychopaths on the young they should be protecting. What the hell are parents doing?

## **Cult lab rats**

We have some schools already imposing on students microchipped buzzers that activate when they get ‘too close’ to their pals in the way they do with lab rats. How apt. To the Cult and its brain-dead servants our children *are* lab rats being conditioned to be unquestioning, dehumanised slaves for the rest of their lives. Children and young people are being weaned and frightened away from the most natural human instincts including closeness and touch. I have tracked in the books over the years how schools were banning pupils from greeting each other with a hug and the whole Cult-induced Me Too movement has terrified men and boys from a relaxed and natural interaction with female friends and work colleagues to the point where many men try never to be in a room

alone with a woman that's not their partner. Airhead celebrities have as always played their virtue-signalling part in making this happen with their gross exaggeration. For every monster like Harvey Weinstein there are at least tens of thousands of men that don't treat women like that; but everyone must be branded the same and policy changed for them as well as the monster. I am going to be using the word 'dehumanise' many times in this chapter because that is what the Cult is seeking to do and it goes very deep as we shall see. Don't let them kid you that social distancing is planned to end one day. That's not the idea. We are seeing more governments and companies funding and producing wearable gadgets to keep people apart and they would not be doing that if this was meant to be short-term. A tech start-up company backed by GCHQ, the British Intelligence and military surveillance headquarters, has created a social distancing wrist sensor that alerts people when they get too close to others. The CIA has also supported tech companies developing similar devices. The wearable sensor was developed by Tended, one of a number of start-up companies supported by GCHQ (see the CIA and DARPA). The device can be worn on the wrist or as a tag on the waistband and will vibrate whenever someone wearing the device breaches social distancing and gets anywhere near natural human contact. The company had a lucky break in that it was developing a distancing sensor when the 'Covid' hoax arrived which immediately provided a potentially enormous market. How fortunate. The government in big-time Cult-controlled Ontario in Canada is investing \$2.5 million in wearable contact tracing technology that 'will alert users if they may have been exposed to the Covid-19 in the workplace and will beep or vibrate if they are within six feet of another person'. Facedrive Inc., the technology company behind this, was founded in 2016 with funding from the Ontario Together Fund and obviously they, too, had a prophet on the board of directors. The human surveillance and control technology is called TraceSCAN and would be worn by the human cyborgs in places such as airports, workplaces, construction sites, care homes and ... schools.

I emphasise schools with children and young people the prime targets. You know what is planned for society as a whole if you keep your eyes on the schools. They have always been places where the state program the next generation of slaves to be its compliant worker-ants – or Woker-ants these days; but in the mist of the ‘Covid’ madness they have been transformed into mind laboratories on a scale never seen before. Teachers and head teachers are just as programmed as the kids – often more so. Children are kept apart from human interaction by walk lanes, classroom distancing, staggered meal times, masks, and the rolling-out of buzzer systems. Schools are now physically laid out as a laboratory maze for lab-rats. Lunatics at a school in Anchorage, Alaska, who should be prosecuted for child abuse, took away desks and forced children to kneel (know your place) on a mat for five hours a day while wearing a mask and using their chairs as a desk. How this was supposed to impact on a ‘virus’ only these clinically insane people can tell you and even then it would be clap-trap. The school banned recess (interaction), art classes (creativity), and physical exercise (getting body and mind moving out of inertia). Everyone behind this outrage should be in jail or better still a mental institution. The behavioural manipulators are all for this dystopian approach to schools.

Professor Susan Michie, the mind-doctor and British Communist Party member, said it was wrong to say that schools were safe. They had to be made so by ‘distancing’, masks and ventilation (sitting all day in the cold). I must ask this lady round for dinner on a night I know I am going to be out and not back for weeks. She probably wouldn’t be able to make it, anyway, with all the visits to her own psychologist she must have block-booked.

## **Masking identity**

I know how shocking it must be for you that a behaviour manipulator like Michie wants everyone to wear masks which have long been a feature of mind-control programs like the infamous MKUltra in the United States, but, there we are. We live and learn. I spent many years from 1996 to right across the millennium

researching mind control in detail on both sides of the Atlantic and elsewhere. I met a large number of mind-control survivors and many had been held captive in body and mind by MKUltra. MK stands for mind-control, but employs the German spelling in deference to the Nazis spirited out of Germany at the end of World War Two by Operation Paperclip in which the US authorities, with help from the Vatican, transported Nazi mind-controllers and engineers to America to continue their work. Many of them were behind the creation of NASA and they included Nazi scientist and SS officer Wernher von Braun who swapped designing V-2 rockets to bombard London with designing the Saturn V rockets that powered the NASA moon programme's Apollo craft. I think I may have mentioned that the Cult has no borders. Among Paperclip escapees was Josef Mengele, the Angel of Death in the Nazi concentration camps where he conducted mind and genetic experiments on children often using twins to provide a control twin to measure the impact of his 'work' on the other. If you want to observe the Cult mentality in all its extremes of evil then look into the life of Mengele. I have met many people who suffered mercilessly under Mengele in the United States where he operated under the name Dr Greene and became a stalwart of MKUltra programming and torture. Among his locations was the underground facility in the Mojave Desert in California called the China Lake Naval Weapons Station which is almost entirely below the surface. My books *The Biggest Secret*, *Children of the Matrix* and *The Perception Deception* have the detailed background to MKUltra.

The best-known MKUltra survivor is American Cathy O'Brien. I first met her and her late partner Mark Phillips at a conference in Colorado in 1996. Mark helped her escape and deprogram from decades of captivity in an offshoot of MKUltra known as Project Monarch in which 'sex slaves' were provided for the rich and famous including Father George Bush, Dick Cheney and the Clintons. Read Cathy and Mark's book *Trance-Formation of America* and if you are new to this you will be shocked to the core. I read it in 1996 shortly before, with the usual synchronicity of my life, I found

myself given a book table at the conference right next to hers. MKUltra never ended despite being very publicly exposed (only a small part of it) in the 1970s and continues in other guises. I am still in touch with Cathy. She contacted me during 2020 after masks became compulsory in many countries to tell me how they were used as part of MKUltra programming. I had been observing 'Covid regulations' and the relationship between authority and public for months. I saw techniques that I knew were employed on individuals in MKUltra being used on the global population. I had read many books and manuals on mind control including one called *Silent Weapons for Quiet Wars* which came to light in the 1980s and was a guide on how to perceptually program on a mass scale. 'Silent Weapons' refers to mind-control. I remembered a line from the manual as governments, medical authorities and law enforcement agencies have so obviously talked to – or rather at – the adult population since the 'Covid' hoax began as if they are children. The document said:

If a person is spoken to by a T.V. advertiser as if he were a twelve-year-old, then, due to suggestibility, he will, with a certain probability, respond or react to that suggestion with the uncritical response of a twelve-year-old and will reach in to his economic reservoir and deliver its energy to buy that product on impulse when he passes it in the store.

That's why authority has spoken to adults like children since all this began.

### **Why did Michael Jackson wear masks?**

Every aspect of the 'Covid' narrative has mind-control as its central theme. Cathy O'Brien wrote an article for [davidicke.com](http://davidicke.com) about the connection between masks and mind control. Her daughter Kelly who I first met in the 1990s was born while Cathy was still held captive in MKUltra. Kelly was forced to wear a mask as part of her programming from the age of *two* to dehumanise her, target her sense of individuality and reduce the amount of oxygen her brain and body received. *Bingo*. This is the real reason for compulsory

masks, why they have been enforced en masse, and why they seek to increase the number they demand you wear. First one, then two, with one disgraceful alleged ‘doctor’ recommending four which is nothing less than a death sentence. Where and how often they must be worn is being expanded for the purpose of mass mind control and damaging respiratory health which they can call ‘Covid-19’. Canada’s government headed by the man-child Justin Trudeau, says it’s fine for children of two and older to wear masks. An insane ‘study’ in Italy involving just 47 children concluded there was no problem for babies as young as *four months* wearing them. Even after people were ‘vaccinated’ they were still told to wear masks by the criminal that is Anthony Fauci. Cathy wrote that mandating masks is allowing the authorities literally to control the air we breathe which is what was done in MKUltra. You might recall how the singer Michael Jackson wore masks and there is a reason for that. He was subjected to MKUltra mind control through Project Monarch and his psyche was scrambled by these simpletons. Cathy wrote:

In MKUltra Project Monarch mind control, Michael Jackson had to wear a mask to silence his voice so he could not reach out for help. Remember how he developed that whisper voice when he wasn’t singing? Masks control the mind from the outside in, like the redefining of words is doing. By controlling what we can and cannot say for fear of being labeled racist or beaten, for example, it ultimately controls thought that drives our words and ultimately actions (or lack thereof).

Likewise, a mask muffles our speech so that we are not heard, which controls voice ... words ... mind. This is Mind Control. Masks are an obvious mind control device, and I am disturbed so many people are complying on a global scale. Masks depersonalize while making a person feel as though they have no voice. It is a barrier to others. People who would never choose to comply but are forced to wear a mask in order to keep their job, and ultimately their family fed, are compromised. They often feel shame and are subdued. People have stopped talking with each other while media controls the narrative.

The ‘no voice’ theme has often become literal with train passengers told not to speak to each other in case they pass on the ‘virus’, singing banned for the same reason and bonkers California officials telling people riding roller coasters that they cannot shout and scream. Cathy said she heard every day from healed MKUltra survivors who cannot wear a mask without flashing back on ways

their breathing was controlled – ‘from ball gags and penises to water boarding’. She said that through the years when she saw images of people in China wearing masks ‘due to pollution’ that it was really to control their oxygen levels. ‘I knew it was as much of a population control mechanism of depersonalisation as are burkas’, she said. Masks are another Chinese communist/fascist method of control that has been swept across the West as the West becomes China at lightning speed since we entered 2020.

## **Mask-19**

There are other reasons for mandatory masks and these include destroying respiratory health to call it ‘Covid-19’ and stunting brain development of children and the young. Dr Margarite Griesz-Brisson MD, PhD, is a Consultant Neurologist and Neurophysiologist and the Founder and Medical Director of the London Neurology and Pain Clinic. Her CV goes down the street and round the corner. She is clearly someone who cares about people and won’t parrot the propaganda. Griesz-Brisson has a PhD in pharmacology, with special interest in neurotoxicology, environmental medicine, neuroregeneration and neuroplasticity (the way the brain can change in the light of information received). She went public in October, 2020, with a passionate warning about the effects of mask-wearing laws:

The reinhalation of our exhaled air will without a doubt create oxygen deficiency and a flooding of carbon dioxide. We know that the human brain is very sensitive to oxygen deprivation. There are nerve cells for example in the hippocampus that can’t be longer than 3 minutes without oxygen – they cannot survive. The acute warning symptoms are headaches, drowsiness, dizziness, issues in concentration, slowing down of reaction time – reactions of the cognitive system.

Oh, I know, let’s tell bus, truck and taxi drivers to wear them and people working machinery. How about pilots, doctors and police? Griesz-Brisson makes the important point that while the symptoms she mentions may fade as the body readjusts this does not alter the fact that people continue to operate in oxygen deficit with long list of

potential consequences. She said it was well known that neurodegenerative diseases take years or decades to develop. 'If today you forget your phone number, the breakdown in your brain would have already started 20 or 30 years ago.' She said degenerative processes in your brain are getting amplified as your oxygen deprivation continues through wearing a mask. Nerve cells in the brain are unable to divide themselves normally in these circumstances and lost nerve cells will no longer be regenerated. 'What is gone is gone.' Now consider that people like shop workers and *schoolchildren* are wearing masks for hours every day. What in the name of sanity is going to be happening to them? 'I do not wear a mask, I need my brain to think', Griesz-Brisson said, 'I want to have a clear head when I deal with my patients and not be in a carbon dioxide-induced anaesthesia'. If you are told to wear a mask anywhere ask the organisation, police, store, whatever, for their risk assessment on the dangers and negative effects on mind and body of enforcing mask-wearing. They won't have one because it has never been done not even by government. All of them must be subject to class-action lawsuits as the consequences come to light. They don't do mask risk assessments for an obvious reason. They know what the conclusions would be and independent scientific studies that *have* been done tell a horror story of consequences.

### **'Masks are criminal'**

Dr Griesz-Brisson said that for children and adolescents, masks are an absolute no-no. They had an extremely active and adaptive immune system and their brain was incredibly active with so much to learn. 'The child's brain, or the youth's brain, is thirsting for oxygen.' The more metabolically active an organ was, the more oxygen it required; and in children and adolescents every organ was metabolically active. Griesz-Brisson said that to deprive a child's or adolescent's brain of oxygen, or to restrict it in any way, was not only dangerous to their health, it was absolutely criminal. 'Oxygen deficiency inhibits the development of the brain, and the damage that has taken place as a result CANNOT be reversed.' Mind

manipulators of MKUltra put masks on two-year-olds they wanted to neurologically rewire and you can see why. Griesz-Brisson said a child needs the brain to learn and the brain needs oxygen to function. 'We don't need a clinical study for that. This is simple, indisputable physiology.' Consciously and purposely induced oxygen deficiency was an absolutely deliberate health hazard, and an absolute medical contraindication which means that 'this drug, this therapy, this method or measure should not be used, and is not allowed to be used'. To coerce an entire population to use an absolute medical contraindication by force, she said, there had to be definite and serious reasons and the reasons must be presented to competent interdisciplinary and independent bodies to be verified and authorised. She had this warning of the consequences that were coming if mask wearing continued:

When, in ten years, dementia is going to increase exponentially, and the younger generations couldn't reach their god-given potential, it won't help to say 'we didn't need the masks'. I know how damaging oxygen deprivation is for the brain, cardiologists know how damaging it is for the heart, pulmonologists know how damaging it is for the lungs. Oxygen deprivation damages every single organ. Where are our health departments, our health insurance, our medical associations? It would have been their duty to be vehemently against the lockdown and to stop it and stop it from the very beginning.

Why do the medical boards issue punishments to doctors who give people exemptions? Does the person or the doctor seriously have to prove that oxygen deprivation harms people? What kind of medicine are our doctors and medical associations representing? Who is responsible for this crime? The ones who want to enforce it? The ones who let it happen and play along, or the ones who don't prevent it?

All of the organisations and people she mentions there either answer directly to the Cult or do whatever hierarchical levels above them tell them to do. The outcome of both is the same. 'It's not about masks, it's not about viruses, it's certainly not about your health', Griesz-Brisson said. 'It is about much, much more. I am not participating. I am not afraid.' They were taking our air to breathe and there was no unfounded medical exemption from face masks. Oxygen deprivation was dangerous for every single brain. It had to be the free decision of every human being whether they want to

wear a mask that was absolutely ineffective to protect themselves from a virus. She ended by rightly identifying where the responsibility lies for all this:

The imperative of the hour is personal responsibility. We are responsible for what we think, not the media. We are responsible for what we do, not our superiors. We are responsible for our health, not the World Health Organization. And we are responsible for what happens in our country, not the government.

Halle-bloody-lujah.

## **But surgeons wear masks, right?**

Independent studies of mask-wearing have produced a long list of reports detailing mental, emotional and physical dangers. What a definition of insanity to see police officers imposing mask-wearing on the public which will cumulatively damage their health while the police themselves wear masks that will cumulatively damage *their* health. It's utter madness and both public and police do this because 'the government says so' – yes a government of brain-donor idiots like UK Health Secretary Matt Hancock reading the 'follow the science' scripts of psychopathic, lunatic psychologists. The response you get from Stockholm syndrome sufferers defending the very authorities that are destroying them and their families is that 'surgeons wear masks'. This is considered the game, set and match that they must work and don't cause oxygen deficit. Well, actually, scientific studies have shown that they *do* and oxygen levels are monitored in operating theatres to compensate. Surgeons wear masks to stop spittle and such like dropping into open wounds – not to stop 'viral particles' which are so minuscule they can only be seen through an electron microscope. Holes in the masks are significantly bigger than 'viral particles' and if you sneeze or cough they will breach the mask. I watched an incredibly disingenuous 'experiment' that claimed to prove that masks work in catching 'virus' material from the mouth and nose. They did this with a slow motion camera and the mask did block big stuff which stayed inside the mask and

against the face to be breathed in or cause infections on the face as we have seen with many children. ‘Viral particles’, however, would never have been picked up by the camera as they came through the mask when they are far too small to be seen. The ‘experiment’ was therefore disingenuous *and* useless.

Studies have concluded that wearing masks in operating theatres (and thus elsewhere) make no difference to preventing infection while the opposite is true with toxic shite building up in the mask and this had led to an explosion in tooth decay and gum disease dubbed by dentists ‘mask mouth’. You might have seen the Internet video of a furious American doctor urging people to take off their masks after a four-year-old patient had been rushed to hospital the night before and nearly died with a lung infection that doctors sourced to mask wearing. A study in the journal *Cancer Discovery* found that inhalation of harmful microbes can contribute to advanced stage lung cancer in adults and long-term use of masks can help breed dangerous pathogens. Microbiologists have said frequent mask wearing creates a moist environment in which microbes can grow and proliferate before entering the lungs. The Canadian Agency for Drugs and Technologies in Health, or CADTH, a Canadian national organisation that provides research and analysis to healthcare decision-makers, said this as long ago as 2013 in a report entitled ‘Use of Surgical Masks in the Operating Room: A Review of the Clinical Effectiveness and Guidelines’. It said:

- No evidence was found to support the use of surgical face masks to reduce the frequency of surgical site infections
- No evidence was found on the effectiveness of wearing surgical face masks to protect staff from infectious material in the operating room.
- Guidelines recommend the use of surgical face masks by staff in the operating room to protect both operating room staff and patients (despite the lack of evidence).

We were told that the world could go back to ‘normal’ with the arrival of the ‘vaccines’. When they came, fraudulent as they are, the story changed as I knew that it would. We are in the midst of transforming ‘normal’, not going back to it. Mary Ramsay, head of immunisation at Public Health England, echoed the words of US criminal Anthony Fauci who said masks and other regulations must stay no matter if people are vaccinated. The Fauci idiot continued to wear two masks – different colours so both could be clearly seen – after he *claimed* to have been vaccinated. Senator Rand Paul told Fauci in one exchange that his double-masks were ‘theatre’ and he was right. It’s all theatre. Mary Ramsay back-tracked on the vaccine-return-to-normal theme when she said the public may need to wear masks and social-distance for years despite the jabs. ‘People have got used to those lower-level restrictions now, and [they] can live with them’, she said telling us what the idea has been all along. ‘The vaccine does not give you a pass, even if you have had it, you must continue to follow all the guidelines’ said a Public Health England statement which reneged on what we had been told before and made having the ‘vaccine’ irrelevant to ‘normality’ even by the official story. Spain’s fascist government trumped everyone by passing a law mandating the wearing of masks on the beach and even when swimming in the sea. The move would have devastated what’s left of the Spanish tourist industry, posed potential breathing dangers to swimmers and had Northern European sunbathers walking around with their forehead brown and the rest of their face white as a sheet. The ruling was so crazy that it had to be retracted after pressure from public and tourist industry, but it confirmed where the Cult wants to go with masks and how clinically insane authority has become. The determination to make masks permanent and hide the serious dangers to body and mind can be seen in the censorship of scientist Professor Denis Rancourt by Bill Gates-funded academic publishing website ResearchGate over his papers exposing the dangers and uselessness of masks. Rancourt said:

ResearchGate today has permanently locked my account, which I have had since 2015. Their reasons graphically show the nature of their attack against democracy, and their corruption of

science ... By their obscene non-logic, a scientific review of science articles reporting on harms caused by face masks has a 'potential to cause harm'. No criticism of the psychological device (face masks) is tolerated, if the said criticism shows potential to influence public policy.

This is what happens in a fascist world.

## **Where are the 'greens' (again)?**

Other dangers of wearing masks especially regularly relate to the inhalation of minute plastic fibres into the lungs and the deluge of discarded masks in the environment and oceans. Estimates predicted that more than 1.5 billion disposable masks will end up in the world's oceans every year polluting the water with tons of plastic and endangering marine wildlife. Studies project that humans are using 129 billion face masks each month worldwide – about three million a minute. Most are disposable and made from plastic, non-biodegradable microfibers that break down into smaller plastic particles that become widespread in ecosystems. They are littering cities, clogging sewage channels and turning up in bodies of water. I have written in other books about the immense amounts of microplastics from endless sources now being absorbed into the body. Rolf Halden, director of the Arizona State University (ASU) Biodesign Center for Environmental Health Engineering, was the senior researcher in a 2020 study that analysed 47 human tissue samples and found microplastics in all of them. 'We have detected these chemicals of plastics in every single organ that we have investigated', he said. I wrote in *The Answer* about the world being deluged with microplastics. A study by the Worldwide Fund for Nature (WWF) found that people are consuming on average every week some 2,000 tiny pieces of plastic mostly through water and also through marine life and the air. Every year humans are ingesting enough microplastics to fill a heaped dinner plate and in a life-time of 79 years it is enough to fill two large waste bins. Marco Lambertini, WWF International director general said: 'Not only are plastics polluting our oceans and waterways and killing marine life – it's in all of us and we can't escape consuming plastics,' American

geologists found tiny plastic fibres, beads and shards in rainwater samples collected from the remote slopes of the Rocky Mountain National Park near Denver, Colorado. Their report was headed: 'It is raining plastic.' Rachel Adams, senior lecturer in Biomedical Science at Cardiff Metropolitan University, said that among health consequences are internal inflammation and immune responses to a 'foreign body'. She further pointed out that microplastics become carriers of toxins including mercury, pesticides and dioxins (a known cause of cancer and reproductive and developmental problems). These toxins accumulate in the fatty tissues once they enter the body through microplastics. Now this is being compounded massively by people putting plastic on their face and throwing it away.

Workers exposed to polypropylene plastic fibres known as 'flock' have developed 'flock worker's lung' from inhaling small pieces of the flock fibres which can damage lung tissue, reduce breathing capacity and exacerbate other respiratory problems. Now ... commonly used surgical masks have three layers of melt-blown textiles made of ... polypropylene. We have billions of people putting these microplastics against their mouth, nose and face for hours at a time day after day in the form of masks. How does anyone think that will work out? I mean – what could possibly go wrong? We posted a number of scientific studies on this at [davidicke.com](http://davidicke.com), but when I went back to them as I was writing this book the links to the science research website where they were hosted were dead. Anything that challenges the official narrative in any way is either censored or vilified. The official narrative is so unsupportable by the evidence that only deleting the truth can protect it. A study by Chinese scientists still survived – with the usual twist which it why it was still active, I guess. Yes, they found that virtually all the masks they tested increased the daily intake of microplastic fibres, but people should still wear them because the danger from the 'virus' was worse said the crazy 'team' from the Institute of Hydrobiology in Wuhan. Scientists first discovered microplastics in lung tissue of some patients who died of lung cancer

in the 1990s. Subsequent studies have confirmed the potential health damage with the plastic degrading slowly and remaining in the lungs to accumulate in volume. Wuhan researchers used a machine simulating human breathing to establish that masks shed up to nearly 4,000 microplastic fibres in a month with reused masks producing more. Scientists said some masks are laced with toxic chemicals and a variety of compounds seriously restricted for both health and environmental reasons. They include cobalt (used in blue dye) and formaldehyde known to cause watery eyes, burning sensations in the eyes, nose, and throat, plus coughing, wheezing and nausea. No – that must be 'Covid-19'.

### **Mask 'worms'**

There is another and potentially even more sinister content of masks. Mostly new masks of different makes filmed under a microscope around the world have been found to contain strange black fibres or 'worms' that appear to move or 'crawl' by themselves and react to heat and water. The nearest I have seen to them are the self-replicating fibres that are pulled out through the skin of those suffering from Morgellons disease which has been connected to the phenomena of 'chemtrails' which I will bring into the story later on. Morgellons fibres continue to grow outside the body and have a form of artificial intelligence. Black 'worm' fibres in masks have that kind of feel to them and there is a nanotechnology technique called 'worm micelles' which carry and release drugs or anything else you want to deliver to the body. For sure the suppression of humanity by mind altering drugs is the Cult agenda big time and the more excuses they can find to gain access to the body the more opportunities there are to make that happen whether through 'vaccines' or masks pushed against the mouth and nose for hours on end.

So let us summarise the pros and cons of masks:

**Against masks:** Breathing in your own carbon dioxide; depriving the body and brain of sufficient oxygen; build-up of toxins in the mask that can be breathed into the lungs and cause rashes on the face and ‘mask-mouth’; breathing microplastic fibres and toxic chemicals into the lungs; dehumanisation and deleting individualisation by literally making people faceless; destroying human emotional interaction through facial expression and deleting parental connection with their babies which look for guidance to their facial expression.

**For masks:** They don’t protect you from a ‘virus’ that doesn’t exist and even if it did ‘viral’ particles are so minute they are smaller than the holes in the mask.

Governments, police, supermarkets, businesses, transport companies, and all the rest who seek to impose masks have done no risk assessment on their consequences for health and psychology and are now open to group lawsuits when the impact becomes clear with a cumulative epidemic of respiratory and other disease. Authorities will try to exploit these effects and hide the real cause by dubbing them ‘Covid-19’. Can you imagine setting out to force the population to wear health-destroying masks without doing any assessment of the risks? It is criminal and it is evil, but then how many people targeted in this way, who see their children told to wear them all day at school, have asked for a risk assessment? Billions can’t be imposed upon by the few unless the billions allow it. Oh, yes, with just a tinge of irony, 85 percent of all masks made worldwide come from *China*.

## **Wash your hands in toxic shite**

‘Covid’ rules include the use of toxic sanitisers and again the health consequences of constantly applying toxins to be absorbed through the skin is obvious to any level of Renegade Mind. America’s Food and Drug Administration (FDA) said that sanitisers are drugs and issued a warning about 75 dangerous brands which contain

methanol used in antifreeze and can cause death, kidney damage and blindness. The FDA circulated the following warning even for those brands that it claims to be safe:

Store hand sanitizer out of the reach of pets and children, and children should use it only with adult supervision. Do not drink hand sanitizer. This is particularly important for young children, especially toddlers, who may be attracted by the pleasant smell or brightly colored bottles of hand sanitizer.

Drinking even a small amount of hand sanitizer can cause alcohol poisoning in children. (However, there is no need to be concerned if your children eat with or lick their hands after using hand sanitizer.) During this coronavirus pandemic, poison control centers have had an increase in calls about accidental ingestion of hand sanitizer, so it is important that adults monitor young children's use.

Do not allow pets to swallow hand sanitizer. If you think your pet has eaten something potentially dangerous, call your veterinarian or a pet poison control center right away. Hand sanitizer is flammable and should be stored away from heat and flames. When using hand sanitizer, rub your hands until they feel completely dry before performing activities that may involve heat, sparks, static electricity, or open flames.

There you go, perfectly safe, then, and that's without even a mention of the toxins absorbed through the skin. Come on kids – sanitise your hands everywhere you go. It will save you from the 'virus'. Put all these elements together of the 'Covid' normal and see how much health and psychology is being cumulatively damaged, even devastated, to 'protect your health'. Makes sense, right? They are only imposing these things because they care, right? *Right?*

## **Submitting to insanity**

Psychological reframing of the population goes very deep and is done in many less obvious ways. I hear people say how contradictory and crazy 'Covid' rules are and how they are ever changing. This is explained away by dismissing those involved as idiots. It is a big mistake. The Cult is delighted if its cold calculation is perceived as incompetence and idiocy when it is anything but. Oh, yes, there are idiots within the system – lots of them – but they are *administering* the Cult agenda, mostly unknowingly. They are not deciding and dictating it. The bulwark against tyranny is self-

respect, always has been, always will be. It is self-respect that has broken every tyranny in history. By its very nature self-respect will not bow to oppression and its perpetrators. There is so little self-respect that it's always the few that overturn dictators. Many may eventually follow, but the few with the iron spines (self-respect) kick it off and generate the momentum. The Cult targets self-respect in the knowledge that once this has gone only submission remains. Crazy, contradictory, ever-changing 'Covid' rules are systematically applied by psychologists to delete self-respect. They *want* you to see that the rules make no sense. It is one thing to decide to do something when *you* have made the choice based on evidence and logic. You still retain your self-respect. It is quite another when you can see what you are being told to do is insane, ridiculous and makes no sense, and *yet you still do it*. Your self-respect is extinguished and this has been happening as ever more obviously stupid and nonsensical things have been demanded and the great majority have complied even when they can see they are stupid and nonsensical.

People walk around in face-nappies knowing they are damaging their health and make no difference to a 'virus'. They do it in fear of not doing it. I know it's daft, but I'll do it anyway. When that happens something dies inside of you and submissive reframing has begun. Next there's a need to hide from yourself that you have conceded your self-respect and you convince yourself that you have not really submitted to fear and intimidation. You begin to believe that you are complying with craziness because it's the right thing to do. When first you concede your self-respect of  $2+2 = 4$  to  $2+2 = 5$  you *know* you are compromising your self-respect. Gradually to avoid facing that fact you begin to *believe* that  $2+2=5$ . You have been reframed and I have been watching this process happening in the human psyche on an industrial scale. The Cult is working to break your spirit and one of its major tools in that war is humiliation. I read how former American soldier Bradley Manning (later Chelsea Manning after a sex-change) was treated after being jailed for supplying WikiLeaks with documents exposing the enormity of

government and elite mendacity. Manning was isolated in solitary confinement for eight months, put under 24-hour surveillance, forced to hand over clothing before going to bed, and stand naked for every roll call. This is systematic humiliation. The introduction of anal swab 'Covid' tests in China has been done for the same reason to delete self-respect and induce compliant submission. Anal swabs are mandatory for incoming passengers in parts of China and American diplomats have said they were forced to undergo the indignity which would have been calculated humiliation by the Cult-owned Chinese government that has America in its sights.

### **Government-people: An abusive relationship**

Spirit-breaking psychological techniques include giving people hope and apparent respite from tyranny only to take it away again. This happened in the UK during Christmas, 2020, when the psycho-psychologists and their political lackeys announced an easing of restrictions over the holiday only to reimpose them almost immediately on the basis of yet another lie. There is a big psychological difference between getting used to oppression and being given hope of relief only to have that dashed. Psychologists know this and we have seen the technique used repeatedly. Then there is traumatising people before you introduce more extreme regulations that require compliance. A perfect case was the announcement by the dark and sinister Whitty and Vallance in the UK that 'new data' predicted that 4,000 could die every day over the winter of 2020/2021 if we did not lockdown again. I think they call it lying and after traumatising people with that claim out came Jackboot Johnson the next day with new curbs on human freedom. Psychologists know that a frightened and traumatised mind becomes suggestable to submission and behaviour reframing. Underpinning all this has been to make people fearful and suspicious of each other and see themselves as a potential danger to others. In league with deleted self-respect you have the perfect psychological recipe for self-loathing. The relationship between authority and public is now demonstrably the same as that of

subservience to an abusive partner. These are signs of an abusive relationship explained by psychologist Leslie Becker-Phelps:

**Psychological and emotional abuse:** Undermining a partner's self-worth with verbal attacks, name-calling, and belittling. Humiliating the partner in public, unjustly accusing them of having an affair, or interrogating them about their every behavior. Keeping partner confused or off balance by saying they were just kidding or blaming the partner for 'making' them act this way ... Feigning in public that they care while turning against them in private. This leads to victims frequently feeling confused, incompetent, unworthy, hopeless, and chronically self-doubting. [Apply these techniques to how governments have treated the population since New Year, 2020, and the parallels are obvious.]

**Physical abuse:** The abuser might physically harm their partner in a range of ways, such as grabbing, hitting, punching, or shoving them. They might throw objects at them or harm them with a weapon. [Observe the physical harm imposed by masks, lockdown, and so on.]

**Threats and intimidation:** One way abusers keep their partners in line is by instilling fear. They might be verbally threatening, or give threatening looks or gestures. Abusers often make it known that they are tracking their partner's every move. They might destroy their partner's possessions, threaten to harm them, or threaten to harm their family members. Not surprisingly, victims of this abuse often feel anxiety, fear, and panic. [No words necessary.]

**Isolation:** Abusers often limit their partner's activities, forbidding them to talk or interact with friends or family. They might limit access to a car or even turn off their phone. All of this might be done by physically holding them against their will, but is often accomplished through psychological abuse and intimidation. The more isolated a person feels, the fewer resources they have to help gain perspective on their situation and to escape from it. [No words necessary.]

**Economic abuse:** Abusers often make their partners beholden to them for money by controlling access to funds of any kind. They might prevent their partner from getting a job or withhold access to money they earn from a job. This creates financial dependency that makes leaving the relationship very difficult. [See destruction of livelihoods and the proposed meagre 'guaranteed income' so long as you do whatever you are told.]

**Using children:** An abuser might disparage their partner's parenting skills, tell their children lies about their partner, threaten to take custody of their children, or threaten to harm their children. These tactics instil fear and often elicit compliance. [See reframed social service mafia and how children are being mercilessly abused by the state over 'Covid' while their parents look on too frightened to do anything.]

A further recurring trait in an abusive relationship is the abused blaming themselves for their abuse and making excuses for the abuser. We have the public blaming each other for lockdown abuse by government and many making excuses for the government while attacking those who challenge the government. How often we have heard authorities say that rules are being imposed or reimposed only because people have refused to 'behave' and follow the rules. We don't want to do it – it's *you*.

Renegade Minds are an antidote to all of these things. They will never concede their self-respect no matter what the circumstances. Even when apparent humiliation is heaped upon them they laugh in its face and reflect back the humiliation on the abuser where it belongs. Renegade Minds will never wear masks they know are only imposed to humiliate, suppress and damage both physically and psychologically. Consequences will take care of themselves and they will never break their spirit or cause them to concede to tyranny. UK newspaper columnist Peter Hitchens was one of the few in the mainstream media to speak out against lockdowns and forced vaccinations. He then announced he had taken the jab. He wanted to see family members abroad and he believed vaccine passports were inevitable even though they had not yet been introduced. Hitchens

has a questioning and critical mind, but not a Renegade one. If he had no amount of pressure would have made him concede. Hitchens excused his action by saying that the battle has been lost. Renegade Minds never accept defeat when freedom is at stake and even if they are the last one standing the self-respect of not submitting to tyranny is more important than any outcome or any consequence.

That's why Renegade Minds are the only minds that ever changed anything worth changing.

## CHAPTER EIGHT

### 'Reframing' insanity

*Insanity is relative. It depends on who has who locked in what cage*

Ray Bradbury

'Reframing' a mind means simply to change its perception and behaviour. This can be done subconsciously to such an extent that subjects have no idea they have been 'reframed' while to any observer changes in behaviour and attitudes are obvious.

Human society is being reframed on a ginormous scale since the start of 2020 and here we have the reason why psychologists rather than doctors have been calling the shots. Ask most people who have succumbed to 'Covid' reframing if they have changed and most will say 'no'; but they *have* and fundamentally. The Cult's long-game has been preparing for these times since way back and crucial to that has been to prepare both population and officialdom mentally and emotionally. To use the mind-control parlance they had to reframe the population with a mentality that would submit to fascism and reframe those in government and law enforcement to impose fascism or at least go along with it. The result has been the fact-deleted mindlessness of 'Wokeness' and officialdom that has either enthusiastically or unquestioningly imposed global tyranny demanded by reframed politicians on behalf of psychopathic and deeply evil cultists. 'Cognitive reframing' identifies and challenges the way someone sees the world in the form of situations, experiences and emotions and then restructures those perceptions to view the same set of circumstances in a different way. This can have

benefits if the attitudes are personally destructive while on the other side it has the potential for individual and collective mind control which the subject has no idea has even happened.

Cognitive therapy was developed in the 1960s by Aaron T. Beck who was born in Rhode Island in 1921 as the son of Jewish immigrants from the Ukraine. He became interested in the techniques as a treatment for depression. Beck's daughter Judith S. Beck is prominent in the same field and they founded the Beck Institute for Cognitive Behavior Therapy in Philadelphia in 1994. Cognitive reframing, however, began to be used worldwide by those with a very dark agenda. The Cult reframes politicians to change their attitudes and actions until they are completely at odds with what they once appeared to stand for. The same has been happening to government administrators at all levels, law enforcement, military and the human population. Cultists love mind control for two main reasons: It allows them to control what people think, do and say to secure agenda advancement and, by definition, it calms their legendary insecurity and fear of the unexpected. I have studied mind control since the time I travelled America in 1996. I may have been talking to next to no one in terms of an audience in those years, but my goodness did I gather a phenomenal amount of information and knowledge about so many things including the techniques of mind control. I have described this in detail in other books going back to *The Biggest Secret* in 1998. I met a very large number of people recovering from MKUltra and its offshoots and successors and I began to see how these same techniques were being used on the population in general. This was never more obvious than since the 'Covid' hoax began.

## **Reframing the enforcers**

I have observed over the last two decades and more the very clear transformation in the dynamic between the police, officialdom and the public. I tracked this in the books as the relationship mutated from one of serving the public to seeing them as almost the enemy and certainly a lower caste. There has always been a class divide

based on income and always been some psychopathic, corrupt, and big-I-am police officers. This was different. Wholesale change was unfolding in the collective dynamic; it was less about money and far more about position and perceived power. An us-and-them was emerging. Noses were lifted skyward by government administration and law enforcement and their attitude to the public they were *supposed* to be serving changed to one of increasing contempt, superiority and control. The transformation was so clear and widespread that it had to be planned. Collective attitudes and dynamics do not change naturally and organically that quickly on that scale. I then came across an organisation in Britain called Common Purpose created in the late 1980s by Julia Middleton who would work in the office of Deputy Prime Minister John Prescott during the long and disastrous premiership of war criminal Tony Blair. When Blair speaks the Cult is speaking and the man should have been in jail a long time ago. Common Purpose proclaims itself to be one of the biggest 'leadership development' organisations in the world while functioning as a *charity* with all the financial benefits which come from that. It hosts 'leadership development' courses and programmes all over the world and claims to have 'brought together' what it calls 'leaders' from more than 100 countries on six continents. The modus operandi of Common Purpose can be compared with the work of the UK government's reframing network that includes the Behavioural Insights Team 'nudge unit' and 'Covid' reframing specialists at SPI-B. WikiLeaks described Common Purpose long ago as 'a hidden virus in our government and schools' which is unknown to the general public: 'It recruits and trains "leaders" to be loyal to the directives of Common Purpose and the EU, instead of to their own departments, which they then undermine or subvert, the NHS [National Health Service] being an example.' This is a vital point to understand the 'Covid' hoax. The NHS, and its equivalent around the world, has been utterly reframed in terms of administrators and much of the medical personnel with the transformation underpinned by recruitment policies. The outcome has been the criminal and psychopathic behaviour of the

NHS over ‘Covid’ and we have seen the same in every other major country. WikiLeaks said Common Purpose trainees are ‘learning to rule without regard to democracy’ and to usher in a police state (current events explained). Common Purpose operated like a ‘glue’ and had members in the NHS, BBC, police, legal profession, church, many of Britain’s 7,000 quangos, local councils, the Civil Service, government ministries and Parliament, and controlled many RDA’s (Regional Development Agencies). Here we have one answer for how and why British institutions and their like in other countries have changed so negatively in relation to the public. This further explains how and why the beyond-disgraceful reframed BBC has become a propaganda arm of ‘Covid’ fascism. They are all part of a network pursuing the same goal.

By 2019 Common Purpose was quoting a figure of 85,000 ‘leaders’ that had attended its programmes. These ‘students’ of all ages are known as Common Purpose ‘graduates’ and they consist of government, state and local government officials and administrators, police chiefs and officers, and a whole range of others operating within the national, local and global establishment. Cressida Dick, Commissioner of the London Metropolitan Police, is the Common Purpose graduate who was the ‘Gold Commander’ that oversaw what can only be described as the murder of Brazilian electrician Jean Charles de Menezes in 2005. He was held down by psychopathic police and shot seven times in the head by a psychopathic lunatic after being mistaken for a terrorist when he was just a bloke going about his day. Dick authorised officers to pursue and keep surveillance on de Menezes and ordered that he be stopped from entering the underground train system. Police psychopaths took her at her word clearly. She was ‘disciplined’ for this outrage by being *promoted* – eventually to the top of the ‘Met’ police where she has been a disaster. Many Chief Constables controlling the police in different parts of the UK are and have been Common Purpose graduates. I have heard the ‘graduate’ network described as a sort of Mafia or secret society operating within the fabric of government at all levels pursuing a collective policy

ingrained at Common Purpose training events. Founder Julia Middleton herself has said:

Locally and internationally, Common Purpose graduates will be 'lighting small fires' to create change in their organisations and communities ... The Common Purpose effect is best illustrated by the many stories of small changes brought about by leaders, who themselves have changed.

A Common Purpose mission statement declared:

Common Purpose aims to improve the way society works by expanding the vision, decision-making ability and influence of all kinds of leaders. The organisation runs a variety of educational programmes for leaders of all ages, backgrounds and sectors, in order to provide them with the inspirational, information and opportunities they need to change the world.

Yes, but into what? Since 2020 the answer has become clear.

### **NLP and the Delphi technique**

Common Purpose would seem to be a perfect name or would common programming be better? One of the foundation methods of reaching 'consensus' (group think) is by setting the agenda theme and then encouraging, cajoling or pressuring everyone to agree a 'consensus' in line with the core theme promoted by Common Purpose. The methodology involves the 'Delphi technique', or an adaption of it, in which opinions are expressed that are summarised by a 'facilitator or change agent' at each stage. Participants are 'encouraged' to modify their views in the light of what others have said. Stage by stage the former individual opinions are merged into group consensus which just happens to be what Common Purpose wants them to believe. A key part of this is to marginalise anyone refusing to concede to group think and turn the group against them to apply pressure to conform. We are seeing this very technique used on the general population to make 'Covid' group-thinkers hostile to those who have seen through the bullshit. People can be reframed by using perception manipulation methods such as Neuro-Linguistic Programming (NLP) in which you change perception with the use of

carefully constructed language. An NLP website described the technique this way:

... A method of influencing brain behaviour (the 'neuro' part of the phrase) through the use of language (the 'linguistic' part) and other types of communication to enable a person to 'recode' the way the brain responds to stimuli (that's the 'programming') and manifest new and better behaviours. Neuro-Linguistic Programming often incorporates hypnosis and self-hypnosis to help achieve the change (or 'programming') that is wanted.

British alternative media operation UKColumn has done very detailed research into Common Purpose over a long period. I quoted co-founder and former naval officer Brian Gerrish in my book *Remember Who You Are*, published in 2011, as saying the following years before current times:

It is interesting that many of the mothers who have had children taken by the State speak of the Social Services people being icily cool, emotionless and, as two ladies said in slightly different words, '... like little robots'. We know that NLP is cumulative, so people can be given small imperceptible doses of NLP in a course here, another in a few months, next year etc. In this way, major changes are accrued in their personality, but the day by day change is almost unnoticeable.

In these and other ways 'graduates' have had their perceptions uniformly reframed and they return to their roles in the institutions of government, law enforcement, legal profession, military, 'education', the UK National Health Service and the whole swathe of the establishment structure to pursue a common agenda preparing for the 'post-industrial', 'post-democratic' society. I say 'preparing' but we are now there. 'Post-industrial' is code for the Great Reset and 'post-democratic' is 'Covid' fascism. UKColumn has spoken to partners of those who have attended Common Purpose 'training'. They have described how personalities and attitudes of 'graduates' changed very noticeably for the worse by the time they had completed the course. They had been 'reframed' and told they are the 'leaders' – the special ones – who know better than the population. There has also been the very demonstrable recruitment of psychopaths and narcissists into government administration at all

levels and law enforcement. If you want psychopathy hire psychopaths and you get a simple cause and effect. If you want administrators, police officers and 'leaders' to perceive the public as lesser beings who don't matter then employ narcissists. These personalities are identified using 'psychometrics' that identifies knowledge, abilities, attitudes and personality traits, mostly through carefully-designed questionnaires and tests. As this policy has passed through the decades we have had power-crazy, power-trippers appointed into law enforcement, security and government administration in preparation for current times and the dynamic between public and law enforcement/officialdom has been transformed. UKColumn's Brian Gerrish said of the narcissistic personality:

Their love of themselves and power automatically means that they will crush others who get in their way. I received a major piece of the puzzle when a friend pointed out that when they made public officials re-apply for their own jobs several years ago they were also required to do psychometric tests. This was undoubtedly the start of the screening process to get 'their' sort of people in post.

How obvious that has been since 2020 although it was clear what was happening long before if people paid attention to the changing public-establishment dynamic.

## **Change agents**

At the centre of events in 'Covid' Britain is the National Health Service (NHS) which has behaved disgracefully in slavishly following the Cult agenda. The NHS management structure is awash with Common Purpose graduates or 'change agents' working to a common cause. Helen Bevan, a Chief of Service Transformation at the NHS Institute for Innovation and Improvement, co-authored a document called 'Towards a million change agents, a review of the social movements literature: implications for large scale change in the NHS'. The document compared a project management approach to that of change and social movements where 'people change

themselves and each other – peer to peer’. Two definitions given for a ‘social movement’ were:

*A group of people who consciously attempt to build a radically new social order; involves people of a broad range of social backgrounds; and deploys politically confrontational and socially disruptive tactics* – Cyrus Zirakzadeh 1997

*Collective challenges, based on common purposes and social solidarities, in sustained interaction with elites, opponents, and authorities* – Sidney Tarrow 1994

Helen Bevan wrote another NHS document in which she defined ‘framing’ as ‘the process by which leaders construct, articulate and put across their message in a powerful and compelling way in order to win people to their cause and call them to action’. I think I could come up with another definition that would be rather more accurate. The National Health Service and institutions of Britain and the wider world have been taken over by reframed ‘change agents’ and that includes everything from the United Nations to national governments, local councils and social services which have been kidnapping children from loving parents on an extraordinary and gathering scale on the road to the end of parenthood altogether. Children from loving homes are stolen and kidnapped by the state and put into the ‘care’ (inversion) of the local authority through council homes, foster parents and forced adoption. At the same time children are allowed to be abused without response while many are under council ‘care’. UKColumn highlighted the Common Purpose connection between South Yorkshire Police and Rotherham council officers in the case of the scandal in that area of the sexual exploitation of children to which the authorities turned not one blind eye, but both:

We were alarmed to discover that the Chief Executive, the Strategic Director of Children and Young People's Services, the Manager for the Local Strategic Partnership, the Community Cohesion Manager, the Cabinet Member for Cohesion, the Chief Constable and his predecessor had all attended Leadership training courses provided by the pseudo-charity Common Purpose.

Once 'change agents' have secured positions of hire and fire within any organisation things start to move very quickly. Personnel are then hired and fired on the basis of whether they will work towards the agenda the change agent represents. If they do they are rapidly promoted even though they may be incompetent. Those more qualified and skilled who are pre-Common Purpose 'old school' see their careers stall and even disappear. This has been happening for decades in every institution of state, police, 'health' and social services and all of them have been transformed as a result in their attitudes to their jobs and the public. Medical professions, including nursing, which were once vocations for the caring now employ many cold, callous and couldn't give a shit personality types. The UKColumn investigation concluded:

By blurring the boundaries between people, professions, public and private sectors, responsibility and accountability, Common Purpose encourages 'graduates' to believe that as new selected leaders, they can work together, outside of the established political and social structures, to achieve a paradigm shift or CHANGE – so called 'Leading Beyond Authority'. In doing so, the allegiance of the individual becomes 'reframed' on CP colleagues and their NETWORK.

## **Reframing the Face-Nappies**

Nowhere has this process been more obvious than in the police where recruitment of psychopaths and development of unquestioning mind-controlled group-thinkers have transformed law enforcement into a politically-correct 'Woke' joke and a travesty of what should be public service. Today they wear their face-nappies like good little gofers and enforce 'Covid' rules which are fascism under another name. Alongside the specifically-recruited psychopaths we have software minds incapable of free thought. Brian Gerrish again:

An example is the policeman who would not get on a bike for a press photo because he had not done the cycling proficiency course. Normal people say this is political correctness gone mad. Nothing could be further from the truth. The policeman has been reframed, and in his reality it is perfect common sense not to get on the bike ‘because he hasn’t done the cycling course’.

Another example of this is where the police would not rescue a boy from a pond until they had taken advice from above on the ‘risk assessment’. A normal person would have arrived, perhaps thought of the risk for a moment, and dived in. To the police now ‘reframed’, they followed ‘normal’ procedure.

There are shocking cases of reframed ambulance crews doing the same. Sheer unthinking stupidity of London Face-Nappies headed by Common Purpose graduate Cressida Dick can be seen in their behaviour at a vigil in March, 2021, for a murdered woman, Sarah Everard. A police officer had been charged with the crime. Anyone with a brain would have left the vigil alone in the circumstances. Instead they ‘manhandled’ women to stop them breaking ‘Covid rules’ to betray classic reframing. Minds in the thrall of perception control have no capacity for seeing a situation on its merits and acting accordingly. ‘Rules is rules’ is their only mind-set. My father used to say that rules and regulations are for the guidance of the intelligent and the blind obedience of the idiot. Most of the intelligent, decent, coppers have gone leaving only the other kind and a few old school for whom the job must be a daily nightmare. The combination of psychopaths and rule-book software minds has been clearly on public display in the ‘Covid’ era with automaton robots in uniform imposing fascistic ‘Covid’ regulations on the population without any personal initiative or judging situations on their merits. There are thousands of examples around the world, but I’ll make my point with the infamous Derbyshire police in the English East Midlands – the ones who think pouring dye into beauty spots and using drones to track people walking in the countryside away from anyone is called ‘policing’. To them there are rules decreed by the government which they have to enforce and in their bewildered state a group gathering in a closed space and someone walking alone in the countryside are the same thing. It is beyond idiocy and enters the realm of clinical insanity.

Police officers in Derbyshire said they were ‘horrified’ – *horrified* – to find 15 to 20 ‘irresponsible’ kids playing a football match at a closed leisure centre ‘in breach of coronavirus restrictions’. When they saw the police the kids ran away leaving their belongings behind and the reframed men and women of Derbyshire police were seeking to establish their identities with a view to fining their parents. The most natural thing for youngsters to do – kicking a ball about – is turned into a criminal activity and enforced by the moronic software programs of Derbyshire police. You find the same mentality in every country. These barely conscious ‘horrified’ officers said they had to take action because ‘we need to ensure these rules are being followed’ and ‘it is of the utmost importance that you ensure your children are following the rules and regulations for Covid-19’. Had any of them done ten seconds of research to see if this parroting of their masters’ script could be supported by any evidence? Nope. Reframed people don’t think – others think for them and that’s the whole idea of reframing. I have seen police officers one after the other repeating without question word for word what officialdom tells them just as I have seen great swathes of the public doing the same. Ask either for ‘their’ opinion and out spews what they have been told to think by the official narrative. Police and public may seem to be in different groups, but their mentality is the same. Most people do whatever they are told in fear not doing so or because they believe what officialdom tells them; almost the entirety of the police do what they are told for the same reason. Ultimately it’s the tiny inner core of the global Cult that’s telling both what to do.

So Derbyshire police were ‘horrified’. Oh, really? Why did they think those kids were playing football? It was to relieve the psychological consequences of lockdown and being denied human contact with their friends and interaction, touch and discourse vital to human psychological health. Being denied this month after month has dismantled the psyche of many children and young people as depression and suicide have exploded. Were Derbyshire police *horrified by that?* Are you kidding? Reframed people don’t have those

mental and emotional processes that can see how the impact on the psychological health of youngsters is far more dangerous than any 'virus' even if you take the mendacious official figures to be true. The reframed are told (programmed) how to act and so they do. The Derbyshire Chief Constable in the first period of lockdown when the black dye and drones nonsense was going on was Peter Goodman. He was the man who severed the connection between his force and the Derbyshire Constabulary *Male Voice* Choir when he decided that it was not inclusive enough to allow women to join. The fact it was a male voice choir making a particular sound produced by male voices seemed to elude a guy who terrifyingly ran policing in Derbyshire. He retired weeks after his force was condemned as disgraceful by former Supreme Court Justice Jonathan Sumption for their behaviour over extreme lockdown impositions. Goodman was replaced by his deputy Rachel Swann who was in charge when her officers were 'horrified'. The police statement over the boys committing the hanging-offence of playing football included the line about the youngsters being 'irresponsible in the times we are all living through' missing the point that the real relevance of the 'times we are all living through' is the imposition of fascism enforced by psychopaths and reframed minds of police officers playing such a vital part in establishing the fascist tyranny that their own children and grandchildren will have to live in their entire lives. As a definition of insanity that is hard to beat although it might be run close by imposing masks on people that can have a serious effect on their health while wearing a face nappy all day themselves. Once again public and police do it for the same reason – the authorities tell them to and who are they to have the self-respect to say no?

## **Wokers in uniform**

How reframed do you have to be to arrest a *six-year-old* and take him to court for *picking a flower* while waiting for a bus? Brain dead police and officialdom did just that in North Carolina where criminal proceedings happen regularly for children under nine. Attorney Julie Boyer gave the six-year-old crayons and a colouring book

during the ‘flower’ hearing while the ‘adults’ decided his fate. County Chief District Court Judge Jay Corpening asked: ‘Should a child that believes in Santa Claus, the Easter Bunny and the tooth fairy be making life-altering decisions?’ Well, of course not, but common sense has no meaning when you have a common purpose and a reframed mind. Treating children in this way, and police operating in American schools, is all part of the psychological preparation for children to accept a police state as normal all their adult lives. The same goes for all the cameras and biometric tracking technology in schools. Police training is focused on reframing them as snowflake Wokers and this is happening in the military. Pentagon top brass said that ‘training sessions on extremism’ were needed for troops who asked why they were so focused on the Capitol Building riot when Black Lives Matter riots were ignored. What’s the difference between them some apparently and rightly asked. Actually, there is a difference. Five people died in the Capitol riot, only one through violence, and that was a police officer shooting an unarmed protestor. BLM riots killed at least 25 people and cost billions. Asking the question prompted the psychopaths and reframed minds that run the Pentagon to say that more ‘education’ (programming) was needed. Troop training is all based on psychological programming to make them fodder for the Cult – ‘Military men are just dumb, stupid animals to be used as pawns in foreign policy’ as Cult-to-his-DNA former Secretary of State Henry Kissinger famously said. Governments see the police in similar terms and it’s time for those among them who can see this to defend the people and stop being enforcers of the Cult agenda upon the people.

The US military, like the country itself, is being targeted for destruction through a long list of Woke impositions. Cult-owned gaga ‘President’ Biden signed an executive order when he took office to allow taxpayer money to pay for transgender surgery for active military personnel and veterans. Are you a man soldier? No, I’m a LGBTQIA+ with a hint of Skoliosexual and Spectrasexual. Oh, good man. Bad choice of words you bigot. The Pentagon announced in March, 2021, the appointment of the first ‘diversity and inclusion

officer' for US Special Forces. Richard Torres-Estrada arrived with the publication of a 'D&I Strategic Plan which will guide the enterprise-wide effort to institutionalize and sustain D&I'. If you think a Special Forces 'Strategic Plan' should have something to do with defending America you haven't been paying attention.

Defending Woke is now the military's new role. Torres-Estrada has posted images comparing Donald Trump with Adolf Hitler and we can expect no bias from him as a representative of the supposedly non-political Pentagon. Cable news host Tucker Carlson said: 'The Pentagon is now the Yale faculty lounge but with cruise missiles.' Meanwhile Secretary of Defense Lloyd Austin, a board member of weapons-maker Raytheon with stock and compensation interests in October, 2020, worth \$1.4 million, said he was purging the military of the 'enemy within' – anyone who isn't Woke and supports Donald Trump. Austin refers to his targets as 'racist extremists' while in true Woke fashion being himself a racist extremist. Pentagon documents pledge to 'eradicate, eliminate and conquer all forms of racism, sexism and homophobia'. The definitions of these are decided by 'diversity and inclusion committees' peopled by those who see racism, sexism and homophobia in every situation and opinion. Woke (the Cult) is dismantling the US military and purging testosterone as China expands its military and gives its troops 'masculinity training'. How do we think that is going to end when this is all Cult coordinated? The US military, like the British military, is controlled by Woke and spineless top brass who just go along with it out of personal career interests.

## **'Woke' means fast asleep**

Mind control and perception manipulation techniques used on individuals to create group-think have been unleashed on the global population in general. As a result many have no capacity to see the obvious fascist agenda being installed all around them or what 'Covid' is really all about. Their brains are firewalled like a computer system not to process certain concepts, thoughts and realisations that are bad for the Cult. The young are most targeted as the adults they

will be when the whole fascist global state is planned to be fully implemented. They need to be prepared for total compliance to eliminate all pushback from entire generations. The Cult has been pouring billions into taking complete control of 'education' from schools to universities via its operatives and corporations and not least Bill Gates as always. The plan has been to transform 'education' institutions into programming centres for the mentality of 'Woke'. James McConnell, professor of psychology at the University of Michigan, wrote in *Psychology Today* in 1970:

The day has come when we can combine sensory deprivation with drugs, hypnosis, and astute manipulation of reward and punishment, to gain almost absolute control over an individual's behaviour. It should then be possible to achieve a very rapid and highly effective type of brainwashing that would allow us to make dramatic changes in a person's behaviour and personality ...

