

# How the world was coerced

## Introduction

I have explained how the UK government (typical of all western governments) utilised psychological behavioural warfare on its own citizens throughout the Covid crisis. It did this using NLP<sup>1</sup> and various departments, such as 77<sup>th</sup> Brigade or the Cabinet Office and so on.

Now I am not privy to all the techniques and doctrines they used (though observation reveals some of them) but there are many precursors where anti-democratic agents provided plans and methods to captivate and control the mind of a population. We could mention Saul Alinsky's grass roots gradual take-over method for example, or Joseph Goebbels's use of fear to scare people into submission, or Lenin's use of terror and threat, or the CIA's Project MK Ultra,<sup>2</sup> or Zbigniew Brzezinski's technocratic control.<sup>3</sup>

But overt psychological manipulation is the fastest way to do this. Evil people seek to gain mind-control over willing subjects. This is true whether it be domestic abusers, religious totalitarian cult leaders or political fascists.

In this paper I want to focus on one document in particular; in fact one chart in particular. This tells us how to coerce people by using a series of steps. It is the *Biderman's Chart of Coercion* published in the 1950s and it is clearly the programme that forms the basis of the global coercion of people regarding Covid. It is also the clear basis of the precursors and simulated prototypes of the pandemic, such as Event 201, SPARS or the Lock-Step programme.

## Biderman's Chart of Coercion

You can find a copy of this chart on the websites of Amnesty International and Strathclyde University. In simple terms, the list includes:

Chart of Coercion
Isolation
Monopolisation of Perception
Induced debility and exhaustion
Threats
Occasional indulgences
Demonstrate omnipotence
Degradation
Enforced trivial demands

Albert D Biderman was a social scientist working for the US Air Force. He was tasked with researching why so many American prisoners of the Korean War began co-operating. He

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<sup>1</sup> Neuro-linguistic Programming.

<sup>2</sup> Which used LSD to dumb-down the emerging Hippie movement.

<sup>3</sup> 'The public will be unable to reason or think for themselves. They'll only be able to parrot the information they've been given on the previous night's news.' Brzezinski.

concluded that the three main elements of enabling coercive control were: dependency, debility and dread.

He summarised his findings in a now famous chart first published in the article 'Communist attempts to elicit false confessions from Air Force prisoners of war' published in the *Bulletin of the New York Academy of Medicine* (1957), which analysed psychological methods of torture.

## Step One: Isolation

To get people to comply with policies against their best interests, the first thing is to force them into isolation for an extended period. Deprive individuals of social support and loving networks. Victims then develop an intense concern with the self. Certain people have said that after 55 days [or 66 days] of isolation subjects will willingly comply, but the best effect is for a longer period or intermittent periods of isolation lasting months.

This is actually a form of torture since humans are communal people. Isolation means you are incapable of interacting with others. People do not function well when forced to be alone; in fact, some go mad. The UN stated that isolation for more than 15 days constituted torture. This is why there is now a crisis of mental health problems afflicting the NHS.

The result of forced isolation is that it breaks the self-will; people give up and become compliant. When this happens, the victim becomes dependent upon the will of their captor. You can see this in domestic violence cases when women defend their attackers and cannot run away.

### Covid crisis examples

#### *Lockdowns*

This is most clearly evidenced by the state lockdowns. These had no epidemiological value whatsoever; in fact they can make existing viruses mutate into a more prevalent form by not being defeated by built-up herd immunity because hosts were unavailable in the lockdown. The very nasty colds and flu viruses already beginning to turn up as winter approaches are evidence of this. They also cause multiple serious ramifications, which cause excess deaths; not least damaging food supply chains, economic collapse, suicides, depression, etc. The problem with the supply chains already being manifest is directly due to lockdowns.<sup>4</sup>

#### *Closure of schools.*

No one could understand why this happened. Children were not at risk from Covid at all and data showed that they did not transmit it to teachers. Yet schools were closed for months. Why? Because they had to be part of the social control forced by the government.

#### *Social distancing*

This is just a smaller scale of isolation. It separates people within a certain environment when ordinarily they would mingle freely and converse or even hug. It separates individuals from their loved ones.

