

AROUND THE WORLD WITH 80 WORDS



Ugo Domizioli

Grow

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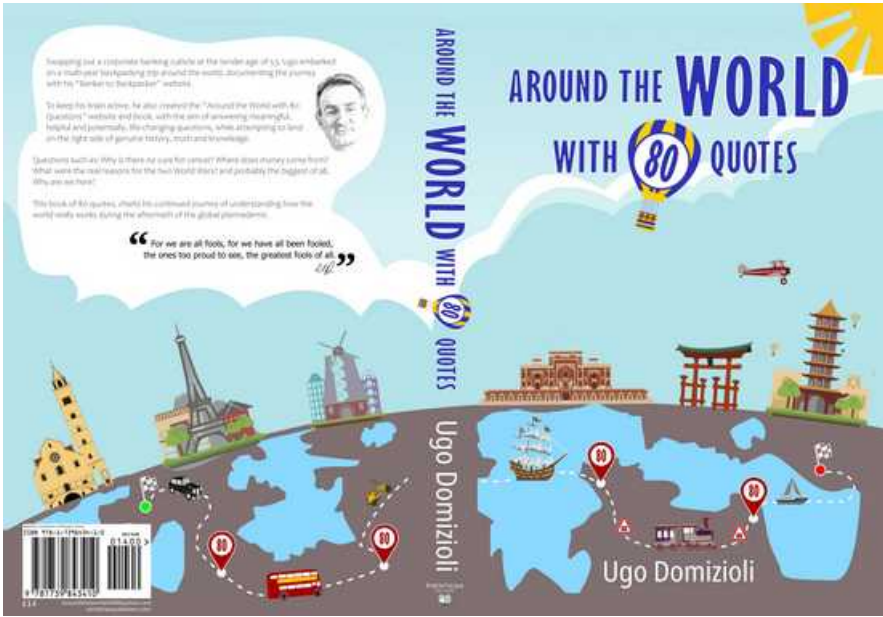
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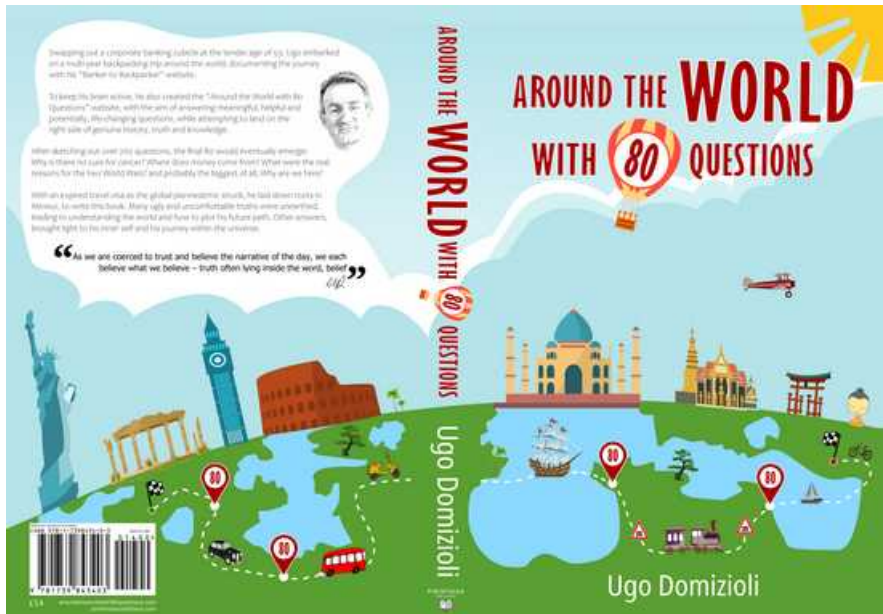


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About the author

In 2011, after spending nearly two decades working for various investment banks and asset managers in London; Ugo was made redundant.



He took a six-month hiatus from the world of finance, little did he know, his life would change forever.

He came to realise that much of what he believed, shaped by those in positions of trust, were in fact lies. Scientists, the medical and educational systems, religious leaders, the media and the government...the “experts”.

After some time, he found patterns beginning to form in his research, showing connections between often disparate pieces of data, analysis and information.

Sifting through this information with a high-level viewpoint and perspective, gave him the bigger picture of how the world really worked. Many of his views on economics, politics, science and religion would change forever; he was 46 at the time.

His views tend to be contrary to those in power, that control and push narratives aligning with their ideologies – more often than not, to the detriment of citizens. The last thing they want, is for the masses to wake up and begin asking questions to enact genuine change, compared to what is often professed.

At the tender age of 53, he began a two-year backpacking trip, which eventually morphed into permanent travel. He would document his journey with his [Banker to Backpacker](#) website.

He also created the [Around the World with 80 Questions](#) website. Its aim, to answer 80 meaningful, helpful and potentially, life-changing questions, while landing on the right side of genuine history, truth and knowledge. In his search of suitable questions and answers, he was not aware of the magnitude of what lay ahead or the consequences of his journey.

While travelling, fellow backpackers, posed the question of turning his questions website into a book. The idea wasn't given any thought or consideration until a year later, when the global plannedemic struck.

With an expired visa and few countries open to unvaccinated travellers, he laid down roots in Mexico, as much of the world was under totalitarian house arrest. He would use this time, to piece together his research and complete writing his first book.

This third book, aims to shed light on the power of words we use during our everyday lives. Do email any thoughts and book reviews to: ugo@aroundtheworldwith80words.com, all reviews are all published anonymously...thank you.

Inspiration

Researching and writing all my books has certainly been a journey of discovery, similar in some respect to that of Phileas Fogg in the film “Around the World in 80 Days”.

Various versions of the film were based on the novel by the French novelist Jules Verne; first published in France in 1872. My favourite version starred David Niven, released in 1956.

The adventures of Phileas Fogg and Passepartout traversing the world in the age of steam, sailing, balloons and trains to win a wager, clearly inspired my own backpacking journey around the world and the titles of my websites and books.

It was fellow backpackers that suggested turning my first website into a book, now there are three! These new friends and casual acquaintances that made a connection, interested in the concept of the book and generally showed enthusiasm...to you I say, thank you.

This book represents a snapshot in time of my current perspective on words which may change as new information comes into view.

Why I feel this book is important

It is estimated, that on average, we have a vocabulary of between 20-35,000 words and speak approximately 15,000 words in an average day. However, we only use around 2-3,000 on a regular basis – around 10% of those we know.

Communication is an essential part of our everyday lives, without which, it becomes almost impossible to get anything done. Have you given much thought to how important the words you use to communicate actually are?

I suspect not, we simply use the words we have grown up with on a daily basis, without much thought given to the affect they have upon us, or others.

Words can be empowering or destructive – think of the last time you got into an argument with someone close, to remind yourself of their power.

Words can be read off a page or screen, in silence, spoken out softly with love and care, or loudly with anger. Our spoken words create sound waves which reverberate out and around us with fascinating affects.

This is more important than you could ever imagine, as our universe is essentially a field, and sound an essential part of everything...more on this later with the experiments conducted by Dr. Masaru Emoto.

There are many words that exist simply to deceive us, we use them without truly knowing their inner meaning. To innerstand how powerful words are, we only need to look at how destructive global events are started with words.

Everything starts with words, however, before a single word is expressed, it is first a thought. Our thoughts not only create the words we use, but essentially our reality – I covered aspects of this in my first book.

The spectrum of words we use, on the whole depends upon our upbringing within our family, then by the education system. Social climbers tend to use more flamboyant words in order to impress others in the societal circles they aspire to.

Unless required by a particular career path, we tend not to add too many new words to our palette far beyond what we have. However, having an expanded vocabulary, helps us understand our world with greater depth and help with our overall communication skills as well as interactions with others.

Those with a stronger vocabulary, tend to experience an improvement in reading, writing, listening and speaking. Analysing any form of content becomes easier, offering a greater spectrum of interpretation and conclusions.

Who is this book for?

I write all my books primarily for myself, to help on my journey of personal growth. My hope is that they may help others, either directly or indirectly, by starting their own journey of asking questions or viewing subjects in a new way.

I hope to arouse your spirit of investigation by looking at words differently. This book is intended as a starting point, helping you look into words more closely through your own research, but more importantly, finding your own important words.

We can only grow, by asking new questions that are fundamentally different to the ones we have asked in the past. Looking at topics, through the lens of an open mind, we may find that many of our beliefs, are in fact, make believe.

It's easy to skip to words of greatest interest first, reading this book. However, I have placed the 80 words into a loose chronological order fitting into 5 sections: Past, Present, Outward, Inward and Future. I hope you enjoy the journey, as I have done putting it together.

Where and how?

As many of my readers will know, I have been a digital nomad traversing the world for the past six years. While my first 80 Questions Book was pretty much entirely written during my time in Mexico, my second 80 Quotes Book, was a worldwide affair.

This third and final instalment, completing the trilogy, I originally gave myself a generous 1-2 year window to write, which would average an easy one word per week. I actually found myself writing in batches of a few weeks when I found myself in a writing zone, powering through 10-15 words at a time.

As my travels have been more akin to slow living in different destinations and countries, I would often find myself in one location for up to one month. The main parts of the world included, Jomtien (Thailand) where the condo I rented had a wonderful co-working space with terrific views of the beach.

In Chiang Mai (Thailand), I found a wonderful hostel/coffee shop in the heart of the old city. My days would start with a great coffee and eggs benedict, I would then power through with my writing until midday, then head out for lunch and a long walk around the old city.

In Kuala Lumpur (Malaysia), I settled into an OK, but not perfect hostel in Chinatown. I would head out early in the morning to various independent coffee shops scattered around the city. These trendy coffee shops, really boosted my inspiration.

I then took a two-month break from writing while in Bali (Indonesia), as I had gotten through 50% of the book in draft format by the time I left Malaysia.

My next goal was to finish the remaining 50% while in India over a planned six month trip. Once again my writing was accomplished in batches.

In India, I had a simple room to myself in Kovalam Beach in Kerala and would again write in the morning, out on the balcony while listening to the sound of birds and waves nearby.

My next major venue was Palolem Beach in Goa. I found a wonderful dormitory right on the beach with a restaurant with direct views out to the ocean.

It was here I went from 50 words completed to 65. I guess the fresh air and wonderful views inspired and helped me power through my writing once again...wonderful times.

My main goal was to finish a first complete draft, by the time I would be leaving India in April 2024. Things didn't go according to plan, as my time in other beach towns in Northern Goa, led to further bursts of writing inspiration.

I managed to get all my writing done by Christmas 2023 which turned out to be ideal, before starting more intense city-to-city travels in Northern India. Sight seeing, would take priority while in the north, with my writing going into editing, rather than writing mode.

The final editing and finishing touches was completed during a three-month stint in Da Nang, Vietnam. Once again, another truly global book.

Word definitions

George Orwell's dystopian novel, Nineteen Eighty-Four, published way back in 1949, highlighted a fictional totalitarian country, where the government controlled the language spoken by citizens.

By limiting vocabulary, critical thinking was limited as the words to criticise simply did not exist. The few citizens not completely brainwashed by the propaganda, when identified, were charged and detained for "thought" crimes.

Fast forward seventy years, to our current 2020s; many governments, dictionaries and the majority of legacy mainstream media organisations, have changed the official meaning of words not aligning with their ideological and political narratives.

I urge readers to think carefully on this last paragraph, the official meaning of certain words have been changed as predicted in a fictional novel seventy years ago!

We live in a world, where those in power decide what words mean in order to control perception. Elementary, secondary schools and universities were taken over in the 1960s, to slowly change the future minds of their abiding students and future leaders of industries. Is it any wonder how society has become what it is today? It was by design...there are no coincidences.

Word perception

Controlling the perception of citizens is a primary goal of many governments. The easiest way to do this is by simply leaving things of importance out by omission.

The first step is to simply not report past events, that are detrimental to the narratives of today...in effect, stop teaching genuine history. The second step is leaving out the truth surrounding these significant historical events and in fact creating lies instead.

Within a few generations (today), you are left with an ideologically brainwashed citizenry, without the skill set to question and challenge current narratives.

Word meanings

Many if not most, of the 80 words chosen have multiple meanings, I have chosen the version most meaningful to myself and aligned with the perspectives I wanted to cover.

Words not included

This short list of words, while important and usually vital in every day use, I have not included as part of the list of 80, due to their obvious nature: Yes / No / Accept / Decline / Please / Thanks / Hot / Cold / Love / Hate.

Word order

My original idea was to simply put the 80 words into alphabetical order...but that would have been too easy. Instead, they are ordered to create a journey for the reader, somewhat like a traditional fiction book or movie. I eventually decided on five loose sections.

My journey of words, begins in the Past, with words of historical significance, however, these words still control and manipulate us today in a psychological manner.

Words in the Present section, bleed in from the Past and affect us in a more physical nature. In the Outward section, I look toward words affecting everything outside ourselves.

Conversely, words in the Inward section, deal with our inner being. Finally, the Future section, looks at how I see the bigger picture, bringing everything together.

While there are distinct sections within the book, I would ask the reader to blur within, and between sections as the word flow is an approximate journey.

Words already covered

A number of the words/narratives in this book, were first explored in my 80 Questions Book. I believe them to be important and therefore bring over their essence and main points into this book: Plannedemic, woke-ness, nudges, junk foods, busy working lives and entrepreneurship...among others.

Themes covered

As with my 80 Quotes Book, many if not most of the 80 Words in this book, I aspire to myself; this life journey is indeed a long one, we all have to begin somewhere.

This book, together with my previous two, form a trilogy based around a few central high level themes – genuine history, truth and knowledge.

On a more granular level, often repeated themes and topics cover freedom, sovereignty, tyranny, lifestyle and oppression. I believe these topics are vital to understand, especially during recent times.

It was never my intention to write one book, let alone three. However, I felt inspired/compelled to carry on writing, as I believe we are living through unprecedented times, with citizens the world over, trying to understand what the hell is happening to our world and why.

Quotes

As readers of my previous books will know, I love quotes. So much so, that my second book was entirely devoted to them. I love how they can summarise a concept into a bite sized sentence or short paragraph. In this book too, I use quotes at the end of each section giving you my thoughts.

Dr. Masaru Emoto

I looked into the impact and the subject of words in my first book: [Around the World with 80 Questions](#) with question 25 in the Humanity Section. I would like to finish this introduction section, honouring the work of Dr. Masaru Emoto.

The reason words are important, is because our bodies are largely made up of water. Based on the work of Dr. Emoto, he talked to water using both positive and negative words, then froze the water to examine under a microscope.

His experiments showed that the frozen water crystals had reacted to his words and thoughts. “I love you” and “Thank You” produced perfect symmetrical shapes.

Negative words and thoughts, such as “I hate you” – created irregular or ugly looking shapes. Further, experiments with polluted water altered the ugly frozen water crystal shapes, back to their normal symmetrical geometric ones.

The water, just by his words, was able to alter its cellular shape by reacting and storing information in the shape of a memory. This demonstrated that water is alive and conscious.

Positive thoughts, feelings, emotions and words, show us they have the power to improve our health as we are principally made of water and react to vibration.

Good thoughts, intentions and being kind to oneself, could have a significant impact upon our overall health and well-being.

It doesn't stop there, as we can also impact those around us and our environment. This experiment has been performed countless times under strict double-blind conditions with independent assessment.

We should choose our words very wisely, for they have the power to heal or destroy. Next time you use negative words carelessly, be more mindful and catch yourself.

Becoming aware of our words is the first step toward changing the words we use. Negative thoughts create negative energy, resulting in negative words entering our minds, these then turn into spoken words, next our mood changes, our mood will then manifest itself externally through our actions.

We all know, when we're in a bad mood, a bad day will often follow in our footsteps...it's time to rethink the words we use.

We are the creators of our reality, with everything needed to change ourselves; for we are all a part of the Universal Field and connected to one another.

If you believe your thoughts and words are less powerful than hard work or money...think again, they shape our beliefs and what we can achieve.

Dr. Emoto believed that everything at the atomic level has a vibrational pattern. This resonating energy is affected by the vibrations we create through our words and thoughts.

“Words are the vibration of nature. Therefore, beautiful words create beautiful nature. Ugly words create ugly nature. This is the root of the universe”

Dr Masaru Emoto

Disclaimers

So sad to have to include this statement, but this is the world and legal systems we have in place.

This book & website is a collection of my questions, answers, opinions, thoughts, words and my conclusions across a range of subjects. This is for educational purposes only and does not constitute medical, financial, political, legal or any other type of advice.

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Past

1

History

Meaning: the official record of notable past events creating an accurate knowledge base for future generations.

Derivatives: historical, past, yesteryear, chronicles.

Synonyms: archives, account, memoirs.

This is a huge subject, in fact, everything that has occurred in the past, therefore massive in scope. What if I told you that many important historical events that still shape and affect our lives today, were a lie.

For some, this would not surprise them at all, for the majority, it would indeed be a huge shock. I have written previously, how I didn't use to see how history impacted my personal life in the present, but eventually came to the realisation, I was completely wrong.

History, should simply be a matter of accurately recording what has occurred. Instead, history has been hijacked and used to fit agendas, sticking to certain narratives that further the goals of those in power and how they want to shape the world.

History books are fundamental to our understanding of humanity, they shape and establish a foundation of information from which to build upon.

These books, that our children learn from, are placed into the school curriculum and become the accepted norm, regarded as "settled history" yet, many historical events are simply lies.

Who writes these books? Who chooses these books? Who decides the curriculum? These simple questions seem stupid as we trust historians to tell the truth and yet genuine history paints a very ugly picture.

Those in power cannot help themselves, as they need to control all narratives they deem important to achieving their long-term agendas. This includes writing their version of history, not simply recording the facts. The majority of written history has been controlled by old white men in power – it is history in name only, upon closer examination, we see that it was only ever "his story".

The saying that the victor gets to write their version of history has been proven over and over again. The Spanish Flu Pandemic 1918–19, The Lusitania & WWI, Pearl Harbour & WWII, The Nuclear Bombings of Japan, The Gulf of Tonkin & The Vietnam War, JFK, 9/11, WMDs & The Iraq War, and more recently The Covid-19 Pandemic.

Hundreds of millions have died due to the lies, for those of you thinking, I know, but the past is the past...let's move on. The problem, the past has a knack of repeating itself, for the simple reason, major events have worked before and likely work again.

When we examine what really happened with The Spanish Flu Pandemic of 1918–19, the truth reveals, it was caused by a “vaccine” given to soldiers in the US that spread and killed 50 million worldwide...Spain had nothing to do with it.

Lo and behold, 100 years later, we have The Covid-19 Pandemic, which the latest evidence and data proves was never a pandemic. It is the “vaccine” that is killing citizens with blood clots, heart attacks, sudden death and turbo cancer...in the millions.

The past, history, has come to haunt us all today as an estimated 4 billion citizens around the world, took the jab. Governments used psychological manipulation/warfare to convince the majority to believe the pandemic story and take the jab...all lies.

So what can we learn from this despicable act against humanity. As I have mentioned before, when something important is happening and plastered across all media platforms, you can be sure it was pre-planned. Governments are not your friend and in fact, mean you harm as has been clearly demonstrated. We have been brainwashed into trusting everything our government do, history has proved this to be madness.

Governments have everything to lose, by losing control of their narratives and propaganda, which is why there are now laws in place to combat “misinformation” and to fine and imprison citizens for what they say, write or post online.

Be under no illusion, we are living through tyrannical times, unless citizens became awake rather than woke, and push back, the future for our children will be even more dystopian.

Begin, by looking at alternative sources of news, stop consuming the propaganda spewed from the legacy mainstream media. Would you continue listening to a partner, friend or colleague that was proven to continually lie, of course not, so why are you believing your government and the legacy media?

Look into genuine history by looking at the work of revisionist researchers, writers and truth historians. They have scoured through official records, national archives, newspapers, libraries, autobiographies, manuscripts and consulted with whistleblowers, often dedicating years of their lives.

These authors have pieced together, entirely different versions of important historical events, more in tune to the facts and truth, covering World War I & II and 9/11 among many world events.

Of course some of these revisionist authors want to become famous and profit from the sale of their books, I would grant you that. There are also those paid to reflect partial opposing views to keep readers off balance, known as “paid opposition”.

On the whole, I would argue, these revisionist authors are instead on the side of genuine history and want to set the record straight for the sake of humanity and to save future innocent lives.

I hope readers, look into items of interest for themselves and land on the right side of genuine history, truth and knowledge. My aim with my three books, has been to shed a light on some of the lies we have been told and sold.

On a more personal level, what about your own history, your past life that continues to determine how you live your life today. I sincerely hope, you have not suffered a severe act of trauma, I cannot imagine what it's like to live with such a past and memory.

Without trying to marginalise any possible trauma, understand that it is only your mind giving it the energy it needs to live and thrive in the present, but in fact, no longer exists.

I would urge anyone in this position, to look into the work of Marisa Peer. Her network of trained operatives use rapid therapy to literary switch off those traumatic memories forever, usually within a few sessions.

“The past can indeed haunt us today, take back control of history...live a better future”

Ugo Domizioli

2

War

Meaning: a declared armed conflict usually between opposing nations or more recently, toward a vague theme or narrative.

Derivatives: warfare, warmonger, conflict, confrontation, offensive, military, engagement, battle.

Synonyms: bloodshed, death, attack.

War is not a word we want to use in our vocabulary, however, it has been thrust upon us, time and time again by the legacy media, our governments and the countries we live in.

The huge wars of WWI & II, and the real reasons behind them and the questions we should ask, I covered in my first 80 Questions Book. It makes for interesting reading, especially upon identifying the companies supplying the German war machine.

In more recent decades, in the US in particular, war has been used in a more liberal fashion. War on Drugs, War on Poverty, War on Crime, War on Terror, War on Obesity, War on Climate Change and the War on Covid.

In these examples, the word war, is typically used in a metaphorical context. However, make no mistake, its use is deliberate – used to highlight the seriousness of the issue or current narratives important to a government at the time.

The word war, is vital in the world of politics and how it's used to propagate propaganda toward citizens, it always has been. War has a profound affect on the minds of citizens, it brings up emotions of fear, anxiety and uncertainty.

On the positive side, if I can put it that way, feelings of nationalism and solidarity come forth to unite a nation against a common enemy. Whether you are on the left, centre or right hand side of the political arena, war is designed to bring people together through bi-partisan agreement.

One of the side-effects of the proclamation of war by a government – it gets to invoke emergency policies, laws and sweeping powers across all aspects of life upon citizens, as we recently experienced with the Covid-19 Plannedemic.

Human rights and freedoms are suspended, the power of the state is absolute, that of the citizen, taken away. For the first time in history, a large part of the world experienced what some of our parents and grandparents went through during the two great wars.

I paid attention and found information showing our future was becoming more tyrannical and dystopian in nature. I managed to avoid most of the ill affects from the plannedemic and aim to continue to do so in the future by knowing more.

War, is also used to cover up the collapse and implosion of an economy and absolute failure of those in political power and their often criminal activities involving corruption at the minimum.

If you are certain you are going to jail for life, or face the death sentence, you will do whatever required to avoid that adjudication and the humiliation your family will endure. By using the easiest of a magicians trick – distraction on citizens, by starting a war, attention is drawn away from those in power.

On occasion, a real enemy exists which are clearly identifiable. Other times, an enemy is created that can never be properly defined, identified or for that matter, defeated as demonstrated by the wars on drugs and terror in particular.

These forever wars, allow policies to be put in place that are never removed, as an end coincidently never comes about. A perfect example are the strict airport security controls in place around the world that have never been dialled back.

Who benefits? In a real war it's definitely never the soldiers. When we look more closely at this word, we see soldiers = sold to die. It's also never citizens, with 90% of deaths always among the innocent.

The real beneficiaries have always been the banks financing both sides of the war and all the manufacturers and suppliers of products and services.

If you haven't been paying attention, there is currently a "war on truth". Our governments get to determine what is, and isn't true. Laws, fines and imprisonment have been put in place toward those deemed to spread misinformation with the usual vague terms that are malleable toward whatever the government deems appropriate...I ask once more, *cui bono*/who benefits?

If your answer remains, we the people, as we don't want to be subject to misinformation, fake news and lies. I implore you, please look into this subject for yourself with impartial eyes, I will guarantee you, they will be opened wide forever.

For those choosing to remain inside the box, keeping their head in the sand, remain oblivious, wilfully ignorant, turning a blind eye, in cognitive dissonance, ignoring the elephant in the room or in complete denial...oh boy, your future and that of your children, will be meek and dark.

Simply talk to those that have been permanently injured by the jabs and can no longer work, or the families of those that have lost someone directly from the jab.

When a government controls speech, society has already collapsed, forget how much worse it will get for future generations, the collapse is here with us today. The elimination of public discourse has the affect of destroying citizen rights and basic democratic principles.

As genuine truth is hidden from public view and discourse, manipulation occurs automatically as people cannot make informed decisions.

We have first hand evidence of this during the plannedemic, where there was only one global narrative and independent journalism was shut down.

Pay attention whenever the war word is invoked, the way you live your life will change forever. A simple, but often difficult solution to implement...change your country to one lower down on the tyrannical and dystopian scale.

Yes, it's easier said than done. Only you can answer the question, if the difficulty and disruption is worth it. However, as I have mentioned many times, it will likely be your children/grandchildren, either paying the price, or reaping the rewards.

One final note, there is a saying "All wars are bankers' wars" – the endless "wars on terrorism" have cost US citizens an estimated \$5.6 trillion. When you truly look into and understand this one saying, only then, can you begin to see, one of the biggest facts surrounding how the world really works.

“Wars are always about money and imposing draconian laws upon citizens – never about bringing or spreading democracy”

Ugo Domizioli

3

Government

Meaning: a system of elected members with leaders usually coming from an elite class, using regulations and a system of order to rule over a nation and its citizens.

Derivatives: governed, governance.

Synonyms: authority, administration, cabinet, politics, jurisdiction, bureaucracy, ministry, empire, regime, rule.

If we were to closely look into the main topics, that affect us on a daily basis, you will find many of them come straight from the government. Taxation, inflation, interest & mortgage rates, laws, health and freedom. We cannot escape the tentacles, emanating from government policies affecting every aspect of our lives.

The word government, originates from the Latin words “gubernare” and “ment”. The first half translates into “to direct, rule, guide, govern”, the second part meaning “mind”. Quite clear isn’t it...to control the mind.

How is this accomplished? A government’s best friend is propaganda in the form of narratives, this is nothing new. Virtually everything of importance, in the news or government statements, is there to directly or indirectly make you think a certain way...their way.

Yes this includes the BBC in the UK, which is simply an extension of the government. In other countries, this is simply a known fact, in the West, we pretend our media is independent...time to wake up folks!

Fear is used to keep us in check, this was ramped up to maximum affect during the Scamdemic. When this no longer works, unfortunately it still does, force is used by a militarised police force...our local British Bobby disappeared a long time ago.

It fascinates me, when we look into the true history of words, we often find they tell us “exactly what they do on the tin”. In plain sight, those that look closely and understand, can see that the whole purpose of government is continued control, existence and expansion into every aspect of our lives.

But we have democracies and governments are voted on by citizens, I hear people cry out loud.

I will concede that to some extent this is still true. However, there is statistical evidence proving certain national elections have in fact been stolen by cheating.

With regard to the two main political parties, while there is often a difference in low level policies, I would argue, the really big decisions on defence, health and economics are the same between them all.

The fact is, we the people never get to choose the two “leaders” as they are falsely presented to us as the “choices”. As I said earlier, look closely and question, you will often be surprised the truth is right there in front of your eyes.

Let’s delve a little further, starting with taxation in its various forms. Direct taxes are collected from our salaries, those fortunate to earn a middle-class income are working for the government for 180 days every single year. Indirect taxes imposed on the goods and services we purchase, transportation, the homes we live in etc., all take a further cut. The middle-class has been destroyed over the past few decades. Yes, in some ways, our lives have never been better with cheap gadgets, but how hard we have to work for these benefits has never been harder.

In 1950s America, only one income was required to be middle-class, now it takes two. Ever wonder why the woman’s liberation movement came about? One reason was to have more employees, resulting in more tax revenues for governments!

The 2% inflation rate most governments tend to maintain, destroys the value of the currency and any savings you may have accrued by 50% over a 30-year period. All central banks around the world have this 2% inflation target...a coincidence? It is not, but rather a tax on those working. While in plain sight, most do not truly understand what is going on and its destructive nature.

Let's also not forget, they also lie about the official inflation rate too, by changing what's measured...the real rate as calculated by independent specialists, is closer to 8%.

This is the real reason the middle classes are feeling poorer every year despite earning two respectable salaries. Our car and mortgage loans are arguably the most important elements deciding our standard of living. When rates go up, beyond the expected range, we severely reign in our spending elsewhere.

Interest rates are raised to control when inflation rises too fast as occurred in many countries in 2021-23. Governments printing money out of thin air to spend on Covid responses. Much of this money wasted, or gone into the coffers of private companies, coincidentally set up just prior to the plannedemic taking advantage of these lucrative government contracts.

New mandates, not laws, were set up to control global populations with harsh financial penalties if not adhered to, all while politicians partied behind closed doors...one rule for thee, none for me. The two-tiered legal system was clearly shown to all.

Western governments since the 1970s, have pushed a carbohydrate heavy diet upon citizens, resulting in obesity and early death. Where did this come from, it was of course, the Big Food lobby industry. It is estimated that politicians are outnumbered, 3 to 1 by lobbyists.

Yes, but we are free and can speak our minds. Again, to some extent this is still true, however the situation is changing rapidly as nations the world over introduce laws to combat the use of free speech with "misinformation" laws.

This is sold to citizens, as a way to stop fake news, be under no doubt, it's muzzle legislation to stop free speech, punishable by heavy fines and imprisonment as recently seen.

OK, so what's next genius, you seem to have it all figured out! Again the evidence, not conspiracies, is there in plain sight to read for yourself.

Universal Basic Income (UBI), Central Bank Digital Currencies (CBDCs) and Digital Passports (DPs) are on the way. Up to 300 million jobs globally, are likely to be lost to automation and artificial intelligence, citizens will ask their government to help with handouts. If you think this was a fluke, dig further.

The UBI via CBDCs, will be enough to survive but never thrive, and will be tied to your obedience. Step out of line by saying something against your government, your money will be stopped...conspiracy theory/science fiction?

I wish that were the case, simply look toward China with their social credit score system, to see how the future will likely unfold. Or how the Canadian Government, stopped access to the bank accounts of the truckers that were peacefully demonstrating.

So what's really going on here? The answer is simple – those that we elect are corrupt to the core, they sold their souls to the devil of money a long time ago.

Most developed governments have a lobby system in place controlled by the big corporations – the US is a perfect example. The EU Commission, which sits above the EU Parliament and has the real control, is also controlled by corporations, doing their bidding.

Many governments are simply a facade of democracy with their strings controlled by big money with politicians simply being puppets. The Deep State or Shadow Government is a well know concept as the levers of real control behind the scenes.

A Princeton University study, looking into democracy in the US, found that democracy no longer exists. It showed that elected members represented the interests of corporations and the powerful people behind them, no longer the citizens that elected them...this is known as an oligarchy.

Another word used to describe this partnership, the alliance of government and corporations or conglomerates, is fascism or corporatism.

In other countries, the majority of citizens clearly see the truth, usually due to historical events. This is one reason why there are huge black markets and zero respect towards governments.

These citizens know they they are being conned and have zero trust in the government or what it represents and avoid interacting with it.

It's the majority that conform and pay taxes, unable to see the truth. I see things very simply, when my government no longer has my best interests at their core, then clearly, they have lost their legitimacy to govern.

I suppose the real question is, when is enough, enough? How much are you personally willing to endure as your standard of living is eroded year after year, your health diminishes due to a rotten health policy based on processed foods and your voice silenced before it even has a chance to form an opinion or question due to continued fear narratives or new laws.

I have the answer...it never will be. The vast majority, I will bet 98%, will simply swallow what is served. The reason? The puppeteers are masters of their art, they know through past events, citizens will not rise up on mass. Simply look to the Plannedemic/Scamdemic and how almost everyone complied and bowed down to their masters.

I understand everyone has a different situation: family, children, financial or career etc., we are all different. However, in parts of the US, such as California and New York that are experiencing severe control and taxation. Families on mass, hundreds of thousands, have moved to other states with more favourable situations.

As many of you know, I have personally chosen to leave the UK, looking for a new country more aligned with what's important to me.

It will indeed have its own issues, the grass may be a shade of yellow rather than green, but the decision and choice will be mine, to some extent taking back control from over zealous governance.

“When government gets too big, turning into an empire, how different is it to a regime?”

Ugo Domizioli

4

Programming

Meaning: the process of compiling coded instructions for a device such as a computer to complete certain tasks.

Derivatives: code, program, software.

Synonyms: automation, robotization.

While traditional definitions of the word programming, mostly seem to gravitate toward the computing arena and software code. There is a more sinister side, that of programming humans.

In the software/computing sense, programming is literary another language. The combination of words, numbers and symbols are like a secret code to you and me. This code when executed or run, makes the computer perform certain tasks.

What if I told you, we as humans are no different. The techniques used to control what and how we think are sophisticated, yet produce the same result as computer code...an output.

While computer code tends to produce a fixed result, humans are without doubt more complex, so the result is never guaranteed, although in some instances, it is.

Our programming starts as toddlers in day-care, then through the education system, spitting out obedient employees until the day we retire and die.

During all those decades, we are subject to propaganda from the light variety via advertisements, to the heavier kind, when asked to support a war, such as The Iraq War, 2003-2011.

Would citizens ever support any type of war, if they were aware of the fact, that 90% of those that die, are innocent men, women and children...of course not, this fact is never mentioned.

The mainstream media is but an extension of governments, used to shape public opinion to conform to the narrative of the day, while discrediting others at the same time.

Controlling what citizens consume is a vital part in steering a country toward the direction those really in control have planned for decades.

I will keep writing about the plannedemic until blue in the face, until everyone understands, it was the biggest crime ever committed against citizens of the world.

I'm sure you noticed the programming that went on during this time, the biggest spell ever cast in the history of humankind with the biggest lies. Fear, masks, distancing, testing, house arrest, jabs, stand-together...etc.

The only positive, more people have awakened to the evilness of their government and what they are prepared to do, to individually enrich themselves and remain in power. I never thought in my lifetime, I would be a witness to this kind of behaviour or level of evil, yet here we are.

Those that grew up in oppressed countries that managed to escape to the West, clearly recognised the propaganda. They lived it, maybe that's the key, you have to live it, to believe it. They clearly see the direction countries are heading toward.

C'mon, where's the evidence, I hear you shout. Here are a few in the limited space available. All social media applications are created to be additive, using psychological techniques tapping into our basic human behaviours and needs.

The unpredictable nature of platforms, not knowing what is coming next, keeps us scrolling with our fear of missing out. Likes and comments have game theory in place, feeding our need to be a part of the process and contribute. Getting a like gives us a small hit of dopamine...proven. Readers may have noticed a reduction in my own personal social media activities!

All major platforms and websites hire data scientists/statisticians to study our interactions. They will tweak elements, such as changing the colour of a button, to see if engagement and participation rates are improved.

Yes, yes, but this is just commercial in nature, used to sell us something, what about our governments? You will undoubtedly have noticed global green initiatives, these are all based on proven lies.