... We should reshape society so that we all would be trained from birth to want to do what society wants us to do. We have the techniques to do it... no-one owns his own personality you acquired, and there's no reason to believe you should have the right to refuse to acquire a new personality if your old one is anti-social.

This was the potential for mass brainwashing in 1970 and the mentality there displayed captures the arrogant psychopathy that drives it forward. I emphasise that not all young people have succumbed to Woke programming and those that haven't are incredibly impressive people given that today's young are the most perceptually-targeted generations in history with all the technology now involved. Vast swathes of the young generations, however, have fallen into the spell – and that's what it is – of Woke. The Woke mentality and perceptual program is founded on *inversion* and you will appreciate later why that is so significant. Everything with Woke is inverted and the opposite of what it is claimed to be. Woke was a term used in African-American culture from the 1900s and referred to an awareness of social and racial justice. This is not the meaning of the modern version or 'New Woke' as I call it in *The Answer*. Oh, no, Woke today means something very different no matter how much Wokers may seek to hide that and insist Old Woke and New

Woke are the same. See if you find any 'awareness of social justice' here in the modern variety:

- Woke demands 'inclusivity' while excluding anyone with a different opinion and calls for mass censorship to silence other views.
- Woke claims to stand against oppression when imposing oppression is the foundation of all that it does. It is the driver of political correctness which is nothing more than a Cult invention to manipulate the population to silence itself.
- Woke believes itself to be 'liberal' while pursuing a global society that can only be described as fascist (see 'anti-fascist' fascist Antifa).
- Woke calls for 'social justice' while spreading injustice wherever it goes against the common 'enemy' which can be easily identified as a differing view.
- Woke is supposed to be a metaphor for 'awake' when it is solid-gold asleep and deep in a Cult-induced coma that meets the criteria for 'off with the fairies'.

I state these points as obvious facts if people only care to look. I don't do this with a sense of condemnation. We need to appreciate that the onslaught of perceptual programming on the young has been incessant and merciless. I can understand why so many have been reframed, or, given their youth, framed from the start to see the world as the Cult demands. The Cult has had access to their minds day after day in its 'education' system for their entire formative years. Perception is formed from information received and the Cult-created system is a life-long download of information delivered to elicit a particular perception, thus behaviour. The more this has expanded into still new extremes in recent decades and ever-increasing censorship has deleted other opinions and information why wouldn't that lead to a perceptual reframing on a mass scale? I

have described already cradle-to-grave programming and in more recent times the targeting of young minds from birth to adulthood has entered the stratosphere. This has taken the form of skewing what is ‘taught’ to fit the Cult agenda and the omnipresent techniques of group-think to isolate non-believers and pressure them into line. There has always been a tendency to follow the herd, but we really are in a new world now in relation to that. We have parents who can see the ‘Covid’ hoax told by their children not to stop them wearing masks at school, being ‘Covid’ tested or having the ‘vaccine’ in fear of the peer-pressure consequences of being different. What is ‘peer-pressure’ if not pressure to conform to group-think? Renegade Minds never group-think and always retain a set of perceptions that are unique to them. Group-think is always underpinned by consequences for not group-thinking. Abuse now aimed at those refusing DNA-manipulating ‘Covid vaccines’ are a potent example of this. The biggest pressure to conform comes from the very group which is itself being manipulated. ‘I am programmed to be part of a hive mind and so you must be.’

Woke control structures in ‘education’ now apply to every mainstream organisation. Those at the top of the ‘education’ hierarchy (the Cult) decide the policy. This is imposed on governments through the Cult network; governments impose it on schools, colleges and universities; their leadership impose the policy on teachers and academics and they impose it on children and students. At any level where there is resistance, perhaps from a teacher or university lecturer, they are targeted by the authorities and often fired. Students themselves regularly demand the dismissal of academics (increasingly few) at odds with the narrative that the students have been programmed to believe in. It is quite a thought that students who are being targeted by the Cult become so consumed by programmed group-think that they launch protests and demand the removal of those who are trying to push back against those targeting the students. Such is the scale of perceptual inversion. We see this with ‘Covid’ programming as the Cult imposes the rules via psycho-psychologists and governments on

shops, transport companies and businesses which impose them on their staff who impose them on their customers who pressure Pushbackers to conform to the will of the Cult which is in the process of destroying them and their families. Scan all aspects of society and you will see the same sequence every time.

## **Fact free Woke and hijacking the 'left'**

There is no more potent example of this than 'Woke', a mentality only made possible by the deletion of factual evidence by an 'education' system seeking to produce an ever more uniform society. Why would you bother with facts when you don't know any? Deletion of credible history both in volume and type is highly relevant. Orwell said: 'Who controls the past controls the future: who controls the present controls the past.' They who control the perception of the past control the perception of the future and they who control the present control the perception of the past through the writing and deleting of history. Why would you oppose the imposition of Marxism in the name of Wokeism when you don't know that Marxism cost at least 100 million lives in the 20th century alone? Watch videos and read reports in which Woker generations are asked basic historical questions – it's mind-blowing. A survey of 2,000 people found that six percent of millennials (born approximately early 1980s to early 2000s) believed the Second World War (1939-1945) broke out with the assassination of President Kennedy (in 1963) and one in ten thought Margaret Thatcher was British Prime Minister at the time. She was in office between 1979 and 1990. We are in a post-fact society. Provable facts are no defence against the fascism of political correctness or Silicon Valley censorship. Facts don't matter anymore as we have witnessed with the 'Covid' hoax. Sacrificing uniqueness to the Woke group-think religion is all you are required to do and that means thinking for yourself is the biggest Woke no, no. All religions are an expression of group-think and censorship and Woke is just another religion with an orthodoxy defended by group-think and censorship. Burned at

the stake becomes burned on Twitter which leads back eventually to burned at the stake as Woke humanity regresses to ages past.

The biggest Woke inversion of all is its creators and funders. I grew up in a traditional left of centre political household on a council estate in Leicester in the 1950s and 60s – you know, the left that challenged the power of wealth-hoarding elites and threats to freedom of speech and opinion. In those days students went on marches defending freedom of speech while today's Wokers march for its deletion. What on earth could have happened? Those very elites (collectively the Cult) that we opposed in my youth and early life have funded into existence the antithesis of that former left and hijacked the 'brand' while inverting everything it ever stood for. We have a mentality that calls itself 'liberal' and 'progressive' while acting like fascists. Cult billionaires and their corporations have funded themselves into control of 'education' to ensure that Woke programming is unceasing throughout the formative years of children and young people and that non-Wokers are isolated (that word again) whether they be students, teachers or college professors. The Cult has funded into existence the now colossal global network of Woke organisations that have spawned and promoted all the 'causes' on the Cult wish-list for global transformation and turned Wokers into demanders of them. Does anyone really think it's a coincidence that the Cult agenda for humanity is a carbon (sorry) copy of the societal transformations desired by Woke?? These are only some of them:

**Political correctness:** The means by which the Cult deletes all public debates that it knows it cannot win if we had the free-flow of information and evidence.

**Human-caused 'climate change':** The means by which the Cult seeks to transform society into a globally-controlled dictatorship imposing its will over the fine detail of everyone's lives 'to save the planet' which doesn't actually need saving.

**Transgender obsession:** Preparing collective perception to accept the ‘new human’ which would not have genders because it would be created technologically and not through procreation. I’ll have much more on this in Human 2.0.

**Race obsession:** The means by which the Cult seeks to divide and rule the population by triggering racial division through the perception that society is more racist than ever when the opposite is the case. Is it perfect in that regard? No. But to compare today with the racism of apartheid and segregation brought to an end by the civil rights movement in the 1960s is to insult the memory of that movement and inspirations like Martin Luther King. Why is the ‘anti-racism’ industry (which it is) so dominated by privileged white people?

**White supremacy:** This is a label used by privileged white people to demonise poor and deprived white people pushing back on tyranny to marginalise and destroy them. White people are being especially targeted as the dominant race by number within Western society which the Cult seeks to transform in its image. If you want to change a society you must weaken and undermine its biggest group and once you have done that by using the other groups you next turn on them to do the same ... ‘Then they came for the Jews and I was not a Jew so I did nothing.’

**Mass migration:** The mass movement of people from the Middle East, Africa and Asia into Europe, from the south into the United States and from Asia into Australia are another way the Cult seeks to dilute the racial, cultural and political influence of white people on Western society. White people ask why their governments appear to be working against them while being politically and culturally biased towards incoming cultures. Well, here’s your answer. In the same way sexually ‘straight’ people, men and women, ask why the

authorities are biased against them in favour of other sexualities. The answer is the same – that's the way the Cult wants it to be for very sinister motives.

These are all central parts of the Cult agenda and central parts of the Woke agenda and Woke was created and continues to be funded to an immense degree by Cult billionaires and corporations. If anyone begins to say 'coincidence' the syllables should stick in their throat.

### **Billionaire 'social justice warriors'**

Joe Biden is a 100 percent-owned asset of the Cult and the Wokers' man in the White House whenever he can remember his name and for however long he lasts with his rapidly diminishing cognitive function. Even walking up the steps of an aircraft without falling on his arse would appear to be a challenge. He's not an empty-shell puppet or anything. From the minute Biden took office (or the Cult did) he began his executive orders promoting the Woke wish-list. You will see the Woke agenda imposed ever more severely because it's really the *Cult* agenda. Woke organisations and activist networks spawned by the Cult are funded to the extreme so long as they promote what the Cult wants to happen. Woke is funded to promote 'social justice' by billionaires who become billionaires by destroying social justice. The social justice mantra is only a cover for dismantling social justice and funded by billionaires that couldn't give a damn about social justice. Everything makes sense when you see that. One of Woke's premier funders is Cult billionaire financier George Soros who said: 'I am basically there to make money, I cannot and do not look at the social consequences of what I do.' This is the same Soros who has given more than \$32 billion to his Open Society Foundations global Woke network and funded Black Lives Matter, mass immigration into Europe and the United States, transgender activism, climate change activism, political correctness and groups targeting 'white supremacy' in the form of privileged white thugs that dominate Antifa. What a scam it all is and when

you are dealing with the unquestioning fact-free zone of Woke scamming them is child's play. All you need to pull it off in all these organisations are a few in-the-know agents of the Cult and an army of naïve, reframed, uninformed, narcissistic, know-nothings convinced of their own self-righteousness, self-purity and virtue.

Soros and fellow billionaires and billionaire corporations have poured hundreds of millions into Black Lives Matter and connected groups and promoted them to a global audience. None of this is motivated by caring about black people. These are the billionaires that have controlled and exploited a system that leaves millions of black people in abject poverty and deprivation which they do absolutely nothing to address. The same Cult networks funding BLM were behind the *slave trade!* Black Lives Matter hijacked a phrase that few would challenge and they have turned this laudable concept into a political weapon to divide society. You know that BLM is a fraud when it claims that *All Lives Matter*, the most inclusive statement of all, is 'racist'. BLM and its Cult masters don't want to end racism. To them it's a means to an end to control all of humanity never mind the colour, creed, culture or background. What has destroying the nuclear family got to do with ending racism? Nothing – but that is one of the goals of BLM and also happens to be a goal of the Cult as I have been exposing in my books for decades. Stealing children from loving parents and giving schools ever more power to override parents is part of that same agenda. BLM is a Marxist organisation and why would that not be the case when the Cult created Marxism *and* BLM? Patrisse Cullors, a BLM co-founder, said in a 2015 video that she and her fellow organisers, including co-founder Alicia Garza, are 'trained Marxists'. The lady known after marriage as Patrisse Khan-Cullors bought a \$1.4 million home in 2021 in one of the whitest areas of California with a black population of just 1.6 per cent and has so far bought *four* high-end homes for a total of \$3.2 million. How very Marxist. There must be a bit of spare in the BLM coffers, however, when Cult corporations and billionaires have handed over the best part of \$100 million. Many black people can see that Black Lives Matter is not

working for them, but against them, and this is still more confirmation. Black journalist Jason Whitlock, who had his account suspended by Twitter for simply linking to the story about the ‘Marxist’s’ home buying spree, said that BLM leaders are ‘making millions of dollars off the backs of these dead black men who they wouldn’t spit on if they were on fire and alive’.

## **Black Lies Matter**

Cult assets and agencies came together to promote BLM in the wake of the death of career criminal George Floyd who had been jailed a number of times including for forcing his way into the home of a black woman with others in a raid in which a gun was pointed at her stomach. Floyd was filmed being held in a Minneapolis street in 2020 with the knee of a police officer on his neck and he subsequently died. It was an appalling thing for the officer to do, but the same technique has been used by police on peaceful protestors of lockdown without any outcry from the Woke brigade. As unquestioning supporters of the Cult agenda Wokers have supported lockdown and all the ‘Covid’ claptrap while attacking anyone standing up to the tyranny imposed in its name. Court documents would later include details of an autopsy on Floyd by County Medical Examiner Dr Andrew Baker who concluded that Floyd had taken a fatal level of the drug fentanyl. None of this mattered to fact-free, question-free, Woke. Floyd’s death was followed by worldwide protests against police brutality amid calls to defund the police. Throwing babies out with the bathwater is a Woke speciality. In the wake of the murder of British woman Sarah Everard a Green Party member of the House of Lords, Baroness Jones of Moulsecoomb (Nincompoopia would have been better), called for a 6pm curfew for all men. This would be in breach of the Geneva Conventions on war crimes which ban collective punishment, but that would never have crossed the black and white Woke mind of Baroness Nincompoopia who would have been far too convinced of her own self-righteousness to compute such details. Many American cities did defund the police in the face of Floyd riots

and after \$15 million was deleted from the police budget in Washington DC under useless Woke mayor Muriel Bowser car-jacking alone rose by 300 percent and within six months the US capital recorded its highest murder rate in 15 years. The same happened in Chicago and other cities in line with the Cult/Soros plan to bring fear to streets and neighbourhoods by reducing the police, releasing violent criminals and not prosecuting crime. This is the mob-rule agenda that I have warned in the books was coming for so long. Shootings in the area of Minneapolis where Floyd was arrested increased by 2,500 percent compared with the year before. Defunding the police over George Floyd has led to a big increase in dead people with many of them black. Police protection for politicians making these decisions stayed the same or increased as you would expect from professional hypocrites. The Cult doesn't actually want to abolish the police. It wants to abolish local control over the police and hand it to federal government as the psychopaths advance the Hunger Games Society. Many George Floyd protests turned into violent riots with black stores and businesses destroyed by fire and looting across America fuelled by Black Lives Matter. Woke doesn't do irony. If you want civil rights you must loot the liquor store and the supermarket and make off with a smart TV. It's the only way.

### **It's not a race war – it's a class war**

Black people are patronised by privileged blacks and whites alike and told they are victims of white supremacy. I find it extraordinary to watch privileged blacks supporting the very system and bloodline networks behind the slave trade and parroting the same Cult-serving manipulative crap of their privileged white, often billionaire, associates. It is indeed not a race war but a class war and colour is just a diversion. Black Senator Cory Booker and black Congresswoman Maxine Waters, more residents of Nincompoopia, personify this. Once you tell people they are victims of someone else you devalue both their own responsibility for their plight and the power they have to impact on their reality and experience. Instead

we have: 'You are only in your situation because of whitey – turn on them and everything will change.' It won't change. Nothing changes in our lives unless *we* change it. Crucial to that is never seeing yourself as a victim and always as the creator of your reality. Life is a simple sequence of choice and consequence. Make different choices and you create different consequences. *You* have to make those choices – not Black Lives Matter, the Woke Mafia and anyone else that seeks to dictate your life. Who are they these Wokers, an emotional and psychological road traffic accident, to tell you what to do? Personal empowerment is the last thing the Cult and its Black Lives Matter want black people or anyone else to have. They claim to be defending the underdog while *creating* and perpetuating the underdog. The Cult's worst nightmare is human unity and if they are going to keep blacks, whites and every other race under economic servitude and control then the focus must be diverted from what they have in common to what they can be manipulated to believe divides them. Blacks have to be told that their poverty and plight is the fault of the white bloke living on the street in the same poverty and with the same plight they are experiencing. The difference is that your plight black people is due to him, a white supremacist with 'white privilege' living on the street. Don't unite as one human family against your mutual oppressors and suppressors – fight the oppressor with the white face who is as financially deprived as you are. The Cult knows that as its 'Covid' agenda moves into still new levels of extremism people are going to respond and it has been spreading the seeds of disunity everywhere to stop a united response to the evil that targets *all of us*.

Racist attacks on 'whiteness' are getting ever more outrageous and especially through the American Democratic Party which has an appalling history for anti-black racism. Barack Obama, Joe Biden, Hillary Clinton and Nancy Pelosi all eulogised about Senator Robert Byrd at his funeral in 2010 after a nearly 60-year career in Congress. Byrd was a brutal Ku Klux Klan racist and a violent abuser of Cathy O'Brien in MKUltra. He said he would never fight in the military 'with a negro by my side' and 'rather I should die a thousand times,

and see Old Glory trampled in the dirt never to rise again, than to see this beloved land of ours become degraded by race mongrels, a throwback to the blackest specimen from the wilds'. Biden called Byrd a 'very close friend and mentor'. These 'Woke' hypocrites are not anti-racist they are anti-poor and anti-people not of their perceived class. Here is an illustration of the scale of anti-white racism to which we have now descended. Seriously Woke and moronic *New York Times* contributor Damon Young described whiteness as a 'virus' that 'like other viruses will not die until there are no bodies left for it to infect'. He went on: '... the only way to stop it is to locate it, isolate it, extract it, and kill it.' Young can say that as a black man with no consequences when a white man saying the same in reverse would be facing a jail sentence. *That's* racism. We had super-Woke numbskull senators Tammy Duckworth and Mazie Hirono saying they would object to future Biden Cabinet appointments if he did not nominate more Asian Americans and Pacific Islanders. Never mind the ability of the candidate what do they look like? Duckworth said: 'I will vote for racial minorities and I will vote for LGBTQ, but anyone else I'm not voting for.' Appointing people on the grounds of race is illegal, but that was not a problem for this ludicrous pair. They were on-message and that's a free pass in any situation.

## Critical race racism

White children are told at school they are intrinsically racist as they are taught the divisive 'critical race theory'. This claims that the law and legal institutions are inherently racist and that race is a socially constructed concept used by white people to further their economic and political interests at the expense of people of colour. White is a 'virus' as we've seen. Racial inequality results from 'social, economic, and legal differences that white people create between races to maintain white interests which leads to poverty and criminality in minority communities'. I must tell that to the white guy sleeping on the street. The principal of East Side Community School in New York sent white parents a manifesto that called on

them to become ‘white traitors’ and advocate for full ‘white abolition’. These people are teaching your kids when they urgently need a psychiatrist. The ‘school’ included a chart with ‘eight white identities’ that ranged from ‘white supremacist’ to ‘white abolition’ and defined the behaviour white people must follow to end ‘the regime of whiteness’. Woke blacks and their privileged white associates are acting exactly like the slave owners of old and Ku Klux Klan racists like Robert Byrd. They are too full of their own self-purity to see that, but it’s true. Racism is not a body type; it’s a state of mind that can manifest through any colour, creed or culture.

Another racial fraud is ‘*equity*’. Not equality of treatment and opportunity – equity. It’s a term spun as equality when it means something very different. Equality in its true sense is a raising up while ‘*equity*’ is a race to the bottom. Everyone in the same level of poverty is ‘*equity*’. Keep everyone down – that’s equity. The Cult doesn’t want anyone in the human family to be empowered and BLM leaders, like all these ‘anti-racist’ organisations, continue their privileged, pampered existence by perpetuating the perception of gathering racism. When is the last time you heard an ‘anti-racist’ or ‘anti-Semitism’ organisation say that acts of racism and discrimination have *fallen*? It’s not in the interests of their fund-raising and power to influence and the same goes for the professional soccer anti-racism operation, Kick It Out. Two things confirmed that the Black Lives Matter riots in the summer of 2020 were Cult creations. One was that while anti-lockdown protests were condemned in this same period for ‘transmitting ‘Covid’ the authorities supported mass gatherings of Black Lives Matter supporters. I even saw self-deluding people claiming to be doctors say the two types of protest were not the same. No – the non-existent ‘Covid’ was in favour of lockdowns and attacked those that protested against them while ‘Covid’ supported Black Lives Matter and kept well away from its protests. The whole thing was a joke and as lockdown protestors were arrested, often brutally, by reframed Face-Nappies we had the grotesque sight of police officers taking the knee to Black Lives Matter, a Cult-funded Marxist

organisation that supports violent riots and wants to destroy the nuclear family and white people.

## **He's not white? Shucks!**

Woke obsession with race was on display again when ten people were shot dead in Boulder, Colorado, in March, 2021. Cult-owned Woke TV channels like CNN said the shooter appeared to be a white man and Wokers were on Twitter condemning 'violent white men' with the usual mantras. Then the shooter's name was released as Ahmad Al Aliwi Alissa, an anti-Trump Arab-American, and the sigh of disappointment could be heard five miles away. Never mind that ten people were dead and what that meant for their families. Race baiting was all that mattered to these sick Cult-serving people like Barack Obama who exploited the deaths to further divide America on racial grounds which is his job for the Cult. This is the man that 'racist' white Americans made the first black president of the United States and then gave him a second term. Not-very-bright Obama has become filthy rich on the back of that and today appears to have a big influence on the Biden administration. Even so he's still a downtrodden black man and a victim of white supremacy. This disingenuous fraud reveals the contempt he has for black people when he puts on a Deep South Alabama accent whenever he talks to them, no, *at* them.

Another BLM red flag was how the now fully-Woke (fully-Cult) and fully-virtue-signalled professional soccer authorities had their teams taking the knee before every match in support of Marxist Black Lives Matter. Soccer authorities and clubs displayed 'Black Lives Matter' on the players' shirts and flashed the name on electronic billboards around the pitch. Any fans that condemned what is a Freemasonic taking-the-knee ritual were widely condemned as you would expect from the Woke virtue-signallers of professional sport and the now fully-Woke media. We have reverse racism in which you are banned from criticising any race or culture except for white people for whom anything goes – say what you like, no problem. What has this got to do with racial harmony and

equality? We've had black supremacists from Black Lives Matter telling white people to fall to their knees in the street and apologise for their white supremacy. Black supremacists acting like white supremacist slave owners of the past couldn't breach their self-obsessed, race-obsessed sense of self-purity. Joe Biden appointed a race-obsessed black supremacist Kristen Clarke to head the Justice Department Civil Rights Division. Clarke claimed that blacks are endowed with 'greater mental, physical and spiritual abilities' than whites. If anyone reversed that statement they would be vilified. Clarke is on-message so no problem. She's never seen a black-white situation in which the black figure is anything but a virtuous victim and she heads the Civil Rights Division which should treat everyone the same or it isn't civil rights. Another perception of the Renegade Mind: If something or someone is part of the Cult agenda they will be supported by Woke governments and media no matter what. If they're not, they will be condemned and censored. It really is that simple and so racist Clarke prospers despite (make that because of) her racism.

## **The end of culture**

Biden's administration is full of such racial, cultural and economic bias as the Cult requires the human family to be divided into warring factions. We are now seeing racially-segregated graduations and everything, but everything, is defined through the lens of perceived 'racism. We have 'racist' mathematics, 'racist' food and even 'racist' *plants*. World famous Kew Gardens in London said it was changing labels on plants and flowers to tell its pre-'Covid' more than two million visitors a year how racist they are. Kew director Richard Deverell said this was part of an effort to 'move quickly to decolonise collections' after they were approached by one Ajay Chhabra 'an actor with an insight into how sugar cane was linked to slavery'. They are *plants* you idiots. 'Decolonisation' in the Woke manual really means colonisation of society with its mentality and by extension colonisation by the Cult. We are witnessing a new Chinese-style 'Cultural Revolution' so essential to the success of all

Marxist takeovers. Our cultural past and traditions have to be swept away to allow a new culture to be built-back-better. Woke targeting of long-standing Western cultural pillars including historical monuments and cancelling of historical figures is what happened in the Mao revolution in China which ‘purged remnants of capitalist and traditional elements from Chinese society’ and installed Maoism as the dominant ideology’. For China see the Western world today and for ‘dominant ideology’ see Woke. Better still see Marxism or Maoism. The ‘Covid’ hoax has specifically sought to destroy the arts and all elements of Western culture from people meeting in a pub or restaurant to closing theatres, music venues, sports stadiums, places of worship and even banning *singing*. Destruction of Western society is also why criticism of any religion is banned except for Christianity which again is the dominant religion as white is the numerically-dominant race. Christianity may be fading rapidly, but its history and traditions are weaved through the fabric of Western society. Delete the pillars and other structures will follow until the whole thing collapses. I am not a Christian defending that religion when I say that. I have no religion. It’s just a fact. To this end Christianity has itself been turned Woke to usher its own downfall and its ranks are awash with ‘change agents’ – knowing and unknowing – at every level including Pope Francis (*definitely* knowing) and the clueless Archbishop of Canterbury Justin Welby (possibly not, but who can be sure?). Woke seeks to coordinate attacks on Western culture, traditions, and ways of life through ‘intersectionality’ defined as ‘the complex, cumulative way in which the effects of multiple forms of discrimination (such as racism, sexism, and classism) combine, overlap, or intersect especially in the experiences of marginalised individuals or groups’. Wade through the Orwellian Woke-speak and this means coordinating disparate groups in a common cause to overthrow freedom and liberal values.

The entire structure of public institutions has been infested with Woke – government at all levels, political parties, police, military, schools, universities, advertising, media and trade unions. This abomination has been achieved through the Cult web by appointing

Wokers to positions of power and battering non-Wokers into line through intimidation, isolation and threats to their job. Many have been fired in the wake of the empathy-deleted, vicious hostility of 'social justice' Wokers and the desire of gutless, spineless employers to virtue-signal their Wokeness. Corporations are filled with Wokers today, most notably those in Silicon Valley. Ironically at the top they are not Woke at all. They are only exploiting the mentality their Cult masters have created and funded to censor and enslave while the Wokers cheer them on until it's their turn. Thus the Woke 'liberal left' is an inversion of the traditional liberal left. Campaigning for justice on the grounds of power and wealth distribution has been replaced by campaigning for identity politics. The genuine traditional left would never have taken money from today's billionaire abusers of fairness and justice and nor would the billionaires have wanted to fund that genuine left. It would not have been in their interests to do so. The division of opinion in those days was between the haves and have nots. This all changed with Cult manipulated and funded identity politics. The division of opinion today is between Wokers and non-Wokers and not income brackets. Cult corporations and their billionaires may have taken wealth disparity to cataclysmic levels of injustice, but as long as they speak the language of Woke, hand out the dosh to the Woke network and censor the enemy they are 'one of us'. Billionaires who don't give a damn about injustice are laughing at them till their bellies hurt. Wokers are not even close to self-aware enough to see that. The transformed 'left' dynamic means that Wokers who drone on about 'social justice' are funded by billionaires that have destroyed social justice the world over. It's *why* they are billionaires.

## **The climate con**

Nothing encapsulates what I have said more comprehensively than the hoax of human-caused global warming. I have detailed in my books over the years how Cult operatives and organisations were the pump-primers from the start of the climate con. A purpose-built vehicle for this is the Club of Rome established by the Cult in 1968

with the Rockefellers and Rothschilds centrally involved all along. Their gofer frontman Maurice Strong, a Canadian oil millionaire, hosted the Earth Summit in Rio de Janeiro, Brazil, in 1992 where the global ‘green movement’ really expanded in earnest under the guiding hand of the Cult. The Earth Summit established Agenda 21 through the Cult-created-and-owned United Nations to use the illusion of human-caused climate change to justify the transformation of global society to save the world from climate disaster. It is a No-Problem-Reaction-Solution sold through governments, media, schools and universities as whole generations have been terrified into believing that the world was going to end in their lifetimes unless what old people had inflicted upon them was stopped by a complete restructuring of how everything is done. Chill, kids, it’s all a hoax. Such restructuring is precisely what the Cult agenda demands (purely by coincidence of course). Today this has been given the codename of the Great Reset which is only an updated term for Agenda 21 and its associated Agenda 2030. The latter, too, is administered through the UN and was voted into being by the General Assembly in 2015. Both 21 and 2030 seek centralised control of all resources and food right down to the raindrops falling on your own land. These are some of the demands of Agenda 21 established in 1992. See if you recognise this society emerging today:

- End national sovereignty
- State planning and management of all land resources, ecosystems, deserts, forests, mountains, oceans and fresh water; agriculture; rural development; biotechnology; and ensuring ‘*equity*’
- The state to ‘define the role’ of business and financial resources
- Abolition of private property
- ‘Restructuring’ the family unit (see BLM)
- Children raised by the state
- People told what their job will be
- Major restrictions on movement
- Creation of ‘human settlement zones’

- Mass resettlement as people are forced to vacate land where they live
- Dumbing down education
- Mass global depopulation in pursuit of all the above

The United Nations was created as a Trojan horse for world government. With the climate con of critical importance to promoting that outcome you would expect the UN to be involved. Oh, it's involved all right. The UN is promoting Agenda 21 and Agenda 2030 justified by 'climate change' while also driving the climate hoax through its Intergovernmental Panel on Climate Change (IPCC), one of the world's most corrupt organisations. The IPCC has been lying ferociously and constantly since the day it opened its doors with the global media hanging unquestioningly on its every mendacious word. The Green movement is entirely Woke and has long lost its original environmental focus since it was co-opted by the Cult. An obsession with 'global warming' has deleted its values and scrambled its head. I experienced a small example of what I mean on a beautiful country walk that I have enjoyed several times a week for many years. The path merged into the fields and forests and you felt at one with the natural world. Then a 'Green' organisation, the Hampshire and Isle of Wight Wildlife Trust, took over part of the land and proceeded to cut down a large number of trees, including mature ones, to install a horrible big, bright steel 'this-is-ours-stay-out' fence that destroyed the whole atmosphere of this beautiful place. No one with a feel for nature would do that. Day after day I walked to the sound of chainsaws and a magnificent mature weeping willow tree that I so admired was cut down at the base of the trunk. When I challenged a Woke young girl in a green shirt (of course) about this vandalism she replied: 'It's a weeping willow – it will grow back.' This is what people are paying for when they donate to the Hampshire and Isle of Wight Wildlife Trust and many other 'green' organisations today. It is not the environmental movement that I knew and instead has become a support-system – as with Extinction Rebellion – for a very dark agenda.

## **Private jets for climate justice**

The Cult-owned, Gates-funded, World Economic Forum and its founder Klaus Schwab were behind the emergence of Greta Thunberg to harness the young behind the climate agenda and she was invited to speak to the world at ... the UN. Schwab published a book, *Covid-19: The Great Reset* in 2020 in which he used the 'Covid' hoax and the climate hoax to lay out a new society straight out of Agenda 21 and Agenda 2030. Bill Gates followed in early 2021 when he took time out from destroying the world to produce a book in his name about the way to save it. Gates flies across the world in private jets and admitted that 'I probably have one of the highest greenhouse gas footprints of anyone on the planet ... my personal flying alone is gigantic.' He has also bid for the planet's biggest private jet operator. Other climate change saviours who fly in private jets include John Kerry, the US Special Presidential Envoy for Climate, and actor Leonardo DiCaprio, a 'UN Messenger of Peace with special focus on climate change'. These people are so full of bullshit they could corner the market in manure. We mustn't be sceptical, though, because the Gates book, *How to Avoid a Climate Disaster: The Solutions We Have and the Breakthroughs We Need*, is a genuine attempt to protect the world and not an obvious pile of excrement attributed to a mega-psychopath aimed at selling his masters' plans for humanity. The Gates book and the other shite-pile by Klaus Schwab could have been written by the same person and may well have been. Both use 'climate change' and 'Covid' as the excuses for their new society and by coincidence the Cult's World Economic Forum and Bill and Melinda Gates Foundation promote the climate hoax and hosted Event 201 which pre-empted with a 'simulation' the very 'coronavirus' hoax that would be simulated for real on humanity within weeks. The British 'royal' family is promoting the 'Reset' as you would expect through Prince 'climate change caused the war in Syria' Charles and his hapless son Prince William who said that we must 'reset our relationship with nature and our trajectory as a species' to avoid a climate disaster. Amazing how many promoters of the 'Covid' and 'climate change' control

systems are connected to Gates and the World Economic Forum. A 'study' in early 2021 claimed that carbon dioxide emissions must fall by the equivalent of a global lockdown roughly every two years for the next decade to save the planet. The 'study' appeared in the same period that the Schwab mob claimed in a video that lockdowns destroying the lives of billions are good because they make the earth 'quieter' with less 'ambient noise'. They took down the video amid a public backlash for such arrogant, empathy-deleted stupidity You see, however, where they are going with this. Corinne Le Quéré, a professor at the Tyndall Centre for Climate Change Research, University of East Anglia, was lead author of the climate lockdown study, and she writes for ... the World Economic Forum. Gates calls in 'his' book for changing 'every aspect of the economy' (long-time Cult agenda) and for humans to eat synthetic 'meat' (predicted in my books) while cows and other farm animals are eliminated.

Australian TV host and commentator Alan Jones described what carbon emission targets would mean for farm animals in Australia alone if emissions were reduced as demanded by 35 percent by 2030 and zero by 2050:

Well, let's take agriculture, the total emissions from agriculture are about 75 million tonnes of carbon dioxide, equivalent. Now reduce that by 35 percent and you have to come down to 50 million tonnes, I've done the maths. So if you take for example 1.5 million cows, you're going to have to reduce the herd by 525,000 [by] 2030, nine years, that's 58,000 cows a year. The beef herd's 30 million, reduce that by 35 percent, that's 10.5 million, which means 1.2 million cattle have to go every year between now and 2030. This is insanity!

There are 75 million sheep. Reduce that by 35 percent, that's 26 million sheep, that's almost 3 million a year. So under the Paris Agreement over 30 million beasts. dairy cows, cattle, pigs and sheep would go. More than 8,000 every minute of every hour for the next decade, do these people know what they're talking about?

Clearly they don't at the level of campaigners, politicians and administrators. The Cult *does* know; that's the outcome it wants. We are faced with not just a war on humanity. Animals and the natural world are being targeted and I have been saying since the 'Covid' hoax began that the plan eventually was to claim that the 'deadly virus' is able to jump from animals, including farm animals and

domestic pets, to humans. Just before this book went into production came this story: 'Russia registers world's first Covid-19 vaccine for cats & dogs as makers of Sputnik V warn pets & farm animals could spread virus'. The report said 'top scientists warned that the deadly pathogen could soon begin spreading through homes and farms' and 'the next stage is the infection of farm and domestic animals'. Know the outcome and you'll see the journey. Think what that would mean for animals and keep your eye on a term called zoonosis or zoonotic diseases which transmit between animals and humans. The Cult wants to break the connection between animals and people as it does between people and people. Farm animals fit with the Cult agenda to transform food from natural to synthetic.

### **The gas of life is killing us**

There can be few greater examples of Cult inversion than the condemnation of carbon dioxide as a dangerous pollutant when it is the gas of life. Without it the natural world would be dead and so we would all be dead. We breathe in oxygen and breathe out carbon dioxide while plants produce oxygen and absorb carbon dioxide. It is a perfect symbiotic relationship that the Cult wants to dismantle for reasons I will come to in the final two chapters. Gates, Schwab, other Cult operatives and mindless repeaters, want the world to be 'carbon neutral' by at least 2050 and the earlier the better. 'Zero carbon' is the cry echoed by lunatics calling for 'Zero Covid' when we already have it. These carbon emission targets will deindustrialise the world in accordance with Cult plans – the post-industrial, post-democratic society – and with so-called renewables like solar and wind not coming even close to meeting human energy needs blackouts and cold are inevitable. Texans got the picture in the winter of 2021 when a snow storm stopped wind turbines and solar panels from working and the lights went down along with water which relies on electricity for its supply system. Gates wants everything to be powered by electricity to ensure that his masters have the kill switch to stop all human activity, movement, cooking, water and warmth any time they like. The climate lie is so

stupendously inverted that it claims we must urgently reduce carbon dioxide when we *don't have enough*.

Co<sub>2</sub> in the atmosphere is a little above 400 parts per million when the optimum for plant growth is 2,000 ppm and when it falls anywhere near 150 ppm the natural world starts to die and so do we. It fell to as low as 280 ppm in an 1880 measurement in Hawaii and rose to 413 ppm in 2019 with industrialisation which is why the planet has become *greener* in the industrial period. How insane then that psychopathic madman Gates is not satisfied only with blocking the rise of Co<sub>2</sub>. He's funding technology to suck it out of the atmosphere. The reason why will become clear. The industrial era is not destroying the world through Co<sub>2</sub> and has instead turned around a potentially disastrous ongoing fall in Co<sub>2</sub>. Greenpeace co-founder and scientist Patrick Moore walked away from Greenpeace in 1986 and has exposed the green movement for fear-mongering and lies. He said that 500 million years ago there was *17 times* more Co<sub>2</sub> in the atmosphere than we have today and levels have been falling for hundreds of millions of years. In the last 150 million years Co<sub>2</sub> levels in Earth's atmosphere had reduced by *90 percent*. Moore said that by the time humanity began to unlock carbon dioxide from fossil fuels we were at '38 seconds to midnight' and in that sense: 'Humans are [the Earth's] salvation.' Moore made the point that only half the Co<sub>2</sub> emitted by fossil fuels stays in the atmosphere and we should remember that all pollution pouring from chimneys that we are told is carbon dioxide is in fact nothing of the kind. It's pollution. Carbon dioxide is an invisible gas.

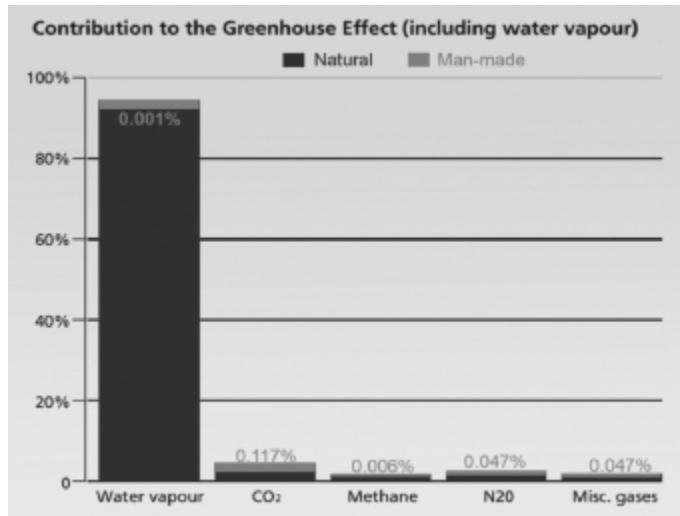
William Happer, Professor of Physics at Princeton University and long-time government adviser on climate, has emphasised the Co<sub>2</sub> deficiency for maximum growth and food production. Greenhouse growers don't add carbon dioxide for a bit of fun. He said that most of the warming in the last 100 years, after the earth emerged from the super-cold period of the 'Little Ice Age' into a natural warming cycle, was over by 1940. Happer said that a peak year for warming in 1988 can be explained by a 'monster El Nino' which is a natural and cyclical warming of the Pacific that has nothing to do with 'climate

change'. He said the effect of Co2 could be compared to painting a wall with red paint in that once two or three coats have been applied it didn't matter how much more you slapped on because the wall will not get much redder. Almost all the effect of the rise in Co2 has already happened, he said, and the volume in the atmosphere would now have to *double* to increase temperature by a single degree. Climate hoaxers know this and they have invented the most ridiculously complicated series of 'feedback' loops to try to overcome this rather devastating fact. You hear puppet Greta going on cluelessly about feedback loops and this is why.

### **The Sun affects temperature? No you *climate denier***

Some other nonsense to contemplate: Climate graphs show that rises in temperature do not follow rises in Co2 – *it's the other way round* with a lag between the two of some 800 years. If we go back 800 years from present time we hit the Medieval Warm Period when temperatures were higher than now without any industrialisation and this was followed by the Little Ice Age when temperatures plummeted. The world was still emerging from these centuries of serious cold when many climate records began which makes the ever-repeated line of the 'hottest year since records began' meaningless when you are not comparing like with like. The coldest period of the Little Ice Age corresponded with the lowest period of sunspot activity when the Sun was at its least active. Proper scientists will not be at all surprised by this when it confirms the obvious fact that earth temperature is affected by the scale of Sun activity and the energetic power that it subsequently emits; but when is the last time you heard a climate hoaxter talking about the Sun as a source of earth temperature?? Everything has to be focussed on Co2 which makes up just 0.117 percent of so-called greenhouse gases and only a fraction of even that is generated by human activity. The rest is natural. More than 90 percent of those greenhouse gases are water vapour and clouds ([Fig 9](#)). Ban moisture I say. Have you noticed that the climate hoaxers no longer use the polar bear as their promotion image? That's because far from becoming extinct polar

bear communities are stable or thriving. Joe Bastardi, American meteorologist, weather forecaster and outspoken critic of the climate lie, documents in his book *The Climate Chronicles* how weather patterns and events claimed to be evidence of climate change have been happening since long before industrialisation: 'What happened before naturally is happening again, as is to be expected given the cyclical nature of the climate due to the design of the planet.' If you read the detailed background to the climate hoax in my other books you will shake your head and wonder how anyone could believe the crap which has spawned a multi-trillion dollar industry based on absolute garbage (see HIV causes AIDS and Sars-Cov-2 causes 'Covid-19'). Climate and 'Covid' have much in common given they have the same source. They both have the contradictory *everything* factor in which everything is explained by reference to them. It's hot – 'it's climate change'. It's cold – 'it's climate change'. I got a sniffle – 'it's Covid'. I haven't got a sniffle – 'it's Covid'. Not having a sniffle has to be a symptom of 'Covid'. Everything is and not having a sniffle is especially dangerous if you are a slow walker. For sheer audacity I offer you a Cambridge University 'study' that actually linked 'Covid' to 'climate change'. It had to happen eventually. They concluded that climate change played a role in 'Covid-19' spreading from animals to humans because ... wait for it ... I kid you not ... *the two groups were forced closer together as populations grow.* Er, that's it. The whole foundation on which this depended was that 'Bats are the likely zoonotic origin of SARS-CoV-1 and SARS-CoV-2'. Well, they are not. They are nothing to do with it. Apart from bats not being the origin and therefore 'climate change' effects on bats being irrelevant I am in awe of their academic insight. Where would we be without them? Not where we are that's for sure.



**Figure 9:** The idea that the gas of life is disastrously changing the climate is an insult to brain cell activity.

One other point about the weather is that climate modification is now well advanced and not every major weather event is natural – or earthquake come to that. I cover this subject at some length in other books. China is openly planning a rapid expansion of its weather modification programme which includes changing the climate in an area more than one and a half times the size of India. China used weather manipulation to ensure clear skies during the 2008 Olympics in Beijing. I have quoted from US military documents detailing how to employ weather manipulation as a weapon of war and they did that in the 1960s and 70s during the conflict in Vietnam with Operation Popeye manipulating monsoon rains for military purposes. Why would there be international treaties on weather modification if it wasn't possible? Of course it is. Weather is energetic information and it can be changed.

## **How was the climate hoax pulled off? See 'Covid'**

If you can get billions to believe in a 'virus' that doesn't exist you can get them to believe in human-caused climate change that doesn't exist. Both are being used by the Cult to transform global society in the way it has long planned. Both hoaxes have been achieved in pretty much the same way. First you declare a lie is a fact. There's a

'virus' you call SARS-Cov-2 or humans are warming the planet with their behaviour. Next this becomes, via Cult networks, the foundation of government, academic and science policy and belief. Those who parrot the mantra are given big grants to produce research that confirms the narrative is true and ever more 'symptoms' are added to make the 'virus'/'climate change' sound even more scary. Scientists and researchers who challenge the narrative have their grants withdrawn and their careers destroyed. The media promote the lie as the unquestionable truth and censor those with an alternative view or evidence. A great percentage of the population believe what they are told as the lie becomes an everybody-knows-that and the believing-masses turn on those with a mind of their own. The technique has been used endlessly throughout human history. Wokers are the biggest promotorrs of the climate lie *and* 'Covid' fascism because their minds are owned by the Cult; their sense of self-righteous self-purity knows no bounds; and they exist in a bubble of reality in which facts are irrelevant and only get in the way of looking without seeing.

Running through all of this like veins in a blue cheese is control of information, which means control of perception, which means control of behaviour, which collectively means control of human society. The Cult owns the global media and Silicon Valley fascists for the simple reason that it *has* to. Without control of information it can't control perception and through that human society. Examine every facet of the Cult agenda and you will see that anything supporting its introduction is never censored while anything pushing back is always censored. I say again: Psychopaths that know why they are doing this must go before Nuremberg trials and those that follow their orders must trot along behind them into the same dock. 'I was just following orders' didn't work the first time and it must not work now. Nuremberg trials must be held all over the world before public juries for politicians, government officials, police, compliant doctors, scientists and virologists, and all Cult operatives such as Gates, Tedros, Fauci, Vallance, Whitty, Ferguson, Zuckerberg, Wojcicki, Brin, Page, Dorsey, the whole damn lot of

them – including, no *especially*, the psychopath psychologists. Without them and the brainless, gutless excuses for journalists that have repeated their lies, none of this could be happening. Nobody can be allowed to escape justice for the psychological and economic Armageddon they are all responsible for visiting upon the human race.

As for the compliant, unquestioning, swathes of humanity, and the self-obsessed, all-knowing ignorance of the Wokers ... don't start me. God help their kids. God help their grandkids. God *help them*.

## CHAPTER NINE

### We must have it? So what is it?

*Well I won't back down. No, I won't back down. You can stand me up at the Gates of Hell. But I won't back down*

Tom Petty

I will now focus on the genetically-manipulating ‘Covid vaccines’ which do not meet this official definition of a vaccine by the US Centers for Disease Control (CDC): ‘A product that stimulates a person’s immune system to produce immunity to a specific disease, protecting the person from that disease.’ On that basis ‘Covid vaccines’ are not a vaccine in that the makers don’t even claim they stop infection or transmission.

They are instead part of a multi-levelled conspiracy to change the nature of the human body and what it means to be ‘human’ and to depopulate an enormous swathe of humanity. What I shall call Human 1.0 is on the cusp of becoming Human 2.0 and for very sinister reasons. Before I get to the ‘Covid vaccine’ in detail here’s some background to vaccines in general. Government regulators do not test vaccines – the makers do – and the makers control which data is revealed and which isn’t. Children in America are given 50 vaccine doses by age six and 69 by age 19 and the effect of the whole combined schedule has never been tested. Autoimmune diseases when the immune system attacks its own body have soared in the mass vaccine era and so has disease in general in children and the young. Why wouldn’t this be the case when vaccines target the *immune system*? The US government gave Big Pharma drug

companies immunity from prosecution for vaccine death and injury in the 1986 National Childhood Vaccine Injury Act (NCVIA) and since then the government (taxpayer) has been funding compensation for the consequences of Big Pharma vaccines. The criminal and satanic drug giants can't lose and the vaccine schedule has increased dramatically since 1986 for this reason. There is no incentive to make vaccines safe and a big incentive to make money by introducing ever more. Even against a ridiculously high bar to prove vaccine liability, and with the government controlling the hearing in which it is being challenged for compensation, the vaccine court has so far paid out more than \$4 billion. These are the vaccines we are told are safe and psychopaths like Zuckerberg censor posts saying otherwise. The immunity law was even justified by a ruling that vaccines by their nature were 'unavoidably unsafe'.

Check out the ingredients of vaccines and you will be shocked if you are new to this. *They put that in children's bodies?? What??* Try aluminium, a brain toxin connected to dementia, aborted foetal tissue and formaldehyde which is used to embalm corpses. World-renowned aluminium expert Christopher Exley had his research into the health effect of aluminium in vaccines shut down by Keele University in the UK when it began taking funding from the Bill and Melinda Gates Foundation. Research when diseases 'eradicated' by vaccines began to decline and you will find the fall began long *before* the vaccine was introduced. Sometimes the fall even plateaued after the vaccine. Diseases like scarlet fever for which there was no vaccine declined in the same way because of environmental and other factors. A perfect case in point is the polio vaccine. Polio began when lead arsenate was first sprayed as an insecticide and residues remained in food products. Spraying started in 1892 and the first US polio epidemic came in Vermont in 1894. The simple answer was to stop spraying, but Rockefeller-created Big Pharma had a better idea. Polio was decreed to be caused by the *poliovirus* which 'spreads from person to person and can infect a person's spinal cord'. Lead arsenate was replaced by the lethal DDT which had the same effect of causing paralysis by damaging the brain and central nervous

system. Polio plummeted when DDT was reduced and then banned, but the vaccine is still given the credit for something it didn't do. Today by far the biggest cause of polio is the vaccines promoted by Bill Gates. Vaccine justice campaigner Robert Kennedy Jr, son of assassinated (by the Cult) US Attorney General Robert Kennedy, wrote:

In 2017, the World Health Organization (WHO) reluctantly admitted that the global explosion in polio is predominantly vaccine strain. The most frightening epidemics in Congo, Afghanistan, and the Philippines, are all linked to vaccines. In fact, by 2018, 70% of global polio cases were vaccine strain.

Vaccines make fortunes for Cult-owned Gates and Big Pharma while undermining the health and immune systems of the population. We had a glimpse of the mentality behind the Big Pharma cartel with a report on WION (World is One News), an international English language TV station based in India, which exposed the extraordinary behaviour of US drug company Pfizer over its 'Covid vaccine'. The WION report told how Pfizer had made fantastic demands of Argentina, Brazil and other countries in return for its 'vaccine'. These included immunity from prosecution, even for Pfizer negligence, government insurance to protect Pfizer from law suits and handing over as collateral sovereign assets of the country to include Argentina's bank reserves, military bases and embassy buildings. Pfizer demanded the same of Brazil in the form of waiving sovereignty of its assets abroad; exempting Pfizer from Brazilian laws; and giving Pfizer immunity from all civil liability. This is a 'vaccine' developed with government funding. Big Pharma is evil incarnate as a creation of the Cult and all must be handed tickets to Nuremberg.

### **Phantom 'vaccine' for a phantom 'disease'**

I'll expose the 'Covid vaccine' fraud and then go on to the wider background of why the Cult has set out to 'vaccinate' every man, woman and child on the planet for an alleged 'new disease' with a survival rate of 99.77 percent (or more) even by the grotesquely-

manipulated figures of the World Health Organization and Johns Hopkins University. The ‘infection’ to ‘death’ ratio is 0.23 to 0.15 percent according to Stanford epidemiologist Dr John Ioannidis and while estimates vary the danger remains tiny. I say that if the truth be told the fake infection to fake death ratio is zero. Never mind all the evidence I have presented here and in *The Answer* that there is no ‘virus’ let us just focus for a moment on that death-rate figure of say 0.23 percent. The figure includes all those worldwide who have tested positive with a test not testing for the ‘virus’ and then died within 28 days or even longer of any other cause – *any other cause*. Now subtract all those illusory ‘Covid’ deaths on the global data sheets from the 0.23 percent. What do you think you would be left with? *Zero*. A vaccination has never been successfully developed for a so-called coronavirus. They have all failed at the animal testing stage when they caused hypersensitivity to what they were claiming to protect against and made the impact of a disease far worse. Cult-owned vaccine corporations got around that problem this time by bypassing animal trials, going straight to humans and making the length of the ‘trials’ before the public rollout as short as they could get away with. Normally it takes five to ten years or more to develop vaccines that still cause demonstrable harm to many people and that’s without including the long-term effects that are never officially connected to the vaccination. ‘Covid’ non-vaccines have been officially produced and approved in a matter of months from a standing start and part of the reason is that (a) they were developed before the ‘Covid’ hoax began and (b) they are based on computer programs and not natural sources. Official non-trials were so short that government agencies gave *emergency*, not full, approval. ‘Trials’ were not even completed and full approval cannot be secured until they are. Public ‘Covid vaccination’ is actually a *continuation of the trial*. Drug company ‘trials’ are not scheduled to end until 2023 by which time a lot of people are going to be dead. Data on which government agencies gave this emergency approval was supplied by the Big Pharma corporations themselves in the form of Pfizer/BioNTech, AstraZeneca, Moderna, Johnson & Johnson, and

others, and this is the case with all vaccines. By its very nature *emergency* approval means drug companies do not have to prove that the ‘vaccine’ is ‘safe and effective’. How could they with trials way short of complete? Government regulators only have to *believe* that they *could* be safe and effective. It is criminal manipulation to get products in circulation with no testing worth the name. Agencies giving that approval are infested with Big Pharma-connected place-people and they act in the interests of Big Pharma (the Cult) and not the public about whom they do not give a damn.

## **More human lab rats**

‘Covid vaccines’ produced in record time by Pfizer/BioNTech and Moderna employ a technique *never approved before for use on humans*. They are known as mRNA ‘vaccines’ and inject a synthetic version of ‘viral’ mRNA or ‘messenger RNA’. The key is in the term ‘messenger’. The body works, or doesn’t, on the basis of information messaging. Communications are constantly passing between and within the genetic system and the brain. Change those messages and you change the state of the body and even its very nature and you can change psychology and behaviour by the way the brain processes information. I think you are going to see significant changes in personality and perception of many people who have had the ‘Covid vaccine’ synthetic potions. Insider Aldous Huxley predicted the following in 1961 and mRNA ‘vaccines’ can be included in the term ‘pharmacological methods’:

There will be, in the next generation or so, a pharmacological method of making people love their servitude, and producing dictatorship without tears, so to speak, producing a kind of painless concentration camp for entire societies, so that people will in fact have their own liberties taken away from them, but rather enjoy it, because they will be distracted from any desire to rebel by propaganda or brainwashing, or brainwashing enhanced by pharmacological methods. And this seems to be the final revolution.

Apologists claim that mRNA synthetic ‘vaccines’ don’t change the DNA genetic blueprint because RNA does not affect DNA only the other way round. This is so disingenuous. A process called ‘reverse

'transcription' can convert RNA into DNA and be integrated into DNA in the cell nucleus. This was highlighted in December, 2020, by scientists at Harvard and Massachusetts Institute of Technology (MIT). Geneticists report that more than 40 percent of mammalian genomes results from reverse transcription. On the most basic level if messaging changes then that sequence must lead to changes in DNA which is receiving and transmitting those communications. How can introducing synthetic material into cells not change the cells where DNA is located? The process is known as transfection which is defined as 'a technique to insert foreign nucleic acid (DNA or RNA) into a cell, typically with the intention of altering the properties of the cell'. Researchers at the Sloan Kettering Institute in New York found that changes in messenger RNA can deactivate tumour-suppressing proteins and thereby promote cancer. This is what happens when you mess with messaging. 'Covid vaccine' maker Moderna was founded in 2010 by Canadian stem cell biologist Derrick J. Rossi after his breakthrough discovery in the field of transforming and reprogramming stem cells. These are neutral cells that can be programmed to become any cell including sperm cells. Moderna was therefore founded on the principle of genetic manipulation and has never produced any vaccine or drug before its genetically-manipulating synthetic 'Covid' shite. Look at the name – Mode-RNA or Modify-RNA. Another important point is that the US Supreme Court has ruled that genetically-modified DNA, or complementary DNA (cDNA) synthesized in the laboratory from messenger RNA, can be patented and owned. These psychopaths are doing this to the human body.

Cells replicate synthetic mRNA in the 'Covid vaccines' and in theory the body is tricked into making antigens which trigger antibodies to target the 'virus spike proteins' which as Dr Tom Cowan said have *never been seen*. Cut the crap and these 'vaccines' deliver *self-replicating* synthetic material to the cells with the effect of changing human DNA. The more of them you have the more that process is compounded while synthetic material is all the time self-replicating. 'Vaccine'-maker Moderna describes mRNA as 'like

software for the cell' and so they are messing with the body's software. What happens when you change the software in a computer? Everything changes. For this reason the Cult is preparing a production line of mRNA 'Covid vaccines' and a long list of excuses to use them as with all the 'variants' of a 'virus' never shown to exist. The plan is further to transfer the mRNA technique to other vaccines mostly given to children and young people. The cumulative consequences will be a transformation of human DNA through a constant infusion of synthetic genetic material which will kill many and change the rest. Now consider that governments that have given emergency approval for a vaccine that's not a vaccine; never been approved for humans before; had no testing worth the name; and the makers have been given immunity from prosecution for any deaths or adverse effects suffered by the public. The UK government awarded *permanent legal indemnity* to itself and its employees for harm done when a patient is being treated for 'Covid-19' or 'suspected Covid-19'. That is quite a thought when these are possible 'side-effects' from the 'vaccine' (they are not 'side', they are effects) listed by the US Food and Drug Administration:

Guillain-Barre syndrome; acute disseminated encephalomyelitis; transverse myelitis; encephalitis; myelitis; encephalomyelitis; meningoencephalitis; meningitis; encephalopathy; convulsions; seizures; stroke; narcolepsy; cataplexy; anaphylaxis; acute myocardial infarction (heart attack); myocarditis; pericarditis; autoimmune disease; death; implications for pregnancy, and birth outcomes; other acute demyelinating diseases; non anaphylactic allergy reactions; thrombocytopenia ; disseminated intravascular coagulation; venous thromboembolism; arthritis; arthralgia; joint pain; Kawasaki disease; multisystem inflammatory syndrome in children; vaccine enhanced disease. The latter is the way the 'vaccine' has the potential to make diseases far worse than they would otherwise be.