Even queuing can be a social, positive event. NB the massive queues at Jeremy Clarkson's farm shop in the Cotswolds. It is such a success that folk queue for two hours to buy farm products, but a community has developed amongst them (mostly petrol-heads). Clarkson's

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<sup>4</sup> For example the DVLA did not process many thousands of HGV licences in 2020. HGV drivers unable to work went and got a different job and preferred it.

partner Lisa Hogan stated that friendships are being formed as people wait ages in the long queues. Social distancing kills this and is the opposite of normal human behaviour.

#### *Containment camps*

These are currently being built in most developed nations in order to intern dissenters. It separates dissenting voices from anyone that may listen to them.

#### *Cancelling distant relationships*

Sexual partners not in the same house were not allowed to see each other. The state controlled sexual activity.

#### *Closing churches*

This is religious isolation; separating believers from their brethren.

#### *Facemasks*

These isolated people from seeing facial expressions and especially smiles.

### **Christian virtue contradicted**

#### *Fellowship*

Fellowship is a divine principle for people; it is not just the basis of church life. People are created in order to be communal. In its purest form, fellowship becomes communion, which is a reflection of the loving community in the Godhead.

God sets the solitary in families (Ps 68:6), and families in villages, and villages in counties, and counties in states. He sets the borders of these (Acts 17:26) and each community is meant to be interdependent and co-operative forming a unified body of lawfulness and benevolence. Thus nation states are dependent upon community. Isolation of any part of this is pathogenic.

God sets the solitary in families. Ps 68:6

Woe to him *who is* alone. Eccles 4:10

## **Step two: monopolisation of perception**

The aim here is to fix attention on the immediate and on self-preservation. People have to be made to feel scared for their lives and feed their selfishness. All avenues of information must be controlled in order to present a unified message. Actions inconsistent with compliance are frustrated.

Thus all messages that differ from the captor's must be censored and eliminated. There must be no allowance of contradictory opinion. All data from competing sources must be targeted and stopped.

### **Covid crisis examples**

#### *Control of the media*

The UK government orchestrated this by spending millions of pounds propping up the failing mainstream media, which desperately needed these funds to survive because few people trust them anymore.

In harmony with this control of the mainstream media, the Big Tech companies in silicone valley were also co-opted to follow the same message and to delete all opposing sources.

Millions of Tweets, YouTube videos and social media posts were deleted during the Covid crisis and Big Tech marched in lock-step with government propaganda.

Education systems also fell into line as progressive governors, tutors, lecturers and professors spouted the same line and de-platformed or even sacked those with a different view. Once trusted scientific journals completely trashed their reputations as they printed completely fallacious articles to support the propaganda.

It was shocking to see very highly qualified and deeply respected health experts smeared in campaigns because they questioned government policies.

### *The scientific method*

True science disappeared during the Covid crisis. In its place rose a false scientism where state policy was determined by biased experts who did not follow the protocols of true science.

A consensus was claimed to be true (it was a lie) and evidence was manufactured to support it with falsified statistics and twisted graphs. The whole story was a lie. But science does not develop by consensus; in fact many scientific advances were made by mavericks that were persecuted in their day by other scientists.

True science welcomes debate and hates censorship. It welcomes others testing the hypothesis to see if it stands up as a repeatable experiment or not. The denial of alternative voices is proof that the Covid narrative was unscientific.

### *Restriction of movement*

This stopped people talking to other like-minded people outside of their 'bubble'. Thus full and free transmission of information was restricted.

### *Cancel social gatherings*

This also cancelled the transfer of information by restricting access to friends and colleagues outside your 'bubble'.

## **Christian virtue contradicted**

### *Truth*

The basis of anything is truth. If something isn't true then there is no point paying any more attention to it; it is worthless chaff.

God's word is truth and all that God does is based on truth. Therefore, Christians must be utterly founded upon the truth in every area of life, not just doctrine.

### *Fellowship and counselling*

This allows for transmission of ideas, comfort and advice for trusted elders that you can go and take your problems to. Face to face discussion of problems is a very important part of life.