A top climate scientist, among others, has blown the whistle on the fake “global warming crisis” with evidence demonstrating it is all manufactured. The reason? To tax ordinary citizens in everything they do, conveniently funnelling those taxes toward corporations owned by those in power and their buddies.

Other top scientists have resigned claiming that global warming is a trillion dollar scam and completely corrupt, with the whole harmful CO2 narrative another complete scientific lie. I would urge readers to watch – Climate: The Movie (The Cold Truth) which is often-times shadow banned online.

I, like many, was programmed to believe in WMDs and the resultant Iraq War, resulting in the death of at least one million innocent souls...I was still asleep at the time, I am fully awake today.

Some may argue that lies are part of governance, especially with regards to national security. I cannot see any evidence of government lies that have helped citizens. On the contrary, the Covid jabs and complete lies surrounding the whole scam, will be noted as the biggest harmful event against citizens.

The Pentagon, Panama, Paradise, Pandora, Snowden and Wikileaks papers, all demonstrate the contempt governments have toward citizens. On the financial and corporate malfeasance side, we have the Lux, Swiss and Bahamas Leaks. We are programmed to be obedient citizens while those in power and control run riot, these are the sad facts.

Some call this propaganda, others call it social programming; whatever it's called, more and more people are suspicious of what they are being told, and feel instinctively that something is wrong...that is because it is, your feelings are real, as the evidence is real.

I go back to my definition, if programming is designed to create a certain outcome, and we as humans are being programmed, carrying on that logic, we have been turned into robots.

A robot is obedient, has a master, follows rules, completes tasks and has limited autonomy...are we any different? We have lost our ability for critical thinking by asking probing questions in order to evaluate evidence to form our own conclusions.

Instead, we simply take in whatever narratives are handed to us via our screens like a ready-made meal. A robot always has a master, when we no longer are the masters of our own domain, what kind of life are we living?

Once you notice the programming we are subjected to every single day, you are awake. You then have the option to participate or not, I for one, have chosen the latter.

There are however, positive aspects to programming, in that we can rewrite programs within ourselves that hold us back or do us harm. This again is a huge subject, I would redirect the reader to the work of Dr. Joe Dispenza.

His research and books highlight, that our past shouldn't define our lives today and that we can literally rewire our brains to change our future and liberate decades of programming.

“I have the remote control to choose programmes setting me free or enslaving me”

Ugo Domizioli

5

Propaganda

Meaning: information, messages, stories or narratives used to influence citizens or a mass audience toward a particular concept or direction.

Derivatives: brainwashing, indoctrination, evangelism.

Synonyms: disinformation, narratives, newspeak, spin.

Those familiar with my previous two books, will know a word I have used often is propaganda. In general, we tend to think propaganda is a relic from World War I & II, and confined to certain less democratic and free countries.

A sad reality, propaganda is everywhere, in a subtle sense, every advertisement aiming to sell you a product or service is using mind techniques to sway your decision making process.

The whole world experienced a level of propaganda never before seen with the Plannedemic & Scamdemic called Covid-19.

For those that didn't see through the deception or those still in denial, it's time to wake up. If you are not aware of propaganda, you will be subject to it, as evidenced by half the world's population taking the unnecessary jab.

Simply acknowledging that propaganda exists, even in a democracy, in the country which you call home or live is however not enough, again as evidenced by the plannedemic.

To prevent a repeat of how you were influenced or let me put it more bluntly, conned by your government, you need to be able to identify the techniques used to manipulate you.

For those that wish to continue in ignorant bliss and not be prepared, I say, good luck to you. When what you see, hear, read and believe in the media, is disconnected from what you see, feel and know in real life, this will result in anxiety at best, but ultimately mental health issues are also common.

For those with a questioning mind, you may have already identified some techniques used by the mainstream media or your government...however, the list is longer than you can imagine.

- **Ad hominem:** attacking the person rather than attacking their arguments

- **Ad nauseam:** the repetition of a narrative, when done enough times, will be taken as the truth
- **Agenda setting:** when the mainstream media place topics with particular narratives centre stage with blanket coverage across all formats
- **Authority:** citing prominent people usually in positions of power either political, academic or often celebrities
- **Fear:** induce anxiety, panic and fear to build support for a particular action
- **Prejudice:** dividing citizens by applying loaded and emotional language toward a particular position
- **Bandwagon:** persuading people to join the crowd or action that “everyone else is taking”
- **Big lie:** “weapons of mass destruction”, “covid vaccinations”...out and out absolute 100% lies to citizens
- **Two choices:** presenting only two options A or B – “you're either with us, or against us”
- **Part truth:** mixing part truth with narratives, in perfect balance to cast doubt from the audience, giving them partially what they want to hear
- **Common man approach:** attempting to convince the audience that your narrative reflects those of the majority of the people, this is communicated in a common style, manner and language
- **Demonizing the enemy:** referring to individuals or countries in disparaging ways such as: regime, animals, terrorists – this casts them as subhuman making any conflict easier to sell to citizens

- **Demoralization:** narratives designed to erode any fighting spirit from the opposition and encourage surrender or defection
- **Diktat:** using images and simple words/posters etc., to simplify the decision making process, essentially telling the audience exactly the action to take such as the “we need you” posters from the World Wars
- **Disinformation:** the creation/deletion of information available to citizens to keep them on track with current government narratives
- **Divide and rule:** dividing citizens into opposing groups in order that they fight each other rather than looking at who is controlling the puppet strings
- **Dysphemism:** expressions with negative connotations
- **Euphoria:** bringing the masses together in celebration to further reinforce certain thinking such as military parades and war films with their patriotic messages
- **Exaggeration:** where the fundamental aspects of a statement may be true, but only to a degree
- **False allegation:** making a claim to further a narrative that is untrue
- **FUD:** Fear, uncertainty, and doubt; is used to influence public perception by undermining the credibility of their beliefs with negative and dubious information
- **Firehose:** a huge number of messages broadcast rapidly, repetitively, and continuously over multiple channels such as the worldwide plannedemic messaging

- **Flag-waving:** justifying an action on the grounds that doing so will make you more patriotic and benefit your country while ignoring rational examination of the matter in question
- **Flak:** discredit organizations or individuals who disagree with or cast doubt on prevailing narratives
- **Framing:** shaping an individual's perception of the meanings of particular words and phrases
- **Gaslighting:** using continual lying, denial and misdirection to plant seeds of doubt within someone, making them question their memory, perception and sanity
- **Guilt by association:** persuading people to disapprove of an action/idea by suggesting it is popular with groups with extreme policies
- **Information overload:** putting out so much information that it has the affect of turning people off
- **Vagueness:** deliberately being vague, as demonstrated by politicians who are trained to avoid answering questions directly
- **Loaded language:** specific words with strong emotional implications used to influence people
- **Managing the news:** mainstream media organisations are simply an arm of the government, making certain the news always stays on message
- **Oversimplification:** simple answers and generalities are used for complex situations
- **Context:** selective editing of quotes, articles or interviews, changing the meaning, designed to discredit a particular viewpoint

- **Rationalization:** vague and pleasant narratives used to justify questionable actions
- **Red herring:** making public irrelevant information used to continue a particular narrative
- **Scapegoating:** assigning blame to others distracting attention from those responsible
- **Semantic adjustment:** this is used to lessen the impact of damaging information by changing people's perception of certain words
- **Smearing:** to call into question and damage a person's reputation in order to dismiss their message
- **Testimonials:** used to support or reject a subject, policy, action or program such as the fake baby death story to justify the invasion of Iraq
- **Third party:** using a seemingly independent source of information as people are more willing to accept narratives from such a source
- **Virtue words:** positive words such as hope, security, leadership or peace, used to produce a positive image when attached to a person or narrative

“When I hear the same message, everywhere, on a constant loop...it’s name is propaganda”

Ugo Domizioli

6

Coincidence

Meaning: an unexpected event or concurrence of events happening by chance.

Derivatives: accidental, synchronicity, luck, opportunity, serendipity, fluke, correlation.

Synonyms: chance, fate, harmony, destiny.

One coincidence, I vividly remember. I was sitting next to a guy in a cocktail bar in Siem Reap, Cambodia. We struck up conversation, I mentioned it was my birthday the previous month. He replied, his birthday was also in the same month.

I naturally asked which day, it turned out we were born on the same day. Many would stop there, I continued and asked, which year...his reply stunned me. We were both born on the same day, month and year.

You might think that the odds of this happening are astronomical, they are not. There were 10 people in this small bar, the odds of meeting someone with the same birthday (day and month) is mathematically 11.7%.

It's a complicated formula, known as the birthday paradox. You only need a group of 23 people to stand a 50-50 chance of someone sharing the same day and month as you.

The odds of it also being the same year, is approximately 1 in 900,000. This is approximate as it can be calculated in different ways using different criteria.

Another personal coincidence or not, happened when I was channel surfing on my television at home in London. I kept noticing the same song being played over and over again by a new pop artist. Technically this is normal as any new song gets promoted and splashed across all media.

However, I couldn't sleep that night, I kept waking up because of that song. I ended up going onto my computer and starting writing down song lyrics having never had an interest in music.

I listened to my intuition and kept writing for over two weeks solidly. I felt compelled to write and was in a happy creative zone of some sort.

Coincidence, maybe. I felt it was something more, something I couldn't explain, resulting in a very positive creative outcome. I now have the goal of writing the lyrics to a whole music album.

A documented example of coincidence, is that of two twins, separated and adopted by two different households at just four weeks of age. Somehow they shared the same name, both eventually went on to marry a woman with the same name, then giving birth to a son, again with the same name, which also extended to their dogs.

Is it a coincidence when thinking about a friend, that they reach out to you in some fashion via text, email, telephone or in person walking in town.

Off course, this has equal weight in scientific and probability terms, a chance occurrence. In spiritual terms, it is often seen as a sign that you are in sync, and meant to reach out to each other in some way.

Is it a coincidence that upon replacing your car with a different model, you now see the same model and colour car? Those cars always existed, but you didn't pay attention to them because they were not important.

Now your antenna is tuned to seeing those cars as your situation has changed. In this case, it's clearly a coincidence as our brains are wired to look out for patterns.

Whether or not we believe in coincidences, usually comes down to personal belief's, science doesn't have an answer to support or disprove coincidences.

Either they are random events, or like myself, believe that at least some personal coincidences have deeper meaning while others are truly random events.

With regards to coincidences on the grander scale, such as economics or politics, I do not believe in them. Are we to believe, The Federal Reserve in the US, is so incompetent that it keeps on making the same mistakes over and over again.

They take liquidity out of the markets, with fast interest rate hikes and lo and behold, a recession or depression occurs...they are not that stupid, these are always controlled events.

Children in the US, are the sickest they have ever been with chronic illnesses, am I to believe in the most advanced country in the world this is by accident?

Or do I blame the fact that the US has the highest vaccination rates in the world. Children in Japan have the lowest, they correspondingly have the healthiest children in the world.

By the same token, adults in the US are the most obese in the world. Am I to believe they overeat, yes some do, but not all. Is it more probable, this is due to how processed foods are produced with chemicals and compounds not fit for human consumption in Europe, but somehow pass muster in the US.

I do not support any political party, but do pay attention to what goes on. Donald Trump has been hounded globally by the mainstream media for over six years. Joe Biden on the other hand, has been given a free hall pass, no mention is made of his dementia and the garbage coming out of his mouth.

You would think that the most powerful man in the world with access to the nuclear trigger, could at least be able to string together a few words without cue cards...what a world we live in.

Close associates of Bill and Hilary Clinton have either mysteriously gone missing or died under suspicious circumstances. The odds of this happening to a few, could be a coincidence, the estimated number of those missing or dead is 100+!

In my 80 Questions Book, I covered 9/11 in detail. A steel skyscraper has never collapsed due to a fire throughout history...never. Yet, we are to believe that three did exactly that, in a single day.

As a mathematics example, let's say one collapses every 100 years. This means the odds are 365 days times 100 years = 36,500 to 1. The odds of 3 collapsing in 1 day are 36,500 cubed = 4.8 trillion to 1.

On the World stage, when major events occur, in my opinion and with the research I have conducted, coincidences or the implication by politicians that a major event was unavoidable or an accident are simply a lie.

From a mathematics perspective and the laws of probability, if you have a large enough sample, any random linked event has a likelihood of occurring at some point in time.

It should therefore, not be a shock or surprise, that related events happen. As the curious creatures that we are, we naturally search for patterns or coincidences, meaning we are more likely to find them, even when there aren't any.

Think about all the things that happen to you on a daily basis, that you didn't pay attention to, they still occurred, but your mind didn't flag them to you, to pay attention to.

Carl Jung, a well respected psychologist, when explaining coincidence, coined the word "synchronicity" to explain in the spiritual realm something happening beyond the probability of chance.

Others explain coincidence/synchronicity, is how the universe gives us hints and nudges along our life journey and development through it.

As everything is made up of nothing more than energy fields, it stands to reason that these fields intermingle with each other and so affect one another. In relation to coincidence, it is simply the universe giving us feedback.

There are clearly two camps of thought on coincidences with the vast majority of people believing in chance, while the few believing in unknown forces having a hand.

My conclusion is that coincidences tend to be just that, however on occasion, the universe nudges us towards a certain direction. The point is to be aware of these nudges in the first place, but importantly, depending on the situation, to take the required action.

“Coincidences are occasionally just that, if you pay close attention, some are so much more”

Ugo Domizioli

7

Manipulation

Meaning: the control by illicit, nefarious and usually deceptive means, to gain a detrimental advantage over someone or a situation.

Derivatives: manipulated, manipulates, manipulating, exploitation, scheming, shape, form, influence.

Synonyms: subterfuge, falsification, controlling, plot, collusion, conspiracy, misuse.

We rarely think we are being manipulated. The common way it occasionally pops up, is in our relationships with family and friends. Someone prefers to eat at a certain restaurant and they sway your preference toward theirs.

That's pretty innocent, no harm done, right? Yes and no, it's just one meal after all, so what's the big deal? I would agree, however, what if this is a recurring theme across multiple facets of your life?

Some would deal with this head on, with future interactions improving with more balanced outcomes. The key, is to firstly identify you are being coerced toward taking a course of action that is not your preference.

Therein lies the key, you will feel uneasy, concerned or maybe even upset, on the preference of your friend or partner. That is your signal to speak up.

I would suggest looking into the following topics to help identify the signs of manipulation. Passive aggression, gaslighting, compulsive lying, twisting the truth, distorting reality, name-calling, undermining your ideas, using guilt, blame, never admitting to being wrong, deflection of arguments/objections, and disorientation among a long list.

If we feel we are being manipulated, this doesn't mean we should express our concerns over every situation, but boundaries should be set early on in any relationship setting the tone for the future.

Manipulation, usually takes the form of a power struggle, when one of the two has a perceived higher status, resulting in a one sided relationship.

For many this works, one partner takes the lead in most major decisions, life is simple, less argumentative or confrontational. Perfect right? Clearly yes for many, but what price is the submissive paying?

I would argue, they are somewhat slowly dying inside. The sovereign person they are, is slowly dissolved away, leaving behind a shell. This tends to affect their interactions with those outside of their relationship. Insecurity, low self-esteem and passiveness among other facets, continue as they do at home.

The truth is, manipulation is emotional abuse affecting all aspects of life. If not tackled early on, this abuse spreads to children too. They will pick up how one parent is treated with the result, they either rebel or conform to it.

Looking at manipulation away from home, if we look closely it is everywhere. We are manipulated with those “Black Friday” deals, when prices are checked, they have often had the same, or lower prices before the “sale”.

The electric vehicle manipulation – it’s never mentioned that tens of thousands of children are used in Africa to mine for the metals used in batteries. No mention is made of what happens to the batteries after they die or the fossil fuels used to create these cars and batteries in the first place.

The manipulation of the sea, ice and temperature data used to advance the fake man-made climate change agenda, is a big one. They pinpoint certain date ranges within charts, to further their narratives, never showing the public the whole chart.

Specific temperature weather stations are chosen, such as those at airports, with higher than average temperatures due to the heat absorbing nature of the huge concrete areas, together with hot aircraft engine exhausts.

Many have become aware of the surveillance state, as exposed by Edward Snowden. This however, is not isolated to one nation, but the majority. So what, many may conclude, it doesn't truly affect me. Unfortunately this benevolent attitude is simply a lie.

They know everything you do, especially in the digital realm as all our information is saved on computers with back doors open to the security services. Ah, I hear you say, this is for our protection against terrorists.

When we take away all the false-flag "terrorist" attacks on nations, you find there have been very few real terrorist acts. The terror narratives are simply used to create fear among citizens with subsequent controls brought upon populations.

Infiltration, by injecting fake information in all aspects of the digital realm is real: internet, social media, forums, websites, blogs, messaging, media and online polls, among others areas.

Blog posts against official narratives have comments inserted by an army of intelligence agents or more recently, artificial intelligence, creating fake accounts, to cast doubt as to the validity of the website itself or distract away from the topic at hand.

Opinion polls, especially during national elections have algorithms designed to sway voters in the direction of those in control. I have seen the data, the statistics are irrefutable and beyond any level of chance.

OK, OK, so our governments are corrupt, isn't this the case everywhere? Of course it is; propaganda has been used for hundreds of years to sway public opinion.

More recently, the censoring of information, the altering of likes, inflation of page views and counts on websites, were used to amplify narratives being pushed.

We all saw this during the plannedemic. The difference is this time, instead of swaying your voting habits, they lied about everything Covid related. Masks, distancing, house arrests, but most importantly, the jabs themselves.

One half of the World's population, were manipulated to believe the lies/propaganda and take multiple jabs. Nations, have injected billions with a bio weapon, millions are experiencing severe life altering side affects and permanent disabilities. Sadly, millions have died directly as a result of the jabs.

As I have hopefully demonstrated, it's vital to identify and address manipulative behaviours not only within relationships, but outside too.

So how do we stop manipulation? First and foremost, being honest of our feelings, in any given situation by identifying when it occurs, by looking out for the signs, including, gaslighting etc.

Next, taking action by expressing our feelings in order to set the boundaries for the future, which should result, in the raising of our self-esteem.

On the bigger stage and the subject of politics and economics, I can only say what I do. I understand that with big events, my government will simply lie to me and so adjust my responses accordingly, as I did during the plannedemic.

“You instinctively know when you are being manipulated, pay attention, take action”

Ugo Domizioli

8

Fear

Meaning: a negative emotion aroused by some sort of danger, whether real or imagined, that is present or in the future.

Derivatives: fearful, fearless, fright, distress, apprehension, anxiety.

Synonyms: alarm, concern, worry, panic, dread.

Let's start with antonyms or words the opposite of fear, these would include: happiness, comfort, assurance, calmness, courage, heroism, bravery and fearlessness, to name but a few.

Let me ask you a question. If you were in power, especially in the political realm, would you want to have citizens feeling empowered and not afraid to confront and challenge political decisions or would your life be easier with a subdued populace?

The answer is clear, to remain in power, which is the number one priority of politicians, this is best achieved by keeping everyone in a constant state of fear.

Look at all mainstream news, magazines, social media and radio – it's all negative and fear based, in line with the needs of the government. The media and government are but one and the same, much like in countries deemed communist.

We live every day, with anxious emotions created to either make us purchase goods and services to fix some often made up problem, or more seriously, to sway our thinking which in turn sways our actions.

Those in power realised a long time ago, using force via a police force can only get you so far, until citizens awake to the fact they outnumber them. Using fear creates an invisible prison of the mind, much more powerful than a gun.

I know I keep going on about the Covid scam, however, it's important to realise, it was the biggest mass psychosis operation ever undertaken affecting four billion people.

We were whipped up into a state of panic and fear, for an event that 99.9% of people survived. No, it was not a mistake, but a pre-planned exercise.

The proof and evidence exists for those not still part of the Covidian Cult; don't take my word as truth, look into the plannedemic for yourself.

Ask yourself, was it a coincidence that in October 2019, Event 201 took place simulating a coronavirus outbreak. In March the following year, the World Health Organisation declared a covid pandemic.

A few weeks before the publication of this book at the beginning of October 2024, a Bird Flu Summit was held to prepare for a potential bird flu pandemic. My prediction, by Spring of 2025, we will have another global plannedemic.

How do we spot, when we are being brainwashed? On the surface, look out for narratives that are repeated ad nauseam across all media platforms. "Social distancing", "self-isolation", "weapons of mass destruction", "the war on terror". Look to the past to see how many you can come up with, you may be surprised, this propaganda or social programming is everywhere.

On a personal level, trust your gut feeling, your intuition, it very rarely lets you down. How do you feel when these constant narratives are crossing your path, do you trust or distrust them?

I have been down that road myself, I distrust everything the government or media tells me, that is important, especially in the realm of politics, wars and economics.

These narratives have three specific elements, often referred to as problem, reaction, solution. The narratives begin with a threat, citizens react and governments suggest a solution.

The solution was already in place, the narratives steered citizens toward it, the government gets exactly what it had already planned, with the populace believing their government helped.

If you must continue listening to the news, remember, you have a choice on how you react to it. For those that understand the news is not our friend, as I have done, we can change our habit of consuming it, using that time toward more productive endeavours towards a direction to help rather than hinder us.

On the more natural side of fear, it's the most basic of human emotions, protecting us from harm, whether real or imagined. Common fears include: public speaking, heights, rejection or flying among a long list.

Fear makes us victims, stealing our power to improve our future, when we realise this, the only option is to face them head on. The reality is, we all have fears, which are perfectly normal; what isn't, is holding onto them, permanently.

Firstly, we should allow the emotions fears create, to pass through us, not trying to deny or block them. If we ignore them, they will forever knock on our door, until we move toward them by confrontation.

I would suggest starting on your minor fears first: scared of heights, climb a set of stairs, eventually to the higher levels and look down. Eventually, go to the top of a skyscraper to its viewing deck to familiarise yourself, again, in time, you will likely find your fear was not real but imagined.

Scared of talking to strangers in a hostel or other social situation. Start small, instead of nervously making an awkward approach toward a person or small group of people, not sure what to say. Find some common ground, if you are a backpacker, you have adventure and travel in kind.

Simply ask, if they have a recommendation for a coffee shop or nearby attraction, the vast majority will be more than happy to reply. Keep doing this, eventually it will become second nature.

Scared of trying street food in a less developed country due to a fear of food poisoning. This is a common one, when I talk to my friends back home. I can only inform you, in my six years of travelling, the vast majority of the food I eat is from street hawkers – I have yet to experience any form of food poisoning.

If you have a fear of expressing yourself in an artist fashion, be it painting, sculpture, writing or any other craft which puts your ego on display open to critique.

My advice is simply to start, there is never a good time. Initially if we are being honest, your output may not be great. However, with time, benchmarking and continual learning, you will likely get to a stage of confidence and inner piece.

Worst case scenario, your peers may not appreciate your work, but your soul will have grown in ways unimaginable...so why care what others think, they are not you.

On a personal level, I don't regard myself as a technically good writer...so what. My words may not have been expressed in the most eloquent way possible, however, the messages and themes in general, seem to have hit home with the feedback I have received being positive...mission accomplished.

While some fears come from past actual events usually as a child; other fears are simply not based in reality, in that they are an imagined future feeling that has never been experienced previously, so why are we worrying?

Fear is usually associated with change, the more you try new things, the more familiar you are with change, the less scary everything becomes. In time, your fears lose their control over you and next year, you may well be a different person altogether.

Fear without doubt is a powerful and important emotion, but we must realise in which personal situations it is in fact holding us back, from experiencing a wider spectrum of the life we could be living.

“On the other side of fear, is freedom”

Ugo Domizioli

9

Class

Meaning: one's social standing and rank within a societal group with the same economic status.

Derivatives: classification, caste, grouping, hierarchy, breed, lineage, ancestry.

Synonyms: bracket, division, echelon, categorisation, designation.

This word is often outside of our direct control, we are born into whatever situation exists – from poor, working, middle or the upper classes. I write this segment of this book, while in India where the caste system is important and still in play to this present day.

This controversial, social hierarchical system, with its origins dating back over 3,000 years, is officially outlawed – however, its influence continues to permeate Indian society today.

The system divided people into groups, ranging from priests, scholars, rulers, traders and labourers. Those outside the lowest end of the scale, were labelled “untouchables” and were/are, subject to severe discrimination and social exclusion.

Each caste level determining, social status, education, employment and marriage options...simply being born determines how far you can go...imagine that for a moment.

Zero hope to leave your caste, work in a different area or marry the person you have fallen in love with, simply because of the lottery of birth.

India has implemented many policies to dismantle the caste system with success. However it's a complex system, that mere legislation cannot hope to eradicate from the minds of citizens, especially those near the top that benefit or those in rural locations.

It's hard for many of us to imagine having our options limited in this way, let alone how others may look down upon those on the lower levels.

I was born in the UK, the class system was not that apparent to me while at school, most of us spoke the same way. There were a few kids that spoke “posh” – they were teased for being different.

They were probably at our school, simply because of the catchment area of where they lived, or because their parents didn't have the money for private schooling.

My first real exposure to truly posh people, was when I briefly worked at American Express. Customers would walk in with their high-end platinum or on very rare occasions, black card, which is reserved for the uber wealthy.

We had a separate private client office for these high rollers, those working there spoke very differently to myself, they were posh. I was attracted to one of the girls and would tease her that I would take her on a cheap date to a workers' cafe.

Many of us are drawn to those that speak well, I'm often surprised on my travels, that I'm regarded as posh, simply as I'm British, even though I clearly have a North/East London accent which is pretty far from posh!

Those in positions of power, tend to speak posh, and from the upper classes. Generation after generation, they attend the same famous educational establishments to take office. Their class offers them opportunities not available to others, despite many of them being intellectually inept.

It's all about keeping it in the club, those of the same classes mix with alike, networking is the key, only trusting those with the exact same upbringing and ideologies.

Merit is never a part of the equation, that is why so few from the upper classes create huge businesses, because there is no hunger as they have led comfortable lives since birth.

Many of the top tennis players or athletes in general around the world, come from challenging lives or countries, they have a hunger for success and put in the work required...this is where to take inspiration...it's not about class but excellence instead.

We can choose to learn to speak differently, I prefer to stay true to who I am. I have often found it funny, when meeting someone, usually a women, only to meet her parents that spoke with a strong regional accent, compared to the softly spoken princess she depicted...I have experienced this many times!

Many aspire to “The American Dream”, either within the US or beyond, of having a middle-class life style. Research has indicated it currently takes an annual household income of US\$250,000 to live the “dream” in the US. Where just one adult would work in the 1950/60s, it now takes both to hold down well paying jobs...a dream indeed!

In some countries like the US, class is less of an issue as society revolves around wealth rather than heritage. Anyone successful is automatically placed into a higher hierarchical position regardless of other factors. This has its own problems, but clearly a better system based on merit rather than circumstance.

Another way to look at class is through the lens of taxation. The ultra rich, those in control and alike, tend to pay less or zero tax – it is the masses, the working and middle classes paying. To get out of this class, for this one reason alone, seems reasonable to me...why am I paying all the taxes?

While many of us, may not be born posh, although to some extent, this is currently regarded as a disadvantage. Most of us can leave behind elements we believe are holding us back.

Simply look at all the successful athletes, business people and entrepreneurs that have left behind circumstance to live a better life, sometimes changing the world.

“Nobody puts baby in the corner” – the famous line from the 1987 film, Dirty Dancing, is how we should view life.

There are countless opportunities available to us all, irrespective of our past, we just have to brave enough to reach out and grab them.

Class is a difficult subject, depending on which country you are from, history and where you fit within it. When situations get too far out of whack, the people, citizens usually speak out or revolt like The French Revolution in the late 18th century...let's hope class dissolves over time for the sake of society.

“If class were a glass, the chasm between a pint and a flute, is clear to see”

Ugo Domizioli

10

Betrayal

Meaning: an act resulting in the loss of trust through being disloyal, often serious enough to end a relationship.

Derivatives: betray, betrayed, betrayer.

Synonyms: treachery, unfaithfulness, dishonesty.

If we are fortunate in life, we will never experience an act of betrayal. The most common form, will be a partner being unfaithful. In a short-term relationship, while still hurtful, not usually a life changing event, however hard it is at the time.

Emotional betrayal, where one partner becomes too close to someone outside their prime relationship, by some is considered an even bigger betrayal.

In the modern era, cyber betrayal is a thing. Following, liking, flirting and commenting on social media posts of someone of the opposite sex, sometimes oversteps the boundary of what is acceptable within society and the eyes of a partner.

For those in longer term relationships or marriage, betrayal takes on a whole different form. Future life plans, suddenly make an about course and grind to a halt. When children are involved, the pain involved often has deep consequences.

Infidelity often results in long term emotional damage, with future relationships trying to overcome the emotionally full bags of a previous unsuccessful one.

Much of the time, one partner is clearly in the wrong – they had the affair, they sabotaged their career, they became an alcoholic...the list can be long.

However, if we were to be honest with ourselves, an action is sometimes the result of another action. I often use the term “It takes two, to tango” – both parties are responsible.

Yes, both will disagree, pointing the finger of greater responsibility at the other, but this gets everyone nowhere. The blame game is an easy one to play, but one that can never be won. Instead we should play the responsibility game, swapping out the victim card, for the joker, able to change into anything.

By taking back responsibility, we take back control, the opposite would be admitting we were never in control in the first place, which turns out to be more scary.

Other causes of betrayal would include, one partner not being fully emotionally invested with commitment issues, despite an outward appearance to the contrary. Many simply fall out of love, instead of being honest, will seek a new high elsewhere. Reasons are often common but at the same time varied and complicated resulting in a long emotional list.

Ultimately, we can never fully know, all the reasons a partner is with us. For some, the current situation is simply better than what they had experienced with partners from their past. For others, you are simply a stepping stone until the “one” arrives on the scene. Others simply want to live a better materialistic life as they experienced poverty of some sort as a child.

The point is, we can only make the best decision at the time, with the information we have at that time...nothing more. Sometimes life will be easy and fruitful, other times less so.

This is your life path. What do I mean by this? I believe many if not all of us, experience multiple lives, each one is different in nature, giving us different experiences. Some life paths are generally positive, living an abundant and healthy life. Other life paths are a hurdle of problems to be overcome.

If you have ever wondered why someone close experiences one tough event after another, while your life is an easy one, the answer may be, they are living this particularly difficult life path to learn certain life lessons.

In the spiritual, not religious realm, many believe we keep coming back in different guises, until we have experienced and learned everything we need to.

The interesting part, it is our spiritual self that decides what lessons need to be learned. For those experiencing challenging lives across multiple aspects, it may be comforting to know that it is yourself that decided on those hurdles for you to surmount as you haven't done so in previous lives...I personally, find that very comforting.

Some experience career or business betrayal. You worked really hard and were promised a promotion, but your boss didn't follow through.

You may finally take the plunge into entrepreneurship, only to be betrayed by a business partner. This can be a devastating one to recover from, especially if a large investment is involved. I see these forms of betrayal as serious but easier to recover from, compared relationship ones.

A particular form of betrayal many do not consider, is political betrayal. I see this as a violation of the social contract between a nation state and its citizens.

If those in power create laws and a societal environment that leads me and my children to live a good, healthy and fruitful life with little intervention, then clearly those in power are truly representing their citizens.

On the other hand, when the political class, carry out illegal activities but are not held responsible with a two-tiered legal system, I need to act in the face of these facts.

When a government brings in either direct or indirect taxation which unfairly impacts the poor and working classes, while those at the top are either not affected, or use offshore tax structures for their own affairs, I should pay attention.

How many of these kicks are you prepared to endure by this nation state bully. Unless you acknowledge this reality and put in place some form of plan to eliminate or reduce their impact, you and your family will lose.

Your inaction today, will directly affect your children's future – when they ask what actions you took, will you be able to respond, holding your head up high or sink with a whimper?

In the past, I truly believed in democracy, however, after over a decade of research, I clearly see, it is an illusion. Many if not most governments, in developed countries are nothing more than a “democratic” version of organised crime.

Why then, should we comply with any of their remits, when not fair and just? The answer is, we shouldn't. If you cannot escape to another country that has reduced or zero corruption, where the majority of citizens hold up their nation, my suggestion is to take back at least some control.

There is a difference between what is legal and what is lawful, I suggest you look into this. Government laws sit below natural laws, for we are sovereign beings not beholden to anyone.

If you have ever wondered, how certain lawyers get their rich clients off from motoring offences, while the rest of us receive fines and points. It is because they know which precise words to use in the courtroom, to dismiss the case...one law for them.

“While betrayal in love is the harshest lesson, look out for the less obvious”

Ugo Domizioli

11

Traditions

Meaning: a custom, story, belief or statement passed down from one generation to the next, usually by word of mouth.

Derivatives: traditional, ritual, doctrine, institutional.

Synonyms: customary, ceremonial, practice, convention.

During my three-month stay in Turkey, drinking tea was an integral, important part of their culture. In one sense, it's the original coffee culture of today. People will spend hours passing their days with friends, putting the world to rights over cups of tea.

This tradition is clearly an important one. Why then in most establishments is the tea stewed, was a question I asked myself. I went to many restaurants where the tea was free, but stewed and old, possibly brewed hours beforehand.

Ask anyone in England, tea has a brew time of a few minutes, any more and the tea turns sour. I firstly thought that this stewed tea, is the way it is...tradition. However in more upmarket Turkish establishments, the tea was brewed fresh.

I then came to the conclusion it was an economic one. Having said this, how can something so important and integral be sloppily made and importantly, why do people put up with it?

Religion is another tradition, handed down to children, in some cultures more extensively than others. Choice is not an option during the younger years, children simply carry out their parents wishes with little thought or reason.

If questions are ever asked, often the parents themselves do not have the answers and make things up, probably just as their parents had done to them.

While I respect the institution called marriage, giving children security in most cases, I question whether it's simply another tradition that most feel obliged to be a part of.

While some modern marriages shape their ceremonies without the pomp and circumstance of the past, the fundamentals remain the same steeped in tradition.

Unfortunately due to modern legal structures in many countries, marriage for men no longer makes any sense. Yes, we all romanticize of falling in love by finding the one, however, the statistics in many countries no longer stack up, with over 50% of marriages ending up in divorce, with another 25% unhappy.

The financial and social implications for men is indeed a dire one. Lack of access to children together with exorbitant maintenance fees, have for modern men, laid to rest this tradition.

Further education is another tradition that pretty much every parent aspires for their offspring. Going to university is seen as the best method of securing a decent career, especially among the working class that have experienced the other side of the equation of manual labour or market/shop/factory work.

The reality is, most young adults have a university degree, which by the power of supply and demand, diminishes their value as experienced by the highly educated barista in our local coffee shop.

While I personally still somewhat see the value of a degree, the internet now provides a better source of often free, or virtually free, practical knowledge, this often more useful in the real world. I also equally see value, in hands on education, in the form of apprenticeships if starting at a young age.

Circumcision is a religious and societal norm in many cultures and countries. In the US, the religious aspect is mainly negated, instead it forms a part of a parents knowledge book. US institutions still to this day, proclaim circumcision is backed by science and it's just "a little snip".

The child has zero rights to stop this mutilation and completely unnecessary surgical procedure, which to this day is still claimed vital to cleanliness and health.

This is simply a lie. Circumcision, in fact, has zero health benefits, carries some risk of surgical complications and vitally has the result of reducing sensation for the man during intercourse.

There are zero benefits to this tradition, yet millions continue to blindly follow the herd to desensitisation...a cult in many respects.

Our bodies were created with perfection, able to cure themselves, there is no reason for bodily mutilation in this form for both boys and girls.