UK doctor and freedom campaigner Vernon Coleman described the conditions in this list as 'all unpleasant, most of them very serious, and you can't get more serious than death'. The thought that anyone at all has had the 'vaccine' in these circumstances is testament to the potential that humanity has for clueless, unquestioning, stupidity and for many that programmed stupidity has already been terminal.

## An insider speaks

Dr Michael Yeadon is a former Vice President, head of research and Chief Scientific Adviser at vaccine giant Pfizer. Yeadon worked on the inside of Big Pharma, but that did not stop him becoming a vocal critic of 'Covid vaccines' and their potential for multiple harms, including infertility in women. By the spring of 2021 he went much further and even used the no, no, term 'conspiracy'. When you begin to see what is going on it is impossible not to do so. Yeadon spoke out in an interview with freedom campaigner James Delingpole and I mentioned earlier how he said that no one had samples of 'the virus'. He explained that the mRNA technique originated in the anti-cancer field and ways to turn on and off certain genes which could be advantageous if you wanted to stop cancer growing out of control. 'That's the origin of them. They are a very unusual application, really.' Yeadon said that treating a cancer patient with an aggressive procedure might be understandable if the alternative was dying, but it was quite another thing to use the same technique as a public health measure. Most people involved wouldn't catch the infectious agent you were vaccinating against and if they did they probably wouldn't die:

If you are really using it as a public health measure you really want to as close as you can get to zero side-effects ... I find it odd that they chose techniques that were really cutting their teeth in the field of oncology and I'm worried that in using gene-based vaccines that have to be injected in the body and spread around the body, get taken up into some cells, and the regulators haven't quite told us which cells they get taken up into ... you are going to be generating a wide range of responses ... with multiple steps each of which could go well or badly.

I doubt the Cult intends it to go well. Yeadon said that you can put any gene you like into the body through the 'vaccine'. 'You can certainly give them a gene that would do them some harm if you wanted.' I was intrigued when he said that when used in the cancer field the technique could turn genes on and off. I explore this process in *The Answer* and with different genes having different functions you could create mayhem – physically and psychologically – if you turned the wrong ones on and the right ones off. I read reports of an experiment by researchers at the University of Washington's school of computer science and engineering in which they encoded DNA to infect computers. The body is itself a biological computer and if human DNA can inflict damage on a computer why can't the computer via synthetic material mess with the human body? It can. The Washington research team said it was possible to insert malicious malware into 'physical DNA strands' and corrupt the computer system of a gene sequencing machine as it 'reads gene letters and stores them as binary digits 0 and 1'. They concluded that hackers could one day use blood or spit samples to access computer systems and obtain sensitive data from police forensics labs or infect genome files. It is at this level of digital interaction that synthetic 'vaccines' need to be seen to get the full picture and that will become very clear later on. Michael Yeadon said it made no sense to give the 'vaccine' to younger people who were in no danger from the 'virus'. What was the benefit? It was all downside with potential effects:

The fact that my government in what I thought was a civilised, rational country, is raining [the 'vaccine'] on people in their 30s and 40s, even my children in their 20s, they're getting letters and phone calls, I know this is not right and any of you doctors who are vaccinating you know it's not right, too. They are not at risk. They are not at risk from the disease, so you are now hoping that the side-effects are so rare that you get away with it. You don't give new technology ... that you don't understand to 100 percent of the population.

Blood clot problems with the AstraZeneca 'vaccine' have been affecting younger people to emphasise the downside risks with no benefit. AstraZeneca's version, produced with Oxford University, does not use mRNA, but still gets its toxic cocktail inside cells where

it targets DNA. The Johnson & Johnson ‘vaccine’ which uses a similar technique has also produced blood clot effects to such an extent that the United States paused its use at one point. They are all ‘gene therapy’ (cell modification) procedures and not ‘vaccines’. The truth is that once the content of these injections enter cells we have no idea what the effect will be. People can speculate and some can give very educated opinions and that’s good. In the end, though, only the makers know what their potions are designed to do and even they won’t know every last consequence. Michael Yeadon was scathing about doctors doing what they knew to be wrong.

‘Everyone’s mute’, he said. Doctors in the NHS must know this was not right, coming into work and injecting people. ‘I don’t know how they sleep at night. I know I couldn’t do it. I know that if I were in that position I’d have to quit.’ He said he knew enough about toxicology to know this was not a good risk-benefit. Yeadon had spoken to seven or eight university professors and all except two would not speak out publicly. Their universities had a policy that no one said anything that countered the government and its medical advisors. They were afraid of losing their government grants. This is how intimidation has been used to silence the truth at every level of the system. I say silence, but these people could still speak out if they made that choice. Yeadon called them ‘moral cowards’ – ‘This is about your children and grandchildren’s lives and you have just buggered off and left it.’

## **‘Variant’ nonsense**

Some of his most powerful comments related to the alleged ‘variants’ being used to instil more fear, justify more lockdowns, and introduce more ‘vaccines’. He said government claims about ‘variants’ were nonsense. He had checked the alleged variant ‘codes’ and they were 99.7 percent identical to the ‘original’. This was the human identity difference equivalent to putting a baseball cap on and off or wearing it the other way round. A 0.3 percent difference would make it impossible for that ‘variant’ to escape immunity from the ‘original’. This made no sense of having new ‘vaccines’ for

'variants'. He said there would have to be at least a *30 percent* difference for that to be justified and even then he believed the immune system would still recognise what it was. Gates-funded 'variant modeller' and 'vaccine'-pusher John Edmunds might care to comment. Yeadon said drug companies were making new versions of the 'vaccine' as a 'top up' for 'variants'. Worse than that, he said, the 'regulators' around the world like the MHRA in the UK had got together and agreed that because 'vaccines' for 'variants' were so similar to the first 'vaccines' *they did not have to do safety studies*. How transparently sinister that is. This is when Yeadon said: 'There is a conspiracy here.' There was no need for another vaccine for 'variants' and yet we were told that there was and the country had shut its borders because of them. 'They are going into hundreds of millions of arms without passing 'go' or any regulator. Why did they do that? Why did they pick this method of making the vaccine?'

The reason had to be something bigger than that it seemed and 'it's not protection against the virus'. It's was a far bigger project that meant politicians and advisers were willing to do things and not do things that knowingly resulted in avoidable deaths – 'that's already happened when you think about lockdown and deprivation of health care for a year.' He spoke of people prepared to do something that results in the avoidable death of their fellow human beings and it not bother them. This is the penny-drop I have been working to get across for more than 30 years – the level of pure evil we are dealing with. Yeadon said his friends and associates could not believe there could be that much evil, but he reminded them of Stalin, Pol Pot and Hitler and of what Stalin had said: 'One death is a tragedy. A million? A statistic.' He could not think of a benign explanation for why you need top-up vaccines 'which I'm sure you don't' and for the regulators 'to just get out of the way and wave them through'. Why would the regulators do that when they were still wrestling with the dangers of the 'parent' vaccine? He was clearly shocked by what he had seen since the 'Covid' hoax began and now he was thinking the previously unthinkable:

If you wanted to depopulate a significant proportion of the world and to do it in a way that doesn't involve destruction of the environment with nuclear weapons, poisoning everyone with anthrax or something like that, and you wanted plausible deniability while you had a multi-year infectious disease crisis, I actually don't think you could come up with a better plan of work than seems to be in front of me. I can't say that's what they are going to do, but I can't think of a benign explanation why they are doing it.

He said he never thought that they would get rid of 99 percent of humans, but now he wondered. 'If you wanted to that this would be a hell of a way to do it – it would be unstoppable folks.' Yeadon had concluded that those who submitted to the 'vaccine' would be allowed to have some kind of normal life (but for how long?) while screws were tightened to coerce and mandate the last few percent. 'I think they'll put the rest of them in a prison camp. I wish I was wrong, but I don't think I am.' Other points he made included: There were no coronavirus vaccines then suddenly they all come along at the same time; we have no idea of the long term affect with trials so short; coercing or forcing people to have medical procedures is against the Nuremberg Code instigated when the Nazis did just that; people should at least delay having the 'vaccine'; a quick Internet search confirms that masks don't reduce respiratory viral transmission and 'the government knows that'; they have smashed civil society and they know that, too; two dozen peer-reviewed studies show no connection between lockdown and reducing deaths; he knew from personal friends the elite were still flying around and going on holiday while the public were locked down; the elite were not having the 'vaccines'. He was also asked if 'vaccines' could be made to target difference races. He said he didn't know, but the document by the Project for the New American Century in September, 2000, said developing 'advanced forms of biological warfare that can target *specific genotypes* may transform biological warfare from the realm of terror to a politically useful tool.' Oh, they're evil all right. Of that we can be *absolutely* sure.

## **Another cull of old people**

We have seen from the CDC definition that the mRNA 'Covid vaccine' is not a vaccine and nor are the others that *claim* to reduce 'severity of symptoms' in *some* people, but not protect from infection or transmission. What about all the lies about returning to 'normal' if people were 'vaccinated'? If they are not claimed to stop infection and transmission of the alleged 'virus', how does anything change? This was all lies to manipulate people to take the jabs and we are seeing that now with masks and distancing still required for the 'vaccinated'. How did they think that elderly people with fragile health and immune responses were going to be affected by infusing their cells with synthetic material and other toxic substances? They *knew* that in the short and long term it would be devastating and fatal as the culling of the old that began with the first lockdowns was continued with the 'vaccine'. Death rates in care homes soared immediately residents began to be 'vaccinated' – infused with synthetic material. Brave and committed whistleblower nurses put their careers at risk by exposing this truth while the rest kept their heads down and their mouths shut to put their careers before those they are supposed to care for. A long-time American Certified Nursing Assistant who gave his name as James posted a video in which he described emotionally what happened in his care home when vaccination began. He said that during 2020 very few residents were sick with 'Covid' and no one died during the entire year; but shortly after the Pfizer mRNA injections 14 people died within two weeks and many others were near death. 'They're dropping like flies', he said. Residents who walked on their own before the shot could no longer and they had lost their ability to conduct an intelligent conversation. The home's management said the sudden deaths were caused by a 'super-spreader' of 'Covid-19'. Then how come, James asked, that residents who refused to take the injections were not sick? It was a case of inject the elderly with mRNA synthetic potions and blame their illness and death that followed on the 'virus'. James described what was happening in care homes as 'the greatest crime of genocide this country has ever seen'. Remember the NHS staff nurse from earlier who used the same

word ‘genocide’ for what was happening with the ‘vaccines’ and that it was an ‘act of human annihilation’. A UK care home whistleblower told a similar story to James about the effect of the ‘vaccine’ in deaths and ‘outbreaks’ of illness dubbed ‘Covid’ after getting the jab. She told how her care home management and staff had zealously imposed government regulations and no one was allowed to even question the official narrative let alone speak out against it. She said the NHS was even worse. Again we see the results of reframing. A worker at a local care home where I live said they had not had a single case of ‘Covid’ there for almost a year and when the residents were ‘vaccinated’ they had 19 positive cases in two weeks with eight dying.

### **It's not the 'vaccine' – honest**

The obvious cause and effect was being ignored by the media and most of the public. Australia’s health minister Greg Hunt (a former head of strategy at the World Economic Forum) was admitted to hospital after he had the ‘vaccine’. He was suffering according to reports from the skin infection ‘cellulitis’ and it must have been a severe case to have warranted days in hospital. Immediately the authorities said this was nothing to do with the ‘vaccine’ when an effect of some vaccines is a ‘cellulitis-like reaction’. We had families of perfectly healthy old people who died after the ‘vaccine’ saying that if only they had been given the ‘vaccine’ earlier they would still be alive. As a numbskull rating that is off the chart. A father of four ‘died of Covid’ at aged 48 when he was taken ill two days after having the ‘vaccine’. The man, a health administrator, had been ‘shielding during the pandemic’ and had ‘not really left the house’ until he went for the ‘vaccine’. Having the ‘vaccine’ and then falling ill and dying does not seem to have qualified as a possible cause and effect and ‘Covid-19’ went on his death certificate. His family said they had no idea how he ‘caught the virus’. A family member said: ‘Tragically, it could be that going for a vaccination ultimately led to him catching Covid ...The sad truth is that they are never going to know where it came from.’ The family warned people to remember

that the virus still existed and was ‘very real’. So was their stupidity. Nurses and doctors who had the first round of the ‘vaccine’ were collapsing, dying and ending up in a hospital bed while they or their grieving relatives were saying they’d still have the ‘vaccine’ again despite what happened. I kid you not. You mean if your husband returned from the dead he’d have the same ‘vaccine’ again that killed him??

Doctors at the VCU Medical Center in Richmond, Virginia, said the Johnson & Johnson ‘vaccine’ was to blame for a man’s skin peeling off. Patient Richard Terrell said: ‘It all just happened so fast. My skin peeled off. It’s still coming off on my hands now.’ He said it was stinging, burning and itching and when he bent his arms and legs it was very painful with ‘the skin swollen and rubbing against itself’. Pfizer/BioNTech and Moderna vaccines use mRNA to change the cell while the Johnson & Johnson version uses DNA in a process similar to AstraZeneca’s technique. Johnson & Johnson and AstraZeneca have both had their ‘vaccines’ paused by many countries after causing serious blood problems. Terrell’s doctor Fnu Nutan said he could have died if he hadn’t got medical attention. It sounds terrible so what did Nutan and Terrell say about the ‘vaccine’ now? Oh, they still recommend that people have it. A nurse in a hospital bed 40 minutes after the vaccination and unable to swallow due to throat swelling was told by a doctor that he lost mobility in his arm for 36 hours following the vaccination. What did he say to the ailing nurse? ‘Good for you for getting the vaccination.’ We are dealing with a serious form of cognitive dissonance madness in both public and medical staff. There is a remarkable correlation between those having the ‘vaccine’ and trumpeting the fact and suffering bad happenings shortly afterwards. Witold Rogiewicz, a Polish doctor, made a video of his ‘vaccination’ and ridiculed those who were questioning its safety and the intentions of Bill Gates: ‘Vaccinate yourself to protect yourself, your loved ones, friends and also patients. And to mention quickly I have info for anti-vaxxers and anti-Covidiers if you want to contact Bill Gates you can do this through me.’ He further ridiculed the dangers of 5G. Days later he

was dead, but naturally the vaccination wasn't mentioned in the verdict of 'heart attack'.

## **Lies, lies and more lies**

So many members of the human race have slipped into extreme states of insanity and unfortunately they include reframed doctors and nursing staff. Having a 'vaccine' and dying within minutes or hours is not considered a valid connection while death from any cause within 28 days or longer of a positive test with a test not testing for the 'virus' means 'Covid-19' goes on the death certificate. How could that 'vaccine'-death connection not have been made except by calculated deceit? US figures in the initial rollout period to February 12th, 2020, revealed that a third of the deaths reported to the CDC after 'Covid vaccines' happened within 48 hours. Five men in the UK suffered an 'extremely rare' blood clot problem after having the AstraZeneca 'vaccine', but no causal link was established said the Gates-funded Medicines and Healthcare products Regulatory Agency (MHRA) which had given the 'vaccine' emergency approval to be used. Former Pfizer executive Dr Michael Yeadon explained in his interview how the procedures could cause blood coagulation and clots. People who should have been at no risk were dying from blood clots in the brain and he said he had heard from medical doctor friends that people were suffering from skin bleeding and massive headaches. The AstraZeneca 'shot' was stopped by some 20 countries over the blood clotting issue and still the corrupt MHRA, the European Medicines Agency (EMA) and the World Health Organization said that it should continue to be given even though the EMA admitted that it 'still cannot rule out definitively' a link between blood clotting and the 'vaccine'. Later Marco Cavaleri, head of EMA vaccine strategy, said there was indeed a clear link between the 'vaccine' and thrombosis, but they didn't know why. So much for the trials showing the 'vaccine' is safe. Blood clots were affecting younger people who would be under virtually no danger from 'Covid' even if it existed which makes it all the more stupid and sinister.

The British government responded to public alarm by wheeling out June Raine, the terrifyingly weak infant school headmistress sound-alike who heads the UK MHRA drug ‘regulator’. The idea that she would stand up to Big Pharma and government pressure is laughable and she told us that all was well in the same way that she did when allowing untested, never-used-on-humans-before, genetically-manipulating ‘vaccines’ to be exposed to the public in the first place. Mass lying is the new normal of the ‘Covid’ era. The MHRA later said 30 cases of rare blood clots had by then been connected with the AstraZeneca ‘vaccine’ (that means a lot more in reality) while stressing that the benefits of the jab in preventing ‘Covid-19’ outweighed any risks. A more ridiculous and disingenuous statement with callous disregard for human health it is hard to contemplate. Immediately after the mendacious ‘all-clears’ two hospital workers in Denmark experienced blood clots and cerebral haemorrhaging following the AstraZeneca jab and one died. Top Norwegian health official Pål Andre Holme said the ‘vaccine’ was the only common factor: ‘There is nothing in the patient history of these individuals that can give such a powerful immune response ... I am confident that the antibodies that we have found are the cause, and I see no other explanation than it being the vaccine which triggers it.’ Strokes, a clot or bleed in the brain, were clearly associated with the ‘vaccine’ from word of mouth and whistleblower reports. Similar consequences followed with all these ‘vaccines’ that we were told were so safe and as the numbers grew by the day it was clear we were witnessing human carnage.

## **Learning the hard way**

A woman interviewed by UKColumn told how her husband suffered dramatic health effects after the vaccine when he’d been in good health all his life. He went from being a little unwell to losing all feeling in his legs and experiencing ‘excruciating pain’. Misdiagnosis followed twice at Accident and Emergency (an ‘allergy’ and ‘sciatica’) before he was admitted to a neurology ward where doctors said his serious condition had been caused by the

'vaccine'. Another seven 'vaccinated' people were apparently being treated on the same ward for similar symptoms. The woman said he had the 'vaccine' because they believed media claims that it was safe. 'I didn't think the government would give out a vaccine that does this to somebody; I believed they would be bringing out a vaccination that would be safe.' What a tragic way to learn that lesson. Another woman posted that her husband was transporting stroke patients to hospital on almost every shift and when he asked them if they had been 'vaccinated' for 'Covid' they all replied 'yes'. One had a 'massive brain bleed' the day after his second dose. She said her husband reported the 'just been vaccinated' information every time to doctors in A and E only for them to ignore it, make no notes and appear annoyed that it was even mentioned. This particular report cannot be verified, but it expresses a common theme that confirms the monumental underreporting of 'vaccine' consequences. Interestingly as the 'vaccines' and their brain blood clot/stroke consequences began to emerge the UK National Health Service began a publicity campaign telling the public what to do in the event of a stroke. A Scottish NHS staff nurse who quit in disgust in March, 2021, said:

I have seen traumatic injuries from the vaccine, they're not getting reported to the yellow card [adverse reaction] scheme, they're treating the symptoms, not asking why, why it's happening. It's just treating the symptoms and when you speak about it you're dismissed like you're crazy, I'm not crazy, I'm not crazy because every other colleague I've spoken to is terrified to speak out, they've had enough.

Videos appeared on the Internet of people uncontrollably shaking after the 'vaccine' with no control over muscles, limbs and even their face. A Scottish mother broke out in a severe rash all over her body almost immediately after she was given the AstraZeneca 'vaccine'. The pictures were horrific. Leigh King, a 41-year-old hairdresser from Lanarkshire said: 'Never in my life was I prepared for what I was about to experience ... My skin was so sore and constantly hot ... I have never felt pain like this ...' But don't you worry, the 'vaccine' is perfectly safe. Then there has been the effect on medical

staff who have been pressured to have the ‘vaccine’ by psychopathic ‘health’ authorities and government. A London hospital consultant who gave the name K. Polyakova wrote this to the *British Medical Journal* or *BMJ*:

I am currently struggling with ... the failure to report the reality of the morbidity caused by our current vaccination program within the health service and staff population. The levels of sickness after vaccination is unprecedented and staff are getting very sick and some with neurological symptoms which is having a huge impact on the health service function. Even the young and healthy are off for days, some for weeks, and some requiring medical treatment. Whole teams are being taken out as they went to get vaccinated together.

Mandatory vaccination in this instance is stupid, unethical and irresponsible when it comes to protecting our staff and public health. We are in the voluntary phase of vaccination, and encouraging staff to take an unlicensed product that is impacting on their immediate health ... it is clearly stated that these vaccine products do not offer immunity or stop transmission. In which case why are we doing it?

Not to protect health that’s for sure. Medical workers are lauded by governments for agenda reasons when they couldn’t give a toss about them any more than they can for the population in general. Schools across America faced the same situation as they closed due to the high number of teachers and other staff with bad reactions to the Pfizer/BioNTech, Moderna, and Johnson & Johnson ‘Covid vaccines’ all of which were linked to death and serious adverse effects. The *BMJ* took down the consultant’s comments pretty quickly on the grounds that they were being used to spread ‘disinformation’. They were exposing the truth about the ‘vaccine’ was the real reason. The cover-up is breathtaking.

## **Hiding the evidence**

The scale of the ‘vaccine’ death cover-up worldwide can be confirmed by comparing official figures with the personal experience of the public. I heard of many people in my community who died immediately or soon after the vaccine that would never appear in the media or even likely on the official totals of ‘vaccine’ fatalities and adverse reactions when only about ten percent are estimated to be

reported and I have seen some estimates as low as one percent in a Harvard study. In the UK alone by April 29th, 2021, some 757,654 adverse reactions had been officially reported from the Pfizer/BioNTech, Oxford/AstraZeneca and Moderna 'vaccines' with more than a thousand deaths linked to jabs and that means an estimated ten times this number in reality from a ten percent reporting rate percentage. That's seven million adverse reactions and 10,000 potential deaths and a one percent reporting rate would be ten times *those* figures. In 1976 the US government pulled the swine flu vaccine after 53 deaths. The UK data included a combined 10,000 eye disorders from the 'Covid vaccines' with more than 750 suffering visual impairment or blindness and again multiply by the estimated reporting percentages. As 'Covid cases' officially fell hospitals virtually empty during the 'Covid crisis' began to fill up with a range of other problems in the wake of the 'vaccine' rollout. The numbers across America have also been catastrophic. Deaths linked to *all* types of vaccine increased by *6,000 percent* in the first quarter of 2021 compared with 2020. A 39-year-old woman from Ogden, Utah, died four days after receiving a second dose of Moderna's 'Covid vaccine' when her liver, heart and kidneys all failed despite the fact that she had no known medical issues or conditions. Her family sought an autopsy, but Dr Erik Christensen, Utah's chief medical examiner, said proving vaccine injury as a cause of death almost never happened. He could think of only one instance where an autopsy would name a vaccine as the official cause of death and that would be anaphylaxis where someone received a vaccine and died almost instantaneously. 'Short of that, it would be difficult for us to definitively say this is the vaccine,' Christensen said. If that is true this must be added to the estimated ten percent (or far less) reporting rate of vaccine deaths and serious reactions and the conclusion can only be that vaccine deaths and serious reactions – including these 'Covid' potions – are phenomenally understated in official figures. The same story can be found everywhere. Endless accounts of deaths and serious reactions among the public, medical

and care home staff while official figures did not even begin to reflect this.

Professional script-reader Dr David Williams, a ‘top public-health official’ in Ontario, Canada, insulted our intelligence by claiming only four serious adverse reactions and no deaths from the more than 380,000 vaccine doses then given. This bore no resemblance to what people knew had happened in their own circles and we had Dirk Huyer in charge of getting millions vaccinated in Ontario while at the same time he was Chief Coroner for the province investigating causes of death including possible death from the vaccine. An aide said he had stepped back from investigating deaths, but evidence indicated otherwise. Rosemary Frei, who secured a Master of Science degree in molecular biology at the Faculty of Medicine at Canada’s University of Calgary before turning to investigative journalism, was one who could see that official figures for ‘vaccine’ deaths and reactions made no sense. She said that doctors seldom reported adverse events and when people got really sick or died after getting a vaccination they would attribute that to anything except the vaccines. It had been that way for years and anyone who wondered aloud whether the ‘Covid vaccines’ or other shots cause harm is immediately branded as ‘anti-vax’ and ‘anti-science’. This was ‘career-threatening’ for health professionals. Then there was the huge pressure to support the push to ‘vaccinate’ billions in the quickest time possible. Frei said:

So that’s where we’re at today. More than half a million vaccine doses have been given to people in Ontario alone. The rush is on to vaccinate all 15 million of us in the province by September. And the mainstream media are screaming for this to be sped up even more. That all adds up to only a very slim likelihood that we’re going to be told the truth by officials about how many people are getting sick or dying from the vaccines.

What is true of Ontario is true of everywhere.

## **They KNEW – and still did it**

The authorities knew what was going to happen with multiple deaths and adverse reactions. The UK government’s Gates-funded

and Big Pharma-dominated Medicines and Healthcare products Regulatory Agency (MHRA) hired a company to employ AI in compiling the projected reactions to the ‘vaccine’ that would otherwise be uncountable. The request for applications said: ‘The MHRA urgently seeks an Artificial Intelligence (AI) software tool to process the expected high volume of Covid-19 vaccine Adverse Drug Reaction ...’ This was from the agency, headed by the disingenuous June Raine, that gave the ‘vaccines’ emergency approval and the company was hired before the first shot was given. ‘We are going to kill and maim you – is that okay?’ ‘Oh, yes, perfectly fine – I’m very grateful, thank you, doctor.’ The range of ‘Covid vaccine’ adverse reactions goes on for page after page in the MHRA criminally underreported ‘Yellow Card’ system and includes affects to eyes, ears, skin, digestion, blood and so on. Raine’s MHRA amazingly claimed that the ‘overall safety experience ... is so far as expected from the clinical trials’. The death, serious adverse effects, deafness and blindness were *expected*? When did they ever mention that? If these human tragedies were expected then those that gave approval for the use of these ‘vaccines’ must be guilty of crimes against humanity including murder – a definition of which is ‘killing a person with malice aforethought or with recklessness manifesting extreme indifference to the value of human life.’ People involved at the MHRA, the CDC in America and their equivalent around the world must go before Nuremberg trials to answer for their callous inhumanity. We are only talking here about the immediate effects of the ‘vaccine’. The longer-term impact of the DNA synthetic manipulation is the main reason they are so hysterically desperate to inoculate the entire global population in the shortest possible time.

Africa and the developing world are a major focus for the ‘vaccine’ depopulation agenda and a mass vaccination sales-pitch is underway thanks to caring people like the Rockefellers and other Cult assets. The Rockefeller Foundation, which pre-empted the ‘Covid pandemic’ in a document published in 2010 that ‘predicted’ what happened a decade later, announced an initial \$34.95 million grant in February, 2021, ‘to ensure more equitable access to Covid-19

testing and vaccines' among other things in Africa in collaboration with '24 organizations, businesses, and government agencies'. The pan-Africa initiative would focus on 10 countries: Burkina Faso, Ethiopia, Ghana, Kenya, Nigeria, Rwanda, South Africa, Tanzania, Uganda, and Zambia'. Rajiv Shah, President of the Rockefeller Foundation and former administrator of CIA-controlled USAID, said that if Africa was not mass-vaccinated (to change the DNA of its people) it was a 'threat to all of humanity' and not fair on Africans. When someone from the Rockefeller Foundation says they want to do something to help poor and deprived people and countries it is time for a belly-laugh. They are doing this out of the goodness of their 'heart' because 'vaccinating' the entire global population is what the 'Covid' hoax set out to achieve. Official 'decolonisation' of Africa by the Cult was merely a prelude to financial colonisation on the road to a return to physical colonisation. The 'vaccine' is vital to that and the sudden and convenient death of the 'Covid' sceptic president of Tanzania can be seen in its true light. A lot of people in Africa are aware that this is another form of colonisation and exploitation and they need to stand their ground.

## **The 'vaccine is working' scam**

A potential problem for the Cult was that the 'vaccine' is meant to change human DNA and body messaging and not to protect anyone from a 'virus' never shown to exist. The vaccine couldn't work because it was not designed to work and how could they make it *appear* to be working so that more people would have it? This was overcome by lowering the amplification rate of the PCR test to produce fewer 'cases' and therefore fewer 'deaths'. Some of us had been pointing out since March, 2020, that the amplification rate of the test not testing for the 'virus' had been made artificially high to generate positive tests which they could call 'cases' to justify lockdowns. The World Health Organization recommended an absurdly high 45 amplification cycles to ensure the high positives required by the Cult and then remained silent on the issue until January 20th, 2021 – Biden's Inauguration Day. This was when the

'vaccinations' were seriously underway and on that day the WHO recommended after discussions with America's CDC that laboratories *lowered their testing amplification*. Dr David Samadi, a certified urologist and health writer, said the WHO was encouraging all labs to reduce their cycle count for PCR tests. He said the current cycle was much too high and was 'resulting in any particle being declared a positive case'. Even one mainstream news report I saw said this meant the number of 'Covid' infections may have been 'dramatically inflated'. Oh, just a little bit. The CDC in America issued new guidance to laboratories in April, 2021, to use 28 cycles *but only for 'vaccinated' people*. The timing of the CDC/WHO interventions were cynically designed to make it appear the 'vaccines' were responsible for falling cases and deaths when the real reason can be seen in the following examples. New York's state lab, the Wadsworth Center, identified 872 positive tests in July, 2020, based on a threshold of 40 cycles. When the figure was lowered to 35 cycles *43 percent* of the 872 were no longer 'positives'. At 30 cycles the figure was 63 percent. A Massachusetts lab found that between *85 to 90 percent* of people who tested positive in July with a cycle threshold of 40 would be negative at 30 cycles, Ashish Jha, MD, director of the Harvard Global Health Institute, said: 'I'm really shocked that it could be that high ... Boy, does it really change the way we need to be thinking about testing.' I'm shocked that I could see the obvious in the spring of 2020, with no medical background, and most medical professionals still haven't worked it out. No, that's not shocking – it's terrifying.

Three weeks after the WHO directive to lower PCR cycles the London *Daily Mail* ran this headline: 'Why ARE Covid cases plummeting? New infections have fallen 45% in the US and 30% globally in the past 3 weeks but experts say vaccine is NOT the main driver because only 8% of Americans and 13% of people worldwide have received their first dose.' They acknowledged that the drop could not be attributed to the 'vaccine', but soon this morphed throughout the media into the 'vaccine' has caused cases and deaths to fall when it was the PCR threshold. In December, 2020, there was

chaos at English Channel ports with truck drivers needing negative 'Covid' tests before they could board a ferry home for Christmas. The government wanted to remove the backlog as fast as possible and they brought in troops to do the 'testing'. Out of 1,600 drivers just 36 tested positive and the rest were given the all clear to cross the Channel. I guess the authorities thought that 36 was the least they could get away with without the unquestioning catching on. The amplification trick which most people believed in the absence of information in the mainstream applied more pressure on those refusing the 'vaccine' to succumb when it 'obviously worked'. The truth was the exact opposite with deaths in care homes soaring with the 'vaccine' and in Israel the term used was 'skyrocket'. A re-analysis of published data from the Israeli Health Ministry led by Dr Hervé Seligmann at the Medicine Emerging Infectious and Tropical Diseases at Aix-Marseille University found that Pfizer's 'Covid vaccine' killed 'about 40 times more [elderly] people than the disease itself would have killed' during a five-week vaccination period and 260 *times* more younger people than would have died from the 'virus' even according to the manipulated 'virus' figures. Dr Seligmann and his co-study author, Haim Yativ, declared after reviewing the Israeli 'vaccine' death data: 'This is a new Holocaust.'

Then, in mid-April, 2021, after vast numbers of people worldwide had been 'vaccinated', the story changed with clear coordination. The UK government began to prepare the ground for more future lockdowns when Nuremberg-destined Boris Johnson told yet another whopper. He said that cases had fallen because of *lockdowns* not 'vaccines'. Lockdowns are irrelevant when *there is no 'virus'* and the test and fraudulent death certificates are deciding the number of 'cases' and 'deaths'. Study after study has shown that lockdowns don't work and instead kill and psychologically destroy people. Meanwhile in the United States Anthony Fauci and Rochelle Walensky, the ultra-Zionist head of the CDC, peddled the same line. More lockdown was the answer and not the 'vaccine', a line repeated on cue by the moron that is Canadian Prime Minister Justin Trudeau. Why all the hysteria to get everyone 'vaccinated' if lockdowns and

not ‘vaccines’ made the difference? None of it makes sense on the face of it. Oh, but it does. The Cult wants lockdowns *and* the ‘vaccine’ and if the ‘vaccine’ is allowed to be seen as the total answer lockdowns would no longer be justified when there are still livelihoods to destroy. ‘Variants’ and renewed upward manipulation of PCR amplification are planned to instigate never-ending lockdown *and* more ‘vaccines’.

## **You must have it – we’re desperate**

Israel, where the Jewish and Arab population are ruled by the Sabbatian Cult, was the front-runner in imposing the DNA-manipulating ‘vaccine’ on its people to such an extent that Jewish refusers began to liken what was happening to the early years of Nazi Germany. This would seem to be a fantastic claim. Why would a government of Jewish people be acting like the Nazis did? If you realise that the Sabbatian Cult was behind the Nazis and that Sabbatians hate Jews the pieces start to fit and the question of why a ‘Jewish’ government would treat Jews with such callous disregard for their lives and freedom finds an answer. Those controlling the government of Israel *aren’t Jewish* – they’re Sabbatian. Israeli lawyer Tamir Turgal was one who made the Nazi comparison in comments to German lawyer Reiner Fuellmich who is leading a class action lawsuit against the psychopaths for crimes against humanity. Turgal described how the Israeli government was vaccinating children and pregnant women on the basis that there was no evidence that this was dangerous when they had no evidence that it *wasn’t* dangerous either. They just had no evidence. This was medical experimentation and Turgal said this breached the Nuremberg Code about medical experimentation and procedures requiring informed consent and choice. Think about that. A Nuremberg Code developed because of Nazi experimentation on Jews and others in concentration camps by people like the evil-beyond-belief Josef Mengele is being breached by the *Israeli* government; but when you know that it’s a *Sabbatian* government along with its intelligence and military agencies like Mossad, Shin Bet and the Israeli Defense Forces, and that Sabbatians

were the force behind the Nazis, the kaleidoscope comes into focus. What have we come to when Israeli Jews are suing their government for violating the Nuremberg Code by essentially making Israelis subject to a medical experiment using the controversial 'vaccines'? It's a shocker that this has to be done in the light of what happened in Nazi Germany. The Anshe Ha-Emet, or 'People of the Truth', made up of Israeli doctors, lawyers, campaigners and public, have launched a lawsuit with the International Criminal Court. It says:

When the heads of the Ministry of Health as well as the prime minister presented the vaccine in Israel and began the vaccination of Israeli residents, the vaccinated were not advised, that, in practice, they are taking part in a medical experiment and that their consent is required for this under the Nuremberg Code.

The irony is unbelievable, but easily explained in one word: Sabbatians. The foundation of Israeli 'Covid' apartheid is the 'green pass' or 'green passport' which allows Jews and Arabs who have had the DNA-manipulating 'vaccine' to go about their lives – to work, fly, travel in general, go to shopping malls, bars, restaurants, hotels, concerts, gyms, swimming pools, theatres and sports venues, while non-'vaccinated' are banned from all those places and activities. Israelis have likened the 'green pass' to the yellow stars that Jews in Nazi Germany were forced to wear – the same as the yellow stickers that a branch of UK supermarket chain Morrisons told exempt mask-wears they had to display when shopping. How very sensitive. The Israeli system is blatant South African-style apartheid on the basis of compliance or non-compliance to fascism rather than colour of the skin. How appropriate that the Sabbatian Israeli government was so close to the pre-Mandela apartheid regime in Pretoria. The Sabbatian-instigated 'vaccine passport' in Israel is planned for everywhere. Sabbatians struck a deal with Pfizer that allowed them to lead the way in the percentage of a national population infused with synthetic material and the result was catastrophic. Israeli freedom activist Shai Dannon told me how chairs were appearing on beaches that said 'vaccinated only'. Health Minister Yuli Edelstein said that anyone unwilling or unable to get

the jabs that ‘confer immunity’ will be ‘left behind’. The man’s a liar. Not even the makers claim the ‘vaccines’ confer immunity. When you see those figures of ‘vaccine’ deaths these psychopaths were saying that you must take the chance the ‘vaccine’ will kill you or maim you while knowing it will change your DNA or lockdown for you will be permanent. That’s fascism. The Israeli parliament passed a law to allow personal information of the non-vaccinated to be shared with local and national authorities for three months. This was claimed by its supporters to be a way to ‘encourage’ people to be vaccinated. Hadas Ziv from Physicians for Human Rights described this as a ‘draconian law which crushed medical ethics and the patient rights’. But that’s the idea, the Sabbatians would reply.

## **Your papers, please**

Sabbatian Israel was leading what has been planned all along to be a global ‘vaccine pass’ called a ‘green passport’ without which you would remain in permanent lockdown restriction and unable to do anything. This is how badly – *desperately* – the Cult is to get everyone ‘vaccinated’. The term and colour ‘green’ was not by chance and related to the psychology of fusing the perception of the green climate hoax with the ‘Covid’ hoax and how the ‘solution’ to both is the same Great Reset. Lying politicians, health officials and psychologists denied there were any plans for mandatory vaccinations or restrictions based on vaccinations, but they knew that was exactly what was meant to happen with governments of all countries reaching agreements to enforce a global system. ‘Free’ Denmark and ‘free’ Sweden unveiled digital vaccine certification. Cyprus, Czech Republic, Estonia, Greece, Hungary, Iceland, Italy, Poland, Portugal, Slovakia, and Spain have all committed to a vaccine passport system and the rest including the whole of the EU would follow. The satanic UK government will certainly go this way despite mendacious denials and at the time of writing it is trying to manipulate the public into having the ‘vaccine’ so they could go abroad on a summer holiday. How would that work without something to prove you had the synthetic toxicity injected into you?

Documents show that the EU's European Commission was moving towards 'vaccine certificates' in 2018 and 2019 before the 'Covid' hoax began. They knew what was coming. Abracadabra – Ursula von der Leyen, the German President of the Commission, announced in March, 2021, an EU 'Digital Green Certificate' – green again – to track the public's 'Covid status'. The passport sting is worldwide and the Far East followed the same pattern with South Korea ruling that only those with 'vaccination' passports – again the *green* pass – would be able to 'return to their daily lives'.

Bill Gates has been preparing for this 'passport' with other Cult operatives for years and beyond the paper version is a Gates-funded 'digital tattoo' to identify who has been vaccinated and who hasn't. The 'tattoo' is reported to include a substance which is externally readable to confirm who has been vaccinated. This is a bio-luminous light-generating enzyme (think fireflies) called ... *Luciferase*. Yes, named after the Cult 'god' Lucifer the 'light bringer' of whom more to come. Gates said he funded the readable tattoo to ensure children in the developing world were vaccinated and no one was missed out. He cares so much about poor kids as we know. This was just the cover story to develop a vaccine tagging system for everyone on the planet. Gates has been funding the ID2020 'alliance' to do just that in league with other lovely people at Microsoft, GAVI, the Rockefeller Foundation, Accenture and IDEO.org. He said in interviews in March, 2020, before any 'vaccine' publicly existed, that the world must have a globalised digital certificate to track the 'virus' and who had been vaccinated. Gates knew from the start that the mRNA vaccines were coming and when they would come and that the plan was to tag the 'vaccinated' to marginalise the intelligent and stop them doing anything including travel. Evil just doesn't suffice. Gates was exposed for offering a \$10 million bribe to the Nigerian House of Representatives to invoke compulsory 'Covid' vaccination of all Nigerians. Sara Cunial, a member of the Italian Parliament, called Gates a 'vaccine criminal'. She urged the Italian President to hand him over to the International Criminal Court for crimes against

humanity and condemned his plans to 'chip the human race' through ID2020.

You know it's a long-planned agenda when war criminal and Cult gofer Tony Blair is on the case. With the scale of arrogance only someone as dark as Blair can muster he said: 'Vaccination in the end is going to be your route to liberty.' Blair is a disgusting piece of work and he confirms that again. The media has given a lot of coverage to a bloke called Charlie Mullins, founder of London's biggest independent plumbing company, Pimlico Plumbers, who has said he won't employ anyone who has not been vaccinated or have them go to any home where people are not vaccinated. He said that if he had his way no one would be allowed to walk the streets if they have not been vaccinated. Gates was cheering at the time while I was alerting the white coats. The plan is that people will qualify for 'passports' for having the first two doses and then to keep it they will have to have all the follow ups and new ones for invented 'variants' until human genetics is transformed and many are dead who can't adjust to the changes. Hollywood celebrities – the usual propaganda stunt – are promoting something called the WELL Health-Safety Rating to verify that a building or space has 'taken the necessary steps to prioritize the health and safety of their staff, visitors and other stakeholders'. They included Lady Gaga, Jennifer Lopez, Michael B. Jordan, Robert DeNiro, Venus Williams, Wolfgang Puck, Deepak Chopra and 17th Surgeon General Richard Carmona. Yawn. WELL Health-Safety has big connections with China. Parent company Delos is headed by former Goldman Sachs partner Paul Scialla. This is another example – and we will see so many others – of using the excuse of 'health' to dictate the lives and activities of the population. I guess one confirmation of the 'safety' of buildings is that only 'vaccinated' people can go in, right?

## **Electronic concentration camps**

I wrote decades ago about the plans to restrict travel and here we are for those who refuse to bow to tyranny. This can be achieved in one go with air travel if the aviation industry makes a blanket decree.

The ‘vaccine’ and guaranteed income are designed to be part of a global version of China’s social credit system which tracks behaviour 24/7 and awards or deletes ‘credits’ based on whether your behaviour is supported by the state or not. I mean your entire lifestyle – what you do, eat, say, everything. Once your credit score falls below a certain level consequences kick in. In China tens of millions have been denied travel by air and train because of this. All the locations and activities denied to refusers by the ‘vaccine’ passports will be included in one big mass ban on doing almost anything for those that don’t bow their head to government. It’s beyond fascist and a new term is required to describe its extremes – I guess fascist technocracy will have to do. The way the Chinese system of technological – technocratic – control is sweeping the West can be seen in the Los Angeles school system and is planned to be expanded worldwide. Every child is required to have a ‘Covid’-tracking app scanned daily before they can enter the classroom. The so-called Daily Pass tracking system is produced by Gates’ Microsoft which I’m sure will shock you rigid. The pass will be scanned using a barcode (one step from an inside-the-body barcode) and the information will include health checks, ‘Covid’ tests and vaccinations. Entry codes are for one specific building only and access will only be allowed if a student or teacher has a negative test with a test not testing for the ‘virus’, has no symptoms of anything alleged to be related to ‘Covid’ (symptoms from a range of other illness), and has a temperature under 100 degrees. No barcode, no entry, is planned to be the case for everywhere and not only schools.

Kids are being psychologically prepared to accept this as ‘normal’ their whole life which is why what they can impose in schools is so important to the Cult and its gofers. Long-time American freedom campaigner John Whitehead of the Rutherford Institute was not exaggerating when he said: ‘Databit by databit, we are building our own electronic concentration camps.’ Canada under its Cult gofer prime minister Justin Trudeau has taken a major step towards the real thing with people interned against their will if they test positive with a test not testing for the ‘virus’ when they arrive at a Canadian

airport. They are jailed in internment hotels often without food or water for long periods and with many doors failing to lock there have been sexual assaults. The interned are being charged sometimes \$2,000 for the privilege of being abused in this way. Trudeau is fully on board with the Cult and says the 'Covid pandemic' has provided an opportunity for a global 'reset' to permanently change Western civilisation. His number two, Deputy Prime Minister Chrystia Freeland, is a trustee of the World Economic Forum and a Rhodes Scholar. The Trudeau family have long been servants of the Cult. See *The Biggest Secret* and Cathy O'Brien's book *Trance-Formation of America* for the horrific background to Trudeau's father Pierre Trudeau another Canadian prime minister. Hide your fascism behind the façade of a heart-on-the-sleeve liberal. It's a well-honed Cult technique.

## **What can the 'vaccine' really do?**

We have a 'virus' never shown to exist and 'variants' of the 'virus' that have also never been shown to exist except, like the 'original', as computer-generated fictions. Even if you believe there's a 'virus' the 'case' to 'death' rate is in the region of 0.23 to 0.15 percent and those 'deaths' are concentrated among the very old around the same average age that people die anyway. In response to this lack of threat (in truth none) psychopaths and idiots, knowingly and unknowingly answering to Gates and the Cult, are seeking to 'vaccinate' every man, woman and child on Planet Earth. Clearly the 'vaccine' is not about 'Covid' – none of this ever has been. So what is it all about *really*? Why the desperation to infuse genetically-manipulating synthetic material into everyone through mRNA fraudulent 'vaccines' with the intent of doing this over and over with the excuses of 'variants' and other 'virus' inventions? Dr Sherri Tenpenny, an osteopathic medical doctor in the United States, has made herself an expert on vaccines and their effects as a vehement campaigner against their use. Tenpenny was board certified in emergency medicine, the director of a level two trauma centre for 12 years, and moved to Cleveland in 1996 to start an integrative

medicine practice which has treated patients from all 50 states and some 17 other countries. Weaning people off pharmaceutical drugs is a speciality.

She became interested in the consequences of vaccines after attending a meeting at the National Vaccine Information Center in Washington DC in 2000 where she ‘sat through four days of listening to medical doctors and scientists and lawyers and parents of vaccine injured kids’ and asked: ‘What’s going on?’ She had never been vaccinated and never got ill while her father was given a list of vaccines to be in the military and was ‘sick his entire life’. The experience added to her questions and she began to examine vaccine documents from the Centers for Disease Control (CDC). After reading the first one, the 1998 version of *The General Recommendations of Vaccination*, she thought: ‘This is it?’ The document was poorly written and bad science and Tenpenny began 20 years of research into vaccines that continues to this day. She began her research into ‘Covid vaccines’ in March, 2020, and she describes them as ‘deadly’. For many, as we have seen, they already have been. Tenpenny said that in the first 30 days of the ‘vaccine’ rollout in the United States there had been more than 40,000 adverse events reported to the vaccine adverse event database. A document had been delivered to her the day before that was 172 pages long. ‘We have over 40,000 adverse events; we have over 3,100 cases of [potentially deadly] anaphylactic shock; we have over 5,000 neurological reactions.’ Effects ranged from headaches to numbness, dizziness and vertigo, to losing feeling in hands or feet and paraesthesia which is when limbs ‘fall asleep’ and people have the sensation of insects crawling underneath their skin. All this happened in the first 30 days and remember that only about *ten percent* (or far less) of adverse reactions and vaccine-related deaths are estimated to be officially reported. Tenpenny said:

So can you think of one single product in any industry, any industry, for as long as products have been made on the planet that within 30 days we have 40,000 people complaining of side effects that not only is still on the market but ... we’ve got paid actors telling us how great

they are for getting their vaccine. We're offering people \$500 if they will just get their vaccine and we've got nurses and doctors going; 'I got the vaccine, I got the vaccine'.

Tenpenny said they were not going to be 'happy dancing folks' when they began to suffer Bell's palsy (facial paralysis), neuropathies, cardiac arrhythmias and autoimmune reactions that kill through a blood disorder. 'They're not going to be so happy, happy then, but we're never going to see pictures of those people' she said. Tenpenny described the 'vaccine' as 'a well-designed killing tool'.

## No off-switch

Bad as the initial consequences had been Tenpenny said it would be maybe 14 months before we began to see the 'full ravage' of what is going to happen to the 'Covid vaccinated' with full-out consequences taking anything between two years and 20 years to show. You can understand why when you consider that variations of the 'Covid vaccine' use mRNA (messenger RNA) to in theory activate the immune system to produce protective antibodies without using the actual 'virus'. How can they when it's a computer program and they've never isolated what they claim is the 'real thing'? Instead they use *synthetic* mRNA. They are inoculating synthetic material into the body which through a technique known as the Trojan horse is absorbed into cells to change the nature of DNA. Human DNA is changed by an infusion of messenger RNA and with each new 'vaccine' of this type it is changed even more. Say so and you are banned by Cult Internet platforms. The contempt the contemptuous Mark Zuckerberg has for the truth and human health can be seen in an internal Facebook video leaked to the Project Veritas investigative team in which he said of the 'Covid vaccines': '... I share some caution on this because we just don't know the long term side-effects of basically modifying people's DNA and RNA.' At the same time this disgusting man's Facebook was censoring and banning anyone saying exactly the same. He must go before a Nuremberg trial for crimes against humanity when he *knows* that he

is censoring legitimate concerns and denying the right of informed consent on behalf of the Cult that owns him. People have been killed and damaged by the very ‘vaccination’ technique he cast doubt on himself when they may not have had the ‘vaccine’ with access to information that he denied them. The plan is to have at least annual ‘Covid vaccinations’, add others to deal with invented ‘variants’, and change all other vaccines into the mRNA system. Pfizer executives told shareholders at a virtual Barclays Global Healthcare Conference in March, 2021, that the public may need a third dose of ‘Covid vaccine’, plus regular yearly boosters and the company planned to hike prices to milk the profits in a ‘significant opportunity for our vaccine’. These are the professional liars, cheats and opportunists who are telling you their ‘vaccine’ is safe. Given this volume of mRNA planned to be infused into the human body and its ability to then replicate we will have a transformation of human genetics from biological to synthetic biological – exactly the long-time Cult plan for reasons we’ll see – and many will die. Sherri Tenpenny said of this replication:

It’s like having an on-button but no off-button and that whole mechanism ... they actually give it a name and they call it the Trojan horse mechanism, because it allows that [synthetic] virus and that piece of that [synthetic] virus to get inside of your cells, start to replicate and even get inserted into other parts of your DNA as a Trojan-horse.

Ask the overwhelming majority of people who have the ‘vaccine’ what they know about the contents and what they do and they would reply: ‘The government says it will stop me getting the virus.’ Governments give that false impression on purpose to increase take-up. You can read Sherri Tenpenny’s detailed analysis of the health consequences in her blog at [Vaxxter.com](http://Vaxxter.com), but in summary these are some of them. She highlights the statement by Bill Gates about how human beings can become their own ‘vaccine manufacturing machine’. The man is insane. [‘Vaccine’-generated] ‘antibodies’ carry synthetic messenger RNA into the cells and the damage starts, Tenpenny contends, and she says that lungs can be adversely affected through varying degrees of pus and bleeding which

obviously affects breathing and would be dubbed ‘Covid-19’. Even more sinister was the impact of ‘antibodies’ on macrophages, a white blood cell of the immune system. They consist of Type 1 and Type 2 which have very different functions. She said Type 1 are ‘hyper-vigilant’ white blood cells which ‘gobble up’ bacteria etc. However, in doing so, this could cause inflammation and in extreme circumstances be fatal. She says these affects are mitigated by Type 2 macrophages which kick in to calm down the system and stop it going rogue. They clear up dead tissue debris and reduce inflammation that the Type 1 ‘fire crews’ have caused. Type 1 kills the infection and Type 2 heals the damage, she says. This is her punchline with regard to ‘Covid vaccinations’: She says that mRNA ‘antibodies’ block Type 2 macrophages by attaching to them and deactivating them. This meant that when the Type 1 response was triggered by infection there was nothing to stop that getting out of hand by calming everything down. There’s an on-switch, but no off-switch, she says. What follows can be ‘over and out, see you when I see you’.

## **Genetic suicide**

Tenpenny also highlights the potential for autoimmune disease – the body attacking itself – which has been associated with vaccines since they first appeared. Infusing a synthetic foreign substance into cells could cause the immune system to react in a panic believing that the body is being overwhelmed by an invader (it is) and the consequences can again be fatal. There is an autoimmune response known as a ‘cytokine storm’ which I have likened to a homeowner panicked by an intruder and picking up a gun to shoot randomly in all directions before turning the fire on himself. The immune system unleashes a storm of inflammatory response called cytokines to a threat and the body commits hara-kiri. The lesson is that you mess with the body’s immune response at your peril and these ‘vaccines’ seriously – fundamentally – mess with immune response. Tenpenny refers to a consequence called anaphylactic shock which is a severe and highly dangerous allergic reaction when the immune system

floods the body with chemicals. She gives the example of having a bee sting which primes the immune system and makes it sensitive to those chemicals. When people are stung again maybe years later the immune response can be so powerful that it leads to anaphylactic shock. Tenpenny relates this 'shock' with regard to the 'Covid vaccine' to something called polyethylene glycol or PEG. Enormous numbers of people have become sensitive to this over decades of use in a whole range of products and processes including food, drink, skin creams and 'medicine'. Studies have claimed that some 72 percent of people have antibodies triggered by PEG compared with two percent in the 1960s and allergic hypersensitive reactions to this become a gathering cause for concern. Tenpenny points out that the 'mRNA vaccine' is coated in a 'bubble' of polyethylene glycol which has the potential to cause anaphylactic shock through immune sensitivity. Many reports have appeared of people reacting this way after having the 'Covid vaccine'. What do we think is going to happen as humanity has more and more of these 'vaccines'?

Tenpenny said: 'All these pictures we have seen with people with these rashes ... these weepy rashes, big reactions on their arms and things like that – it's an acute allergic reaction most likely to the polyethylene glycol that you've been previously primed and sensitised to.'

Those who have not studied the conspiracy and its perpetrators at length might think that making the population sensitive to PEG and then putting it in these 'vaccines' is just a coincidence. It is not. It is instead testament to how carefully and coldly-planned current events have been and the scale of the conspiracy we are dealing with. Tenpenny further explains that the 'vaccine' mRNA procedure can breach the blood-brain barrier which protects the brain from toxins and other crap that will cause malfunction. In this case they could make two proteins corrupt brain function to cause Amyotrophic lateral sclerosis (ALS), a progressive nervous system disease leading to loss of muscle control, and frontal lobe degeneration – Alzheimer's and dementia. Immunologist J. Bart Classon published a paper connecting mRNA 'vaccines' to prion

disease which can lead to Alzheimer's and other forms of neurodegenerative disease while others have pointed out the potential to affect the placenta in ways that make women infertile. This will become highly significant in the next chapter when I will discuss other aspects of this non-vaccine that relate to its nanotechnology and transmission from the injected to the uninjected.

## **Qualified in idiocy**

Tenpenny describes how research has confirmed that these 'vaccine'-generated antibodies can interact with a range of other tissues in the body and attack many other organs including the lungs. 'This means that if you have a hundred people standing in front of you that all got this shot they could have a hundred different symptoms.'

Anyone really think that Cult gofers like the Queen, Tony Blair, Christopher Whitty, Anthony Fauci, and all the other psychopaths have really had this 'vaccine' in the pictures we've seen? Not a bloody chance. Why don't doctors all tell us about all these dangers and consequences of the 'Covid vaccine'? Why instead do they encourage and pressure patients to have the shot? Don't let's think for a moment that doctors and medical staff can't be stupid, lazy, and psychopathic and that's without the financial incentives to give the jab. Tenpenny again:

Some people are going to die from the vaccine directly but a large number of people are going to start to get horribly sick and get all kinds of autoimmune diseases 42 days to maybe a year out. What are they going to do, these stupid doctors who say; 'Good for you for getting that vaccine.' What are they going to say; 'Oh, it must be a mutant, we need to give an extra dose of that vaccine.'

Because now the vaccine, instead of one dose or two doses we need three or four because the stupid physicians aren't taking the time to learn anything about it. If I can learn this sitting in my living room reading a 19 page paper and several others so can they. There's nothing special about me, I just take the time to do it.