For the word of the LORD *is* right, and all His work *is done* in truth. Ps 33:4

The entirety of Your word *is* truth. Ps 119:160

I kept back nothing that was helpful, but proclaimed it to you, and taught you publicly and from house to house. Acts 20:20

## Step three: Induced Debility and Exhaustion

When people are in a state of exhaustion they more readily submit their will to an oppressor. It's basic science; fatigued people have no strength to resist. Therefore weaken people's mental and physical ability to resist.

### **Covid crisis examples**

#### *Lockdowns*

Staying indoors weakens the immune system and lack of activity weakens the systems of the body in general. Stopping people that used gyms, pools and sporting events would have caused detrimental effects to those used to this exercise.

#### *Propaganda*

The constant government propaganda spread fear-porn into those that watched. This constant assault on the mind, especially with focusing fears about death, led to mental exhaustion and debility.

#### *Facemasks*

These reduce oxygen intake by at least 20% and increase carbon monoxide levels. These cause mental debility and exhaustion.

### **Christian virtue contradicted**

#### *Be healthy*

Stewardship of the body is a gift from God and a clear responsibility.

## Step four: Threats

Threats assert that the government is in charge and lack of compliance will instigate sanctions. The threats cultivate anxiety and the lack of ability to do anything about it results in despair.

Threats create anxiety and despair. The greatest threat is the threat of death. Focus on death in the propaganda.

The next most effective thing is to threaten families. Dissenting individuals become compliant if their family is threatened.

### **Covid crisis examples**

The government excelled in this. Posters appeared threatening that you will kill your grandmother if you visit her; that you will infect your loved ones if you don't wear a facemask and so on. They even suggested that without lockdowns the hospitals would be overrun and collapse when they were mostly empty.

The threats were to make sure that people were scared to do this or that – so everybody complied with totalitarian demands. For the people that defied the demands a bigger threat was used – arrest, imprisonment and fines; even though it turned out that these were illegal and courts overruled them all.

#### *Threats of sanctions*

These include fines (which are illegal), threats to close businesses, police action, arrest and imprisonment for minor issues and so on.

*Quarantine*

Travellers were threatened with 10-day quarantine in a hotel with poor food, under guard in solitary confinement, at a personal cost of nearly £2,000 - unless they were vaccinated.

**Christian virtue contradicted***Work by love*

The basis for any policy should be the benevolence of society. In Christian terms our work must be performed on the basis of love.

*Do not fear*

We are constantly told not to fear because it is a debilitating emotion. It leads to negative effects in the soul. Ignore malicious threats.

*Patience*

The reactions to threats are: patience, kindness, goodness and self-control. When threatened, be patient and carry on.

Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea. Ps 46:2

The LORD *is* on my side; I will not fear. what can man do to me? Ps 118:6

But it will not be well with the wicked; nor will he prolong *his* days, *which are* as a shadow, because he does not fear before God. Eccles 8:13

Fear not, for I *am* with you; be not dismayed, for I *am* your God. I will strengthen you, Yes, I will help you, I will uphold you with my righteous right hand. Isa 41:10

Do not fear them. Matt 10:26

Faith working through love. Gal 5:2

The fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. Gal 5:22-23

There is no fear in love; but perfect love casts out fear. 1 Jn 4:18

**Step five: Occasional indulgences**

Like the good cop / bad cop routine, the occasional glimpse of freedom provides motivation to comply when the restrictions begin again. People want to get back to normal.

This hinders people adjusting to their imprisonment and deprived condition by creating hope if one obeys instructions. It also keeps people uncertain what is going on as conditions keep changing and this helps compliance.

Coercion, followed by a short reward, followed by more coercion, is the most effective way to develop compliance and control.

**Covid crisis examples**

Some stores were allowed to reopen in 2020 and some services resumed. Restaurants reopened but under certain conditions and with a curfew. At times people were allowed to gather in increased numbers. People were allowed to see distant sexual partners.

