



Our Free Town Magazine

**Issue 1
May 2024**

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**First and third Sunday every month
2 pm - 6 pm**

**Maypole Village Hall
Paganhill, Stroud GL5 4AN**

**and weekly every Wednesday
7.30 pm at the Lord John
Russell Street, Stroud**

Editorial

You hold in your hands the very first issue of what we hope and intend to be the flagship magazine at the heart of our Stroud **Our Free Town** community.

First and foremost, it is YOUR magazine, it is OUR magazine! That is, as editor I am emphatically *not* going to impose an ‘editorial line’ on what appears in these pages. Rather, we will print what members of this community send to us, as long as it falls within the broad confines of what is relevant and of interest to our emerging OFT community. **So I heartily invite your contributions to the next and subsequent issues!** – please send your ideas and contributions to me at this address: balancewithheart@protonmail.com. Below, I’ve reproduced our current list of key themes with which we identify as a community – perusing this will give you a clear sense of the kind of contributions which would sit well in the magazine. And I’ll be happy to print any ‘letters to the editor’, too!

In this issue we have a rich range of stimulating contributions from Judy Barber, Marcus Blackett, Michael Greger, Henk Kort and Andie Spragg – plus some deep wisdom from the great Vandana Shiva. Warmest thanks to all our excellent first contributors! – and to Adrian Barker too, for the great magazine design – which included some inspired creative input from Marcus (Blackett). You’ll see that we’re also starting **a free small-ads page** – so if you’d like to advertise your services in the magazine, do email me. And we also have a new web page here – <https://independentviewpoints.net/our-free-town/>; and a pdf of all our OFT magazines will be freely available and downloadable from this webpage in future. Happy reading, one and all! – and I eagerly look forward to hearing from you, and to your involvement in and ownership-taking of this exciting new magazine!

Richard House

Editor, *OFT magazine*, Stroud, 10 May 2024

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|--|---|
| * Multi-faceted co-operative activities | * Keeping wealth local |
| * Treasuring <i>everyone’s</i> contribution | * Asserting our sovereignty |
| * Supporting locally based enterprise | * A culture of freedom to create |
| * Sharing our skills & knowledge | * Local health & well-being services |
| * Heart-centred awareness of need | * Fostering gratitude |
| * Voluntary collaboration & connection | * Focusing on local solutions |
| * Seeding positivity in uncertain times | * Bypassing corporate interests |
| * Altruism over consumerism | * Evolving our human potential |
| * Promoting nature and science together | * Respecting common law |

Our Free Town, Stroud

A Tripartite Common-unity

MARCUS BLACKETT

In Stroud, Gloucestershire, Our Free Town (OFT) aims to become an impeccable working model of a tripartite society creating a thriving, local economy with people living and working within a 15-mile radius of Stroud, resourcing as much of our necessities locally as possible. All decisions, strategies and agreements have been made by people we know and trust.

We use a Fairshares Time-Banking scheme that has been established in the town for 21 years. Many people have fond memories of Stroud LETS (local enterprise trading scheme), which allowed people to trade diverse goods and services at an agreed rate: for instance, an orthodontist might do a fairshares exchange in return for having his or her lawn mown. Until quite recently, a Stroud Pound was in circulation too. Our Free Town combines Fairshares, Time-banking, and a unique currency to restore the trading schemes we had before, giving them the resources to be empowered to function efficiently. The OFT model asks people to commit to giving three hours a week with no expectation of anything in return. This allows the opportunity for businesses to spring up that otherwise would have been prohibited by up-front labour costs. People's time is carefully noted in the Time-Bank and sale proceeds from the commodities sold are distributed through Fairshares within the common-unit. Choices will grow as the community grows but, to begin with, the community develops trust in what the others are, and will be contributing. Rudolf Steiner the Austrian intellectual and reformer noted:

It is essential to remove an error in economic thinking – the concept of ‘wages’; paying people for their labour is an illusion. In reality all real labour produces something of value, and the worker is paid for this... it is necessary to picture each wage earner as actually running a little business that creates value and to interpret the wage as the price paid for the value.

What's more, Our Free Town can also work side-by-side with established businesses by forming associations and interacting with them. A Tripartite common-unity is not a utopian idea. It can start with individual enterprises without the old system having to cease or make way. But it is a concept that allows a more socially minded coexistence between people to be stimulated. Once businesses realise the benefits of belonging to the OFT model, they can have all the benefits of OFT alongside their regular trade.