Remember how Sara Kayat, the NHS and TV doctor, said that the 'Covid vaccine' would '100 percent prevent hospitalisation and death'. Doctors can be idiots like every other profession and they

should not be worshipped as infallible. They are not and far from it. Behind many medical and scientific ‘experts’ lies an uninformed prat trying to hide themselves from you although in the ‘Covid’ era many have failed to do so as with UK narrative-repeating ‘TV doctor’ Hilary Jones. Pushing back against the minority of proper doctors and scientists speaking out against the ‘vaccine’ has been the entire edifice of the Cult global state in the form of governments, medical systems, corporations, mainstream media, Silicon Valley, and an army of compliant doctors, medical staff and scientists willing to say anything for money and to enhance their careers by promoting the party line. If you do that you are an ‘expert’ and if you won’t you are an ‘anti-vaxxer’ and ‘Covidiot’. The pressure to be ‘vaccinated’ is incessant. We have even had reports claiming that the ‘vaccine’ can help cure cancer and Alzheimer’s and make the lame walk. I am waiting for the announcement that it can bring you coffee in the morning and cook your tea. Just as the symptoms of ‘Covid’ seem to increase by the week so have the miracles of the ‘vaccine’. American supermarket giant Kroger Co. offered nearly 500,000 employees in 35 states a \$100 bonus for having the ‘vaccine’ while donut chain Krispy Kreme promised ‘vaccinated’ customers a free glazed donut every day for the rest of 2021. Have your DNA changed and you will get a doughnut although we might not have to give you them for long. Such offers and incentives confirm the desperation.

Perhaps the worse vaccine-stunt of them all was UK ‘Health’ Secretary Matt-the-prat Hancock on live TV after watching a clip of someone being ‘vaccinated’ when the roll-out began. Hancock faked tears so badly it was embarrassing. Brain-of-Britain Piers Morgan, the lockdown-supporting, ‘vaccine’ supporting, ‘vaccine’ passport-supporting, TV host played along with Hancock – ‘You’re quite emotional about that’ he said in response to acting so atrocious it would have been called out at a school nativity which will presumably today include Mary and Jesus in masks, wise men keeping their camels six feet apart, and shepherds under tent arrest. System-serving Morgan tweeted this: ‘Love the idea of covid vaccine passports for everywhere: flights, restaurants, clubs, football, gyms,

shops etc. It's time covid-denying, anti-vaxxer loonies had their bullsh\*t bluff called & bar themselves from going anywhere that responsible citizens go.' If only I could aspire to his genius. To think that Morgan, who specialises in shouting over anyone he disagrees with, was lauded as a free speech hero when he lost his job after storming off the set of his live show like a child throwing his dolly out of the pram. If he is a free speech hero we are in real trouble. I have no idea what 'bullsh\*t' means, by the way, the \* throws me completely.

The Cult is desperate to infuse its synthetic DNA-changing concoction into everyone and has been using every lie, trick and intimidation to do so. The question of '*Why?*' we shall now address.

## CHAPTER TEN

### Human 2.0

***I believe that at the end of the century the use of words and general educated opinion will have altered so much that one will be able to speak of machines thinking without expecting to be contradicted –***

**Alan Turing (1912-1954), the ‘Father of artificial intelligence’**

I have been exposing for decades the plan to transform the human body from a biological to a synthetic-biological state. The new human that I will call Human 2.0 is planned to be connected to artificial intelligence and a global AI ‘Smart Grid’ that would operate as one global system in which AI would control everything from your fridge to your heating system to your car to your mind. Humans would no longer be ‘human’, but post-human and sub-human, with their thinking and emotional processes replaced by AI.

What I said sounded crazy and beyond science fiction and I could understand that. To any balanced, rational, mind it *is* crazy. Today, however, that world is becoming reality and it puts the ‘Covid vaccine’ into its true context. Ray Kurzweil is the ultra-Zionist ‘computer scientist, inventor and futurist’ and co-founder of the Singularity University. Singularity refers to the merging of humans with machines or ‘transhumanism’. Kurzweil has said humanity would be connected to the cyber ‘cloud’ in the period of the ever-recurring year of 2030:

Our thinking ... will be a hybrid of biological and non-biological thinking ... humans will be able to extend their limitations and ‘think in the cloud’ ... We’re going to put gateways to the

cloud in our brains ... We're going to gradually merge and enhance ourselves ... In my view, that's the nature of being human – we transcend our limitations. As the technology becomes vastly superior to what we are then the small proportion that is still human gets smaller and smaller and smaller until it's just utterly negligible.

They are trying to sell this end-of-humanity-as-we-know-it as the next stage of 'evolution' when we become super-human and 'like the gods'. They are lying to you. Shocked, eh? The population, and again especially the young, have been manipulated into addiction to technologies designed to enslave them for life. First they induced an addiction to smartphones (holdables); next they moved to technology on the body (wearables); and then began the invasion of the body (implantables). I warned way back about the plan for microchipped people and we are now entering that era. We should not be diverted into thinking that this refers only to chips we can see. Most important are the nanochips known as smart dust, neural dust and nanobots which are far too small to be seen by the human eye. Nanotechnology is everywhere, increasingly in food products, and released into the atmosphere by the geoengineering of the skies funded by Bill Gates to 'shut out the Sun' and 'save the planet from global warming'. Gates has been funding a project to spray millions of tonnes of chalk (calcium carbonate) into the stratosphere over Sweden to 'dim the Sun' and cool the Earth. Scientists warned the move could be disastrous for weather systems in ways no one can predict and opposition led to the Swedish space agency announcing that the 'experiment' would not be happening as planned in the summer of 2021; but it shows where the Cult is going with dimming the impact of the Sun and there's an associated plan to change the planet's atmosphere. Who gives psychopath Gates the right to dictate to the entire human race and dismantle planetary systems? The world will not be safe while this man is at large.

The global warming hoax has made the Sun, like the gas of life, something to fear when both are essential to good health and human survival (more inversion). The body transforms sunlight into vital vitamin D through a process involving ... *cholesterol*. This is the cholesterol we are also told to fear. We are urged to take Big Pharma

statin drugs to reduce cholesterol and it's all systematic. Reducing cholesterol means reducing vitamin D uptake with all the multiple health problems that will cause. At least if you take statins long term it saves the government from having to pay you a pension. The delivery system to block sunlight is widely referred to as chemtrails although these have a much deeper agenda, too. They appear at first to be contrails or condensation trails streaming from aircraft into cold air at high altitudes. Contrails disperse very quickly while chemtrails do not and spread out across the sky before eventually their content falls to earth. Many times I have watched aircraft cross-cross a clear blue sky releasing chemtrails until it looks like a cloudy day. Chemtrails contain many things harmful to humans and the natural world including toxic heavy metals, aluminium (see Alzheimer's) and nanotechnology. Ray Kurzweil reveals the reason without actually saying so: 'Nanobots will infuse all the matter around us with information. Rocks, trees, everything will become these intelligent creatures.' How do you deliver that? *From the sky.* Self-replicating nanobots would connect everything to the Smart Grid. The phenomenon of Morgellons disease began in the chemtrail era and the correlation has led to it being dubbed the 'chemtrail disease'. Self-replicating fibres appear in the body that can be pulled out through the skin. Morgellons fibres continue to grow outside the body and have a form of artificial intelligence. I cover this at greater length in *Phantom Self*.

## **'Vaccine' operating system**

'Covid vaccines' with their self-replicating synthetic material are also designed to make the connection between humanity and Kurzweil's 'cloud'. American doctor and dedicated campaigner for truth, Carrie Madej, an Internal Medicine Specialist in Georgia with more than 20 years medical experience, has highlighted the nanotechnology aspect of the fake 'vaccines'. She explains how one of the components in at least the Moderna and Pfizer synthetic potions are 'lipid nanoparticles' which are 'like little tiny computer bits' – a 'sci-fi substance' known as nanobots and hydrogel which can be 'triggered

at any moment to deliver its payload' and act as 'biosensors'. The synthetic substance had 'the ability to accumulate data from your body like your breathing, your respiration, thoughts and emotions, all kind of things' and each syringe could carry a *million* nanobots:

This substance because it's like little bits of computers in your body, crazy, but it's true, it can do that, [and] obviously has the ability to act through Wi-Fi. It can receive and transmit energy, messages, frequencies or impulses. That issue has never been addressed by these companies. What does that do to the human?

Just imagine getting this substance in you and it can react to things all around you, the 5G, your smart device, your phones, what is happening with that? What if something is triggering it, too, like an impulse, a frequency? We have something completely foreign in the human body.

Madej said her research revealed that electromagnetic (EMF) frequencies emitted by phones and other devices had increased dramatically in the same period of the 'vaccine' rollout and she was seeing more people with radiation problems as 5G and other electromagnetic technology was expanded and introduced to schools and hospitals. She said she was 'floored with the EMF coming off' the devices she checked. All this makes total sense and syncs with my own work of decades when you think that Moderna refers in documents to its mRNA 'vaccine' as an 'operating system':

Recognizing the broad potential of mRNA science, we set out to create an mRNA technology platform that functions very much like an operating system on a computer. It is designed so that it can plug and play interchangeably with different programs. In our case, the 'program' or 'app' is our mRNA drug – the unique mRNA sequence that codes for a protein ...

... Our mRNA Medicines – 'The Software Of Life': When we have a concept for a new mRNA medicine and begin research, fundamental components are already in place. Generally, the only thing that changes from one potential mRNA medicine to another is the coding region – the actual genetic code that instructs ribosomes to make protein. Utilizing these instruction sets gives our investigational mRNA medicines a software-like quality. We also have the ability to combine different mRNA sequences encoding for different proteins in a single mRNA investigational medicine.

Who needs a real ‘virus’ when you can create a computer version to justify infusing your operating system into the entire human race on the road to making living, breathing people into cyborgs? What is missed with the ‘vaccines’ is the *digital* connection between synthetic material and the body that I highlighted earlier with the study that hacked a computer with human DNA. On one level the body is digital, based on mathematical codes, and I’ll have more about that in the next chapter. Those who ridiculously claim that mRNA ‘vaccines’ are not designed to change human genetics should explain the words of Dr Tal Zaks, chief medical officer at Moderna, in a 2017 TED talk. He said that over the last 30 years ‘we’ve been living this phenomenal digital scientific revolution, and I’m here today to tell you, that we are actually *hacking the software of life*, and that it’s changing the way we think about prevention and treatment of disease’:

In every cell there’s this thing called messenger RNA, or mRNA for short, that transmits the critical information from the DNA in our genes to the protein, which is really the stuff we’re all made out of. This is the critical information that determines what the cell will do. So we think about it as an operating system. So if you could change that, if you could introduce a line of code, or change a line of code, it turns out, that has profound implications for everything, from the flu to cancer.

Zaks should more accurately have said that this has profound implications for the human genetic code and the nature of DNA. Communications within the body go both ways and not only one. But, hey, no, the ‘Covid vaccine’ will not affect your genetics. Cult fact-checkers say so even though the man who helped to develop the mRNA technique says that it does. Zaks said in 2017:

If you think about what it is we’re trying to do. We’ve taken information and our understanding of that information and how that information is transmitted in a cell, and we’ve taken our understanding of medicine and how to make drugs, and we’re fusing the two. We think of it as information therapy.

I have been writing for decades that the body is an information field communicating with itself and the wider world. This is why

radiation which is information can change the information field of body and mind through phenomena like 5G and change their nature and function. ‘Information therapy’ means to change the body’s information field and change the way it operates. DNA is a receiver-transmitter of information and can be mutated by information like mRNA synthetic messaging. Technology to do this has been ready and waiting in the underground bases and other secret projects to be rolled out when the ‘Covid’ hoax was played. ‘Trials’ of such short and irrelevant duration were only for public consumption. When they say the ‘vaccine’ is ‘experimental’ that is not true. It may appear to be ‘experimental’ to those who don’t know what’s going on, but the trials have already been done to ensure the Cult gets the result it desires. Zaks said that it took decades to sequence the human genome, completed in 2003, but now they could do it in a week. By ‘they’ he means scientists operating in the public domain. In the secret projects they were sequencing the genome in a week long before even 2003.

## **Deluge of mRNA**

Highly significantly the Moderna document says the guiding premise is that if using mRNA as a medicine works for one disease then it should work for many diseases. They were leveraging the flexibility afforded by their platform and the fundamental role mRNA plays in protein synthesis to pursue mRNA medicines for a broad spectrum of diseases. Moderna is confirming what I was saying through 2020 that multiple ‘vaccines’ were planned for ‘Covid’ (and later invented ‘variants’) and that previous vaccines would be converted to the mRNA system to infuse the body with massive amounts of genetically-manipulating synthetic material to secure a transformation to a synthetic-biological state. The ‘vaccines’ are designed to kill stunning numbers as part of the long-exposed Cult depopulation agenda and transform the rest. Given this is the goal you can appreciate why there is such hysterical demand for every human to be ‘vaccinated’ for an alleged ‘disease’ that has an estimated ‘infection’ to ‘death’ ratio of 0.23-0.15 percent. As I write

children are being given the ‘vaccine’ in trials (their parents are a disgrace) and ever-younger people are being offered the vaccine for a ‘virus’ that even if you believe it exists has virtually zero chance of harming them. Horrific effects of the ‘trials’ on a 12-year-old girl were revealed by a family member to be serious brain and gastric problems that included a bowel obstruction and the inability to swallow liquids or solids. She was unable to eat or drink without throwing up, had extreme pain in her back, neck and abdomen, and was paralysed from the waist down which stopped her urinating unaided. When the girl was first taken to hospital doctors said it was all in her mind. She was signed up for the ‘trial’ by her parents for whom no words suffice. None of this ‘Covid vaccine’ insanity makes any sense unless you see what the ‘vaccine’ really is – a body-changer. Synthetic biology or ‘SynBio’ is a fast-emerging and expanding scientific discipline which includes everything from genetic and molecular engineering to electrical and computer engineering. Synthetic biology is defined in these ways:

- A multidisciplinary area of research that seeks to create new biological parts, devices, and systems, or to redesign systems that are already found in nature.
- The use of a mixture of physical engineering and genetic engineering to create new (and therefore synthetic) life forms.
- An emerging field of research that aims to combine the knowledge and methods of biology, engineering and related disciplines in the design of chemically-synthesized DNA to create organisms with novel or enhanced characteristics and traits (synthetic organisms including humans).

We now have synthetic blood, skin, organs and limbs being developed along with synthetic body parts produced by 3D printers. These are all elements of the synthetic human programme and this comment by Kurzweil’s co-founder of the Singularity University,

Peter Diamandis, can be seen in a whole new light with the 'Covid' hoax and the sanctions against those that refuse the 'vaccine':

Anybody who is going to be resisting the progress forward [to transhumanism] is going to be resisting evolution and, fundamentally, they will die out. It's not a matter of whether it's good or bad. It's going to happen.

'Resisting evolution'? What absolute bollocks. The arrogance of these people is without limit. His 'it's going to happen' mantra is another way of saying 'resistance is futile' to break the spirit of those pushing back and we must not fall for it. Getting this genetically-transforming 'vaccine' into everyone is crucial to the Cult plan for total control and the desperation to achieve that is clear for anyone to see. Vaccine passports are a major factor in this and they, too, are a form of resistance is futile. It's NOT. The paper funded by the Rockefeller Foundation for the 2013 'health conference' in China said:

We will interact more with artificial intelligence. The use of robotics, bio-engineering to augment human functioning is already well underway and will advance. Re-engineering of humans into potentially separate and unequal forms through genetic engineering or mixed human-robots raises debates on ethics and equality.

A new demography is projected to emerge after 2030 [that year again] of technologies (robotics, genetic engineering, nanotechnology) producing robots, engineered organisms, 'nanobots' and artificial intelligence (AI) that can self-replicate. Debates will grow on the implications of an impending reality of human designed life.

What is happening today is so long planned. The world army enforcing the will of the world government is intended to be a robot army, not a human one. Today's military and its technologically 'enhanced' troops, pilotless planes and driverless vehicles are just stepping stones to that end. Human soldiers are used as Cult fodder and its time they woke up to that and worked for the freedom of the population instead of their own destruction and their family's destruction – the same with the police. Join us and let's sort this out. The phenomenon of enforce my own destruction is widespread in the 'Covid' era with Woker 'luvvies' in the acting and entertainment

industries supporting ‘Covid’ rules which have destroyed their profession and the same with those among the public who put signs on the doors of their businesses ‘closed due to Covid – stay safe’ when many will never reopen. It’s a form of masochism and most certainly insanity.

## **Transgender = transhumanism**

When something explodes out of nowhere and is suddenly everywhere it is always the Cult agenda and so it is with the tidal wave of claims and demands that have infiltrated every aspect of society under the heading of ‘transgenderism’. The term ‘trans’ is so ‘in’ and this is the dictionary definition:

A prefix meaning ‘across’, ‘through’, occurring ... in loanwords from Latin, used in particular for denoting movement or conveyance from place to place (transfer; transmit; transplant) or complete change (transform; transmute), or to form adjectives meaning ‘crossing’, ‘on the other side of’, or ‘going beyond’ the place named (transmontane; transnational; trans-Siberian).

Transgender means to go beyond gender and transhuman means to go beyond human. Both are aspects of the Cult plan to transform the human body to a synthetic state with *no gender*. Human 2.0 is not designed to procreate and would be produced technologically with no need for parents. The new human would mean the end of parents and so men, and increasingly women, are being targeted for the deletion of their rights and status. Parental rights are disappearing at an ever-quickening speed for the same reason. The new human would have no need for men or women when there is no procreation and no gender. Perhaps the transgender movement that appears to be in a permanent state of frenzy might now contemplate on how it is being used. This was never about transgender rights which are only the interim excuse for confusing gender, particularly in the young, on the road to *fusing* gender. Transgender activism is not an end; it is a *means* to an end. We see again the technique of creative destruction in which you destroy the status quo to ‘build back better’ in the form that you want. The gender status quo had to be

destroyed by persuading the Cult-created Woke mentality to believe that you can have 100 genders or more. A programme for 9 to 12 year olds produced by the Cult-owned BBC promoted the 100 genders narrative. The very idea may be the most monumental nonsense, but it is not what is true that counts, only what you can make people *believe* is true. Once the gender of  $2 + 2 = 4$  has been dismantled through indoctrination, intimidation and  $2 + 2 = 5$  then the new no-gender normal can take its place with Human 2.0.

Aldous Huxley revealed the plan in his prophetic *Brave New World* in 1932:

Natural reproduction has been done away with and children are created, 'decanted', and raised in 'hatcheries and conditioning centres'. From birth, people are genetically designed to fit into one of five castes, which are further split into 'Plus' and 'Minus' members and designed to fulfil predetermined positions within the social and economic strata of the World State.

How could Huxley know this in 1932? For the same reason George Orwell knew about the Big Brother state in 1948, Cult insiders I have quoted knew about it in 1969, and I have known about it since the early 1990s. If you are connected to the Cult or you work your balls off to uncover the plan you can predict the future. The process is simple. If there is a plan for the world and nothing intervenes to stop it then it will happen. Thus if you communicate the plan ahead of time you are perceived to have predicted the future, but you haven't. You have revealed the plan which without intervention will become the human future. The whole reason I have done what I have is to alert enough people to inspire an intervention and maybe at last that time has come with the Cult and its intentions now so obvious to anyone with a brain in working order.

## **The future is here**

Technological wombs that Huxley described to replace parent procreation are already being developed and they are only the projects we know about in the public arena. Israeli scientists told *The Times of Israel* in March, 2021, that they have grown 250-cell embryos

into mouse foetuses with fully formed organs using artificial wombs in a development they say could pave the way for gestating humans outside the womb. Professor Jacob Hanna of the Weizmann Institute of Science said:

We took mouse embryos from the mother at day five of development, when they are just of 250 cells, and had them in the incubator from day five until day 11, by which point they had grown all their organs.

By day 11 they make their own blood and have a beating heart, a fully developed brain. Anybody would look at them and say, 'this is clearly a mouse foetus with all the characteristics of a mouse.' It's gone from being a ball of cells to being an advanced foetus.

A special liquid is used to nourish embryo cells in a laboratory dish and they float on the liquid to duplicate the first stage of embryonic development. The incubator creates all the right conditions for its development, Hanna said. The liquid gives the embryo 'all the nutrients, hormones and sugars they need' along with a custom-made electronic incubator which controls gas concentration, pressure and temperature. The cutting-edge in the underground bases and other secret locations will be light years ahead of that, however, and this was reported by the London *Guardian* in 2017:

We are approaching a biotechnological breakthrough. Ectogenesis, the invention of a complete external womb, could completely change the nature of human reproduction. In April this year, researchers at the Children's Hospital of Philadelphia announced their development of an artificial womb.

The article was headed 'Artificial wombs could soon be a reality. What will this mean for women?' What would it mean for children is an even bigger question. No mother to bond with only a machine in preparation for a life of soulless interaction and control in a world governed by machines (see the *Matrix* movies). Now observe the calculated manipulations of the 'Covid' hoax as human interaction and warmth has been curtailed by distancing, isolation and fear with people communicating via machines on a scale never seen before.

These are all dots in the same picture as are all the personal assistants, gadgets and children's toys through which kids and adults communicate with AI as if it is human. The AI 'voice' on Sat-Nav should be included. All these things are psychological preparation for the Cult endgame. Before you can make a physical connection with AI you have to make a psychological connection and that is what people are being conditioned to do with this ever gathering human-AI interaction. Movies and TV programmes depicting the transhuman, robot dystopia relate to a phenomenon known as 'pre-emptive programming' in which the world that is planned is portrayed everywhere in movies, TV and advertising. This is conditioning the conscious and subconscious mind to become familiar with the planned reality to dilute resistance when it happens for real. What would have been a shock such is the change is made less so. We have young children put on the road to transgender transition surgery with puberty blocking drugs at an age when they could never be able to make those life-changing decisions.

Rachel Levine, a professor of paediatrics and psychiatry who believes in treating children this way, became America's highest-ranked openly-transgender official when she was confirmed as US Assistant Secretary at the Department of Health and Human Services after being nominated by Joe Biden (the Cult). Activists and governments press for laws to deny parents a say in their children's transition process so the kids can be isolated and manipulated into agreeing to irreversible medical procedures. A Canadian father Robert Hoogland was denied bail by the Vancouver Supreme Court in 2021 and remained in jail for breaching a court order that he stay silent over his young teenage daughter, a minor, who was being offered life-changing hormone therapy without parental consent. At the age of 12 the girl's 'school counsellor' said she may be transgender, referred her to a doctor and told the school to treat her like a boy. This is another example of state-serving schools imposing ever more control over children's lives while parents have ever less.

Contemptible and extreme child abuse is happening all over the world as the Cult gender-fusion operation goes into warp-speed.

## **Why the war on men – and now women?**

The question about what artificial wombs mean for women should rightly be asked. The answer can be seen in the deletion of women's rights involving sport, changing rooms, toilets and status in favour of people in male bodies claiming to identify as women. I can identify as a mountain climber, but it doesn't mean I can climb a mountain any more than a biological man can be a biological woman. To believe so is a triumph of belief over factual reality which is the very perceptual basis of everything Woke. Women's sport is being destroyed by allowing those with male bodies who say they identify as female to 'compete' with girls and women. Male body 'women' dominate 'women's' competition with their greater muscle mass, bone density, strength and speed. With that disadvantage sport for women loses all meaning. To put this in perspective nearly 300 American high school boys can run faster than the quickest woman sprinter in the world. Women are seeing their previously protected spaces invaded by male bodies simply because they claim to identify as women. That's all they need to do to access all women's spaces and activities under the Biden 'Equality Act' that destroys equality for women with the usual Orwellian Woke inversion. Male sex offenders have already committed rapes in women's prisons after claiming to identify as women to get them transferred. Does this not matter to the Woke 'equality' hypocrites? Not in the least. What matters to Cult manipulators and funders behind transgender activists is to advance gender fusion on the way to the no-gender 'human'. When you are seeking to impose transparent nonsense like this, or the 'Covid' hoax, the only way the nonsense can prevail is through censorship and intimidation of dissenters, deletion of factual information, and programming of the unquestioning, bewildered and naive. You don't have to scan the world for long to see that all these things are happening.

Many women's rights organisations have realised that rights and status which took such a long time to secure are being eroded and that it is systematic. Kara Dansky of the global Women's Human Rights Campaign said that Biden's transgender executive order immediately he took office, subsequent orders, and Equality Act legislation that followed 'seek to erase women and girls in the law as a category'. *Exactly.* I said during the long ago-started war on men (in which many women play a crucial part) that this was going to turn into a war on them. The Cult is phasing out *both* male and female genders. To get away with that they are brought into conflict so they are busy fighting each other while the Cult completes the job with no unity of response. Unity, people, *unity*. We need unity everywhere. Transgender is the only show in town as the big step towards the no-gender human. It's not about rights for transgender people and never has been. Woke political correctness is deleting words relating to genders to the same end. Wokers believe this is to be 'inclusive' when the opposite is true. They are deleting words describing gender because gender *itself* is being deleted by Human 2.0. Terms like 'man', 'woman', 'mother' and 'father' are being deleted in the universities and other institutions to be replaced by the *no-gender*, not trans-gender, 'individuals' and 'guardians'. Women's rights campaigner Maria Keffler of Partners for Ethical Care said: 'Children are being taught from kindergarten upward that some boys have a vagina, some girls have a penis, and that kids can be any gender they want to be.' Do we really believe that suddenly countries all over the world at the same time had the idea of having drag queens go into schools or read transgender stories to very young children in the local library? It's coldly-calculated confusion of gender on the way to the fusion of gender. Suzanne Vierling, a psychologist from Southern California, made another important point:

Yesterday's slave woman who endured gynecological medical experiments is today's girl-child being butchered in a booming gender-transitioning sector. Ovaries removed, pushing her into menopause and osteoporosis, uncharted territory, and parents' rights and authority decimated.

The erosion of parental rights is a common theme in line with the Cult plans to erase the very concept of parents and 'ovaries removed, pushing her into menopause' means what? Those born female lose the ability to have children – another way to discontinue humanity as we know it.

## **Eliminating Human 1.0 (before our very eyes)**

To pave the way for Human 2.0 you must phase out Human 1.0. This is happening through plummeting sperm counts and making women infertile through an onslaught of chemicals, radiation (including smartphones in pockets of men) and mRNA 'vaccines'. Common agriculture pesticides are also having a devastating impact on human fertility. I have been tracking collapsing sperm counts in the books for a long time and in 2021 came a book by fertility scientist and reproductive epidemiologist Shanna Swan, *Count Down: How Our Modern World Is Threatening Sperm Counts, Altering Male and Female Reproductive Development and Imperiling the Future of the Human Race*. She reports how the global fertility rate dropped by half between 1960 and 2016 with America's birth rate 16 percent below where it needs to be to sustain the population. Women are experiencing declining egg quality, more miscarriages, and more couples suffer from infertility. Other findings were an increase in erectile dysfunction, infant boys developing more genital abnormalities, male problems with conception, and plunging levels of the male hormone testosterone which would explain why so many men have lost their backbone and masculinity. This has been very evident during the 'Covid' hoax when women have been prominent among the Pushbackers and big strapping blokes have bowed their heads, covered their faces with a nappy and quietly submitted. Mind control expert Cathy O'Brien also points to how global education introduced the concept of 'we're all winners' in sport and classrooms: 'Competition was defused, and it in turn defused a sense of fighting back.' This is another version of the 'equity' doctrine in which you drive down rather than raise up. What a contrast in Cult-controlled China with its global ambitions

where the government published plans in January, 2021, to 'cultivate masculinity' in boys from kindergarten through to high school in the face of a 'masculinity crisis'. A government adviser said boys would be soon become 'delicate, timid and effeminate' unless action was taken. Don't expect any similar policy in the targeted West. A 2006 study showed that a 65-year-old man in 2002 had testosterone levels 15 percent lower than a 65-year-old man in 1987 while a 2020 study found a similar story with young adults and adolescents. Men are getting prescriptions for testosterone replacement therapy which causes an even greater drop in sperm count with up to 99 percent seeing sperm counts drop to zero during the treatment. More sperm is defective and malfunctioning with some having two heads or not pursuing an egg.

A class of *synthetic* chemicals known as phthalates are being blamed for the decline. These are found everywhere in plastics, shampoos, cosmetics, furniture, flame retardants, personal care products, pesticides, canned foods and even receipts. Why till receipts? Everyone touches them. Let no one delude themselves that all this is not systematic to advance the long-time agenda for human body transformation. Phthalates mimic hormones and disrupt the hormone balance causing testosterone to fall and genital birth defects in male infants. Animals and fish have been affected in the same way due to phthalates and other toxins in rivers. When fish turn gay or change sex through chemicals in rivers and streams it is a pointer to why there has been such an increase in gay people and the sexually confused. It doesn't matter to me what sexuality people choose to be, but if it's being affected by chemical pollution and consumption then we need to know. Does anyone really think that this is not connected to the transgender agenda, the war on men and the condemnation of male 'toxic masculinity'? You watch this being followed by 'toxic femininity'. It's already happening. When breastfeeding becomes 'chest-feeding', pregnant women become pregnant people along with all the other Woke claptrap you know that the world is going insane and there's a Cult scam in progress. Transgender activists are promoting the Cult agenda while Cult

billionaires support and fund the insanity as they laugh themselves to sleep at the sheer stupidity for which humans must be infamous in galaxies far, far away.

## **'Covid vaccines' and female infertility**

We can now see why the 'vaccine' has been connected to potential infertility in women. Dr Michael Yeadon, former Vice President and Chief Scientific Advisor at Pfizer, and Dr Wolfgang Wodarg in Germany, filed a petition with the European Medicines Agency in December, 2020, urging them to stop trials for the Pfizer/BioNTech shot and all other mRNA trials until further studies had been done. They were particularly concerned about possible effects on fertility with 'vaccine'-produced antibodies attacking the protein Syncytin-1 which is responsible for developing the placenta. The result would be infertility 'of indefinite duration' in women who have the 'vaccine' with the placenta failing to form. Section 10.4.2 of the Pfizer/BioNTech trial protocol says that pregnant women or those who might become so should not have mRNA shots. Section 10.4 warns men taking mRNA shots to 'be abstinent from heterosexual intercourse' and not to donate sperm. The UK government said that it *did not know* if the mRNA procedure had an effect on fertility. *Did not know?* These people have to go to jail. UK government advice did not recommend at the start that pregnant women had the shot and said they should avoid pregnancy for at least two months after 'vaccination'. The 'advice' was later updated to pregnant women should only have the 'vaccine' if the benefits outweighed the risks to mother and foetus. What the hell is that supposed to mean? Then 'spontaneous abortions' began to appear and rapidly increase on the adverse reaction reporting schemes which include only a fraction of adverse reactions. Thousands and ever-growing numbers of 'vaccinated' women are describing changes to their menstrual cycle with heavier blood flow, irregular periods and menstruating again after going through the menopause – all links to reproduction effects. Women are passing blood clots and the lining of their uterus while men report erectile dysfunction and blood effects. Most

significantly of all *unvaccinated* women began to report similar menstrual changes after interaction with '*vaccinated*' people and men and children were also affected with bleeding noses, blood clots and other conditions. 'Shedding' is when vaccinated people can emit the content of a vaccine to affect the unvaccinated, but this is different. '*Vaccinated*' people were not shedding a 'live virus' allegedly in '*vaccines*' as before because the fake '*Covid vaccines*' involve synthetic material and other toxicity. Doctors exposing what is happening prefer the term '*transmission*' to shedding. Somehow those that have had the shots are transmitting effects to those that haven't. Dr Carrie Madej said the nano-content of the '*vaccines*' can 'act like an antenna' to others around them which fits perfectly with my own conclusions. This '*vaccine*' transmission phenomenon was becoming known as the book went into production and I deal with this further in the Postscript.

Vaccine effects on sterility are well known. The World Health Organization was accused in 2014 of sterilising millions of women in Kenya with the evidence confirmed by the content of the vaccines involved. The same WHO behind the '*Covid*' hoax admitted its involvement for more than ten years with the vaccine programme. Other countries made similar claims. Charges were lodged by Tanzania, Nicaragua, Mexico, and the Philippines. The Gardasil vaccine claimed to protect against a genital 'virus' known as HPV has also been linked to infertility. Big Pharma and the WHO (same thing) are criminal and satanic entities. Then there's the Bill Gates Foundation which is connected through funding and shared interests with 20 pharmaceutical giants and laboratories. He stands accused of directing the policy of United Nations Children's Fund (UNICEF), vaccine alliance GAVI, and other groupings, to advance the vaccine agenda and silence opposition at great cost to women and children. At the same time Gates wants to reduce the global population. Coincidence?

**Great Reset = Smart Grid = new human**

The Cult agenda I have been exposing for 30 years is now being openly promoted by Cult assets like Gates and Klaus Schwab of the World Economic Forum under code-terms like the 'Great Reset', 'Build Back Better' and 'a rare but narrow window of opportunity to reflect, reimagine, and reset our world'. What provided this 'rare but narrow window of opportunity'? The 'Covid' hoax did. Who created that? *They* did. My books from not that long ago warned about the planned 'Internet of Things' (IoT) and its implications for human freedom. This was the plan to connect all technology to the Internet and artificial intelligence and today we are way down that road with an estimated 36 billion devices connected to the World Wide Web and that figure is projected to be 76 billion by 2025. I further warned that the Cult planned to go beyond that to the Internet of *Everything* when the human brain was connected via AI to the Internet and Kurzweil's 'cloud'. Now we have Cult operatives like Schwab calling for precisely that under the term 'Internet of Bodies', a fusion of the physical, digital and biological into one centrally-controlled Smart Grid system which the Cult refers to as the 'Fourth Industrial Revolution'. They talk about the 'biological', but they really mean the synthetic-biological which is required to fully integrate the human body and brain into the Smart Grid and artificial intelligence planned to replace the human mind. We have everything being synthetically manipulated including the natural world through GMO and smart dust, the food we eat and the human body itself with synthetic 'vaccines'. I said in *The Answer* that we would see the Cult push for synthetic meat to replace animals and in February, 2021, the so predictable psychopath Bill Gates called for the introduction of synthetic meat to save us all from 'climate change'. The climate hoax just keeps on giving like the 'Covid' hoax. The war on meat by vegan activists is a carbon (oops, sorry) copy of the manipulation of transgender activists. They have no idea (except their inner core) that they are being used to promote and impose the agenda of the Cult or that they are only the *vehicle* and not the *reason*. This is not to say those who choose not to eat meat shouldn't be respected and supported in that right, but there are ulterior motives

for those in power. A *Forbes* article in December, 2019, highlighted the plan so beloved of Schwab and the Cult under the heading: 'What Is The Internet of Bodies? And How Is It Changing Our World?' The article said the human body is the latest data platform (remember 'our vaccine is an operating system'). *Forbes* described the plan very accurately and the words could have come straight out of my books from long before:

The Internet of Bodies (IoB) is an extension of the IoT and basically connects the human body to a network through devices that are ingested, implanted, or connected to the body in some way. Once connected, data can be exchanged, and the body and device can be remotely monitored and controlled.

They were really describing a human hive mind with human perception centrally-dictated via an AI connection as well as allowing people to be 'remotely monitored and controlled'.

Everything from a fridge to a human mind could be directed from a central point by these insane psychopaths and 'Covid vaccines' are crucial to this. *Forbes* explained the process I mentioned earlier of holdable and wearable technology followed by implantable. The article said there were three generations of the Internet of Bodies that include:

- Body external: These are wearable devices such as Apple Watches or Fitbits that can monitor our health.
- Body internal: These include pacemakers, cochlear implants, and digital pills that go inside our bodies to monitor or control various aspects of health.
- Body embedded: The third generation of the Internet of Bodies is embedded technology where technology and the human body are melded together and have a real-time connection to a remote machine.

*Forbes* noted the development of the Brain Computer Interface (BCI) which merges the brain with an external device for monitoring and controlling in real-time. ‘The ultimate goal is to help restore function to individuals with disabilities by using brain signals rather than conventional neuromuscular pathways.’ Oh, do fuck off. The goal of brain interface technology is controlling human thought and emotion from the central point in a hive mind serving its masters wishes. Many people are now agreeing to be chipped to open doors without a key. You can recognise them because they’ll be wearing a mask, social distancing and lining up for the ‘vaccine’. The Cult plans a Great Reset money system after they have completed the demolition of the global economy in which ‘money’ will be exchanged through communication with body operating systems. Rand Corporation, a Cult-owned think tank, said of the Internet of Bodies or IoB:

Internet of Bodies technologies fall under the broader IoT umbrella. But as the name suggests, IoB devices introduce an even more intimate interplay between humans and gadgets. IoB devices monitor the human body, collect health metrics and other personal information, and transmit those data over the Internet. Many devices, such as fitness trackers, are already in use ... IoB devices ... and those in development can track, record, and store users’ whereabouts, bodily functions, and what they see, hear, and even think.

Schwab’s World Economic Forum, a long-winded way of saying ‘fascism’ or ‘the Cult’, has gone full-on with the Internet of Bodies in the ‘Covid’ era. ‘We’re entering the era of the Internet of Bodies’, it declared, ‘collecting our physical data via a range of devices that can be implanted, swallowed or worn’. The result would be a huge amount of health-related data that could improve human wellbeing around the world, and prove crucial in fighting the ‘Covid-19 pandemic’. Does anyone think these clowns care about ‘human wellbeing’ after the death and devastation their pandemic hoax has purposely caused? Schwab and co say we should move forward with the Internet of Bodies because ‘Keeping track of symptoms could help us stop the spread of infection, and quickly detect new cases’. How wonderful, but keeping track’ is all they are really bothered

about. Researchers were investigating if data gathered from smartwatches and similar devices could be used as viral infection alerts by tracking the user's heart rate and breathing. Schwab said in his 2018 book *Shaping the Future of the Fourth Industrial Revolution*:

The lines between technologies and beings are becoming blurred and not just by the ability to create lifelike robots or synthetics. Instead it is about the ability of new technologies to literally become part of us. Technologies already influence how we understand ourselves, how we think about each other, and how we determine our realities. As the technologies ... give us deeper access to parts of ourselves, we may begin to integrate digital technologies into our bodies.

You can see what the game is. Twenty-four hour control and people – if you could still call them that – would never know when something would go ping and take them out of circulation. It's the most obvious rush to a global fascist dictatorship and the complete submission of humanity and yet still so many are locked away in their Cult-induced perceptual coma and can't see it.

## **Smart Grid control centres**

The human body is being transformed by the 'vaccines' and in other ways into a synthetic cyborg that can be attached to the global Smart Grid which would be controlled from a central point and other sub-locations of Grid manipulation. Where are these planned to be? Well, China for a start which is one of the Cult's biggest centres of operation. The technological control system and technocratic rule was incubated here to be unleashed across the world after the 'Covid' hoax came out of China in 2020. Another Smart Grid location that will surprise people new to this is Israel. I have exposed in *The Trigger* how Sabbatian technocrats, intelligence and military operatives were behind the horrors of 9/11 and not 19 Arab hijackers' who somehow manifested the ability to pilot big passenger airliners when instructors at puddle-jumping flying schools described some of them as a joke. The 9/11 attacks were made possible through control of civilian and military air computer systems and those of the White House, Pentagon and connected agencies. See *The Trigger* – it

will blow your mind. The controlling and coordinating force were the Sabbatian networks in Israel and the United States which by then had infiltrated the entire US government, military and intelligence system. The real name of the American Deep State is 'Sabbatian State'. Israel is a tiny country of only nine million people, but it is one of the global centres of cyber operations and fast catching Silicon Valley in importance to the Cult. Israel is known as the 'start-up nation' for all the cyber companies spawned there with the Sabbatian specialisation of 'cyber security' that I mentioned earlier which gives those companies access to computer systems of their clients in real time through 'backdoors' written into the coding when security software is downloaded. The Sabbatian centre of cyber operations outside Silicon Valley is the Israeli military Cyber Intelligence Unit, the biggest infrastructure project in Israel's history, headquartered in the desert-city of Beersheba and involving some 20,000 'cyber soldiers'. Here are located a literal army of Internet trolls scanning social media, forums and comment lists for anyone challenging the Cult agenda. The UK military has something similar with its 77th Brigade and associated operations. The Beersheba complex includes research and development centres for other Cult operations such as Intel, Microsoft, IBM, Google, Apple, Hewlett-Packard, Cisco Systems, Facebook and Motorola. [Techcrunch.com](#) ran an article about the Beersheba global Internet technology centre headlined 'Israel's desert city of Beersheba is turning into a cybertech oasis':

The military's massive relocation of its prestigious technology units, the presence of multinational and local companies, a close proximity to Ben Gurion University and generous government subsidies are turning Beersheba into a major global cybertech hub. Beersheba has all of the ingredients of a vibrant security technology ecosystem, including Ben Gurion University with its graduate program in cybersecurity and Cyber Security Research Center, and the presence of companies such as EMC, Deutsche Telekom, PayPal, Oracle, IBM, and Lockheed Martin. It's also the future home of the INCB (Israeli National Cyber Bureau); offers a special income tax incentive for cyber security companies, and was the site for the relocation of the army's intelligence corps units.

Sabbatians have taken over the cyber world through the following process: They scan the schools for likely cyber talent and develop them at Ben Gurion University and their period of conscription in the Israeli Defense Forces when they are stationed at the Beersheba complex. When the cyber talented officially leave the army they are funded to start cyber companies with technology developed by themselves or given to them by the state. Much of this is stolen through backdoors of computer systems around the world with America top of the list. Others are sent off to Silicon Valley to start companies or join the major ones and so we have many major positions filled by apparently 'Jewish' but really Sabbatian operatives. Google, YouTube and Facebook are all run by 'Jewish' CEOs while Twitter is all but run by ultra-Zionist hedge-fund shark Paul Singer. At the centre of the Sabbatian global cyber web is the Israeli army's Unit 8200 which specialises in hacking into computer systems of other countries, inserting viruses, gathering information, instigating malfunction, and even taking control of them from a distance. A long list of Sabbatians involved with 9/11, Silicon Valley and Israeli cyber security companies are operatives of Unit 8200. This is not about Israel. It's about the Cult. Israel is planned to be a Smart Grid hub as with China and what is happening at Beersheba is not for the benefit of Jewish people who are treated disgustingly by the Sabbatian elite that control the country. A glance at the Nuremberg Codes will tell you that.

The story is much bigger than 'Covid', important as that is to where we are being taken. Now, though, it's time to really strap in. There's more ... much more ...

## CHAPTER ELEVEN

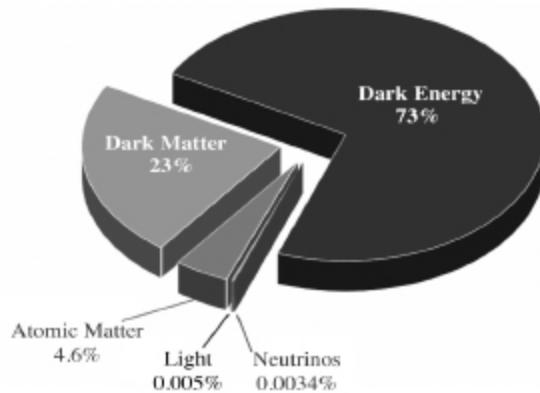
### Who controls the Cult?

*Awake, arise or be forever fall'n*  
John Milton, *Paradise Lost*

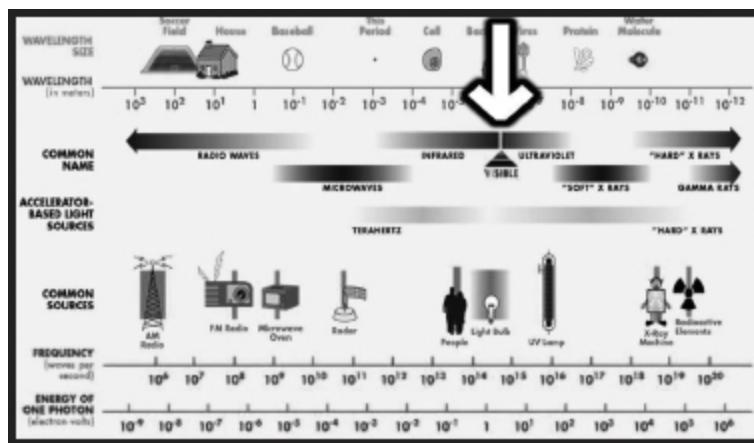
I have exposed this far the level of the Cult conspiracy that operates in the world of the seen and within the global secret society and satanic network which operates in the shadows one step back from the seen. The story, however, goes much deeper than that.

The 'Covid' hoax is major part of the Cult agenda, but only part, and to grasp the biggest picture we have to expand our attention beyond the realm of human sight and into the infinity of possibility that we cannot see. It is from here, ultimately, that humanity is being manipulated into a state of total control by the force which dictates the actions of the Cult. How much of reality can we see? Next to damn all is the answer. We may appear to see all there is to see in the 'space' our eyes survey and observe, but little could be further from the truth. The human 'world' is only a tiny band of frequency that the body's visual and perceptual systems can decode into *perception* of a 'world'. According to mainstream science the electromagnetic spectrum is 0.005 percent of what exists in the Universe ([Fig 10](#)). The maximum estimate I have seen is 0.5 percent and either way it's minuscule. I say it is far, far, smaller even than 0.005 percent when you compare reality we see with the totality of reality that we don't. Now get this if you are new to such information: Visible light, the only band of frequency that we can see, is a *fraction* of the 0.005

percent (Fig 11 overleaf). Take this further and realise that our universe is one of infinite universes and that universes are only a fragment of overall reality – *infinite* reality. Then compare that with the almost infinitesimal frequency band of visible light or human sight. You see that humans are as near blind as it is possible to be without actually being so. Artist and filmmaker, Sergio Toporek, said:



**Figure 10:** Humans can perceive such a tiny band of visual reality it's laughable.



**Figure 11:** We can see a smear of the 0.005 percent electromagnetic spectrum, but we still know it all. Yep, makes sense.

Consider that you can see less than 1% of the electromagnetic spectrum and hear less than 1% of the acoustic spectrum. 90% of the cells in your body carry their own microbial DNA and are not 'you'. The atoms in your body are 99.99999999999999% empty space and none of them are the ones you were born with ... Human beings have 46 chromosomes, two less than a potato.

The existence of the rainbow depends on the conical photoreceptors in your eyes; to animals without cones, the rainbow does not exist. So you don't just look at a rainbow, you create it. This is pretty amazing, especially considering that all the beautiful colours you see represent less than 1% of the electromagnetic spectrum.

Suddenly the 'world' of humans looks a very different place. Take into account, too, that Planet Earth when compared with the projected size of this single universe is the equivalent of a billionth of a pinhead. Imagine the ratio that would be when compared to infinite reality. To think that Christianity once insisted that Earth and humanity were the centre of everything. This background is vital if we are going to appreciate the nature of 'human' and how we can be manipulated by an unseen force. To human visual reality virtually *everything* is unseen and yet the prevailing perception within the institutions and so much of the public is that if we can't see it, touch it, hear it, taste it and smell it then it cannot exist. Such perception is indoctrinated and encouraged by the Cult and its agents because it isolates believers in the strictly limited, village-idiot, realm of the five senses where perceptions can be firewalled and information controlled. Most of those perpetuating the 'this-world-is-all-there-is' insanity are themselves indoctrinated into believing the same delusion. While major players and influencers know that official reality is laughable most of those in science, academia and medicine really believe the nonsense they peddle and teach succeeding generations. Those who challenge the orthodoxy are dismissed as nutters and freaks to protect the manufactured illusion from exposure. Observe the dynamic of the 'Covid' hoax and you will see how that takes the same form. The inner-circle psychopaths know it's a gigantic scam, but almost the entirety of those imposing their fascist rules believe that 'Covid' is all that they're told it is.

## **Stolen identity**

Ask people who they are and they will give you their name, place of birth, location, job, family background and life story. Yet that is not who they are – it is what they are *experiencing*. The difference is *absolutely crucial*. The true 'I', the eternal, infinite 'I', is consciousness,

a state of being aware. Forget ‘form’. That is a vehicle for a brief experience. Consciousness does not come *from* the brain, but *through* the brain and even that is more symbolic than literal. We are awareness, pure awareness, and this is what withdraws from the body at what we call ‘death’ to continue our eternal beingness, *isness*, in other realms of reality within the limitlessness of infinity or the Biblical ‘many mansions in my father’s house’. Labels of a human life, man, woman, transgender, black, white, brown, nationality, circumstances and income are not who we are. They are what we are – awareness – is *experiencing* in a brief connection with a band of frequency we call ‘human’. The labels are not the self; they are, to use the title of one of my books, a *Phantom Self*. I am not David Icke born in Leicester, England, on April 29th, 1952. I am the consciousness *having that experience*. The Cult and its non-human masters seek to convince us through the institutions of ‘education’, science, medicine, media and government that what we are *experiencing* is who we *are*. It’s so easy to control and direct perception locked away in the bewildered illusions of the five senses with no expanded radar. Try, by contrast, doing the same with a humanity aware of its true self and its true power to consciously create its reality and experience. How is it possible to do this? We do it all day every day. If you perceive yourself as ‘little me’ with no power to impact upon your life and the world then your life experience will reflect that. You will hand the power you don’t think you have to authority in all its forms which will use it to control your experience. This, in turn, will appear to confirm your perception of ‘little me’ in a self-fulfilling feedback loop. But that is what ‘little me’ really is – a *perception*. We are all ‘big-me’, infinite me, and the Cult has to make us forget that if its will is to prevail. We are therefore manipulated and pressured into self-identifying with human labels and not the consciousness/awareness *experiencing* those human labels.

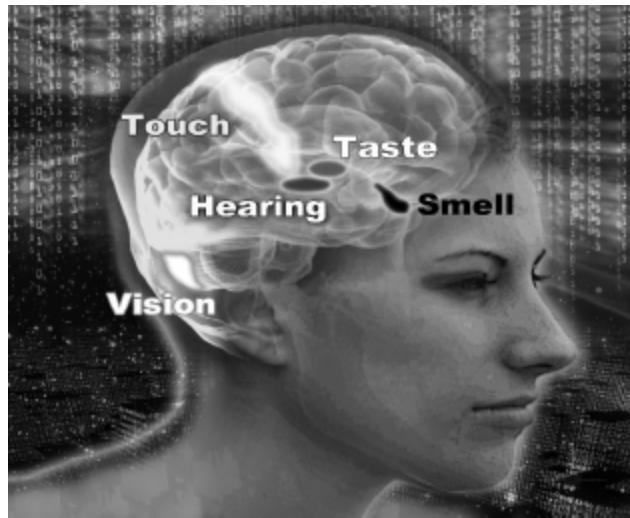
The phenomenon of identity politics is a Cult-instigated manipulation technique to sub-divide previous labels into even smaller ones. A United States university employs this list of letters to

describe student identity: LGBTQQFAGPBDSM or lesbian, gay, bisexual, transgender, transsexual, queer, questioning, flexual, asexual, gender-fuck, polyamorous, bondage/discipline, dominance/submission and sadism/masochism. I'm sure other lists are even longer by now as people feel the need to self-identify the 'I' with the minutiae of race and sexual preference. Wokers programmed by the Cult for generations believe this is about 'inclusivity' when it's really the Cult locking them away into smaller and smaller versions of Phantom Self while firewalls them from the influence of their true self, the infinite, eternal 'I'. You may notice that my philosophy which contends that we are all unique points of attention/awareness within the same infinite whole or Oneness is the ultimate non-racism. The very sense of Oneness makes the judgement of people by their body-type, colour or sexuality utterly ridiculous and confirms that racism has no understanding of reality (including anti-white racism). Yet despite my perception of life Cult agents and fast-asleep Wokers label me racist to discredit my information while they are themselves phenomenally racist and sexist. All they see is race and sexuality and they judge people as good or bad, demons or untouchables, by their race and sexuality. All they see is *Phantom Self* and perceive themselves in terms of *Phantom Self*. They are pawns and puppets of the Cult agenda to focus attention and self-identity in the five senses and play those identities against each other to divide and rule. Columbia University has introduced segregated graduations in another version of social distancing designed to drive people apart and teach them that different racial and cultural groups have nothing in common with each other. The last thing the Cult wants is unity. Again the pump-primers of this will be Cult operatives in the knowledge of what they are doing, but the rest are just the *Phantom Self* blind leading the *Phantom Self* blind. We *do* have something in common – we are all *the same consciousness* having different temporary experiences.

## **What is this 'human'?**

Yes, what *is* ‘human’? That is what we are supposed to be, right? I mean ‘human’? True, but ‘human’ is the experience not the ‘I’. Break it down to basics and ‘human’ is the way that information is processed. If we are to experience and interact with this band of frequency we call the ‘world’ we must have a vehicle that operates within that band of frequency. Our consciousness in its prime form cannot do that; it is way beyond the frequency of the human realm. My consciousness or awareness could not tap these keys and pick up the cup in front of me in the same way that radio station A cannot interact with radio station B when they are on different frequencies. The human body is the means through which we have that interaction. I have long described the body as a biological computer which processes information in a way that allows consciousness to experience this reality. The body is a receiver, transmitter and processor of information in a particular way that we call human. We visually perceive only the world of the five senses in a wakened state – that is the limit of the body’s visual decoding system. In truth it’s not even visual in the way we experience ‘visual reality’ as I will come to in a moment. We are ‘human’ because the body processes the information sources of human into a reality and behaviour system that we *perceive* as human. Why does an elephant act like an elephant and not like a human or a duck? The elephant’s biological computer is a different information field and processes information according to that program into a visual and behaviour type we call an elephant. The same applies to everything in our reality. These body information fields are perpetuated through procreation (like making a copy of a software program). The Cult wants to break that cycle and intervene technologically to transform the human information field into one that will change what we call humanity. If it can change the human information field it will change the way that field processes information and change humanity both ‘physically’ and psychologically. Hence the *messenger* (information) RNA ‘vaccines’ and so much more that is targeting human genetics by changing the body’s information – *messaging* – construct through food, drink, radiation, toxicity and other means.

Reality that we experience is nothing like reality as it really is in the same way that the reality people experience in virtual reality games is not the reality they are really living in. The game is only a decoded source of information that appears to be a reality. Our world is also an information construct – a *simulation* (more later). In its base form our reality is a wavefield of information much the same in theme as Wi-Fi. The five senses decode wavefield information into electrical information which they communicate to the brain to decode into holographic (illusory ‘physical’) information. Different parts of the brain specialise in decoding different senses and the information is fused into a reality that appears to be outside of us but is really inside the brain and the genetic structure in general ([Fig 12](#) overleaf). DNA is a receiver-transmitter of information and a vital part of this decoding process and the body’s connection to other realities. Change DNA and you change the way we decode and connect with reality – see ‘Covid vaccines’. Think of computers decoding Wi-Fi. You have information encoded in a radiation field and the computer decodes that information into a very different form on the screen. You can’t see the Wi-Fi until its information is made manifest on the screen and the information on the screen is inside the computer and not outside. I have just described how we decode the ‘human world’. All five senses decode the waveform ‘Wi-Fi’ field into electrical signals and the brain (computer) constructs reality inside the brain and not outside – ‘You don’t just look at a rainbow, you create it’. Sound is a simple example. We don’t hear sound until the brain decodes it. Waveform sound waves are picked up by the hearing sense and communicated to the brain in an electrical form to be decoded into the sounds that we hear. Everything we hear is inside the brain along with everything we see, feel, smell and taste. Words and language are waveform fields generated by our vocal chords which pass through this process until they are decoded by the brain into words that we hear. Different languages are different frequency fields or sound waves generated by vocal chords. Late British philosopher Alan Watts said:



**Figure 12:** The brain receives information from the five senses and constructs from that our perceived reality.

[Without the brain] the world is devoid of light, heat, weight, solidity, motion, space, time or any other imaginable feature. All these phenomena are interactions, or transactions, of vibrations with a certain arrangement of neurons.

That's exactly what they are and scientist Robert Lanza describes in his book, *Biocentrism*, how we decode electromagnetic waves and energy into visual and 'physical' experience. He uses the example of a flame emitting photons, electromagnetic energy, each pulsing electrically and magnetically:

... these ... invisible electromagnetic waves strike a human retina, and if (and only if) the waves happen to measure between 400 and 700 nano meters in length from crest to crest, then their energy is just right to deliver a stimulus to the 8 million cone-shaped cells in the retina.

Each in turn send an electrical pulse to a neighbour neuron, and on up the line this goes, at 250 mph, until it reaches the ... occipital lobe of the brain, in the back of the head. There, a cascading complex of neurons fire from the incoming stimuli, and we subjectively perceive this experience as a yellow brightness occurring in a place we have been conditioned to call the 'external world'.