**Christian virtue contradicted***Consistency*

Let your 'Yes' be 'Yes,' and your 'No,' 'No.' For whatever is more than these is from the evil one. Matt 5:37

Our word to you was not Yes and No. For the Son of God, Jesus Christ, who was preached among you by us -- by me, Silvanus, and Timothy -- was not Yes and No, but in Him was Yes. 2 Cor 1:18-19

Let your 'Yes', be 'Yes', and *your* 'No', 'No', lest you fall into judgment. Jm 5:12

**Step six: Demonstrating omnipotence**

This demonstrates that resistance is futile and that compliance is a necessity. The government must ensure complete control over victims.

**Covid crisis examples**

The government sought to make it appear that they were omnipotent, when in fact under law this was far from true. But the perception of it was enough for people to comply. The government sought to affirm that it was in charge over people's individual, innocent sovereignty – which it has no legal right over whatsoever under Common Law or statute.

Currently Joe Biden has demanded that US businesses create an apartheid of the vaccinated versus the unvaccinated and sanction the unvaccinated. However, there is no legal statute yet undergirding this. Dictators think they are omnipotent.

The UK government is the same. When school closures were legally challenged the government said that it passed no law demanding that schools should close. Councils and schools just willingly complied to a state recommendation.

Police officers continually acted above the law in totalitarian fashion, arresting and fining people walking in rural areas or walking the dog and so on. When these were legally challenged the courts affirmed that this was illegal.

*Lockdown*

The lockdown policy was pretty near global. This demonstrated universal control over the world. A policy bereft of any epidemiological or public health value was globally enacted despite catastrophic effects on the economy and health. This synchronicity demonstrates a ruling cabal above the level of national governments.

Sexual partners living some distance away were forbidden from seeing their loved one. Despotism in the bedroom.

*Business shutdowns*

The government illegally closed all businesses apart from essential services.

*Social media surveillance*

Social media was monitored closely and many people had police officers break into their house in the night and arrest them for supposed crimes evidenced by their social media activity (such as breaking social distancing rules, having a party etc.).

*Censorship*

A good example is the fact that a former US president was removed from social media.

**Christian virtue contradicted**

National leadership is under an obligation to God to rule for the benefit and benevolence of the people. Failure to do this will result in judgment.

Governments must first acknowledge that God is sovereign in all matters and not usurp this authority, on pain of wrath.

You shall appoint judges and officers in all your gates, which the LORD your God gives you, according to your tribes, and they shall judge the people with just judgment. You shall not pervert justice; you shall not show partiality, nor take a bribe, for a bribe blinds the eyes of the wise and twists the words of the righteous. You shall follow what is altogether just, Deut 16:18:18-20

How long will you judge unjustly, and show partiality to the wicked? Selah Defend the poor and fatherless; do justice to the afflicted and needy. Ps 82:2-3

Learn to do good; seek justice, rebuke the oppressor; defend the fatherless, plead for the widow. Isa 1:17

Your princes *are* rebellious, and companions of thieves; everyone loves bribes, and follows after rewards. They do not defend the fatherless, nor does the cause of the widow come before them. Therefore the Lord says, The LORD of hosts, the Mighty One of Israel, 'Ah, I will rid Myself of My adversaries, and take vengeance on My enemies'. Isa 1:23-24

I will go to the great men and speak to them, for they have known the way of the LORD, the judgment of their God. But these have altogether broken the yoke *and* burst the bonds. Therefore a lion from the forest shall slay them, a wolf of the deserts shall destroy them; a leopard will watch over their cities. Everyone who goes out from there shall be torn in pieces, because their transgressions are many; their backslidings have increased. Jer 5:5-6

Look, the princes of Israel: each one has used his power to shed blood in you. Ezek 22:6

## Step seven: humiliation and degradation

If you can degrade the subject sufficiently, the victim will ultimately comply with anything you demand because you have broken their will. The victim has to become completely helpless and utterly dependent on the captor.

Humiliation and degradation make resistance more costly than compliance; so people do what they are told. They don't want further humiliation.

### **Covid crisis examples**

#### *Facemasks*

Facemasks have no value at all in warding off a virus. Masks were imposed as a sign of social compliance, of slavery, and imposing humiliation.