Over time, once we have established an OFT network, the merits of more associative ways of working will reveal themselves, and we will no longer need to look for outer institutions to change. Individual human beings who make up these institutions will

see common sense in a refreshing way of working, and ‘the old’ is then likely, to a greater or lesser extent, to fall away.

Once culture, politics and economics are experienced in their autonomous domains, vibrant unifying forces will flow from them to tend to and heal unhealthy social divisions. Steiner also observed:

Most of all,... our times are suffering from the lack of any basic social understanding of how work can be incorporated into the social organism correctly, so that everything we do is truly performed for the sake of our fellow human beings. We can acquire this understanding only by learning to really insert our ‘I’ into the human community. New social forms will not be provided by nature but can emerge only from the human ‘I’ through real, person-to-person understanding – that is, when the needs of others become a matter of direct experience for us.

I can make sense of this statement best if I liken it to a crew on a yacht where each person has a different role and responsibility, but none is more important than the success of the overall mission, be they captain, helmsman, navigator, deckhand or chef. The joy and thrill of completing the voyage is not because of my small part, but the overall joy and thrill in the whole team performance.

What is a tripartite system, and how does it work?

Almost exactly 100 years ago, Steiner recommended a threefold approach to improving society, an approach which he argued could transform, for the better, the whole cultural life of Europe - which had just been decimated by the Great War. He noted how three distinct aspects of society exist, and argued that societal healing would ensue whenever each of these aspects could be handled in a particular way.

The three aspects in question are: *an economic sphere*, concerned with the production, distribution, and retailing of commodities that meet human needs. Secondly, *a political sphere*, which concerns public law making, legislating for rights and responsibilities. Thirdly, *a cultural realm* that invigorates society with what comes from the capacities and flourishing of each individual, as seen for example in art and science.

Being very different in nature, it is seen as important that these three parts of society be kept separate, or at the very least relatively autonomous in relation to each other, and that none is given more prominence than the others. This tripartite approach brings a clarity and transparency on which societal healing at many levels can be based.

In Economic life, a small company might be in the business of transforming what nature provides in the mineral, plant or animal kingdoms into commodities that people need. It is ideally carried out in the spirit of *cooperation* with the objective of meeting these requirements, be they producer, supplier, transporter, retailer, or final

customer. The essential quality that describes the working and interdependencies of a person's role in Economic life is the spirit of brother/sisterhood (*fraternité*).

The Rights sphere (polity) is there to ensure fairness and protection throughout society in our interactions with one another. This needs to be conducted in the spirit of equality for all – *égalité*. We can all have an *equal* say in legislation – the democracy of one person, one vote. And we are then all *equal* before the law.

The Cultural sphere, in the widest sense, can only work properly when individuals are left entirely free to grow, express, and apply their capacities as they see fit. No-one is forced into any institutional mould. For societal health to be obtained, a scientist needs to carry out research without hindrance or pressure from, or dependence upon, either the economic or the political realm (the state). And in art, religion, education or medicine, individuals must be free to act as their conscience, ethics and professionalism inform them. Parents, or a school and its teachers, for instance, are left free to choose the education they deem best suited to the children who come to them. Cultural life should care for and reward people's highest abilities and accomplishments, and cherish what each is able to achieve and to be for the other. The key ingredient for this is personal freedom – *liberté*.

These three qualities – freedom, equality, brotherhood – were the famous cry of the French Revolution – *liberté, égalité, fraternité* – and the latter can be understood as a symptom, a manifestation of humanity's unconscious longing for a healthy and health-giving tripartite society.

Notwithstanding whether a government is at a district, county or national level, or a society numbers 150 or 150 thousand, these three distinct aspects of society - its economic duty, its legal obligations, and its cultural identity – are health-giving for society when they function without one interfering with another. Each aspect should self-organise according to its guiding principle (of *liberté, égalité, fraternité*) without outside interference (unless, that is, this has the consent of the governed).

A tripartite system can be compared to the human body with its (a) *nerve / sense system* culminating in the head, (b) *rhythmic system* (respiration, blood circulation) centred in the heart and lung of the chest, and (c) *the metabolic system*, which comprises all the organs and functions serving metabolism. Whilst serving each other continually, these three systems also function with a particular autonomy. There is no absolute centralisation.

Our Free Town, as a self-governing tripartite common-unity, is distinct from the One Small Town concept created by Michael Tellinger in 2005 - which is centrally controlled with a digital currency. However, we can be in accordance on at least one thing:

We have to create prosperity and abundance for ourselves by taking control of our own destiny where every member of the community can get involved and everyone benefits

equally from everything we do. We start with our own business, our own profits, growing our own food, teaching and learning new skills, taking care of our entire community, contributing, cooperating and collaborating to grow and create everything we need for ourselves.