Visiting our local doctor when sick, is simply what we do. They are there to diagnose our symptoms and give us a remedy. Due to the fast pace of life, we spend little time thinking about this relationship. Our doctors give us a prescription for drugs to fix or mask our problem and we continue in the rat race.

The vast majority of us, would not consider or know how to go about seeking an alternative point of view, from alternative practitioners of medicine. This is mainly due to the fact that the official medical institutions, do not recognise other forms of treatment.

Why is this? When looked into carefully, profit is the motive. World health systems are moving toward the US private expensive healthcare systems with hyper expensive drugs becoming the norm.

Our tradition of visiting our local doctor has recently been exposed for the danger it can cause during the plannedemic. Doctors simply followed government orders and overrode their Hippocratic Oath to not harm their patients.

The long term consequences of the Covid jabs, are starting to appear very clear to everyone. Children and young fit adults such as athletes, are dying from heart attacks.

This is simply not statistically normal, as of the publication of this book, an estimated 1,200 athletes have died around the globe. Other long term side effects remain to be seen.

Our tradition, in most Western countries, of trusting our government to not harm its citizens, has been broken due to the lies and the facts around the Covid 19 Plannedemic.

As I have explained previously, I immediately knew governments around the world were lying which led me to follow a path of zero testing and zero jabs.

Blindly following the dictate of others is never a good idea, just because it's a tradition and almost a requirement, following the herd toward Covid jabs because you were uncomfortable is a cop out to the sovereign being you are.

While certain traditions offer comfort following the status quo such as the family unit, certain traditions actually hold back future generations through a lack of questioning.

This lack of critical thinking, analysis and inflexibility with many traditions, leads to resistance to change and progress.

“Stewed tea...a tradition gone too far”

Ugo Domizioli

Present

12

Slave

Meaning: a person held in servitude, dominated and the property of another, in effect a prisoner.

Derivatives: slavery, enslavement, servant, serf, dogsbody, chattel, peon, hostage, exploitation, servitude, feudalism.

Synonyms: captive, oppression, bondage, subjugation.

This word from the past, is a difficult one to use, due to its historical connotations. However, there is evidence showing that slavery exists today in the 21st Century. In 2024, over 45 million people around the world, in over 167 countries are slaves.

Many countries, have a national compulsory military service, when young adults come of age, they are enlisted automatically. There is no choice. Yes, board, loggings and sometimes a low salary is given, but not choice...this is now being discussed by politicians in the UK.

Many will remember the 2008 film, Slumdog Millionaire. Part of the film involves street children, coerced with the promise of shelter, food and the friendship of other children to become street beggars.

Some would define them as modern slaves, rather than the original variety – same word, different guise. They may have the opportunity to escape, but their captors, gave them just enough to stay – film spoiler alert...they did escape.

During my travels, in many open air live produce markets, I noticed unchained chickens and hens sat on top of their cages, rather than inside. They had become accustomed to the food, water and shelter given by their owners...until their eventual demise.

How elephants in some countries are trained when young, stops them breaking away from their leg chains once powerful adults. They remember they couldn't break away when young, so don't even try in adulthood.

It may surprise you to learn, that traditional slavery still exists, where people are bought, sold and owned by their masters, this is still legal in some countries.

On the whole, modern slavery has however taken over – forced marriage, child marriage, child labour, forced labour, child begging and sexual slavery to name a few.

Those illegal migrants, crossing the English channel in those modern dingies, often are slaves until their debt for their transportation is paid off.

These modern slaves on the whole, cannot escape or run away as they are undocumented and are either threatened themselves or their families back home.

Modern slavery takes the form of ultra low pay, which for millions may be a better situation than no money at all, but they simply cannot withdraw from this somewhat mutual arrangement.

Some on the opposite side of the argument, would say they have some free will, so cannot be considered slaves. While to some extent, I would agree, I would counteract, humans deserve better by having minimum standards for living.

While on the whole, modern slavery is a phenomena in developing countries, it exists in western ones too. How many agricultural jobs in particular, are staffed by legal, but often illegal migrants.

California in the US, has an estimated 1-2 million illegal migrants working the fields without which crops would simply go to waste. In time, I believe technological advancements with robotic crop picking machines will take over those jobs with migrants moving on to other jobs or countries.

The same situation occurs in other countries, the truth is, illegal migration is a requirement for the continued prosperity of many ageing nation states.

This is why the might of the British Coast Guard or the military prowess of the Armed Forces, cannot, or more likely, are not allowed to interfere in those crossing the English Channel every week in those small dingies.

The ugly truth, governments are allowing slavery at home and abroad. The might of western nations, instead of raising awareness (Modern Slavery Act 2015), could impose severe financial sanctions until countries eradicate slavery, but they choose not to implement this policy.

A 2020 report showed that, while all 193 United Nations member states have prohibited laws legalising slavery, less than half actually prohibit slavery, with only two nations, having laws criminalising modern slavery.

I would argue, that we are all modern slaves. Yes our standard of living is on a different level compared to real modern slaves, but slaves nonetheless. Can you stop working, move away, stop paying your rent/mortgage? The answer is no, we are all prisoners in a system without walls.

The feudal aristocratic systems transitioned from plantations to factories and offices. Instead of owning the labour, it is now rented by the hour. Instead of landlords providing free shelter for their serfs, land owners divided their immense lands into smaller parcels and sold or leased them to the masses.

While feudal healthcare may have been limited as they didn't want their slaves to die, this transitioned to modern healthcare, either paid directly or via taxation.

Nothing has actually changed, the same people that owned the plantations, continue to own the land, factories and buildings. If you believe you own your home, try not paying property taxes and see what happens...it will eventually be repossessed.

Do you think you have the free will to choose an employer? While in most civilised countries this may be true, it was proven untrue during the plannedemic, jobs were made compulsory in many organisations in order for employees/slaves to keep their jobs.

I have made this point before, education systems are designed to create employees/slaves, never entrepreneurs. The only way to escape selling your hours, is to own your hours, by creating a self sustaining business.

I understand most don't have the mindset to go down this long journey to freedom. This is because we were never given or taught the skills required by the education system.

However, with the power of the internet, we can learn new skills either for free or low fee. Take the plunge, stop watching your television set at night and instead divert those hours to start looking into whatever interests you, that could be turned into a business or investment.

I give starting a business as an example, but the point is to change your mindset from employee to entrepreneur in whatever guise that may take...happy hunting.

“Free yourself, open your mind to possibilities away from perceived reality”

Ugo Domizioli

13

Beliefs

Meaning: an opinion often based on faith and trust, which builds confidence and acceptance that a particular view is true.

Derivatives: believe, believed, believing, believable.

Synonyms: understanding, acceptance, assumption, position, conclusion, conviction, reliance.

Where do our beliefs come from, is a primary and important question? They begin with our parents and are expanded upon by the education system and those closest, such as friends and work colleagues.

Beliefs unconsciously affect almost every aspect of our lives, however they are rarely questioned, for they are fundamental to how we identify ourselves, how we look at others, and the world at large.

Beliefs are central to our lives; we trust them, are guided by them and will defend them with all our strength – our beliefs, are us, we are our beliefs.

To question our beliefs, means looking into where they came from, their origin...can you honestly answer this question? The uncomfortable path, looking into the origins of our beliefs, starts with being honest with ourselves. When we are honest and authentic with ourselves, we realise that the majority of our beliefs are far from our own.

We have been programmed from an early age, particularly throughout our school, college and university years. Our beliefs, “knowledge”, shaped by those in positions of trust: the education system, government, scientists, medical system, media and religious leaders...“the experts”.

The truth is that over the past few decades in particular, propaganda by governments, search engines, social and mainstream media has been at the highest levels. We are all, what I have come to identify, Propaganda Puppets.

Similar to the drug or alcohol addict, that doesn't want to hear the truth. Propaganda Puppets will refute anything outside their core beliefs and tend to only allow in, new information in alignment to existing beliefs.

Research has shown, those in denial, go as far as ignoring confirmed evidence, proving a strongly held belief to be untrue or false.

When one truth collides head on with another, the two contradictory truths causes us psychological stress. We panic, and more often than not, we cast the new information aside, retreating to the safety of our “settled belief” comfort zone. As a society, we value facts over fiction, however, when it comes to our own truth, most prefer not knowing it.

Research has shown to those in power, that the majority of the population, believe a lie much faster than the truth. Think about that deeply for a while. It means you can control people with lies as they ignore the truth from alternative sources, as the government is the trusted resource.

Ask yourself what you would do with such knowledge and power? I think the result is very clear, you lie about everything important that furthers whatever political narrative is important. Mainstream legacy news and their “journalists” are simply paid actors, following a governmental script rather than investigating and reporting the facts.

Modern propaganda is indistinguishable from casually related stories; it is everywhere it’s needed to be, in order to sway beliefs. Propaganda is used more today than during WWII, however, it’s more subtle. Governments finance the making of televised programs, documentaries and films which we casually watch, yet over time influence our beliefs.

This scenario played out on cue, during the Covid-19 Plannedemic. Fear is the simplest and most basic of human emotions, it was used 24/7 to create the desired result...obedience.

Your beliefs surrounding the plannedemic, have since been shattered with documented proof and evidence. However the consequences of listening to the propaganda has long term consequences upon the health of those that took in the narratives, with permanent disabilities and deaths on the rise exponentially around the world.

Now that your belief of trusting your government to not harm its citizens has been shattered, the question comes back, are you open and ready to look into other subjects where your beliefs are equally as strong?

The truth is, we have been lied to for centuries, the way we believe history, in most cases is a complete lie, as history is always written by the victors.

Your beliefs across the subjects of economics, politics, science and most importantly health, among others, are on the whole incorrect.

Upon further investigation and proper research by avoiding the main online search engines, many of your beliefs will prove to be in fact, make believe.

To land on the right side of truth, is by no means an easy journey, as you will be tearing apart to some extent the fabric of who you have become.

The “belief tape” that is playing inside your subconscious mind, can however, be overwritten, with a new story. By changing our thoughts, we change our beliefs, leading to a change in our behaviours.

Being open rather than rigid with our beliefs is how we set ourselves free from the past, becoming teachable again with unlimited possibilities rather than boundaries.

In time, by looking closely at our beliefs, we can identify those which have held us back and begin to question everything. With new authentic beliefs, we can change our future lives because we are not born with preset beliefs as they are all learned and a choice.

Instead of waiting for the world outside us to change, we create the change within ourselves and liberate decades of programming and often self-limiting beliefs that have been holding us back.

For some, changing beliefs can be instant, for others it takes time. You can start today by deciding to take back control of your belief system to see the truth, instead of what is convenient and discover how many of your beliefs are, in fact, make-believe.

“If I were to truly question, where my major beliefs come from, the truth is, I don’t know”

Ugo Domizioli

14

Stupid

Meaning: acting in an unintelligent way, making careless decisions without proper reason.

Derivatives: stupidity, ignorant, unintelligent, idiotic, dumb, unwise, slow.

Synonyms: foolish, mindless, foolish.

Stupid is not a word we tend to hear so much in our day to day lives, apart from where we might call someone stupid during a dangerous car overtaking manoeuvre.

When searching for derivatives and synonyms, I was astounded how many words came back. There are more alternative words for stupid than any other in this book...I limited my selection!

One definition I found interesting, which harks back to medieval times, defines stupid as being characterized by, or in a state of stupor, dulled in feeling and paralysed.

This definition, perfectly sums up how I felt, as the months, then years of the plannedemic passed by, with the mass of people that crossed my path, seemingly in some sort of stupor.

I could clearly see the propaganda and brainwashing techniques being used to cast a spell over citizens, into believing everything our governments and the mainstream media said...I was truly gobsmacked others could not see this too.

I began to use the word stupid, in the latter part of the plannedemic, when coming across someone that was still in denial, despite the growing evidence that Covid-19 was a scam. I would say something along the lines of "I see, you still believe in Stupid-19". It would often not elicit any sort of response.

Stupid-19, would then be incorporated as a quote in my second book, to highlight and again bring attention to the plannedemic. I believe it's of vital importance to everyone, to truly understand what our governments are capable of and what they planned and executed toward humanity on mass.

While I completely understand, that the risk of me offending people and readers is high, as well as the possibility of being misunderstood.

Once again, the topic of the plannedemic is so so important to understand, in order that your life stands a chance of being. I know that sounds extreme, but it is only when we finally know the genuine numbers of those killed by the jab and leaders are held accountable, that society can move on, somehow?

Only by taking on board the truth and acknowledging genuine history, can we stop these monsters from ever again attempting such an horrific event.

You would imagine stupid is limited in scope, with those lower down the education ladder to be particularly affected. Research however, shows this not to be the case. Stupidity affects everyone, surprisingly those regarded as smarter tend to fall the hardest.

While many if not most, average Joe's & Jane's tend to score highest on the common sense scale. The posher, more educated the person, the less common sense they tend to have – this paradox tends to cut across the whole of society.

Let me give you just one example of stupidity with a very successful US based podcast I subscribe to, called the “All-In Podcast”.

It covers the usual high level subjects of economics, politics and society. However, it specialises in entrepreneurship via venture capital investing, with all the founder members investing heavily into start-ups.

This podcast consists of four highly intelligent, wealthy and worldly hosts. Two are worth US\$100m+, one US\$500m+ with the final member being a multi-billionaire...it came out during one episode that they all took the jab.

How did these rich, smart and successful businessmen, act in such a dumb fashion? How did the other 4-5 billion also become so stupid showing a lack of prudence and common sense?

One answer is the dumbing down of societies. We just need to look at our education systems to see something is clearly wrong. We were never taught the tools of critical thinking, this was on purpose as I have previously explained.

Next fascism has taken hold, in many countries where we have puppet politicians doing the bidding of their masters in return for a wealthy life.

This control extends to all media platforms we consume on a daily basis. Every high level, important news item is a shaped narrative designed to sway our actions and beliefs toward those pulling the levers and strings in the background.

Our access to information via the internet is controlled by the gatekeeper search engines, to filter our results based on their ideologies.

The truth is, we simply take in whatever is pushed to us, this is literally true on social media platforms as we scroll and scroll. This information overload has decreased our ability to focus on in-depth analysis leading to a culture of short attention spans.

The same is happening with the advent of AI, whose Large Language Models (LLMs), in effect a database, are also controlled therefore limiting the answers we get back.

As our reliance on AI grows exponentially, firstly with simple daily task management, then eventually the answering of high level questions. Our dumbness path will continue to grow as our natural critical thinking and problem solving abilities diminish over time into a cesspool of group-think.

If this wasn't enough, scientific research has shown that our IQ levels are in fact, on a long-term decline – we are getting dumber every year!

For those that can see through the fake narratives and have the problem solving toolkit. Fantastic, continue on your journey into the real world and the benefits that will come from not being a part of the sheep herd and stupid. For the rest that prefer to avoid the suffering of looking stupid and being victims again...read on.

We avoid stupid by firstly being conscious and noticing repeated high level narratives across the media spectrum. I would urge readers to look up the writings of Italian economist Carlo Cipolla that ended up, somewhat accidentally, being an expert in the field of human stupidity with his five laws.

A very basic summary concludes, there are more stupid people than we can imagine across all levels of success and power and they are the most dangerous types!

On the more positive side, our capacity for intellectual growth and learning is quite remarkable when we embrace curiosity and open-mindedness. By learning the skills of critical thinking and problem solving, I believe we can make sense of what is happening not only today but also into the future.

I'm sure genuine, not ideologically controlled AI tools, will be created by those with good values and a sense of what is right, helping us to navigate a path away from ignorance and stupidity, toward truth and knowledge.

“Your path to distance yourself from stupid, is but a simple one...think critically”

Ugo Domizioli

15

Control

Meaning: the authority to direct or sway people's opinions or behaviours.

Derivatives: controlled, controllable.

Synonyms: command, power, domination, supremacy, reign, hegemony.

When we think of control, we tend to internalise, toward how we control our lives. The other side of the equation, would be to look at how much of our lives are controlled by others. Who are they? What are their motives? What are the consequences?

Control for some, starts at home, overbearing parents wanting the best for their children which sometimes manifests itself with exaggerated control – nothing is ever good enough.

Children in Asia, tend to have to deal with this more than other cultures, with scholastic achievement being the top priority. Sometimes the unfortunate consequence for some, is the taking of their own lives as they fall to the pressure to conform and perform to expectations.

Most that survive this extreme parental control, often taking their memories into adulthood, manifesting with similar levels of control, usually toward, or by others, often their partners, making them feel powerless yet again.

If you were never good enough when young, how can you be now – a never ending spiral of self doubt and self criticism can often consume the person in later years, strangely turning into their parents, pointing the finger at themselves.

Many of us believe we have control of our lives, we feel better when we are in control, our habits and daily routines point us toward this sense of directing our lives.

Our ego needs control – “this happened because I made it happen”, often-times that is correct. However, research shows we tend to claim positive outcomes from our actions, but blame negative ones on others. Nobody wants to feel helpless by not having control, but control to some extent is an illusion.

Those that gamble in a casino believe they have an edge over the house, those that day trade the stock markets believe they can beat the algorithms, the heavy drinker feels they have their habit in check, those in high paying careers believe they have work/life balance, those treating themselves to biscuits believe they can quit...the list goes on.

The reality is, control has either already been lost or was never there in the first place. When we engage in some habits...that posh coffee every morning, piece of cake or never ending clothes shopping spree, we are on a path of addiction.

Food habits in particular, control us, junk foods and drinks have been formulated to keep us coming back for more. If we are honest with ourselves, were we to look closely, addiction is everywhere, it doesn't stop with alcohol or drugs.

These "mild" addictions are seen as easier to pull back from; my challenge to you is to try – not so easy is it...you have lost control.

During the plannedemic, the ugly face of state control, showed itself, tyranny in every shape and form. If you cannot still see this truth, I beg you, hurry up for your future and that of your children depend upon this understanding.

From a financial perspective, every aspect of our lives is controlled by money. I would urge readers to look at the question "Where does money come from?" from my first book. Inflation, interest rates and therefore all loans/mortgages are at the whim of someone else, every aspect of the economy is controlled.

Politics is no different, you may be under the impression you have some control via voting, however, this is an illusion. Leaders are chosen by those truly in power, never us mere citizens.

In our modern era, the control of information is one of the biggest impacting our lives. Propaganda in the form of narratives in every message or story that matters to those in control infiltrates every platform.

The introduction of national miss-information laws is simply a “legal” method to shut down discourse, in other words, tyranny...I cannot believe this has occurred, our developed nations have fallen.

When we look at our lives deeply, the reality is, we have little control, whatever we may tell ourselves or believe. A few other examples of things we can't control, try as we might:

- What other people do or how they perceive you
- How others treat you and whether or not they like you
- What others think and believe
- Our future

Research backs this up, we tend to overestimate our influence over the uncontrollable...the illusion of control. On the other hand, there are certain aspects of our lives we should control:

- Saying thank you, in our daily interactions with others
- Listening rather than talking more, allowing us to grow
- Accepting the perfect you, today
- How we interpret events, especially negative ones
- Choosing to eat healthy by eliminating junk foods
- Being honourable, standing tall and being kind
- Becoming a smiling stranger toward all
- Embracing what you have today, not tomorrow
- Asking for help and helping others

We all crave control, I would suggest we concentrate on things we can influence from the second list. For those like myself, that wish to have at least some control over the higher level elements in the economical and political arenas. I would suggest you take that control away from those holding the keys...take them back so you can open the doors yourself.

This can only be achieved by obtaining financial independence and wrestling back the sovereignty you were born with, but handed over to the state upon your parents signing your birth certificate...read up on this, truly shocking.

My example may be seen as extreme, in that I am moving to another country, more closely aligned to who I have become. However, I see no alternative, as the West continues its self imposed implosion and decline across multiple levels.

I would suggest, you take back control of your health, so you rarely have to visit a doctor. The old adage, garbage in, garbage out holds true for our bodies more so than computing. Buy, cook, natural unprocessed foods and stop using cheap poisoned vegetable cooking oils.

The blockchain and its various Web 3.0 technologies, offer us all the chance to take back control of our digital, as well as financial lives, I would urge you to look into this further as it will have an impact on everything you do in the future.

Having said all of the above, I also believe in letting go of all control, letting the universe oversee our well-being. I am far from achieving this myself, but getting closer as I understand that trying to control everything is rooted in fear and no way to lead our lives. Our greatest power emanates from not knowing, surrendering the fight with others, society and ourselves and letting the flow of the river of life decide our path.

A lot easier said than done, I hear you ask. It is indeed, start with small steps by trusting your intuition rather than mind: freestyle cooking rather than using a recipe, a different walk home, not bringing an umbrella, picking a new restaurant.

You will find on the whole, your world wasn't destroyed by letting the universe make these small decisions for you. In time, as I have experienced, you trust your intuition and the universe with the bigger decisions in life.

“We try to outsmart the universe, but forget that it knows and sees everything”

Ugo Domizioli

16

Consensus

Meaning: an agreement toward an opinion, not necessarily fact, by a few or a majority of people.

Derivatives: accord, unity, like-mindedness, belief, conviction, arrangement, agreement.

Synonyms: congruence, harmony, union, viewpoint.

The typical usage for the word consensus, is usually in the field of science. A group of scientists agree upon a thesis or the outcome of a series of experiments upon a particular subject.

During the plannedemic, consensus was used to silence anyone that disagreed with official narratives. Whether it was the use of masks, lockdowns/house-arrests, distancing or the jabs themselves.

Those that expressed their views around any aspect of Covid with reasonable questions, were cancelled by labelling them as “conspiracy theorists” or “anti-science”.

The science was “settled”, in other words, a consensus was reached among a group of scientists, and no one was allowed to question or have an alternative point of view.

The core basis of science is to continually ask questions, however those in power decided this no longer held true. Clearly, science had become politicised during the plannedemic.

Consensus in science has been abused over a long period of time, not solely during the plannedemic, it is systemic.

When scientists hold views different from the scientific community in important fields, they are quickly marginalized and excluded from the community. Their views or theses, are deemed out of alignment from the consensus.

They become ostracized, their reports never make it to publication in important scientific journals and therefore never seen by other scientists to experiment on with their own ideas. Dinner, university and conference invitations suddenly dry up, suppressing any further discussion.

Most scientists are funded, by either governments or large corporations. This funding comes with conditions to conform to the laid out criteria without deviation.

Should a scientist stumble upon a discovery that potentially could change the destiny of humanity but destroys an existing pharmaceutical drug treatment, their funding will simply be removed with future funding denied and their work hidden, forever.

There are also scientists that are simply corrupt and will do whatever their payroll/funding masters ask them. Write a paper to downplay or support a particular viewpoint...no problem.

This is how the tobacco industry, covered up the link between smoking and cancer. How the food industry continues to cover up the link between sugar and vegetable oils toward obesity.

The promotion of a particular agenda, detrimental to human health is abhorrent, these sell-outs have clearly sold their souls to the devil...karma will be a bitch.

One of the derivative words to consensus, is interestingly arrangement. This it turns out, is more true than it should be. An arrangement is often made surrounding certain topics or narratives especially in the scientific, political or economic spectrums.

It may surprise you to learn that governments have been using something called The Delphi Method for decades. This system is used to funnel groups of people to a pre-determined consensus by accepting certain view points or narratives as a given, while maintaining the illusion of choice.

Public opinion on the climate has been steered for decades toward the current situation where almost everyone under 25 years of age, has completely succumbed to The Climate Cult.

The 2023, COP28 conference in Dubai, was designed to bring on board, all nations toward the climate agenda. However, the scam of CO2 reduction and taxing citizens, is well known to nations not peddling it.

While the usual suspects of the US, UK, EU et al, continue to push their narratives, destroying their economies with the fake notion of using sustainable sources for energy.

Eastern nations laugh at Western absurdity, and prosper while the West continues to collapse as the global shift in the power base takes shape with further Western deindustrialization.

84% of energy used on planet earth comes from fossil fuels, ask yourself a simple question, how can we live on only 16% of the energy we use today? The answer is, we can't. Of course there are advances in greener technologies, however they simply cannot serve us today or the foreseeable future.

Social pressure and laws are now in place, making it almost impossible, to disagree or even have a real conversation on the subject. Objections are crushed toward anyone that dares to dissent, at the extreme end, people are fined and imprisoned.

In some countries, citizens that publicly endorse fossil fuels in a positive fashion, face fines of up to US\$1m as well as two years in prison.

Genuine facts (which I have in abundance on this subject), no longer matter. Beliefs of those born in generation X and Y in particular, are so ingrained by propaganda, in their very being and identity, it's almost impossible for them to leave the cult.

The recent plannedemic created a newer clan, The Covidian Cult. It is often said, that those in a cult are unaware of their reality, unfortunately this one had, and to a large extent, still has, a membership numbering in the billions.

Another perfect example, is the seemingly democratic television programme called Question Time in the UK and others of its ilk.

While it may seem that hot political, economic and global topics are discussed in an open format in front of a public audience, the reality is somewhat different.

Subjects are firstly carefully selected to never discuss the truly controversial topics that would shed truth and light upon the government and other important themes.

When hot topics are occasionally briefly touched upon, the questioning and answering is swayed away from truly delving into the subject.

The carefully selected speakers on the panel, know they have to toe the line with their answers; if or when they wonder off course, they are quickly brought back in line by the moderator.

If you have ever taken part in a high level survey, such as those created by governments, to capture public opinion. These would seem fair, however, these surveys are often rigged with the questions themselves designed to steer the respondent to agree with the basic premise.

A recent example was a proposal to capture the public pulse on Central Bank Digital Currencies (CBDCs). There was not an option to disagree with the implementation of CBDCs, only capture responses defining how it may function.

On a personal level, how we deal with consensus among our family and friends can sometimes be complicated, other times simple. We agree on most viewpoints for that is the nature of the relationships we have with them.

If we were to disagree, on the larger subjects of life, there would invariably be a parting. Unfortunately, in the current realm of cancel culture many have adopted, this occurs across less important subjects and topics.

We must be on the lookout for when consensus is abused as has clearly occurred recently. Look for when it's used to silence dissenting voices and justify negative policies leading to harmful outcomes.

Surely consensus has benefits too? Yes indeed, my simple test is to see if it truly benefits the people.

“Be the maverick, your sovereign nature demands”

Ugo Domizioli

17

Division

Meaning: the process of dividing and separating.

Derivatives: divisive, dividing, divide up, break-up, separation, segregation.

Synonyms: conflict, split, partition, compartmentalise.

Question...why is there so much division between us? For the past decade in particular, we are living through what appears to be the most divisive period in modern times.

Families, friends, work colleagues are at loggerheads across a multitude of subjects – Covid, BLM, Antifa, Gender, Migration, Ukraine, Gaza, Trump, Putin, Politics...the list goes on.

A few simple questions, does this seem normal? Do you feel this division is organic in nature? For many/most, the answer will be yes, the world is always going through ups and downs...move on, nothing to see here.

Instead, I would argue, that many if not all of these subjects and themes are inorganic, not natural and designed to create division among citizens.

There is a simple truth that most are unaware of, those in power, keep hold of their power through distraction. While citizens are fighting each other, they have less time to pay attention to what their governments are up to.

Divide and conquer is a strategy used by rulers throughout history to control citizens. Using various tactics such as highlighting differences in ethnicity, social class, political ideology and religion; those in control divide citizens into smaller groups so that they then fight between themselves.

The British Empire in India, encouraged Hindus and Muslims to distrust and fight each other. The US, forced Native Americans onto reservations, again encouraging them to fight each other.

Past rulers and politicians of today, have always been very aware they are outnumbered. If the majority of citizens ever came to agree upon a common reason to oust those in power, their time and often lives, would come to a very abrupt end.

The obvious example, would be the French Revolution 1787-1799. Its aim was to change the relationship between rulers and citizens.

Interestingly, many of the reasons for the revolution seem to be in place today in one form or another. Feudalism, poverty, rich/poor divide, high taxes, privilege...essentially an unfair system designed to enrich the few at the expense of the many.

The wealth gap has widened and is the biggest it has ever been. Riots around the world are at their highest for decades. Poverty and food shortages are global in nature. Racial and social injustices also are at their peak and governments using unheard of tyrannical policies, the likes of which we have never experienced before, seem to be on an endless roll.

While many have succumbed to woke narratives, I would argue, the silent majority are veering toward populism, nationalism and common sense. However, here again we have division.

I understand people are under mass psychological persuasion techniques, as evidenced by the global Covid Plannedemic. However, at some point, common sense has to come to the fore, it's only then, that division begins to fade away, as we all realise we are on the same side, the side of humanity.

We do not naturally want conflict with one another, we are peaceful by design. It has always been those in power that have encouraged division and conflict. Again, only once the masses realise this, can change occur for a better future.

**“Building bridges, never barricades, is our true selves,
for we are builders, not destroyers”**

Ugo Domizioli

18

Trust

Meaning: having confidence and relying on someone or something.

Derivatives: trusting, trusted, entrustment.

Synonyms: certainty, conviction, confidence, expectation, belief, dependence, surety, obligation, duty.

Our first exposure to trust naturally comes from our family. As children we trusted our parents to raise us in a safe environment, providing us with a platform for growth.

Next, on a personal level, we trust our close friends, those that have been part of our life journey for years, often decades. That trust then reaches further out, to our chosen partners whether dating or ultimately marriage. At this level of trust, we relax, life becomes easier as we can count on those closest to us.

A tear or break in trust between those married, is often fatal leading to separation. It's very hard to come back from a serious break of trust, such as one partner having an affair.

Further out, we tend to trust our employer, again a situation that we have direct contact with daily. We trust our doctors, hospitals, police, armed forces, the media and politicians.

Those in positions of power have explicit duties of trust toward citizens, usually enshrined in law, codes of conduct and ethical guidelines.

Police forces are there to protect and serve, uphold and enforce the law, investigate crimes and ultimately respect the rights of individuals. Politicians are there to represent constituents, be accountable for decisions and be transparent in their dealings.

However, there are countless examples with evidence, proving violations in this duty of trust toward citizens. There exists a two-tier justice system, where those in power are never prosecuted for their crimes.

Take the example of the former member of Parliament for North West Leicestershire, Andrew James Bridgen. He was the only politician out of 650, that truly represented the concerns of British citizens about the shocking and unexplained excess

deaths likely due to the covid jabs. Not one other UK Politician was interested into looking at the area...I ask you why?

While in England, we eventually had the latest usual fake public enquiry looking into the Covid Plannedemic. Scotland had a more open version, with actual citizen witnesses...strange the mainstream media didn't cover it.

In the Philippines – 100,000s of excess deaths and over a million fewer births than usual, is under full investigation.

Equally, the Japanese government gave Prof. Emeritus Dr. Masanori Fukushima, the power to investigate the reasons for excess deaths in Japan. His reported concluded, mRNA jabs destroyed immune systems, brought about autoimmune diseases, neurodegenerative diseases, cancer, and infections.

Politicians are on the whole, compromised via the lobby systems, essentially accepting bribes to pass legislation favourable to large corporations – look no further than The European Commission.

Unelected officials sit above The European Parliament with its elected members. Those with the real power behind the scenes, select the politicians...the illusion of democracy and elections is laid bare once you understand this truth.

Politicians use offshore companies and trusts to avoid paying taxes while those working, without this knowledge or means, pay 45% plus.

Doctors joining the medical establishment, tend to have good intentions on the whole. However, the system is designed to push pharmaceuticals for virtually every condition, while natural therapies are outlawed.

My question to you, why the hell do you trust these institutions? Most prefer not to look too deeply into these matters, as it shatters their illusion of democracy and fairness.

It's simply too much to take in and accept, as the narrative of trust used, in reality, is not real. I was exactly where most of you reading this are right now.

I trusted these systems, these institutions, but my belief's were shattered with evidence to the contrary. I am not talking about isolated incidences, instead consistent, long-term policies put in place not to protect and serve citizens, rather see and treat them as sheep ready for slaughter.

A quote from my second book covers this subject:

“As we are coerced to trust and believe the narrative of the day, we each believe what we believe – truth often lying inside the word, belief”

I am very aware, I keep going on about plannedemic, but if just this one major worldwide event, doesn't wake people up to the truth, I do not know what will.

We were lied to from the beginning, if you are still in doubt, I don't know what to say. The jabs were never vaccines both medically and legally. The permanent harm and deaths they have caused are in the millions.

Think about this carefully, your government intentionally mandated a drug that has had devastating effects, which documents prove they knew about prior to release.

They have no choice to cover up what they have done, otherwise worldwide revolutions would likely occur. Laws have been introduced globally, to shut citizens up, we no longer can hold our governments accountable for any of their actions.

We have succumbed to brainwashing and trusting everything they do, history has proved this to be madness. When we look back, we know where this leads, totalitarian control.

I know this is scary to confront, however, awareness is the first step, without it, nothing can change. The future, especially for our children, is hard to fathom if we do nothing.

My various websites and books are my small way of raising awareness. With my current level of knowledge, my life to some extent has been simplified as I no longer trust anything of importance emanating from official institutions.

I have made the decision to find a country that is more aligned with its obligation of trust toward its citizens. I perfectly understand the grass is usually never greener, but it will be, at least to some extent, in the things that matter most to me.

Another of my quotes sums up where I believe we are:

“The West has fallen – fight for freedom or continue to fall for fascism”.

As a society, we have evolved to trust our minds when making decisions, moving away or forgotten to trust our hearts instead. It has definitely been a journey to trust my gut rather than logical mind making decisions, however, I am now very comfortable using my intuition in the main.

When we think about it, the answers we seek to any big question have always been within us. When your heart aligns with your mind, life becomes easier, with coincidences showing up that somehow magically align with your purpose.

Trusting that things will work out, probably not how you expect, or in your time frame, is the key as our hearts never let us down.

My parting thoughts, don't trust those that have been proven time and time again to lie to you...ever. You would never trust a partner that did this, how can you ignore those in power that have done the same and have a direct effect on how you are able to live your life, politically and economically.

“Governments exist to serve their citizens, they are never our masters”

Ugo Domizioli

19

Truth

Meaning: a statement generally considered to be a fact given the evidence present at the time.

Derivatives: true, truthful, truthfulness, candour, fact.

Synonyms: honesty, genuineness, accuracy, authenticity.

While I have covered the word truth within other words such as authenticity and beliefs. As my goal is to land on the right side of genuine history, truth and knowledge, I therefore feel it vital, to give truth its own space to breathe.

For many truth is absolute, while for others it can be subjective. When looked at in depth, truth is a complex field as evidenced from debates by philosophers and scholars for centuries.

While I have chosen to define truth in general as a fact, in fact, it may surprise you to learn, there is no universally accepted definition of truth.

There are considered to be three general theories. The correspondence theory states a statement is true, if it corresponds to the facts – if you see a lion, it is a lion as all evidence about its form and existence has long been confirmed.

The coherence theory states something is true, if it aligns with other beliefs we know to be true – for example, the UK is made up of England, Scotland, Wales, and Northern Ireland.

The pragmatic theory states something is true, if helpful or useful – for example, doctors and healthcare systems exist to help citizens toward better outcomes.

However, each of these three theories have flaws. If we seek truth by relying on corresponding facts, what happens when those “settled facts” have holes within them.

Here is a crazy example. There are those that believe the Earth is flat rather than a globe. When you look at some of their arguments, science cannot explain away some of their points. If the Earth is curved, how then can certain city skylines be visible from far away?