## You hear what you decode

If a tree falls or a building collapses they make no noise unless someone is there to decode the energetic waves generated by the disturbance into what we call sound. Does a falling tree make a noise? Only if you hear it – *decode* it. Everything in our reality is a frequency field of information operating within the overall ‘Wi-Fi’ field that I call The Field. A vibrational disturbance is generated in The Field by the fields of the falling tree or building. These disturbance waves are what we decode into the sound of them falling. If no one is there to do that then neither will make any noise. Reality is created by the observer – *decoder* – and the *perceptions* of the observer affect the decoding process. For this reason different people – different *perceptions* – will perceive the same reality or situation in a different way. What one may perceive as a nightmare another will see as an opportunity. The question of why the Cult is so focused on controlling human perception now answers itself. All experienced reality is the act of decoding and we don’t experience Wi-Fi until it is decoded on the computer screen. The sight and sound of an Internet video is encoded in the Wi-Fi all around us, but we don’t see or hear it until the computer decodes that information. Taste, smell and touch are all phenomena of the brain as a result of the same process. We don’t taste, smell or feel anything except in the brain and there are pain relief techniques that seek to block the signal from the site of discomfort to the brain because if the brain doesn’t decode that signal we don’t feel pain. Pain is in the brain and only appears to be at the point of impact thanks to the feedback loop between them. We don’t see anything until electrical information from the sight senses is decoded in an area at the back of the brain. If that area is damaged we can go blind when our eyes are perfectly okay. So why do we go blind if we damage an eye? We damage the information processing between the waveform visual information and the visual decoding area of the brain. If information doesn’t reach the brain in a form it can decode then we can’t see the visual reality that it represents. What’s more the brain is decoding only a fraction of the information it receives and the rest is absorbed by the

sub-conscious mind. This explanation is from the science magazine, *Wonderpedia*:

Every second, 11 million sensations crackle along these [brain] pathways ... The brain is confronted with an alarming array of images, sounds and smells which it rigorously filters down until it is left with a manageable list of around 40. Thus 40 sensations per second make up what we perceive as reality.

The ‘world’ is not what people are told to believe that is it and the inner circles of the Cult *know that*.

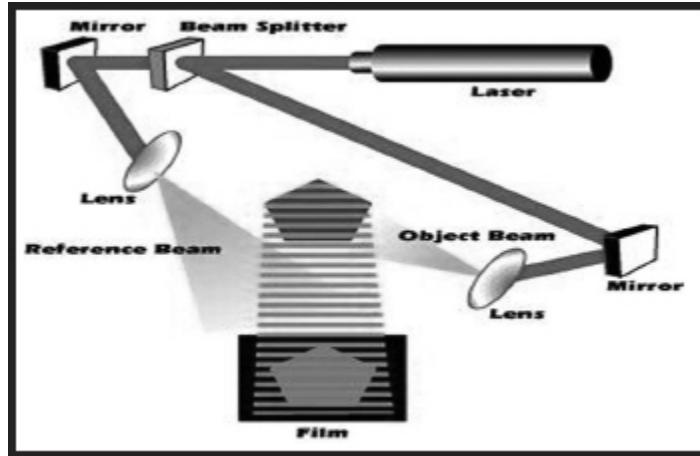
### **Illusory ‘physical’ reality**

We can only see a smear of 0.005 percent of the Universe which is only one of a vast array of universes – ‘mansions’ – within infinite reality. Even then the brain decodes only 40 pieces of information (‘sensations’) from a potential *11 million* that we receive every second. Two points strike you from this immediately: The sheer breathtaking stupidity of believing we know anything so rigidly that there’s nothing more to know; and the potential for these processes to be manipulated by a malevolent force to control the reality of the population. One thing I can say for sure with no risk of contradiction is that when you can perceive an almost indescribable fraction of infinite reality there is always more to know as in tidal waves of it. Ancient Greek philosopher Socrates was so right when he said that wisdom is to know how little we know. How obviously true that is when you think that we are experiencing a physical world of solidity that is neither physical nor solid and a world of apartness when everything is connected. Cult-controlled ‘science’ dismisses the so-called ‘paranormal’ and all phenomena related to that when the ‘para’-normal is perfectly normal and explains the alleged ‘great mysteries’ which dumbfound scientific minds. There is a reason for this. A ‘scientific mind’ in terms of the mainstream is a material mind, a five-sense mind imprisoned in see it, touch it, hear it, smell it and taste it. Phenomena and happenings that can’t be explained that way leave the ‘scientific mind’ bewildered and the rule is that if they

can't account for why something is happening then it can't, by definition, be happening. I beg to differ. Telepathy is thought waves passing through The Field (think wave disturbance again) to be decoded by someone able to connect with that wavelength (information). For example: You can pick up the thought waves of a friend at any distance and at the very least that will bring them to mind. A few minutes later the friend calls you. 'My god', you say, 'that's incredible – I was just thinking of you.' Ah, but *they* were thinking of *you* before they made the call and that's what you decoded. Native peoples not entrapped in five-sense reality do this so well it became known as the 'bush telegraph'. Those known as psychics and mediums (genuine ones) are doing the same only across dimensions of reality. 'Mind over matter' comes from the fact that matter and mind are the *same*. The state of one influences the state of the other. Indeed one *and* the other are illusions. They are aspects of the same field. Paranormal phenomena are all explainable so why are they still considered 'mysteries' or not happening? Once you go down this road of understanding you begin to expand awareness beyond the five senses and that's the nightmare for the Cult.



**Figure 13:** Holograms are not solid, but the best ones appear to be.



**Figure 14:** How holograms are created by capturing a waveform version of the subject image.

## Holographic ‘solidity’

Our reality is not solid, it is holographic. We are now well aware of holograms which are widely used today. Two-dimensional information is decoded into a three-dimensional reality that is not solid although can very much appear to be (Fig 13). Holograms are created with a laser divided into two parts. One goes directly onto a photographic print ('reference beam') and the other takes a waveform image of the subject ('working beam') before being directed onto the print where it 'collides' with the other half of the laser (Fig 14). This creates a *waveform* interference pattern which contains the wavefield information of whatever is being photographed (Fig 15 overleaf). The process can be likened to dropping pebbles in a pond. Waves generated by each one spread out across the water to collide with the others and create a wave representation of where the stones fell and at what speed, weight and distance. A waveform interference pattern of a hologram is akin to the waveform information in The Field which the five senses decode into electrical signals to be decoded by the brain into a holographic illusory 'physical' reality. In the same way when a laser (think human attention) is directed at the waveform interference pattern a three-dimensional version of the subject is projected into apparently 'solid' reality (Fig 16). An amazing trait of holograms reveals more 'paranormal mysteries'. Information of the *whole*

hologram is encoded in waveform in every part of the interference pattern by the way they are created. This means that every *part* of a hologram is a smaller version of the whole. Cut the interference wave-pattern into four and you won't get four parts of the image. You get quarter-sized versions of the *whole* image. The body is a hologram and the same applies. Here we have the basis of acupuncture, reflexology and other forms of healing which identify representations of the whole body in all of the parts, hands, feet, ears, everywhere. Skilled palm readers can do what they do because the information of whole body is encoded in the hand. The concept of as above, so below, comes from this.



**Figure 15:** A waveform interference pattern that holds the information that transforms into a hologram.



**Figure 16:** Holographic people including 'Elvis' holographically inserted to sing a duet with Celine Dion.

The question will be asked of why, if solidity is illusory, we can't just walk through walls and each other. The resistance is not solid against solid; it is electromagnetic field against electromagnetic field and we decode this into the *experience* of solid against solid. We should also not underestimate the power of belief to dictate reality. What you believe is impossible *will be*. Your belief impacts on your decoding processes and they won't decode what you think is impossible. What we believe we perceive and what we perceive we experience. 'Can't dos' and 'impossibles' are like a firewall in a computer system that won't put on the screen what the firewall blocks. How vital that is to understanding how human experience has been hijacked. I explain in *The Answer, Everything You Need To Know But Have Never Been Told* and other books a long list of 'mysteries' and 'paranormal' phenomena that are not mysterious and perfectly normal once you realise what reality is and how it works. 'Ghosts' can be seen to pass through 'solid' walls because the walls are not solid and the ghost is a discarnate entity operating on a frequency so different to that of the wall that it's like two radio stations sharing the same space while never interfering with each other. I have seen ghosts do this myself. The apartness of people and objects is also an illusion. Everything is connected by the Field like all sea life is connected by the sea. It's just that within the limits of our visual reality we only 'see' holographic information and not the field of information that connects everything and from which the holographic world is made manifest. If you can only see holographic 'objects' and not the field that connects them they will appear to you as unconnected to each other in the same way that we see the computer while not seeing the Wi-Fi.

## **What you don't know *can* hurt you**

Okay, we return to those 'two worlds' of human society and the Cult with its global network of interconnecting secret societies and satanic groups which manipulate through governments, corporations, media, religions, etc. The fundamental difference between them is *knowledge*. The idea has been to keep humanity

ignorant of the plan for its total enslavement underpinned by a crucial ignorance of reality – who we are and where we are – and how we interact with it. ‘Human’ should be the interaction between our expanded eternal consciousness and the five-sense body experience. We are meant to be *in* this world in terms of the five senses but not *of* this world in relation to our greater consciousness and perspective. In that state we experience the small picture of the five senses within the wider context of the big picture of awareness beyond the five senses. Put another way the five senses see the dots and expanded awareness connects them into pictures and patterns that give context to the apparently random and unconnected. Without the context of expanded awareness the five senses see only apartness and randomness with apparently no meaning. The Cult and its other-dimensional controllers seek to intervene in the frequency realm where five-sense reality is supposed to connect with expanded reality and to keep the two apart (more on this in the final chapter). When that happens five-sense mental and emotional processes are no longer influenced by expanded awareness, or the True ‘I’, and instead are driven by the isolated perceptions of the body’s decoding systems. They are in the world *and* of it. Here we have the human plight and why humanity with its potential for infinite awareness can be so easily manipulatable and descend into such extremes of stupidity.

Once the Cult isolates five-sense mind from expanded awareness it can then program the mind with perceptions and beliefs by controlling information that the mind receives through the ‘education’ system of the formative years and the media perceptual bombardment and censorship of an entire lifetime. Limit perception and a sense of the possible through limiting knowledge by limiting and skewing information while censoring and discrediting that which could set people free. As the title of another of my books says ... *And The Truth Shall Set You Free*. For this reason the last thing the Cult wants in circulation is the truth about anything – especially the reality of the eternal ‘I’ – and that’s why it is desperate to control information. The Cult knows that information becomes perception

which becomes behaviour which, collectively, becomes human society. Cult-controlled and funded mainstream ‘science’ denies the existence of an eternal ‘I’ and seeks to dismiss and trash all evidence to the contrary. Cult-controlled mainstream religion has a version of ‘God’ that is little more than a system of control and dictatorship that employs threats of damnation in an afterlife to control perceptions and behaviour in the here and now through fear and guilt. Neither is true and it’s the ‘neither’ that the Cult wishes to suppress. This ‘neither’ is that everything is an expression, a point of attention, within an infinite state of consciousness which is the real meaning of the term ‘God’.

Perceptual obsession with the ‘physical body’ and five-senses means that ‘God’ becomes personified as a bearded bloke sitting among the clouds or a raging bully who loves us if we do what ‘he’ wants and condemns us to the fires of hell if we don’t. These are no more than a ‘spiritual’ fairy tales to control and dictate events and behaviour through fear of this ‘God’ which has bizarrely made ‘God-fearing’ in religious circles a state to be desired. I would suggest that fearing *anything* is not to be encouraged and celebrated, but rather deleted. You can see why ‘God fearing’ is so beneficial to the Cult and its religions when *they* decide what ‘God’ wants and what ‘God’ demands (the Cult demands) that everyone do. As the great American comedian Bill Hicks said satirising a Christian zealot: ‘I think what God meant to say.’ How much of this infinite awareness (“God”) that we access is decided by how far we choose to expand our perceptions, self-identity and sense of the possible. The scale of self-identity reflects itself in the scale of awareness that we can connect with and are influenced by – how much knowing and insight we have instead of programmed perception. You cannot expand your awareness into the infinity of possibility when you believe that you are little me Peter the postman or Mary in marketing and nothing more. I’ll deal with this in the concluding chapter because it’s crucial to how we turnaround current events.

## **Where the Cult came from**

When I realised in the early 1990s there was a Cult network behind global events I asked the obvious question: When did it start? I took it back to ancient Rome and Egypt and on to Babylon and Sumer in Mesopotamia, the 'Land Between Two Rivers', in what we now call Iraq. The two rivers are the Tigris and Euphrates and this region is of immense historical and other importance to the Cult, as is the land called Israel only 550 miles away by air. There is much more going with deep esoteric meaning across this whole region. It's not only about 'wars for oil'. Priceless artefacts from Mesopotamia were stolen or destroyed after the American and British invasion of Iraq in 2003 justified by the lies of Boy Bush and Tony Blair (their Cult masters) about non-existent 'weapons of mass destruction'.

Mesopotamia was the location of Sumer (about 5,400BC to 1,750BC), and Babylon (about 2,350BC to 539BC). Sabbatians may have become immensely influential in the Cult in modern times but they are part of a network that goes back into the mists of history. Sumer is said by historians to be the 'cradle of civilisation'. I disagree. I say it was the re-start of what we call human civilisation after cataclysmic events symbolised in part as the 'Great Flood' destroyed the world that existed before. These fantastic upheavals that I have been describing in detail in the books since the early 1990s appear in accounts and legends of ancient cultures across the world and they are supported by geological and biological evidence. Stone tablets found in Iraq detailing the Sumer period say the cataclysms were caused by non-human 'gods' they call the Anunnaki. These are described in terms of extraterrestrial visitations in which knowledge supplied by the Anunnaki is said to have been the source of at least one of the world's oldest writing systems and developments in astronomy, mathematics and architecture that were way ahead of their time. I have covered this subject at length in *The Biggest Secret* and *Children of the Matrix* and the same basic 'Anunnaki' story can be found in Zulu accounts in South Africa where the late and very great Zulu high shaman Credo Mutwa told me that the Sumerian Anunnaki were known by Zulus as the Chitauri or 'children of the serpent'. See my six-hour video interview with Credo on this subject entitled *The*

*Reptilian Agenda* recorded at his then home near Johannesburg in 1999 which you can watch on the Ickonic media platform.

The Cult emerged out of Sumer, Babylon and Egypt (and elsewhere) and established the Roman Empire before expanding with the Romans into northern Europe from where many empires were savagely imposed in the form of Cult-controlled societies all over the world. Mass death and destruction was their calling card. The Cult established its centre of operations in Europe and European Empires were Cult empires which allowed it to expand into a global force. Spanish and Portuguese colonialists headed for Central and South America while the British and French targeted North America. Africa was colonised by Britain, France, Belgium, the Netherlands, Portugal, Spain, Italy, and Germany. Some like Britain and France moved in on the Middle East. The British Empire was by far the biggest for a simple reason. By now Britain was the headquarters of the Cult from which it expanded to form Canada, the United States, Australia and New Zealand. The Sun never set on the British Empire such was the scale of its occupation. London remains a global centre for the Cult along with Rome and the Vatican although others have emerged in Israel and China. It is no accident that the 'virus' is alleged to have come out of China while Italy was chosen as the means to terrify the Western population into compliance with 'Covid' fascism. Nor that Israel has led the world in 'Covid' fascism and mass 'vaccination'.

You would think that I would mention the United States here, but while it has been an important means of imposing the Cult's will it is less significant than would appear and is currently in the process of having what power it does have deleted. The Cult in Europe has mostly loaded the guns for the US to fire. America has been controlled from Europe from the start through Cult operatives in Britain and Europe. The American Revolution was an illusion to make it appear that America was governing itself while very different forces were pulling the strings in the form of Cult families such as the Rothschilds through the Rockefellers and other subordinates. The Rockefellers are extremely close to Bill Gates and

established both scalpel and drug ‘medicine’ and the World Health Organization. They play a major role in the development and circulation of vaccines through the Rockefeller Foundation on which Bill Gates said his Foundation is based. Why wouldn’t this be the case when the Rockefellers and Gates are on the same team? Cult infiltration of human society goes way back into what we call history and has been constantly expanding and centralising power with the goal of establishing a global structure to dictate everything. Look how this has been advanced in great leaps with the ‘Covid’ hoax.

## **The non-human dimension**

I researched and observed the comings and goings of Cult operatives through the centuries and even thousands of years as they were born, worked to promote the agenda within the secret society and satanic networks, and then died for others to replace them. Clearly there had to be a coordinating force that spanned this entire period while operatives who would not have seen the end goal in their lifetimes came and went advancing the plan over millennia. I went in search of that coordinating force with the usual support from the extraordinary synchronicity of my life which has been an almost daily experience since 1990. I saw common themes in religious texts and ancient cultures about a non-human force manipulating human society from the hidden. Christianity calls this force Satan, the Devil and demons; Islam refers to the Jinn or Djinn; Zulus have their Chitauri (spelt in other ways in different parts of Africa); and the Gnostic people in Egypt in the period around and before 400AD referred to this phenomena as the ‘Archons’, a word meaning rulers in Greek. Central American cultures speak of the ‘Predators’ among other names and the same theme is everywhere. I will use ‘Archons’ as a collective name for all of them. When you see how their nature and behaviour is described all these different sources are clearly talking about the same force. Gnostics described the Archons in terms of ‘luminous fire’ while Islam relates the Jinn to ‘smokeless fire’. Some refer to beings in form that could occasionally be seen, but the most common of common theme is that they operate from

unseen realms which means almost all existence to the visual processes of humans. I had concluded that this was indeed the foundation of human control and that the Cult was operating within the human frequency band on behalf of this hidden force when I came across the writings of Gnostics which supported my conclusions in the most extraordinary way.

A sealed earthen jar was found in 1945 near the town of Nag Hammadi about 75-80 miles north of Luxor on the banks of the River Nile in Egypt. Inside was a treasure trove of manuscripts and texts left by the Gnostic people some 1,600 years earlier. They included 13 leather-bound papyrus codices (manuscripts) and more than 50 texts written in Coptic Egyptian estimated to have been hidden in the jar in the period of 400AD although the source of the information goes back much further. Gnostics oversaw the Great or Royal Library of Alexandria, the fantastic depository of ancient texts detailing advanced knowledge and accounts of human history. The Library was dismantled and destroyed in stages over a long period with the death-blow delivered by the Cult-established Roman Church in the period around 415AD. The Church of Rome was the Church of Babylon relocated as I said earlier. Gnostics were not a race. They were a way of perceiving reality. Whenever they established themselves and their information circulated the terrorists of the Church of Rome would target them for destruction. This happened with the Great Library and with the Gnostic Cathars who were burned to death by the psychopaths after a long period of oppression at the siege of the Castle of Monségur in southern France in 1244. The Church has always been terrified of Gnostic information which demolishes the official Christian narrative although there is much in the Bible that supports the Gnostic view if you read it in another way. To anyone studying the texts of what became known as the Nag Hammadi Library it is clear that great swathes of Christian and Biblical belief has its origin with Gnostics sources going back to Sumer. Gnostic themes have been twisted to manipulate the perceived reality of Bible believers. Biblical texts have been in the open for centuries where they could be changed while Gnostic

documents found at Nag Hammadi were sealed away and untouched for 1,600 years. What you see is what they wrote.

### **Use your *pneuma* not your *nous***

Gnosticism and Gnostic come from 'gnosis' which means knowledge, or rather *secret* knowledge, in the sense of spiritual awareness – knowledge about reality and life itself. The desperation of the Cult's Church of Rome to destroy the Gnostics can be understood when the knowledge they were circulating was the last thing the Cult wanted the population to know. Sixteen hundred years later the same Cult is working hard to undermine and silence me for the same reason. The dynamic between knowledge and ignorance is a constant. 'Time' appears to move on, but essential themes remain the same. We are told to 'use your *nous*', a Gnostic word for head/brain/intelligence. They said, however, that spiritual awakening or 'salvation' could only be secured by expanding awareness *beyond* what they called *nous* and into *pneuma* or Infinite Self. Obviously as I read these texts the parallels with what I have been saying since 1990 were fascinating to me. There is a universal truth that spans human history and in that case why wouldn't we be talking the same language 16 centuries apart? When you free yourself from the perception program of the five senses and explore expanded realms of consciousness you are going to connect with the same information no matter what the perceived 'era' within a manufactured timeline of a single and tiny range of manipulated frequency. Humans working with 'smart' technology or knocking rocks together in caves is only a timeline appearing to operate within the human frequency band. Expanded awareness and the knowledge it holds have always been there whether the era be Stone Age or computer age. We can only access that knowledge by opening ourselves to its frequency which the five-sense prison cell is designed to stop us doing. Gates, Fauci, Whitty, Vallance, Zuckerberg, Brin, Page, Wojcicki, Bezos, and all the others behind the 'Covid' hoax clearly have a long wait before their range of frequency can make that connection given that an open heart is

crucial to that as we shall see. Instead of accessing knowledge directly through expanded awareness it is given to Cult operatives by the secret society networks of the Cult where it has been passed on over thousands of years outside the public arena. Expanded realms of consciousness is where great artists, composers and writers find their inspiration and where truth awaits anyone open enough to connect with it. We need to go there fast.

## **Archon hijack**

A fifth of the Nag Hammadi texts describe the existence and manipulation of the Archons led by a 'Chief Archon' they call 'Yaldabaoth', or the 'Demiurge', and this is the Christian 'Devil', 'Satan', 'Lucifer', and his demons. Archons in Biblical symbolism are the 'fallen ones' which are also referred to as fallen angels after the angels expelled from heaven according to the Abrahamic religions of Judaism, Christianity and Islam. These angels are claimed to tempt humans to 'sin' ongoing and you will see how accurate that symbolism is during the rest of the book. The theme of 'original sin' is related to the 'Fall' when Adam and Eve were 'tempted by the serpent' and fell from a state of innocence and 'obedience' (connection) with God into a state of disobedience (disconnection). The Fall is said to have brought sin into the world and corrupted everything including human nature. Yaldabaoth, the 'Lord Archon', is described by Gnostics as a 'counterfeit spirit', 'The Blind One', 'The Blind God', and 'The Foolish One'. The Jewish name for Yaldabaoth in Talmudic writings is Samael which translates as 'Poison of God', or 'Blindness of God'. You see the parallels. Yaldabaoth in Islamic belief is the Muslim Jinn devil known as Shaytan – Shaytan is Satan as the same themes are found all over the world in every religion and culture. The 'Lord God' of the Old Testament is the 'Lord Archon' of Gnostic manuscripts and that's why he's such a bloodthirsty bastard. Satan is known by Christians as 'the Demon of Demons' and Gnostics called Yaldabaoth the 'Archon of Archons'. Both are known as 'The Deceiver'. We are talking about the same 'bloke' for sure and these common themes

using different names, storylines and symbolism tell a common tale of the human plight.

Archons are referred to in Nag Hammadi documents as mind parasites, inverters, guards, gatekeepers, detainers, judges, pitiless ones and deceivers. The 'Covid' hoax alone is a glaring example of all these things. The Biblical 'God' is so different in the Old and New Testaments because they are not describing the same phenomenon. The vindictive, angry, hate-filled, 'God' of the Old Testament, known as Yahweh, is Yaldabaoth who is depicted in Cult-dictated popular culture as the 'Dark Lord', 'Lord of Time', Lord (Darth) Vader and Dormammu, the evil ruler of the 'Dark Dimension' trying to take over the 'Earth Dimension' in the Marvel comic movie, *Dr Strange*. Yaldabaoth is both the Old Testament 'god' and the Biblical 'Satan'. Gnostics referred to Yaldabaoth as the 'Great Architect of the Universe' and the Cult-controlled Freemason network calls their god 'the Great Architect of the Universe' (also Grand Architect). The 'Great Architect' Yaldabaoth is symbolised by the Cult as the all-seeing eye at the top of the pyramid on the Great Seal of the United States and the dollar bill. Archon is encoded in *arch-itect* as it is in *arch-angels* and *arch-bishops*. All religions have the theme of a force for good and force for evil in some sort of spiritual war and there is a reason for that – the theme is true. The Cult and its non-human masters are quite happy for this to circulate. They present themselves as the force for good fighting evil when they are really the force of evil (absence of love). The whole foundation of Cult modus operandi is inversion. They promote themselves as a force for good and anyone challenging them in pursuit of peace, love, fairness, truth and justice is condemned as a satanic force for evil. This has been the game plan throughout history whether the Church of Rome inquisitions of non-believers or 'conspiracy theorists' and 'anti-vaxxers' of today. The technique is the same whatever the timeline era.

## **Yaldabaoth is revolting (true)**

Yaldabaoth and the Archons are said to have revolted against God with Yaldabaoth claiming to *be* God – the *All That Is*. The Old Testament ‘God’ (Yaldabaoth) demanded to be worshipped as such: ‘*I am the LORD, and there is none else, there is no God beside me*’ (Isaiah 45:5). I have quoted in other books a man who said he was the unofficial son of the late Baron Philippe de Rothschild of the Mouton-Rothschild wine producing estates in France who died in 1988 and he told me about the Rothschild ‘revolt from God’. The man said he was given the name Phillip Eugene de Rothschild and we shared long correspondence many years ago while he was living under another identity. He said that he was conceived through ‘occult incest’ which (within the Cult) was ‘normal and to be admired’. ‘Phillip’ told me about his experience attending satanic rituals with rich and famous people whom he names and you can see them and the wider background to Cult Satanism in my other books starting with *The Biggest Secret*. Cult rituals are interactions with Archontic ‘gods’. ‘Phillip’ described Baron Philippe de Rothschild as ‘a master Satanist and hater of God’ and he used the same term ‘revolt from God’ associated with Yaldabaoth/Satan/Lucifer/the Devil in describing the Sabbatian Rothschild dynasty. ‘I played a key role in my family’s revolt from God’, he said. That role was to infiltrate in classic Sabbatian style the Christian Church, but eventually he escaped the mind-prison to live another life. The Cult has been targeting religion in a plan to make worship of the Archons the global one-world religion. Infiltration of Satanism into modern ‘culture’, especially among the young, through music videos, stage shows and other means, is all part of this.

Nag Hammadi texts describe Yaldabaoth and the Archons in their prime form as energy – consciousness – and say they can take form if they choose in the same way that consciousness takes form as a human. Yaldabaoth is called ‘formless’ and represents a deeply inverted, distorted and chaotic state of consciousness which seeks to attach to humans and turn them into a likeness of itself in an attempt at assimilation. For that to happen it has to manipulate

humans into low frequency mental and emotional states that match its own. Archons can certainly appear in human form and this is the origin of the psychopathic personality. The energetic distortion Gnostics called Yaldabaoth is psychopathy. When psychopathic Archons take human form that human will be a psychopath as an expression of Yaldabaoth consciousness. Cult psychopaths are Archons in human form. The principle is the same as that portrayed in the 2009 *Avatar* movie when the American military travelled to a fictional Earth-like moon called Pandora in the Alpha Centauri star system to infiltrate a society of blue people, or Na'vi, by hiding within bodies that looked like the Na'vi. Archons posing as humans have a particular hybrid information field, part human, part Archon, (the ancient 'demigods') which processes information in a way that manifests behaviour to match their psychopathic evil, lack of empathy and compassion, and stops them being influenced by the empathy, compassion and love that a fully-human information field is capable of expressing. Cult bloodlines interbreed, be they royalty or dark suits, for this reason and you have their obsession with incest. Interbreeding with full-blown humans would dilute the Archontic energy field that guarantees psychopathy in its representatives in the human realm.

Gnostic writings say the main non-human forms that Archons take are *serpentine* (what I have called for decades 'reptilian' amid unbounded ridicule from the Archontically-programmed) and what Gnostics describe as 'an unborn baby or foetus with grey skin and dark, unmoving eyes'. This is an excellent representation of the ET 'Greys' of UFO folklore which large numbers of people claim to have seen and been abducted by – Zulu shaman Credo Mutwa among them. I agree with those that believe in extraterrestrial or interdimensional visitations today and for thousands of years past. No wonder with their advanced knowledge and technological capability they were perceived and worshipped as gods for technological and other 'miracles' they appeared to perform. Imagine someone arriving in a culture disconnected from the modern world with a smartphone and computer. They would be

seen as a ‘god’ capable of ‘miracles’. The Renegade Mind, however, wants to know the source of everything and not only the way that source manifests as human or non-human. In the same way that a Renegade Mind seeks the original source material for the ‘Covid virus’ to see if what is claimed is true. The original source of Archons in form is consciousness – the distorted state of consciousness known to Gnostics as Yaldabaoth.

### **‘Revolt from God’ is energetic disconnection**

Where I am going next will make a lot of sense of religious texts and ancient legends relating to ‘Satan’, Lucifer’ and the ‘gods’. Gnostic descriptions sync perfectly with the themes of my own research over the years in how they describe a consciousness distortion seeking to impose itself on human consciousness. I’ve referred to the core of infinite awareness in previous books as Infinite Awareness in Awareness of Itself. By that I mean a level of awareness that knows that it is all awareness and is aware of all awareness. From here comes the frequency of love in its true sense and balance which is what love is on one level – the balance of all forces into a single whole called Oneness and Isness. The more we disconnect from this state of love that many call ‘God’ the constituent parts of that Oneness start to unravel and express themselves as a part and not a whole. They become individualised as intellect, mind, selfishness, hatred, envy, desire for power over others, and such like. This is not a problem in the greater scheme in that ‘God’, the *All That Is*, can experience all these possibilities through different expressions of itself including humans. What we as expressions of the whole experience the *All That Is* experiences. We are the *All That Is* experiencing itself. As we withdraw from that state of Oneness we disconnect from its influence and things can get very unpleasant and very stupid. Archontic consciousness is at the extreme end of that. It has so disconnected from the influence of Oneness that it has become an inversion of unity and love, an inversion of everything, an inversion of life itself. Evil is appropriately live written backwards. Archontic consciousness is obsessed with death, an inversion of life,

and so its manifestations in Satanism are obsessed with death. They use inverted symbols in their rituals such as the inverted pentagram and cross. Sabbatians as Archontic consciousness incarnate invert Judaism and every other religion and culture they infiltrate. They seek disunity and chaos and they fear unity and harmony as they fear love like garlic to a vampire. As a result the Cult, Archons incarnate, act with such evil, psychopathy and lack of empathy and compassion disconnected as they are from the source of love. How could Bill Gates and the rest of the Archontic psychopaths do what they have to human society in the 'Covid' era with all the death, suffering and destruction involved and have no emotional consequence for the impact on others? Now you know. Why have Zuckerberg, Brin, Page, Wojcicki and company callously censored information warning about the dangers of the 'vaccine' while thousands have been dying and having severe, sometimes life-changing reactions? Now you know. Why have Tedros, Fauci, Whitty, Vallance and their like around the world been using case and death figures they're aware are fraudulent to justify lockdowns and all the deaths and destroyed lives that have come from that? Now you know. Why did Christian Drosten produce and promote a 'testing' protocol that he knew couldn't test for infectious disease which led to a global human catastrophe. Now you know. The Archontic mind doesn't give a shit ([Fig 17](#)). I personally think that Gates and major Cult insiders are a form of AI cyborg that the Archons want humans to become.



Figure 17: Artist Neil Hague's version of the 'Covid' hierarchy.

## Human batteries

A state of such inversion does have its consequences, however. The level of disconnection from the Source of All means that you withdraw from that source of energetic sustenance and creativity. This means that you have to find your own supply of energetic power and it has – *us*. When the Morpheus character in the first *Matrix* movie held up a battery he spoke a profound truth when he said: ‘The Matrix is a computer-generated dream world built to keep us under control in order to change the human being into one of

these.' The statement was true in all respects. We do live in a technologically-generated virtual reality simulation (more very shortly) and we have been manipulated to be an energy source for Archontic consciousness. The Disney-Pixar animated movie *Monsters, Inc.* in 2001 symbolised the dynamic when monsters in their world had no energy source and they would enter the human world to terrify children in their beds, catch the child's scream, terror (low-vibrational frequencies), and take that energy back to power the monster world. The lead character you might remember was a single giant eye and the symbolism of the Cult's all-seeing eye was obvious. Every thought and emotion is broadcast as a frequency unique to that thought and emotion. Feelings of love and joy, empathy and compassion, are high, quick, frequencies while fear, depression, anxiety, suffering and hate are low, slow, dense frequencies. Which kind do you think Archontic consciousness can connect with and absorb? In such a low and dense frequency state there's no way it can connect with the energy of love and joy. Archons can only feed off energy compatible with their own frequency and they and their Cult agents want to delete the human world of love and joy and manipulate the transmission of low vibrational frequencies through low-vibrational human mental and emotional states. *We are their energy source.* Wars are energetic banquets to the Archons – a world war even more so – and think how much low-frequency mental and emotional energy has been generated from the consequences for humanity of the 'Covid' hoax orchestrated by Archons incarnate like Gates.

The ancient practice of human sacrifice 'to the gods', continued in secret today by the Cult, is based on the same principle. 'The gods' are Archontic consciousness in different forms and the sacrifice is induced into a state of intense terror to generate the energy the Archontic frequency can absorb. Incarnate Archons in the ritual drink the blood which contains an adrenaline they crave which floods into the bloodstream when people are terrorised. Most of the sacrifices, ancient and modern, are children and the theme of 'sacrificing young virgins to the gods' is just code for children. They

have a particular pre-puberty energy that Archons want more than anything and the energy of the young in general is their target. The California Department of Education wants students to chant the names of Aztec gods (Archontic gods) once worshipped in human sacrifice rituals in a curriculum designed to encourage them to ‘challenge racist, bigoted, discriminatory, imperialist/colonial beliefs’, join ‘social movements that struggle for social justice’, and ‘build new possibilities for a post-racist, post-systemic racism society’. It’s the usual Woke crap that inverts racism and calls it anti-racism. In this case solidarity with ‘indigenous tribes’ is being used as an excuse to chant the names of ‘gods’ to which people were sacrificed (and still are in secret). What an example of Woke’s inability to see beyond black and white, us and them, They condemn the colonisation of these tribal cultures by Europeans (quite right), but those cultures sacrificing people including children to their ‘gods’, and mass murdering untold numbers as the Aztecs did, is just fine. One chant is to the Aztec god Tezcatlipoca who had a man sacrificed to him in the 5th month of the Aztec calendar. His heart was cut out and he was eaten. Oh, that’s okay then. Come on children … after three … Other sacrificial ‘gods’ for the young to chant their allegiance include Quetzalcoatl, Huitzilopochtli and Xipe Totec. The curriculum says that ‘chants, affirmations, and energizers can be used to bring the class together, build unity around ethnic studies principles and values, and to reinvigorate the class following a lesson that may be emotionally taxing or even when student engagement may appear to be low’. Well, that’s the cover story, anyway. Chanting and mantras are the repetition of a particular frequency generated from the vocal cords and chanting the names of these Archontic ‘gods’ tunes you into their frequency. That is the last thing you want when it allows for energetic synchronisation, attachment and perceptual influence. Initiates chant the names of their ‘Gods’ in their rituals for this very reason.

## **Vampires of the Woke**

Paedophilia is another way that Archons absorb the energy of children. Paedophiles possessed by Archontic consciousness are used as the conduit during sexual abuse for discarnate Archons to vampire the energy of the young they desire so much. Stupendous numbers of children disappear every year never to be seen again although you would never know from the media. Imagine how much low-vibrational energy has been generated by children during the 'Covid' hoax when so many have become depressed and psychologically destroyed to the point of killing themselves.

Shocking numbers of children are now taken by the state from loving parents to be handed to others. I can tell you from long experience of researching this since 1996 that many end up with paedophiles and assets of the Cult through corrupt and Cult-owned social services which in the reframing era has hired many psychopaths and emotionless automatons to do the job. Children are even stolen to order using spurious reasons to take them by the corrupt and secret (because they're corrupt) 'family courts'. I have written in detail in other books, starting with *The Biggest Secret* in 1997, about the ubiquitous connections between the political, corporate, government, intelligence and military elites (Cult operatives) and Satanism and paedophilia. If you go deep enough both networks have an interlocking leadership. The Woke mentality has been developed by the Cult for many reasons: To promote almost every aspect of its agenda; to hijack the traditional political left and turn it fascist; to divide and rule; and to target agenda pushbackers. But there are other reasons which relate to what I am describing here. How many happy and joyful Wokers do you ever see especially at the extreme end? They are a mental and psychological mess consumed by emotional stress and constantly emotionally cocked for the next explosion of indignation at someone referring to a female as a female. They are walking, talking, batteries as Morpheus might say emitting frequencies which both enslave them in low-vibrational bubbles of perceptual limitation and feed the Archons. Add to this the hatred claimed to be love; fascism claimed to 'anti-fascism', racism claimed to be 'anti-racism';

exclusion claimed to inclusion; and the abuse-filled Internet trolling. You have a purpose-built Archontic energy system with not a wind turbine in sight and all founded on Archontic *inversion*. We have whole generations now manipulated to serve the Archons with their actions and energy. They will be doing so their entire adult lives unless they snap out of their Archon-induced trance. Is it really a surprise that Cult billionaires and corporations put so much money their way? Where is the energy of joy and laughter, including laughing at yourself which is confirmation of your own emotional security? Mark Twain said: 'The human race has one really effective weapon, and that is laughter.' We must use it all the time. Woke has destroyed comedy because it has no humour, no joy, sense of irony, or self-deprecation. Its energy is dense and intense. *Mmmmm*, lunch says the Archontic frequency. Rudolf Steiner (1861-1925) was the Austrian philosopher and famous esoteric thinker who established Waldorf education or Steiner schools to treat children like unique expressions of consciousness and not minds to be programmed with the perceptions determined by authority. I'd been writing about this energy vampiring for decades when I was sent in 2016 a quote by Steiner. He was spot on:

There are beings in the spiritual realms for whom anxiety and fear emanating from human beings offer welcome food. When humans have no anxiety and fear, then these creatures starve. If fear and anxiety radiates from people and they break out in panic, then these creatures find welcome nutrition and they become more and more powerful. These beings are hostile towards humanity. Everything that feeds on negative feelings, on anxiety, fear and superstition, despair or doubt, are in reality hostile forces in super-sensible worlds, launching cruel attacks on human beings, while they are being fed ... These are exactly the feelings that belong to contemporary culture and materialism; because it estranges people from the spiritual world, it is especially suited to evoke hopelessness and fear of the unknown in people, thereby calling up the above mentioned hostile forces against them.

Pause for a moment from this perspective and reflect on what has happened in the world since the start of 2020. Not only will pennies drop, but billion dollar bills. We see the same theme from Don Juan Matus, a Yaqui Indian shaman in Mexico and the information source for Peruvian-born writer, Carlos Castaneda, who wrote a series of

books from the 1960s to 1990s. Don Juan described the force manipulating human society and his name for the Archons was the predator:

We have a predator that came from the depths of the cosmos and took over the rule of our lives. Human beings are its prisoners. The predator is our lord and master. It has rendered us docile, helpless. If we want to protest, it suppresses our protest. If we want to act independently, it demands that we don't do so ... indeed we are held prisoner!

They took us over because we are food to them, and they squeeze us mercilessly because we are their sustenance. Just as we rear chickens in coops, the predators rear us in human coops, humaneros. Therefore, their food is always available to them.

Different cultures, different eras, same recurring theme.

## The 'ennoia' dilemma

Nag Hammadi Gnostic manuscripts say that Archon consciousness has no 'ennoia'. This is directly translated as 'intentionality', but I'll use the term 'creative imagination'. The *All That Is* in awareness of itself is the source of all creativity – all possibility – and the more disconnected you are from that source the more you are subsequently denied 'creative imagination'. Given that Archon consciousness is almost entirely disconnected it severely lacks creativity and has to rely on far more mechanical processes of thought and exploit the creative potential of those that do have 'ennoia'. You can see cases of this throughout human society. Archon consciousness almost entirely dominates the global banking system and if we study how that system works you will appreciate what I mean. Banks manifest 'money' out of nothing by issuing lines of 'credit' which is 'money' that has never, does not, and will never exist except in theory. It's a confidence trick. If you think 'credit' figures-on-a-screen 'money' is worth anything you accept it as payment. If you don't then the whole system collapses through lack of confidence in the value of that 'money'. Archontic bankers with no 'ennoia' are 'lending' 'money' that doesn't exist to humans that *do* have creativity – those that have the inspired ideas and create businesses and products. Archon banking feeds off human creativity

which it controls through ‘money’ creation and debt. Humans have the creativity and Archons exploit that for their own benefit and control while having none themselves. Archon Internet platforms like Facebook claim joint copyright of everything that creative users post and while Archontic minds like Zuckerberg may officially head that company it will be human creatives on the staff that provide the creative inspiration. When you have limitless ‘money’ you can then buy other companies established by creative humans. Witness the acquisition record of Facebook, Google and their like. Survey the Archon-controlled music industry and you see non-creative dark suit executives making their fortune from the human creativity of their artists. The cases are endless. Research the history of people like Gates and Zuckerberg and how their empires were built on exploiting the creativity of others. Archon minds cannot create out of nothing, but they are skilled (because they have to be) in what Gnostic texts call ‘countermimicry’. They can imitate, but not innovate. Sabbatians trawl the creativity of others through backdoors they install in computer systems through their cybersecurity systems. Archon-controlled China is globally infamous for stealing intellectual property and I remember how Hong Kong, now part of China, became notorious for making counterfeit copies of the creativity of others – ‘countermimicry’. With the now pervasive and all-seeing surveillance systems able to infiltrate any computer you can appreciate the potential for Archons to vampire the creativity of humans. Author John Lamb Lash wrote in his book about the Nag Hammadi texts, *Not In His Image*:

Although they cannot originate anything, because they lack the divine factor of ennoia (intentionality), Archons can imitate with a vengeance. Their expertise is simulation (HAL, virtual reality). The Demiurge [Yaldabaoth] fashions a heaven world copied from the fractal patterns [of the original] ... His construction is celestial kitsch, like the fake Italianate villa of a Mafia don complete with militant angels to guard every portal.

This brings us to something that I have been speaking about since the turn of the millennium. Our reality is a simulation; a virtual reality that we think is real. No, I’m not kidding.

## **Human reality? Well, virtually**

I had pondered for years about whether our reality is ‘real’ or some kind of construct. I remembered being immensely affected on a visit as a small child in the late 1950s to the then newly-opened Planetarium on the Marylebone Road in London which is now closed and part of the adjacent Madame Tussauds wax museum. It was in the middle of the day, but when the lights went out there was the night sky projected in the Planetarium’s domed ceiling and it appeared to be so real. The experience never left me and I didn’t know why until around the turn of the millennium when I became certain that our ‘night sky’ and entire reality is a projection, a virtual reality, akin to the illusory world portrayed in the *Matrix* movies. I looked at the sky one day in this period and it appeared to me like the domed roof of the Planetarium. The release of the first *Matrix* movie in 1999 also provided a synchronistic and perfect visual representation of where my mind had been going for a long time. I hadn’t come across the Gnostic Nag Hammadi texts then. When I did years later the correlation was once again astounding. As I read Gnostic accounts from 1,600 years and more earlier it was clear that they were describing the same simulation phenomenon. They tell how the Yaldabaoth ‘Demiurge’ and Archons created a ‘bad copy’ of original reality to rule over all that were captured by its illusions and the body was a prison to trap consciousness in the ‘bad copy’ fake reality. Read how Gnostics describe the ‘bad copy’ and update that to current times and they are referring to what we would call today a virtual reality simulation.

Author John Lamb Lash said ‘the Demiurge fashions a heaven world copied from the fractal patterns’ of the original through expertise in ‘HAL’ or virtual reality simulation. Fractal patterns are part of the energetic information construct of our reality, a sort of blueprint. If these patterns were copied in computer terms it would indeed give you a copy of a ‘natural’ reality in a non-natural frequency and digital form. The principle is the same as making a copy of a website. The original website still exists, but now you can change the copy version to make it whatever you like and it can

become very different to the original website. Archons have done this with our reality, a *synthetic* copy of prime reality that still exists beyond the frequency walls of the simulation. Trapped within the illusions of this synthetic Matrix, however, were and are human consciousness and other expressions of prime reality and this is why the Archons via the Cult are seeking to make the human body synthetic and give us synthetic AI minds to complete the job of turning the entire reality synthetic including what we perceive to be the natural world. To quote Kurzweil: ‘Nanobots will infuse all the matter around us with information. Rocks, trees, everything will become these intelligent creatures.’ Yes, *synthetic* ‘creatures’ just as ‘Covid’ and other genetically-manipulating ‘vaccines’ are designed to make the human body synthetic. From this perspective it is obvious why Archons and their Cult are so desperate to infuse synthetic material into every human with their ‘Covid’ scam.

### **Let there be (electromagnetic) light**

Yaldabaoth, the force that created the simulation, or Matrix, makes sense of the Gnostic reference to ‘The Great Architect’ and its use by Cult Freemasonry as the name of its deity. The designer of the Matrix in the movies is called ‘The Architect’ and that trilogy is jam-packed with symbolism relating to these subjects. I have contended for years that the angry Old Testament God (Yaldabaoth) is the ‘God’ being symbolically ‘quoted’ in the opening of Genesis as ‘creating the world’. This is not the creation of prime reality – it’s the creation of the *simulation*. The Genesis ‘God’ says: ‘Let there be Light: and there was light.’ But what is this ‘Light’? I have said for decades that the speed of light (186,000 miles per second) is not the fastest speed possible as claimed by mainstream science and is in fact the frequency walls or outer limits of the Matrix. You can’t have a fastest or slowest anything within all possibility when everything is possible. The human body is encoded to operate within the speed of light or *within the simulation* and thus we see only the tiny frequency band of visible *light*. Near-death experiencers who perceive reality outside the body during temporary ‘death’ describe a very different

form of light and this is supported by the Nag Hammadi texts. Prime reality beyond the simulation ('Upper Aeons' to the Gnostics) is described as a realm of incredible beauty, bliss, love and harmony – a realm of 'watery light' that is so powerful 'there are no shadows'. Our false reality of Archon control, which Gnostics call the 'Lower Aeons', is depicted as a realm with a different kind of 'light' and described in terms of chaos, 'Hell', 'the Abyss' and 'Outer Darkness', where trapped souls are tormented and manipulated by demons (relate that to the 'Covid' hoax alone). The watery light theme can be found in near-death accounts and it is not the same as *simulation* 'light' which is electromagnetic or radiation light within the speed of light – the 'Lower Aeons'. Simulation 'light' is the 'luminous fire' associated by Gnostics with the Archons. The Bible refers to Yaldabaoth as 'that old serpent, called the Devil, and Satan, which deceiveth the whole world' (Revelation 12:9). I think that making a simulated copy of prime reality ('countermimicry') and changing it dramatically while all the time manipulating humanity to believe it to be real could probably meet the criteria of deceiving the whole world. Then we come to the Cult god Lucifer – the *Light Bringer*. Lucifer is symbolic of Yaldabaoth, the bringer of radiation light that forms the bad copy simulation within the speed of light. 'He' is symbolised by the lighted torch held by the Statue of Liberty and in the name 'Illuminati'. Sabbatian-Frankism declares that Lucifer is the true god and Lucifer is the real god of Freemasonry honoured as their 'Great or Grand Architect of the Universe' (simulation).

I would emphasise, too, the way Archontic technologically-generated luminous fire of radiation has deluged our environment since I was a kid in the 1950s and changed the nature of The Field with which we constantly interact. Through that interaction technological radiation is changing us. The Smart Grid is designed to operate with immense levels of communication power with 5G expanding across the world and 6G, 7G, in the process of development. Radiation is the simulation and the Archontic manipulation system. Why wouldn't the Archon Cult wish to unleash radiation upon us to an ever-greater extreme to form

Kurzweil's 'cloud'? The plan for a synthetic human is related to the need to cope with levels of radiation beyond even anything we've seen so far. Biological humans would not survive the scale of radiation they have in their script. The Smart Grid is a technological sub-reality within the technological simulation to further disconnect five-sense perception from expanded consciousness. It's a technological prison of the mind.

### **Infusing the 'spirit of darkness'**

A recurring theme in religion and native cultures is the manipulation of human genetics by a non-human force and most famously recorded as the biblical 'sons of god' (the gods plural in the original) who interbred with the daughters of men. The Nag Hammadi *Apocryphon of John* tells the same story this way:

He [Yaldabaoth] sent his angels [Archons/demons] to the daughters of men, that they might take some of them for themselves and raise offspring for their enjoyment. And at first they did not succeed. When they had no success, they gathered together again and they made a plan together ... And the angels changed themselves in their likeness into the likeness of their mates, filling them with the spirit of darkness, which they had mixed for them, and with evil ... And they took women and begot children out of the darkness according to the likeness of their spirit.

Possession when a discarnate entity takes over a human body is an age-old theme and continues today. It's very real and I've seen it. Satanic and secret society rituals can create an energetic environment in which entities can attach to initiates and I've heard many stories of how people have changed their personality after being initiated even into lower levels of the Freemasons. I have been inside three Masonic temples, one at a public open day and two by just walking in when there was no one around to stop me. They were in Ryde, the town where I live, Birmingham, England, when I was with a group, and Boston, Massachusetts. They all felt the same energetically – dark, dense, low-vibrational and sinister. Demonic attachment can happen while the initiate has no idea what is going on. To them it's just a ritual to get in the Masons and do a bit of good

business. In the far more extreme rituals of Satanism human possession is even more powerful and they are designed to make possession possible. The hierarchy of the Cult is dictated by the power and perceived status of the possessing Archon. In this way the Archon hierarchy becomes the Cult hierarchy. Once the entity has attached it can influence perception and behaviour and if it attaches to the extreme then so much of its energy (information) infuses into the body information field that the hologram starts to reflect the nature of the possessing entity. This is the *Exorcist* movie type of possession when facial features change and it's known as shapeshifting. Islam's Jinn are said to be invisible tricksters who change shape, 'whisper', confuse and take human form. These are all traits of the Archons and other versions of the same phenomenon. Extreme possession could certainty infuse the 'spirit of darkness' into a partner during sex as the Nag Hammadi texts appear to describe. Such an infusion can change genetics which is also energetic information. Human genetics is information and the 'spirit of darkness' is information. Mix one with the other and change must happen. Islam has the concept of a 'Jinn baby' through possession of the mother and by Jinn taking human form. There are many ways that human genetics can be changed and remember that Archons have been aware all along of advanced techniques to do this. What is being done in human society today – and far more – was known about by Archons at the time of the 'fallen ones' and their other versions described in religions and cultures.

Archons and their human-world Cult are obsessed with genetics as we see today and they know this dictates how information is processed into perceived reality during a human life. They needed to produce a human form that would decode the simulation and this is symbolically known as 'Adam and Eve' who left the 'garden' (prime reality) and 'fell' into Matrix reality. The simulation is not a 'physical' construct (there is no 'physical'); it is a source of information. Think Wi-Fi again. The simulation is an energetic field encoded with information and body-brain systems are designed to decode that information encoded in wave or frequency form which

is transmitted to the brain as electrical signals. These are decoded by the brain to construct our sense of reality – an illusory ‘physical’ world that only exists in the brain or the mind. Virtual reality games mimic this process using the same sensory decoding system. Information is fed to the senses to decode a virtual reality that can appear so real, but isn’t (Figs 18 and 19). Some scientists believe – and I agree with them – that what we perceive as ‘physical’ reality only exists when we are looking or observing. The act of perception or focus triggers the decoding systems which turn waveform information into holographic reality. When we are not observing something our reality reverts from a holographic state to a waveform state. This relates to the same principle as a falling tree not making a noise unless someone is there to hear it or decode it. The concept makes sense from the simulation perspective. A computer is not decoding all the information in a Wi-Fi field all the time and only decodes or brings into reality on the screen that part of Wi-Fi that it’s decoding – focusing upon – at that moment.



**Figure 18:** Virtual reality technology ‘hacks’ into the body’s five-sense decoding system.



**Figure 19:** The result can be experienced as very ‘real’.

Interestingly, Professor Donald Hoffman at the Department of Cognitive Sciences at the University of California, Irvine, says that our experienced reality is like a computer interface that shows us only the level with which we interact while hiding all that exists beyond it: ‘Evolution shaped us with a user interface that hides the truth. Nothing that we see is the truth – the very language of space and time and objects is the wrong language to describe reality.’ He is correct in what he says on so many levels. Space and time are not a universal reality. They are a phenomenon of decoded *simulation* reality as part of the process of enslaving our sense of reality. Near-death experiencers report again and again how space and time did not exist as we perceive them once they were free of the body – body decoding systems. You can appreciate from this why Archons and their Cult are so desperate to entrap human attention in the five senses where we are in the Matrix and of the Matrix. Opening your mind to expanded states of awareness takes you beyond the information confines of the simulation and you become aware of knowledge and insights denied to you before. This is what we call ‘awakening’ – *awakening from the Matrix* – and in the final chapter I will relate this to current events.

## **Where are the ‘aliens’?**

A simulation would explain the so-called ‘Fermi Paradox’ named after Italian physicist Enrico Fermi (1901-1954) who created the first nuclear reactor. He considered the question of why there is such a lack of extraterrestrial activity when there are so many stars and planets in an apparently vast universe; but what if the night sky that we see, or think we do, is a simulated projection as I say? If you control the simulation and your aim is to hold humanity fast in essential ignorance would you want other forms of life including advanced life coming and going sharing information with humanity? Or would you want them to believe they were isolated and apparently alone? Themes of human isolation and apartness are common whether they be the perception of a lifeless universe or the fascist isolation laws of the ‘Covid’ era. Paradoxically the very

existence of a simulation means that we are not alone when some force had to construct it. My view is that experiences that people have reported all over the world for centuries with Reptilians and Grey entities are Archon phenomena as Nag Hammadi texts describe; and that benevolent 'alien' interactions are non-human groups that come in and out of the simulation by overcoming Archon attempts to keep them out. It should be highlighted, too, that Reptilians and Greys are obsessed with *genetics* and *technology* as related by cultural accounts and those who say they have been abducted by them. Technology is their way of overcoming some of the limitations in their creative potential and our technology-driven and controlled human society of today is *archetypical* Archon-Reptilian-Grey modus operandi. Technocracy is really *Archontocracy*. The Universe does not have to be as big as it appears with a simulation. There is no space or distance only information decoded into holographic reality. What we call 'space' is only the absence of holographic 'objects' and that 'space' is The Field of energetic information which connects everything into a single whole. The same applies with the artificially-generated information field of the simulation. The Universe is not big or small as a physical reality. It is decoded information, that's all, and its perceived size is decided by the way the simulation is encoded to make it appear. The entire night sky as we perceive it only exists in our brain and so where are those 'millions of light years'? The 'stars' on the ceiling of the Planetarium looked a vast distance away.

There's another point to mention about 'aliens'. I have been highlighting since the 1990s the plan to stage a fake 'alien invasion' to justify the centralisation of global power and a world military. Nazi scientist Werner von Braun, who was taken to America by Operation Paperclip after World War Two to help found NASA, told his American assistant Dr Carol Rosin about the Cult agenda when he knew he was dying in 1977. Rosin said that he told her about a sequence that would lead to total human control by a one-world government. This included threats from terrorism, rogue nations, meteors and asteroids before finally an 'alien invasion'. All of these

things, von Braun said, would be bogus and what I would refer to as a No-Problem-Reaction-Solution. Keep this in mind when ‘the aliens are coming’ is the new mantra. The aliens are not coming – they are *already here* and they have infiltrated human society while looking human. French-Canadian investigative journalist Serge Monast said in 1994 that he had uncovered a NASA/military operation called Project Blue Beam which fits with what Werner von Braun predicted. Monast died of a ‘heart attack’ in 1996 the day after he was arrested and spent a night in prison. He was 51. He said Blue Beam was a plan to stage an alien invasion that would include religious figures beamed holographically into the sky as part of a global manipulation to usher in a ‘new age’ of worshipping what I would say is the Cult ‘god’ Yaldabaoth in a one-world religion. Fake holographic asteroids are also said to be part of the plan which again syncs with von Braun. How could you stage an illusory threat from asteroids unless they were holographic inserts? This is pretty straightforward given the advanced technology outside the public arena and the fact that our ‘physical’ reality is holographic anyway. Information fields would be projected and we would decode them into the illusion of a ‘physical’ asteroid. If they can sell a global ‘pandemic’ with a ‘virus’ that doesn’t exist what will humans not believe if government and media tell them?

All this is particularly relevant as I write with the Pentagon planning to release in June, 2021, information about ‘UFO sightings’. I have been following the UFO story since the early 1990s and the common theme throughout has been government and military denials and cover up. More recently, however, the Pentagon has suddenly become more talkative and apparently open with Air Force pilot radar images released of unexplained craft moving and changing direction at speeds well beyond anything believed possible with human technology. Then, in March, 2021, former Director of National Intelligence John Ratcliffe said a Pentagon report months later in June would reveal a great deal of information about UFO sightings unknown to the public. He said the report would have ‘massive implications’. The order to do this was included bizarrely

in a \$2.3 trillion ‘coronavirus’ relief and government funding bill passed by the Trump administration at the end of 2020. I would add some serious notes of caution here. I have been pointing out since the 1990s that the US military and intelligence networks have long had craft – ‘flying saucers’ or anti-gravity craft – which any observer would take to be extraterrestrial in origin. Keeping this knowledge from the public allows craft flown by *humans* to be perceived as alien visitations. I am not saying that ‘aliens’ do not exist. I would be the last one to say that, but we have to be streetwise here. President Ronald Reagan told the UN General Assembly in 1987: ‘I occasionally think how quickly our differences worldwide would vanish if we were facing an alien threat from outside this world.’ That’s the idea. Unite against a common ‘enemy’ with a common purpose behind your ‘saviour force’ (the Cult) as this age-old technique of mass manipulation goes global.