Michael Tellinger – One Small Town

Dark-Green Leafy Vegetables

HENK KORT

Dark-green leafy vegetables are the healthiest foods on the planet. As whole foods go, they offer the most nutrition per calorie. Eating greens every day may be one of the most powerful steps you can take to prolong your life

Of all food groups analysed by a team of Harvard University researchers, greens turned out to be associated with the strongest protection against major chronic diseases, including up to about 20 per cent reduction in risk for both heart attacks and strokes for every daily serving. Imagine if there were a pill that could prolong your life and only have good side-effects. Everyone would be taking it! It would be making billions of dollars for the lucky drug company that created it. All health plans by law would have to cover it. People from every walk of life and every corner of the globe would be clamouring for it. But when that ‘pill’ is just eat your greens, people lose interest. Drug companies have yet to patent broccoli (though Monsanto is trying!).

If the full spectrum of colourful plant pigments are good for you, why are the greens the healthiest? When autumn in England becomes aflame with brilliant hues, where do those oranges and reds come from? They were there all along, in fact – but were just masked by the green pigment chlorophyll that starts to break down in the autumn!

Similarly, the dark-green leaves of vegetables contain many of the other plant pigments all wrapped up in one package. These colourful compounds are often the very same antioxidants implicated in many of the benefits of fruit and vegetable consumption.

SO, IN ESSENCE: WHEN YOU EAT YOUR GREENS, YOU ARE EATING THE RAINBOW!

The Elder Trees Are in Bloom

JUDY BARBER

I am writing this now because it is exactly the time that we can walk out in the sunshine to see these relatively small but magnificent trees in all their glory, covered in sprays of white buds and in white flower heads, capitulum, that smell heavenly. For me, being out in nature is always a strongly felt experience, a spiritual experience in a wide sense. The month of May, especially after all the rain this year, is a green growing magical wildness (a nicer word here than 'wilderness'), evolving every day. Just being near these trees is a treat, and we can connect to our local predecessors with their sense of mystery and reverence for the elder tree.

Take a basket; take scissors. Wear some combination of leggings, trousers and socks so you can make your way un-stung through nettles. Wander along hedgerows, snipping off heads of flowers here and there, never too many from one tree. The flavour goes a long way, so you don't need too much. For your health, leave behind any heads with bird poo on them. Plenty of flower-heads need to be left to grow into elderberries, some for people and most for essential food for our birds – though to be fair, there are always plenty up out of our reach.

It's a balance: wild foraged food for us, but without risking ravaging our wild places; being in a rightful connection with nature while doing no harm.

What to do with them once you get home? What's your style? Throw a few flower-heads in the bath for a scented indulgence. Snip off just the flowers with as little stalk as possible and make fresh tea with them. Find recipes online that appeal to you.

What do I like to do? I make elderflower 'cordial' (I like the word, too). My version, because I like plenty of my food to be uncooked to preserve all its natural qualities, is to fill a large jar half-full of honey and to keep cutting off the tiny florets and filling up the jar with them, pressing them down into the honey until the jar is full. Add more elderflowers over the next week as the level goes down. Leave the jar on the side, out of the sun, for a few weeks.

Then, using a good screw-type juicer and not a blender, put the honey mixture through it, and that's your cordial. I suppose you could push the mixture through a fine mesh bag if you can't borrow a juicer. I bottle my cordial and keep it in the fridge so I don't risk it starting to ferment. Some is for summertime with sparkling water, and some, to bring out as a delicious surprise, is for winter gatherings. Heavenly indeed.

What to do with the left-over ground pulp of flowers and honey? It becomes elderflower and honey tea. Dry the pulp out in a dehydrator or in sunshine on a hot day, and keep it in a jar for tea throughout the year. The flavour is so strong that you don't need much.

The cordial and the tea are cooling, soothing, uplifting and good for bringing down a fever. Herbalists will tell you more about the benefits of elder, but first comes connecting with it with your own senses and feelings. Later in the year comes the comfort of knowing you have something good stored away. I feel what is most important is to appreciate the whole experience – walking, discovering, feasting on the sight and smell, gently picking, taking home your harvest, using fresh, preserving and knowing you have created something for future good experiences.