With the coherence theory, for many, the fact the UK is made up of four countries is contentious. While those in power have deemed this to be a fact, many simply do not agree...who is right?

With the pragmatic theory in regards to health system. The US healthcare system kills 250,000 citizens every single year through its practices. If you were one of those affected by the death of someone close, I doubt you would consider the healthcare system successful in any shape or form.

How do we examine if something is true? Unfortunately there is no simple method or answer as all methods have limitations. The only way is to piece together several techniques to increase the probability of establishing the truth.

Evidence based questioning and reasoning combined with logical reasoning and finally asking experts in a particular field, gets us closer. But even here there are problems. We have all seen those legal films and television series, where “experts” are for hire for both sides of the equation.

Certain truths, at a particular point in time may be exactly that, however, over time as more evidence comes forth, the truth morphs and is regarded as fluid.

Truth is sometimes subjective, depending on an individuals beliefs; other-times objective, based on facts and evidence. Truth can also have context depending on the viewpoint.

While one person witnesses someone being the mugger at a street scene, another witness may see the “mugger” as trying to help the victim. This is why even witness testimony in court rooms, has its flaws and biases because of the human element.

If you haven't been paying attention, there is currently a "war on truth", just as there was a "war on terror". Our governments get to determine what is, and isn't true.

However, it's not citizens, independent journalists, critical thinkers or authors spreading lies, it's those in power. There is only one word for this, which I continually mention because it's vital to understand what is going on, that word is tyranny.

Our governments sprout the words "threat to democracy", "misinformation", "fake news", "conspiracy theories", "violence and extremism"...while it is them committing these crimes against the citizens and society. In time, the way you want to live your life as the sovereign person you were born as, will no longer exist.

I have delved into the subjects of economic, political, societal, cultural, philosophical and scientific truths with my first 80 Questions Book. I would suggest if the reader is not familiar with how I see the world, they go have a look.

It is only through truth that we can truly be free, by understanding the corrupt systems we live in. We can then navigate as best a path as possible to ensure we are least affected by the lies of the world.

We have stopped being the curious child we once were, that kept asking the question, "Why". If you have been around children, you will know they keep asking why, until they are satisfied with the answer...why have we as adults lost this questioning facet?

The answer is simple, we prefer not to challenge what we believe...we cannot handle the truth. A lying wife, husband, friend or boss...how do those relationships pan out when we are too scared to confront the lies?

They do not, they fail. Most do not put up with serious lies in personal relationships, that's the only way a partnership works, anything else is but an illusion.

Finally, let's look at being truthful within ourselves, which is probably the most important part of truth. We can lie to others, but at some point, they will spot what you are doing, lying to ourselves however, is on another level in the harm it causes.

If your life is not were you want it to be, be honest with yourself and ask why. Take full responsibility for all the reasons you place onto others as these are merely excuses with your free "get out of jail" card. Athletes and entrepreneurs...don't make excuses, they identify what's missing and get on with correcting their journey.

A quick story that came to mind. I remember after I was made redundant, going for drinks with my usual crowd, but often extended to others working in finance. Everyone was wearing a suit as it was a work week, I was dressed casually.

With new members of the group, conversation always started with which company you were with and what you did. I replied to one chap, I was made redundant, within seconds he lost complete interest in me, veering towards others for discussion.

I did this on purpose to receive the reaction I expected, and confirm I was no longer interested in this line of work. I was true to myself.

“The simple truth is, truth leads to freedom”

Ugo Domizioli

20

Chemicals

Meaning: materials not found in nature, created in a laboratory, mixed to create compounds.

Derivatives: chemical, compound, substances, mixtures, artificial.

Synonyms: potions, synthetic, synthesized.

Chemicals are everywhere, every product we consume contains a concoction of materials. As we wake up from our beds, the sheets, mattress and carpet we rest our feet upon contain chemicals as well as the soap, toothpaste and shower gels...all the items we use first thing in the morning.

It doesn't stop there, the cereal we eat, feed to our children is completely artificial, not containing a gram of natural goodness. The milk, instant coffee, sliced white bread, all these items and touch points contain chemicals before we have even left our homes.

Every element in nature, when broken down is a collection of elements too. However, these were somehow created by something we cannot fathom and intended to keep nature and humans in equilibrium, balance.

Clearly, there are positives with modern chemicals, plastics have created products not possible with wood or metal at a price point everyone can afford. Our advancement with knowledge and productivity with computers, tablets and smart-phones among other products has been exponential.

Food production has reached high efficiency levels, with the introduction of pesticides and fertilizers increasing crop yields providing food to feed the world.

While it's important, to state the many benefits of the modern use of chemicals, we have to balance the equation with the negatives. The problem is, on the whole, we are not aware of the negatives and see only the positives and convenience of how they enhance our lives.

Many, may have watched the film Erin Brockovich (2000). Based on the true story of a giant US corporation contaminating the groundwater by the discharge of poisonous chemicals

causing cancers and other long term terminal conditions among the local population. While this may be a local, isolated event, the chemicals making up the products we use in our daily lives are indeed global in nature and affect us all.

Looking solely at food, the amazing research carried out by Vani Hari at her Foodbabe website, shows what US corporations get away with. To summarise her work, the same famous brand products sold in the US and the UK, contain completely different ingredients.

Yes, the core ingredients are the same, however, when looking at the package labels, the sheer number of additional chemicals allowed in US versions is truly shocking.

Many of these chemicals are actually banned in the UK and Europe for human consumption. The reason? They are linked with various serious health risks, including cancer and regarded as carcinogenic.

Pause for a moment, a large number of chemicals not suitable for humans, yet in the US, they are. Is it any wonder, US citizens are so obese and ill, compared to other countries.

Artificial chemicals commonly found in food include, preservatives such as sodium nitrate and sodium benzoate, artificial sweeteners and colours.

I say, allow your children to scream at you in the supermarket aisles for not picking up cereals and fizzy drinks full of high-fructose corn syrup, artificial sweeteners, flavour enhancers, and phosphoric acid. You know better...stop shortening their lifespan, you are the adult, act responsibly.

Children in the US are dying at a rate never seen before or experienced elsewhere. This in a country with the narrative of having the best healthcare system in the world.

A recent decline in life expectancy in the US was a surprise to many around the world, maybe less so, to the processed food conglomerates.

Life expectancy in 2019 had risen to 79 years, however by 2020 went down to 77, in 2021 the number is 76. This while countries around the world saw an increase.

The narrative that the US healthcare system is one of the best in the world, is just that, a narrative. In fact, it ranks 30th in the world. There are 29 countries with better systems. Without disparaging these other countries: Ecuador, India, Czech Republic, Greece, Mexico and Taiwan among others, have much better outcomes for their citizens...narrative shattered.

However, it doesn't stop with food. Bisphenol A (BPA): in food and drink plastic packaging. Phthalates: in personal care products. Perfluorooctanoic acid (PFOA): in non-stick cookware and Formaldehyde in cosmetics.

These are just a handful of chemicals linked to problems with reproduction, birth defects, thyroid, asthma, neurological disorders and cancer as they slowly accumulate within our bodies.

Cancer is rising around the developed world, this is not due to genetics as per official narratives; instead caused by our environment. Research shows, artificial chemicals take a long time to break down and accumulate in our bodies and the environment. Contamination in our water, soil, plants and animals, eventually ends up within us with their consumption.

OK I here you saying, these products are everywhere, how is it possible to avoid them? The honest answer is we cannot. However, we can start by firstly being aware of their serious problems, this in time, will lead to a change in our purchasing habits which we then pass onto our children for their future benefit.

We can start by ditching the really harmful food products we use. Cereals, dressings, fizzy drinks, sauces, condiments, biscuits, cakes, vegetable cooking oils etc.

Buy healthy cook books and purchase natural foods without labels and packaging and cook for yourself. Cooking is one of life's most important lessons we can pass onto our children...their future life will literally depend upon it.

Yes, these natural products are usually more expensive, what price you personally place on living a healthy pharmaceutical free and longer life, only you can answer.

Going to farmers markets is surprisingly not as expensive as you may believe. I personally ended up buying wild reindeer instead of beef together with oddly shaped vegetables, instead of the shiny "waxed" variety in supermarkets. Purchase natural products as soon as you can afford to.

“Live long without labels”

Ugo Domizioli

21

Sugar

Meaning: a sweet, crystalline substance from the juice of sugarcane/sugar beet, used extensively as an ingredient and flavouring in certain foods.

Derivatives: castor, cane, brown, demerara, icing, agave, maple, molasses, carbohydrate.

Synonyms: fructose, glucose, sucrose, lactose.

Why do I keep going on about sugar, quite simply, because it's a silent, long-term killer, present in every processed foods we eat and drink.

We are simply unaware of the harm sugar and its derivatives, such as high fructose corn syrup (HFCS) and artificial sweeteners cause. I use the generic term sugar, to classify a group of artificial sweeteners which since the 1970s, have generally replaced sugar.

We've had cancer awareness campaigns for decades, yet don't have sugar awareness campaigns. Ironically, sugar feeds cancer cells, it's how cancer cells grow, thrive and spread.

The evidence is right before our eyes, we simply need to look at how hospitals look for cancer. They inject a patient with a sugar/glucose solution which is attracted to areas with cancer.

We all have cancer cells which our bodies produce daily – our immune system when healthy, destroys these every single day. When it is weakened and damaged by the constant consumption of junk processed foods, it can no longer kill our cancer cells and cancer takes hold.

Dr. Robert Lustig has spent the past two decades researching the effect of sugar on our bodies. I urge everyone to look into his work.

It fascinates me that many, if not most official, "health" institutions around the world, promote a carbohydrate heavy diet, knowing full well, carbohydrates turn into sugar, ultimately feeding cancer!

On the other hand, a ketogenic diet, high in natural fats and proteins, keeps us full, avoiding the need to eat snacks or junk foods with the benefit that most, tend to lose weight.

Ironically, many choose to consume diet products laced with artificial sweeteners to loose weight as part of a “healthier” eating programme, unaware that they are making themselves sick in the long term.

Recent studies into artificial sweeteners, used across all processed foods and drinks, have shown a direct link to type 2 diabetes, cardiovascular diseases and cancer, in particular, brain tumours.

Drinking your favourite diet fizzy drink, will literary kill you in the long term. I have tried over and over to reach out to someone close to me, who is a coke addict...cola that is.

He clearly sees the problem with cigarettes, yet is completely blind, to quitting his favourite cola – just like a nicotine, alcohol or drug addict, he will not, chooses to, or cannot quit.

I would urge readers to view the film/documentary released in 2004, called “Aspartame Sweet Misery, A Poisoned World”. It not only explores the shady way aspartame was approved by the FDA in the US, but also its link to brain tumours, multiple sclerosis, and chronic fatigue syndrome.

The approval submission process was essentially a scam. Physical evidence of tumours in mice were cut out and discarded...bear in mind, that all animals in general, do not get brain tumours. Other times mice were reported as being healthy or normal.

Fraud, with the manipulation, deletion and falsification of records was at the core of the submission process for artificial sweeteners.

Brain tumours (cancer), have been on the increase since the early 1980s, this in direct correlation to the introduction of artificial sweeteners such as aspartame.

Evidence of side effects are mainly neurological (in the brain), people suffer from brain fog and have trouble thinking. This is rarely an instant reaction, rather a long term result of cumulative consumption.

Every time I go out to a restaurant or bar and see those around me with a diet drink, I have to stop myself from walking over and informing them, they are slowly poisoning themselves.

As stated before, artificial sweeteners are in all processed foods: diet drinks, sugar free drinks, low sugar juices, sugar free biscuits and cakes, chewing gum, ice cream and breakfast cereals, to name but a few of the hundreds of categories.

Sugar and its derivatives are hidden or obscured on product ingredient labels. Be on the lookout for the disguised names used, which include: molasses, fructose, dextrose and caramel, among a list of over 300.

How do we go about getting rid of sugar and its derivatives from our daily schedule. Step one, is to identify which products contain sweeteners, I will make it easy for you, it's all of them. Virtually all products sold in supermarkets are affected.

Due to sugar's addictive nature, it's not easy to reduce or stop consumption. Start initially, by reducing, but ultimately aim to eliminate sugar in all its forms from your daily habits as far as possible.

Doing this, you not only starve to death cancer cells as their fuel source is cut off which they need to flourish, you will also lose weight as you stop consuming processed foods. Just as we have been lied to about cigarettes and cancer, we have been lied to concerning sugar and cancer.

The difference, cigarettes are limited to smokers, sweeteners are unlimited as they touch everyone that consumes processed foods and drinks.

“Explain to me, why is it easier for a heroin addict to give up, than a sugar addict”

Ugo Domizioli

22

Stress

Meaning: a state of tension within oneself during challenging circumstances.

Derivatives: stressed, stressful, distress.

Synonyms: anxiety, worry, strain, pressure, tension.

I briefly touched upon the subject of stress with my thoughts on the word balance – I feel very strongly that stress requires its own section as stress-related diseases have reached epidemic levels globally.

While most of us know what stress is, as we have all experienced it, I feel it's important to define what stress is. Stress is when we find ourselves in worrisome situations which starts a state of mental tension.

Stress whether actual or perceived, makes our bodies create chemical reactions. Our breathing often goes into overdrive and our blood pressure rises, causing our heart rate to increase.

While stress is a natural response, prompting us to handle a given situation, clearly, this should only ever be a temporary state, we should never feel as though we are in a constant state of stress which many of us are.

Our stress levels often rise when dealing with a multitude of everyday items such as managing our time, travels, children, finances and jobs.

Stress causes both physical and mental health problems more so than we can ever imagine. Headaches, fatigue, insomnia, digestive issues, immune system impairment, higher blood pressure, weight gain, drug/alcohol misuse, heart disease, strokes and heart attacks are all common symptoms in those that are constantly in stressful situations.

On the mental side, depression, anxiety and anger among other states, are typical symptoms of long-term stress. Among all these factors, heart disease alone, takes the lives of 14.3 million people worldwide every single year, accounting for around one-third of all deaths.

Let that statistic truly sink in, you are likely to die of a heart attack because of your current lifestyle. I ask the question, is the stress you are currently experiencing worth this price?

Our primary cause of stress comes from our work situations. Many if not most, are not in the position to be working in their ideal job, they are simply working to earn a living. When we are not naturally happy, stress is almost baked into the cake.

Too many hours, an unruly boss, long travel journey, too little pay, too few holidays, all wrapped up inside a burrito we cannot stomach, all lead to unhappiness and stress.

Most of us simply brush aside our work or general social stresses as we cannot control them, they are simply a part of our lives and the limited choices we have. I would argue, the choice is indeed ours.

While the education system is designed to create employees rather than entrepreneurs, we still have the opportunity and choice to break free.

Educating ourselves outside the traditional system is the key. We are fortunate to be living in an era of free learning via the internet with the generosity of experts often putting their knowledge online for free or minimal cost.

Does it make sense taking an expensive, traditional course on business administration or marketing from a teacher or professor that has always had the safety of tenure, or learning from an actual entrepreneur that has experienced all facets of building a business.

Theory, simply cannot compete with reality, they are very different beasts; one is based on hypothesis, the other on facts.

Taking back our hours is the key, firstly by gaining real knowledge in your chosen field which can be accomplished during your leisure hours while still working your current job.

In time, you should be able to break free and begin what you are more aligned to do. It will likely be a bumpy stressful ride, but eventually you get to control your stress levels rather than someone else doing that for you.

Just solving stress in our work environment by taking back our hours, doesn't solve the other stress situations we have covered. The key is to minimise their effects.

While taking care of growing children is by no means easy, having a discussion with them, rather than shouting at them, is likely to have better long-term results, while reducing short term stress levels.

Our finances are often out of control, as we tend to spend more than we earn. Modern materialism has to be paid for by working longer hours, increasing our stress levels. This one is easily solved by cutting back and buying what we need rather than what we want.

Instead of spending excess income on junk, saving that money and investing it, into income producing assets is what the rich do. They invest today for their future, which eventually reduces financial strain. Look online, into the Financial Independence, Retire Early (FIRE) movement for further information.

To reduce stress, we must make actual changes in our lives, otherwise stress will continue along its projected path. Taking pharmaceutical drugs is never going to work, for we are simply suppressing the symptoms of illnesses produced by stress, never dealing with their actual cause, changing the cause is the key.

Something we can all do when faced with a stressful situation is to breathe correctly. When stressed, we tend to breathe with a shallow, quick rhythm. Instead, take a deep, long breath which quiets our natural response to stress by triggering our parasympathetic nervous system.

I can attest, that since beginning my travels in 2018, I have been on the whole, stress free. Of course situations arise, especially with airlines, trains etc., however I adapt to what is thrown at me and adjust accordingly without judgement.

One reason is because, I have the head-space and time to overcome most situations, something that I put into place on purpose.

Continued, long-term stress is destroying our immune systems by keeping us in a constant state of fear, leading to the illnesses and deaths already mentioned. Removing stress from our lives is one of the most important keys to longevity.

“Stress is with us all, remove as many touch points as possible to find stillness within”

Ugo Domizioli

23

Cancer

Meaning: an uncontrolled expansion of cells within the body causing growths in unwanted areas.

Derivatives: cancerous, carcinoma, sarcoma, leukaemia, lymphoma.

Synonyms: tumour, disease, growth.

This word effects everyone either directly or indirectly, by losing a family member, close friend or indirectly by association.

You or someone you know, will have one form of cancer or another. The data suggests that by 2050, 1 in 2 people will develop cancer – this is why, however difficult, it's a vitally important word, needing inclusion in this book.

Cancer is a complex subject, from a health, technical, political, as well as economic point of view. The road is simpler to navigate by changing our beliefs about it.

Zero progress, has been made to cure cancer over the past century, despite the media trumpeting various breakthroughs and milestones being reached.

We are told that genetics plays a big role – if your parents died of cancer, then you to are more likely to develop it. It turns out that cancer as a genetic disease, affects only about 5% of people. The genetics narrative is used on purpose, to make people feel hopeless.

The fact is, cancer is a modern man-made disease. The only three options your doctor will give you – cut it out, burn it or poison it. One problem, all three rarely kill all the cancer cells, they may shrink, but tend to grow back.

Radiation like surgery, can only do so much, reducing the size of the tumour at best, by using x-rays so powerful and toxic, that the machine operator sits behind a lead door, while the patient wears an apron.

However, chemotherapy is the worst of the three “options”, a poison that kills everything, not so much a magic bullet with pinpoint destruction, but instead a grenade causing damage everywhere...heart, liver, kidneys and brain.

It then becomes a race, will the chemotherapy “treatment” kill the cancer or the patient first – evidence shows that chemotherapy only works on approximately 2% of cancers. A UK study found that using chemotherapy drugs, do not contribute to the overall outcome of the disease.

Alternative treatments are never offered as they are not “approved” and so not a part of the conversation, because in reality, it was never a conversation to begin with.

You see, the ugly truth is that a “Cancer Cartel” exists between the universities, pharmaceutical companies, charities and the regulators to cast aside alternative therapies in favour of patentable drugs.

Cancer is a one hundred billion dollar industry and hugely profitable for all the fore-mentioned institutions...the truth is, there is absolutely zero incentive to find a cure.

Money is only made by “treating” cancer, seeking a cure was never part of the plan, this is why there has been zero progress over the past century. Billions in profits has always been the aim, the health and saviour of the people never factored into the equation.

To keep the illusion of progress going and their profits flowing, mass awareness campaigns were launched decades ago with the help of “charities”.

We have all taken part in fun runs and ribbon campaigns raising millions to fund “research”. However, this is nothing more than a racket, a scam. With the promise, that millions more in donations and the mystical cure will be found.

Nothing has changed, millions keep walking and running...millions keep dying.

Yes, we are all now aware of cancer, but the numbers keep rising year after year as we hold onto that comfortable pink ribbon of lies.

Interesting that men have never been offered the chance to cut off their testicles to prevent testicular cancer, but women have had their breasts cut off for decades!

According to the Metastatic Breast Cancer Network (MBCN), breast cancer of itself does not kill. Cancer cells in the breast area, instead travel to other vital organs, this is why patients die.

According to Dr Otto Warburg, awarded the Nobel Prize in 1931. We all have cancer cells, cancer is not something we inherit, it's our cells that are growing out of control. However, usually, our immune system destroys them on a daily basis.

However, when eating junk foods laced with sugar, high fructose corn syrup, artificial sweeteners and bad oils, present in all modern processed foods, our immune system is weakened and cancer can develop and take hold.

Trying to kill these cells with surgery, radiation or chemotherapy has never fixed the root problem, of why cancerous cells have taken hold in the first place.

Normal cells in our bodies can only survive with oxygen, but cancerous tumour cells do not need oxygen because they live and thrive in an acidic environment and feed, grow and multiply with glucose/sugar.

Following the path of the three conventional "treatments", many are left to eventually fail and left to die. However, there are countless accounts of people winning against cancer using alternative therapies.

Why is the research by Helene Grimal and Fabien Maman not explored? They showed that cancer cells exploded in minutes when exposed to certain frequencies. A simple sound is proven to kill cancer without side effects, yet we have to poison ourselves with chemotherapy?

There are many natural, non-patentable alternative treatments that have been used for over 70 years, I would suggest the reader look into these and others for themselves.

Gerson therapy, Vitamin B-17/Laetrile, intravenous high dose vitamin C, Baking soda, Apricot kernels, CBD oil, GcMAF, Turmeric, Raw broccoli, Essiac tea, Sunshine, Organic food, Vegetable juicing, 3-7 day Fasting.

What have you got to lose by researching this vitally important subject for yourself?

Linus Pauling, PhD, a two-time winner of the Nobel Prize in chemistry, revealed: “Everyone should know that most cancer research is largely a fraud”.

The cancer industry lives by lies not truth, has zero compassion, doesn't provide cures, only poison and feeds on misery and death...this is the ugly truth.

We can all continue listening to the Cancer Cartel via our doctors and continue to die as the statistics bear out – or we can conduct our own research...the choice, as it has always been, is your own.

“Once we understand that cancer is a hugely profitable industry, we stand a better chance of surviving”

Ugo Domizioli

Outward

24

Curiosity

Meaning: having the desire to know that which we do not.

Derivatives: curious, interest, investigation, searching.

Synonyms: inquisitiveness, questioning.

I write this part of this book, as I'm in a co-working space in a hostel in Goa, India. There are four resident cats, a mother and her three kittens. The kittens raise a smile and a fair number of photographs from other backpackers as they play, tumble, fall and rise up again to play some more...they are curious and clearly have nine lives to play with!

They know nothing and learn through trial and error and eventually, experience. Being intellectually curious is an important aspect of life – for many/most, curiosity has left the building.

Just like the cats, as children, we knew nothing and simply absorbed everything that crossed our paths like a sponge. As adults, we either are satisfied with what we know, hand responsibility to others to know, or are arrogant believing we know it all, all situations being far from perfect.

Our desire to know something, has in many instances, been relegated to believing, instead. As I have mentioned, there is a chasm between beliefs and knowledge. While we can do alright with some beliefs, we can move mountains with knowledge.

Do you think, the seriously rich and powerful, believe things or know them? I think you see the point...they are curious to find out and to know rather than believe/guess. Without a strong desire or curiosity to ask questions, one can never truly progress – however, asking the correct questions is the key.

The questions us ordinary folk ask, tend to be simple ones – where can I buy my gadget at the cheapest price, what special offers are on at the fast food chain, how do I get from A to B the quickest etc.

These questions are based on the here and now, the present, looking for ways to better our lives today.

The upwardly mobile, ask different questions such as: what steps are required to achieve a promotion and pay rise, how can I save money to invest, how do I research which stocks and shares to buy. These questions are based on future prosperity, somewhat sacrificing their lives today.

The rich or wealthy have a different set of questions altogether. Where can I invest for maximum gain with minimum risk, how do I legally avoid taxes, how do I secure the lives of future generations, where does the best quality, versus value lie, in restaurants, cars and holidays etc.

Our propensity to ask the right questions, depends entirely on our level of intellectual curiosity. The higher rewards go to those asking more complicated questions in arenas with much higher returns.

I have previously mentioned, the Financial Independence, Retire Early (FIRE) movement – those undertaking this process ask good questions in order to retire early, typically in their late 30s to early 40s. The main goal is to achieve a 7% return via safe investments, then live on 4%. This is easily achievable via Mutual Funds and ETFs with their low yearly fees.

In order to achieve their ultimate goal, over the course of a decade or two, they live a very simple life and scrimp and save on everything, to eventually amass £1,000,000 or so and live happily on 4% producing £40,000 per year. Nothing at all wrong with that, except that it tends ends there, there is little curiosity to ask bigger questions.

The rich understand, that inflation is never the 2% our government's would like us to believe, real data suggests a figure of 8%. I think you can immediately see the problem: 8% minus a 7% investment return equals a negative 1% per year.

The FIRE movement is in fact losing purchasing power by 1% every year, through not asking the right questions.

The rich knowing the truth and look for investments producing 20-30%, giving them a net gain after real inflation, of around 12-22%. Are these investments easy to find, of course not, many are strictly limited to inner circles or high net worth individuals, you can see how the system is rigged against those working.

So the question then becomes, how do us ordinary folk find similar investments? That requires thinking outside the box with curiosity. We have to discard our limiting beliefs that are stopping us from success.

Here's just one example, we tend to hold onto our homes like a castle, our rock. Let's say you were fortunate to have purchased a home in a major city a long time ago, or have inherited one that is now worth £1,000,000 without debt.

On average, in major popular cities like London, house prices rise 7% per year, equalling a £70,000 per year paper gain. Paper gain is the important point, your life has not changed one bit.

You still need to pay all the rising yearly bills, if a partner loses their job, you are now in trouble and may need to sell when the market is not perfect. The point is, we are chained to our homes, rather than using the equity built up within them to live a free life.

If you sold for £1,000,000, you now qualify as a high net worth individual to invest in hedge funds and alike. Pick the right one through curiosity and research and you could bring in £200-300,000+ per year.

If you continue living in a developed country, taxes will take away anywhere between 10-45%. Think outside the box and move elsewhere to a tax free one, you get to keep the lot.

Unless you spotted the nugget I gave...how do I pay only 10% on my gains – look into capital gains taxation in your country, you may be surprised by what you read...the rich know!

“Yes, but I no longer have a home”...think outside the box and rent an amazing one by the beach. You can live an amazing, trouble free, stress free, work free life just by using your curiosity rather than accepting everything as is...the norm.

I have concentrated mainly on finance as it’s one of the most important aspects of our lives in order to gain peace, health and freedom. However, finance is only the beginning...where will your curiosity take you once let loose outside the box?

On the more esoteric side of curiosity, I am personally pursuing my interests in the arts. I started with writing on my website journal, then my questions website turned into my first book, this one you are reading now, is my third.

I have also started, writing the lyrics to songs and at the preliminary stages of writing a screenplay – yes a full blown 90-minute movie script...will Hollywood or Bollywood beckon?

Once I settle down, I’m curious to paint art. I don’t know exactly how I’m going to achieve this scary feat, but I will figure it out...because I’m curious.

When we think of famous past masters in art, their talent and skills changed over time. When an artist got bored, they were curious enough to explore new forms of painting, sometimes on a complete tangent to their previous work. Because of their curiosity and others alike, we get to be a part of their journey of discovery by viewing their paintings in an art gallery.

Curiosity starts with a thought, turns into an idea, then a plan of some-sort and finally execution in the creation or building of something...what a wonderful thing tis curiosity.

**“Develop the curio in you, you may be surprised
where it leads”**

Ugo Domizioli

25

Reading

Meaning: the action of someone that reads.

Derivatives: read, education, knowledge, understanding, learning, interpretation, lesson.

Synonyms: study, glance, scan, skim.

What does modern reading look like? This question crossed my mind while writing my books. We live in a world where so much information crosses our paths on a daily basis, that we tend to scan or skim information.

The only time we truly bury ourselves into a book, is either with a piece of fiction on our annual beach holiday, or for educational purposes in order to pass an exam of some sort.

Having said this, when I worked in London, even during my short thirty-minute metro journey into the centre, I managed to get through a fair number of fiction books.

Without the ability or want to read, we can never progress and grow, it really is that simple. Fortunately the ability side of things is generally covered for most people.

The want side of the equation is entirely a different matter. Most are looking for shortcuts as they want instant results. While this is possible by aligning yourself with a mentor in a specific field, for most this isn't possible.

The importance of reading cannot be underestimated. Your exposure to new vocabulary and grammar will improve how you speak with the words you use, and the style and impact of writing...I can attest to both.

As your knowledge base grows, so does your comprehension on how to assess and interpret information. This is useful, not just in your work or business environment, but also everyday life.

What is possible, will be expanded in your mind as your creativity is sparked to new levels by imagination. I can confirm this, as my first book has now turned into three with more in the pipeline. Did I ever imagine I could be an author, the answer is a definite no.

I have never been a big fiction reader, I don't see the point apart of it being a piece of the entertainment matrix. I always preferred factual, learning and helpful books.

I remember when I began my journey of reading business orientated books. I was at Heathrow Airport in London, getting ready to board a long flight. I wandered into a book store and decided it was a good idea to buy a book for the flight.

After my first book, my takeaway was, if I learned just a few important points from each book, the purchase price was negligible. Thus began my journey of amassing a book collection concentrated in the business arena.

As the main point was to garner knowledge, when I read, I always used a pencil to underline/highlight important sentences and paragraphs.

I would eventually go on to create 1-2 page summaries of each book. This was immensely helpful, it not only got me to understand each book, but also create a quick reference guide for the future.

Little did I know at the time, but this idea was used by businesses to sell book summary websites and books. I would highly recommend if you want to learn a new subject quickly but don't have much time or money, take out a subscription to one of these book summary websites.

Choose a subscription that has the most or best books in your chosen field. Your costs will be substantially less than buying each book...I encourage you to begin your reading journey.

There are also YouTube channels, where the host will have read through a number of books, creating a video with the most important parts. These short videos are again fantastic for those that don't have much time.

This brings me neatly onto what modern reading looks like, it's not reading at all, but watching online videos. YouTube, Udemy, Skillshare, MasterClass and Canvas, are but a few of the amazing online learning platforms available to us. Some are free, others require a small monthly subscription. This is the face of modern reading.

What an amazing time we live in, where real, actionable knowledge is at our fingertips, the world over. Whatever you are interested in, there is likely a team of experts that can teach you what you really need to know, rather than the general gibberish taught by our education systems.

Reading and learning however is not enough without a plan. What are you actually going to do with this new knowledge? Most simply file it away in the depth of their minds, never using it to create meaningful change. I myself was guilty of this. I felt fantastic learning new information, however, I only ever put into practice a few minor elements.

My journey of reading has been a long one, my knowledge is different to most, which has given me an alternative perspective upon most subjects.

It's only in the last few years, that I made the leap to take action, which has resulted in my current lifestyle and search for a new country to call home.

Knowledge without action are merely bits of data. You are wasting your time learning a new subject if nothing really changes. Do this over and over again, it will lead to frustration with zero progress.

Here are a few tips to keep you on track:

- Be specific with what you want to learn. If you want to learn to paint, what style...realistic, impressionist, then choose the right person and platform...be specific
- Make a plan and set goals of what you want to achieve and by when. Having said this, I personally have been more organic with my writing, letting the universe decide my path and time scale
- Be patient, it is estimated that to become really good at something takes approximately 10,000 hours...in one whole year, we have only 8,760 hours for everything
- Understand it will be a long, hard journey, the ups and downs may well be extreme. It's only by truly loving what you are doing, that you will stick to learning

“Reading, learning, but ultimately specific knowledge is the key...but only when turned into action”

Ugo Domizioli

26

Question

Meaning: looking for clarification upon a specific topic or challenging the accuracy of it.

Derivatives: questioning, query, quiz, enquire, probing, delving.

Synonyms: scrutinise, investigation, discuss, debate, examine, doubt, dispute.

Of course I was always going to include the word question into this book as my first book was all about questions, where I encouraged readers to ask their own.

Many of the questions from my first book, I doubt will have ever crossed the minds of readers...which is why I wrote it. Where does money come from? Why are we here? Has science become politicised? 1 in 20 people developed cancer in 1900, now it's 1 in 2...why?

A question results when you are either curious or puzzled by something. Have we lost our ability to question, or did it ever exist? In many situations, it clearly exists as the advances in science and innovation across multiple fields we live with on a daily basis demonstrates.

We learn the art of questioning during our formative education years right? Wrong. Our most formative ones are 0-7 years where we are simply sponges, absorbing everything. This is how children in certain situations such as cults, became what they are, it wasn't their fault but their parents and environment.

During these formative years, we are simply learning the basics of life. Once we become part of the education system we learn that system, nothing more.

Be under no doubt, the education system, while on the surface sometimes encourages students to ask questions, is instead only designed to put enough information into students to create employees.

Any questions from students can only ever remain inside the box created by the system. Everything learned is narrowly focussed to pass an exam a certain way.

Veer off course with questions deemed irrelevant, the student will be steered back on course or the question dismissed.

If you were to search all syllabuses in education systems, you will not find a single module or course that teaches genuine critical thinking, evidence-based decision making and how to evaluate information objectively. My question to you...is this a coincidence or by design?

Once we begin our life as an employee in a factory or shop, we are taught systems in order to behave like robots in order to produce the consistent results required.

Senior corporate life has greater scope for questioning, especially when it comes to long-term strategy. However, in the lower ranks, again there are systems in place to create consistent results from obedient employees.

Whether in a shop or corporate setting, your questions will be limited to gaining a better understanding of how to do your job. Very rarely, if not at all, will you be able to question why something is a certain way, or the direction of the company itself.

The medical system has the narrowest scope for questioning. The science is “settled” in the way in which the human body is fixed, there is never any deviation. Doctors & nurses in particular, can only implement what has already been decided.

Most readers at this point will think, that’s how it should be, you cannot mess around with a persons health. While I agree when it comes to certain operations and fixing broken bones. The other side of medicine solely uses pharmaceutical drugs to “solve” all other issues, this is where I strongly disagree.

You simply need to question, the continually rising cancer rates across the world, to conclude, it’s a scam. I understand this might come as a shock. I have however, asked the questions and done the research.

The cancer industry, is a huge profitable industry with zero intention of finding a cure, if they did, profits would disappear. To begin your journey toward asking different questions, here are some pointers toward critical thinking and analysis.

- Identify what you are trying learn and what actions you will take at the beginning, this will focus your search
- Don't trust the media, your government and the medical establishment with anything important they put out, as often they are narratives with particular goals – this leads to general scepticism and not believing narratives at face value
- Having an open mind, especially toward subjects you yourself have decided are settled – challenge your own beliefs, where is the actual evidence?
- When researching, see if you can piece and link together, disparate pieces of information to identify any patterns or trends to give you a macro view on the subject
- Don't be afraid of being wrong and be aware of your biases, the more you question, the better your questions become, resulting in better answers
- Don't rely on the traditional main search platforms, including their artificial intelligence engines, they are the problem, not solution to genuine true knowledge
- Use multiple sources to confirm the information and evidence you have gathered including those that refute it to get both sides of the argument
- Aim to look at evidence and come to your conclusions rather than basing them on emotions, beliefs and opinions

- Be open to changing your opinions and views when new evidence surfaces
- Pay attention to anecdotal evidence, if many people are suffering the same problem or have a solution, consider looking closer...”science” hates this, which is exactly why you need to pay attention to it
- There are many website groups of people that come together for a particular cause, join and see what you can learn from those with real experience in the field

When you are willing to question authority and seek out new information, that’s when real growth begins. Unfortunately, as mentioned in other parts of this book, government’s worldwide have put into place, laws essentially banning alternative thinking, governments can no longer be questioned...let the world of “thought crime” begin...welcome to dystopia.