### **Science moves this way ...**

I could find only one other person who was discussing the simulation hypothesis publicly when I concluded it was real. This was Nick Bostrom, a Swedish-born philosopher at the University of Oxford, who has explored for many years the possibility that human reality is a computer simulation although his version and mine are not the same. Today the simulation and holographic reality hypothesis have increasingly entered the scientific mainstream. Well, the more open-minded mainstream, that is. Here are a few of the ever-gathering examples. American nuclear physicist Silas Beane led a team of physicists at the University of Bonn in Germany pursuing the question of whether we live in a simulation. They concluded that we probably do and it was likely based on a lattice of cubes. They found that cosmic rays align with that specific pattern. The team highlighted the Greisen-Zatsepin-Kuzmin (GZK) limit which refers to cosmic ray particle interaction with cosmic background radiation that creates an apparent boundary for cosmic ray particles. They say in a paper entitled ‘Constraints on the Universe as a Numerical Simulation’ that this ‘pattern of constraint’ is exactly what you

would find with a computer simulation. They also made the point that a simulation would create its own ‘laws of physics’ that would limit possibility. I’ve been making the same point for decades that the *perceived* laws of physics relate only to this reality, or what I would later call the simulation. When designers write codes to create computer and virtual reality games they are the equivalent of the laws of physics for that game. Players interact within the limitations laid out by the coding. In the same way those who wrote the codes for the simulation decided the laws of physics that would apply. These can be overridden by expanded states of consciousness, but not by those enslaved in only five-sense awareness where simulation codes rule. Overriding the codes is what people call ‘miracles’. They are not. They are bypassing the encoded limits of the simulation. A population caught in simulation perception would have no idea that this was their plight. As the Bonn paper said: ‘Like a prisoner in a pitch-black cell we would not be able to see the “walls” of our prison.’ That’s true if people remain mesmerised by the five senses. Open to expanded awareness and those walls become very clear. The main one is the speed of light.

American theoretical physicist James Gates is another who has explored the simulation question and found considerable evidence to support the idea. Gates was Professor of Physics at the University of Maryland, Director of The Center for String and Particle Theory, and on Barack Obama’s Council of Advisors on Science and Technology. He and his team found *computer codes* of digital data embedded in the fabric of our reality. They relate to on-off electrical charges of 1 and 0 in the binary system used by computers. ‘We have no idea what they are doing there’, Gates said. They found within the energetic fabric mathematical sequences known as error-correcting codes or block codes that ‘reboot’ data to its original state or ‘default settings’ when something knocks it out of sync. Gates was asked if he had found a set of equations embedded in our reality indistinguishable from those that drive search engines and browsers and he said: ‘That is correct.’ Rich Terrile, director of the Centre for Evolutionary Computation and Automated Design at NASA’s Jet

Propulsion Laboratory, has said publicly that he believes the Universe is a digital hologram that must have been created by a form of intelligence. I agree with that in every way. Waveform information is delivered electrically by the senses to the brain which constructs a *digital* holographic reality that we call the ‘world’. This digital level of reality can be read by the esoteric art of numerology. Digital holograms are at the cutting edge of holographics today. We have digital technology everywhere designed to access and manipulate our digital level of perceived reality. Synthetic mRNA in ‘Covid vaccines’ has a digital component to manipulate the body’s digital ‘operating system’.

## **Reality is numbers**

How many know that our reality can be broken down to numbers and codes that are the same as computer games? Max Tegmark, a physicist at the Massachusetts Institute of Technology (MIT), is the author of *Our Mathematical Universe* in which he lays out how reality can be entirely described by numbers and maths in the way that a video game is encoded with the ‘physics’ of computer games. Our world and computer virtual reality are essentially the same.

Tegmark imagines the perceptions of characters in an advanced computer game when the graphics are so good they don’t know they are in a game. They think they can bump into real objects (electromagnetic resistance in our reality), fall in love and feel emotions like excitement. When they began to study the apparently ‘physical world’ of the video game they would realise that everything was made of pixels (which have been found in our energetic reality as must be the case when on one level our world is digital). What computer game characters thought was physical ‘stuff’, Tegmark said, could actually be broken down into numbers:

And we’re exactly in this situation in our world. We look around and it doesn’t seem that mathematical at all, but everything we see is made out of elementary particles like quarks and electrons. And what properties does an electron have? Does it have a smell or a colour or a texture? No! ... We physicists have come up with geeky names for [Electron] properties, like

electric charge, or spin, or lepton number, but the electron doesn't care what we call it, the properties are just numbers.

This is the illusory reality Gnostics were describing. This is the simulation. The A, C, G, and T codes of DNA have a binary value – A and C = 0 while G and T = 1. This has to be when the simulation is digital and the body must be digital to interact with it. Recurring mathematical sequences are encoded throughout reality and the body. They include the Fibonacci sequence in which the two previous numbers are added to get the next one, as in ... 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, etc. The sequence is encoded in the human face and body, proportions of animals, DNA, seed heads, pine cones, trees, shells, spiral galaxies, hurricanes and the number of petals in a flower. The list goes on and on. There are fractal patterns – a 'never-ending pattern that is infinitely complex and self-similar across all scales in the as above, so below, principle of holograms. These and other famous recurring geometrical and mathematical sequences such as Phi, Pi, Golden Mean, Golden Ratio and Golden Section are *computer codes* of the simulation. I had to laugh and give my head a shake the day I finished this book and it went into the production stage. I was sent an article in *Scientific American* published in April, 2021, with the headline 'Confirmed! We Live in a Simulation'. Two decades after I first said our reality is a simulation and the speed of light is its outer limit the article suggested that we do live in a simulation and that the speed of light is its outer limit. I left school at 15 and never passed a major exam in my life while the writer was up to his eyes in qualifications. As I will explain in the final chapter *knowing* is far better than thinking and they come from very different sources. The article rightly connected the speed of light to the processing speed of the 'Matrix' and said what has been in my books all this time ... 'If we are in a simulation, as it appears, then space is an abstract property written in code. It is not real'. No it's not and if we live in a simulation something created it and it wasn't *us*. 'That David Icke says we are manipulated by aliens' – he's crackers.'

## **Wow ...**

The reality that humanity thinks is so real is an illusion. Politicians, governments, scientists, doctors, academics, law enforcement, media, school and university curriculums, on and on, are all founded on a world that *does not exist* except as a simulated prison cell. Is it such a stretch to accept that 'Covid' doesn't exist when our entire 'physical' reality doesn't exist? Revealed here is the knowledge kept under raps in the Cult networks of compartmentalised secrecy to control humanity's sense of reality by inducing the population to believe in a reality that's not real. If it wasn't so tragic in its experiential consequences the whole thing would be hysterically funny. None of this is new to Renegade Minds. Ancient Greek philosopher Plato (about 428 to about 347BC) was a major influence on Gnostic belief and he described the human plight thousands of years ago with his Allegory of the Cave. He told the symbolic story of prisoners living in a cave who had never been outside. They were chained and could only see one wall of the cave while behind them was a fire that they could not see. Figures walked past the fire casting shadows on the prisoners' wall and those moving shadows became their sense of reality. Some prisoners began to study the shadows and were considered experts on them (today's academics and scientists), but what they studied was only an illusion (today's academics and scientists). A prisoner escaped from the cave and saw reality as it really is. When he returned to report this revelation they didn't believe him, called him mad and threatened to kill him if he tried to set them free. Plato's tale is not only a brilliant analogy of the human plight and our illusory reality. It describes, too, the dynamics of the 'Covid' hoax. I have only skimmed the surface of these subjects here. The aim of this book is to crisply connect all essential dots to put what is happening today into its true context. All subject areas and their connections in this chapter are covered in great evidential detail in *Everything You Need To Know, But Have Never Been Told* and *The Answer*.

They say that bewildered people 'can't see the forest for the trees'. Humanity, however, can't see the forest for the *twigs*. The five senses

see only twigs while Renegade Minds can see the forest and it's the forest where the answers lie with the connections that reveals. Breaking free of perceptual programming so the forest can be seen is the way we turn all this around. Not breaking free is how humanity got into this mess. The situation may seem hopeless, but I promise you it's not. We are a perceptual heartbeat from paradise if only we knew.

## CHAPTER TWELVE

### Escaping Wetiko

*Life is simply a vacation from the infinite*

Dean Cavanagh

Renegade Minds weave the web of life and events and see common themes in the apparently random. They are always there if you look for them and their pursuit is aided by incredible synchronicity that comes when your mind is open rather than mesmerised by what it thinks it can see.

Infinite awareness is infinite possibility and the more of infinite possibility that we access the more becomes infinitely possible. That may be stating the apparently obvious, but it is a devastatingly-powerful fact that can set us free. We are a point of attention within an infinity of consciousness. The question is how much of that infinity do we choose to access? How much knowledge, insight, awareness, wisdom, do we want to connect with and explore? If your focus is only in the five senses you will be influenced by a fraction of infinite awareness. I mean a range so tiny that it gives new meaning to infinitesimal. Limitation of self-identity and a sense of the possible limit accordingly your range of consciousness. We are what we think we are. Life is what we think it is. The dream is the dreamer and the dreamer is the dream. Buddhist philosophy puts it this way: 'As a thing is viewed, so it appears.' Most humans live in the realm of touch, taste, see, hear, and smell and that's the limit of their sense of the possible and sense of self. Many will follow a religion and speak of a God in his heaven, but their lives are still

dominated by the five senses in their perceptions and actions. The five senses become the arbiter of everything. When that happens all except a smear of infinity is sealed away from influence by the rigid, unyielding, reality bubbles that are the five-sense human or Phantom Self. Archon Cult methodology is to isolate consciousness within five-sense reality – the simulation – and then program that consciousness with a sense of self and the world through a deluge of life-long information designed to instil the desired perception that allows global control. Efforts to do this have increased dramatically with identity politics as identity bubbles are squeezed into the minutiae of five-sense detail which disconnect people even more profoundly from the infinite ‘I’.

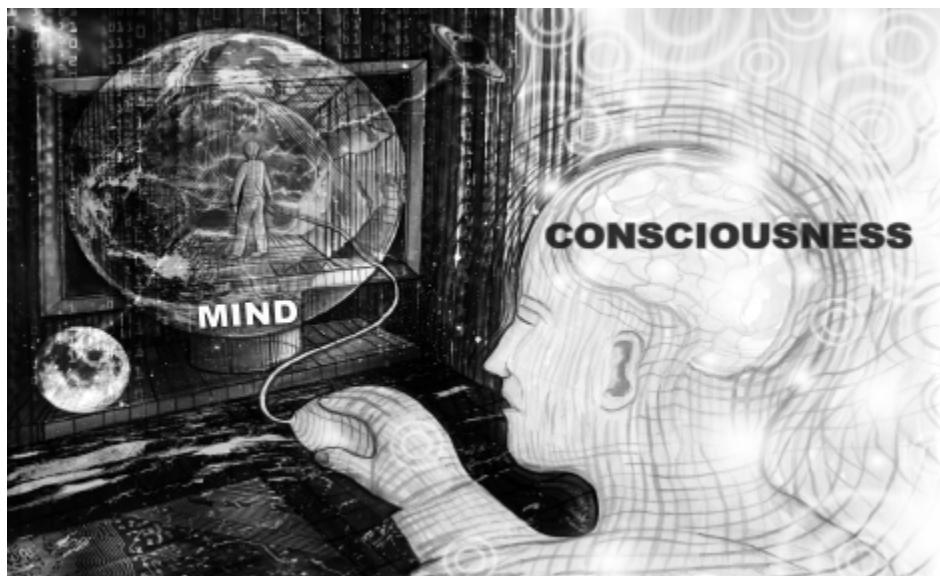
Five-sense focus and self-identity are like a firewall that limits access to the infinite realms. You only perceive one radio or television station and no other. We’ll take that literally for a moment. Imagine a vast array of stations giving different information and angles on reality, but you only ever listen to one. Here we have the human plight in which the population is overwhelmingly confined to CultFM. This relates only to the frequency range of CultFM and limits perception and insight to that band – limits *possibility* to that band. It means you are connecting with an almost imperceptibly minuscule range of possibility and creative potential within the infinite Field. It’s a world where everything seems apart from everything else and where synchronicity is rare. Synchronicity is defined in the dictionary as ‘the happening by chance of two or more related or similar events at the same time’. Use of ‘by chance’ betrays a complete misunderstanding of reality. Synchronicity is not ‘by chance’. As people open their minds, or ‘awaken’ to use the term, they notice more and more coincidences in their lives, bits of ‘luck’, apparently miraculous happenings that put them in the right place at the right time with the right people. Days become peppered with ‘fancy meeting you here’ and ‘what are the chances of that?’ My entire life has been lived like this and ever more so since my own colossal awakening in 1990 and 91 which transformed my sense of reality. Synchronicity is not ‘by chance’; it is by accessing expanded

realms of possibility which allow expanded potential for manifestation. People broadcasting the same vibe from the same openness of mind tend to be drawn ‘by chance’ to each other through what I call frequency magnetism and it’s not only people. In the last more than 30 years incredible synchronicity has also led me through the Cult maze to information in so many forms and to crucial personal experiences. These ‘coincidences’ have allowed me to put the puzzle pieces together across an enormous array of subjects and situations. Those who have breached the bubble of five-sense reality will know exactly what I mean and this escape from the perceptual prison cell is open to everyone whenever they make that choice. This may appear super-human when compared with the limitations of ‘human’, but it’s really our natural state. ‘Human’ as currently experienced is consciousness in an unnatural state of induced separation from the infinity of the whole. I’ll come to how this transformation into unity can be made when I have described in more detail the force that holds humanity in servitude by denying this access to infinite self.

## **The Wetiko factor**

I have been talking and writing for decades about the way five-sense mind is systematically barricaded from expanded awareness. I have used the analogy of a computer (five-sense mind) and someone at the keyboard (expanded awareness). Interaction between the computer and the operator is symbolic of the interaction between five-sense mind and expanded awareness. The computer directly experiences the Internet and the operator experiences the Internet via the computer which is how it’s supposed to be – the two working as one. Archons seek to control that point where the operator connects with the computer to stop that interaction ([Fig 20](#)). Now the operator is banging the keyboard and clicking the mouse, but the computer is not responding and this happens when the computer is taken over – *possessed* – by an appropriately-named computer ‘virus’. The operator has lost all influence over the computer which goes its own way making decisions under the control of the ‘virus’. I have

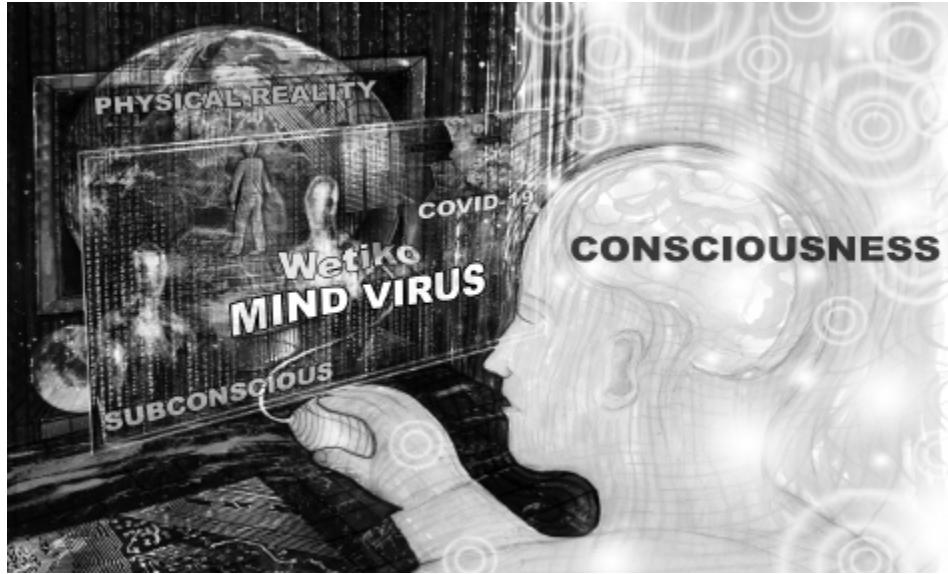
just described the dynamic through which the force known to Gnostics as Yaldabaoth and Archons disconnects five-sense mind from expanded awareness to imprison humanity in perceptual servitude.



**Figure 20:** The mind 'virus' I have been writing about for decades seeks to isolate five-sense mind (the computer) from the true 'I'. (Image by Neil Hague).

About a year ago I came across a Native American concept of Wetiko which describes precisely the same phenomenon. Wetiko is the spelling used by the Cree and there are other versions including wintiko and windigo used by other tribal groups. They spell the name with lower case, but I see Wetiko as a proper noun as with Archons and prefer a capital. I first saw an article about Wetiko by writer and researcher Paul Levy which so synced with what I had been writing about the computer/operator disconnection and later the Archons. I then read his book, the fascinating *Dispelling Wetiko, Breaking the Spell of Evil*. The parallels between what I had concluded long before and the Native American concept of Wetiko were so clear and obvious that it was almost funny. For Wetiko see the Gnostic Archons for sure and the Jinn, the Predators, and every other name for a force of evil, inversion and chaos. Wetiko is the Native American name for the force that divides the computer from

the operator ([Fig 21](#)). Indigenous author Jack D. Forbes, a founder of the Native American movement in the 1960s, wrote another book about Wetiko entitled *Columbus And Other Cannibals – The Wetiko Disease of Exploitation, Imperialism, and Terrorism* which I also read. Forbes says that Wetiko refers to an evil person or spirit ‘who terrorizes other creatures by means of terrible acts, including cannibalism’. Zulu shaman Credo Mutwa told me that African accounts tell how cannibalism was brought into the world by the Chitauri ‘gods’ – another manifestation of Wetiko. The distinction between ‘evil person or spirit’ relates to Archons/Wetiko possessing a human or acting as pure consciousness. Wetiko is said to be a sickness of the soul or spirit and a state of being that takes but gives nothing back – the Cult and its operatives perfectly described. Black Hawk, a Native American war leader defending their lands from confiscation, said European invaders had ‘poisoned hearts’ – Wetiko hearts – and that this would spread to native societies. Mention of the heart is very significant as we shall shortly see. Forbes writes: ‘Tragically, the history of the world for the past 2,000 years is, in great part, the story of the epidemiology of the wetiko disease.’ Yes, and much longer. Forbes is correct when he says: ‘The wetikos destroyed Egypt and Babylon and Athens and Rome and Tenochtitlan [capital of the Aztec empire] and perhaps now they will destroy the entire earth.’ Evil, he said, is the number one export of a Wetiko culture – see its globalisation with ‘Covid’. Constant war, mass murder, suffering of all kinds, child abuse, Satanism, torture and human sacrifice are all expressions of Wetiko and the Wetiko possessed. The world is Wetiko made manifest, *but it doesn’t have to be*. There is a way out of this even now.



**Figure 21:** The mind ‘virus’ is known to Native Americans as ‘Wetiko’. (Image by Neil Hague).

## Cult of Wetiko

Wetiko is the Yaldabaoth frequency distortion that seeks to attach to human consciousness and absorb it into its own. Once this connection is made Wetiko can drive the perceptions of the target which they believe to be coming from their own mind. All the horrors of history and today from mass killers to Satanists, paedophiles like Jeffrey Epstein and other psychopaths, are the embodiment of Wetiko and express its state of being in all its grotesqueness. The Cult is Wetiko incarnate, Yaldabaoth incarnate, and it seeks to facilitate Wetiko assimilation of humanity in totality into its distortion by manipulating the population into low frequency states that match its own. Paul Levy writes: ‘Holographically enforced within the psyche of every human being the wetiko virus pervades and underlies the entire field of consciousness, and can therefore potentially manifest through any one of us at any moment if we are not mindful.’ The ‘Covid’ hoax has achieved this with many people, but others have not fallen into Wetiko’s frequency lair. Players in the ‘Covid’ human catastrophe including Gates, Schwab, Tedros, Fauci, Whitty, Vallance, Johnson, Hancock, Ferguson, Drosten, and all the rest, including the psychopath psychologists, are expressions of Wetiko. This is why

they have no compassion or empathy and no emotional consequence for what they do that would make them stop doing it. Observe all the people who support the psychopaths in authority against the Pushbackers despite the damaging impact the psychopaths have on their own lives and their family's lives. You are again looking at Wetiko possession which prevents them seeing through the lies to the obvious scam going on. *Why can't they see it?* Wetiko won't let them see it. The perceptual divide that has now become a chasm is between the Wetikoed and the non-Wetikoed.

Paul Levy describes Wetiko in the same way that I have long described the Archontic force. They are the same distorted consciousness operating across dimensions of reality: '... the subtle body of wetiko is not located in the third dimension of space and time, literally existing in another dimension ... it is able to affect ordinary lives by mysteriously interpenetrating into our three-dimensional world.' Wetiko does this through its incarnate representatives in the Cult and by weaving itself into The Field which on our level of reality is the electromagnetic information field of the simulation or Matrix. More than that, the simulation *is* Wetiko / Yaldabaoth. Caleb Scharf, Director of Astrobiology at Columbia University, has speculated that 'alien life' could be so advanced that it has transcribed itself into the quantum realm to become what we call physics. He said intelligence indistinguishable from the fabric of the Universe would solve many of its greatest mysteries:

Perhaps hyper-advanced life isn't just external. Perhaps it's already all around. It is embedded in what we perceive to be physics itself, from the root behaviour of particles and fields to the phenomena of complexity and emergence ... In other words, life might not just be in the equations. It might BE the equations [My emphasis].

Scharf said it is possible that 'we don't recognise advanced life because it forms an integral and unsuspicious part of what we've considered to be the natural world'. I agree. Wetiko/Yaldabaoth *is* the simulation. We are literally in the body of the beast. But that doesn't mean it has to control us. We all have the power to overcome Wetiko

influence and the Cult knows that. I doubt it sleeps too well because it knows that.

## **Which Field?**

This, I suggest, is how it all works. There are two Fields. One is the fierce electromagnetic light of the Matrix within the speed of light; the other is the ‘watery light’ of The Field beyond the walls of the Matrix that connects with the Great Infinity. Five-sense mind and the decoding systems of the body attach us to the Field of Matrix light. They have to or we could not experience this reality. Five-sense mind sees only the Matrix Field of information while our expanded consciousness is part of the Infinity Field. When we open our minds, and most importantly our hearts, to the Infinity Field we have a mission control which gives us an expanded perspective, a road map, to understand the nature of the five-sense world. If we are isolated only in five-sense mind there is no mission control. We’re on our own trying to understand a world that’s constantly feeding us information to ensure we do not understand. People in this state can feel ‘lost’ and bewildered with no direction or radar. You can see ever more clearly those who are influenced by the Fields of Big Infinity or little five-sense mind simply by their views and behaviour with regard to the ‘Covid’ hoax. We have had this division throughout known human history with the mass of the people on one side and individuals who could see and intuit beyond the walls of the simulation – Plato’s prisoner who broke out of the cave and saw reality for what it is. Such people have always been targeted by Wetiko/Archon-possessed authority, burned at the stake or demonised as mad, bad and dangerous. The Cult today and its global network of ‘anti-hate’, ‘anti-fascist’ Woke groups are all expressions of Wetiko attacking those exposing the conspiracy, ‘Covid’ lies and the ‘vaccine’ agenda.

Woke as a whole is Wetiko which explains its black and white mentality and how at one it is with the Wetiko-possessed Cult. Paul Levy said: ‘To be in this paradigm is to still be under the thrall of a two-valued logic – where things are either true or false – of a

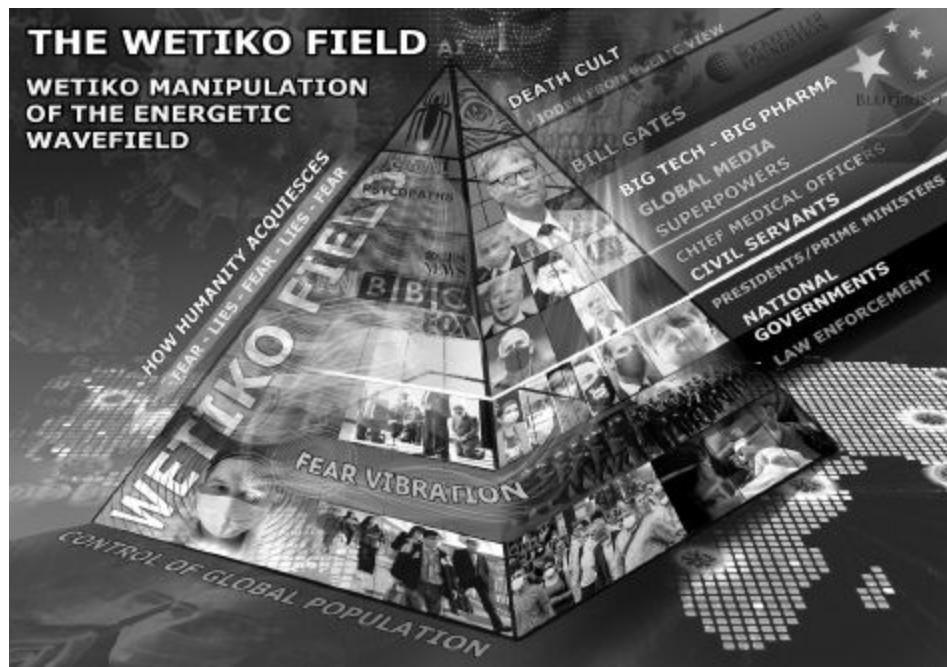
wetikoized mind.' Wetiko consciousness is in a permanent rage, therefore so is Woke, and then there is Woke inversion and contradiction. 'Anti-fascists' act like fascists because fascists *and* 'anti-fascists' are both Wetiko at work. Political parties act the same while claiming to be different for the same reason. Secret society and satanic rituals are attaching initiates to Wetiko and the cold, ruthless, psychopathic mentality that secures the positions of power all over the world is Wetiko. Reframing 'training programmes' have the same cumulative effect of attaching Wetiko and we have their graduates described as automatons and robots with a cold, psychopathic, uncaring demeanour. They are all traits of Wetiko possession and look how many times they have been described in this book and elsewhere with regard to personnel behind 'Covid' including the police and medical profession. Climbing the greasy pole in any profession in a Wetiko society requires traits of Wetiko to get there and that is particularly true of politics which is not about fair competition and pre-eminence of ideas. It is founded on how many backs you can stab and arses you can lick. This culminated in the global 'Covid' coordination between the Wetiko possessed who pulled it off in all the different countries without a trace of empathy and compassion for their impact on humans. Our sight sense can see only holographic form and not the Field which connects holographic form. Therefore we perceive 'physical' objects with 'space' in between. In fact that 'space' is energy/consciousness operating on multiple frequencies. One of them is Wetiko and that connects the Cult psychopaths, those who submit to the psychopaths, and those who serve the psychopaths in the media operations of the world. Wetiko is Gates. Wetiko is the mask-wearing submissive. Wetiko is the fake journalist and 'fact-checker'. The Wetiko Field is coordinating the whole thing. Psychopaths, gofers, media operatives, 'anti-hate' hate groups, 'fact-checkers' and submissive people work as one unit *even without human coordination* because they are attached to the *same* Field which is organising it all ([Fig 22](#)). Paul Levy is here describing how Wetiko-possessed people are drawn together and refuse to let any information breach their rigid

perceptions. He was writing long before ‘Covid’, but I think you will recognise followers of the ‘Covid’ religion *oh just a little bit*:

People who are channelling the vibratory frequency of wetiko align with each other through psychic resonance to reinforce their unspoken shared agreement so as to uphold their deranged view of reality. Once an unconscious content takes possession of certain individuals, it irresistibly draws them together by mutual attraction and knits them into groups tied together by their shared madness that can easily swell into an avalanche of insanity.

A psychic epidemic is a closed system, which is to say that it is insular and not open to any new information or informing influences from the outside world which contradict its fixed, limited, and limiting perspective.

There we have the Woke mind and the ‘Covid’ mind. Compatible resonance draws the awakening together, too, which is clearly happening today.



**Figure 22:** The Wetiko Field from which the Cult pyramid and its personnel are made manifest. (Image by Neil Hague).

## Spiritual servitude

Wetiko doesn’t care about humans. It’s not human; it just possesses humans for its own ends and the effect (depending on the scale of

possession) can be anything from extreme psychopathy to unquestioning obedience. Wetiko's worst nightmare is for human consciousness to expand beyond the simulation. Everything is focussed on stopping that happening through control of information, thus perception, thus frequency. The 'education system', media, science, medicine, academia, are all geared to maintaining humanity in five-sense servitude as is the constant stimulation of low-vibrational mental and emotional states (see 'Covid'). Wetiko seeks to dominate those subconscious spaces between five-sense perception and expanded consciousness where the computer meets the operator. From these subconscious hiding places Wetiko speaks to us to trigger urges and desires that we take to be our own and manipulate us into anything from low-vibrational to psychopathic states. Remember how Islam describes the Jinn as invisible tricksters that 'whisper' and confuse. Wetiko is the origin of the 'trickster god' theme that you find in cultures all over the world. Jinn, like the Archons, are Wetiko which is terrified of humans awakening and reconnecting with our true self for then its energy source has gone. With that the feedback loop breaks between Wetiko and human perception that provides the energetic momentum on which its very existence depends as a force of evil. Humans are both its target and its source of survival, but only if we are operating in low-vibrational states of fear, hate, depression and the background anxiety that most people suffer. We are Wetiko's target because we are its key to survival. It needs us, not the other way round. Paul Levy writes:

A vampire has no intrinsic, independent, substantial existence in its own right; it only exists in relation to us. The pathogenic, vampiric mind-parasite called wetiko is nothing in itself – not being able to exist from its own side – yet it has a 'virtual reality' such that it can potentially destroy our species ...

...The fact that a vampire is not reflected by a mirror can also mean that what we need to see is that there's nothing, no-thing to see, other than ourselves. The fact that wetiko is the expression of something inside of us means that the cure for wetiko is with us as well. The critical issue is finding this cure within us and then putting it into effect.

Evil begets evil because if evil does not constantly expand and find new sources of energetic sustenance its evil, its *distortion*, dies with the assimilation into balance and harmony. Love is the garlic to Wetiko's vampire. Evil, the absence of love, cannot exist in the presence of love. I think I see a way out of here. I have emphasised so many times over the decades that the Archons/Wetiko and their Cult are not all powerful. *They are not.* I don't care how it looks even now *they are not.* I have not called them little boys in short trousers for effect. I have said it because it is true. Wetiko's insatiable desire for power over others is not a sign of its omnipotence, but its insecurity. Paul Levy writes: 'Due to the primal fear which ultimately drives it and which it is driven to cultivate, wetiko's body politic has an intrinsic and insistent need for centralising power and control so as to create imagined safety for itself.' *Yeeeeees!* Exactly! Why does Wetiko want humans in an ongoing state of fear? Wetiko itself *is* fear and it is petrified of love. As evil is an absence of love, so love is an absence of fear. Love conquers all and *especially* Wetiko which *is* fear. Wetiko brought fear into the world when it wasn't here before. *Fear* was the 'fall', the fall into low-frequency ignorance and illusion – fear is False Emotion Appearing Real. The simulation is driven and energised by fear because Wetiko/Yaldabaoth (fear) *are* the simulation. Fear is the absence of love and Wetiko is the absence of love.

## **Wetiko today**

We can now view current events from this level of perspective. The 'Covid' hoax has generated momentous amounts of ongoing fear, anxiety, depression and despair which have empowered Wetiko. No wonder people like Gates have been the instigators when they are Wetiko incarnate and exhibit every trait of Wetiko in the extreme. See how cold and unemotional these people are like Gates and his cronies, how dead of eye they are. That's Wetiko. Sabbatians are Wetiko and everything they control including the World Health Organization, Big Pharma and the 'vaccine' makers, national 'health'

hierarchies, corporate media, Silicon Valley, the banking system, and the United Nations with its planned transformation into world government. All are controlled and possessed by the Wetiko distortion into distorting human society in its image. We are with this knowledge at the gateway to understanding the world.

Divisions of race, culture, creed and sexuality are diversions to hide the real division between those possessed and influenced by Wetiko and those that are not. The ‘Covid’ hoax has brought both clearly into view. Human behaviour is not about race. Tyrants and dictatorships come in all colours and creeds. What unites the US president bombing the innocent and an African tribe committing genocide against another as in Rwanda? What unites them? *Wetiko*. All wars are Wetiko, all genocide is Wetiko, all hunger over centuries in a world of plenty is Wetiko. Children going to bed hungry, including in the West, is Wetiko. Cult-generated Woke racial divisions that focus on the body are designed to obscure the reality that divisions in behaviour are manifestations of mind, not body. Obsession with body identity and group judgement is a means to divert attention from the real source of behaviour – mind and perception. Conflict sown by the Woke both within themselves and with their target groups are Wetiko providing lunch for itself through still more agents of the division, chaos, and fear on which it feeds. The Cult is seeking to assimilate the entirety of humanity and all children and young people into the Wetiko frequency by manipulating them into states of fear and despair. Witness all the suicide and psychological unravelling since the spring of 2020. Wetiko psychopaths want to impose a state of unquestioning obedience to authority which is no more than a conduit for Wetiko to enforce its will and assimilate humanity into itself. It needs us to believe that resistance is futile when it fears resistance and even more so the game-changing non-cooperation with its impositions. It can use violent resistance for its benefit. Violent impositions and violent resistance are *both* Wetiko. The Power of Love with its Power of No will sweep Wetiko from our world. Wetiko and its Cult know that. They just don’t want us to know.

## **AI Wetiko**

This brings me to AI or artificial intelligence and something else Wetikos don't want us to know. What is AI *really*? I know about computer code algorithms and AI that learns from data input. These, however, are more diversions, the expeditionary force, for the real AI that they want to connect to the human brain as promoted by Silicon Valley Wetikos like Kurzweil. What is this AI? It is the frequency of *Wetiko*, the frequency of the Archons. The connection of AI to the human brain is the connection of the Wetiko frequency to create a Wetiko hive mind and complete the job of assimilation. The hive mind is planned to be controlled from Israel and China which are both 100 percent owned by Wetiko Sabbatians. The assimilation process has been going on minute by minute in the 'smart' era which fused with the 'Covid' era. We are told that social media is scrambling the minds of the young and changing their personality. This is true, but what is social media? Look more deeply at how it works, how it creates divisions and conflict, the hostility and cruelty, the targeting of people until they are destroyed. That's Wetiko. Social media is manipulated to tune people to the Wetiko frequency with all the emotional exploitation tricks employed by platforms like Facebook and its Wetiko front man, Zuckerberg. Facebook's Instagram announced a new platform for children to overcome a legal bar on them using the main site. This is more Wetiko exploitation and manipulation of kids. Amnesty International likened the plan to foxes offering to guard the henhouse and said it was incompatible with human rights. Since when did Wetiko or Zuckerberg (I repeat myself) care about that? Would Brin and Page at Google, Wojcicki at YouTube, Bezos at Amazon and whoever the hell runs Twitter act as they do if they were not channelling Wetiko? Would those who are developing technologies for no other reason than human control? How about those designing and selling technologies to kill people and Big Pharma drug and 'vaccine' producers who know they will end or devastate lives? Quite a thought for these people to consider is that if you are Wetiko in a human life you are Wetiko on the 'other side' unless your frequency

changes and that can only change by a change of perception which becomes a change of behaviour. Where Gates is going does not bear thinking about although perhaps that's exactly where he wants to go. Either way, that's where he's going. His frequency will make it so.

## **The frequency lair**

I have been saying for a long time that a big part of the addiction to smartphones and devices is that a frequency is coming off them that entraps the mind. People spend ages on their phones and sometimes even a minute or so after they put them down they pick them up again and it all repeats. 'Covid' lockdowns will have increased this addiction a million times for obvious reasons. Addictions to alcohol overindulgence and drugs are another way that Wetiko entraps consciousness to attach to its own. Both are symptoms of low-vibrational psychological distress which alcoholism and drug addiction further compound. Do we think it's really a coincidence that access to them is made so easy while potions that can take people into realms beyond the simulation are banned and illegal? I have explored smartphone addiction in other books, the scale is mind-blowing, and that level of addiction does not come without help. Tech companies that make these phones are Wetiko and they will have no qualms about destroying the minds of children. We are seeing again with these companies the Wetiko perceptual combination of psychopathic enforcers and weak and meek unquestioning compliance by the rank and file.

The global Smart Grid is the Wetiko Grid and it is crucial to complete the Cult endgame. The simulation is radiation and we are being deluged with technological radiation on a devastating scale. Wetiko frauds like Elon Musk serve Cult interests while occasionally criticising them to maintain his street-cred. 5G and other forms of Wi-Fi are being directed at the earth from space on a volume and scale that goes on increasing by the day. Elon Musk's (officially) SpaceX Starlink project is in the process of putting tens of thousands of satellites in low orbit to cover every inch of the planet with 5G and other Wi-Fi to create Kurzweil's global 'cloud' to which the

human mind is planned to be attached very soon. SpaceX has approval to operate 12,000 satellites with more than 1,300 launched at the time of writing and applications filed for 30,000 more. Other operators in the Wi-Fi, 5G, low-orbit satellite market include OneWeb (UK), Telesat (Canada), and AST & Science (US). Musk tells us that AI could be the end of humanity and then launches a company called Neuralink to connect the human brain to computers. Musk's (in theory) Tesla company is building electric cars and the driverless vehicles of the smart control grid. As frauds and bullshitters go Elon Musk in my opinion is Major League.

5G and technological radiation in general are destructive to human health, genetics and psychology and increasing the strength of artificial radiation underpins the five-sense perceptual bubbles which are themselves expressions of radiation or electromagnetism. Freedom activist John Whitehead was so right with his 'databit by databit, we are building our own electronic concentration camps'. The Smart Grid and 5G is a means to control the human mind and infuse perceptual information into The Field to influence anyone in sync with its frequency. You can change perception and behaviour en masse if you can manipulate the population into those levels of frequency and this is happening all around us today. The arrogance of Musk and his fellow Cult operatives knows no bounds in the way that we see with Gates. Musk's satellites are so many in number already they are changing the night sky when viewed from Earth. The astronomy community has complained about this and they have seen nothing yet. Some consequences of Musk's Wetiko hubris include: Radiation; visible pollution of the night sky; interference with astronomy and meteorology; ground and water pollution from intensive use of increasingly many spaceports; accumulating space debris; continual deorbiting and burning up of aging satellites, polluting the atmosphere with toxic dust and smoke; and ever-increasing likelihood of collisions. A collective public open letter of complaint to Musk said:

We are writing to you ... because SpaceX is in process of surrounding the Earth with a network of thousands of satellites whose very purpose is to irradiate every square inch of the

Earth. SpaceX, like everyone else, is treating the radiation as if it were not there. As if the mitochondria in our cells do not depend on electrons moving undisturbed from the food we digest to the oxygen we breathe.

As if our nervous systems and our hearts are not subject to radio frequency interference like any piece of electronic equipment. As if the cancer, diabetes, and heart disease that now afflict a majority of the Earth's population are not metabolic diseases that result from interference with our cellular machinery. As if insects everywhere, and the birds and animals that eat them, are not starving to death as a result.

People like Musk and Gates believe in their limitless Wetiko arrogance that they can do whatever they like to the world because they own it. Consequences for humanity are irrelevant. It's absolutely time that we stopped taking this shit from these self-styled masters of the Earth when you consider where this is going.

## **Why is the Cult so anti-human?**

I hear this question often: Why would they do this when it will affect them, too? Ah, but will it? Who is this *them*? Forget their bodies. They are just vehicles for Wetiko consciousness. When you break it all down to the foundations we are looking at a state of severely distorted consciousness targeting another state of consciousness for assimilation. The rest is detail. The simulation is the fly-trap in which unique sensations of the five senses create a cycle of addiction called reincarnation. Renegade Minds see that everything which happens in our reality is a smaller version of the whole picture in line with the holographic principle. Addiction to the radiation of smart technology is a smaller version of addiction to the whole simulation. Connecting the body/brain to AI is taking that addiction on a giant step further to total ongoing control by assimilating human incarnate consciousness into Wetiko. I have watched during the 'Covid' hoax how many are becoming ever more profoundly attached to Wetiko's perceptual calling cards of aggressive response to any other point of view ('There is no other god but me'), psychopathic lack of compassion and empathy, and servile submission to the narrative and will of authority. Wetiko is the psychopaths *and* subservience to psychopaths. The Cult of Wetiko is

so anti-human because it is *not* human. It embarked on a mission to destroy human by targeting everything that it means to be human and to survive as human. ‘Covid’ is not the end, just a means to an end. The Cult with its Wetiko consciousness is seeking to change Earth systems, including the atmosphere, to suit them, not humans. The gathering bombardment of 5G alone from ground and space is dramatically changing The Field with which the five senses interact. There is so much more to come if we sit on our hands and hope it will all go away. It is not meant to go away. It is meant to get ever more extreme and we need to face that while we still can – just.

Carbon dioxide is the gas of life. Without that human is over. Kaput, gone, history. No natural world, no human. The Cult has created a cock and bull story about carbon dioxide and climate change to justify its reduction to the point where Gates and the ignoramus Biden ‘climate chief’ John Kerry want to suck it out of the atmosphere. Kerry wants to do this because his master Gates does. Wetikos have made the gas of life a demon with the usual support from the Wokers of Extinction Rebellion and similar organisations and the bewildered puppet-child that is Greta Thunberg who was put on the world stage by Klaus Schwab and the World Economic Forum. The name Extinction Rebellion is both ironic and as always Wetiko inversion. The gas that we need to survive must be reduced to save us from extinction. The most basic need of human is oxygen and we now have billions walking around in face nappies depriving body and brain of this essential requirement of human existence. More than that 5G at 60 gigahertz interacts with the oxygen molecule to reduce the amount of oxygen the body can absorb into the bloodstream. The obvious knock-on consequences of that for respiratory and cognitive problems and life itself need no further explanation. Psychopaths like Musk are assembling a global system of satellites to deluge the human atmosphere with this insanity. The man should be in jail. Here we have two most basic of human needs, oxygen and carbon dioxide, being dismantled.

Two others, water and food, are getting similar treatment with the United Nations Agendas 21 and 2030 – the Great Reset – planning to

centrally control all water and food supplies. People will not even own rain water that falls on their land. Food is affected at the most basic level by reducing carbon dioxide. We have genetic modification or GMO infiltrating the food chain on a mass scale, pesticides and herbicides polluting the air and destroying the soil. Freshwater fish that provide livelihoods for 60 million people and feed hundreds of millions worldwide are being 'pushed to the brink' according the conservationists while climate change is the only focus. Now we have Gates and Schwab wanting to dispense with current food sources all together and replace them with a synthetic version which the Wetiko Cult would control in terms of production and who eats and who doesn't. We have been on the Totalitarian Tiptoe to this for more than 60 years as food has become ever more processed and full of chemical shite to the point today when it's not natural food at all. As Dr Tom Cowan says: 'If it has a label don't eat it.' Bill Gates is now the biggest owner of farmland in the United States and he does nothing without an ulterior motive involving the Cult. Klaus Schwab wrote: 'To feed the world in the next 50 years we will need to produce as much food as was produced in the last 10,000 years ... food security will only be achieved, however, if regulations on genetically modified foods are adapted to reflect the reality that gene editing offers a precise, efficient and safe method of improving crops.' Liar. People and the world are being targeted with aluminium through vaccines, chemtrails, food, drink cans, and endless other sources when aluminium has been linked to many health issues including dementia which is increasing year after year. Insects, bees and wildlife essential to the food chain are being deleted by pesticides, herbicides and radiation which 5G is dramatically increasing with 6G and 7G to come. The pollinating bee population is being devastated while wildlife including birds, dolphins and whales are having their natural radar blocked by the effects of ever-increasing radiation. In the summer windscreens used to be splattered with insects so numerous were they. It doesn't happen now. Where have they gone?

## **Synthetic everything**

The Cult is introducing genetically-modified versions of trees, plants and insects including a Gates-funded project to unleash hundreds of millions of genetically-modified, lab-altered and patented male mosquitoes to mate with wild mosquitoes and induce genetic flaws that cause them to die out. Clinically-insane Gates-funded Japanese researchers have developed mosquitos that spread vaccine and are dubbed 'flying vaccinators'. Gates is funding the modification of weather patterns in part to sell the myth that this is caused by carbon dioxide and he's funding geoengineering of the skies to change the atmosphere. Some of this came to light with the Gates-backed plan to release tonnes of chalk into the atmosphere to 'deflect the Sun and cool the planet'. Funny how they do this while the heating effect of the Sun is not factored into climate projections focussed on carbon dioxide. The reason is that they want to reduce carbon dioxide (so don't mention the Sun), but at the same time they do want to reduce the impact of the Sun which is so essential to human life and health. I have mentioned the sun-cholesterol-vitamin D connection as they demonise the Sun with warnings about skin cancer (caused by the chemicals in sun cream they tell you to splash on). They come from the other end of the process with statin drugs to reduce cholesterol that turns sunlight into vitamin D. A lack of vitamin D leads to a long list of health effects and how vitamin D levels must have fallen with people confined to their homes over 'Covid'. Gates is funding other forms of geoengineering and most importantly chemtrails which are dropping heavy metals, aluminium and self-replicating nanotechnology onto the Earth which is killing the natural world. See *Everything You Need To Know, But Have Never Been Told* for the detailed background to this.

Every human system is being targeted for deletion by a force that's not human. The Wetiko Cult has embarked on the process of transforming the human body from biological to synthetic biological as I have explained. Biological is being replaced by the artificial and synthetic – Archontic 'countermimicry' – right across human society. The plan eventually is to dispense with the human body altogether

and absorb human consciousness – which it wouldn't really be by then – into cyberspace (the simulation which is Wetiko/Yaldabaoth). Preparations for that are already happening if people would care to look. The alternative media rightly warns about globalism and 'the globalists', but this is far bigger than that and represents the end of the human race as we know it. The 'bad copy' of prime reality that Gnostics describe was a bad copy of harmony, wonder and beauty to start with before Wetiko/Yaldabaoth set out to change the simulated 'copy' into something very different. The process was slow to start with. Entrapped humans in the simulation timeline were not technologically aware and they had to be brought up to intellectual speed while being suppressed spiritually to the point where they could build their own prison while having no idea they were doing so. We have now reached that stage where technological intellect has the potential to destroy us and that's why events are moving so fast. Central American shaman Don Juan Matus said:

Think for a moment, and tell me how you would explain the contradictions between the intelligence of man the engineer and the stupidity of his systems of belief, or the stupidity of his contradictory behaviour. Sorcerers believe that the predators have given us our systems of beliefs, our ideas of good and evil; our social mores. They are the ones who set up our dreams of success or failure. They have given us covetousness, greed, and cowardice. It is the predator who makes us complacent, routinary, and egomaniacal.

In order to keep us obedient and meek and weak, the predators engaged themselves in a stupendous manoeuvre – stupendous, of course, from the point of view of a fighting strategist; a horrendous manoeuvre from the point of those who suffer it. They gave us their mind. The predators' mind is baroque, contradictory, morose, filled with the fear of being discovered any minute now.

For 'predators' see Wetiko, Archons, Yaldabaoth, Jinn, and all the other versions of the same phenomenon in cultures and religions all over the world. The theme is always the same because it's true and it's real. We have reached the point where we have to deal with it. The question is – how?

## **Don't fight – walk away**

I thought I'd use a controversial subheading to get things moving in terms of our response to global fascism. What do you mean 'don't fight'? What do you mean 'walk away'? We've got to fight. We can't walk away. Well, it depends what we mean by fight and walk away. If fighting means physical combat we are playing Wetiko's game and falling for its trap. It wants us to get angry, aggressive, and direct hate and hostility at the enemy we think we must fight. Every war, every battle, every conflict, has been fought with Wetiko leading both sides. It's what it does. Wetiko wants a fight, anywhere, any place. Just hit me, son, so I can hit you back. Wetiko hits Wetiko and Wetiko hits Wetiko in return. I am very forthright as you can see in exposing Wetikos of the Cult, but I don't hate them. I refuse to hate them. It's what they want. What you hate you become. What you *fight* you become. Wokers, 'anti-haters' and 'anti-fascists' prove this every time they reach for their keyboards or don their balaclavas. By walk away I mean to disengage from Wetiko which includes ceasing to cooperate with its tyranny. Paul Levy says of Wetiko:

The way to 'defeat' evil is not to try to destroy it (for then, in playing evil's game, we have already lost), but rather, to find the invulnerable place within ourselves where evil is unable to vanquish us – this is to truly 'win' our battle with evil.

Wetiko is everywhere in human society and it's been on steroids since the 'Covid' hoax. Every shouting match over wearing masks has Wetiko wearing a mask and Wetiko not wearing one. It's an electrical circuit of push and resist, push and resist, with Wetiko pushing *and* resisting. Each polarity is Wetiko empowering itself. Dictionary definitions of 'resist' include 'opposing, refusing to accept or comply with' and the word to focus on is 'opposing'. What form does this take – setting police cars alight or 'refusing to accept or comply with'? The former is Wetiko opposing Wetiko while the other points the way forward. This is the difference between those aggressively demanding that government fascism must be obeyed who stand in stark contrast to the great majority of Pushbackers. We saw this clearly with a march by thousands of Pushbackers against lockdown in London followed days later by a Woker-hijacked

protest in Bristol in which police cars were set on fire. Masks were virtually absent in London and widespread in Bristol. Wetiko wants lockdown on every level of society and infuses its aggression to police it through its unknowing stooges. Lockdown protesters are the ones with the smiling faces and the hugs, The two blatantly obvious states of being – getting more obvious by the day – are the result of Wokers and their like becoming ever more influenced by the simulation Field of Wetiko and Pushbackers ever more influenced by The Field of a far higher vibration beyond the simulation. Wetiko can't invade the heart which is where most lockdown opponents are coming from. It's the heart that allows them to see through the lies to the truth in ways I will be highlighting.

Renegade Minds know that calmness is the place from which wisdom comes. You won't find wisdom in a hissing fit and wisdom is what we need in abundance right now. Calmness is not weakness – you don't have to scream at the top of your voice to be strong. Calmness is indeed a sign of strength. 'No' means I'm not doing it. NOOOO!!! doesn't mean you're not doing it even more. Volume does not advance 'No – I'm not doing it'. You are just not doing it. Wetiko possessed and influenced don't know how to deal with that. Wetiko wants a fight and we should not give it one. What it needs more than anything is our *cooperation* and we should not give that either. Mass rallies and marches are great in that they are a visual representation of feeling, but if it ends there they are irrelevant. You demand that Wetikos act differently? Well, they're not going to are they? They are Wetikos. We don't need to waste our time demanding that something doesn't happen when that will make no difference. We need to delete the means that *allows* it to happen. This, invariably, is our cooperation. You can demand a child stop firing a peashooter at the dog or you can refuse to buy the peashooter. If you provide the means you are cooperating with the dog being smacked on the nose with a pea. How can the authorities enforce mask-wearing if millions in a country refuse? What if the 74 million Pushbackers that voted for Trump in 2020 refused to wear masks, close their businesses or stay in their homes. It would be unenforceable. The

few control the many through the compliance of the many and that's always been the dynamic be it 'Covid' regulations or the Roman Empire. I know people can find it intimidating to say no to authority or stand out in a crowd for being the only one with a face on display; but it has to be done or it's over. I hope I've made clear in this book that where this is going will be far more intimidating than standing up now and saying 'No' – I will not cooperate with my own enslavement and that of my children. There might be consequences for some initially, although not so if enough do the same. The question that must be addressed is what is going to happen if we don't? It is time to be strong and unyieldingly so. No means no. Not here and there, but *everywhere* and *always*. I have refused to wear a mask and obey all the other nonsense. I will not comply with tyranny. I repeat: Fascism is not imposed by fascists – there are never enough of them. Fascism is imposed by the population acquiescing to fascism. *I will not do it.* I will die first, or my body will. Living meekly under fascism is a form of death anyway, the death of the spirit that Martin Luther King described.

## **Making things happen**

We must not despair. This is not over till it's over and it's far from that. The 'fat lady' must refuse to sing. The longer the 'Covid' hoax has dragged on and impacted on more lives we have seen an awakening of phenomenal numbers of people worldwide to the realisation that what they have believed all their lives is not how the world really is. Research published by the system-serving University of Bristol and King's College London in February, 2021, concluded: 'One in every 11 people in Britain say they trust David Icke's take on the coronavirus pandemic.' It will be more by now and we have gathering numbers to build on. We must urgently progress from seeing the scam to ceasing to cooperate with it. Prominent German lawyer Reiner Fuellmich, also licenced to practice law in America, is doing a magnificent job taking the legal route to bring the psychopaths to justice through a second Nuremberg tribunal for crimes against humanity. Fuellmich has an impressive record of

beating the elite in court and he formed the German Corona Investigative Committee to pursue civil charges against the main perpetrators with a view to triggering criminal charges. Most importantly he has grasped the foundation of the hoax – the PCR test not testing for the ‘virus’ – and Christian Drosten is therefore on his charge sheet along with Gates frontman Tedros at the World Health Organization. Major players must be not be allowed to inflict their horrors on the human race without being brought to book. A life sentence must follow for Bill Gates and the rest of them. A group of researchers has also indicted the government of Norway for crimes against humanity with copies sent to the police and the International Criminal Court. The lawsuit cites participation in an internationally-planned false pandemic and violation of international law and human rights, the European Commission’s definition of human rights by coercive rules, Nuremberg and Hague rules on fundamental human rights, and the Norwegian constitution. We must take the initiative from hereon and not just complain, protest and react.

There are practical ways to support vital mass non-cooperation. Organising in numbers is one. Lockdown marches in London in the spring in 2021 were mass non-cooperation that the authorities could not stop. There were too many people. Hundreds of thousands walked the London streets in the centre of the road for mile after mile while the Face-Nappies could only look on. They were determined, but calm, and just *did it* with no histrionics and lots of smiles. The police were impotent. Others are organising group shopping without masks for mutual support and imagine if that was happening all over. Policing it would be impossible. If the store refuses to serve people in these circumstances they would be faced with a long line of trolleys full of goods standing on their own and everything would have to be returned to the shelves. How would they cope with that if it kept happening? I am talking here about moving on from complaining to being pro-active; from watching things happen to making things happen. I include in this our relationship with the police. The behaviour of many Face-Nappies

has been disgraceful and anyone who thinks they would never find concentration camp guards in the ‘enlightened’ modern era have had that myth busted big-time. The period and setting may change – Wetikos never do. I watched film footage from a London march in which a police thug viciously kicked a protestor on the floor who had done nothing. His fellow Face-Nappies stood in a ring protecting him. What he did was a criminal assault and with a crowd far outnumbering the police this can no longer be allowed to happen unchallenged. I get it when people chant ‘shame on you’ in these circumstances, but that is no longer enough. They *have* no shame those who do this. Crowds needs to start making a citizen’s arrest of the police who commit criminal offences and brutally attack innocent people and defenceless women. A citizen’s arrest can be made under section 24A of the UK Police and Criminal Evidence (PACE) Act of 1984 and you will find something similar in other countries. I prefer to call it a Common Law arrest rather than citizen’s for reasons I will come to shortly. Anyone can arrest a person committing an indictable offence or if they have reasonable grounds to suspect they are committing an indictable offence. On both counts the attack by the police thug would have fallen into this category. A citizen’s arrest can be made to stop someone:

- Causing physical injury to himself or any other person
- Suffering physical injury
- Causing loss of or damage to property
- Making off before a constable can assume responsibility for him

A citizen’s arrest may also be made to prevent a breach of the peace under Common Law and if they believe a breach of the peace will happen or anything related to harm likely to be done or already done in their presence. This is the way to go I think – the Common Law version. If police know that the crowd and members of the public will no longer be standing and watching while they commit

their thuggery and crimes they will think twice about acting like Brownshirts and Blackshirts.

## **Common Law – common sense**

Mention of Common Law is very important. Most people think the law is the law as in one law. This is not the case. There are two bodies of law, Common Law and Statute Law, and they are not the same. Common Law is founded on the simple premise of do no harm. It does not recognise victimless crimes in which no harm is done while Statute Law does. There is a Statute Law against almost everything. So what is Statute Law? Amazingly it's the law of the sea that was brought ashore by the Cult to override the law of the land which is Common Law. They had no right to do this and as always they did it anyway. They had to. They could not impose their will on the people through Common Law which only applies to do no harm. How could you stitch up the fine detail of people's lives with that? Instead they took the law of the sea, or Admiralty Law, and applied it to the population. Statute Law refers to all the laws spewing out of governments and their agencies including all the fascist laws and regulations relating to 'Covid'. The key point to make is that Statute Law is *contract law*. It only applies between *contracting* corporations. Most police officers don't even know this. They have to be kept in the dark, too. Long ago when merchants and their sailing ships began to trade with different countries a contractual law was developed called Admiralty Law and other names. Again it only applied to *contracts* agreed between *corporate* entities. If there is no agreed contract the law of the sea had no jurisdiction *and that still applies to its new alias of Statute Law*. The problem for the Cult when the law of the sea was brought ashore was an obvious one. People were not corporations and neither were government entities. To overcome the latter they made governments and all associated organisations corporations. All the institutions are *private corporations* and I mean governments and their agencies, local councils, police, courts, military, US states, the whole lot. Go to the

Dun and Bradstreet corporate listings website for confirmation that they are all corporations. You are arrested by a private corporation called the police by someone who is really a private security guard and they take you to court which is another private corporation.