How to Regenerate Coenzyme Q10 Naturally

MICHAEL GREGER MD

One of the reasons greens are some of the healthiest green-light foods may be due to their green colour. Decades ago, a search began for ‘interceptor’ molecules that could serve as the body’s first line of defence against cancer. The theory was that if we could find something that could tightly bind to carcinogens and prevent them from slipping into our DNA, we might be able to prevent some of the mutations that lead to cancer. After years of combing for the existence of such carcinogen-binding molecules, an interceptor was found: CHLOROPHYLL, the most ubiquitous plant pigment in the world. It was right under our noses all along (provided we were eating healthfully!).

In a petri dish, certain DNA damage in human cells exposed to a carcinogen could be ‘totally abolished’ by chlorophyll. But what about in people? In the name of science, volunteers drank a solution of radioactive aflatoxin (a carcinogen) with or without spinach chlorophyll. Six cups of spinach worth of chlorophyll appeared to block about 40 per cent of the carcinogen.

AMAZING! But that’s not all chlorophyll can do. Until recently, we assumed that plants and plant-like organisms were the only ones that could directly capture and utilise the energy from the sun. Plants photosynthesise; animals don’t. That’s because plants have chlorophyll and animals do not. Well, technically, you do have chlorophyll in your body – temporarily, at least – after you eat greens. But it would seem there’s no way the chlorophyll that enters your bloodstream after that salad could react with sunlight. After all, light can’t penetrate through your skin, right?

Wrong. Any kid who’s ever shined a flashlight through her or his fingers could have told you that. The red wavelengths of sunlight *do* penetrate into your body. In fact, if you step outside on a sunny day, there’s enough light reaching your brain that you could actually read this page inside your skull. Your internal organs are bathed in sunlight, along with any chlorophyll circulating in your bloodstream. Although any

energy produced by the chlorophyll would be negligible, it turns out that light-activated chlorophyll in your body may help regenerate a critical molecule called coenzyme Q10.

CoQ10, also known as ubiquinol, is an antioxidant. When ubiquinol extinguishes a free radical, it is oxidised to ubiquinone. To act as an effective antioxidant again, the body must regenerate ubiquinol from ubiquinone. Think of it like an electrical fuse: ubiquinol can only be used once, before having to be reset. That's where sunlight and chlorophyll may come in. Researchers exposed some ubiquinone, and dietary chlorophyll metabolites to the kind of light that reaches your bloodstream... and poof! CoQ10 was reborn! However, without the chlorophyll, or without the light, nothing happened!

All along, we've been thinking that the main benefit of sunlight was only the formation of vitamin D, and that the main benefit of greens was the antioxidants they contain. But now, we suspect that the combination of the two may actually help the body create and maintain its own internal stock of antioxidants.

Eating a plant-based, chlorophyll-rich diet may be especially important for those on cholesterol-lowering statin drugs, as these medications can interfere with CoQ10 production.

Why Health Should Be Looked at 'Wholistically'

ANDIE SPRAGG

'Wholistic wellness' is an holistic approach to wellness that seeks to treat the whole person. It applies an understanding of the interconnectedness of the human body, be it physical, mental, emotional or spiritual, rather than just looking at the symptoms of a disease.

The Importance of Energy

The Western medical system is lacking an understanding of this 'wholistic wellness' as well as the energetic component of life and health. Through his theory of special relativity, Albert Einstein taught us that there is more energy than mass in the world, and importantly, that the physical and the energetic are interchangeable:

$$e = m c^2$$

where: e=energy; m=mass; c= the speed of light

So, applying quantum biology, we can start to explain how negative energy, in the form of experiences, trauma or thought patterns, can affect us emotionally, mentally and therefore also physically (mass). In turn, due to the interchangeable qualities of energy and mass, we can also begin to understand how we can heal physical disease with energetic work.

Root Cause

Although I am not a medical doctor, I studied at the London medical schools alongside doctors, and I can confirm that the teachings of Western medicine lack proper regard to the true cause of disease, including nutrition, environment and lifestyle aspects, plus the emotional elements discussed. I am reliably informed that doctors are not allowed to prescribe vitamins and minerals, for example, although I believe this is beginning to change in the case of vitamin D.

Medicate First

We are overly reliant on the pharmaceutical industry. Doctors are taught to medicate, not to ask ‘why’ or ‘how’ to seek to understand root cause. Not one person is, or has ever been, deficient in pharmaceuticals, and yet we are fed them from the day we’re born.

Protocol and Profiteering

Nowadays, I am seeing your health being regulated so much that a doctor can no longer use their judgement, but must follow ironically named ‘NICE’ (National Institute for Health and Care Excellence) protocol, and must do so without question. Furthermore, especially since the pandemic, health is being profiteered. The UK’s life sciences sector contributed £43.3 billion Gross Value Added (GVA) to the UK economy in 2021 through production of goods and services, with pharmaceutical manufacturing responsible for a majority of £19.2 billion.¹ I am yet to see updated figures since the pandemic.