We can only grow one way, that is by asking fundamentally different questions to the ones we have asked in the past, approaching topics with an open mind.

One thing to remember when you begin asking more questions – the question is often more important than the answer. Dumb or wrong questions, will result in irrelevant answers, not moving you forward.

I hope I have aroused a spirit of investigation to create your own questions, seeking your own answers.

“Asking different questions begins our quest toward a more informed future”

Ugo Domizioli

27

Listen

Meaning: paying attention to speech or sounds without taking part, especially when exposed to information or advice.

Derivatives: listening, listener, hear, attention, concentration.

Synonyms: follow, heed, devour, ingest, absorb.

While many of us hear what others are saying when in a conversation, how many of us actually listen? To hear, is simply the act of our ears tuning in, to listen is the act of our minds comprehending the spoken words.

We are all guilty of this. While at an uninteresting university lecture – we zone out. When a religious friend starts quoting scripture – we zone out. When someone on the opposite political spectrum starts a rant – we zone out.

We are so entrenched with our beliefs on some topics, that there is simply no room left to challenge them in any way, let alone the possibility of going over to the dark side. In short we have lost our ability to listen.

We disregard, neglect, ignore, deny, reject – on occasion we dispute information contrary to our own world beliefs. As I have often written, the truth regarding many of our beliefs is lying in plain sight, inside the word belief itself!

We naturally turn our backs, to anything that could shatter our beliefs. So why do the majority do exactly that by not listening?

Part of the reason is the fast pace of our modern lives, we simply do not have the time. Once we get home and have eaten, we usually only have a few hours to ourselves, which are often devoured by entertainment rather than following up on a conversation that may have peaked our interest.

Some of our flaws include not being able to focus long enough on a subject to get to the level of truly understanding it. We lack patience in mastery, wanting everything now.

A short narrative given to us by the media is much easier to digest, than having to actually conduct our own research.

Sometimes, our visceral reactions to opposing points of view, fire us up to the point of fighting, to protect our beliefs. Judgment also plays a hefty role with opposing beliefs: I am richer than you, I have higher social status, a better job, speak more fluently with a larger vocabulary...the list goes on.

I was at an authors' meeting, the first person to speak to me, before exchanging pleasantries, immediately asked if I was a published author. No mention of who, where or what my book was about, a complete lack of willingness to ask a few simple questions and listen...judgement at its best, what a pompous moron.

Not listening, is possibly due to our modern era of the internet and everyone having access to unlimited information. This results in everyone having an opinion on almost every subject, which to some extent, devalues the information and the speaker.

In some respects, society has become more divided than we have ever been. But, is this due to information overload, or because those in power prefer to have a divided citizenship.

When we fight among ourselves, we have little time to notice who the real perpetrators behind our division are, hiding behind the curtain.

As a long term traveller, meeting other backpackers can sometimes be exhausting. Every place, beach, city, story is "amazing", it often becomes a game of "Top Trumps" – a card game from the 80s.

Backpackers have an innate need to try and out do each other. This urge to tell their own stories rather than intently listen to others is a shame, as we learn so much more listening to others rather than speaking.

This is the most important aspect to listening, for when we listen we learn, when we speak, we simply divulge information we already know. To grow, we can only do so, by listening, not speaking.

Having said this, we should be careful who we listen to. We listen to our educators, governments, media, religious leaders and doctors among other official sources.

However, some of what they say doesn't benefit us at all and on occasion actually harms us, as has been proven with the side effects and deaths directly attributable to the Covid Jobs.

The best way to decide who you should listen to, is to only listen to those that you truly feel with your heart are sincere and have no profit motive in mind.

There are plenty of people in the world, that have no ulterior motive, apart from wanting to help others by giving them information they may find helpful.

Listen to these people as a guide to conducting your own research into the topics that matter. It is only by conducting your own research, that you will truly convince yourself upon a particular subject. The key is to ultimately listen to yourself.

I remember attending a property investment meeting in London some time ago. In the past, I would take notes and audio recordings of the speakers. On this occasion I decided to solely watch and listen, while a friend that was with me took notes.

At the end of the meeting we discussed whether we should go forward by investing in the property course they were selling. I declined while my friend purchased some books.

By paying close attention to the speakers and their nuances and non verbal communication. I could see, it was simply a sales pitch, designed to get people on board with the minor purchase of books, with the real intention, the sale of expensive tiered courses. By truly listening, I saved myself time and money.

We can improve our listening skills, by firstly realising that it takes effort as we have become accustomed to interrupting or putting across our point of view rather than listening. Stop yourself from formulating a response while in a conversation and truly take in what is being said.

By not immediately responding, the other person will notice this, they will feel as though you have truly listened, immediately creating a bond, they will subconsciously appreciate what you have done.

Go back, how many important life lessons, have fallen on your deaf ears? Real listening takes time, takes practice, begin today and give someone space...you never know, you may learn something!

“I’m with you, see you – alas do not listen”

Ugo Domizioli

28

Advice

Meaning: a recommendation or opinion offered to, or received from others.

Derivatives: advising, advisement, direction, help, tip, views.

Synonyms: guidance, information, suggestion, counsel.

We all have been on the receiving end of advice from those close to us, such as family and friends. On occasion we may receive it from casual encounters or even total strangers.

When I look back, I have been very free and liberal doling out and dispensing unsolicited advice to all around me, even to this day. Do I know better? Am I a know it all? Has my ego taken over? Do I lack confidence? Do I need validation? Do I want to fix people? Do I crave power or do I simply want to help?

While I hope it is the later, the reality is, it's probably a combination of some or all of these traits. There is without doubt, a male facet to wanting to fix any problem before us, it's just in our nature, this desire to help and solve problems.

In a long-term relationship or marriage, a man will resort to type, always in fixer mode, ready to respond to any situation. Instead, a woman may be simply looking to vent, needing her partner to listen without presenting a solution.

The guidance and advice a parent hands over to their children over the course of their formative years is used to help them grow in order to face their life ahead. This advice is cumulative, building upon previous words of wisdom.

As adults, our time with friends is limited, we therefore tend to spurt out advice on the problem or situation before our eyes, because there is rarely time for a slow approach.

Advice takes on different forms depending on the situation. While a parent gives out unsolicited advice to their children, this can often overflow into other relationships in which the receiver is less likely to appreciate it. Continually giving unsolicited advice can come across as critical and nagging, rather than helpful.

If this advice comes across with an air of superiority, presumptive in nature or bordering on disrespectful, ultimately this contributes to relationship problems either temporary or permanent in nature.

The reality is, our advice is based only on the information we have before us, we can never know everything, for we are not them. While we can offer another perspective, it would be kind of arrogant to believe only we can solve their problem, for if they are having trouble working it out, what chance do we stand?

I am personally trying to reduce and eliminate the unsolicited advice I dole out to those closest to me, as it sometimes turns out to be a frustrating experience. I have noticed it rarely makes a difference. Yes, it's taken on board, possibly simply to be polite, however nothing really changes.

I have slowly come to realise, their journey is theirs alone, nobody else can walk their path, for their path was chosen by themselves, obstacles included.

When it comes to financial advice, especially among friends, this is a difficult topic as everyone grows up in different ways, shaping their attitude toward money. How I currently view finance is very different to a few years ago. I now only tell others what I'm doing if asked, but point out the risk levels involved.

We wouldn't listen to financial advice from someone in a poor economic situation, it may be helpful, but the fact they themselves haven't reached financial freedom is a clear indication of their lack of results.

The truth is, there are those that simply sit on the sidelines, never take any risks, but as soon as someone has achieved financial success, wants in.

They simply want to follow a formula, with zero effort or work and somehow expect magical results...which horse will win!

However, the reality is, the risk taker went through many hurdles, making mistakes along the way and learning, to get to the place of earning their results. Simply handing over the “formula or horse” will not work for others as they don’t have the mindset that evolved during the learning and growing phase.

This is why advice can never put across the whole picture it aims and hopes to. The advisor has lived the advice, all the ups and downs to reach a conclusion. The receiver has had no skin in the game so can never fully understand.

Having said this, I do believe that having a mentor to achieve a certain goal is the fast track in the advice field. Find someone that has already achieved what you want to achieve. If they are that good, expect to pay a hefty price tag for the information.

We are fortunate to live in an abundant information age, the cheaper way to do this is buy books or enrol in an internet course. I do not believe the traditional education route is a good option as previously explained.

Looking into the final piece of the advice puzzle, I would ask you to look into what advice did you take on board that positively shaped you to become the person you are today. On the converse, what advice did you fail to heed and what were the consequences?

Finally, what advice would you give to your younger self. From my own perspective, having learned so much over the past decade on how society really works from a political, economic, historical, health and spiritual perspectives – my list turned out to be surprisingly long.

You may surprise yourself upon writing your own...here is mine.

- Realise fear is used to control us
- Take responsibility for where you are
- Learn to cook naturally and avoid processed foods
- Only let doctors fix broken bones, avoid drugs
- How you view events is more important than the event
- Notice, then act upon the nudges the universe gives you
- Toys fade, experiences last forever
- Everything we need is inside, stop searching outside
- Smile, be happy rather than being right all the time
- Beliefs come from others, grow to the state of knowing
- Invest in yourself with actionable knowledge
- Create to set the soul free, start as soon as you can
- Worry less, trust the universe has your back
- Life's drama passes, for another day there is
- Learn how money works as early as possible
- Read, then read some more, never stop and take action
- Exit education sooner to become an entrepreneur
- Let pain pass through, never hold onto it
- Whatever age, be grateful for where you are
- Bad habits can be changed into new empowering ones
- Exit the rat race, give consciousness the space it needs
- There's no need to go it alone, seek help when needed
- Too many plans make for a rigid life, instead flow with it

- Balance everywhere, is your best friend
- Changing the world is difficult, change you
- The road to abundance begins when you open the box
- Don't subscribe to a deity/guru...it's all about control
- There is never a right time to do anything...begin
- You can say no, without explanation
- We were never designed to eat three meals a day
- Walk, ground yourself, breathe, take everything in
- Benchmarking is helpful, however, better your own path
- Never label anything a failure, instead a learning event
- Forgive sooner than you are prepared to
- Start dreams sooner, for time will erode them away
- Authenticity is the only badge you need

As adults we simply do not like feeling we are being swayed by the advice from others, we would rather make a mistake by solving a problem ourselves, our ego is too fragile.

Those giving advice, if we were honest with ourselves, would find, we have cognitive biases, believing our advice is often better than it factually is. When someone opens up with an issue, remember this isn't an invitation to give advice and try solving it, often they simply want to be heard and understood.

“Advice, is often better kept to oneself”

Ugo Domizioli

29

Knowledge

Meaning: a person's intellectual understanding of a particular subject or area of expertise.

Derivatives: know, knowing, know-how, wisdom, expertise, comprehension, proficiency.

Synonyms: understanding, facts, intelligence.

While many/most of us think we know certain things, more often than not, the reality is, they are merely beliefs. Pieces of information we have picked up from newspapers, television, radio and discussions with others.

Another fascinating aspect, we tend to only take on board information, that aligns with our beliefs, and cast aside that which does not – this is known as confirmation bias.

We tend to search for information that supports our views and give less weight or completely ignore that which does not. This quite frankly shows our stupidity, for the only person we are harming is ourselves.

We become stubborn, never changing our minds, despite evidence presented to the contrary...what the hell are we doing? Do those ignoring evidence think this action will help or hinder them? I find it astonishing and am completely dumbfounded when I encounter this attitude.

If what we think we know, are only beliefs, then it could be said we are ignorant, as only knowing something gives us the information required with evidence to make informed decisions, anything else is merely a guess.

I have covered other words in this book which help to support and zone into the word knowledge, these include: beliefs, propaganda, question, reading and fear. All these will steer the reader toward challenging what they think they know through a different lens.

When we think of the bigger picture regarding knowledge, I would argue, the aim is to advance humanity helping with food production, energy, transportation etc.

However, how much knowledge has been suppressed by those in power?

Again, I covered this subject in my 80 Questions Book. The short answer, many advanced technologies via the patenting system, have never been released to help humanity, as it was detrimental to the profits of those with vested interests.

One critical example: cars running on water alone, were invented over 100 years ago, yet we have to make do with electric cars using lithium batteries and all their obvious problems.

The things we tend to know, are usually connected to our area of expertise, usually derived from the work we do and the long-term careers pursued. Outside of this, those that follow their passions via the arts or hobbies over time become experts.

I have written long and hard, how our education systems are pretty useless, creating employees rather than entrepreneurs, apart from the few narrow fields such as the sciences.

Education is designed to keep us down, in our place and focussed down a narrow path, any “knowledge” derived, we usually understand very quickly is useless in the real world of work.

The top tier colleges/universities are nothing more than businesses with bank balances that put many countries to shame. We only need to look at the evidence from charts looking at the exponential rise in fees...what a scam.

Focussed knowledge is the key, not the general garbage taught to us via the education system. If you want to trade stocks, take an online course from those with proven success. If you want to become a carpenter, plumber, electrician etc., find an expert willing to train you.

If you are looking to improve your health, the last person you should visit is your local doctor. They have had less than one day of training on nutrition, they are simply legal pill pushers.

Find people on YouTube and other learning platforms that have achieved the results you want, there is so much free information out there...begin your search for focussed knowledge.

The whole MBA/business degree is another fake field of “knowledge”, graduates know this. This system is designed to have you pay a fortune via education fees to grant you access to the business world. It is nothing more than a “pay to play” system with the hope of entry to certain jobs and companies.

If you're after business success, start your own, get a mentor, buy business books, online courses. Learn only from those that have proven results.

University professors have never lived a single day in the real world. Those teaching economics, business and finance, have never had careers in big business – why the hell are you paying to learn from these fake puppets?

When we truly understand that beliefs are a state of mind influenced by personal opinions and biases, while knowledge is based on objective and verifiable evidence, free from these influences...we free ourselves.

The good news, beliefs can be changed with the right mindset toward the pursuit of genuine knowledge. Knowledge on the other hand tends to be more resistant to change as its foundations are solid, based on facts.

When we break free, from trying to hold onto certain views of our world, our desire to be right, our need to keep the status quo...our world rather than collapsing around us, expands beyond belief.

Using the techniques of critical questioning and thinking, we break free from dogma, into a world of possibility, released from our belief tape constantly playing inside our minds.

Truly informed decisions, can only be made with real data and facts, never opinion or beliefs. Asking open-ended, clarifying and probing questions is the start. Going further, identifying bi-ases, assumptions and exploring hypothesis all lead to further clarification.

Evaluating all information collected with analysis, synthesis and brainstorming, combined with Socratic methods, all lead us closer to knowing, rather than believing.

“Beliefs collected via opinions, knowledge acquired through research...which bucket do you fall into?”

Ugo Domizioli

30

Commitment

Meaning: a dedicated plan to do something in the future.

Derivatives: commit, commitments, obligation, mission, duty, promise, contract, pledge.

Synonyms: responsibility, obligation, burden, oath, promise, dedication, adherence.

Think back to all the times you have made a promise to yourself to change a certain behaviour. This has become an annual event for many with the beginning of a new year, by way of a New Year's Resolution.

The most common ones include: losing weight, eating healthier, exercising more and reducing alcohol/cigarettes etc. We already instinctively know what we need to do, as we are probably out of balance in some way.

We usually begin with much enthusiasm, energy and commitment. Out go the crisps, biscuits and cakes from our shopping carts and cupboards, gym memberships are purchased and a dry alcohol period is put in place.

You know what comes next, our enthusiasm quickly wanes as we realise how hard any one of these commitments are to implement and continue.

This is why gym memberships tend to be discounted during this period, to lure us in, knowing full well that usage will wane quickly with people not willing to admit their failure, but will continue their memberships for months, without cancellation as they believe they will go back.

Why do we fail? Usually this centres around not having a plan but a wish. Having a plan with specific dates and times gives us focus. Saying to oneself, I will go to the gym tomorrow, leaves us open to random events placing obstacles in our way.

We often also attempt to do too much, by setting unrealistic goals which are too ambitious and difficult to achieve. Believing we can get a six-pack, lose a stone in weight or completely go cold turkey by cutting out cakes and other treats in a short span of time, is hard for most. This leads to discouragement and lowering our motivation to continue.

The cycles, resolutions and mind games continue year after year until something breaks – usually our resolve, finding ourselves back where we started.

However, it's worse than that, as our minds are a little scared by our failure and having to come up with excuses to ourselves and those we told of our resolutions.

There are endless books on the subject of goal setting which essentially say the same things. Start with small steps, don't try and change too much, too soon, and gradually add more once you have achieved small successes to build confidence. Bear in mind that any goals/plans should be SMART ones. Specific, Measurable, Achievable, Relevant, and Time-bound.

Focussing on the habits required to achieve your goal rather than the outcome is another key element. Your gym plan with dates, times and routines is your path to success. Not buying biscuits when shopping is the key habit to form, having one rather than two/three alcoholic drinks is the key habit to form.

Having a support system is another key. Weight loss programs rely on others to help when things get tough. Having a mentor or someone that has gone through exactly what you want to achieve is also important to put in place.

Patience is also vital. That six-pack only appears with extreme conditioning, a strict food program, mass weight loss and a brutal gym routine.

Every new routine/habit/goal takes time, often longer than planned or imagined. Having a long term mindset is the key to staying focussed...just look at professional athletes.

A way to protect the mind during your journey, is to understand there will be many ups and downs toward your goal, so be kind to yourself, don't kick yourself in the nuts!

Any new endeavour is a challenge because of the commitments required toward its completion. However, when, what we want to achieve, is in complete alignment with our values and purpose in life, things get much easier.

The real reason many New Year's Resolutions fail, is because deep down, we don't really want to stop whatever we are trying to "fix". We enjoy our vices, it makes life fun or bearable...why would anyone choose to go through the hardship of stopping?

It's usually, only when our "want" to stop, turns into our "need" to stop, that change occurs. At this stage, the change on the physical level is harder, as you are further along the path of being overweight or drinking too much.

On the mental side, you finally realise, you have no choice but to change or your life will only continue down a path not conducive to living a long healthy life.

Making a real/true commitment to anything of interest can be challenging, but ultimately, incredibly rewarding. The trouble with the word commitment, it tends to be one of those words we throw around, without truly thinking through what changes we have to make to achieve our goals.

The devotion it takes toward fitness, health, a business or a marriage is huge – however, it lays the foundation required for success.

Look back in your own life or those you know; commitment in some shape or form, will have been central to the completion of anything of note.

There is only one way to get ourselves out of our comfort zones, that is to push ourselves by making a commitment to something. It is only then that we grow, as does society.

For most, the ultimate commitment is the one made to a partner in the form of marriage. Whatever shape your commitment takes, make sure you are all-in, as they say in poker, as that is what it takes for success...dedication, perseverance and commitment.

I personally have rediscovered commitment with the research, writing and publication of my three books thus far. Thus far being the operative word, as I continue my journey in the world of creation in all its facets and possibilities.

My goals are loose in nature rather than specific, as I prefer to work with inspiration rather than deadlines, which I feel is vital in some of the arts.

I will say, writing does require discipline, I adjust to my surroundings as my “desk” changes depending on where I am. Sometimes it’s a restaurant, beach bar, hostel, co-working space or cafe...I never know this variable. The thing that doesn’t change, is the hours I put in almost every day...commitment.

“Whatever commitments you take under your wings, understand, you will be flapping like crazy”

Ugo Domizioli

31

Arbitrage

Meaning: buying in one market, then selling in another, an asset or object in order to take advantage of differing prices.

Derivatives: arbitrageur.

Synonyms: trading, investments.

Most of us have taken advantage of buying something for a low price, then selling the item for a higher price. This is the main focus of online marketplaces such as Ebay, Etsy and Amazon.

This type of trading, is also used in the financial markets, but instead of being known as simply buying and selling, has the fancier name, arbitrage. This usually involves the trading of currencies, commodities and securities...fancy names for a range of financial products.

The word arbitrage, has its origins in Latin, then France, originally denoting the exercise of individual judgement. In modern times, its use tends to be strictly financial, in order to capture slight differences in the price of an asset in different markets, often times in different parts of the world, in different time zones.

These transactions are usually automated and done in fractions of a second in order to generate a small guaranteed profit. When done consistently, over the long term, the profits can indeed be significant. So much so, that this is actually a job for many independent traders.

Why did I choose to include this word into this book. In essence, arbitrage means spotting opportunities and taking action in order to make some type of profit. I see profit, not only in the financial sense, but also translating to a better quality of life.

I have personally arbitrated my life over the past six years by going to countries offering me a better quality of life, than the one I experienced in London.

Don't get me wrong, London is fantastic across multiple levels, however it's lacking in a few according to my eyes. The weather is crap for most of the year and its expensive.

When taking our annual two week holiday, we tend to use arbitrage without knowing it. Most take a holiday in sunnier destinations in Europe, where leading the good life tends to be cheaper than back home.

We can afford to eat out every lunch and dinner, often eating better quality fresh food all downed with local wine. Taxes on a typical 750ml bottle of wine in the UK is €2.51, France €0.03, Italy €0.15 and Spain €0.27...shocking isn't it.

As even Europe has become less affordable over the years, you need to go further afield in search of a bargain holiday or to countries that are less known.

Within a 2-3 hour flight of the UK, alternative destinations such as Albania, Croatia, Turkey, Bulgaria, Hungary and Romania among others, offer amazing value for money.

Further away, some of my favourite countries include: Thailand, Vietnam, Laos, Cambodia, Malaysia, Philippines, Indonesia and India.

In South-East Asia, you either have the option of living a simple life as I have done, staying in hostels or low end guest houses and mainly eating street food.

Or lean toward the more luxury end of the spectrum, staying at boutique, heritage or five-star hotels, for a fraction of the cost in the UK. While a one-night stay at an ultra luxury hotel in London, will set you back £1,000+ per night, a similar one in Bangkok will be around £300.

What if you could lead this Dolce Vita all year round, what is stopping you? Only one thing, your mind. We tend not to want to embrace change, let alone fundamental change to our lives.

Those in, or nearing retirement, have come to understand that their quality of living is nowhere near what they expected or were led to believe.

Their state pension, or if fortunate to have paid into a private one, simply cannot keep up with the cost of living, inflation and the new fake green taxes used to tax citizens while funnelling money to the rich owning these fake green companies.

The reality is, we have be conned. We first have to admit this before we can move on by making bold decisions. The bold decision for myself, was leaving the UK permanently.

My reasons are based on wanting to live in a nicer climate rather than one with a dull gray sky. Political, in not wanting to pay taxes to a war mongering country and one that has gone down the path of wok-ism. Economic, in wanting to live a good life for a reasonable cost, rather than a below average one.

Those in the US, strangely fare no better. Retirees are faced with extortionate health care costs, over and above what is covered, many now choosing to live in other countries where healthcare costs are far more reasonable.

Geo-hacking, is in effect, geo-arbitrage. Geo-hacking our lives, is the process of using geography to our advantage, to live a better life. Choosing where to live, work, or travel to, is within reach to us all via technology. Seeking opportunities by taking advantage of price differences between different countries to save money is the key.

To live the good life, we only have two options – increase earnings/income to a higher level or move country. One problem with earning more, you will be taxed more, often only keeping around 50%.

Earning more is simply not an option for most, so either you lap it up and stop complaining about the rising cost of a pint, or make the choice to go and live in a lower cost country.

Often, the earning potential in certain countries is way higher than others. There has been mass migration to the northern European countries from those in the south.

In many southern European countries, a €1,200 per month take home pay is about average. In London for example, it is usually three times as much.

Of course, living expenses will be higher unless sharing a house with others. The ideal solution, is to earn your money in developed countries with higher salaries, while living and spending that money in lower cost ones.

I cannot emphasize enough how well this works. I have chosen in the main to live a simpler, cheaper life, which has allowed me to extend my travels from my original plan of two years to six. On occasion I treat myself by living the Dolce Vita in style.

When I finally find a new country and settle down, backpacking will come to an end and a normal life, not wanting for anything will take its place as I have positioned my finances accordingly.

“Where you call home is a mental choice, stop letting your government or your past make it for you”

Ugo Domizioli

32

Finance

Meaning: dealing with financial matters including but not limited to: debt, taxes, credit, savings, compounding, risk and interest.

Derivatives: finances, financial, wealth, monetary, capital.

Synonyms: banking, investments, accounting, assets, resources.

We may think we are financially literate, because we read the financial section of our weekly newspaper or wonder occasionally onto financial websites.

However, this knowledge is for the masses, the rich do things differently, as they were firstly raised differently, but also do not follow the heard when it comes to financial matters.

Have you ever wondered why finance, covering all the important elements such as debt, taxes, interest, investments, risk, inflation and so on, were never covered during our formal education? The reason is due to design, you were never meant to know the ins and outs of the financial world.

Our education system was created to churn out employees never entrepreneurs. All matters relating to money are ignored as having this information is vital to becoming independent from the system.

Those earning millions per year, can afford financial advice to create elaborate offshore tax structures, where they legally avoid paying taxes. The case of a famous UK comedian is but one of thousands doing the same thing, while me and you pay our taxes, year in, year out.

Warren Buffet the US billionaire, has famously said that his secretary pays more tax than he does. How does he do this? He simply does not earn an ordinary income like everyone else, which means zero income taxes are due.

The seriously rich, tend to earn the majority of their money by making capital gains, this incurs capital gains tax, which tends to be at a lower rate than income tax.

Capital gains are made on the sale of an asset purchased for a low price, later sold at a higher price.

For most, this would take the form of buying and selling an investment property that is separate from the home they live in. In the UK, personally selling such an asset would incur capital gains tax of between 10-24% in the 2023/24 tax year.

The question that the rich ask, is how do I pay the lower 10% rate? The answer is quite simple, those that pay zero income tax, so only pay the 10% rate.

So if you simply do not work or are a basic rate taxpayer you qualify for the lower rate. That's quite an important piece of information if you wanted to increase your wealth. Those working, on the whole, would not think of asking the question in the first place.

Another example the uber rich use, is to take out loans against the assets they own, such as stocks, property, gold, silver or crypto. The likes of Elon Musk and Larry Ellison, instead of selling the shares they own in their huge companies, therefore creating a tax event, use their shares as collateral for a loan.

It has been reported that lines of credit amounting to hundreds of millions, even billions, allow these billionaires to lead their amazing lives without paying a penny in tax, as loans are not subject to tax.

These are just a couple of examples of understanding tax law, that can fundamentally change how you organise your life for a better future.

While it is unlikely us mere mortals, can take advantage of the shares situation, we could use the capital gains tax one, as it's within reach...until the rules are changed.

The obvious argument against legal tax avoidance, is one of social responsibility to pay for the infrastructure of the country you are living in, such as roads, hospitals etc.

The sad fact is, you do not get to decide how your taxes are used. Instead of fixing the NHS in the UK as one example, your taxes are used to fill it with bureaucrats bleeding billions every year with its eventual privatisation upon the horizon.

During the plannedemic, lucrative contracts worth over £15.3 billion, were given to companies owned by politicians, house of lords members, or their connected friends.

A recent report looking into these contracts came up with many eye watering conclusions. Serious red flags and conflicts of interest were identified with a significant proportion going to companies with political connections.

Many contracts went through the fast track lane of approval, while others were given out without competitive bids...all recommend by MPs and peers...this an illegal practice. Billions spent to pay for Covid supplies is now being gathered back with austerity measures placed upon UK citizens.

The ugly truth is, our governments are corrupt to the core, in reality no different to organised crime, why would I want to pay any taxes to them...don't get me started on the billions spent on arms and continual wars.

The rich know the system is designed around debt. They delay instant gratification, using the power of compounding to build wealth, by carefully using debt to purchase assets producing income, such as investment property.

The poor, use debt to purchase cars and gadgets which depreciate rapidly. This completely different mindset means they are debt slaves, it controls them, rather than the other way around.

Financial literacy is fundamentally important, if you want to get ahead in life rather than simply treading water like the majority.

While reading the financial press is a start, go beyond this basic understanding by delving more deeply on topics that will have an impact on your financial well-being.

Go deep on the subjects of debt management, taxes, credit, savings, interest, compounding, investments, REITs, ETFs, budgeting, dividends, risk and alternative asset classes such as cryptocurrencies and the blockchain.

Additionally, find out what the rich are doing, maybe a friend, work colleague or relative are clearly ahead financially, find out what they are doing and how to replicate it.

I truly believe, it's vital for everyone to understand the language of money, as it has been made complex on purpose, to dissuade the masses from looking into it, thus relying on financial "experts" for guidance, for which we have to pay a fee.

There is no age limit as to when we come become financially literate, just humility in admitting that we don't know as much as we should.

This is the springboard to growth via education, that should with time, result in clarifying a more lucrative path for your finances and your life.

There has never been a more abundant time in history with free or almost free information via the internet, across all subjects, but importantly financial matters.

“By deeply understanding the field of finance, you exponentially increase your chances of a bright future by not letting others be its architect”

Ugo Domizioli

33

Company

Meaning: a business with a separate legal entity from its owners providing goods and/or services to consumers.

Derivatives: corporation, conglomerate, establishment, multinational.

Synonyms: business, firm, organisation.

Want to know what the biggest secret that the working and middle classes are not aware of and so cannot take advantage of?

The secret is setting up a company, which in the UK would take the legal shape of a limited company. People in the know, use a company/corporation to reduce or eliminate their taxes, while those working in normal jobs, earning a salary, pay ever increasing levels of income tax.

Limited companies pay corporation tax on their profits, currently 25%, in comparison, individual taxpayers pay income tax rates between 20% to 45%. A director of a limited company, can take a combination of salary and dividends, which often results in a lower overall tax bill.

Limited companies are able to offset their expenses against profits, which reduces their overall tax liability. Expenses such as salaries, rent, equipment, utilities, and professional fees. In contrast, an employee cannot claim these deductions.

Limited companies can also make pension contributions on behalf of their employees, this is a tax-deductible for the company. This again reduces the company's overall tax liability.

In comparison, employees can only claim tax relief on their personal pension contributions up to a certain limit. As you can see, these are just a few examples, it's simply more tax efficient to set up a company rather than be an employee.

Some may remember, the tax avoidance "scandal" involving the UK comedian Jimmy Carr while working for the BBC. I personally suspect he was targeted by the government as he probably made a joke that offended someone in a senior position.

The fact is, many if not most of those working for the BBC that have higher salaries in the millions per year, are not salaried employees. Instead they contract their services via their own company and invoice the BBC. They are able to claim expenses involved in providing their services often including flights, hotels, chauffeur driven cars and meals etc.

Jimmy Carr with his financial advisor used legal, yes legal, offshore strategies to further reduce his tax burden which was fully disclosed to HMRC (Her Majesty's Revenue and Customs).

The scheme involved sending his earnings to his offshore company, then taking out a loan against his earnings, which is not subject to income tax and using this money to live on.

The then, UK Prime Minister, David Cameron was appalled, saying it was “morally wrong”. It later came out through the leaked Panama Papers, that the former Prime Minister had personally profited from his father's Panama offshore trust.

As previously mentioned, millionaires and billionaires around the world have used this tactic for decades. This is how they live their lives, while those working pay taxes in the 40-60 per cent range.

When we ask ourselves, where does the belief that paying income taxes is a moral responsibility? The answer is very likely our parents, our government and the media. Narratives such as, taxes fund the NHS etc., are instilled this within us from an early age.

The ugly truth, everyone that earns a serious level of income, uses legal tax strategies to reduce or eliminate their tax burden...this includes politicians.

Many successful comedians, pop stars, musicians, actors pay income tax rates, as low as 1%. It was reported that Carr was heckled during a show...“You don't pay tax”, Carr replied: “I pay what I have to, not a penny more” So if politicians et al, don't believe the narratives they are peddling, the question becomes, why do you?

After almost a lifetime of paying taxes to my government, where I don't have a say where my taxes go, the only option I have is to stop by leaving.

My taxes have paid for continual wars and weapons killing millions, funding a bankrupt NHS that is becoming nothing more than a copy of the US healthcare system with its built in corruption and profits for corporations.

Taxation through fake “green” policies are designed to tax the normal working and middle classes out of existence, where only the rich will be able to eat steak, fly and drive their cars.....no thanks.

Having said all of the above, the taxation space is constantly evolving, using a UK limited company, to eliminate or reduce taxes is not as favourable as it once used to be.

My hope is to get the reader to look at taxation reduction/elimination in general. This may include offshore companies, or taking yourself into a tax free environment altogether.

The key is to be the owner rather than the renter of your hours in life. The sooner you do this, the sooner you will likely never go back to being an employee ever again.

The path of being an entrepreneur is not an easy one, it may take many attempts before success comes around, however, you will be the captain and navigator of your ship, rather than someone else.

The important part, your mindset will have completely changed forever, once this occurs you will have become a new person, not beholden to anyone. If that is not worth fighting for, I don't know what is.

“Taxation, designed by the rich to keep the workers poor, while creating loopholes for themselves”

Ugo Domizioli

34

Sovereignty

Meaning: having complete control and authority over all things, with the liberty to decide our actions.

Derivatives: sovereign, dominion, self-determination, jurisdiction, freedom.

Synonyms: authority, control, autonomy, independence, self-governance.

The only time we give any thought to the word sovereignty, is in the context of a nation or country and its governing system. The complete authority a nation enjoys over its land/borders and the citizens that belong and occupy that nation.

Laws and statutes provide the legal framework for a country to govern itself, free from any influence from other countries. In recent years that line has begun to be blurred, with the aim to take away a country's sovereign rights in certain areas.

The United Nations (UN), post Covid-19, is pushing through legislation, allowing it to determine when a global health threat exists and the imposition of their rules upon countries.

They will put citizens under house arrest, distancing, mask rules, and possibly require them to take whatever drugs or vaccinations are deemed necessary. The UN, an unelected body, just like the European Commission will get to decide what you can, and cannot do.

It was the UN, in partnership with the pharmaceutical companies, that planned, executed and continued to control the plannedemic, with the millions killed and maimed by the "vaccine". I'm sure you can see the problem, unless you are still one of the billions of woke morons around the world.

I make no apology for my last comment, I am attempting to awake people to the truth, that your government means you harm. The only way to escape this tyranny, is to take back the sovereignty you were born with.

Let's look at a collection of words that are the polar opposite of sovereignty. Words such as subservience, hegemony, submission, domination, suppression, oppression, control, exploitation, serfdom and powerlessness.

I'm sure many, if not all of you, have experienced the affects of one or more of these words over the past decade. What has changed? Our governments have been infiltrated by puppets with agendas outside of the nation and the citizens they are meant to represent.

The World Economic Forum (WEF), another unelected body, has for decades recruited young ambitious politicians and placed them in positions of power to forward their narratives and global agendas. Olaf Scholz, Narendra Modi, Emmanuel Macron, Joe Biden, Justin Trudeau, Jacinda Ardern, Boris Johnson and David Cameron.

These current and former, psychopathic, parasitical, puppet politicians, were never there to represent the people, instead their puppet masters. Maybe some, can now begin to see that democracy is but an illusion, used to subdue the masses while the really big events unfold as planned.

Don't believe me? Look for yourself and read through their manifesto. These psychopaths are not shy, they are telling us exactly how they aim to shape the world.