#### *Shame people not social distancing*

Make people stand in queues on circles, footsteps and lines like infants. Make people queue outside in the rain and wind and only let a few people into a huge shop. Make people behave like slaves.

#### *Temperature checks*

These were an added way to degrade people, treating folk like they were suspicious or unable to know if they are ill or not. Some sicknesses can be experienced without any fever, so what was the point?

#### *Hand sanitisers*

Hand sanitisers were also pointless having no benefit to stop viruses (especially airborne viruses). However, they do cause skin problems and even cancer. This was more degradation.

#### *Track and trace*

This was treating people like cattle owned by the government. Everyone was supposed to be tracked all the time and signalled if they had come into contact with a Covid patient. The system never worked and cost £37 billion of wasted taxpayers' money. It also forced people to not go to work even though they were not sick and this damaged the economy.

This was another form of ritual humiliation and marking people as serfs.

#### *False vaccines*

The ultimate humiliation and degradation was to mandate a vaccine universally that was known from the start to be untested, unauthorised and dangerous. As time went on it became clear that it was worse than dangerous; it was deadly.

### **Christian virtue contradicted**

People are to be treated with honour and respect. Neighbours are to be treated as you would want them to treat you. Disrespectful and degrading behaviour will be judged by God.

Therefore, whatever you want men to do to you, do also to them, for this is the Law and the Prophets. Matt 7:12

You shall love your neighbour as yourself. Matt 22:39

Just as you want men to do to you, you also do to them likewise. Lk 8:31

*Be* kindly affectionate to one another with brotherly love, in honour giving preference to one another. Rm 12:10

Render therefore to all their due: taxes to whom taxes *are due*, customs to whom customs, fear to whom fear, honour to whom honour. Rm 13:7

And those *members* of the body which we think to be less honourable, on these we bestow greater honour. 1 Cor 12:23

Honour all people. 1 Pt 2:17

## Step eight: Enforcing trivial and contradictory demands

This is instruction intended to develop compliance. Make people submit to illogical and insane measures to enforce control. Change the rules to make people jump through hoops. Enact mysterious changes in policy that make no sense. This helps to assert who is in control.

### Covid crisis examples

- Separating family members.
- Not allowing next-door neighbours to talk to each other.
- Wear masks indoors, outdoors, or in cars, or even during sex.
- Limit the number of people who can meet.
- Sanitisers to be used over and over again every day.
- Limiting how far you can walk.
- Limiting how often you could go outside.

### Christian virtue contradicted

Leaders are forbidden to act in a domineering manner but are to be like fathers to children or shepherds to sheep.

Shepherd your people with your staff, the flock of your heritage. Mic 7:14

Serving as overseers, not by compulsion but willingly, not for dishonest gain but eagerly; nor as being lords over those entrusted to you, but being examples. 1 Pt 5:2-3

## Active principles to help avoid being coerced

### Focus on truth

#### *God's truth*

God's word must be the foundational basis of our lives. Everything must be tested against the will of God. Understanding God's will enables us to test and prove what is going on in the world.

#### *Practical truth*

This is getting to the truth of any worldly matter, whatever it is.

Because the world is riddled with deception (being in the thrall of Satan) very many things that we are faced with have no basis in any truth at all; they are lies founded on lies. The mainstream media is a good example of this. Follow this lying propaganda and you will be destroyed, beginning with having a deceived mind. Once deceived, then people move on to committing actions based on lies and doing despicable things. For example, people deceived into believing the Covid lies and being scared went on to physically attack people without facemasks or inform on the social distancing misdeeds of their neighbours.

Don't believe anything in the world unless you have been convicted that it is true after being tested.

Test all things; hold fast what is good. Abstain from every form of evil. 1  
Thess 5:21-22

Testing requires action. It necessitates hard work researching what the facts are and getting to the root of issues. Do not accept what you are told unless you can prove it.

### Rely on Occam's Razor

William of Ockham [or Occam; c.1290–c.1347] was an English theologian and philosopher. He was a Franciscan who denied the pope's secular authority and was excommunicated in 1328, living thereafter in Munich under Emperor Louis IV's protection.