Control

In an era where religious beliefs have evolved and most Westerners no longer believe they will burn in hell for their sins, it seems that your health is now the most compelling method by which to establish control. Health and well-being are something about which we are not properly taught, which means we have to rely on, and place trust in, the medical system.

The Essence of Being Human: A Human Being

In Western medicine, we deny nature. It beggars belief that we consider the human body so weak as to require chemical or even bio-engineered intervention to stay well. Our human bodies are intricately and adeptly designed to self-heal and self-protect through our innate and adaptive immune systems. Recent events have shown a conscious disregard for this.

The human body is the most advanced technology humans have ever created, and yet we do not fully understand it. Whilst some people are indeed immune-compromised, for varying reasons, the vast majority of us have the capacity to repel or heal disease, where we put our bodies in the correct environment. We should be working to support this, not to artificially engineer it without a proper understanding of the human body and downstream impact of our meddling.

Of course supporting our innate ability to defend ourselves would destroy the economy, including Big Pharma and BigFood. The GVA of the food sector (excluding agriculture and fishing) was £115.2bn in 2021.²

A New Approach

At Wholistic Wellness Centre, we apply a 12-pillared framework for wellness covering all aspects of the physical, chemical, biological, energetic, psychological and toxicological human. All of these are interlinked and feed back to each other, and none of them can be overlooked for full health.

In understanding this interconnectedness and applying an holistic approach, we advocate a way of life for obtaining and maintaining optimal health and wellness, thereby avoiding the need for medical intervention, and especially pharmaceuticals.

What We Do

Wholistic Wellness Centre is a health consultancy providing solutions on how to be well or get better from any condition. On a 1-2-1 basis, we analyse your responses to our extensive 700-point questionnaire to get to the root cause of your conditions. When we work with you to implement our recommendations, you will see significant improvements in the way you feel, your energy levels, your symptoms and therefore your overall health and happiness. You will feel able to get more out of life, do more with your time and energy, and will be able to enjoy more activities.

If you haven't been helped by your doctor, are on medication and don't want to be, or would like to optimise your health and prevent future disease, please do get in touch for a FREE 30-minute consultation to discuss how we can help you. For our lovely readers, we are offering an enormous 40 per cent discount on a full personalised, 1-2-1 health review package when booked before 14th June 2024; email andie@wholisticwellnesscentre.com. We're here for you.

References

1 The UK's life sciences sector contributes £43.3 billion in GVA as it enters a new supercharged era of innovation and breakthrough science, PWC, 19 Oct 2023; see <https://tinyurl.com/yeyth3cd>

2 National statistics, Food statistics in your pocket, Department for Environment Food & Rural Affairs (DEFRA), Updated 15th February 2024; see <https://tinyurl.com/4syj45md>



ANDIE SPRAGG is the Founder and Leader of Wholistic Wellness Centre, an independent health consultancy that looks to root cause for health optimisation. You can read more about our work here.

Of Force and Gigantism and the Power of the People

MARCUS BLACKETT

Think about the difference when you add a “zero” to something.

100 seconds = 1 minute 40 seconds

100 thousand seconds is about 27 hours 45 minutes

100 million seconds is a little over 3 years and 2 months

100 billion seconds is c. 32 centuries or 3,171 years ago (or 1147 BC – collapse of Bronze Age)

100 trillion seconds is over 3 million years

100 quadrillion seconds is before cell life on earth began dividing

We often refer to ‘elites’ with an air of undeserved respectability. If we take a 30,000 feet overview, we can give ourselves, and them, a different frame of reference. It is estimated that if we added up and monetised all the earth's resources, it would have a value of between US\$3 and 4 quadrillion (that’s according to Microsoft). As I write, world trade currently stands at US\$100 trillion. The (so-called) elites refer to us as ‘useless eaters’ (consumers), but I refer to them as simple ‘useful idiots – working towards trying to organise society into an unsustainable model that benefits them alone. I admire their hubris, but they won’t succeed because, unwittingly or not, they are being informed by the ideology of Gigantism, and it is their blind spot.

Gigantism

Gigantism 1.0

First came the **Nationalists** (nation-statists), who wanted to concentrate control at the national level. In Europe, from the 17–19th centuries, the rise of European nation-states expanded beyond their geographical national boundaries by conquest and colonisation.