Global digital identification, vaccination, health, passports, money, climate footprint, 15-minute cities and a social credit score based on the Chinese system. These are but a few, of the anti-sovereign mandates that will become part of our future.

They will decide how you can spend your money, what you can and cannot eat, drink and where you can and cannot travel...sounds like fun right?

Of course not, they package these mandates as good for the greater good of the planet, but fail to mention that those in power control all the companies that will put in place these systems and profit from them.

How many politicians profited from setting up companies during Covid-19 to manufacture and import pandemic supplies which were given government contracts.

After the amount of research I have undertaken over the past decade, my conclusion is that politicians are nothing more than legalised thieves and crooks, bought and paid for by the huge corporations to push their agendas. Don't take my word, carry out a genuine search and you will find a multitude of books documenting this ugly truth.

The relationship between the state and its citizens, is often a balancing act. The state will usually have armed forces, a police force to protect citizens and laws encompassing governing citizens in order to maintain a peaceful and civil society.

As I have outlined, I believe the social contract between most states and their citizens was broken a long time ago. When a country no longer represents my interests, does me harm, I am left with only one choice...find another one I am more aligned to, that gives me freedom and sovereignty.

I'm aware, it's impossible to escape all the madness and will likely have to sign up to some sort of digital system in order to have the option to travel somewhat freely.

My plan is firstly to achieve financial independence which naturally gives an element of freedom. This can only be achieved, by at least partially, disconnecting from what we consider money and traditional banking, which will be tied to a future social credit score system.

While the majority of the world will be subject to fake green agendas and limited to eating zee bugs. By having real money outside the system, I can eat steak and lobster whenever I want. The other side of financial independence, means escaping tax-

ation systems. I used to believe, it was my duty to pay taxes, which for over 40 years I paid.

When my taxes are used to fund continual wars killing millions of innocent people and line the pocket of puppet politicians and corporations...I no longer consent.

Finding a new country, either not part of the madness, or one that cannot implement it fully as they have other more pressing concerns such as poverty etc., I am actively pursuing.

I cannot argue when someone points out that running away is never the solution, I would agree. However, the cards are stacked against me, the odds are not in my favour and most nations are utterly morally and financially corrupt, how does one person stand up to such systems?

My only point of attack, has been through my writing, and to try and make readers aware of what is really going on and ask their own questions to gain some clarity to the madness. I have achieved clarity and taking action toward a future more aligned to where I want to be physically and mentally.

For genuine sovereignty to exist, so must genuine democracy, unfortunately this hasn't existed for a long time in many countries around the world. Personal sovereignty through self-determination is the key.

Those attempting to fight the legal systems within a nation will find it useless, as they were designed to benefit the few and hold down the masses.

When a police officer pulls you over and asks you questions; at some point they will ask you if you "understand". This seemingly innocent word, is far from that.

Splitting the word into two, reveals the terms "under" and

“stand”. By agreeing with the officer that you understand, you are informing them you “stand” “under” whatever they say...you have entered into a verbal contract and subject to the laws of the land which the police officer represents.

This subject is huge in scope, suffice to say that there is a difference between what is legal and what is lawful. The laws (legal) written by the judges and the nation, sit below natural laws (lawful) of the universe and the sovereign human beings we are.

“Take back the sovereignty you were born with, that which the state has hidden from you ever since”

Ugo Domizioli

35

Minority

Meaning: a percentage constituting less than one half of a whole, be it votes, opinions or people.

Derivatives: portion, outnumbered, opposition.

Synonyms: few, faction, subgroup, clique.

We have been conditioned by our governments, the media, society, our employers as well as propaganda, to conform to the majority...have you ever given much thought as to why?

The scientific and logical reasons include: when a large group have reached a consensus upon a subject, that literary means, everyone is in agreement that something is a certain way.

I have mentioned before, how this is often referred to as “settled”, especially in regards to science. I have also mentioned how this is odd, as science is about continually asking questions. The argument that comes back, all the questions have been asked and answered, now there is consensus.

However, upon further investigation, this is often simply a lie. The questions asked are always designed to achieve a certain outcome or align with certain narratives. Questions outside of the narratives or ideologies are never allowed to be presented.

This has never been more apparent than in court cases where the judge decides what evidence is allowed and what is excluded. When you have corrupt judges, yes they exist, I’m sure you can see the problem.

The word minority, has always been used to keep down in stature, smaller groups in a population, such as First Nationals, the poor and oppressed.

This discrimination and marginalization by the larger group, the majority, has historically been systemic, used to make the smaller group subordinate in status.

More recently, during the plannedemic, while the majority took the jab, the minority didn’t. The majority used all the tools in their discrimination/marginalization tool box, to coerce, shame and discredit all those deemed dissenters.

I am proud to still be a part of that minority, and have been proved 100% correct against everything the majority put forward...the “experts” and their “settled” science.

There are reports that the majority have awakened to the plannedemic scam, as the uptake in late 2023, for the latest batch of jabs, was only 1-2% among citizens.

They have learned first hand, not the news, but family, friends and colleagues that became “vaccine” injured or died as a direct result of the jab.

What can we learn from this tragic crime against humanity? Firstly, never trust your government or the media on important subjects...they lie, full stop – check genuine history.

Secondly, listen to the “dissenters”, the minority, their voices are easy to spot as they will be called conspiracy theorists, far-right, terrorists, misinformation speakers...the list goes on. Beyond that, I ask that you listen to your heart, your gut instinct, your intuition by looking within.

Look out for when the word minority is used in the media. It sometimes will reference a group that is against certain government policies, in the context that, “it was a small group”.

Instead question that narrative and watch live or verified video streams from those at the event or demonstrations. When the media reports a demonstration only had 10,000 attendees, that’s usually code for 100,000.

Other narratives include the side affects and deaths from the jab, they have reported, “in a minority of cases”...the real numbers are horrific in size. While I was physically alone in Mexico during the plannedemic, my access to alternative sources of news, painted a very different picture to the one plastered across all global media.

While the majority were scared of what was being said and would eventually take the job. I researched all available alternative information sources to come to my own minority conclusions...it was all a scam, I acted accordingly without fear.

Never feel that being a part of a minority is a negative, instead be proud of the strength you gain for being different and bathe in the strength you achieve through being resilient by bucking the trend and the majority.

Going down a slightly trivial route, as I believe we are indeed living through tyrannical and dystopian times. The three “Divergent” films, based on books by Veronica Roth, follow the story of Beatrice Prior (Tris).

She portrays, a lone individual not fitting into the “system” and regarded as divergent and dangerous to those in power. The films demonstrate, that being different and true to oneself is more important than everything around you, especially majority views...be yourself, never a clone.

Be under no illusion, it’s amazing to be different, a minority is often far from that, especially during dystopian times where common sense prevails to those that can see.

Realise, you are never truly by yourself, there will always be a silent majority afraid to speak up, who are unreported by the media to give the illusion of a majority consensus.

Whenever you may feel you are in a minority on a certain subject, dig deep, it’s usually your gut feeling and intuition that is trying to nudge you in a certain direction, never forget your intuition always has your best interests at its core, always.

Being in the minority on particular issues, is by no means an easy path. You will face ostracism, hostility and sometimes expulsion.

I have experienced this first hand. What do I hold on to? While others believe, I know.

Knowing and believing are two very different things. So far, everything I have written, has been proven correct, and yet I'm placed into a minority category! Research from Stanford, shows that being in a minority, gives individuals a clearer sense of self...I can attest to that.

Divergent thinking, looking at the world with different perspectives and thinking, results in alternative viewpoints...that can never be regarded as a negative.

By taking on board unconventional insights, our approach to solving problems takes unconventional routes as experienced by inventors, innovators and entrepreneurs. Having minority views, helps us challenge dominant assumptions, helping the dialogue in new directions.

While working in large corporations is about conforming to internal narratives and majority group think. Real companies, at the top of their game, hire those that think outside the box, to bring a balanced view upon important strategic moves.

Many, if not most of the important creations in the fields of science, inventions, art, music and so on, have come from mavericks, again those thinking outside the box...a minority.

There was a time when nerds were looked upon in a negative fashion. I remember while at school, one boy, looked and dressed differently, but was the smartest kid in the class, probably the school...I sometimes wonder what he turned into and what happened to him?

Ever since the beginning of the internet and tech era, it looks as though, the nerds/geeks have inherited the earth. Most are millionaires, some billionaires, often with a background of failure within education that set up a company in a garage...a minority.

Good for them, while they were laughed at, they kept their heads down and got on with creating; those laughing, now work for them...if they are lucky.

Look at famous public figures that affected the lives of millions and inspired billions. Gandhi, Mandela, MLK, JFK – they all had powerful messages, again...a minority.

Throughout history, it's the odd ones, the eccentric and often, unorthodox ones, that create brilliance and advance humanity. While average Joe and Jane, tread the familiar path of education, then work. It is "Joe 90", that is building the factories, industries and corporations creating their jobs and wealth.

A similar story is seen in the art industry, it's the mavericks that stand out in a field of mediocrity. Stealing/copying, while often times pushing the boundaries, can never compete with true brilliance from a peculiar perspective.

Another way society looks at these independent thinkers, is to classify them as quirky. They are often portrayed as odd, interesting with appealing facets in a strange way. Other words would include: strange, eccentric, odd, unusual, offbeat, unorthodox, oddball, individual, unconventional, peculiar and idiosyncratic...I say, bring them to the fore.

“A minority of one, when it's you, is enough”

Ugo Domizioli

36

Anticipation

Meaning: looking forward, visualizing and taking prior action to something possibly happening in the future.

Derivatives: prediction, premonition, forecast.

Synonyms: expectancy, foresight.

A few of my friends asked me, how I was able to predict many of the events that took place during the Covid-19 Plannademic. How did I know there were going to be mask mandates, lockdowns/house-arrests, testing, censorship and ultimately vaccinations?

My reply was simple; despite it looking like I was a clairvoyant, with supernatural abilities able to see future events – the reality was, I watched and read alternative news media.

There were two parallel news feeds, one from the mainstream legacy media with narratives full of lies, the other from independent journalists and news operators, with the real story, the truth.

The much aligned term conspiracy theorist, I have covered previously, in the context of anticipation, often simply meaning, knowing the truth before others do.

As more and more conspiracy theories are proven correct and to be true, if I wanted to have a hint of what is going to happen, I could do worse than listen to those sprouting words of wisdom, banished to the wilderness.

There are countless websites with alternative points of view across all important aspects of life. Whether it be political, economic, social or health related, the information is out there.

However, the big search engines are not showing you the real results upon searching. You have to be smarter and use alternative ones such as DuckDuckGo, Presearch, Qwant or Startpage.

Books are another valuable resource, with hundreds demonstrating with evidence, an entirely different view of history and reality. It is often said, if you want to anticipate the future, simply look at the past, as history often repeats itself.

Actuaries, solely exist to predict the future with a high level of certainty for insurance companies to avoid huge payouts. I say, become your own actuary, to more accurately see the direction that you, society and your country is taking.

The two World Wars didn't just happen, there were so many events leading up to them in the prior years, that plotted the path to war. Those in the know, prepared by positioning themselves to profit by setting up or buying factories vital for war supplies.

Our effectiveness at predicting the future, is in direct correlation to our level of anticipation and having a keen eye to what is really happening and not listening to the fake legacy news.

Truly ugly world events happen all the time, many of which are planned that way. We cannot stop them until we have all had enough and remove these evil bastards in positions of power.

If you want to position yourself for a better life amid all the turmoil, you need to anticipate, evaluate and predict high level world events.

Taking a macro or bird's eye view of the world, you would be blind if you hadn't noticed a big change over the past few decades, but in particular, the past 5 years.

The developed world, which includes all the familiar names of the US, UK, France, Germany etc., are in decline, with global power shifting East. I have gone as far to say: "The West has Fallen".

It brings me no pleasure to come to this conclusion, but the evidence is clear to see. Morally, culturally and societally, the fabric and traditions of nations are being torn apart...this is no accident, but a long term plan.

All my research over the past decade, has pointed me in the direction of a failure of the West. Do I sit back and wait to be personally affected or do I anticipate what is ahead and act accordingly...the answer is the latter.

I anticipated that property prices in London were way overpriced despite huge demand. I sold my apartment at the peak, eighteen months later, an apartment almost identical to my own, had reduced in price by 25%...that was the advertised price, I would guess the actual price could have been -27%.

That one decision/anticipation has saved me a pretty penny. The value of our fiat currencies have been in decline for over 70 years, as the ravages of inflation and debasement via money printing has eroded our purchasing power.

I again positioned myself, out of fiat currencies and into commodities. These have not only kept up with inflation, but far exceeded it, as these assets were undervalued in comparison.

The simple truth is, anticipation is knowledge through research, by looking at subjects either in a different way or perspective so you can position yourself.

Do you anticipate any change in your health, as you continue to eat junk then go to the doctor for a pill to fix things. Off course not, the direction that our food suppliers and supermarkets have taken is detrimental to our well-being.

Position yourself accordingly, I would suggest you even leave your home country such as the US. If you cannot see the damage caused by the junk produced and consumed, you aren't paying attention...this junk is slowly killing you.

If you believe you can escape junk food by shopping at the large organic supermarket chains, think again. They were taken over by the same huge global conglomerates years ago.

While some foods within these stores are natural, Big Food started to put the same chemicals into the organic food chain that exists in ordinary supermarkets.

Emigrate to a country that values real whole food, that hasn't completely sold out to the food conglomerates that are tainting our food supplies.

Buy from small local producers that you can verify are truly organic, get to know them, you will find many truly believe in real food, not junk.

Many Western countries are failing their citizens across a multitude of segments, yes many provide decent incomes or benefits. But what use are these if we die young through ill health from the food and environment? Anticipate, as I have done, where we are today and what is likely in the future.

“Our ability to forecast our future, lies strictly in our ability to see our real present”

Ugo Domizioli

37

Placebo

Meaning: a dummy medicine used as a control group during clinical trials when testing the efficacy of a new drug.

Derivatives: sugar pill, fake or dummy pill.

Synonyms: test substance, inactive drug.

Patients taking part in clinical trials for new drugs, are split into two groups. One group is given the new drug being tested, the other group an inactive simple sugar pill, known as a placebo.

Those taking part in these types of drug trials, are unaware they are receiving a placebo. They are simply informed, they are helping to test the effectiveness of the new drug.

After the experiment, results are compared to see if the test drug resulted in either a positive, neutral or negative effect.

The placebo-effect occurs when the test patient either perceives or exhibits an actual improvement, even though they simply took a sugar pill.

Science cannot explain this effect, or maybe, I would suggest, choose to avoid or deflect anyone looking into this fascinating subject.

What research exists, indicates that the placebo-effect, is caused by positive expectations from the test patient. They believed they were taking a new “miracle” test drug and so had positive expectations for the outcome. Other research indicates, that the simple act of taking a pill, is associated with taking medicine that heals.

The placebo-effect is an interesting phenomenon – the pharmaceutical companies hate this pesky, unexplainable enemy that gets in the way of their profit making operations.

Further studies show the placebo-effect to be so powerful, that they actually negate the use of the test drugs themselves. In other words, the test drugs do not provide any benefit at all.

A wide ranging study, backed by high level evidence, found that only 1 in 10 medical treatments actually work!

The placebo-effect problem, has become so big, that a company exists solely to control what the general public gets to see...suppression of the truth once again rears its ugly head.

When patients are debriefed after the experiment, they are often discouraged from telling others of the positive results they experienced by receiving a placebo, rather than the pharmaceutical drug being tested.

On the other side of the equation, patients and humanity in general have rediscovered, a power we all possess inside ourselves, to self-heal at least some of our health issues.

Placebo and the power of the mind, is a force to be reckoned with. Our minds are an immensely powerful tool to aid our physical bodies get better.

Think about this placebo-effect carefully – the mind in these clinical trials, was able to stimulate healing. This concept while seemingly new, has in other cultures been around for centuries.

Old science continues to ignore the subject, new science on the other hand, has found the mind is as effective as traditional treatments in some situations, such as general pain, wound healing, depression, anxiety, and reducing blood pressure.

A few examples of the placebo-effect include, one study testing painkillers, where test patients experienced less pain simply because they believed they received a real drug.

Another looking into irritable bowel syndrome, found those given a placebo, experienced significant improvements. Similarly, in another test, patients underwent placebo acupuncture which again showed improvement in their symptoms.

One study I found particularly interesting, test patients with knee problems needing surgery, where split into two groups.

One had the actual surgical procedure to fix their knee, the others simply had a cut on their knee, which was stitched up, just like in the real surgery. Those having the fake surgical procedure, felt just as good as those actually having the real surgery.

The placebo-effect shows how our minds can work together in harmony with our body to influence physical responses often better than taking a drug with the added benefit of zero side-effects.

Could the placebo-effect be explained by mere coincidence? The answer is no, children and animals have also seen benefits, obviously unable to comprehend the concept, let alone form an opinion.

In Eastern cultures, maintaining a balance between the mind and body is a given for leading a healthy life. There is a saying that poor doctors treat symptoms, average ones treat illnesses, while the best doctors heal the whole patient.

Why does the West not have this holistic approach to medicine? The answer is a simple one...profit.

In Chinese culture, “chi” is an energy which circulates throughout our bodies and a vital part of living a healthy life. I wonder whether, during placebo experiments, it was in fact, this life force that went to fix whatever symptoms were being monitored?

The work and research, conducted by Dr. Joe Dispenza, is well worth looking into, for those wanting to know how our minds and bodies are connected.

He has a collection of videos and books, looking into epigenetics and how using our minds we can heal the body with real person life examples.

By using meditation/self-hypnosis and visualization techniques, we can change our thoughts, which in turn changes our reality.

The way our brains work, they do not know the difference between what is real and what is not. What do I mean by that? The placebo-effect clearly demonstrates, that the drug given to a patient doesn't matter if real or not, what matters is what the patient believes.

When our emotions around a course of action are at a high enough belief setting, the mind and body cannot distinguish between what is real and what is not. The same neurological processes occur to send a signal to the body to fix itself.

By repeating a desire for a future outcome, new neural pathways are created, so that our thoughts are the placebo – this is how the placebo-effect works.

Truly believing the positive result of the outcome is the key, just as those test patients taking a placebo or sugar pill. There have also been experiments, where test patients were told they were receiving a placebo, not the test drug, patients still improved.

A person's attitude, when faced with a difficult health situation, is vital to aid any treatment undertaken. It is estimated that up to 1 in 3 people experience the placebo effect in some fashion, clearly showing we are all capable of some form of self healing.

While the placebo effect is scientifically conveniently ignored in the West, evidence from the East shows the powerful force that it is.

“We have inside what we need to heal”

Ugo Domizioli

38

Smile

Meaning: a facial expression usually indicating happiness or being amused by something.

Derivatives: smiling, smiles, grin, beam, laugh.

Synonyms: friendliness, amusement, delighted.

One quote I created for my 80 Quotes Book, “Be the smiling stranger”. I’m not sure how it happened or the reasons, but early on during my six years of travelling, I started to smile much more than usual.

I caught myself smiling during my long walks on a beach, when taking treks into the hills, walking through urban centres and when trying new interesting foods for the first time.

Smiling with nature is nothing new, for it brings out the heart within us. However, when I started smiling at strangers on my long walks, that’s not what inner city folk like myself do.

London is a busy city, everyone having something to do, somewhere to be, smiling or talking with others while on the bus or train is a rare occurrence. So much so, that when it happens, people often stare to see if there is a problem.

When I reflected into why I’m smiling, the conclusion was very simple – I am happy. Not just, in the moment happy, like a special occasion, but truly, deeply happy with everything going on in my life.

This includes, the sometimes difficult modes of transportation us backpackers take, often because it’s the cheapest option. Where tourists fly, backpackers walk, take motorbike taxis, crowded chicken buses and a wooden seat in a non-air conditioned train.

While flying is expedient, when on a two-week holiday, as a slow long-term traveller, time is never a consideration. The sterile, soulless nature of that aluminium tube when compared to the theatre of life aboard an Indian train is priceless.

I am happy and smile, because of what I am experiencing on a daily basis, not on a mere two-week summer holiday.

Another of my quotes eludes to the fact, that our life ratio, if we are “lucky” is 48:4. We work for 48 weeks every year, for our 4 weeks of freedom. We can clearly see, this is not freedom.

I understand everyone has different situations, family, kids, careers etc., but I would urge readers to see, 48:4 is not living, but a form of modern slavery.

Years ago, while at a digital nomad conference in Thailand, I was heartened by the diversity of attendees – young, old, freelancers, retirees and families too. There were a couple of families that decided to permanently travel with their children around the world, rather than conform...how amazing.

Not only did they want their kids to experience life education and the valuable lessons it provides. They also wanted them out of traditional formal education with all its ~~teaching~~ / indoctrination and training them to be employees.

I couldn't help notice, as I write this in a cafe in Kuala Lumpur, Malaysia. Everyone, and I mean everyone, is on their smartphones rather than engaging/smiling at those they are with!

Back on topic, how do you get to the stage of smiling more or at strangers. I would argue, that you need to change your life significantly, for if you are not smiling everyday, in every moment today, then what is the point of what you are doing?

Identify what makes you smile – is it helping others, a hobby, socialising or cooking; each of our lists will likely be different. Once you know, aim to steer your life in that direction. Start while still working, using your night time television hours for more creative endeavours and dip your toes into possibilities.

I personally stumbled across becoming an author as others suggested it and now have a body of work that I can look back upon and build further.

We have all been in a social situation and given or received the fake smile. Often times, this is done out of politeness or to put others at ease, this has its place.

However a real smile is quite different, rather than just our mouths moving, our whole body is involved. From our stomach, heart, mouth and eyes, a collection of real reactions come together expressing our true joy.

When someone nearby yawns, sometimes we involuntarily yawn too, it's contagious – smiling is no different. When you smile, others are more likely to follow suit and smile back.

Once you start to smile more at strangers with zero expectation of anything in return, on occasion a smile will come back. The truth is, we don't need external validation, to validate a truly held internal calmness.

When you do receive a smile back, you have now created a positive effect upon a complete stranger. Who knows how their day will unfold? However, I bet you may have helped in a miniscule way...I'm almost certain you didn't make it worse.

There is a slight chance, that stranger may pay your smile forward toward others, possibly causing a chain reaction of good feelings, brightening everyone's day...it's possible right. I refer readers to my previous writing, on the work of Dr. Masaru Emoto.

Why not start smiling at strangers today, in time evolving to viewing smiling as a concept. Say "Thank You" more often than you normally would, give up your seat, hold the door open for those behind, help those with heavy bags/prams, offer strangers a compliment.

Or make a fool of yourself with self deprecating jokes. Are we really so busy, rushing around, that we don't have a few seconds to show kindness to a stranger?

On a more selfish, self serving path, smiling not only stimulates the production of endorphins, but also helps reduce stress, anxiety, blood pressure and heart rates, while boosting our immune systems...I ask you, what is there not to smile about?

“We are all connected, when we smile at others, we are smiling back at ourselves”

Ugo Domizioli

39

Breathe

Meaning: the air we inhale and exhale during normal respiration.

Derivatives: breath, breathing, breathless.

Synonyms: respiration, wheeze, exhalation, energy, gasping, life force.

Do any of us ever think about breathing? My guess is we do not. It's something we take for granted as it's passively performed every second of the day and night without thought. I believe we should give breathing much more attention.

Breathing not only keeps us alive by the process of inhaling oxygen, but importantly, exhaling carbon dioxide, our body's waste product. This was "scientifically" ignored by the masking of billions during the plannedemic.

We wouldn't dream of consuming other waste products from our bodies, yet "science" and our governments via mask mandates, made us do exactly that!

We take approximately 25,000 breaths every single day, each one takes oxygen into our bloodstream and transports it to our cells throughout our bodies, which in turn creates energy.

Every single system within our bodies, requires oxygen to function. Breathing keeps us in homeostasis, by regulating and maintaining our pH levels, helping our bodies to naturally heal, while also purging toxins.

Would it surprise you to learn that in the West, within the medical area of pulmonology research covering lungs and respiration, not a mention is made of the benefits of deep breathing.

While in Western cultures, breathing on the whole is not considered important, in the East, it's more fundamental to everyday life than we could imagine.

Shallow, short breathing is how we breathe in the West, this keeps us in a type of shock situation, anxious, fearful, and in a fight & flight mode.

Fast breathing, particularly when under stress, tells our body to get ready for action...our heart rate increases, our muscles tense up in preparation for what is to come.

Is it any wonder why so many die from stress; it's meant to be a temporary state to help us handle a dangerous situation, not part of our everyday busy lives engineered by the system we live in.

Deep and slow breathing, does the opposite, it calms us down. In the East, deep rhythmic breathing is practised with thought and precision, raising one's frequency and energy.

Ever wonder how deep sea free-divers, spear-fishers or synchronised swimmers are able to hold their breath? Firstly, they train over a long period of time, but essentially they take very long, deep breaths which oxygenates their bodies and floods their blood cells with oxygen.

It's like having extra oxygen in addition to the last deep breath taken before diving. The current world record for holding ones breath is over 11 minutes.

Breath-work, whether practised during meditation, exercise or as an act in and of itself, is more important and essential than we could ever imagine. When we concentrate on our natural cycles of breathing, some cultures describe those moments as moving beyond the mind and body.

Long deep breaths, originating from the abdomen help us feel grounded, energized, centred and calm by slowing down our heart rate which coincidentally also lowers our blood pressure. This in turn makes us feel calm, which reduces our stress levels.

What many do not know, changing how you breathe, changes our brainwaves by increasing our alpha waves, which directly have an affect on so many aspects of our lives.

The benefits of breath-work, help with: stress, anxiety, depression, insomnia, mental health, mood, pain management and reducing chronic inflammation.

In addition, breath-work boosts our energy, lung capacity, circulation, digestion, happiness, creativity, immunity, body alkalization and self-esteem. To sum up – our general well-being.

None of the above is hearsay, instead, all backed up by research showing direct correlations between focusing and improving our breathing to feeling better and living a healthier life.

If we look at just one aspect, lowering our blood pressure by simply learning how to breathe correctly, should be an eye opener. In the US alone, an estimated 78 million suffer from high blood pressure increasing the risk of strokes and heart disease.

Stress is one of the West's six main causes of death, usually in the form of heart attacks. In general, chronic stress accounts for between 50-75% of all appointments to doctors. There is no actual medical treatment for stress, yet breath-work is proven to work. Interesting that doctors do not prescribe breath-work!

In order to understand the power of breathing we have to head East and to the past. China, Japan and India among other countries have documented the art of breathing and breath-work for over 4,000 years.

Breath-work can be learned by anyone, however it's the discipline to make time for it, as they do in the East, which results in long term benefits...making the commitment is the key.

The easiest way to do this, is to schedule time for it, just as you would for an exercise routine. If this is too difficult or you simply want to give it a try, start by simply incorporating breath-work into your existing daily activities and routines.

Give it a try when walking to the train or bus on your way to work, when out buying lunch or going for a walk in the park. None of these require any additional allocation of time or effort, just discipline.

Begin by focusing on deep breathing, for only 2-5 minutes everyday while doing the above. Once you feel comfortable, increase the length of your sessions. You cannot go wrong, as even if initially you do not carry it out correctly, the simple fact you have started will help.

There are different methods to practice breath-work, none is more correct than any other; try to see which you feel more comfortable with. Having said this, make sure any breath-work is done via your nose and not the mouth.

A researcher conducted an experiment blocking his nasal passages, only breathing via his mouth. His snoring increased by a magnitude of 13, as did his waking up during the night. His blood pressure went so high that he got to stage 2 hypertension. Here are a few popular breath work techniques:

- The deep abdominal nasal version of deep breathing involves: breathing in deeply from the belly and expanding up to the chest, then exhaling slowly via the nose
- The 4+4+4+4 nasal version involves: inhaling for 4 counts, holding for 4 counts, exhaling for 4 counts and finally holding for 4 counts
- The 4+7+8 nasal version involves: inhaling for 4 counts, holding for 7 counts and exhaling for 8 counts

A simple way to implement these is to swap out the word “count” for seconds. With practice you can increase the count/seconds. The beauty of all these methods is that they can be done wherever you are without the need for any equipment.

There are other styles which are easily found online as well as whole books on the subject including: Wim Hof Method, Buteyko Method and Holotropic Methods among others.

Meditation is another method to introduce breath work. I personally have found it hard to meditate as my mind is in constant thinking mode, maybe I haven't found the right technique?

My personal way to involve breath-work into my future daily routine will be via Tai Chi. This is a low-intensity, whole body exercise routine, incorporating breathing and slow hand and body movements.

“Breath-work is so simple, why were we never taught this simple health routine to longevity”

Ugo Domizioli

40

Grounding

Meaning: to reconnect our body with the earth beneath our feet in order to reduce or eliminate inflammation which is the root cause of many serious diseases.

Derivatives: grounded, ground connection.

Synonyms: earthing, earthed.

Only on two occasions, have I come across grounding; each time, I did not realise what was going on, as I had zero understanding of what grounding was.

The first time was watching the film “Pretty Woman”, in the scene where Julia Roberts takes off Richard Gere’s socks and shoes in the park, making him feel the grass beneath his feet in order to relieve the stress he was under.

The second occasion, I was in Luang Prabang in Laos, where I was drawn into a few games of chess with a chap from Germany that resides in Mexico.

I noticed he would walk around town in his bare feet. I thought it was strange as the streets were not particularly clean...I never did get around to asking him why. Little did I know then, that grounding is a thing.

When I tried to look up the definition of the word grounding in online dictionaries, there wasn’t a single reference to it, earthing doesn’t exist either. This intrigued me, why is it not referenced?

While grounding is a fairly new discovery, other less important words receive official recognition...interesting I thought, I haven’t found the answer yet.

When we truly think about grounding, it is everywhere. Our homes electrical system, every appliance is grounded to prevent explosion. Skyscrapers have at their tops, tall metal structures used to diffuse and make neutral any hit from a lightning bolt as do commercial aircraft in their nose cones.

The question then becomes, why would humans be any different? The answer is, we are not. We need grounding but modern society has taken this facet away from us.

Our lives today are encompassed with electromagnetic radiation everywhere we are. The internet and Wi-Fi is everywhere, heck it's inside our jeans or jacket pockets in our smartphones.

We know, the cellular phone industry, will turn out to be just like the tobacco industry, in that decades later we will find out the harm from using cellular technologies.

Grounding or earthing, involves connecting your body to the Earth's electrical field by walking barefoot on the ground. The Earth has a negative charge, by making contact, we absorb the negative electrons which kills bad molecules within us that contribute to diseases.

Bet you didn't know that! In fact, there is scientific evidence in over 21 studies, showing grounding reduces stress, anxiety and inflammation.

Grounding also helps you sleep, helps when in pain, boosts your immune system, improves cardiovascular health, your mood and accelerates wound healing.

Sounds crazy right. Just connecting ourselves to the ground can help us in so many ways.

Inflammation is the root cause of major diseases such as Alzheimer's, cancer and heart conditions. Grounding balances every organ in our bodies to eliminate inflammation.

These chronic diseases are more prevalent today than they have ever been, with some research suggesting our bodies are literally on fire.

By grounding, we allow mother Earth to neutralise this fire with its negatively-charged electrons neutralizing the positively-charged destructive ones within us.

This all achieved in a completely harmless way, the solution is right there before our eyes, as we look down toward our feet.

I have watched online videos of people attaching electrodes to the ground via a meter and then onto their body while wearing shoes, followed with bare feet on the ground.

The results were easy to see, the meter doesn't lie. Grounding is not some mystical, spooky or fringe tool, it is real and here to benefit us all, if we just take the time to make some adjustments in our lives.

In the spiritual realm, some cultures believe that Earth is a source of not only energy, but life itself. Grounding is seen as a way to connect to our higher selves.

Whether you take the scientific or spiritual approach, there are no downsides to practising grounding, only upsides for our health.

In many developing countries, the poor in particular, tend to walk all day in bare feet. In the developed world, we live indoors, insulated. When we do venture out, we always wear shoes which tend to have a rubber element to them which is not conductive so we cannot absorb Earth's limitless, natural healing energy. How many pairs of insulated shoes do you own? I certainly have way too many.

In colder climates, wearing socks and shoes all day is pretty much the norm. We would never consider taking any of these off, as it's not socially acceptable and cold.

The best way to get started, is by simply implementing grounding wherever you can. When you go to the park for a walk or picnic, go barefoot.

The same applies when at the beach, forget getting sand between your toes and connect yourself to mother Earth. Whether it is grass, sand, soil, water or concrete, you will be grounded as these are conductive surfaces and Earth's currents can flow into you. In contrast, carpets, vinyl, wood or asphalt cannot conduct Earth's energy.

If you have carpets, vinyl or wooden floors at home, there is another solution. Grounding mats are available that plug into a standard power outlet giving you all the grounding needed and the same benefits while staying warm indoors.

When I set up my new home, I will make sure I have a grounding mat under my office chair where I usually spend a lot of time.

I now aim to ground myself as much as possible wherever I can. While I have been on my travels, as I am pretty much always in a warm/hot country, I never wear socks.

Anytime, I sit at a casual bar or restaurant, I slip off my shoes immediately. Walking on the beach or at a beach bar is another given grounding opportunity, yet I very rarely see others plant their feet down.

In many cultures, it is customary to leave one's shoes at the door, I guess it's only one step further to leave one's socks too. Instead of putting your dirty socks into the washing basket every night, you will get into the habit of washing your feet instead...a nice excuse to install a bidet or get one of those foot massage/washing units.

Think of the last time you were without your shoes, walking barefoot in nature...I bet it was a while ago right? A recent meta-analysis showed that walking in nature was, one and a half times more effective than the best antidepressants.

We have evolved as humans, yet in doing so, have detached ourselves from mother Earth and the free limitless healing it can provide us.

I would encourage readers to watch “The Earthing Movie”, it’s a documentary available for free on YouTube, or read the book “Earthing”.

It turns out, we need grounding just as we need water and the air we breath...spread the word, plant your feet.

“To reconnect, to balance, to invigorate, to get back to source...take off your damn shoes”

Ugo Domizioli

41

Sunshine

Meaning: the warm rays of light descending upon Earth from the sun, making life on earth possible and tending to make people cheerful, happy and help with their health.

Derivatives: sun, sunlight, sunbeams, sunrise.

Synonyms: daylight, summertime, summer.

Having lived all my life in London, sunshine or the weather in general, is often an icebreaker subject when meeting people from around the world. We all laugh at the lack of sunshine we receive in the UK.

On occasion, when a heatwave passes over the region, a psychosis seems to descend over citizens months later, in that everyone proclaims it was the best summer ever. The reality of the data suggests otherwise.

Sunshine is another word, I consider so important, that I expand upon here, having first explored it in my first book. Our lack of sunshine, especially those living in the northern hemisphere, has a direct link toward our health in a detrimental fashion.

Our two-week holiday to the sun, becomes a stressful time for our skin, often resulting in at least a part of our bodies becoming sunburnt.

If we were to get out of balance with water or fire, we get damaged; it's no different to the sun. Research has shown that office workers in particular, are more likely to be diagnosed with a melanoma (skin cancer) than those that live in sunnier countries and spend most of the time out in the sun.

What does this tell us? Quite simply, those living in sunnier countries closer to the equator, have become acclimatised to the sun.

Having travelled for over six years, always in hot and sunny countries, it's mainly tourists that are out in the midday sun. Locals on the whole, venture out, early morning, late afternoon or in the evening. They have adjusted their lives around sunshine hours rather than trying to fight against it, which those on holiday do.