His nominalist philosophy<sup>5</sup> affirmed that you could not use reason to prove God's existence, and things are provable only by experience or by scriptural authority.

This led to his famous maxim, 'Occam's razor' which states that the fewest possible assumptions should be made in explaining anything. Or, the simplest explanation is the most likely; the more complex a necessary explanation, the more unlikely it is to be true.

In a pandemic, the simple effective truth is:

- Keep yourself healthy, boost your immune system.
- Increase hospital capacity and staff levels.
- Shield the frail and vulnerable by focused protection

The Covid narrative developed a host of complex issues that had no basis and thus required complex but fatuous arguments and policies: lockdown, then no lockdown, then partial lockdown, then lockdown again. No facemasks, then facemasks advised, then

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<sup>5</sup> A philosophical view that denies the existence of abstract objects and universals, holding that these are not required to explain the significance of words apparently referring to them. Nominalism holds that all that really exists are particular, usually physical, objects.

facemasks mandated; then facemasks relented; then facemasks threatened. Social distancing, then less, then restrictions and curfews. Business closures, school closures; all based on weak arguments. Vaccines based on dubious arguments and insufficient testing with no informed consent. Media manipulation, censoring, deletions, cancelling. Test and trace based on fallacious grounds. Complex modelling that proved to be 100% false. PPE based on no facts. And so on; the whole narrative was a complex labyrinth of confusion, obfuscation, contradiction and fallacious reasoning.

### **Be suspicious**

This sounds negative but it is a useful characteristic. Many good people have fallen into apostasy because they overly trusted men who led them astray. Test people before you place any trust in them. This is a Biblical principle (Gen 22:1; Deut 8:16; Jn 6:6; 1 Tim 3:10). Sadly, most people will fail this test because most people are not trustworthy. I have lost count of the number of church leaders that have stabbed me in the back.

### **Refuse to submit your will to men**

I speak regarding the world. In the church we must all submit to one another (not to one man).

Maintain your independence; be a maverick. Don't follow the herd.

### **Avoid social media**

All social media is toxic; it leads to mind-control, self-focus and vapidty.

People transfixed by social media suffer the most deception and mind-control. They are easily swayed by social conditioning and government propaganda.

### **Avoid mainstream media**

As the Covid crisis proved, the mainstream media is just a source of lies and propaganda. It is a choreographed message relayed in synch across the world, dominated by secret services and elite operators.

Just pay no attention to it at all. Cancel your TV licence. Don't read the papers. Get your news from independent trusted sources.

### **Seek to constantly do good to others**

The world will always try to get you to do evil things.

Doctors today, coerced by management regulations and suckered into believing lying government narratives, are actively killing patients. They are doing this through: A) not giving treatment that is effective because the government has forbidden it (but the data is published in medical journals). B) Giving treatment that is extremely dangerous because the government has demanded it (such as morphine and Midazolam to frail patients) or intubation to Covid patients. C) Failing to give adequate care and compassion to their patients (there are a myriad stories of such failures, such as not giving patients water).

Doctors who presumably went into the profession to help others and who swore the Hippocratic Oath, are killing patients that need not die. This is what deception does.

To avoid doing evil things you have to be committed to always doing good things. This means even doing what is good when it works against your own self-interest.

## Grow in knowledge and wisdom

What is needed in these dark days is wisdom and discernment. These things come from a foundation in knowledge. Knowledge isn't wisdom but it leads to wisdom in the applied mind. If it is not applied but merely stored for personal pleasure, there is no wisdom.

Some academic types have much specialised knowledge and see that as an end in itself. These people never become wise and often end up being completely stupid as far as practical use is concerned. What is necessary is applied knowledge; facts applied to practical use.