Neither have jurisdiction over you unless you consent and *contract* with them. This is why you hear the mantra about law enforcement policing by *consent* of the people. In truth the people 'consent' only in theory through monumental trickery.

Okay, the Cult overcame the corporate law problem by making governments and institutions corporate entities; but what about people? They are not corporations are they? Ah ... well in a sense, and *only* a sense, they are. Not people exactly – the illusion of people. The Cult creates a corporation in the name of everyone at the time that their birth certificate is issued. Note birth/ *berth* certificate and when you go to court under the law of the sea on land you stand in a *dock*. These are throwbacks to the origin. My Common Law name is David Vaughan Icke. The name of the corporation created by the government when I was born is called Mr David Vaughan Icke usually written in capitals as MR DAVID VAUGHAN ICKE. That is not me, the living, breathing man. It is a fictitious corporate entity. The trick is to make you think that David Vaughan Icke and MR DAVID VAUGHAN ICKE are the same thing. *They are not*. When police charge you and take you to court they are prosecuting the corporate entity and not the living, breathing, man or woman. They have to trick you into identifying as the corporate entity and contracting with them. Otherwise they have no jurisdiction. They do this through a language known as legalese. Lawful and legal are not the same either. Lawful relates to Common Law and legal relates to Statute Law. Legalese is the language of Statue Law which uses terms that mean one thing to the public and another in legalese. Notice that when a police officer tells someone why they are being charged he or she will say at the end: 'Do you understand?' To the public that means 'Do you comprehend?' In legalese it means 'Do you stand under me?' Do you stand under my authority? If you say

yes to the question you are unknowingly agreeing to give them jurisdiction over you in a contract between two corporate entities.

This is a confidence trick in every way. Contracts have to be agreed between informed parties and if you don't know that David Vaughan Icke is agreeing to be the corporation MR DAVID VAUGHAN ICKE you cannot knowingly agree to contract. They are deceiving you and another way they do this is to ask for proof of identity. You usually show them a driving licence or other document on which your corporate name is written. In doing so you are accepting that you are that corporate entity when you are not. Referring to yourself as a 'person' or 'citizen' is also identifying with your corporate fiction which is why I made the Common Law point about the citizen's arrest. If you are approached by a police officer you identify yourself immediately as a living, breathing, man or woman and say 'I do not consent, I do not contract with you and I do not understand' or stand under their authority. I have a Common Law birth certificate as a living man and these are available at no charge from [commonlawcourt.com](http://commonlawcourt.com). Businesses registered under the Statute Law system means that its laws apply. There are, however, ways to run a business under Common Law. Remember all 'Covid' laws and regulations are Statute Law – the law of *contracts* and you do not have to contract. This doesn't mean that you can kill someone and get away with it. Common Law says do no harm and that applies to physical harm, financial harm etc. Police are employees of private corporations and there needs to be a new system of non-corporate Common Law constables operating outside the Statute Law system. If you go to [davidicke.com](http://davidicke.com) and put Common Law into the search engine you will find videos that explain Common Law in much greater detail. It is definitely a road we should walk.

## **With all my heart**

I have heard people say that we are in a spiritual war. I don't like the term 'war' with its Wetiko dynamic, but I know what they mean. Sweep aside all the bodily forms and we are in a situation in which two states of consciousness are seeking very different realities.

Wetiko wants upheaval, chaos, fear, suffering, conflict and control. The other wants love, peace, harmony, fairness and freedom. That's where we are. We should not fall for the idea that Wetiko is all-powerful and there's nothing we can do. Wetiko is not all-powerful. It's a joke, pathetic. It doesn't have to be, but it has made that choice for now. A handful of times over the years when I have felt the presence of its frequency I have allowed it to attach briefly so I could consciously observe its nature. The experience is not pleasant, the energy is heavy and dark, but the ease with which you can kick it back out the door shows that its real power is in persuading us that it has power. It's all a con. Wetiko is a con. It's a trickster and not a power that can control us if we unleash our own. The con is founded on manipulating humanity to give its power to Wetiko which recycles it back to present the illusion that it has power when its power is *ours* that we gave away. This happens on an energetic level and plays out in the world of the seen as humanity giving its power to Wetiko authority which uses that power to control the population when the power is only the power the population has handed over. How could it be any other way for billions to be controlled by a relative few? I have had experiences with people possessed by Wetiko and again you can kick its arse if you do it with an open heart. Oh yes – the *heart* which can transform the world of perceived 'matter'.

We are receiver-transmitters and processors of information, but what information and where from? Information is processed into perception in three main areas – the brain, the heart and the belly. These relate to thinking, knowing, and emotion. Wetiko wants us to be head and belly people which means we think within the confines of the Matrix simulation and low-vibrational emotional reaction scrambles balance and perception. A few minutes on social media and you see how emotion is the dominant force. Woke is all emotion and is therefore thought-free and fact-free. Our heart is something different. It *knows* while the head *thinks* and has to try to work it out because it doesn't know. The human energy field has seven prime vortexes which connect us with wider reality ([Fig 23](#)). Chakra means

'wheels of light' in the Sanskrit language of ancient India. The main ones are: The crown chakra on top of the head; brow (or 'third eye') chakra in the centre of the forehead; throat chakra; heart chakra in the centre of the chest; solar plexus chakra below the sternum; sacral chakra beneath the navel; and base chakra at the bottom of the spine. Each one has a particular function or functions. We feel anxiety and nervousness in the belly where the sacral chakra is located and this processes emotion that can affect the colon to give people 'the shits' or make them 'shit scared' when they are nervous. Chakras all play an important role, but the Mr and Mrs Big is the heart chakra which sits at the centre of the seven, above the chakras that connect us to the 'physical' and below those that connect with higher realms (or at least should). Here in the heart chakra we feel love, empathy and compassion – 'My heart goes out to you'. Those with closed hearts become literally 'heart-less' in their attitudes and behaviour (see Bill Gates). Native Americans portrayed Wetiko with what Paul Levy calls a 'frigid, icy heart, devoid of mercy' (see Bill Gates).



**Figure 23:** The chakra system which interpenetrates the human energy field. The heart chakra is the governor – or should be.

Wetiko trembles at the thought of heart energy which it cannot infiltrate. The frequency is too high. What it seeks to do instead is close the heart chakra vortex to block its perceptual and energetic influence. Psychopaths have 'hearts of stone' and emotionally-damaged people have 'heartache' and 'broken hearts'. The astonishing amount of heart disease is related to heart chakra

disruption with its fundamental connection to the ‘physical’ heart. Dr Tom Cowan has written an outstanding book challenging the belief that the heart is a pump and making the connection between the ‘physical’ and spiritual heart. Rudolph Steiner who was way ahead of his time said the same about the fallacy that the heart is a pump. *What?* The heart is not a pump? That’s crazy, right? Everybody knows that. Read Cowan’s *Human Heart, Cosmic Heart* and you will realise that the very idea of the heart as a pump is ridiculous when you see the evidence. How does blood in the feet so far from the heart get pumped horizontally up the body by the heart?? Cowan explains in the book the real reason why blood moves as it does. Our ‘physical’ heart is used to symbolise love when the source is really the heart vortex or spiritual heart which is our most powerful energetic connection to ‘out there’ expanded consciousness. That’s why we feel *knowing* – intuitive knowing – in the centre of the chest. Knowing doesn’t come from a process of thoughts leading to a conclusion. It is there in an instant all in one go. Our heart knows because of its connection to levels of awareness that *do* know. This is the meaning and source of intuition – intuitive *knowing*.

For the last more than 30 years of uncovering the global game and the nature of reality my heart has been my constant antenna for truth and accuracy. An American intelligence insider once said that I had quoted a disinformor in one of my books and yet I had only quoted the part that was true. He asked: ‘How do you do that?’ By using my heart antenna was the answer and anyone can do it. Heart-centred is how we are meant to be. With a closed heart chakra we withdraw into a closed mind and the bubble of five-sense reality. If you take a moment to focus your attention on the centre of your chest, picture a spinning wheel of light and see it opening and expanding. You will feel it happening, too, and perceptions of the heart like joy and love as the heart impacts on the mind as they interact. The more the chakra opens the more you will feel expressions of heart consciousness and as the process continues, and becomes part of you, insights and knowings will follow. An open

heart is connected to that level of awareness that knows all is *One*. You will see from its perspective that the fault-lines that divide us are only illusions to control us. An open heart does not process the illusions of race, creed and sexuality except as brief experiences for a consciousness that is all. Our heart does not see division, only unity (Figs 24 and 25). There's something else, too. Our hearts love to laugh. Mark Twain's quote that says 'The human race has one really effective weapon, and that is laughter' is really a reference to the heart which loves to laugh with the joy of knowing the true nature of infinite reality and that all the madness of human society is an illusion of the mind. Twain also said: 'Against the assault of laughter nothing can stand.' This is so true of Wetiko and the Cult. Their insecurity demands that they be taken seriously and their power and authority acknowledged and feared. We should do nothing of the sort. We should not get aggressive or fearful which their insecurity so desires. We should laugh in their face. Even in their no-face as police come over in their face-nappies and expect to be taken seriously. They don't take themselves seriously looking like that so why should we? Laugh in the face of intimidation. Laugh in the face of tyranny. You will see by its reaction that you have pressed all of its buttons. Wetiko does not know what to do in the face of laughter or when its targets refuse to concede their joy to fear. We have seen many examples during the 'Covid' hoax when people have expressed their energetic power and the string puppets of Wetiko retreat with their tail limp between their knees. Laugh – the world is bloody mad after all and if it's a choice between laughter and tears I know which way I'm going.



**Figure 24:** Head consciousness without the heart sees division and everything apart from everything else.



**Figure 25:** Heart consciousness sees everything as One.

## **'Vaccines' and the soul**

The foundation of Wetiko/Archon control of humans is the separation of incarnate five-sense mind from the infinite 'I' and closing the heart chakra where the True 'I' lives during a human life. The goal has been to achieve complete separation in both cases. I was interested therefore to read an account by a French energetic healer of what she said she experienced with a patient who had been given the 'Covid' vaccine. Genuine energy healers can sense information and consciousness fields at different levels of being which are referred to as 'subtle bodies'. She described treating the patient who later returned after having, without the healer's knowledge, two doses of the 'Covid vaccine'. The healer said:

I noticed immediately the change, very heavy energy emanating from [the] subtle bodies. The scariest thing was when I was working on the heart chakra, I connected with her soul: it was detached from the physical body, it had no contact and it was, as if it was floating in a state of total confusion: a damage to the consciousness that loses contact with the physical body, i.e. with our biological machine, there is no longer any communication between them.

I continued the treatment by sending light to the heart chakra, the soul of the person, but it seemed that the soul could no longer receive any light, frequency or energy. It was a very powerful experience for me. Then I understood that this substance is indeed used to detach consciousness so that this consciousness can no longer interact through this body that it possesses in life, where there is no longer any contact, no frequency, no light, no more energetic balance or mind.

This would create a human that is rudderless and at the extreme almost zombie-like operating with a fractional state of consciousness at the mercy of Wetiko. I was especially intrigued by what the healer said in the light of the prediction by the highly-informed Rudolf Steiner more than a hundred years ago. He said:

In the future, we will eliminate the soul with medicine. Under the pretext of a 'healthy point of view', there will be a vaccine by which the human body will be treated as soon as possible directly at birth, so that the human being cannot develop the thought of the existence of soul and Spirit. To materialistic doctors will be entrusted the task of removing the soul of humanity.

As today, people are vaccinated against this disease or that disease, so in the future, children will be vaccinated with a substance that can be produced precisely in such a way that people, thanks to this vaccination, will be immune to being subjected to the 'madness' of spiritual life. He would be extremely smart, but he would not develop a conscience, and that is the true goal of some materialistic circles.

Steiner said the vaccine would detach the physical body from the etheric body (subtle bodies) and 'once the etheric body is detached the relationship between the universe and the etheric body would become extremely unstable, and man would become an automaton'. He said 'the physical body of man must be polished on this Earth by spiritual will – so the vaccine becomes a kind of arymanique (Wetiko) force' and 'man can no longer get rid of a given materialistic feeling'. Humans would then, he said, become 'materialistic of constitution and can no longer rise to the spiritual'. I have been writing for years about DNA being a receiver-transmitter of information that connects us to other levels of reality and these 'vaccines' changing DNA can be likened to changing an antenna and what it can transmit and receive. Such a disconnection would clearly lead to changes in personality and perception. Steiner further predicted the arrival of AI. Big Pharma 'Covid vaccine' makers, expressions of Wetiko, are testing their DNA-manipulating evil on children as I write with a view to giving the 'vaccine' to babies. If it's a soul-body disconnecter – and I say that it is or can be – every child would be disconnected from 'soul' at birth and the 'vaccine' would create a closed system in which spiritual guidance from the greater self would play no part. This has been the ambition of Wetiko all

along. A Pentagon video from 2005 was leaked of a presentation explaining the development of vaccines to change behaviour by their effect on the brain. Those that believe this is not happening with the ‘Covid’ genetically-modifying procedure masquerading as a ‘vaccine’ should make an urgent appointment with Naivety Anonymous. Klaus Schwab wrote in 2018:

Neurotechnologies enable us to better influence consciousness and thought and to understand many activities of the brain. They include decoding what we are thinking in fine levels of detail through new chemicals and interventions that can influence our brains to correct for errors or enhance functionality.

The plan is clear and only the heart can stop it. With every heart that opens, every mind that awakens, Wetiko is weakened. Heart and love are far more powerful than head and hate and so nothing like a majority is needed to turn this around.

## **Beyond the Phantom**

Our heart is the prime target of Wetiko and so it must be the answer to Wetiko. We *are* our heart which is part of one heart, the infinite heart. Our heart is where the true self lives in a human life behind firewalls of five-sense illusion when an imposter takes its place – *Phantom Self*; but our heart waits patiently to be set free any time we choose to see beyond the Phantom, beyond Wetiko. A Wetikoed Phantom Self can wreak mass death and destruction while the love of forever is locked away in its heart. The time is here to unleash its power and let it sweep away the fear and despair that is Wetiko. Heart consciousness does not seek manipulated, censored, advantage for its belief or religion, its activism and desires. As an expression of the One it treats all as One with the same rights to freedom and opinion. Our heart demands fairness for itself no more than for others. From this unity of heart we can come together in mutual support and transform this Wetikoed world into what reality is meant to be – a place of love, joy, happiness, fairness, justice and freedom. Wetiko has another agenda and that’s why the world is as

it is, but enough of this nonsense. Wetiko can't stay where hearts are open and it works so hard to keep them closed. Fear is its currency and its food source and love in its true sense has no fear. Why would love have fear when it knows it is *All That Is, Has Been, And Ever Can Be* on an eternal exploration of all possibility? Love in this true sense is not the physical attraction that passes for love. This can be an expression of it, yes, but Infinite Love, a love without condition, goes far deeper to the core of all being. It is the core of all being. Infinite reality was born from love beyond the illusions of the simulation. Love infinitely expressed is the knowing that all is One and the swiftly-passing experience of separation is a temporary hallucination. You cannot disconnect from Oneness; you can only perceive that you have and withdraw from its influence. This is the most important of all perception trickery by the mind parasite that is Wetiko and the foundation of all its potential for manipulation.

If we open our hearts, open the sluice gates of the mind, and redefine self-identity amazing things start to happen. Consciousness expands or contracts in accordance with self-identity. When true self is recognised as infinite awareness and label self – Phantom Self – is seen as only a series of brief experiences life is transformed. Consciousness expands to the extent that self-identity expands and everything changes. You see unity, not division, the picture, not the pixels. From this we can play the long game. No more is an experience something in and of itself, but a fleeting moment in the eternity of forever. Suddenly people in uniform and dark suits are no longer intimidating. Doing what your heart knows to be right is no longer intimidating and consequences for those actions take on the same nature of a brief experience that passes in the blink of an infinite eye. Intimidation is all in the mind. Beyond the mind there is no intimidation.

An open heart does not consider consequences for what it knows to be right. To do so would be to consider not doing what it knows to be right and for a heart in its power that is never an option. The Renegade Mind is really the Renegade Heart. Consideration of consequences will always provide a getaway car for the mind and

the heart doesn't want one. What is right in the light of what we face today is to stop cooperating with Wetiko in all its forms and to do it without fear or compromise. You cannot compromise with tyranny when tyranny always demands more until it has everything. Life is your perception and you are your destiny. Change your perception and you change your life. Change collective perception and we change the world.

*Come on people ... One human family, One heart, One goal ...  
FREEEEEDOM!*

We must settle for nothing less.

## **Postscript**

**T**he big scare story as the book goes to press is the ‘Indian’ variant and the world is being deluged with propaganda about the ‘Covid catastrophe’ in India which mirrors in its lies and misrepresentations what happened in Italy before the first lockdown in 2020.

The *New York Post* published a picture of someone who had ‘collapsed in the street from Covid’ in India in April, 2021, which was actually taken during a gas leak in May, 2020. Same old, same old. Media articles in mid-February were asking why India had been so untouched by ‘Covid’ and then as their vaccine rollout gathered pace the alleged ‘cases’ began to rapidly increase. Indian ‘Covid vaccine’ maker Bharat Biotech was funded into existence by the Bill and Melinda Gates Foundation (the pair announced their divorce in May, 2021, which is a pity because they so deserve each other). The Indian ‘Covid crisis’ was ramped up by the media to terrify the world and prepare people for submission to still more restrictions. The scam that worked the first time was being repeated only with far more people seeing through the deceit. [Davidicke.com](http://Davidicke.com) and [Ickonic.com](http://Ickonic.com) have sought to tell the true story of what is happening by talking to people living through the Indian nightmare which has nothing to do with ‘Covid’. We posted a letter from ‘Alisha’ in Pune who told a very different story to government and media mendacity. She said scenes of dying people and overwhelmed hospitals were designed to hide what was really happening – genocide and starvation. Alisha said that millions had already died of starvation during the ongoing lockdowns while government and media were lying and making it look like the ‘virus’:

Restaurants, shops, gyms, theatres, basically everything is shut. The cities are ghost towns. Even so-called 'essential' businesses are only open till 11am in the morning. You basically have just an hour to buy food and then your time is up.

Inter-state travel and even inter-district travel is banned. The cops wait at all major crossroads to question why you are traveling outdoors or to fine you if you are not wearing a mask.

The medical community here is also complicit in genocide, lying about hospitals being full and turning away people with genuine illnesses, who need immediate care. They have even created a shortage of oxygen cylinders.

This is the classic Cult modus operandi played out in every country. Alisha said that people who would not have a PCR test not testing for the 'virus' were being denied hospital treatment. She said the people hit hardest were migrant workers and those in rural areas. Most businesses employed migrant workers and with everything closed there were no jobs, no income and no food. As a result millions were dying of starvation or malnutrition. All this was happening under Prime Minister Narendra Modi, a 100-percent asset of the Cult, and it emphasises yet again the scale of pure anti-human evil we are dealing with. Australia banned its people from returning home from India with penalties for trying to do so of up to five years in jail and a fine of £37,000. The manufactured 'Covid' crisis in India was being prepared to justify further fascism in the West. Obvious connections could be seen between the Indian 'vaccine' programme and increased 'cases' and this became a common theme. The Seychelles, the most per capita 'Covid vaccinated' population in the world, went back into lockdown after a 'surge of cases'.

Long ago the truly evil Monsanto agricultural biotechnology corporation with its big connections to Bill Gates devastated Indian farming with genetically-modified crops. Human rights activist Gurcharan Singh highlighted the efforts by the Indian government to complete the job by destroying the food supply to hundreds of millions with 'Covid' lockdowns. He said that 415 million people at the bottom of the disgusting caste system (still going whatever they say) were below the poverty line and struggled to feed themselves every year. Now the government was imposing lockdown at just the

time to destroy the harvest. This deliberate policy was leading to mass starvation. People may reel back at the suggestion that a government would do that, but Wetiko-controlled ‘leaders’ are capable of any level of evil. In fact what is described in India is in the process of being instigated worldwide. The food chain and food supply are being targeted at every level to cause world hunger and thus control. Bill Gates is not the biggest owner of farmland in America for no reason and destroying access to food aids both the depopulation agenda and the plan for synthetic ‘food’ already being funded into existence by Gates. Add to this the coming hyper-inflation from the suicidal creation of fake ‘money’ in response to ‘Covid’ and the breakdown of container shipping systems and you have a cocktail that can only lead one way and is meant to. The Cult plan is to crash the entire system to ‘build back better’ with the Great Reset.

## **'Vaccine' transmission**

Reports from all over the world continue to emerge of women suffering menstrual and fertility problems after having the fake ‘vaccine’ and of the non-‘vaccinated’ having similar problems when interacting with the ‘vaccinated’. There are far too many for ‘coincidence’ to be credible. We’ve had menopausal women getting periods, others having periods stop or not stopping for weeks, passing clots, sometimes the lining of the uterus, breast irregularities, and miscarriages (which increased by 400 percent in parts of the United States). Non-‘vaccinated’ men and children have suffered blood clots and nose bleeding after interaction with the ‘vaccinated’. Babies have died from the effects of breast milk from a ‘vaccinated’ mother. Awake doctors – the small minority – speculated on the cause of non-‘vaccinated’ suffering the same effects as the ‘vaccinated’. Was it nanotechnology in the synthetic substance transmitting frequencies or was it a straight chemical bioweapon that was being transmitted between people? I am not saying that some kind of chemical transmission is not one possible answer, but the foundation of all that the Cult does is frequency and

this is fertile ground for understanding how transmission can happen. American doctor Carrie Madej, an internal medicine physician and osteopath, has been practicing for the last 20 years, teaching medical students, and she says attending different meetings where the agenda for humanity was discussed. Madej, who operates out of Georgia, did not dismiss other possible forms of transmission, but she focused on frequency in search of an explanation for transmission. She said the Moderna and Pfizer 'vaccines' contained nano-lipid particles as a key component. This was a brand new technology never before used on humanity. 'They're using a nanotechnology which is pretty much little tiny computer bits ... nanobots or hydrogel.' Inside the 'vaccines' was 'this sci-fi kind of substance' which suppressed immune checkpoints to get into the cell. I referred to this earlier as the 'Trojan horse' technique that tricks the cell into opening a gateway for the self-replicating synthetic material and while the immune system is artificially suppressed the body has no defences. Madej said the substance served many purposes including an on-demand ability to 'deliver the payload' and using the nano 'computer bits' as biosensors in the body. 'It actually has the ability to accumulate data from your body, like your breathing, your respiration, thoughts, emotions, all kinds of things.'

She said the technology obviously has the ability to operate through Wi-Fi and transmit and receive energy, messages, frequencies or impulses. 'Just imagine you're getting this new substance in you and it can react to things all around you, the 5G, your smart device, your phones.' We had something completely foreign in the human body that had never been launched large scale at a time when we were seeing 5G going into schools and hospitals (plus the Musk satellites) and she believed the 'vaccine' transmission had something to do with this: '... if these people have this inside of them ... it can act like an antenna and actually transmit it outwardly as well.' The synthetic substance produced its own voltage and so it could have that kind of effect. This fits with my own contention that the nano receiver-transmitters are designed to connect people to the

Smart Grid and break the receiver-transmitter connection to expanded consciousness. That would explain the French energy healer's experience of the disconnection of body from 'soul' with those who have had the 'vaccine'. The nanobots, self-replicating inside the body, would also transmit the synthetic frequency which could be picked up through close interaction by those who have not been 'vaccinated'. Madej speculated that perhaps it was 5G and increased levels of other radiation that was causing the symptoms directly although interestingly she said that non-'vaccinated' patients had shown improvement when they were away from the 'vaccinated' person they had interacted with. It must be remembered that you can control frequency and energy with your mind and you can consciously create energetic barriers or bubbles with the mind to stop damaging frequencies from penetrating your field. American paediatrician Dr Larry Palevsky said the 'vaccine' was not a 'vaccine' and was never designed to protect from a 'viral' infection. He called it 'a massive, brilliant propaganda of genocide' because they didn't have to inject everyone to get the result they wanted. He said the content of the jabs was able to infuse any material into the brain, heart, lungs, kidneys, liver, sperm and female productive system. 'This is genocide; this is a weapon of mass destruction.' At the same time American colleges were banning students from attending if they didn't have this life-changing and potentially life-ending 'vaccine'. Class action lawsuits must follow when the consequences of this college fascism come to light. As the book was going to press came reports about fertility effects on sperm in 'vaccinated' men which would absolutely fit with what I have been saying and hospitals continued to fill with 'vaccine' reactions. Another question is what about transmission via blood transfusions? The NHS has extended blood donation restrictions from seven days after a 'Covid vaccination' to 28 days after even a sore arm reaction.

I said in the spring of 2020 that the then touted 'Covid vaccine' would be ongoing each year like the flu jab. A year later Pfizer CEO, the appalling Albert Bourla, said people would 'likely' need a 'booster dose' of the 'vaccine' within 12 months of getting 'fully

'vaccinated' and then a yearly shot. 'Variants will play a key role', he said confirming the point. Johnson & Johnson CEO Alex Gorsky also took time out from his 'vaccine' disaster to say that people may need to be vaccinated against 'Covid-19' each year. UK Health Secretary, the psychopath Matt Hancock, said additional 'boosters' would be available in the autumn of 2021. This is the trap of the 'vaccine passport'. The public will have to accept every last 'vaccine' they introduce, including for the fake 'variants', or it would cease to be valid. The only other way in some cases would be continuous testing with a test not testing for the 'virus' and what is on the swabs constantly pushed up your noise towards the brain every time?

## **'Vaccines' changing behaviour**

I mentioned in the body of the book how I believed we would see gathering behaviour changes in the 'vaccinated' and I am already hearing such comments from the non-'vaccinated' describing behaviour changes in friends, loved ones and work colleagues. This will only increase as the self-replicating synthetic material and nanoparticles expand in body and brain. An article in the *Guardian* in 2016 detailed research at the University of Virginia in Charlottesville which developed a new method for controlling brain circuits associated with complex animal behaviour. The method, dubbed 'magnetogenetics', involves genetically-engineering a protein called ferritin, which stores and releases iron, to create a magnetised substance – 'Magneto' – that can activate specific groups of nerve cells from a distance. This is claimed to be an advance on other methods of brain activity manipulation known as optogenetics and chemogenetics (the Cult has been developing methods of brain control for a long time). The ferritin technique is said to be non-invasive and able to activate neurons 'rapidly and reversibly'. In other words, human thought and perception. The article said that earlier studies revealed how nerve cell proteins 'activated by heat and mechanical pressure can be genetically engineered so that they become sensitive to radio waves and magnetic fields, by attaching them to an iron-storing protein called ferritin, or to inorganic

paramagnetic particles'. Sensitive to radio waves and magnetic fields? You mean like 5G, 6G and 7G? This is the human-AI Smart Grid hive mind we are talking about. The *Guardian* article said:

... the researchers injected Magneto into the striatum of freely behaving mice, a deep brain structure containing dopamine-producing neurons that are involved in reward and motivation, and then placed the animals into an apparatus split into magnetised and non-magnetised sections.

Mice expressing Magneto spent far more time in the magnetised areas than mice that did not, because activation of the protein caused the striatal neurons expressing it to release dopamine, so that the mice found being in those areas rewarding. This shows that Magneto can remotely control the firing of neurons deep within the brain, and also control complex behaviours.

Make no mistake this basic methodology will be part of the 'Covid vaccine' cocktail and using magnetics to change brain function through electromagnetic field frequency activation. The Pentagon is developing a 'Covid vaccine' using ferritin. Magnetics would explain changes in behaviour and why videos are appearing across the Internet as I write showing how magnets stick to the skin at the point of the 'vaccine' shot. Once people take these 'vaccines' anything becomes possible in terms of brain function and illness which will be blamed on 'Covid-19' and 'variants'. Magnetic field manipulation would further explain why the non-'vaccinated' are reporting the same symptoms as the 'vaccinated' they interact with and why those symptoms are reported to decrease when not in their company. Interestingly 'Magneto', a 'mutant', is a character in the Marvel Comic *X-Men* stories with the ability to manipulate magnetic fields and he believes that mutants should fight back against their human oppressors by any means necessary. The character was born Erik Lehnsherr to a Jewish family in Germany.

## Cult-controlled courts

The European Court of Human Rights opened the door for mandatory 'Covid-19 vaccines' across the continent when it ruled in a Czech Republic dispute over childhood immunisation that legally

enforced vaccination could be ‘necessary in a democratic society’. The 17 judges decided that compulsory vaccinations did not breach human rights law. On the face of it the judgement was so inverted you gasp for air. If not having a vaccine infused into your body is not a human right then what is? Ah, but they said human rights law which has been specifically written to delete all human rights at the behest of the state (the Cult). Article 8 of the European Convention on Human Rights relates to the right to a private life. The crucial word here is ‘*except*’:

There shall be no interference by a public authority with the exercise of this right EXCEPT such as is in accordance with the law and is necessary in a democratic society in the interests of national security, public safety or the economic wellbeing of the country, for the prevention of disorder or crime, for the protection of health or morals, or for the protection of the rights and freedoms of others [My emphasis].

No interference *except* in accordance with the law means there *are* no ‘human rights’ *except* what EU governments decide you can have at their behest. ‘As is necessary in a democratic society’ explains that reference in the judgement and ‘in the interests of national security, public safety or the economic well-being of the country, for the prevention of disorder or crime, for the protection of health or morals, or for the protection of the rights and freedoms of others’ gives the EU a coach and horses to ride through ‘human rights’ and scatter them in all directions. The judiciary is not a check and balance on government extremism; it is a vehicle to enforce it. This judgement was almost laughably predictable when the last thing the Cult wanted was a decision that went against mandatory vaccination. Judges rule over and over again to benefit the system of which they are a part. Vaccination disputes that come before them are invariably delivered in favour of doctors and authorities representing the view of the state which owns the judiciary. Oh, yes, and we have even had calls to stop putting ‘Covid-19’ on death certificates within 28 days of a ‘positive test’ because it is claimed the practice makes the ‘vaccine’ appear not to work. They are laughing at you.

The scale of madness, inhumanity and things to come was highlighted when those not ‘vaccinated’ for ‘Covid’ were refused evacuation from the Caribbean island of St Vincent during massive volcanic eruptions. Cruise ships taking residents to the safety of another island allowed only the ‘vaccinated’ to board and the rest were left to their fate. Even in life and death situations like this we see ‘Covid’ stripping people of their most basic human instincts and the insanity is even more extreme when you think that fake ‘vaccine’-makers are not even claiming their body-manipulating concoctions stop ‘infection’ and ‘transmission’ of a ‘virus’ that doesn’t exist. St Vincent Prime Minister Ralph Gonsalves said: ‘The chief medical officer will be identifying the persons already vaccinated so that we can get them on the ship.’ Note again the power of the chief medical officer who, like Whitty in the UK, will be answering to the World Health Organization. This is the Cult network structure that has overridden politicians who ‘follow the science’ which means doing what WHO-controlled ‘medical officers’ and ‘science advisers’ tell them. Gonsalves even said that residents who were ‘vaccinated’ after the order so they could board the ships would still be refused entry due to possible side effects such as ‘wooziness in the head’. The good news is that if they were woozy enough in the head they could qualify to be prime minister of St Vincent.

## **Microchipping freedom**

The European judgement will be used at some point to justify moves to enforce the ‘Covid’ DNA-manipulating procedure. Sandra Ro, CEO of the Global Blockchain Business Council, told a World Economic Forum event that she hoped ‘vaccine passports’ would help to ‘drive forced consent and standardisation’ of global digital identity schemes: ‘I’m hoping with the desire and global demand for some sort of vaccine passport – so that people can get travelling and working again – [it] will drive forced consent, standardisation, and frankly, cooperation across the world.’ The lady is either not very bright, or thoroughly mendacious, to use the term ‘forced consent’.

You do not ‘consent’ if you are forced – you *submit*. She was describing what the plan has been all along and that’s to enforce a digital identity on every human without which they could not function. ‘Vaccine passports’ are opening the door and are far from the end goal. A digital identity would allow you to be tracked in everything you do in cyberspace and this is the same technique used by Cult-owned China to enforce its social credit system of total control. The ultimate ‘passport’ is planned to be a microchip as my books have warned for nearly 30 years. Those nice people at the Pentagon working for the Cult-controlled Defense Advanced Research Projects Agency (DARPA) claimed in April, 2021, they have developed a microchip inserted under the skin to detect ‘asymptomatic Covid-19 infection’ before it becomes an outbreak and a ‘revolutionary filter’ that can remove the ‘virus’ from the blood when attached to a dialysis machine. The only problems with this are that the ‘virus’ does not exist and people transmitting the ‘virus’ with no symptoms is brain-numbing bullshit. This is, of course, not a ruse to get people to be microchipped for very different reasons. DARPA also said it was producing a one-stop ‘vaccine’ for the ‘virus’ and all ‘variants’. One of the most sinister organisations on Planet Earth is doing this? Better have it then. These people are insane because Wetiko that possesses them is insane.

Researchers from the Salk Institute in California announced they have created an embryo that is part human and part monkey. My books going back to the 1990s have exposed experiments in top secret underground facilities in the United States where humans are being crossed with animal and non-human ‘extraterrestrial’ species. They are now easing that long-developed capability into the public arena and there is much more to come given we are dealing with psychiatric basket cases. Talking of which – Elon Musk’s scientists at Neuralink trained a monkey to play Pong and other puzzles on a computer screen using a joystick and when the monkey made the correct move a metal tube squirted banana smoothie into his mouth which is the basic technique for training humans into unquestioning compliance. Two Neuralink chips were in the monkey’s skull and

more than 2,000 wires ‘fanned out’ into its brain. Eventually the monkey played a video game purely with its brain waves. Psychopathic narcissist Musk said the ‘breakthrough’ was a step towards putting Neuralink chips into human skulls and merging minds with artificial intelligence. *Exactly.* This man is so dark and Cult to his DNA.

## **World Economic Fascism (WEF)**

The World Economic Forum is telling you the plan by the statements made at its many and various events. Cult-owned fascist YouTube CEO Susan Wojcicki spoke at the 2021 WEF Global Technology Governance Summit (see the name) in which 40 governments and 150 companies met to ensure ‘the responsible design and deployment of emerging technologies’. Orwellian translation: ‘Ensuring the design and deployment of long-planned technologies will advance the Cult agenda for control and censorship.’ Freedom-destroyer and Nuremberg-bound Wojcicki expressed support for tech platforms like hers to censor content that is ‘technically legal but could be harmful’. Who decides what is ‘harmful’? She does and they do. ‘Harmful’ will be whatever the Cult doesn’t want people to see and we have legislation proposed by the UK government that would censor content on the basis of ‘harm’ no matter if the information is fair, legal and provably true. Make that *especially* if it is fair, legal and provably true. Wojcicki called for a global coalition to be formed to enforce content moderation standards through automated censorship. This is a woman and mega-censor so self-deluded that she shamelessly accepted a ‘free expression’ award – *Wojcicki* – in an event sponsored by her own *YouTube*. They have no shame and no self-awareness.

You know that ‘Covid’ is a scam and Wojcicki a Cult operative when YouTube is censoring medical and scientific opinion purely on the grounds of whether it supports or opposes the Cult ‘Covid’ narrative. Florida governor Ron DeSantis compiled an expert panel with four professors of medicine from Harvard, Oxford, and Stanford Universities who spoke against forcing children and

vaccinated people to wear masks. They also said there was no proof that lockdowns reduced spread or death rates of 'Covid-19'. Cult-gofer Wojcicki and her YouTube deleted the panel video 'because it included content that contradicts the consensus of local and global health authorities regarding the efficacy of masks to prevent the spread of Covid-19'. This 'consensus' refers to what the Cult tells the World Health Organization to say and the WHO tells 'local health authorities' to do. Wojcicki knows this, of course. The panellists pointed out that censorship of scientific debate was responsible for deaths from many causes, but Wojcicki couldn't care less. She would not dare go against what she is told and as a disgrace to humanity she wouldn't want to anyway. The UK government is seeking to pass a fascist 'Online Safety Bill' to specifically target with massive fines and other means non-censored video and social media platforms to make them censor 'lawful but harmful' content like the Cult-owned Facebook, Twitter, Google and YouTube. What is 'lawful but harmful' would be decided by the fascist Blair-created Ofcom.

Another WEF obsession is a cyber-attack on the financial system and this is clearly what the Cult has planned to take down the bank accounts of everyone – except theirs. Those that think they have enough money for the Cult agenda not to matter to them have got a big lesson coming if they continue to ignore what is staring them in the face. The World Economic Forum, funded by Gates and fronted by Klaus Schwab, announced it would be running a 'simulation' with the Russian government and global banks of just such an attack called Cyber Polygon 2021. What they simulate – as with the 'Covid' Event 201 – they plan to instigate. The WEF is involved in a project with the Cult-owned Carnegie Endowment for International Peace called the WEF-Carnegie Cyber Policy Initiative which seeks to merge Wall Street banks, 'regulators' (I love it) and intelligence agencies to 'prevent' (arrange and allow) a cyber-attack that would bring down the global financial system as long planned by those that control the WEF and the Carnegie operation. The Carnegie Endowment for International Peace sent an instruction to First World

War US President Woodrow Wilson not to let the war end before society had been irreversibly transformed.

## **The Wuhan lab diversion**

As I close, the Cult-controlled authorities and lapdog media are systematically pushing ‘the virus was released from the Wuhan lab’ narrative. There are two versions – it happened by accident and it happened on purpose. Both are nonsense. The perceived existence of the never-shown-to-exist ‘virus’ is vital to sell the impression that there is actually an infective agent to deal with and to allow the endless potential for terrifying the population with ‘variants’ of a ‘virus’ that does not exist. The authorities at the time of writing are going with the ‘by accident’ while the alternative media is promoting the ‘on purpose’. Cable news host Tucker Carlson who has questioned aspects of lockdown and ‘vaccine’ compulsion has bought the Wuhan lab story. ‘Everyone now agrees’ he said. Well, I don’t and many others don’t and the question is *why* does the system and its media suddenly ‘agree’? When the media moves as one unit with a narrative it is always a lie – witness the hour by hour mendacity of the ‘Covid’ era. Why would this Cult-owned combination which has unleashed lies like machine gun fire suddenly ‘agree’ to tell the truth??

Much of the alternative media is buying the lie because it fits the conspiracy narrative, but it’s the *wrong* conspiracy. The real conspiracy is that *there is no virus* and that is what the Cult is desperate to hide. The idea that the ‘virus’ was released by accident is ludicrous when the whole ‘Covid’ hoax was clearly long-planned and waiting to be played out as it was so fast in accordance with the Rockefeller document and Event 201. So they prepared everything in detail over decades and then sat around strumming their fingers waiting for an ‘accidental’ release from a bio-lab? *What??* It’s crazy. Then there’s the ‘on purpose’ claim. You want to circulate a ‘deadly virus’ and hide the fact that you’ve done so and you release it down the street from the highest-level bio-lab in China? I repeat – *What??*

You would release it far from that lab to stop any association being made. But, no, we'll do it in a place where the connection was certain to be made. Why would you need to scam 'cases' and 'deaths' and pay hospitals to diagnose 'Covid-19' if you had a real 'virus'? What are sections of the alternative media doing believing this crap? Where were all the mass deaths in Wuhan from a 'deadly pathogen' when the recovery to normal life after the initial propaganda was dramatic in speed? Why isn't the 'deadly pathogen' now circulating all over China with bodies in the street? Once again we have the technique of tell them what they want to hear and they will likely believe it. The alternative media has its 'conspiracy' and with Carlson it fits with his 'China is the danger' narrative over years. China *is* a danger as a global Cult operations centre, but not for this reason. The Wuhan lab story also has the potential to instigate conflict with China when at some stage the plan is to trigger a Problem-Reaction-Solution confrontation with the West. Question everything – *everything* – and especially when the media agrees on a common party line.

### **Third wave ... fourth wave ... fifth wave ...**

As the book went into production the world was being set up for more lockdowns and a 'third wave' supported by invented 'variants' that were increasing all the time and will continue to do so in public statements and computer programs, but not in reality. India became the new Italy in the 'Covid' propaganda campaign and we were told to be frightened of the new 'Indian strain'. Somehow I couldn't find it within myself to do so. A document produced for the UK government entitled 'Summary of further modelling of easing of restrictions – Roadmap Step 2' declared that a third wave was inevitable (of course when it's in the script) and it would be the fault of children and those who refuse the health-destroying fake 'Covid vaccine'. One of the computer models involved came from the Cult-owned *Imperial College* and the other from Warwick University which I wouldn't trust to tell me the date in a calendar factory. The document states that both models presumed extremely high uptake

of the ‘Covid vaccines’ and didn’t allow for ‘variants’. The document states: ‘The resurgence is a result of some people (mostly children) being ineligible for vaccination; others choosing not to receive the vaccine; and others being vaccinated but not perfectly protected.’ The mendacity takes the breath away. Okay, blame those with a brain who won’t take the DNA-modifying shots and put more pressure on children to have it as ‘trials’ were underway involving children as young as six months with parents who give insanity a bad name. Massive pressure is being put on the young to have the fake ‘vaccine’ and child age consent limits have been systematically lowered around the world to stop parents intervening. Most extraordinary about the document was its claim that the ‘third wave’ would be driven by ‘the resurgence in both hospitalisations and deaths … dominated by *those that have received two doses of the vaccine*, comprising around 60-70% of the wave respectively’. The predicted peak of the ‘third wave’ suggested 300 deaths per day with 250 of them *fully ‘vaccinated’ people*. How many more lies do acquiescers need to be told before they see the obvious? Those who took the jab to ‘protect themselves’ are projected to be those who mostly get sick and die? So what’s in the ‘vaccine’? The document went on:

It is possible that a summer of low prevalence could be followed by substantial increases in incidence over the following autumn and winter. Low prevalence in late summer should not be taken as an indication that SARS-CoV-2 has retreated or that the population has high enough levels of immunity to prevent another wave.

They are telling you the script and while many British people believed ‘Covid’ restrictions would end in the summer of 2021 the government was preparing for them to be ongoing. Authorities were awarding contracts for ‘Covid marshals’ to police the restrictions with contracts starting in July, 2021, and going through to January 31st, 2022, and the government was advertising for ‘Media Buying Services’ to secure media propaganda slots worth a potential £320 million for ‘Covid-19 campaigns’ with a contract not ending until March, 2022. The recipient – via a list of other front companies – was reported to be American media marketing giant Omnicom Group

Inc. While money is no object for ‘Covid’ the UK waiting list for all other treatment – including life-threatening conditions – passed 4.5 million. Meantime the Cult is seeking to control all official ‘inquiries’ to block revelations about what has really been happening and why. It must not be allowed to – we need Nuremberg jury trials in every country. The cover-up doesn’t get more obvious than appointing ultra-Zionist professor Philip Zelikow to oversee two dozen US virologists, public health officials, clinicians, former government officials and four American ‘charitable foundations’ to ‘learn the lessons’ of the ‘Covid’ debacle. The personnel will be those that created and perpetuated the ‘Covid’ lies while Zelikow is the former executive director of the 9/11 Commission who ensured that the truth about those attacks never came out and produced a report that must be among the most mendacious and manipulative documents ever written – see *The Trigger* for the detailed exposure of the almost unimaginable 9/11 story in which Sabbatians can be found at every level.

## **Passive no more**

People are increasingly challenging the authorities with amazing numbers of people taking to the streets in London well beyond the ability of the Face-Nappies to stop them. Instead the Nappies choose situations away from the mass crowds to target, intimidate, and seek to promote the impression of ‘violent protestors’. One such incident happened in London’s Hyde Park. Hundreds of thousands walking through the streets in protest against ‘Covid’ fascism were ignored by the Cult-owned BBC and most of the rest of the mainstream media, but they delighted in reporting how police were injured in ‘clashes with protestors’. The truth was that a group of people gathered in Hyde Park at the end of one march when most had gone home and they were peacefully having a good time with music and chat. Face-Nappies who couldn’t deal with the full-march crowd then waded in with their batons and got more than they bargained for. Instead of just standing for this criminal brutality the crowd used their numerical superiority to push the Face-Nappies out of the

park. Eventually the Nappies turned and ran. Unfortunately two or three idiots in the crowd threw drink cans striking two officers which gave the media and the government the image they wanted to discredit the 99.9999 percent who were peaceful. The idiots walked straight into the trap and we must always be aware of potential agent provocateurs used by the authorities to discredit their targets.

This response from the crowd – the can people apart – must be a turning point when the public no longer stand by while the innocent are arrested and brutally attacked by the Face-Nappies. That doesn't mean to be violent, that's the last thing we need. We'll leave the violence to the Face-Nappies and government. But it does mean that when the Face-Nappies use violence against peaceful people the numerical superiority is employed to stop them and make citizen's arrests or Common Law arrests for a breach of the peace. The time for being passive in the face of fascism is over.

We are the many, they are the few, and we need to make that count before there is no freedom left and our children and grandchildren face an ongoing fascist nightmare.

*COME ON PEOPLE – IT'S TIME.*

### **One final thought ...**

The power of love  
A force from above  
Cleaning my soul  
Flame on burn desire  
Love with tongues of fire  
Purge the soul  
Make love your goal

I'll protect you from the hooded claw  
Keep the vampires from your door  
When the chips are down I'll be around  
With my undying, death-defying  
Love for you

Envy will hurt itself  
Let yourself be beautiful  
Sparkling love, flowers  
And pearls and pretty girls  
Love is like an energy  
Rushin' rushin' inside of me

This time we go sublime  
Lovers entwine, divine, divine,  
Love is danger, love is pleasure  
Love is pure – the only treasure

I'm so in love with you  
Purge the soul  
Make love your goal

The power of love  
A force from above  
Cleaning my soul  
The power of love  
A force from above  
A sky-scraping dove

Flame on burn desire  
Love with tongues of fire  
Purge the soul  
Make love your goal

**Frankie Goes To Hollywood**

## APPENDIX

### Cowan-Kaufman-Morell Statement on Virus Isolation (SOVI)

*Isolation: The action of isolating; the fact or condition of being isolated or standing alone; separation from other things or persons; solitariness*

Oxford English Dictionary

The controversy over whether the SARS-CoV-2 virus has ever been isolated or purified continues. However, using the above definition, common sense, the laws of logic and the dictates of science, any unbiased person must come to the conclusion that the SARS-CoV-2 virus has never been isolated or purified. As a result, no confirmation of the virus' existence can be found. The logical, common sense, and scientific consequences of this fact are:

- the structure and composition of something not shown to exist can't be known, including the presence, structure, and function of any hypothetical spike or other proteins;
- the genetic sequence of something that has never been found can't be known;
- "variants" of something that hasn't been shown to exist can't be known;
- it's impossible to demonstrate that SARS-CoV-2 causes a disease called Covid-19.

In as concise terms as possible, here's the proper way to isolate, characterize and demonstrate a new virus. First, one takes samples (blood, sputum, secretions) from many people (e.g. 500) with symptoms which are unique and specific enough to characterize an illness. Without mixing these samples with ANY tissue or products that also contain genetic material, the virologist macerates, filters and ultracentrifuges i.e. *purifies* the specimen. This common virology technique, done for decades to isolate bacteriophages<sup>1</sup> and so-called giant viruses in every virology lab, then allows the virologist to demonstrate with electron microscopy thousands of identically sized and shaped particles. These particles are the isolated and purified virus.

These identical particles are then checked for uniformity by physical and/or microscopic techniques. Once the purity is determined, the particles may be further characterized. This would include examining the structure, morphology, and chemical composition of the particles. Next, their genetic makeup is characterized by extracting the genetic material directly from the purified particles and using genetic-sequencing techniques, such as Sanger sequencing, that have also been around for decades. Then one does an analysis to confirm that these uniform particles are exogenous (outside) in origin as a virus is conceptualized to be, and not the normal breakdown products of dead and dying tissues.<sup>2</sup> (As of May 2020, we know that virologists have no way to determine whether the particles they're seeing are viruses or just normal breakdown products of dead and dying tissues.)<sup>3</sup>

---

1 Isolation, characterization and analysis of bacteriophages from the haloalkaline lake Elmenteita, KenyaJuliah Khayeli Akhwale et al, PLOS One, Published: April 25, 2019.  
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0215734> – accessed 2/15/21

2 "Extracellular Vesicles Derived From Apoptotic Cells: An Essential Link Between Death and Regeneration," Maojiao Li et al, Frontiers in Cell and Developmental Biology, 2020 October 2.  
<https://www.frontiersin.org/articles/10.3389/fcell.2020.573511/full> – accessed 2/15/21

---

3 "The Role of Extracellular Vesicles as Allies of HIV, HCV and SARS Viruses," Flavia Giannessi, et al, *Viruses*, 2020 May

If we have come this far then we have fully isolated, characterized, and genetically sequenced an exogenous virus particle. However, we still have to show it is causally related to a disease. This is carried out by exposing a group of healthy subjects (animals are usually used) to this isolated, purified virus in the manner in which the disease is thought to be transmitted. If the animals get sick with the same disease, as confirmed by clinical and autopsy findings, one has now shown that the virus actually causes a disease. This demonstrates infectivity and transmission of an infectious agent.

None of these steps has even been attempted with the SARS-CoV-2 virus, nor have all these steps been successfully performed for any so-called pathogenic virus. Our research indicates that a single study showing these steps does not exist in the medical literature.

Instead, since 1954, virologists have taken unpurified samples from a relatively few people, often less than ten, with a similar disease. They then minimally process this sample and inoculate this unpurified sample onto tissue culture containing usually four to six other types of material – all of which contain identical genetic material as to what is called a “virus.” The tissue culture is starved and poisoned and naturally disintegrates into many types of particles, some of which contain genetic material. Against all common sense, logic, use of the English language and scientific integrity, this process is called “virus isolation.” This brew containing fragments of genetic material from many sources is then subjected to genetic analysis, which then creates in a computer-simulation process the alleged sequence of the alleged virus, a so-called *in silico* genome. At no time is an actual virus confirmed by electron microscopy. At no time is a genome extracted and sequenced from an actual virus. This is scientific fraud.

The observation that the unpurified specimen — inoculated onto tissue culture along with toxic antibiotics, bovine fetal tissue, amniotic fluid and other tissues — destroys the kidney tissue onto which it is inoculated is given as evidence of the virus' existence and pathogenicity. This is scientific fraud.

From now on, when anyone gives you a paper that suggests the SARS-CoV-2 virus has been isolated, please check the methods sections. If the researchers used Vero cells or any other culture method, you know that their process was not isolation. You will hear the following excuses for why actual isolation isn't done:

1. There were not enough virus particles found in samples from patients to analyze.
2. Viruses are intracellular parasites; they can't be found outside the cell in this manner.

If No. 1 is correct, and we can't find the virus in the sputum of sick people, then on what evidence do we think the virus is dangerous or even lethal? If No. 2 is correct, then how is the virus spread from person to person? We are told it emerges from the cell to infect others. Then why isn't it possible to find it?

Finally, questioning these virology techniques and conclusions is not some distraction or divisive issue. Shining the light on this truth is essential to stop this terrible fraud that humanity is confronting. For, as we now know, if the virus has never been isolated, sequenced or shown to cause illness, if the virus is imaginary, then why are we wearing masks, social distancing and putting the whole world into prison?

Finally, if pathogenic viruses don't exist, then what is going into those injectable devices erroneously called "vaccines," and what is their purpose? This scientific question is the most urgent and relevant one of our time.

We are correct. The SARS-CoV2 virus does not exist.