Those in southern hemisphere countries, have much lower rates of skin cancer than their northern counterparts. Those in the Northern Hemisphere, suffer more from heart disease, strokes and high blood pressure than those in sunnier countries.

Skin cancer rates have been rising for decades, is this due to ozone layer depletion, climate change, over exposure to the sun or some other reason?

The sun has not changed in millennia and ozone depletion is not a factor. Most are becoming aware of the fake man-made climate change scam used as a way to tax citizens.

What has changed, is the mass use of sun blocking lotions. This is the main way tourists stay out in the sun longer than the sun suggests they should.

People in these southern countries, usually don't use these lotions or cannot afford them...they rarely get melanomas. I stopped using lotions six months into my travels, my skin adapted and now I walk freely in 100 degree heat for hours.

One question that always puzzled me; how come these lotions kill lab mice in experiments and damage our coral reefs in our vast oceans, but somehow have been passed as safe for use on our tiny bodies?

The sad fact is, these sunscreen lotions are absorbed through our skin, directly into our bloodstream. I think you can clearly see the problem – the ocean versus our small bodies.

Chemical components from these lotions, have been found inside the cells of many wild seafaring species...humans, let's not look into that. A little known fact: no research exists proving "sun protection" lotions prevent skin cancer.

What they instead do, is create skin and other bodily cancers through the absorption of poisonous chemicals. Sunscreen lotions are designed to block UVB from sunlight which triggers our bodies to produce vitamin D naturally, this natural chemical reaction is vital to our health and general well being.

The multi billion-dollar “sun protection” industry doesn't want you to learn, that 99.65% of all skin cancers are the harmless variety and not fatal. I wonder what the incentive is for that?

Stop following their narrative that we can spend all day out in the sun, this is for their benefit, as it makes you use more lotion. Using these lotions, prevents our skin from absorbing sunshine allowing our bodies to generate vitamin D naturally.

Moderate and controlled exposure to the sun gives our bodies over 90% of the vitamin D we need, no pill or natural foods in existence are as efficient as the sun.

I personally, fully expose my arms, legs and torso without turning red or burning. My face however, remains fully covered with an embarrassing wide-brimmed hat, as the skin on our faces is very thin and burns quickly.

My hat has the double affect, of not only protecting my face and neck, but also bringing a smile to strangers that pass me by, with their smiles.

Having studied the topic of sunshine intensely, when I'm near a beach, I tend to go out early in the morning between 7–10am to absorb the softer morning rays. Alternatively, afternoon rays between 4–6pm are just as nourishing. Also take into consideration the UV Index which can be high even during these times.

When I'm in cities, I wear a short sleeve shirt, shorts and my hat and walk around even during the burning hours between 10am to 4pm.

The truth is, our bodies crave, need sunshine, just as we need water and food. My advice is to avoid the burning hours until acclimatised as I have become.

Get out and enjoy the sun responsibly as nature intended, go out to top up your vitamin D levels, not to show off your tan when back from your holidays to your office chums.

Research confirms the importance of vitamin D in the biology of all the cells in our bodies. Having vitamin D levels of at least 40 ng/ml has been shown to reduce our risk of cancer by 67%.

Natural vitamin D via sunshine, not supplements, has been proven to aid our health in numerous ways. Exposure can help prevent and/or address: multiple sclerosis, rheumatoid arthritis, diabetes, osteoporosis, immune system, inflammation, cancer, obesity, high blood pressure, cardiovascular diseases, heart attacks, strokes, depression, multiple sclerosis, autoimmune diseases, allergies, mitochondria function, autism, dementia, Alzheimer's and asthma.

Those still in doubt of sun exposure, due to skin cancer concerns, which I myself suffered. Consider this one last fact from a study in 2013. Our risk of dying from a stroke or heart disease is 80 times greater than our risk of dying from skin cancer...as always, I urge readers to look into this topic for themselves.

“Respect the sun, it will pay you back with the nourishment your body craves”

Ugo Domizioli

42

Immunity

Meaning: often full resistance and protection against infection.

Derivatives: immune, resilience, antibodies, shield.

Synonyms: resistance, protection, defences.

This is a strong word in all its definitions as it basically prevents things happening to us. In our day-to-day lives, I doubt any of us give much thought to our immune system.

It's simply regarded, as just another of our bodily functions that does its job in keeping us going. However, when you truly understand its importance, you see things very differently and accordingly change how you choose to live your life.

I have previously touched upon, that we all have cancer within us, rather than cancer being inherited. These cancer cells, come to life every single day, however, it's our immune systems that has the job of killing these cells and does so successfully.

We weaken our immune system, either by smoking, drugs, alcohol abuse, eating junk processed foods or a host of other environmental reasons.

This is why we develop chronic diseases, because our body can no longer handle trying to kill the new cancer cells, because it is so busy trying to fix these other ingested problems.

Since the introduction of the covid jabs, cancer rates have gone through the roof around the world. People prior to the jab that were diagnosed with a type 1 level cancer, have suddenly found out their cancer has shot up to stage 4.

Turbo cancer, as it has become to be known, is directly attributable to the jabs, the data proves it. So what exactly has happened? The jabs have created a condition known as Vaccine Acquired Immune Deficiency Syndrome (VAIDS).

Fortunately the percentage of the population this affects is estimated at between 2-3% of those that had multiple jabs. Unfortunately, this number is huge as the jab was a global affair.

We have the situation where immune systems have been severely compromised. It is estimated that the more jabs were/are taken, the more damage was/is done.

Having this weakened immune system, is leading to various serious diseases that cannot be fixed by the body's immune system. A whistleblower from the US Department of Defense (DoD), has indicated that HIV cases are up 590% year-on-year.

The German government acknowledged, that an abnormal number of vaccinated citizens were developing “AIDS-like symptoms”.

A paper from a prominent journal of science concluded, those that were jabbed suffer compromised immune systems to the extent that they can no longer even fend off the common cold.

Further research shows that these RNA-based (mRNA) jabs can cause the immune system to turn against itself in as little as a few months.

Is it a coincidence that there has been an increase in the media, urging citizens to get tested for HIV. Is it also a coincidence that new HIV/AIDS drugs are on the horizon...it is not.

Research shows that the mRNA component of the jabs impairs our natural repair mechanisms. Another element, SV40, was found to promote brain, bone and lymphoma cancers in lab experiments.

The triple plus-jabbed suffer the highest rates of immune system destruction compared to any other demographic. Myocarditis and pericarditis are autoimmune disorders similar to AIDS. These forms of heart inflammation, have hit the young in particular with healthy athletes dying on the fields like never before in the history of sport.

We are now witnessing, the consequences of the covid experiments on humans. Make no mistake, this was a co-ordinated and planned psychological and physiological experiment on human kind, the likes of which we have never seen before.

The real physical damage caused by the jabs and sudden deaths we are experiencing today, is nothing compared to what awaits us in the future as the cases continue to rise.

The data and evidence is overwhelming, as governments the world over, continue the cover up, of what will eventually be known as the biggest crime against humanity.

The Australian Government, after a Freedom of Information (FOI) request, released a 78 page report on Covid Vaccine batch tests. Every single word in the report was blacked out.

Meanwhile in Germany, leaked documents from its health agency revealed that top government officials knew the experimental mRNA jabs were dangerous, however, pushed for vaccine mandates anyway.

A recent report from the US showed that 1 in 4 Americans, know someone that had died suddenly directly from a covid jab.

Another huge report, over 500 pages in length covering 125 countries, concluded that deaths attributed to "Covid" were in fact due to lockdowns and the jabs themselves...let that sink in.

In another worldwide study, it found that there were no excess deaths due to covid, however there were 16.9 million vaccine-associated deaths up to the end of 2022.

Some of the largest insurance companies in the US have seen a surge in sudden deaths among jabbed adults. The amounts paid out have been the highest since 1918.

Turning the conversation around to the more positive aspects of immunity. Our natural immunity works by producing antibodies which neutralize antigens, firstly by keeping them out and secondly by using other elements to kill them.

Our bodies have evolved over the centuries to keep us alive, naturally without intervention. However, due to the toxic environment of modern living and all the attacks our bodies sustain on a daily basis, we need to boost our immune systems.

It comes as no surprise that nature shows us the way. Eating real, whole, healthy foods contain many of the minerals we need. However, having said this, many modern foods have been stripped of essential elements in the production process. We therefore need a boost by taking natural supplements.

Vitamin C, D and zinc are essential, make sure you source the best versions. Nothing can beat natural sunshine in creating vitamin D, I am personally looking for a home near a sunny beach in order to go for walks on a daily basis.

Sleeping is when our bodies repair themselves, maximise all you can to make sure you get a consistent good nights sleep. Invest in the best mattress, buy grounding sheets or mats to sleep upon to neutralise the harmful effects of our electromagnetic environments.

Why not go all the way and turn off wifi at night or encompass your bedroom with a Faraday cage/shield behind the wallpaper or in the plaster. Extreme, most would think so, but we have yet to fully understand the harm wifi signals are causing us.

Despite what you may believe, we are electrical beings, do you honestly think all these invisible electrical signals have zero affect on our well-being?

Our modern lives are designed to be full of stress and fear, again reduce these factors where you can. Breathing deeply, rather than in the shallow fashion we are used to, is again beneficial as has been demonstrated in Eastern cultures.

In addition, researchers at the University of Southern California, found that just three days of fasting can regenerate our entire immune system, irrespective of age.

In other cultures, sound plays an important role in wellness. Again, this makes perfect sense, as at our core we are nothing more than a vibrational field. That's why music brings us so much comfort and pleasure, it turns out it can also heal us.

Create a daily self-care routine that addresses both mental and physical aspects to help your body be the best it can. Eat, drink, exercise, read, listen, create, walk and breathe in ways to heal rather than hinder your immune system.

The final piece of the immunity puzzle for me personally, is seeking immunity from a government that means me harm.

“The absolute best performing investment you can ever make, is in yourself, boost your immune system for longevity”

Ugo Domizioli

43

Exercise

Meaning: bodily exertion to improve one's fitness and health.

Derivatives: exercising, fitness, activity.

Synonyms: training, workout, sports.

Let's start with what is the opposite of exercise, that would be inactivity and idleness – we have clearly been given legs and arms in order to move.

Everywhere we look, we are exposed to exercising in some form or another. Adverts, magazines, radio, television and the internet all steer us toward physical activity.

It's promotion is always steered toward our health and usually also toward weight control or loss with imagery of attractive, muscular, thin models. While the message is indeed positive in nature, how true is it? Does exercising cause us to lose weight?

While almost all exercise is good for our overall health, it's not the best approach for weight loss. To lose weight, it's partially an issue of mathematics. How many calories we put into our bodies with the food we eat, compared to how many we use.

When we search online for the current recommended daily calorie intake, it's 2,000 for women and 2,500 for men. I find this interesting, because it used to be 2,200 for men, why the increase?

This is even more bizarre, as we live a more sedentary lifestyle than in the past due to our use of tablets, phones, gaming consoles and computers. Why would the National Health Service (NHS) in the UK, propose such a high number?

When we look at how many calories our bodies burn by doing nothing at all, sitting behind a desk all day long, we find it's around 2,000. This number is often seen online and in medical information.

Clearly, there is an obvious problem. By using NHS guidelines, males would be taking in 2,500 and only expelling 2,000, while women would be taking in 2,000 and only expelling 1,600.

This mathematically results in weight gain. However, the NHS figures are misleading as it depends on our age. Males aged: 20-34=2,000 calories, 35-49=1,800, 50-64=1,600 and 65+=1,400. For females: 20-34=1,600, 35-49=1,400, 50-64=1,200 and 65+=1,000.

I personally have never seen these age adjusted numbers, only by conducting intensive research did I find out this information. I now more fully understand, why it's so much harder to lose weight as we age.

I need to adjust my personal thinking of naturally burning 2,000 calories per day in a sedentary situation, to the more accurate 1,600 calories, for someone approaching my sixties.

You will have noticed, I used the word "partially" to describe losing weight is an issue of mathematics and calorific deficit. If only it were so simple. Big Food will have you believe, that a calorie is a calorie and it doesn't matter where it comes from.

This is another fake narrative used to sell us the junk processed foods we have been consuming for decades. What they don't want us to know, the calories we receive from natural foods are treated very differently by our bodies and clearly more beneficial to us than junk.

The calories from junk foods, cannot be used as energy by our bodies and instead are stored directly as fat. This is why there is a global obesity epidemic.

Next time you eat just one biscuit or cookie, to burn those calories, it takes 30 minutes of exercise, but because it's made of junk ingredients, such as High-Fructose Corn Syrup (HFCS), exercising will almost have a zero effect, you will gain weight.

Exercise should only be relied upon, for fitness and not weight loss – this is only achieved by eating real food in moderation, in combination with regular intermittent fasting.

Exercising should not be viewed as simply going to the gym, remember, this whole exercise thing, is a huge industry designed to take recurring monthly fees via gym memberships.

I personally have gravitated toward keeping things simple. I love to take long distance walks, which currently ties in with my travels, but even when I had a home, regular walks were important.

Even just keeping a count of the steps you take just doing your normal daily activities, count toward exercising. 10,000 steps is just under 5 miles, which should take around 1 hour 15 minutes and burn around 300 calories.

Taking the stairs, going for a walk for lunch, getting off the bus a few stops before your actual destination or parking your car or bike further out, all help with making you walk more and help with increasing your daily calorie burn.

This is especially important if you have a sedentary, office type job and critical as you grow in years as your body slows down and finds it harder to burn excess calories.

In addition, as a man approaching my sixties, I prefer not having sagging bodily parts, which I fix by carrying out, High Intensity Interval Training (HIIT).

This involves an intense burst of exercise, lasting just under 18 minutes, using very light weights (5 kgs/11 lbs) in combination with my own body weight as resistance training.

Many going to the gym doing heavy weight workouts, sometimes make the mistake of not allowing the body enough rest

between workouts leading to fatigue and tiredness. I perform my whole body workout, usually once per week, which is sufficient to stop the sagging, create tone and have enough rest for growth.

I tend to joke with those going to the gym, that by the time they have packed their gym kit and begun their travels to the gym, I will have completed my 18 minute HIIT workout.

The third exercise routine I will be implementing is, Tai Chi. On my travels it's always about yoga, but I never gelled with it for some reason.

Tai Chi appeals to me for a number of reasons. It is focused on breathing which I have covered in this book, and again keeps things simple by using just your body.

Increasing flexibility and strength just like yoga, together with improving posture, general fitness, meditation, reducing stress, plus it having it's foundation in self-defence and spirituality are just the cherries on the cake.

The main idea I want the reader to take away, is to carry out whatever form of exercise suits your needs, by finding activities that you enjoy and importantly can stick with.

Spending hours at some sort of gym, is not only expensive but time consuming when you add up all the preparation and travel times. These hurdles mean it's often seen as more of a chore, rather than an enjoyable experience, making you more likely to have spurts of exercising rather than it being a part of your life.

“With any form of exercise, listen to your body, rest appropriately”

Ugo Domizioli

44

Cooking

Meaning: the collection and preparation of ingredients brought together to form a freshly made meal.

Derivatives: cook, cooked, catering, meal.

Synonyms: prepare, make, cuisine, gastronomy.

I was a late learner when it came to cooking as I was a mummy's boy. It would not be until my mid-twenties before my mother took me into the kitchen and over the course of one month, taught me the basics of Italian cooking.

In my early cooking years, while I knew it was an important skill to learn, at that point in my life, it was more about going out and enjoying myself.

I tended to cook the same recipes over and over again as I loved pasta, it was easy to make and importantly, tasty and cheap...there's a reason you will find Italian restaurants everywhere.

After some time, I got bored with pasta and purchased a few cookery books. Fortunately being in London, all manner of ingredients were available due to its multi-cultural population.

My cooking journey exploded...Chinese, Indian, Spanish, British, French. As long as the book had a picture showing the finished dish, I was happy to try and replicate it.

I was already familiar going to a traditional street market, which for our family was Chapel Market in Islington, North London. Even when we moved home, we would take the bus to this market.

Seeing how my mother would select fruit and vegetables and then negotiate with the stall holders was always fun, it was real life theatre. Going into the back room of our not so local butchers, bypassing the displayed meat was always fascinating.

Eventually, some of our shopping would take place in Sainsbury's, a large supermarket chain for convenience and often better pricing on certain items. This again was another learning experience.

Little did I know, simply because my mother chose this particular supermarket out of the 4-5 large chains, that I would continue using Sainsbury's for a few decades later, simply out of familiarity.

We rarely change our supermarket of choice as learning where everything is takes a long time, together with getting comfortable with supermarket own brands.

It would be some time later when I put myself in the position of no longer working full time that I had to be more careful how and where I spent my money.

I faced the realisation, Sainsbury's was a mid-tier brand, with higher prices than some rivals. I was never going to shop at Marks & Spencer's or Waitrose as these were at the premium end of the market.

My price conscious journey, led me to the lower end of the market, where brands such as Lidl and Aldi were the kings. Their branches tended to be in poorer neighbourhoods, visiting these stores was never a nice experience.

The stores tended to be much smaller, with a pile it high policy, aisles were crowded with never enough room for two trolleys to pass, tempers often ran high as shoppers jostled for position.

The range and quality of products on the whole was near the bottom end of the scale. My choices for ingredients was always limited to the basics of chicken, other meats and a limited range of vegetables. To their credit, their foreign Christmas treats were always mysterious, tasty and great value for money.

The check-outs were always a nightmare, as those working them were under instruction to scan each product as quickly as possible.

This resulted in a huge pile of items which you could never place into your bags in time, I resulted to throwing them back into the trolley for packing later.

On complaining, I was simply informed it was company policy. As the years past, I noticed the demographics of shoppers changed, more middle-class people joined the fold.

Eventually, I would simply go to these stores to stock up on essentials rather than my weekly food shop. I reverted to going back to street markets and putting the skills I garnered from following and helping my mother, to buy fresh produce.

Markets are a fantastic living spectacle, getting to know the fishmonger, butcher and organic fruit & veg stalls was worth this “new” way of slow shopping rather than our standard weekly supermarket run...it is a run!

I was able to save money while getting fresher, better quality food than in the supermarkets as different types of fish and meats were available.

Skirt steak also known as the “Butcher’s Cut” is cheap and has fantastic flavour compared to its expensive cousin, sirloin. Wild reindeer (venison). from the specialist stall was also one of my favourites, the owner would always caution me to watch out for the occasional shotgun pellet when eating. Zero hormones or drugs are present with these wild animals.

Some stalls had special offers on fruit & veg that were past their best. Huge boxes of tomatoes for £1 would be perfect to make a roasted tomato soup, the same for courgettes and aubergines.

I firmly believe that learning to cook is the best skill we can ever learn. No matter what situation you find yourself in, you will be able to put together a nutritious meal.

As your knowledge and skills improve over the years, you come to the realisation the garbage that is presented to us as convenience food is literally killing us.

Having control of what we put into our bodies is vital to our health...the old adage, garbage in garbage out, has never been more true with the junk available in supermarkets. Going back to basics, by only buying what you need for the next few days from a local market is the key.

Food and cooking should never be viewed as simply sustenance, a way to keep ourselves going. It should instead be seen as an enjoyable experience, experimenting with different recipes from around the world.

Fortunately, for the past few decades, food programmes have dominated television schedules and elevated food preparation to new heights and wide spread appreciation.

High-end dining, is regarded by many as a work of art, what a privilege to be in an age where on special occasions we are able to experience these culinary masterpieces on a plate.

Cooking now involves, not cooking, with the preparation and eating of raw food and all the health benefits derived. Learn everything you can about buying and cooking real organic food from local producers, your body will thank you with good health for your lifetime.

“When someone else sources and cooks your food, you lose”

Ugo Domizioli

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Fasting

Meaning: the act of restricting food intake to a narrow window of time, usually between 6-8 hours to allow the body to consume stored fat, eventually leading to weight reduction and other health benefits.

Derivatives: fast, intermittent fasting, allowance, cleansing, moderation.

Synonyms: control, abnegation, abstinence.

I have personally implemented intermittent fasting as part of my life, rather than it being the newest “fad” diet moving from one diet book to another with the resultant yo-yo of weight.

When I was in my twenties, gaining weight was not an issue, partly due to my age but also I suspect due my mother’s natural home cooking...zero fast food in our household!

For the past few decades, this is no longer the case. A global epidemic, especially in Western cultures, has caused huge numbers to be classified as obese or morbidly obese.

I firmly place the blame on processed food, full of chemicals, high-fructose corn syrup, vegetable oils, sugar and other nasties, none of which are designed for human health.

Cereals are served with convenience, expediency and nutrition in mind by parents. Yet, these are some of the most destructive foods ever created and fed to their children without thought.

Letting your children choose cereal in the supermarket aisle, is not an act of responsible parenting. They have no idea they have been brainwashed by the colourful televised advertisements, as a parent you know better...act better!

These harmful chemicals are in everything with a label. Our bodies are not designed to get rid of these substances, instead many are stored as fat or worse!

After we consume a meal, the energy stored within our food is used to power our bodies. If we eat three meals a day as has become custom, but also snack between meals, our bodies are constantly using these foods as energy, any foods over and above what we require is stored as fat.

If you stop eating for a long period of time, as witnessed during World War II prison camps, the body has no choice but to use stored fat as energy. Eventually the body becomes a shell of its former self. Intermittent fasting is a mild, controlled version of this.

Despite me always cooking good whole foods, weight gain is inevitable, simply because we age. My method has been to control this ageing weight gain via intermittent fasting. I am the same weight as I approach my sixties as I was in my twenties.

Where did having three meals per day come from...seems to be a reasonable question to ask? While ancient Greek and Roman cultures show some evidence of multiple meals per day. It was during the The Industrial Revolution as workers ended up in factories, where the three-meals-a-day paradigm began to take hold.

It is now embedded in our culture, as a social construct and narrative. The narratives surrounding three-meals-a-day, extend to telling us the health benefits including: controlling appetite, levelling energy levels, brain health and weight loss. These are all lies as independent qualified nutritionists not beholden to Big Food have shown.

The truth is, huge amounts of money are earned by Big Food in promoting the three meals narrative, and more recently, the snacking narratives via advertising.

The true benefits of intermittent fasting are now well documented that those in control, do not want the masses to know. Proven benefits include: reducing blood pressure, cholesterol, type 2 diabetes, blood sugar levels, risk of cancer and inflammation, which is directly correlated to Alzheimer's and arthritis.

A new study demonstrated that intermittent fasting helps those with Type 2 diabetes, better than diabetes drugs. Other benefits include: improved metabolism, brain function, cell repair, lifespan and weight loss.

Our bodies are not designed to continuously feed, this is a modern phenomenon due to the vast availability of food. In the distant past, we ate when animals were captured.

The modern diet as recommended by most health authorities globally, is heavily biased towards carbohydrates. This constant loading of carbs, means our bodies will always use these carbs as energy meaning we can never lose weight.

As the years pass, our bodies get used to burning carbs, which in essence are sugars, instead of burning our stored fat. This results in us becoming insulin resistant, so we gain weight, any efforts to lose weight becomes harder and harder no matter what we do.

The only way to lose weight is to shift from burning carbs to burning our stored fat. This can only be achieved when we enter long periods of not eating. For most people, their bodies start to use this stored fat after 16 hours passes without new food.

I started slowly using the 12-12 method two days per week. This involved eating my food during a 12 hour window with the remaining 12 hours limited to liquids such as water or plain tea or black coffee.

No juice, alcohol or hot drinks with milk, as these contain energy which your body will use as fuel, therefore negating the fasting effects. Another simple strategy is to start by skipping breakfast for two days per week or the 5-2 weekly format where you heavily reduce food eaten for two days per week.

After trying other routines such as the 16-8, 14-10, I found that the 24-0 suited me best.

This routine involves me eating a large lunch where I do not restrict the type of foods I consume. If I want a super large bowl of pasta, monster burger or home cooked two foot tray of pizza so be it.

24-0 means having just one meal in a 24 hour period and not eating again until lunchtime the next day. This works as I only really think about food just before bedtime as I am still full. I then sleep and only have to reach lunchtime upon waking.

I now do this approximately once per week, as a maintenance measure as I no longer need to lose weight, sometimes limiting this to just a couple of times per month. I really do not give it any thought as it's simply a part of my life and not a diet plan.

If you are looking to achieve rapid weight loss, then choosing more healthier foods will help rather than eating whatever you prefer.

High fat foods such as avocado's are not only healthy but help you feel full, which cannot be said for fast food where hunger cravings occur only a few hours after consumption.

You will find countless "respectable" articles destroying intermittent fasting, I urge you to get past this blatant propaganda trying to steer you away, as always do your own research beyond the limited walls of Google.

One final note, when we become ill with influenza for example, we usually lose our appetite, ever wonder why?

The reason is our body's immune system needs to work in overdrive to help heal the body, wasting that energy to dissolve our food intake is no longer important.

Whenever you are ill, one of the best things you can do is to stop eating, even that simple bowl of soup will interrupt your healing process, the same holds true if you receive the dreaded diagnosis of cancer, help never hinder your body.

“I am so fast, I left behind the body Big Food wants me to have”

Ugo Domizioli

46

Habits

Meaning: our behaviours and acts that play out in a particular way, usually in the form of a routine.

Derivatives: habit, habitual, pattern, routine, practice.

Synonyms: tradition, custom, addiction, tendency.

Habits are central to our lives. Think of each individual thing you do, every single day repetitively, without giving these actions any thought. They are automatic, almost as though you have little to no control over them.

To some extent this is true, do you control your habits or do they control you? For those addicted to smoking, drugs, coffee, shopping or alcohol, these actions have taken over control of their lives by becoming ingrained habits.

Any repetitive action, over time, creates neural pathways hard-wired within our brains. As children, we eventually learned to walk, use our hands and how to swim. This is nothing more than our subconscious mind, taking over these menial tasks so they are second nature and require zero thought.

While most of our habits are beneficial in nature, automating our lives via routines, there are certain habits detrimental to us, often, without us even being aware.

Your morning daily cappuccino, excess shopping for clothes you don't actually need, one too many pints after work and the greasy kebab used to soak up all the excess alcohol are but a few examples of automated harmful habits.

We are all working on autopilot, whether our experiences are positive or negative to our well being. We receive a dopamine hit, making us euphoric with a level of excitement and happiness that takes us over.

Firstly, we need to identify those habits that when looked at with honesty, are not doing us any good. The obvious ones are those having a long term effect on our health.

We are suffering a global obesity epidemic, while not totally our fault as the big food manufacturers chase profit over health and load up their foods with junk, it is however, our responsibility to be aware of this truth and act accordingly.

A little known fact; when Big Tobacco could see the writing on the wall, as people found out their lies surrounding cigarettes, what did they do?

They pivoted and started buying up all the major food labels. The big tobacco conglomerates now own Big Food. The truth is, they are simply repeating the same play-book of poisoning the public.

My own philosophy is simple, if it's packaged and has a label, I severely limit any consumption or choose products less harmful to me from responsible suppliers.

I also limit the quantity of what I consume, which is solely my responsibility and check the results by weight and body fat scales. The old adage "if you don't measure it, you cannot know" is critical with our own health.

Those overweight, will probably tell you, it crept up on them. I get that, it's hard to notice a small increase in weight every week. The only solution is to check regularly and adjust. When I over indulge with a big meal, the next day I reverse course by not eating at all or having a salad...balance restored.

When it becomes a habit to re-balance, I am setting myself up for a healthier outcome and life. Part of my everyday routine/habit, involves intermittent fasting, this is my way of controlling my weight and allows me the occasional indulgence.

There are those that have a propensity to over shop for items not necessary in order to get their required dopamine hit.

Open your wardrobe, do you really need more clothes, shoes or gadgets...of course not. Instead, invest that money and by the power of compounding, eventually gain financial freedom.

How about our social media habit/addiction...what does it give you? Studies have been done and show we are more depressed than ever before.

Our habits on the financial side are dictated by social norms. We read the financial/money sections of the weekly and Sunday newspapers and base many of our financial decisions on what is written by “experts” as previously covered.

Independent financial advisors, all trot the same tune, stay in the stock markets, long term bonds, 60/40 split. While the results are indeed often upward and positive, there is another side where the real money is made by those in the know.

The old saying “Do what everyone else is doing, get what everyone is getting” – is never truer than with our mediocre financial habits.

Instead, lay down a foundation of real financial education, read books from those that have actually made a fortune, take online courses in the areas of finance less known. Just by making it a habit to read up on financial matters you put yourself in a better position than most to beat the markets.

Understanding how habits control us, by shaping our lives, influencing our thoughts, actions, and ultimately our outcomes, is vital to know, in order to break free from their grip upon us so we can achieve our goals and live a fulfilling healthy life.

So, how do we go about changing habits holding us back? Bad habits are hard to break, the first step is to notice them as they are automatic and go under our radar.

If you are gaining weight, there are only a few things causing this, bad food and too much bad food. Begin by noticing what you are eating and reduce your consumption. Exercising only plays a small part, don't be fooled by that red herring.

If you're a shopaholic, pay attention to every dollar, pound or euro spent and truly ask yourself, is that spending genuinely helping me or stopping me from financial independence?

Once you notice what you are doing, you will also notice when you make excuses for not sticking to a plan..."I will start again next week", "I didn't have the time"...stop fooling and lying to yourself...you deserve better...start today.

Have a plan, small goals or a vision of where you want to get to. Without a plan, a house is never built, a plane never arrives at its destination – start small and celebrate small successes.

Changing habits is hard, as change often requires work today for a benefit usually some time in the future...committent is the key, just as you committed to your bad habits in the first place.

Having good intentions of "At least I tried" are simply excuses, showing the world that you meant well...stop that attitude and instead, do.

The fact is, most of us know which habits are bad for us, you don't need me to point this out to you. Be honest with yourself, discard the ones harming you, and give energy to those that empower you, to live the better life you deserve.

“If you want to change the direction of your life, start by changing your daily habits”

Ugo Domizioli

47

Triggered

Meaning: an event or situation that initiates a response from a person.

Derivatives: trigger, spark, provocation, set in motion, bring about.

Synonyms: precipitates, causes, induces, incites, prompts, generates, instigates.

What are your triggers? We all have them, sometimes we are aware of them, often-times not. It could be the way someone looks at you, what they say or the manner in which it is said...off we go, we've just been triggered.

A trigger, I'm sure we have all experienced in some form or another, is road rage. Someone cuts you up on purpose or by accident, it doesn't matter, as we have no way of knowing for sure, only the evidence of their actions.

We begin by shouting, even though they are unlikely to hear us, then the gesticulations begin and ultimately if all that fails to illicit a response or apology, we begin driving dangerously to make sure they're aware of our opinion.

Do our responses change the outcome, off course not, the incident has passed. How about getting an apology? If you live and drive in a big city, this is very unlikely.

Even if an apology is received, it doesn't solve what you did to your body as you have raised your blood pressure and heart rate for something out of your control.

I think we can all agree, it serves zero purpose, but we all continue to be triggered in some form or another. I personally try to catch myself, I'm getting better, but continue to fail. My last episode was in a nice restaurant in Canggu, Bali.

The waitresses were all dressed in traditional Indonesian costume which set the tone for the place. Most customers were wearing short-sleeve shirts and shorts, including myself.

I was finishing my lunch when two non-local guys in their twenties, walked in without shirts. I could feel my temperature rising, how disrespectful I thought.

After settling my bill, I walked over and quietly mentioned, I thought they should put their shirts on. To cut the story short, they said this is Bali, we live here, nobody cares etc. I mentioned it was their choice, left it there and left the restaurant.

Who was correct and does it really matter? I have no way of knowing for sure. I guess it boils down to me, wanting to see the world the way I prefer, rather than how it is.

Another one of my current triggers, is working out how so many people in the world, cannot see what is happening right before their eyes. Why are they blind to the truth, is it really so painful to admit they were wrong on certain political or economic realities...we are living in a world where fake is real.

I no longer engage in these types of face-to-face discussions as they tend to spiral out of control and get personal thus veering off topic...I now refer them to my websites and books if they seek my views and opinions.

On a more serious note, there are those that have suffered serious past traumas who are taken back to that time by just a single smell, sound, thing or word. The surge of emotions often include, sweating, increased heart rate or shaking, followed by anxiety, anger and fear overcome them.

I can't imagine what having suffered a serious past event might look like, but one thing I do know, is that it's in the past and only exists in the mind today.

Reliving a past trauma can only ever bring heartache today, yet this is what visiting a psychologist entails. Modern hypnotherapy on the other hand, aims to switch off that trauma permanently...look into the work of Marisa Peer – I know which route I would take.

On a more positive note, when we hear a song from our past, it usually creates a very positive response, taking us right back to those times.

If we are honest, we can all identify times we have been triggered. Think back to your last time, was it days, weeks or months ago. If the latter, then you may not be susceptible to being triggered so much. If the answer is days ago, then you need to identify your triggers before things elevate too seriously out of control.

Our growth journey, starts by firstly being aware when we are triggered and honest with the reasons it happened. Have you always been an angry person, did something happen in the past? Start by answering these and similar questions first.

Next we need to spot the actual triggers, whether it be driving, discussions, looks or sounds. If you are mindful when driving, this means not knowing the real reason someone cut you up.

Maybe they are heading to hospital or a work interview after a long unemployment period...give them the benefit of the doubt rather than the usual reaction/triggered mode, which you automatically go into, losing complete control.

Create space between the incident and how you view it, this is the key. At some point we must surely realize, we would prefer to remain composed, rather than flip out.

Various coping mechanisms exist for managing triggers, take a breath, slow down your thoughts the moment you feel yourself bursting.

When we think about it carefully, we see, we are trying to control, something that is out of our control. You can only control your reaction to any situation, not the situation.

By shifting the focus from the event to yourself, change will occur over time, letting go ultimately gives us freedom from the shackles of being triggered.

“Emotional triggers are not too dissimilar to those on a gun, with the carnage they cause”

Ugo Domizioli

48

Choice

Meaning: the option of selecting a particular course of action.

Derivatives: choices, chosen, option, opportunity.

Synonyms: selection, picking, preference, decision, desire, possibility, alternative, wish, favourite, freedom, liberty.

The choices we make, the choices of others. This affected me personally during the plannedemic. Family was upset and tried repeatedly to convince me to take the Covid jab (I won't call it a vaccine, as it was not). I, on the other side of the fence, equally pleaded with them, not to have the jab...neither side changed their minds.

Six months into the plannedemic, I found out that a couple of very close friends had chosen the jab. This was a surprise as we had weekly video calls where we talked about the situation, and never a mention was made of their real status.

I assumed we were on the same page, I was wrong. It never occurred to me to ask if they had taken the jab. I felt betrayed and blew a fuse (triggered), resulting in a broken long-term friendship. I apologised, our relationship is now back to normal.

The next time someone close makes a decision that you feel is wrong, catch yourself, stop and let go, for clearly you are judging them, better to simply accept their choice and support them whichever way you can.

Ultimately, we each make choices based on our own reasons which may or may not, be obvious to others. Choice usually means having multiple options in any given situation, assessing the alternatives, weighing up the pros and cons and pulling the trigger toward a course or action.

However, what happens when we have a choice, but in reality do not, this is sometimes referred to as Hobson's choice. This illusion of choice takes the form of a "take it or leave it" situation, where saying no or declining is an almost impossible decision to make.