Also in the 17–19th centuries in England, **enclosures** pushed 80 per cent of yeomen farmers and agrarian **workers off the land into cities.**

Next, '**Classical**' warfare: Up until the mid-19th century, Classical battles were fought by brightly uniformed soldiers between Colonial **nations** using phalanx, line and column tactics (e.g. the Napoleonic wars, Crimean War).

Gigantism 2.0

After two world wars between these nation states, in the 20th century came the rise of the **Continentalists** (continental-statists), who sought to concentrate economic control at the continental level – hence the United States of America, and the European Economic Community (EEC).

In England, after the World War I intense mechanisation of agriculture accelerated, as nitrate factories (that had made bombs during the war) began producing nitrate for artificial fertilisers. Farm-workers, full-time, part-time, and casual, fell by two-thirds.

'**Industrial**' warfare motorised vehicles, breech-loading machine-guns, combined arms, trenches. (e.g. Boer War, World War I) and '**Tactical**' warfare – armoured tanks, airborne forces parachuting behind enemy lines, speed and stealth (e.g. World War II).

Gigantism 3.0

Soon after the Continentalists came the **Globalists** (global-statists), who concentrated on international world trade. The World Trade Centre in New York (and its infamous Twin Towers) was completed in 1973, and the European Union (EU) bloated to 27 countries by 1993.

The 216,000 farms currently in the UK in 2021 will be reduced significantly by 2030.

'**Decentralised**' warfare blurring of the lines between war and politics, combatants, and civilians. Use of **private paramilitary contractors** (e.g. Iraq, Afghanistan).

Gigantism 4.0

In the last 15 years or so, we are witnessing the transformation from Global-statism to Technocratic Internationalism, which will *concentrate power in fewer hands still*. The sprawling United Nations (UN), formed with good intentions in 1945, has spawned specialised agencies like the *World Health Organisation (WHO)*, the *International Monetary Fund (IMF)*, and the *World Economic Forum (WEF)*, amongst others, which now co-operate with privately owned non-governmental organisations (NGOs), like the Trilateral Commission, and the Bank of International Settlements (BIS) to 'penetrate' sovereign state governments around the world with their 'Young Global Leaders' Programme.

All food will be produced in factories and the countryside 're-wilded' as a theme park.

‘Information and perception’ warfare. *Non-kinetic* social engineering, misinformation *and* cyberattacks, *along with* artificial intelligence (AI). (e.g. Ukraine and Israel).

Each iteration of *Gigantism (1.0 to 4.0)* involves aggrandising the scale of operations while centralising power. It goes under the adage: ‘Bigger is always better.’ Gigantism is also called ‘accelerationism’, because the speed of change from 1.0 to 2.0 to 3.0 to 4.0 increases exponentially.

Manipulation, Fear and Propaganda

Manipulation by fear and propaganda is employed to ensure subservience, and the message is always the same: ‘we will keep you safe’ (from an enemy, real or imagined). Whether it is fear of nuclear armageddon, fear of economic collapse, or fear of climate catastrophe, the populace is bombarded with mis- and dis-information.

Gigantism creates systems that can be easily manipulated from above. Nowadays, the faceless state and the impersonal corporation work in tandem. They have become an oligarchy of political and business elites who want to ensure centralised control on their terms. It dislikes strong organic ties between people, especially self-governing and sovereign people with a strong attachment to the land. The modus operandi is ‘*divida y conqvera*’ (divide and rule), a tried-and-tested way of maintaining power that is a legacy of the Roman Empire. Gigantism runs on the same lines as corporate hierarchies, where decision-making processes are vertical in structure, and aim to impose uniformity so as to streamline distribution mechanisms to function with as little friction as possible. Conventional wisdom naturally supposes that states and their institutions are better off acting like corporations as well with a team of managers (experts) making policy decisions.

Gigantism therefore has a dangerous propensity towards psychopathic authoritarianism, not just potentially characterised in its leadership, but also in its proponents, who sense the order it could create from a chaotic system. They are thus tempted to instil this sense of order in others, and so become a kind of *proxy police force* (cf. the 1930s Nazi Germany Hitler Youth). Each hierarchy of Gigantism is an end in itself that purely serves the interests of a smaller and smaller elite. This fourth stage of Gigantism is far too big and complicated to be left to politicians. It would be much better if it were departmentalised and run by a team of experts using AI computer models. The actual leaders are invisible on the world stage, working for a secret ‘Five Eyes’ operation... *The fourth stage of gigantism is called **Technocracy**, or government by ‘experts.*

Technocracy involves the collusion of **global** Gigantism with NGOs, corporations and national governments, with an accompanying exponential leap in **power and control**.