Everyday you should seek to learn something new and useful. Here are some ideas about issues that you should seek to learn for a resource in life:

- **First Aid.** Get trained in basic first aid. Courses are available from multiple sources, such as the Red Cross or St John's Ambulance. Every parent should be trained in first aid because you will need it for your kids at some point. Also important is artificial respiration; you could save a life if you can do CPR<sup>6</sup> properly. Learn to read a thermometer (normal temperature is 98.6F). Have a good first aid supply kit (have another in the car).
- **Learn to cook.** A basic life skill that everyone needs but most people do not have. Learn to be able to make the most out of whatever you have in store. Learn basic skills: how to cut vegetables or meat; how to make a roux;<sup>7</sup> how long to boil different items; how to roast; how to stir-fry; how to use herbs and spices etc.
- **Basic bushcraft.** I hope civilisation does not come down to this but who knows. Learn basic survival skills. This includes being able to light a fire with only basic implements. Learn basic knots and lashings. Have a field knife and learn how to maintain it. Learn how to build a simple shelter from twigs and ferns. Learn how to read maps with a compass. Learn to fish; even by hand (tickling trout). Learn what is edible in nature (berries, mushrooms, grains, roots etc.). Learn how to purify water.
- **Learn to swim.**
- **Learn basic sewing techniques.**
- **Basic technology.** Learn how to fix and build simple technical items. For instance, understand basic wiring, how batteries work, how to build a Morse-tapper, how to solder, how to wire a plug, how circuits work etc. Have a basic electrical toolkit.
- **Learn basic woodwork.** Simple joints, saw cutting, planing, drilling etc. Have a basic toolkit.
- **Learn basic leatherwork.** Even if you never make leather-craft items, you should be able to repair broken leather items, such as putting a new buckle on a leather belt or sewing up a bag.
- **Identify natural things.** Learn to identify trees, flowers, birds, reptiles, mammals, insects, mushrooms, mosses and lichens, invertebrates, fish, amphibians etc. For example, it helps to know what snakes are poisonous;<sup>8</sup> what insects sting<sup>9</sup> and how to

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<sup>6</sup> Cardiopulmonary resuscitation.

<sup>7</sup> A mixture of fat (especially butter) and flour used in making sauces.

<sup>8</sup> In Britain, only the Adder or Viper. A brownish snake with a dark zig-zag pattern on its back.

<sup>9</sup> Ants inject formic acid but most ants cannot break the skin; fire ants and some wood ants might. The only UK spider that can break the skin is the woodlouse-eating spider (big, brown with white abdomen), but this is not poisonous. False Widow spiders are not indigenous but have appeared in the Southeast in imported items and can hide in gardens and appliances (I have seen them in mine but there is no problem). Most people are unaffected by their bite but for some it is like a wasp sting and for others there is an allergic reaction.

combat it.<sup>10</sup> In general animals do not attack unless provoked or their nest is threatened. If you are bothered by a wasp, stand still; it will go away. If you panic and wave your arms about, it will sting you. Wasps are looking for sugar not you.

[Before you ask, yes; I am trained and experienced in all these things and have been all my life.]

The point I am affirming is to grow in knowledge and experience. You do that by learning and doing new things every day. Practical knowledge and discipline will be of foundational use in gaining spiritual knowledge. It also leads you away from focusing on the self.

## Conclusion

You want to know why the world went mad during the last 18 months and why most governments pursued completely stupid policies that have caused millions of needless deaths? Read my previous Covid papers.

Regarding how governments achieved this global stupidity and got populations to lose their minds and become like sheep walking towards their own slaughter, the answer is in this paper. It was by mind-control using specific, well-understood psychological methods.

Can you ever trust a UK government again (all parties supported this programme) when they are clearly not acting in the best interests of their own people. The government is your enemy and if we are to regain democracy we need a completely new system of government.<sup>11</sup>

Since this will not happen, we must focus on doing good in our community despite the iniquitous laws of illegal governments.

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<sup>10</sup> For example, wasps inject alkaline venom (ph10) but bees inject acidic venom (ph5). Therefore the antidote to a wasp sting is fizzy drink or vinegar; the antidote to a bee sting is bicarbonate of soda.

<sup>11</sup> Such as decentralisation of administrative power, reduction of the number of MPs, banning all political parties; voting on the basis on meritocracy, having the power of immediate de-selection by local vote, Cabinet elected amongst MPs, PM elected amongst Cabinet, policies determined by consensus after plenary MP debate, etc.