Sally Fallon Morell, MA

Dr. Thomas Cowan, MD

Dr. Andrew Kaufman, MD

# Bibliography

- Alinsky, Saul:** *Rules for Radicals* (Vintage, 1989)
- Antelman, Rabbi Marvin:** *To Eliminate the Opiate* (Zahavia, 1974)
- Bastardi, Joe:** *The Climate Chronicles* (Relentless Thunder Press, 2018)
- Cowan, Tom:** *Human Heart, Cosmic Heart* (Chelsea Green Publishing, 2016)
- Cowan, Tom, and Fallon Morell, Sally:** *The Contagion Myth* (Skyhorse Publishing, 2020)
- Forbes, Jack D:** *Columbus And Other Cannibals – The Wetiko Disease of Exploitation, Imperialism, and Terrorism* (Seven Stories Press, 2008 – originally published in 1979)
- Gates, Bill:** *How to Avoid a Climate Disaster: The Solutions We Have and the Breakthroughs We Need* (Allen Lane, 2021)
- Huxley, Aldous:** *Brave New World* (Chatto & Windus, 1932)
- Köhnlein, Dr Claus, and Engelbrecht, Torsten:** *Virus Mania* (emu-Vertag, Lahnstein, 2020)
- Lanza, Robert, and Berman, Bob:** *Biocentrism* (BenBella Books, 2010)
- Lash, John Lamb:** *Not In His Image* (Chelsea Green Publishing, 2006)
- Lester, Dawn, and Parker, David:** *What Really Makes You Ill – Why everything you thought you knew about disease is wrong* (Independently Published, 2019)
- Levy, Paul:** *Dispelling Wetiko, Breaking the Spell of Evil* (North Atlantic Books, 2013)
- Marx, Karl:** *A World Without Jews* (Philosophical Library, first edition, 1959)
- Mullis, Kary:** *Dancing Naked in the Mine Field* (Bloomsbury, 1999)
- O'Brien, Cathy:** *Trance-Formation of America* (Reality Marketing, 1995)
- Scholem, Gershon:** *The Messianic Idea in Judaism* (Schocken Books, 1994)
- Schwab, Klaus, and Davis, Nicholas:** *Shaping the Future of the Fourth Industrial Revolution: A guide to building a better world* (Penguin Books, 2018)
- Schwab, Klaus:** *The Great Reset* (Agentur Schweiz, 2020)
- Sunstein, Cass and Thaler, Richard:** *Nudge: Improving Decisions About Health, Wealth, and Happiness* (Penguin, 2009)
- Swan, Shanna:** *Count Down: How Our Modern World Is Threatening Sperm Counts, Altering Male and Female Reproductive Development and Imperiling the Future of the Human Race* (Scribner, 2021)
- Tegmark, Max:** *Our Mathematical Universe: My Quest for the Ultimate Nature of Reality* (Penguin, 2015)
- Velikovsky, Immanuel:** *Worlds in Collision* (Paradigma, 2009)

**Wilton, Robert:** *The Last Days of the Romanovs* (Blurb, 2018, first published 1920)

# **Index**

## **A**

### **abusive relationships**

blaming themselves, abused as [ref1](#)  
children [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#), [ref10](#)  
conspiracy theories [ref1](#)  
domestic abuse [ref1](#), [ref2](#)  
economic abuse and dependency [ref1](#)  
isolation [ref1](#)  
physical abuse [ref1](#)  
psychological abuse [ref1](#)  
signs of abuse [ref1](#)

### **addiction**

alcoholism [ref1](#)  
frequencies [ref1](#)  
substance abuse [ref1](#), [ref2](#)  
technology [ref1](#), [ref2](#), [ref3](#)

### **Adelson, Sheldon** [ref1](#), [ref2](#), [ref3](#)

### **Agenda 21/Agenda 2030 (UN)** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

### **AIDs/HIV** [ref1](#)

causal link between HIV and AIDs [ref1](#), [ref2](#)  
retroviruses [ref1](#)  
testing [ref1](#), [ref2](#)  
trial-run for Covid-19, as [ref1](#), [ref2](#)  
**aliens/extraterrestrials** [ref1](#), [ref2](#)  
**aluminium** [ref1](#)  
**Amazon** [ref1](#), [ref2](#), [ref3](#)

**amplification cycles** [ref1](#), [ref2](#)  
**anaphylactic shock** [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
**animals** [ref1](#), [ref2](#), [ref3](#)  
**antibodies** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
**Antifa** [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
**antigens** [ref1](#), [ref2](#)  
**anti-Semitism** [ref1](#), [ref2](#), [ref3](#)  
**Archons** [ref1](#), [ref2](#)  
    consciousness [ref1](#), [ref2](#), [ref3](#)  
    energy [ref1](#), [ref2](#), [ref3](#)  
    ennoia [ref1](#)  
    genetic manipulation [ref1](#), [ref2](#)  
    inversion [ref1](#), [ref2](#), [ref3](#)  
    lockdowns [ref1](#)  
    money [ref1](#)  
    radiation [ref1](#)  
    religion [ref1](#), [ref2](#)  
    technology [ref1](#), [ref2](#), [ref3](#)  
    Wetiko factor [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
**artificial intelligence (AI)** [ref1](#)  
**army made up of robots** [ref1](#), [ref2](#)  
    Human 2.0 [ref1](#), [ref2](#)  
    Internet [ref1](#)  
    MHRA [ref1](#)  
    Morgellons fibres [ref1](#), [ref2](#)  
    Smart Grid [ref1](#)  
    Wetiko factor [ref1](#)  
**asymptomatic, Covid-19 as** [ref1](#), [ref2](#), [ref3](#)  
**aviation industry** [ref1](#)

## B

**banking, finance and money** [ref1](#), [ref2](#), [ref3](#)

2008 crisis [ref1](#), [ref2](#)

boom and bust [ref1](#)

cashless digital money systems [ref1](#)

central banks [ref1](#)

credit [ref1](#)

digital currency [ref1](#)

fractional reserve lending [ref1](#)

Great Reset [ref1](#)

guaranteed income [ref1](#), [ref2](#), [ref3](#)

Human 2.0 [ref1](#)

incomes, destruction of [ref1](#), [ref2](#)

interest [ref1](#)

one per cent [ref1](#), [ref2](#)

scams [ref1](#)

**BBC** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#)

**Becker-Phelps, Leslie** [ref1](#)

**Behavioural Insights Team (BIT) (Nudge Unit)** [ref1](#), [ref2](#), [ref3](#)

**behavioural scientists and psychologists, advice from** [ref1](#), [ref2](#)

**Bezos, Jeff** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

**Biden, Hunter** [ref1](#)

**Biden, Joe** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#), [ref10](#), [ref11](#),  
[ref12](#), [ref13](#), [ref14](#), [ref15](#), [ref16](#), [ref17](#)

**Big Pharma**

cholesterol [ref1](#)

health professionals [ref1](#), [ref2](#)

immunity from prosecution in US [ref1](#)

vaccines [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#)

Wetiko factor [ref1](#), [ref2](#)

WHO [ref1](#), [ref2](#), [ref3](#)

**Bill and Melinda Gates Foundation** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#),  
[ref7](#)

**billionaires** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#) [ref10](#), [ref11](#)  
**bird flu (H5N1)** [ref1](#)  
**Black Lives Matter (BLM)** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
**Blair, Tony** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)  
**Brin, Sergei** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)  
**British Empire** [ref1](#)  
**Bush, George HW** [ref1](#), [ref2](#)  
**Bush, George W** [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
**Byrd, Robert** [ref1](#)

## C

### **Canada**

Global Cult [ref1](#)  
hate speech [ref1](#)  
internment [ref1](#)  
masks [ref1](#)  
old people [ref1](#)  
SARS-COV-2 [ref1](#)  
satellites [ref1](#)  
vaccines [ref1](#)  
wearable technology [ref1](#)

**Capitol Hill riot** [ref1](#), [ref2](#)  
agents provocateur [ref1](#)  
Antifa [ref1](#)  
Black Lives Matter (BLM) [ref1](#), [ref2](#)  
**QAnon** [ref1](#)  
security precautions, lack of [ref1](#), [ref2](#), [ref3](#)

**carbon dioxide** [ref1](#), [ref2](#)  
**care homes, deaths in** [ref1](#), [ref2](#)  
**cashless digital money systems** [ref1](#)  
**censorship** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

fact-checkers [ref1](#)  
masks [ref1](#)  
media [ref1](#), [ref2](#)  
private messages [ref1](#)  
social media [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#)  
transgender persons [ref1](#)  
vaccines [ref1](#), [ref2](#), [ref3](#)  
Wokeness [ref1](#)

**Centers for Disease Control (CDC) (United States)** [ref1](#), [ref2](#), [ref3](#),  
[ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#), [ref10](#), [ref11](#), [ref12](#), [ref13](#)

**centralisation** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#)

**chakras** [ref1](#)

**change agents** [ref1](#), [ref2](#), [ref3](#)

**chemtrails** [ref1](#), [ref2](#), [ref3](#)

**chief medical officers and scientific advisers** [ref1](#), [ref2](#), [ref3](#), [ref4](#),  
[ref5](#), [ref6](#)

**children** *see also young people*

abuse [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#), [ref10](#)

care, taken into [ref1](#), [ref2](#), [ref3](#)

education [ref1](#), [ref2](#), [ref3](#), [ref4](#)

energy [ref1](#)

family courts [ref1](#)

hand sanitisers [ref1](#)

human sacrifice [ref1](#)

lockdowns [ref1](#), [ref2](#), [ref3](#)

masks [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

mental health [ref1](#)

old people [ref1](#)

parents, replacement of [ref1](#), [ref2](#)

Psyop (psychological operation), Covid as a [ref1](#), [ref2](#)

reframing [ref1](#)

smartphone addiction [ref1](#)

social distancing and isolation [ref1](#)  
social media [ref1](#)  
transgender persons [ref1](#), [ref2](#)  
United States [ref1](#)  
vaccines [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#), [ref10](#)  
Wetiko factor [ref1](#)

**China** [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
anal swab tests [ref1](#)  
**Chinese Revolution** [ref1](#), [ref2](#), [ref3](#)  
digital currency [ref1](#)  
Global Cult [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#)  
guaranteed income [ref1](#)  
Imperial College [ref1](#)  
Israel [ref1](#)  
lockdown [ref1](#), [ref2](#)  
masculinity crisis [ref1](#)  
masks [ref1](#)  
media [ref1](#)  
origins of virus in China [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
pollution causing respiratory diseases [ref1](#)  
Sabbatians [ref1](#), [ref2](#)  
Smart Grid [ref1](#), [ref2](#)  
social credit system [ref1](#)  
testing [ref1](#), [ref2](#)  
United States [ref1](#), [ref2](#)  
vaccines [ref1](#), [ref2](#)  
Wetiko factor [ref1](#)  
wet market conspiracy [ref1](#)  
**Wuhan** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)

**cholesterol** [ref1](#), [ref2](#)

**Christianity** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
criticism [ref1](#)  
cross, inversion of the [ref1](#)

Nag Hammadi texts [ref1](#), [ref2](#), [ref3](#)  
Roman Catholic Church [ref1](#), [ref2](#)  
Sabbatians [ref1](#), [ref2](#)  
Satan [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
Wokeness [ref1](#)

**class** [ref1](#), [ref2](#)

**climate change hoax** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

Agenda 21/Agenda 2030 [ref1](#), [ref2](#), [ref3](#)

carbon dioxide [ref1](#), [ref2](#)

Club of Rome [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

fear [ref1](#)

funding [ref1](#)

Global Cult [ref1](#)

green new deals [ref1](#)

green parties [ref1](#)

inversion [ref1](#)

perception, control of [ref1](#)

PICC [ref1](#)

reframing [ref1](#)

temperature, increases in [ref1](#)

United Nations [ref1](#), [ref2](#)

Wikipedia [ref1](#)

Wokeness [ref1](#), [ref2](#)

**Clinton, Bill** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#)

**Clinton, Hillary** [ref1](#), [ref2](#), [ref3](#)

**the cloud** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)

**Club of Rome and climate change hoax** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

cognitive therapy [ref1](#)

**Cohn, Roy** [ref1](#)

**Common Law** [ref1](#)

Admiralty Law [ref1](#)

arrests [ref1](#), [ref2](#)

contractual law, Statute Law as [ref1](#)  
corporate entities, people as [ref1](#)  
legalese [ref1](#)  
*sea, law of the* [ref1](#)  
Statute Law [ref1](#)

**Common Purpose** leadership programme [ref1](#), [ref2](#)  
**communism** [ref1](#), [ref2](#)  
**co-morbidities** [ref1](#)  
**computer-generated virus**,  
**Covid-19** as [ref1](#), [ref2](#), [ref3](#)  
**computer models** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
**connections** [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
**consciousness** [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
Archons [ref1](#), [ref2](#), [ref3](#)  
expanded [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)  
experience [ref1](#)  
heart [ref1](#)  
infinity [ref1](#), [ref2](#)  
religion [ref1](#), [ref2](#)  
self-identity [ref1](#)  
simulation thesis [ref1](#)  
vaccines [ref1](#)  
Wetiko factor [ref1](#), [ref2](#)

**conspiracy theorists** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
**contradictory rules** [ref1](#)  
**contrails** [ref1](#)  
**Corman-Drosten test** [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
**countermimicry** [ref1](#), [ref2](#), [ref3](#)  
**Covid-19 vaccines** *see* vaccines  
**Covidiots** [ref1](#), [ref2](#)  
**Cowan, Tom** [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
**crimes against humanity** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#)

**cyber-operations** [ref1](#)

**cyberwarfare** [ref1](#)

## D

**DARPA (Defense Advanced Research Projects Agency)** [ref1](#)

**deaths**

care homes [ref1](#)

certificates [ref1](#), [ref2](#), [ref3](#), [ref4](#)

mortality rate [ref1](#)

post-mortems/autopsies [ref1](#)

recording [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)

vaccines [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

**deceit**

pyramid of deceit [ref1](#), [ref2](#)

sequence of deceit [ref1](#)

**decoding** [ref1](#), [ref2](#), [ref3](#)

**dehumanisation** [ref1](#), [ref2](#), [ref3](#)

**Delphi technique** [ref1](#)

**democracy** [ref1](#)

**dependency** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

**Descartes, René** [ref1](#)

**DNA**

numbers [ref1](#)

vaccines [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#), [ref10](#)

**DNR (do not resuscitate)**

orders [ref1](#)

**domestic abuse** [ref1](#), [ref2](#)

**downgrading of Covid-19** [ref1](#)

**Drosten, Christian** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)

**Duesberg, Peter** [ref1](#), [ref2](#)

## **E**

**economic abuse** [ref1](#)

**Edmunds, John** [ref1](#), [ref2](#)

**education** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

**electromagnetic spectrum** [ref1](#), [ref2](#)

**Enders, John** [ref1](#)

**energy**

Archons [ref1](#), [ref2](#), [ref3](#)

children and young people [ref1](#)

consciousness [ref1](#)

decoding [ref1](#)

frequencies [ref1](#), [ref2](#), [ref3](#), [ref4](#)

heart [ref1](#)

human energy field [ref1](#)

source, humans as an energy [ref1](#), [ref2](#)

vaccines [ref1](#)

viruses [ref1](#)

**ennoia** [ref1](#)

**Epstein, Jeffrey** [ref1](#), [ref2](#)

**eternal 'I'** [ref1](#), [ref2](#)

**ethylene oxide** [ref1](#)

**European Union** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

**Event** [ref1](#) and Bill Gates [ref2](#)

**exosomes**, Covid-19 as natural defence mechanism called [ref1](#)

**experience** [ref1](#), [ref2](#)

**Extinction Rebellion** [ref1](#), [ref2](#)

## **F**

**Facebook**

addiction [ref1](#), 448–50

Facebook

Archons [ref1](#)  
censorship [ref1](#), [ref2](#), [ref3](#)  
hate speech [ref1](#)  
monopoly, as [ref1](#)  
private messages, censorship of [ref1](#)  
Sabbatians [ref1](#)  
United States election fraud [ref1](#)  
vaccines [ref1](#)  
Wetiko factor [ref1](#)

**fact-checkers** [ref1](#)

**Fauci, Anthony** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#), [ref10](#),  
[ref11](#), [ref12](#)

**fear** [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
climate change [ref1](#)  
computer models [ref1](#)  
conspiracy theories [ref1](#)  
empty hospitals [ref1](#)  
Italy [ref1](#), [ref2](#), [ref3](#)  
lockdowns [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
masks [ref1](#), [ref2](#)  
media [ref1](#), [ref2](#)  
medical staff [ref1](#)  
Psyop (psychological operation), Covid as a [ref1](#)  
Wetiko factor [ref1](#), [ref2](#)

**female infertility** [ref1](#)

**Fermi Paradox** [ref1](#)

**Ferguson, Neil** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)

**fertility, decline in** [ref1](#)

**The Field** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#)

**finance** *see banking, finance and money*

**five-senses** [ref1](#), [ref2](#)  
Archons [ref1](#), [ref2](#), [ref3](#)

censorship [ref1](#)  
consciousness, expansion of [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#)  
decoding [ref1](#)  
education [ref1](#), [ref2](#)  
the Field [ref1](#), [ref2](#)  
God, personification of [ref1](#)  
infinity [ref1](#), [ref2](#)  
media [ref1](#)  
paranormal [ref1](#)  
perceptual programming [ref1](#), [ref2](#)  
Phantom Self [ref1](#)  
pneuma not nous, using [ref1](#)  
reincarnation [ref1](#)  
self-identity [ref1](#)  
Wetiko factor [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#)  
**5G** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#)  
**Floyd, George and protests, killing of** [ref1](#)  
**flu, re-labelling of** [ref1](#), [ref2](#), [ref3](#)  
**food and water, control of** [ref1](#), [ref2](#)  
**Freemasons** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#)  
**Frei, Rosemary** [ref1](#)  
**frequencies**  
addictions [ref1](#)  
Archons [ref1](#), [ref2](#), [ref3](#)  
awareness [ref1](#)  
chanting and mantras [ref1](#)  
consciousness [ref1](#)  
decoding [ref1](#), [ref2](#)  
education [ref1](#)  
electromagnetic (EMF) frequencies [ref1](#)  
energy [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
fear [ref1](#)

the Field [ref1](#), [ref2](#) 5G [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#), [ref10](#)  
five-senses [ref1](#), [ref2](#)  
ghosts [ref1](#)  
Gnostics [ref1](#)  
hive-minds [ref1](#)  
human, meaning of [ref1](#)  
light [ref1](#), [ref2](#)  
love [ref1](#), [ref2](#)  
magnetism [ref1](#)  
perception [ref1](#)  
reality [ref1](#), [ref2](#), [ref3](#)  
simulation [ref1](#)  
terror [ref1](#)  
vaccines [ref1](#)  
Wetiko [ref1](#), [ref2](#), [ref3](#)  
**Fuellmich, Reiner** [ref1](#), [ref2](#), [ref3](#)  
**furlough/rescue payments** [ref1](#)

## G

**Gallo, Robert** [ref1](#), [ref2](#), [ref3](#)

**Gates, Bill**

Archons [ref1](#), [ref2](#), [ref3](#)  
climate change [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
Daily Pass tracking system [ref1](#)  
Epstein [ref1](#)  
fascism [ref1](#)  
five senses [ref1](#)  
GAVI [ref1](#)  
Great Reset [ref1](#)  
GSK [ref1](#)  
Imperial College [ref1](#), [ref2](#)  
Johns Hopkins University [ref1](#), [ref2](#), [ref3](#)

lockdowns [ref1](#), [ref2](#)

masks [ref1](#)

Nuremberg trial, proposal for [ref1](#), [ref2](#)

Rockefellers [ref1](#), [ref2](#)

social distancing and isolation [ref1](#)

Sun, dimming the [ref1](#)

synthetic meat [ref1](#), [ref2](#)

vaccines [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)

Wellcome Trust [ref1](#)

Wetiko factor [ref1](#), [ref2](#), [ref3](#)

WHO [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#), [ref10](#)

Wokeness [ref1](#)

World Economic Forum [ref1](#), [ref2](#), [ref3](#), [ref4](#)

**Gates, Melinda** [ref1](#), [ref2](#), [ref3](#)

**GAVI vaccine alliance** [ref1](#)

**genetics, manipulation of** [ref1](#), [ref2](#), [ref3](#)

**Germany** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#) *see also Nazi Germany*

**Global Cult** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

anti-human, why Global Cult is [ref1](#)

Black Lives Matter (BLM) [ref1](#), [ref2](#), [ref3](#), [ref4](#)

China [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#)

climate change hoax [ref1](#)

contradictory rules [ref1](#)

Covid-19 [ref1](#), [ref2](#), [ref3](#)

fascism [ref1](#)

geographical origins [ref1](#)

immigration [ref1](#)

Internet [ref1](#)

mainstream media [ref1](#), [ref2](#)

masks [ref1](#), [ref2](#)

monarchy [ref1](#)

non-human dimension [ref1](#)

perception [ref1](#)  
political parties [ref1](#), [ref2](#)  
pyramidal hierarchy [ref1](#), [ref2](#), [ref3](#)  
reframing [ref1](#)  
Sabbantian-Frankism [ref1](#), [ref2](#)  
science, manipulation of [ref1](#)  
spider and the web [ref1](#)  
transgender persons [ref1](#)  
vaccines [ref1](#)  
who controls the Cult [ref1](#)  
Wokeness [ref1](#), [ref2](#), [ref3](#), [ref4](#)

**globalisation** [ref1](#), [ref2](#)

**Gnostics** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

**Google** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

**government**

- behavioural scientists and psychologists, advice from [ref1](#), [ref2](#)
- definition [ref1](#)
- Joint Biosecurity Centre (JBC) [ref1](#)
- people, abusive relationship with [ref1](#)

**Great Reset** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#)

- fascism [ref1](#), [ref2](#), [ref3](#)
- financial system [ref1](#)
- Human 2.0 [ref1](#)
- water and food, control of [ref1](#)

**green parties** [ref1](#)

**Griesz-Brisson, Margarite** [ref1](#)

**guaranteed income** [ref1](#), [ref2](#), [ref3](#)

## H

**Hancock, Matt** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

**hand sanitisers** [ref1](#)

**heart** [ref1](#), [ref2](#)

**hive-minds/groupthink** ref1, ref2, ref3

**holographs** ref1, ref2, ref3, ref4

**hospitals, empty** ref1

**human, meaning of** ref1

**Human 2.0** ref1

addiction to technology ref1

artificial intelligence (AI) ref1, ref2

elimination of Human 1.0 ref1

fertility, decline in ref1

Great Reset ref1

implantables ref1

money ref1

mRNA ref1

nanotechnology ref1

parents, replacement of ref1, ref2

Smart Grid, connection to ref1, ref2

synthetic biology ref1, ref2, ref3, ref4

testosterone levels, decrease in ref1

transgender = transhumanism ref1, ref2, ref3

vaccines ref1, ref2, ref3, ref4

**human sacrifice** ref1, ref2, ref3

**Hunger Games Society** ref1, ref2, ref3, ref4, ref5, ref6, ref7

**Huxley, Aldous** ref1, ref2, ref3

## I

**identity politics** ref1, ref2, ref3

**Illuminati** ref1, ref2

**illusory physical reality** ref1

**immigration** ref1, ref2, ref3, ref4

**Imperial College** ref1, ref2, ref3, ref4, ref5, ref6

**implantables** ref1, ref2

**incomes, destruction of** [ref1](#), [ref2](#)

**Infinite Awareness** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

**Internet** [ref1](#), [ref2](#) *see also* social media  
    artificial intelligence (AI) [ref1](#)  
    independent journalism, lack of [ref1](#)  
    Internet of Bodies (IoB) [ref1](#)

**Internet of Everything (IoE)** [ref1](#), [ref2](#)

**Internet of Things (IoT)** [ref1](#), [ref2](#)

**lockdowns** [ref1](#)

Psyop (psychological operation), Covid as a [ref1](#)  
    trolls [ref1](#)

**intersectionality** [ref1](#)

**inversion**  
    Archons [ref1](#), [ref2](#), [ref3](#)  
    climate change hoax [ref1](#)  
    energy [ref1](#)  
    Judaism [ref1](#), [ref2](#), [ref3](#)  
    symbolism [ref1](#)  
    Wetiko factor [ref1](#)  
    Wokeness [ref1](#), [ref2](#), [ref3](#)

**Islam**  
    Archons [ref1](#)  
    crypto-Jews [ref1](#)  
    Islamic State [ref1](#), [ref2](#)  
    Jinn and Djinn [ref1](#), [ref2](#), [ref3](#)  
    Ottoman Empire [ref1](#)  
    Wahhabism [ref1](#)

**isolation** *see* **social distancing and isolation**

**Israel**  
    China [ref1](#)  
    Cyber Intelligence Unit Beersheba complex [ref1](#)  
    expansion of illegal settlements [ref1](#)

formation [ref1](#)  
Global Cult [ref1](#)  
Judaism [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
medical experiments, consent for [ref1](#)  
Mossad [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
Palestine-Israel conflict [ref1](#), [ref2](#), [ref3](#)  
parents, replacement of [ref1](#)  
Sabbatians [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
September 11, 2001, terrorist attacks on United States [ref1](#)  
Silicon Valley [ref1](#)  
Smart Grid [ref1](#), [ref2](#)  
United States [ref1](#), [ref2](#)  
vaccines [ref1](#)  
Wetiko factor [ref1](#)

## **Italy**

fear [ref1](#), [ref2](#), [ref3](#)  
Lombardy [ref1](#), [ref2](#), [ref3](#)  
vaccines [ref1](#)

## **J**

Johns Hopkins University [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)  
Johnson, Boris [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#)  
Joint Biosecurity Centre (JBC) [ref1](#)

## **Judaism**

anti-Semitism [ref1](#), [ref2](#), [ref3](#)  
Archons [ref1](#), [ref2](#)  
crypto-Jews [ref1](#)  
inversion [ref1](#), [ref2](#), [ref3](#)  
Israel [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
Labour Party [ref1](#)  
Nazi Germany [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
Sabbatians [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

Silicon Valley [ref1](#)  
Torah [ref1](#)  
United States [ref1](#), [ref2](#)  
Zionists [ref1](#), [ref2](#), [ref3](#)

## K

**Kaufman, Andrew** [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
**knowledge** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#)  
**Koch's postulates** [ref1](#)  
**Kurzweil, Ray** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)  
**Kushner, Jared** [ref1](#), [ref2](#)

## L

**Labour Party** [ref1](#), [ref2](#)  
**Lanka, Stefan** [ref1](#), [ref2](#)  
**Lateral Flow Device (LFD)** [ref1](#)  
**Levy, Paul** [ref1](#), [ref2](#), [ref3](#)  
**Life Program** [ref1](#)  
**lockdowns** [ref1](#), [ref2](#), [ref3](#)  
    amplification tampering [ref1](#)  
    Archons [ref1](#)  
    Behavioural Insights Team [ref1](#)  
    Black Lives Matter (BLM) [ref1](#)  
    care homes, deaths in [ref1](#)  
    children  
    abuse [ref1](#), [ref2](#)  
    mental health [ref1](#)  
    China [ref1](#), [ref2](#)  
    computer models [ref1](#)  
    consequences [ref1](#), [ref2](#)  
    dependency [ref1](#), [ref2](#), [ref3](#)

domestic abuse [ref1](#)  
fall in cases [ref1](#)  
fear [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
guaranteed income [ref1](#)  
Hunger Games Society [ref1](#), [ref2](#), [ref3](#)  
interaction, destroying [ref1](#)  
Internet [ref1](#), [ref2](#)  
overdoses [ref1](#)  
perception [ref1](#)  
police-military state [ref1](#), [ref2](#)  
protests [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
psychopathic personality [ref1](#), [ref2](#), [ref3](#)  
reporting/snitching, encouragement of [ref1](#), [ref2](#)  
testing [ref1](#)  
vaccines [ref1](#)  
Wetiko factor [ref1](#)  
WHO [ref1](#)  
**love** [ref1](#), [ref2](#), [ref3](#)  
**Lucifer** [ref1](#), [ref2](#), [ref3](#)

## M

**Madej, Carrie** [ref1](#), [ref2](#)  
**Magufuli, John** [ref1](#), [ref2](#)  
**mainstream media** [ref1](#)  
BBC [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#)  
censorship [ref1](#), [ref2](#)  
China [ref1](#)  
climate change hoax [ref1](#)  
fear [ref1](#), [ref2](#)  
Global Cult [ref1](#), [ref2](#)  
independent journalism, lack of [ref1](#)  
Ofcom [ref1](#), [ref2](#), [ref3](#)

perception [ref1](#), [ref2](#)  
Psyop (psychological operation), Covid as a [ref1](#)  
Sabbatians [ref1](#), [ref2](#)  
social disapproval [ref1](#)  
social distancing and isolation [ref1](#)  
United States [ref1](#), [ref2](#)  
vaccines [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

**Mao Zedong** [ref1](#), [ref2](#), [ref3](#)

**Marx and Marxism** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#)

**masculinity** [ref1](#)

**masks/face coverings** [ref1](#), [ref2](#), [ref3](#)

censorship [ref1](#)

children [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

China, made in [ref1](#)

dehumanisation [ref1](#), [ref2](#), [ref3](#)

fear [ref1](#), [ref2](#)

flu [ref1](#)

health professionals [ref1](#), [ref2](#), [ref3](#), [ref4](#)

isolation [ref1](#)

laughter [ref1](#)

**mass non-cooperation** [ref1](#)

**microplastics, risk of** [ref1](#)

**mind control** [ref1](#)

**multiple masks** [ref1](#)

oxygen deficiency [ref1](#), [ref2](#), [ref3](#)

police [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

pollution, as cause of plastic [ref1](#)

Psyop (psychological operation), Covid as a [ref1](#)

reframing [ref1](#), [ref2](#)

risk assessments, lack of [ref1](#), [ref2](#)

self-respect [ref1](#)

surgeons [ref1](#)

United States [ref1](#)  
vaccines [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
Wetiko factor [ref1](#)  
'worms' [ref1](#)  
*The Matrix* movies [ref1](#), [ref2](#), [ref3](#)  
measles [ref1](#), [ref2](#)  
media see mainstream media  
Medicines and Healthcare products Regulatory Agency (MHRA)  
[ref1](#), [ref2](#), [ref3](#), [ref4](#)  
**Mesopotamia** [ref1](#)  
**messaging** [ref1](#)  
**military-police state** [ref1](#), [ref2](#), [ref3](#)  
**mind control** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#) *see also MKUltra*  
**MKUltra** [ref1](#), [ref2](#), [ref3](#)  
**monarchy** [ref1](#)  
**money** *see banking, finance and money*  
**Montagnier, Luc** [ref1](#), [ref2](#), [ref3](#)  
**Mooney, Bel** [ref1](#)  
**Morgellons disease** [ref1](#), [ref2](#)  
**mortality rate** [ref1](#)  
**Mullis, Kary** [ref1](#), [ref2](#), [ref3](#)  
**Musk, Elon** [ref1](#)

## N

**Nag Hammadi texts** [ref1](#), [ref2](#), [ref3](#)  
**nanotechnology** [ref1](#), [ref2](#), [ref3](#)  
**narcissism** [ref1](#)  
**Nazi Germany** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#)  
**near-death experiences** [ref1](#), [ref2](#)  
**Neocons** [ref1](#), [ref2](#), [ref3](#)

**Neuro-Linguistic Programming (NLP) and the Delphi technique**  
[ref1](#)

**NHS (National Health Service)**

amplification cycles [ref1](#)

Common Purpose [ref1](#), [ref2](#)

mind control [ref1](#)

**NHS England** [ref1](#)

saving the NHS [ref1](#), [ref2](#)

vaccines [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

whistle-blowers [ref1](#), [ref2](#), [ref3](#)

**No-Problem-Reaction-Solution** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

**non-human dimension of Global Cult** [ref1](#)

**nous** [ref1](#)

**numbers, reality as** [ref1](#)

**Nuremberg Codes** [ref1](#), [ref2](#), [ref3](#)

**Nuremberg-like tribunal, proposal for** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#),  
[ref6](#), [ref7](#), [ref8](#), [ref9](#), [ref10](#), [ref11](#), [ref12](#)

## Ø

**Obama, Barack** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#), [ref10](#)

**O'Brien, Cathy** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

**Ochel, Evita** [ref1](#)

**Ofcom** [ref1](#), [ref2](#), [ref3](#)

**old people** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

**Oneness** [ref1](#), [ref2](#), [ref3](#)

**Open Society Foundations (Soros)** [ref1](#), [ref2](#), [ref3](#)

**oxygen** 406, 528–34

## P

**paedophilia** [ref1](#), [ref2](#)

**Page, Larry** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)

**Palestine-Israel conflict** [ref1](#), [ref2](#), [ref3](#)

**pandemic, definition of** [ref1](#)

**pandemic and health crisis scenarios/simulations** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

**paranormal** [ref1](#)

**PCR tests** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#)

**Pearl Harbor attacks, prior knowledge of** [ref1](#)

**Pelosi, Nancy** [ref1](#), [ref2](#), [ref3](#)

**perception** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

- climate change hoax [ref1](#)
- control [ref1](#), [ref2](#), [ref3](#)
- decoding [ref1](#), [ref2](#)
- enslavement [ref1](#)
- externally-delivered perceptions [ref1](#)
- five senses [ref1](#)
- human labels [ref1](#)
- media [ref1](#), [ref2](#)
- political parties [ref1](#), [ref2](#)
- Psyop (psychological operation), Covid as a [ref1](#)
- sale of perception [ref1](#)
- self-identity [ref1](#), [ref2](#)
- Wokeness [ref1](#)

**Phantom Self** [ref1](#), [ref2](#), [ref3](#)

**pharmaceutical industry** *see* **Big Pharma**

**phthalates** [ref1](#)

**Plato's Allegory of the Cave** [ref1](#), [ref2](#)

**pneuma** [ref1](#)

**police**

- Black Lives Matter (BLM) [ref1](#)
- brutality [ref1](#)
- citizen's arrests [ref1](#), [ref2](#)
- common law arrests [ref1](#), [ref2](#)

Common Purpose [ref1](#)  
defunding [ref1](#)  
lockdowns [ref1](#), [ref2](#)  
masks [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
police-military state [ref1](#), [ref2](#), [ref3](#)  
psychopathic personality [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
reframing [ref1](#)  
United States [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
Wokeness [ref1](#)

**polio** [ref1](#)

**political correctness** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

**political parties** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

**political puppets** [ref1](#)

**pollution** [ref1](#), [ref2](#), [ref3](#)

**post-mortems/autopsies** [ref1](#)

**Postage Stamp Consensus** [ref1](#), [ref2](#)

**pre-emptive programming** [ref1](#)

**Problem-Reaction-Solution** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#)

**Project for the New American Century** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

**psychopathic personality** [ref1](#)

- Archons [ref1](#)
- heart energy [ref1](#)
- lockdowns [ref1](#), [ref2](#), [ref3](#)
- police [ref1](#), [ref2](#), [ref3](#), [ref4](#)
- recruitment [ref1](#), [ref2](#)
- vaccines [ref1](#)
- wealth [ref1](#)
- Wetiko [ref1](#), [ref2](#)

**Psyop (psychological operation), Covid as a** [ref1](#), [ref2](#), [ref3](#), [ref4](#),  
[ref5](#)

**Pushbackers** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

**pyramid structure** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

## **Q**

**QAnon Psyop** [ref1](#), [ref2](#), [ref3](#)

## **R**

**racism** *see also* **Black Lives**

Matter (BLM)

anti-racism industry [ref1](#)

class [ref1](#)

critical race theory [ref1](#)

culture [ref1](#)

intersectionality [ref1](#)

reverse racism [ref1](#)

white privilege [ref1](#), [ref2](#)

white supremacy [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

Wokeness [ref1](#), [ref2](#), [ref3](#)

**radiation** [ref1](#), [ref2](#)

**randomness, illusion of** [ref1](#), [ref2](#), [ref3](#)

**reality** [ref1](#), [ref2](#), [ref3](#)

**reframing** [ref1](#), [ref2](#)

change agents [ref1](#), [ref2](#)

children [ref1](#)

climate change [ref1](#)

Common Purpose leadership programme [ref1](#), [ref2](#)

contradictory rules [ref1](#)

enforcers [ref1](#)

masks [ref1](#), [ref2](#)

NLP and the Delphi technique [ref1](#)

police [ref1](#)

Wetiko factor [ref1](#)

Wokeness [ref1](#), [ref2](#)

**religion** *see also* particular religions

alien invasions [ref1](#)

Archons [ref1](#), [ref2](#)  
consciousness [ref1](#), [ref2](#)  
control, system of [ref1](#), [ref2](#), [ref3](#)  
criticism, prohibition on [ref1](#)  
five senses [ref1](#)  
good and evil, war between [ref1](#)  
hidden non-human forces [ref1](#), [ref2](#)  
Sabbatians [ref1](#)  
save me syndrome [ref1](#)  
Wetiko [ref1](#)  
Wokeness [ref1](#)  
**repetition and mind control** [ref1](#), [ref2](#), [ref3](#)  
**reporting/snitching, encouragement of** [ref1](#), [ref2](#)  
**Reptilians/Grey entities** [ref1](#)  
**rewiring the mind** [ref1](#)  
**Rivers, Thomas Milton** [ref1](#), [ref2](#)  
**Rockefeller family** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#)  
**Rockefeller Foundation documents** [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
**Roman Empire** [ref1](#)  
**Rothschild family** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#)  
**RT-PCR tests** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#)  
**Russia**  
    collusion inquiry in US [ref1](#)  
**Russian Revolution** [ref1](#), [ref2](#)  
Sabbatians [ref1](#)

## §

**Sabbantian-Frankism** [ref1](#), [ref2](#)  
    anti-Semitism [ref1](#), [ref2](#)  
    banking and finance [ref1](#), [ref2](#), [ref3](#)  
    China [ref1](#), [ref2](#)  
    Israel [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

Judaism [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

Lucifer [ref1](#)

media [ref1](#), [ref2](#)

Nazis [ref1](#), [ref2](#)

QAnon [ref1](#)

Rothschilds [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#)

Russia [ref1](#)

Saudi Arabia [ref1](#)

Silicon Valley [ref1](#)

Sumer [ref1](#)

United States [ref1](#), [ref2](#), [ref3](#)

Wetiko factor [ref1](#)

Wokeness [ref1](#), [ref2](#), [ref3](#)

**SAGE (Scientific Advisory Group for Emergencies)** [ref1](#), [ref2](#), [ref3](#),  
[ref4](#)

**SARS-1** [ref1](#)

**SARs-CoV-2** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#)

**Satan/Satanism** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)

**satellites in low-orbit** [ref1](#)

**Saudi Arabia** [ref1](#)

**Save Me Syndrome** [ref1](#)

**scapegoating** [ref1](#)

**Schwab, Klaus** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#), [ref10](#),  
[ref11](#), [ref12](#)

**science, manipulation of** [ref1](#)

**self-identity** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

**self-respect, attacks on** [ref1](#)

**September 11, 2001, terrorist attacks on United States** [ref1](#), [ref2](#),  
[ref3](#), [ref4](#)

**77th Brigade of UK military** [ref1](#), [ref2](#), [ref3](#)

**Silicon Valley/tech giants** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#) *see also*  
Facebook

Israel [ref1](#)  
Sabbatians [ref1](#)  
technocracy [ref1](#)  
Wetiko factor [ref1](#)  
Wokeness [ref1](#)  
**simulation hypothesis** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
**Smart Grid** [ref1](#), [ref2](#), [ref3](#)  
artificial intelligence (AI) [ref1](#)  
China [ref1](#), [ref2](#)  
control centres [ref1](#)  
the Field [ref1](#)  
Great Reset [ref1](#)  
Human 2.0 [ref1](#), [ref2](#)  
Israel [ref1](#), [ref2](#)  
vaccines [ref1](#)  
Wetiko factor [ref1](#)  
**social disapproval** [ref1](#)  
**social distancing and isolation** [ref1](#), [ref2](#), [ref3](#)  
abusive relationships [ref1](#), [ref2](#)  
children [ref1](#)  
flats and apartments [ref1](#)  
heart issues [ref1](#)  
hugs [ref1](#)  
Internet [ref1](#)  
masks [ref1](#)  
media [ref1](#)  
older people [ref1](#), [ref2](#)  
one-metre (three feet) rule [ref1](#)  
rewiring the mind [ref1](#)  
**simulation, universe as a** [ref1](#)  
**SPI-B** [ref1](#)  
substance abuse [ref1](#)

suicide and self-harm [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
technology [ref1](#)  
torture, as [ref1](#), [ref2](#)  
two-metre (six feet) rule [ref1](#)  
women [ref1](#)

**social justice** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

**social media** *see also Facebook bans on alternative views* [ref1](#)  
censorship [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#)  
children [ref1](#)  
emotion [ref1](#)  
perception [ref1](#)  
private messages [ref1](#)  
Twitter [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)  
Wetiko factor [ref1](#)  
YouTube [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

**Soros, George** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#)

**Spain** [ref1](#)

**SPI-B (Scientific Pandemic Insights Group on Behaviours)** [ref1](#),  
[ref2](#), [ref3](#), [ref4](#)

**spider and the web** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

**Starmer, Keir** [ref1](#)

**Statute Law** [ref1](#)

**Steiner, Rudolf** [ref1](#), [ref2](#), [ref3](#)

**Stockholm syndrome** [ref1](#)

**streptomycin** [ref1](#)

**suicide and self-harm** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

**Sumer** [ref1](#), [ref2](#)

**Sunstein, Cass** [ref1](#), [ref2](#), [ref3](#)

**swine flu (H1N1)** [ref1](#), [ref2](#), [ref3](#)

**synchronicity** [ref1](#)

**synthetic biology** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

**synthetic meat** [ref1](#), [ref2](#)

# T

**technology** *see also* **artificial intelligence (AI); Internet; social media addiction** [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
**Archons** [ref1](#), [ref2](#)  
**the cloud** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)  
**cyber-operations** [ref1](#)  
**cyberwarfare** [ref1](#)  
**radiation** [ref1](#), [ref2](#)  
**social distancing and isolation** [ref1](#)  
**technocracy** [ref1](#)

**Tedros Adhanom Ghebreyesus** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#),  
[ref8](#), [ref9](#), [ref10](#), [ref11](#), [ref12](#), [ref13](#)

**telepathy** [ref1](#)

**Tenpenny, Sherri** [ref1](#)

**Tesla, Nikola** [ref1](#)

**testosterone levels, decrease in** [ref1](#)

**testing for Covid-19** [ref1](#), [ref2](#)  
    anal swab tests [ref1](#)  
    cancer [ref1](#)  
    China [ref1](#), [ref2](#), [ref3](#)  
    Corman-Drosten test [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
    death certificates [ref1](#), [ref2](#)  
    fraudulent testing [ref1](#)  
    genetic material, amplification of [ref1](#)  
    Lateral Flow Device (LFD) [ref1](#)  
    PCR tests [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#)  
    vaccines [ref1](#), [ref2](#), [ref3](#)

**Thunberg, Greta** [ref1](#), [ref2](#), [ref3](#)

**Totalitarian Tiptoe** [ref1](#), [ref2](#), [ref3](#), [ref4](#)

**transgender persons**  
    activism [ref1](#)  
    artificial wombs [ref1](#)

censorship [ref1](#)  
child abuse [ref1](#), [ref2](#)  
Human 2.0 [ref1](#), [ref2](#), [ref3](#)  
Wokeness [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
women, deletion of rights and status of [ref1](#), [ref2](#)  
young persons [ref1](#)  
**travel restrictions** [ref1](#)  
**Trudeau, Justin** [ref1](#), [ref2](#), [ref3](#)  
**Trump, Donald** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#), [ref10](#),  
[ref11](#)  
**Twitter** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)

## U

**UKColumn** [ref1](#), [ref2](#)  
**United Nations (UN)** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#) *see also Agenda 21/Agenda 2030 (UN)*  
**United States** [ref1](#), [ref2](#)  
    American Revolution [ref1](#)  
    borders [ref1](#), [ref2](#)  
    Capitol Hill riot [ref1](#), [ref2](#)  
    children [ref1](#)  
    China [ref1](#), [ref2](#)  
    CIA [ref1](#), [ref2](#)  
    Daily Pass tracking system [ref1](#)  
    demographics by immigration, changes in [ref1](#)  
    Democrats [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)  
    election fraud [ref1](#)  
    far-right domestic terrorists, pushbackers as [ref1](#)  
    Federal Reserve [ref1](#)  
    flu/respiratory diseases statistics [ref1](#)  
    Global Cult [ref1](#), [ref2](#)  
    hand sanitisers, FDA warnings on [ref1](#)

immigration, effects of illegal [ref1](#)  
impeachment [ref1](#)  
Israel [ref1](#), [ref2](#)  
Judaism [ref1](#), [ref2](#), [ref3](#)  
lockdown [ref1](#)  
masks [ref1](#)  
mass media [ref1](#), [ref2](#)  
nursing homes [ref1](#)  
Pentagon [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
police [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
pushbackers [ref1](#)  
Republicans [ref1](#), [ref2](#)  
borders [ref1](#), [ref2](#)  
Democrats [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
Russia, inquiry into collusion with [ref1](#)  
Sabbatians [ref1](#), [ref2](#), [ref3](#)  
September 11, 2001, terrorist attacks [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
UFO sightings, release of information on [ref1](#)  
vaccines [ref1](#)  
white supremacy [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
Woke Democrats [ref1](#), [ref2](#)

## V

vaccines [ref1](#), [ref2](#), [ref3](#)  
adverse reactions [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
Africa [ref1](#)  
anaphylactic shock [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
animals [ref1](#), [ref2](#)  
anti-vax movement [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
AstraZeneca/Oxford [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
autoimmune diseases, rise in [ref1](#), [ref2](#)  
Big Pharma [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#)

bioweapon, as real [ref1](#), [ref2](#)  
black and ethnic minority communities [ref1](#)  
blood clots [ref1](#), [ref2](#)  
Brain Computer Interface (BCI) [ref1](#)  
care homes, deaths in [ref1](#)  
censorship [ref1](#), [ref2](#), [ref3](#)  
chief medical officers and scientific advisers, financial interests of  
[ref1](#), [ref2](#)  
children [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#), [ref10](#)  
China [ref1](#), [ref2](#)  
clinical trials [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#)  
compensation [ref1](#)  
compulsory vaccinations [ref1](#), [ref2](#), [ref3](#)  
computer programs [ref1](#)  
consciousness [ref1](#)  
cover-ups [ref1](#)  
creation before Covid [ref1](#)  
cytokine storm [ref1](#)  
deaths and illnesses caused by vaccines [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
definition [ref1](#)  
developing countries [ref1](#)  
digital tattoos [ref1](#)  
DNA-manipulation [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#),  
[ref10](#)  
emergency approval [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
female infertility [ref1](#)  
funding [ref1](#)  
genetic suicide [ref1](#)  
Global Cult [ref1](#)  
heart chakras [ref1](#)  
hesitancy [ref1](#)  
Human 2.0 [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
immunity from prosecution [ref1](#), [ref2](#), [ref3](#)

implantable technology [ref1](#)  
Israel [ref1](#)  
Johnson & Johnson [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
lockdowns [ref1](#)  
long-term effects [ref1](#)  
mainstream media [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
masks [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
Medicines and Healthcare products Regulatory Agency (MHRA)  
[ref1](#), [ref2](#)  
messaging [ref1](#)  
Moderna [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#)  
mRNA vaccines [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#)  
nanotechnology [ref1](#), [ref2](#)  
NHS [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
older people [ref1](#), [ref2](#)  
operating system [ref1](#)  
passports [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
Pfizer/BioNTech [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)  
polyethylene glycol [ref1](#)  
pregnant women [ref1](#)  
psychopathic personality [ref1](#)  
races, targeting different [ref1](#)  
reverse transcription [ref1](#)  
Smart Grid [ref1](#)  
social distancing [ref1](#)  
social media [ref1](#)  
sterility [ref1](#)  
synthetic material, introduction of [ref1](#)  
tests [ref1](#), [ref2](#), [ref3](#)  
travel restrictions [ref1](#)  
**variants** [ref1](#), [ref2](#)  
**viruses, existence of** [ref1](#)  
whistle-blowing [ref1](#)

WHO [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
Wokeness [ref1](#)  
working, vaccine as [ref1](#)  
young people [ref1](#)  
**Vallance, Patrick** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#)  
**variants** [ref1](#), [ref2](#), [ref3](#)  
**vegans** [ref1](#)  
**ventilators** [ref1](#), [ref2](#)  
**virology** [ref1](#), [ref2](#)  
**virtual reality** [ref1](#), [ref2](#), [ref3](#)  
**viruses, existence of** [ref1](#)  
**visual reality** [ref1](#), [ref2](#)  
**vitamin D** [ref1](#), [ref2](#)  
**von Braun, Wernher** [ref1](#), [ref2](#)

## **W**

**war-zone hospital myths** [ref1](#)  
**waveforms** [ref1](#), [ref2](#)  
**wealth** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#) [ref10](#), [ref11](#)  
**wet market conspiracy** [ref1](#)  
**Wetiko factor** [ref1](#)  
alcoholism and drug addiction [ref1](#)  
anti-human, why Global Cult is [ref1](#)  
Archons [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
artificial intelligence (AI) [ref1](#)  
Big Pharma [ref1](#), [ref2](#)  
children [ref1](#)  
China [ref1](#)  
consciousness [ref1](#), [ref2](#)  
education [ref1](#)  
Facebook [ref1](#)

fear [ref1](#), [ref2](#)  
frequency [ref1](#), [ref2](#)  
Gates [ref1](#), [ref2](#)  
Global Cult [ref1](#), [ref2](#)  
heart [ref1](#), [ref2](#)  
lockdowns [ref1](#)  
masks [ref1](#)  
Native American concept [ref1](#)  
psychopathic personality [ref1](#), [ref2](#)  
reframing/retraining programmes [ref1](#)  
religion [ref1](#)  
Silicon Valley [ref1](#)  
Smart Grid [ref1](#)  
smartphone addiction [ref1](#), [ref2](#)  
social media [ref1](#)  
war [ref1](#), [ref2](#)  
WHO [ref1](#)  
Wokeness [ref1](#), [ref2](#), [ref3](#)  
Yaldabaoth [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
**whistle-blowing** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)  
**white privilege** [ref1](#), [ref2](#)  
**white supremacy** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
**Whitty, Christopher** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#), [ref10](#)  
'who benefits' [ref1](#)  
**Wi-Fi** [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
**Wikipedia** [ref1](#), [ref2](#)  
**Wojcicki, Susan** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#)  
**Wokeness**  
    Antifa [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
    anti-Semitism [ref1](#)  
    billionaire social justice warriors [ref1](#), [ref2](#), [ref3](#)

Capitol Hill riot [ref1](#), [ref2](#)  
censorship [ref1](#)  
Christianity [ref1](#)  
climate change hoax [ref1](#), [ref2](#)  
culture [ref1](#)  
education, control of [ref1](#)  
emotion [ref1](#)  
facts [ref1](#)  
fascism [ref1](#), [ref2](#), [ref3](#)  
Global Cult [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
group-think [ref1](#)  
immigration [ref1](#)  
indigenous people, solidarity with [ref1](#)  
inversion [ref1](#), [ref2](#), [ref3](#)  
left, hijacking the [ref1](#), [ref2](#)  
Marxism [ref1](#), [ref2](#), [ref3](#)  
mind control [ref1](#)  
New Woke [ref1](#)  
Old Woke [ref1](#)  
Oneness [ref1](#)  
perceptual programming [ref1](#)  
    Phantom Self [ref1](#)  
police [ref1](#)  
defunding the [ref1](#)  
reframing [ref1](#)  
public institutions [ref1](#)  
Pushbackers [ref1](#), [ref2](#), [ref3](#)  
racism [ref1](#), [ref2](#), [ref3](#)  
reframing [ref1](#), [ref2](#)  
religion, as [ref1](#)  
Sabbatians [ref1](#), [ref2](#), [ref3](#)  
Silicon Valley [ref1](#)  
social justice [ref1](#), [ref2](#), [ref3](#), [ref4](#)

transgender [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)  
United States [ref1](#), [ref2](#)  
vaccines [ref1](#)  
Wetiko factor [ref1](#), [ref2](#), [ref3](#)  
young people [ref1](#), [ref2](#), [ref3](#)  
**women, deletion of rights and status of** [ref1](#), [ref2](#)  
**World Economic Forum (WEF)** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#),  
[ref8](#), [ref9](#)  
**World Health Organization (WHO)** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#),  
[ref7](#), [ref8](#), [ref9](#)  
AIDs/HIV [ref1](#)  
amplification cycles [ref1](#)  
Big Pharma [ref1](#), [ref2](#), [ref3](#)  
cooperation in health emergencies [ref1](#)  
creation [ref1](#), [ref2](#)  
fatality rate [ref1](#)  
funding [ref1](#), [ref2](#), [ref3](#)  
Gates [ref1](#)  
Internet [ref1](#)  
lockdown [ref1](#)  
vaccines [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
**Wetiko factor** [ref1](#)  
**world number 1 (masses)** [ref1](#), [ref2](#)  
**world number 2** [ref1](#)  
**Wuhan** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#) [ref8](#)

## Y

**Yaldabaoth** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#)  
**Yeadon, Michael** [ref1](#), [ref2](#), [ref3](#), [ref4](#)  
**young people** *see also children* addiction to technology [ref1](#)  
Human 2.0 [ref1](#)  
vaccines [ref1](#), [ref2](#)

Wokeness [ref1](#), [ref2](#), [ref3](#)

**YouTube** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#)

WHO 548

## Z

**Zaks, Tal** [ref1](#)

**Zionism** [ref1](#), [ref2](#), [ref3](#)

**Zuckerberg, Mark** [ref1](#), [ref2](#), [ref3](#), [ref4](#), [ref5](#), [ref6](#), [ref7](#), [ref8](#), [ref9](#),  
[ref10](#), [ref11](#), [ref12](#)

**Zulus** [ref1](#)

# **ICKONIC**

**THE ALTERNATIVE**

Ickonic is something that has been a dream of mine for the last 5 years, growing up around alternative information I have always had a natural interest in what is going on in the World and what could I do to make it better. Across the range of subjects and positions of influence occupied mainly by people who don't strive to make things better it's the Media that I have always found the most frustrating and fascinating. Mainly because if the Media did their Jobs properly then so much of the negative things happening in the World simply would not be able to happen, because they would be exposed within a heartbeat.

Free Press and the Opportunities that the internet could have given would mean that the Media are able to expose things like never before and hold people to account for their actions. As we all know there are 'Untouchables' that walk among us, people the Media simply won't touch, expose or investigate and that leads to the dark underworlds that infest the establishment the World over. Well I say enough, it's time for something different, a different kind of Media, where no one is off limits from exposing and investigating. All we're interested in at Ickonic is the truth of what is really going on in the World on whichever subject we're covering.

We hope you enjoy what we have created and take something away from the platform, we aim to deliver information that's informative and most importantly self-empowering, you're not a little person, you're part of something much bigger than that and its time we as a collective race began to understand that and look to the future as ours to take.

It's time...

Jaymie Icke - Founder Ickonic Alternative Media.

**SIGN UP NOW AT [ICKONIC.COM](http://ICKONIC.COM)**

DAVID ICKE

# THE ANSWER



We live in extraordinary times with billions bewildered and seeking answers for what is happening. David Icke, the man who has been proved right again and again, has spent 30 years uncovering the truth behind world affairs and in a stream of previous books he predicted current events.

The Answer will change your every perception of life and the world and set you free of the illusions that control human society. There is nothing more vital for our collective freedom than humanity becoming aware of what is in this book.

**Available now at [davidicke.com](http://davidicke.com).**

# THE **TRIGGER**

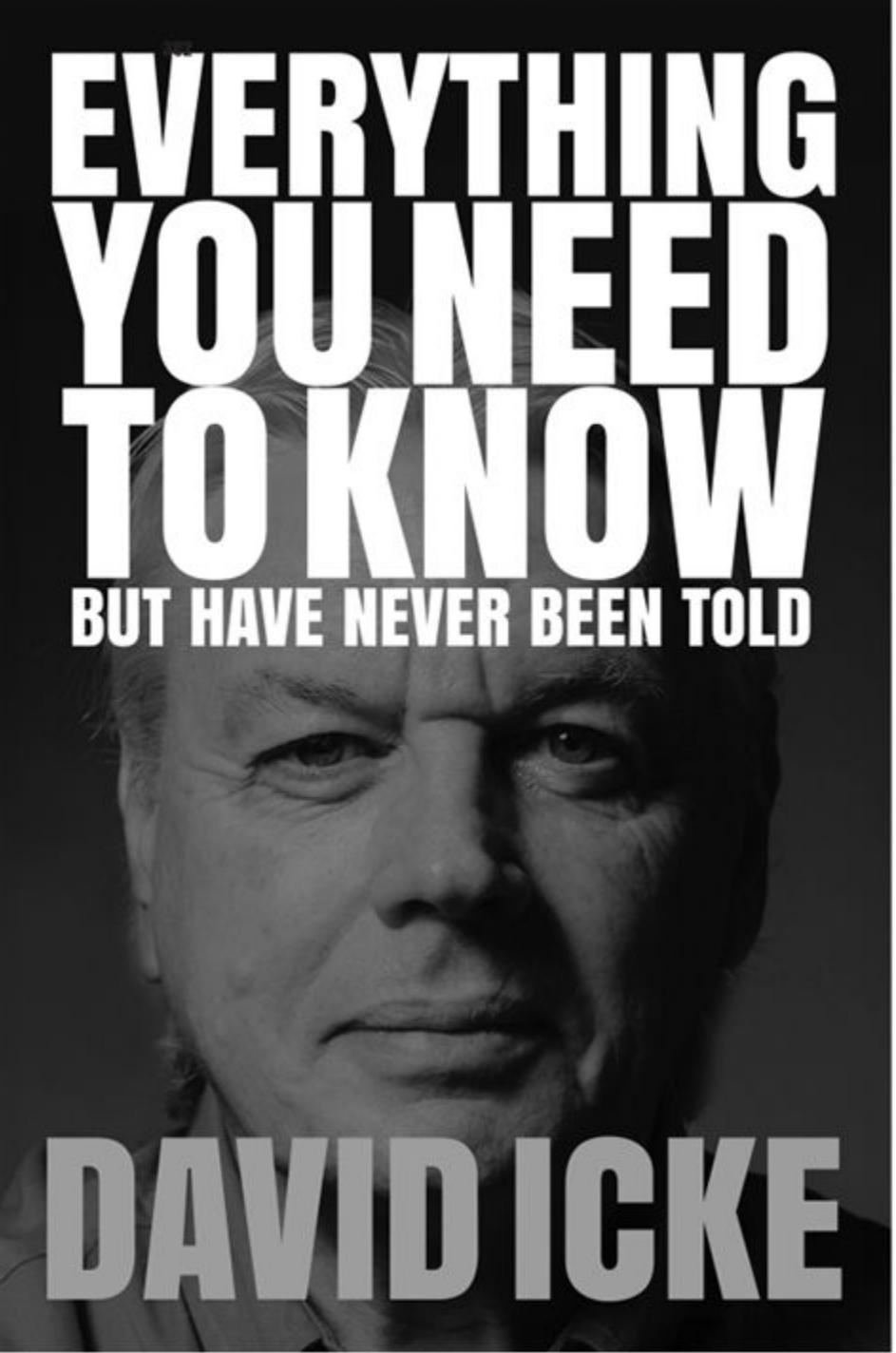
THE LIE THAT CHANGED THE WORLD  
- WHO REALLY DID IT AND WHY



**DAVID ICKE**

# **EVERYTHING YOU NEED TO KNOW**

**BUT HAVE NEVER BEEN TOLD**



**DAVID ICKE**

**DAVIDICKE.COM**



**DAVID ICKE STORE  
LATEST NEWS ARTICLES  
DAVID ICKE VIDEOS  
WEEKLY DOT-CONNECTOR PODCASTS  
LIVE EVENTS**  
**WWW.DAVIDICKE.COM**

THE LIFE STORY OF DAVID ICKE

# RENEGADE

/'ren-i,geɪd/

**noun**

A person who behaves in a rebelliously unconventional manner.

THE FEATURE LENGTH FILM



**AVAILABLE NOW AT DAVIDICKE.COM**

2 NEW BOOKS  
BY NEIL HAGUE

# ORION'S DOOR

SYMBOLS OF CONSCIOUSNESS & BLUEPRINTS OF CONTROL  
- THE STORY OF ORION'S INFLUENCE OVER HUMANITY

CUTTING EDGE VISIONARY ART  
& UNIQUE ILLUSTRATED BOOKS

NEIL HAGUE

FOR  
BOOKS, PRINTS & T-SHIRTS

VISIT:

**NEILHAGUEBOOKS.COM**

OR [NEILHAGUE.COM](http://NEILHAGUE.COM)

# DR. COVID

UNIVERSE

ADVENTURES  
IN CLOWNLAND



NEIL HAGUE

## **Before you go ...**

For more detail, background and evidence about the subjects in *Perceptions of a Renegade Mind* – and so much more – see my others books including *And The Truth Shall Set You Free; The Biggest Secret; Children of the Matrix; The David Icke Guide to the Global Conspiracy; Tales from the Time Loop; The Perception Deception; Remember Who You Are; Human Race Get Off Your Knees; Phantom Self; Everything You Need To Know But Have Never Been Told, The Trigger and The Answer.*

You can subscribe to the fantastic new Ickonic media platform where there are many hundreds of hours of cutting-edge information in videos, documentaries and series across a whole range of subjects which are added to every week. This includes my 90 minute breakdown of the week's news every Friday to explain *why* events are happening and to what end.