UN three-letter agencies work in concert; the *IMF*, the *WEF* and the *WHO*, to control money, food and vaccine passports (i.e. freedom).

Banking cartels such as the Federal Reserve (*FRB*) and the Bank of International Settlements (*BIS*) would impose money shortages.

A *Central Bank* would operate *Central Bank Digital Currencies (CBDCs)*.

Assets would be *managed* by a single company (a *Blackrock, Vanguard and State Street merger*).

Global tech giants like Google, Amazon, Meta, and Microsoft would control information *social engineering ‘nudge experts’*.

Global news and media giants like Disney, and News Corps control what is *mis/dis-information, ‘truth’ and propaganda*.

24/7 panopticon surveillance would be provided by *478,000 satellites emitting ubiquitous 5G radio-frequency radiation*.

Technocrats would replace representative government with teams of *‘experts’*.

Food will be grown in *factories*.

Totalitarian leaders could foment *war* and *regime change* whenever it suits them.

A *‘Five Eyes’* operation would ensure everyone is *‘safe’* at all times, and a *NATO force* would engage *‘enemies’* around the world.

A *UN ‘humanitarian peace corps’ (Blue Helmets)* would be on hand to quell any dissent.

A new word in the *Technocratic dictionary* is *‘anthropocene’* (meaning the world’s problems are all humans’ fault).

Hollywood will make sequels and prequels to *The Hunger Games* and *Purge* so *‘culling’* of human populations becomes socially accepted.

Technocracy would *sanitise land use* so it becomes more like a theme park, *remote* from daily life.

None of the above could ever happen, of course – it’s pure futuristic conspiracy!

Time To Re-evaluate Our Free Town

There is no point in struggling against Gigantism’s built-in propensity to engender elitism, self-aggrandisement and accelerationist stress! We will enact reform at both the political and the personal level by setting up a completely new system that works for our local *common-unity*. At each stage, *Gigantism (1.0, 2.0, and 3.0)* uprooted communities from the land, and *4.0* intends to confine everyone to *15-minute cities*. A deliberate attempt will be made to foment social unrest by *exploiting individualism*,

racism and similar ideological constructs to decouple human beings from their natural and social habitats. Migrating humans constantly and restlessly on the move from one place to another don't form attachments to the land.

Our Free Town aims to change this concomitant rootlessness by re-establishing our ties to the land with the help of appropriate technology and the latest scientific breakthroughs. As a member of the local OFT we will take action to defend our land, re-establish personal sovereign autonomy, and put the locus of authority at the local level. Reform will be brought about by strengthening the intimate link between locality and the people.

Our Free Town's top priorities are regenerative agriculture for the purposes of gastronomy, health and soil preservation, water security, and ecosystemic consciousness, not merely being in a relationship of peace with the rest of nature, but being constitutionally in direct opposition to the interests of gigantism that seek to control the food chain and water supply. By refusing to buy or accept corporate products, and instead, co-operating to make everything we need for ourselves to survive, we can starve the complex of corrupt politics and big business by creating our own economy.

When we have established a number of *Our Free Towns* around the country, more people will see and experience a new system that works better for them. By successfully establishing better, common sense alternatives, we will obsolete the propensity for gigantism to perpetuate and grab more and more power themselves.

Once *OFT* has established a system that creates everything we need for ourselves, there will be a choice between supermarket fake food and real food, and we will start buying from common-unity hubs with direct links to the farm. We take power by choosing where to spend our money and what to do with our time.

At the heart of *Our Free Town* is an ethos of resilience, co-operation, equ-ability, and love. *OFT* creates Localisation 1.0 – in which we all go back to the land and begin re-growing healthy human communities and happy children from the ground up.

Verbatim Inspiration

– **VANDANA SHIVA**, *Anti-globalisation scholar & activist*

- The fight for truth is our duty as citizens of the earth
- We have to escape from the illusions that enslave our minds.
- A single, one-dimensional way of thinking has created a monoculture of the mind..., generating models of production which destroy diversity and legitimise that destruction as progress, growth and improvement.
- Diversity creates harmony, and harmony creates beauty, balance, bounty and peace in nature and society, in agriculture and culture, in science and in politics.

- Living democracy grows like a tree, from the bottom up... People will have to build their own economies and rebuild democracy as a living democracy.
- Simplicity and non-violence are the basis of an economy of well-being, and such an economy must be localised.... Centralised economic systems erode the democratic base of politics.
- Soil, not oil, holds the future for humanity... The time has come to reclaim the stolen harvest and celebrate the growing and giving of good food as the highest gift and the most revolutionary act.
- Seed is not just the source of life. It is the very foundation of our being... In the seed and the soil, we find the answers to every one of the crises we face.
- Owning our seeds through seed freedom, our own food through food freedom, our own minds and intelligence through intellectual freedom, our own economies through freedom to produce and consume ecologically and locally, is the 'barbarianism' that the 1% would like to extinguish.
- Genetic engineering has never been about saving the world, it's about controlling the world... It invades life itself, redefining people and living organisms as machines to be manipulated and engineered.
- An organic farmer is the best peacemaker today, because there is more violence, more death, more destruction, more wars, through a violent industrial agricultural system.
- The primary threat to nature and people today comes from centralising and monopolising power and control.... Then, as now, the issue is control... – the uncontrollable urge to dominate.
- Globalisation has made the citizen disappear, and it has reduced the state into being a mere instrument of global capital.
- Through the green economy an attempt is being made to technologise, financialise, privatise and commodify all of the earth's resources and living processes.
- We've moved from wisdom to knowledge, and now we're moving from knowledge to information, and that information is so partial – that we're creating incomplete human beings.
- The context is not in your control, but your commitment is yours to make, and you can make the deepest commitment with a total detachment about where it will take you.
- Seeding the future..., seeding freedom... calls for a quantum leap in our imaginations, our intelligences, our capacity for compassion and love, as well as our courage for creative non-violent resistance.

Book Notice

Thomas Cowan, *Cancer and the New Biology of Water*, with a foreword by Zac Cox, Chelsea Green Publishing, 2019, ISBN-13: 978-1603588812, 224pp, price \$14.95; see <https://tinyurl.com/26z53paa>

In his book, Thomas Cowan explains why the ‘War on Cancer’ has failed, and what that means for more effective prevention and treatment. It is a groundbreaking look at the role of water in living organisms that ultimately brings us closer to answering the riddle of the etiology of, and therapy and treatment for, cancer. In short, it shows how the 50-year War on Cancer, initiated by President Richard Nixon in 1971, has officially failed. Cowan argues that it was inevitable because the oncone theory is incorrect – or at least incomplete, being based on a flawed concept of biology in which DNA controls our cellular function and, therefore, our health. Instead, Dr Cowan tells us, the somatic mutations seen in cancer cells are the result of cellular deterioration that has little to do with oncogenes, DNA, or even the nucleus. The root cause is metabolic dysfunction that deteriorates the structured water that forms the basis of cytoplasmic – and, therefore, health.

The search for oncogenes has not changed the treatment in 50 years. We’re still treating with the same old triad of removing (surgery), burning out (radiation), or poisoning (chemotherapy). And despite this failure to bring an end to suffering, it remains illegal to prescribe anything other than ‘standard care’ (i.e. one of the above triad), no matter how dangerous and ineffective that standard might be, and despite the fact that gentler, more effective, and more promising treatments exist. While Dr Cowan acknowledges that all these treatments need more research, *Cancer and the New Biology of Water* is an impassioned plea from a long-time physician that these promising treatments merit our attention and that patients have a right to information, options, and medical freedom in matters of their own life and death.

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Cassandra Knows Everything...

Well, that's my *nom de plume* and my catchy strapline. The original Trojan Cassandra made accurate prophecies but people did not believe her. Actually, I am quite ordinary, but let's see if I can at least speak sense!

Dear Cassandra,

My partner and I are starting a family and wondering where to settle. I would love to live in a community but he isn't so keen. What would be a good compromise?

(...wait, please, while I finish my tea and consult my tea leaves. Hmm...)

You and your partner may be well-matched; however, it is wise to consider connection with community before choosing where to live.

People have different styles in relating to the world around them, some liking to keep things simple, just relating to those close to them and to those in their working life. Others like to chat, smile and connect with many more people. You can't change him. You can't move to what, for you, might be a perfect community and assume he will like it. He probably won't. It might be in the way of digging his garden, being with his family and following *his* interests.

It is equally important for you to have your needs met. 'Community' can mean so many different things. Clearly it's not going to work for you two in a co-housing community or some kind of intentional community, but *you* still need, and deserve, to know a good number of people and to have frequent friendly and mutually helpful connections.

Choosing a quiet street somewhere that feels good to you both could work well, especially if you yourself are ready to open your heart to all you meet in your area. Join or start a group, help with the street party, volunteer, join up with others to support good causes – whatever. Bring an attitude of *already being in community* with everyone around you. That's the trick – not looking for community, but being a living embodiment of community yourself, creating and enriching community wherever you live, through being the sociable person you are.

Cassandra