During the plannedemic, many would argue they did not actually have a choice.

Doctors, nurses and other front-line personnel, either had to get the job or lose their job. Did they really have a choice? I believe so, yes they may likely have lost their jobs, possibly their homes and marriages as a result, however, the choice was still present, it was just a really difficult one.

Eventually they would more than likely, be hired back, either after taking legal action or because their employer realised their untenable legal position. The vast majority of employees would not risk losing everything to remain sovereign in their choice of action. However, what price would you place on mental and physical health?

One of the most famous choices within the realm of Hollywood, came in the film, *The Matrix* (1999). Neo, the main character was offered the choice to see the truth or continue leading his normal life.

The scene still fascinates observers, especially during the recent global plannedemic...what is real, what is fake. The choice the majority made was to continue as they were, to continue without knowing the truth, the consequences remain to be seen as genuine history unfolds.

What we currently know, is that the Covid jab has caused permanent injuries and death in the millions, not my opinion, the evidence and data exists...what price do we place on life?

Choices affect our lives every single day with simple decisions such as which sandwich to have for lunch, almost being a non decision. I chose a cappuccino yesterday for breakfast, I choose to have one again today.

Some, such as the author Sam Harris, argue that free will is an illusion. Writing, that our thoughts, feelings, and actions are all determined by prior events and our past.

Our outcomes are pre-determined, so was it a choice/decision at all? The implication is that only a random decision is a real choice, everything else was pre-determined.

On a deeper level more fundamental level, which career path to take, will affect our lives for years with location, financial, economical and emotional consequences.

Some of the many factors that help us choose, are based on the information we have to hand, but on a deeper level our values as to who we have become up to that point of decision.

When we think back to our years in the education system, as students we had no choice. The system in place is designed to churn out employees, we either comply with this fate or leave without any qualifications eliminating future job opportunities.

There was an illusion of choice in the essays we wrote, as we were able to choose our words and composition, but in reality, this wasn't true. There is an expected answer or conclusion that complies with the curriculum and agenda of the University, and ultimately the government, anything outside is classed as a fail.

How we grew up, largely has determined how we are today, our genes, parents, class, culture all combined to create us. We didn't choose or make choices with any of these, so again the illusion of choice on some level is laid bare.

Some choices which many choose to ignore are around health. If you were to ask a billionaire what they value most, the answer would be health and longevity.

The majority of us cast this aside with our habits of eating junk which ultimately reduces our life-span.

I would argue it makes sense to pay attention to what billionaires value the most and eat real, unprocessed foods. For those not part of the billionaire class, choosing to learn to cook as previously covered, I believe is a vital element toward health and longevity.

Family and friends may have to make hard choices which are not ones you will ever have to make, it may involve a health intervention such as a diagnosis of cancer or a relationship situation.

If someone is in an abusive relationship and eventually leaves only to choose a virtual facsimile with their next partner and the next, what can we conclude from such actions. Either their decision process is flawed or subconsciously, on some level, there are elements shared between these partners that tick some boxes which is why the same choice is made.

What if much of what we believe to be true, is not? That could be interpreted that others steered us toward certain beliefs, the reason would be to control us. In one sense that would mean we are mere puppets on a stage, controlled by a puppeteer, therefore not free to make choices.

There are those that ask why does choice matter? The answer is quite clear. Without choice, how could humans live, our mental health would be destroyed, without at least the illusion of having some control over our lives and believing that free will exists.

The opposite of choice, is having none. To some extent we are slaves to our jobs, without which, we cannot pay for our shelter and food. The fortunate ones may have some choice as to which job or company to join, but not the choice to not work.

One of life's hardest lessons, is that the vast majority of us are exactly where we are because of our choices, not circumstances. This is a difficult pill to swallow, but when looked at more closely is empowering.

We have more power than each of us have been led to believe, to steer our futures in a positive direction rather than accept our lot. If you find yourself not where you had hoped, stop hoping and start making better choices. The opposite is to give up and sit down. Instead get up, stand tall and begin doing great things.

So how do we go about making better high level choices? I would argue that by sticking to what is really important to you which should be your values is a good starting point. Put together a pros and cons list and then simply let go.

By this point in my life, I have learned to listen to my intuition and to the signals of my heart to guide me in my life choices.

Let your subconscious work its magic by filling in the pieces of the puzzle that are not obvious to you...it will rarely let you down. Sometimes the choice or decision is very clear, other times you will be nudged by the universe in subtle ways by information or people crossing your path...pay attention.

With the bigger, philosophical question of do we really have choice or is it an illusion. Some choices are clearly out of our control, best to concentrate on those we can make. If the universe has control, then forget about it and ride the wave of life it has decided for you.

There are various philosophical, theological, and scientific theories regarding choice. Determinism – we don't have choice, the universe has already decided our path which we simply follow.

The parallel universe theory, where every time a decision is made a new universe is created.

The Uncertainty theory states that at the smallest level, everything is in constant motion, every seemingly solid object is just an illusion, not solid at all, so how can there be choice.

Whichever theory you may subscribe to, or not, clearly the subject of choice is a complex one, that even the smartest people have not come to definitive conclusions.

We are all a part of the universe, not separate from it, if the universe is somehow alive or conscious, would it want to control everything therefore knowing the outcome of everything?

Or would it instead, choose to let everything do its thing, in order to take in all the interesting connections and outcomes that would be created. If, I were in “control”, I would choose the latter, far more fascinating to see what unfolds.

“While I cannot change my beginning, I can choose how I view my present, which may change my future”

Ugo Domizioli

49

Expectations

Meaning: the belief that something will likely occur in a certain fashion in the future.

Derivatives: optimistic, fulfilment, belief, anticipation, foresee.

Synonyms: promise, belief, presumption, anticipation, supposition.

How many times in the past have your expectations not been met? Was it on your birthday, on holiday, at a hotel or restaurant?

Expectations are a funny thing, the more we pay for a product or service, the greater the level of our expectations. That's not necessarily a bad thing, however, it does set the stage for us to be disappointed.

Many of us share a variety of base expectations; an accurate weather forecast, our journey to work, our work/office environment, our experiences with friends and teammates, or the quality of our latte and lunch among others on a day-to-day basis.

It's fair to say, that these are in the realm of realistic expectations, giving us a sense of direction, predictability and control, leading to a sense of safety and comfort.

To some extent, it's almost impossible to lead a life without expectations, as what happened yesterday is very likely to happen again today as we have a routine, this is how we become attached to our daily list of expectations.

Personally, due to the nature of my permanent travel situation, travelling to countries with different cultures, languages and foods, among other factors, I have had to adjust my expectations.

What I took for granted in London, simply doesn't translate elsewhere, to some extent, travelling means being lost in translation. Constantly being exposed to unknown circumstances, strangely becomes the expectation, this has meant, learning to keep my expectations to the basics of food, shelter and water.

When these are met, even in a non-satisfactory fashion, simply means I continue to live, meaning I continue to travel, which is the main point.

It's fair to say, I have stayed in some pretty rough hostels and low end hotels. Lack of hot water, showers in name only (in one particular establishment, a bucket of cold water and a cup), unclean toilets, hard mattresses and so on.

My base expectations are slightly higher than the above, so on the whole, I am pleasantly surprised and content most of the time.

The negative emotions of disappointment, anger, and frustration very rarely take hold as my expectations are low, as I mainly stay in hostels, I can hardly expect the levels of service from a posh hotel.

Many of the countries I have visited, have in general lower levels of income for its citizens, often resulting in lower standards of living. The lack of basics such as food, water, shelter, sanitation, education and healthcare, affect people on a daily basis.

Seeing their daily struggles to some extent shows me the privileged life I am able to lead, therefore giving me a sense of balance through lower expectations.

In many parts of Asia, parents tend to have very high expectations of their children, leading to high stress levels and depression. Children tend to attend additional night classes to stay ahead of others, competing for university places which almost guarantee a good job.

This pressure is immense, sometimes culminating in suicide. Clearly, this is an extreme case of expectations being out of control with the difference between who someone is expected to be, and who they really are.

Setting reasonable goals that can be met with some effort is clearly the preferred route with honest expectations, encouraging individuals without creating mental health issues.

Turning expectations into possibilities is the key, instead of assuming certain outcomes in the future, which to some extent, narrows the options that are open to you. We should instead, endeavour to use our imagination to open our minds to all possible outcomes.

This provides almost endless options with differing levels of difficulty, therefore giving us a scale of expectations rather than a rigid one which cannot account for changing circumstances which are a given with life.

This is simply a common sense acknowledgment, that we cannot foresee the hurdles that life will present us, when we initially set up our goal or expectations.

Buddhism refers to expectations as a “want & control” mentality, in a world where control is in fact an illusion. Being controlled by expectations is living a life of constant anxiety. While true happiness in the present moment, of a beautiful sunset or while in the presence of another, is the key.

Real happiness is experiencing that which is available right now, being free from expectations rather than being controlled by them.

Noticing and being mindful, of the expectations you create is the key, to see if they align with the universe and flow of life to create a more supportive environment rather than a combatant one.

When you are disappointed with an unmet expectation, rather than looking at the negatives, try to view the situation as an opportunity to gain something from the experience.

For the reality is, your expectations were never real, they were merely thoughts in your head – assumptions and desires, but never a guarantee of outcome.

We can't control what people do and what happens to us. The sooner we take on board these simple facts, the quicker our journey turns beneficial for us.

The only control we have, is how we react to every situation life brings toward us. As Buddhism infers, without expectations we would simply take the waves of life as they come, by going with the flow and not resisting what's ahead.

But surely high achievers don't subscribe to this "let life happen" mantra I hear you ask. To an extent that would be correct, athletes in particular push beyond expectations to achieve their goals. If I don't set goals, if I don't ask, how will I ever achieve my best.

The key is balance, setting too low expectations, it's likely that opportunities for growth and success are missed. By protecting ourselves from disappointment in the short-term, we end up being even more disappointed, as we don't reach our full potential.

Realistic, yet somewhat challenging but attainable expectations, are the key. Our wanting mind is indeed a difficult beast to tame, with expectations having both positive and negative effects upon our lives.

Replacing the word expectation, with preference, is one way to change how we look upon our journey through life, this creates a mind shift which is fundamental.

There are those that aim for perfectionism, in a world in which that rarely exists or achievable, leading to an almost guaranteed position of disappointment.

How many times have you set yourself a goal that you actually reached? I bet that once you got there, as often happens, a sense of OK...what's next, besets the mind.

The attainment of the goal, is often an anti-climax. As we already know, it's the journey that matters, the challenges that we met are the important elements.

Start your day with a mental note of gratitude for where you are, and possibilities rather than expectations. See how this simple swap of words, changes how your day unfolds, allowing the universal flow to express itself with you riding the wave, rather than it wiping you out.

“Your most fantastic life experiences...did they turn out exactly as you expected, of course not”

Ugo Domizioli

50

Experience

Meaning: the act of having lived an activity or event or achieved a level of competence in a certain field over time.

Derivatives: skill, know-how, wisdom, worldliness, maturity, adventure.

Synonyms: understanding, knowledge.

We live in a “things” world, the accumulation of a continual stream of more gadgets, toys, clothes and shoes, to name a few. Society as we know it, in all developed countries, would in fact stop functioning where it not for our ingrained shopping habits.

Where does this need for more, come from? Firstly, it stems from a scarcity mentality, especially from those in their 50-70s, that likely experienced some form of poverty in their childhoods and now over compensate, not wishing their children a similar experience.

Secondly, the need for more, is drummed into us by those selling their wares via advertising. The number of adverts we are subject to every day, is estimated to be in the range of 500-4,000...these are conservative numbers!

It's no wonder we are spending addicts, something I noticed especially in Asian countries, where the shopping culture is huge. So, how do we change? Most don't want to, they love having choices, having abundance, why would anyone want to give that up?

It's only with the eventual realisation, that more, is not actually making you happy, that one can begin the journey to...less is more, as I have been experiencing for over a decade.

When we look closely at our reality, we see that we are working more, simply to buy more, which we don't need. Once we see this, and make the decision to change, it can be quite easy to leave the rat race.

You simply reduce your working hours, this reduces your salary, in turn your spending, while increasing your “you” time.

This doesn't mean we have to starve, just cut out unnecessary spending on the things you don't need that you already have plenty of. This I would describe is the first stage, the next is switching from things to experiences. In your latter years, you will not be looking around your home, at the gadgets you have accumulated, but the experiences you remember.

I would suggest you can finance the cost of new experiences by selling some of your toys, clothes and gadgets. With much heartache, I sold my beloved sports car that had given me so many wonderful experiences. In exchange, I received newer and different ones...I've had zero regrets.

The experiences you choose, don't have to be far away as mine have been involving travel. You could instead, begin by going to a local arts, sculpture, painting, photography, woodwork, cooking or needlework class, these tend to be reasonably priced and within reach of everyone.

The key is to choose your passion, because now you have the time to give it the attention it deserves. It is estimated that mastery in a certain field, takes approximately 10,000 hours.

Assuming we have 12 usable hours in a day, that would mean 833 days before mastery or well over 2 years. If you were working full-time, that 2 years would likely extend to 5-8 years.

Do you believe you were brought onto this earth to work 5 days a week, with only 2 for yourself, repeating this pattern for 40 years?

Those that think outside the box, look at life in a completely different way, it's viewed, as a succession of experiences, mostly good, sometimes amazing, with an occasional curve ball thrown in for good measure, to give us balance via yin and yang.

Experiences evoke emotions on a much deeper and longer lasting level, than the instant dopamine hit and gratification we receive from a purchase.

Not all experiences are equal, some more meaningful than others, those that connect us with others and nature, have a greater fundamental effect upon us.

The often exaggerated, or sometimes fake world of Instagram, or social media in general, are prime examples of those on the more negative, less useful end.

We are by nature, social creatures, connecting with others is in our DNA. Real happiness comes from having meaningful real time with those closest, but also others outside our usual social circles to promote growth, another hard wired aspect within us.

None of us should wait for the experience of someone close leaving this earth prematurely, under unexplainable circumstances, which jolts us to reflect upon our own lives.

Take action before then, the likelihood of this occurring is greater than you would like to admit. Does working the way you do presently, make you truly happy? While your immediate answer may span several shades of gray, your heart knows the truth.

With my experience with travelling, I have let go of many things, especially possessions, as I only have a small 38 litre backpack weighing 9kg. By taking my time and not rushing with my current slow travel routine, spending at least a month in each location, I have the time to appreciate what is around me.

I pay more attention to a sunrise & sunset, the wind, occasional rain, birds singing, the real taste of food by slowing down its consumption – what are these....experiences that matter!

Personal growth via interaction, helps us become aware of “self”. We can keep adding to our, and our children’s possessions with the resultant dopamine hits, or choose to add to our/their forever memories...the choice as its always been is ours.

“The material is fleeting, memories, permanent”

Ugo Domizioli

51

Help

Meaning: giving to others, what is required to complete a task or give assistance to someone in need.

Derivatives: helpful, helping, assistance, guidance.

Synonyms: aid, support, comfort, advice, relief.

For some unknown reason, I have never been the type of person that tends to ask for help. Maybe it's because, I pretty much grew up by myself as there was a huge age gap between myself and older brother.

Another facet I find odd, I freely give advice to everyone I meet, even when not asked. Do I know any better? Am I simply boosting my ego or do I care when others have problems?

These are questions I have begun to ask myself...I genuinely feel it's the latter. The advice is generally well received, with some asking for clarification or further probing questions.

When we attempt to help those closest, it is often in the form of advice, especially when it comes from a man. Women in general, tend to lean more toward listening and compassion.

“Compassion is not a relationship between the healer and the wounded. It's a relationship between equals”

Pema Chodron

As with most things, the balance probably lies between the two. It's probably better to simply listen in order to comfort someone, only then, when they feel at peace and at a place of compassion, may we attempt to help with suggestions. Everyone is different, as is each situation.

We can only truly help someone close with honesty, everything else is but a dance around the truth. Without truth, we can never identify the real problem or root cause in order to find a genuine solution.

When we look at our friendships, being a close friend, means exactly that, if we cannot tell them what they need to hear, or at least, our best informed guess, then who can?

They are relying on you, to give them options that others cannot. Unfortunately, the harsh truth is, most advice is usually never actioned. Even if the receiver says they will take it on board. Think back to all the occasions, you have tried to help family and friends with advice, for nothing at all to change.

The reality is, while we may indeed have a different perspective, the only person that has access to all the facts, is the person themselves.

Even though you are very close to a brother, sister or best friend, and think we know them inside out, the truth is, we do not. We want to fix their problems, only to eventually come to the realisation, we can't.

The only person that can fix anything, is and will always be, ourselves. The hard work can only come from within, whether we are trying to give up smoking, alcohol, gambling or fighting depression.

For some, helping others is addictive, they tend to veer toward those that are naturally needy. Equally, there are those that latch on, when they find someone wanting to help, either because of the attention they receive, or because they feel the helper's role is to cure them, seeing themselves as the patient.

When we finally come to the realization, no matter the event or situation, that suffering is optional, only then, are we truly free. We are not here to fix or change anyone, any burden is lifted as an air of acceptance takes its place.

What are the best ways to help others. I would argue as mentioned, we start with simply listening, without offering any advice. The compassion part is the most important, as often someone is simply looking for a shoulder to cry on.

If you have beliefs rather than knowledge on a specific subject, refrain from saying too much or anything at all. Only if you truly feel, what you know is important, should you pass that information on.

Talking from a position of expertise is viewed as an authoritative position, harking back to the teacher/pupil scenario from our education. This can have both positive and negative aspects.

To some extent, giving financial aid is pretty simple, especially for those in a position of means. Giving physical help at a soup kitchen, again relatively simple as we all have a few hours per week to spare.

The hard part, I would argue is the mental side of seeing such hardship. In time your mind will adjust, by getting you to see past the suffering and focusing on the good you are doing.

There are those, where helping others is at their very core, it's almost what they were born to do. They naturally veer toward social, health and volunteer services. I think they are cut from a different cloth to the rest of us.

We seem to be more than ever, inward looking as remote working and digital relationships take over from the physical. It is far easier to notice someone in trouble in person than digitally, we should aim to tune in carefully even during our digital interactions, to the tone of someone's emails/texts/messages, their facial expressions during video calls, both the obvious and the less so.

How do those accustomed to not asking for help, which I include myself, seek help? The only way is to make yourself vulnerable, by putting yourself out there. Call a friend, tell them you're struggling and cannot go through your situation alone.

Admit you don't know how to fix a particular situation and need help. Saying these words, especially for a male has been and continues to be incredibly difficult, especially during the current culture of wok-ism.

Modern life, Instagram life is to some extent a portrayal of our perfect life, while often inside, we are burning up, ready to scream for help in some fashion. Strangely, this is particularly true among the really high performers, whether in the business, political or athletic arena.

These individuals are seen as being at the top of their game, how can they put their shield down, where keeping one up has gotten them where they are. How do soldiers, police & fire officers etc., open themselves up without seeming weak.

As I have been backpacking for six years, hostels in general are the perfect feeding ground for the passing of suggestions and tips to other travellers. However in general, I have begun to reduce giving unsolicited advice, especially to strangers.

I suspect it's simply human nature, to want to help others when we have experienced a similar situation ourselves, conveying what we learned.

I have mentioned previously, that my books are mainly written for myself, to help in my understanding of the world and myself.

One side benefit, my readers may trigger their own curiosity and begin asking different questions to the ones that have gotten them to where they are today.

Creating awareness toward looking at the world in a different manner is what I have attempted to do. I guess, this is my way of helping others, by helping them, help themselves rather than rely on others.

To this day, I am unaware how I came to be a writer, writing what I do. I have often thought, if there may be some kind of higher power guiding me. I don't have that answer, but do believe that to be true, especially on those days where I seem to plough through my writing, unabated when in the zone.

While many believe, that the best they can do for their children, is leave behind a financial inheritance. The reality is, leaving behind a piece of ourselves has far more importance. What legacy will you choose to leave behind, money or knowledge.

“We help by giving whatever we can, without expectation, trusting the universe”

Ugo Domizioli

52

Generosity

Meaning: the action of donating time, money or other measure of help.

Derivatives: charity, philanthropy, humanity.

Synonyms: altruism, nobleness, compassion.

While we believe, as we have been told, that those living in Western countries, are the most generous givers to charities. The latest research reveals, the top countries with donors are elsewhere.

Indonesia has led the world for over five years claiming the top spot, followed by Kenya. The World Giving Index (WGI), ranks over 140 countries on how charitable they are. While developed countries usually take many of the top spots, others including Myanmar, Sierra Leone and Zambia have come up the ranks of late.

The UK while usually in the top ten, in 2021 was 22nd and in 2022, 17th. This decline may be a reflection of the declining economic situation and people tightening their purse strings. This in stark contrast to the huge televised charitable appeals from the past and the huge sums raised.

While ranking mainly concentrates on how much money is donated by a country, other factors are also looked at. The UK ranks 58th in volunteering time, and 112th in helping strangers.

Some surprises from the report show that Japan, France, Spain, Portugal, Italy, Greece and Switzerland, to name but a few, consistently rank near the lower end of the table.

I think this possibly demonstrates a few things. Firstly, some cultures are more inclined to be generous than others. Secondly, some countries have far more advanced systems in place to collect donations.

In the UK, there are over 170,000 registered charities. The US has millions of non-profit organisations. Those working in larger cities in the UK, are only too aware of how some charities, have outsourced the collection of monies to professional fundraiser organisations using students as street “cold-callers”.

They work highly pedestrianised areas using their happy, smiley faces to ask for a few moments of your time...then the sales pitch begins with vigour...tigers, lions, monkeys, elephants, dolphins, orphanages...the list goes on, tugging at our heart strings to sign a direct debit from which they earn a commission.

The ugly side of giving, is that it's a huge business, with the highest proportion of donations going to the largest charities. Often, the top ten charities bring in over 80% of all donations. This makes sense as they have built their reputations over decades by marketing and concentrating on the biggest causes.

The ideal scenario in our minds for a charity, is a one-way flow of money, from donors directly to the beneficiaries. The reality is however, far from that. As mentioned, they are businesses first and charities second.

This means, they cover their expenses first, then the remainder of donations go to the cause. When you look into the financial side of the equation, you see a very different picture to the ideal in our minds and the narratives they tell us.

Those, especially at the higher levels, earn salaries higher than the UK Prime Minister. Their corporate headquarters and other office sites, tend to be pretty lavish with their expenses, more in line with large corporations, than charitable ones.

Because of my research, I no longer make any donations, especially to those trying to cure cancer. Some modern charities, have separate public and private channels. Philanthropists donate to pay for the operations side and 100% of public donations go direct to the cause...these are few and far between.

Some philanthropists stand out with their foundations giving away billions every single year..."through the goodness of their heart"!

We can now clearly see, where this has led the world during the plannedemic. Money was funnelled to push pre-planned agendas and narratives against the benefit of the world's people to control, harm and kill us. This teaches us to be very careful with those we put on a pedestal...some are pure evil.

High value philanthropic donations to universities, schools, hospitals etc., while seemingly free from influence, always have an agenda attached. On the innocent side, it's the naming of an annex or building. The darker side, used to shape the direction of the global medical establishment pushing drugs rather than natural methods of health and wellness.

On a personal level, I remember reading a newspaper article highlighting that some homeless beggars in London actually owned homes. This completely switched me off from giving. I now treat each situation as I see it at the time.

We give, because we either want to feel good about ourselves or naturally have compassion, empathy and concerned about the well-being of others. Sometimes social pressure pulls us toward helping, such as volunteering in fun runs or knowing others that help out and are good role models thus inspiring us.

We all have our own reasons, values and beliefs for giving, ultimately giving us positive emotions and experiences. The more generous, tend to have the mindset of abundance rather than that of the shrinking pie and finite resources. They also understand that being generous, leads to fulfilment, happiness and ultimately being on purpose.

Start small and grow with your generosity as time and resources dictate, even if it means helping just one person with a small gesture.

In general, those earning the most, tend to be the most generous as they have disposable income and lean toward philanthropic endeavours. When you have excess wealth/money, it's easy to give it away.

Giving away your time, on the other hand, is much harder from a practical perspective...the cash rich, time poor, saying comes to mind. Look at the full spectrum of being generous, not just financial.

When I was younger and constantly in a rush, I had little time to speak to strangers. Now I'm older and have more time, I go out of my way to stop, take a moment and connect.

On my travels some of the most valuable moments, were random conversations usually with older retired people that have the time to spare and slow down.

Look at what other skills, talents or experience you have garnered during your life and see if some could be given to others. Whether you are a teacher, plumber, electrician, carpenter, mechanic, musician or artist...you have something you can share. At worst, share your time in whatever capacity available.

Giving money is easy, it's only as valuable as how we choose to donate it – helping at a soup kitchen, being immersed in the lives of those less fortunate, is an entirely different emotional journey, with an enhanced level of pay off for all.

“Real generosity means more than simply giving money, it needs you, to give yourself over to another”

Ugo Domizioli

53

Time

Meaning: a system by which sequential moments are related to others from the past, present or future.

Derivatives: seconds, minutes, hours, days, months, years.

Synonyms: chronological, moment, point, occasion, phase, period, era, age, date, instance, chapter.

Ask anyone that has monetary wealth, what would they like to be able to have more of...the answers are likely to be health and time, these two are arguably, the most precious elements many would wish for.

Time is not something we really pay attention to, especially in our younger years. In our twenties we are strong, free spirits just beginning our adult lives and career journey, why would anyone give it much attention.

It's only as we approach our latter years, that time is at the forefront of our thoughts, as our own mortality is often reflected back at us, particularly when we lose those closest.

Ask any parent, that has gone through the pain of losing a child, I'm sure they will tell you, how precious time now feels to them as they cherish their past moments with their offspring.

The importance of time, only hits us when we are directly faced with its reduction, in ourselves or those closest. Why is this? I would argue, we are so busy surviving by working hard, that we simply do not have the time to think about time.

Time for most, takes on a familiar pattern: school, college, university, career, marriage, children followed by retirement. This cycle is ingrained in us, usually as our parents went along the same path.

I would suggest, more of us ask the question, why is it this way? It's time to get up, go to school/college/university, time to go to work. Time is used as a measure of when and where we need to be, usually for the benefit of others such as those we work for, our employers.

For the past decade, I have on the whole, controlled my time, I often forget which day of the week it is...what a fantastic feeling.

When we actually analyse how much of a week we have left to ourselves, after deducting work, travel hours and preparations, you might be shocked. Our seven day week, only gives us two days for ourselves. How did humanity “evolve” to such an unfair allocation of our precious time?

The answer is very clear, it was designed this way by those owning businesses. They pay their workers just enough to enjoy a few luxuries, but never enough to leave.

I'm sure you've heard the acronym for “Job” = just over broke. This is the reality for most, even those fortunate to have high paying careers like a solicitor or those working in finance.

In some countries they are earning huge sums, however their hours are usually in the 80-120 range every week, until they reach the higher levels. The catch? Only a few will ever climb the corporate ladder as all large corporations are based on a pyramid, bringing in the masses, but saving the top roles for the few...usually those in the secret club.

I saw this for myself, when I worked in investment banking. Young aspiring associates were spending 16-18 hours per day in the office, going home at 4am, only to return at 9am.

This would go on for 2-4 years to reach the next level. The competition for these higher positions is fierce, everyone is super talented, the only differentiator, is the time each one is willing to sacrifice.

They willingly sell their hours for some future promise of wealth and an easier life as an executive. For the few that make it, while their hours may indeed reduce, the stress associated with making targets, high level decisions and people management in general takes its toll.

Time will run away fast when we don't pay attention, the next thing we know, we are middle-aged and left wondering what happened? This is sometimes referred to as a mid-life crisis as we assess what is, and what isn't important.

Interestingly, those in their twenties and thirties, are experiencing a quarter-life crisis. This often comes about, as they realise they may not have the same opportunities their parents experienced and were expecting.

Finding a career is more competitive as everyone now has a degree, joining the housing ladder is almost impossible, the cost of further education is at an all time high and average new vehicle prices match those of a Ferrari from a few decades ago.

The distraction of cheap electronics in the form of smartphones, televisions and gaming consoles, keeps the Ponzi scheme of selling our hours and time alive.

After health, there is simply, no other commodity as precious as our time, it is the currency of life, not money or debt. The only way to deviate from our almost assured life timeline, is to recognise it's a fraud designed to push us toward a path that enriches others, instead of ourselves.

Take back control of your minutes, hours, days, months and years to go down a path, more in tune with the sovereign being that you are. Find a purpose that is bigger than working for someone else.

Yes, but I need to pay the bills I hear you saying. The truth is, these bills keep growing as you earn more – bigger television, car, house...it never stops, until you make it stop. A change of mindset is required to take back control of your finances and time.

I would suggest you do this while still working, reduce your monthly outgoings, stop buying stuff you don't need, get a cheaper phone and internet plan, stop buying coffees, takeaways and learn to cook.

It may come as a shock, but you will find you are still alive, however you are saving rather than spending. With time you will have a buffer of money, giving you choices.

As previously mentioned, look into the Financial Independence, Retire Early (FIRE) movement and how with planning and time, thousands are freeing themselves from the system stealing their time.

While I don't agree with all aspects of FIRE, it is the principal of reducing expenses to the bone, living a simpler life that exposes the mind to possibilities that cannot be seen when still part of the Time Ponzi Scheme.

I have experienced this myself, by not working permanently since I was made redundant in 2011, my mind has had the time and space to look at life differently and the opportunities that were always present, but hidden from view, as I had zero time to explore them.

While the quarter-life crisis for many is a reality, we are also living in the internet era, with information and knowledge at our fingertips like never before and available for free.

I would suggest, those concentrating on the unaffordable nature of housing, instead look at the opportunities available that were simply not there for their parents.

The truth is, there has never been a better time to take back your time and live the life you want to, rather than the one assigned to you by society.

“To no longer sell my time, I keep one of life’s most important elements for myself”

Ugo Domizioli

54

Change

Meaning: a transformation from one state to another.

Derivatives: changed, changing, modify, alter.

Synonyms: swap, exchange, substitute, trade, convert, replace, morph.

How open are you to change? I ask this, to put you into a state of thinking. How much change has occurred in your life and how much future change are you willing to endure and accept?

Much of the change we encounter in our lives, is pretty much baked into the cake. We change from being children, to students, to employees, to raising a family and usually, being grandparents.

Our journey as an employee is probably the most erratic. Some are lucky in finding their career path early on, the less fortunate and I would argue, the majority, will ping-pong from job to job.

Changing from one work place to another every few years is pretty average in corporate life. Promises from interviews, sometimes never materialize and people move on. Other times career opportunists get bored or want to have a full curriculum vitae in preparation for their perfect role.

Those less fortunate, either through their own fault or their employer are fired, therefore need to seek new employment. I would argue, this type of situation, makes for a sturdier individual as change is thrust upon them.

A distinction is therefore made between change from our own making or that put upon us, together with change that improves our lives and that which is disruptive.

Change for some, is hardwired from their childhood especially with those that had parents in constant motion usually via their careers. Those working in the armed forces, diplomatic services or multi-national corporations tend to move more so than others.

All these children grew up with new schools, new friends, new food and cultures etc., their adult lives often go one of two ways. They either seek settling down permanently and laying down roots or continue this type of nomadic life.

I personally grew up in the non-change, boring life model. I was born and raised in Islington, North London and stayed there and the next neighbourhood, for over forty years.

Change was thrust upon me when my local Council decided to gentrify my neighbourhood with a compulsory purchase order. Strangely for me, I made a very bold decision. I would use this event to change my life rather than carry on in a similar vain.

I took the bull by the horns, rented out my apartment for 18 months prior to its demolition and used that money to backpack around the world for a planned two year trip.

As readers will know, the publication of this book will mark my six-year backpacking anniversary. Most thought I was crazy as I was 53 at the time and would be staying in hostels sharing rooms with others. One hostel had 30 beds in tiers of three, another one in Mumbai, India had 40 beds!

While I had some anxieties and doubts at the beginning, this change was without doubt, the best decision I have ever made bar none. The people, countries, cultures and experiences that have been part of my journey have been life changing.

I had a rough idea of what I wanted to do, apart from just travelling for the sake of travelling. I would keep my brain active by documenting my travels via my online journal and questions website. As previously mentioned, turning my writing into published books, was never part of the plan...yet here I am.

I have plans for a few more books, who would have guessed that change somewhat not under my control, would have led to my new life.

My mother in her final years, after her brain tumour operation, needed 24-hour help. As both myself and my brother were far away in other countries, the local authority in Italy, organised live-in home help. A lovely lady from Africa named Mercy would tend to my mother.

My mother loved Mercy, she had a good heart. One day after almost two years of care, Mercy asked my mother if she could go back to Africa on a long holiday to see her children.

My mother, not one used to change, said yes immediately, even though this would cause her a big life-changing problem. Finding a replacement for Mercy, was not easy, if at all possible. My mother surprised us all, by proclaiming, "I am checking myself into a care home".

She mentioned later on, that her remaining time at the home, were some of her best years. She became reacquainted with long lost and forgotten childhood friends. Her room-mate was a sprightly lady in her late 80s that upon waking every morning would sing.

Breaking an established life with profound change, can sometimes, even though we cannot see it at the time, indeed be exactly what we need. Rather than fight it, flow with change and see if instead, you can somehow steer the change to a favourable situation.

I have mentioned previously, that I now tend to live my life on instinct rather than logic, logic still plays a part, but a smaller one. I experience change, almost every single day on my travels, this without doubt helps when life's hurdles appear.

Fundamental change happened to me, prior to my travels, when my beliefs across politics, economics, health and religion changed forever. It wasn't what I wanted, but I could not deny the evidence before my eyes.

That change, often referred to as taking the "red pill" has completely altered my life for the better. When I was in the depths of research, I couldn't see a way out or how I could use this new knowledge.

It would be almost a decade later, that my path materialised with a confluence of disparate pieces of the puzzle somehow coming together.

Going back to the beginning of this piece...how open are you to change...are you ready to be someone entirely different as I have become?

“Changing views, opinions, beliefs, knowledge, health, wealth...it starts with you”

Ugo Domizioli

55

Action

Meaning: making the decision to follow a certain path toward a particular aim or goal.

Derivatives: act, actions, activity, movement.

Synonyms: execution, process, implementation, steps.

Why is taking action, one of the most important words and things we can do? Without action, nothing can ever be achieved, it's that simple. Therefore the real question becomes, what is stopping us from taking action?

The answer is fear. We refrain taking certain actions, because we are unsure of the results, do not want to look stupid in front of our peers or are genuinely deeply scared.

Being unsure of the result, is pretty much the norm across most new undertakings. If results were certain or guaranteed, we would all never hesitate.

Results will vary, due to your skill set and the general economic and political framework present at the time. There is never an ideal time to start a new business, family, or leave an abusive relationship, there will always be hurdles to surmount.

If we never try something new, we can never look stupid among those closest...many of us never try. If this has ever applied to you, ask yourself, why are you letting others make the decision for you?

Whenever something new is started, we usually begin as amateurs, instead of viewing this as a negative, view this as the most exciting time that it is. As time passes and our experience grows, to some extent that initial excitement recedes, hold onto it, as long as you can.

There is a general consensus that it takes an average 10,000 hours to become proficient in a new skill, don't expect great results within weeks or months, learning a new skill is a journey, with its ups and downs, all a part of the process.

Being genuinely scared of taking a certain action, is sometimes routed in some past event from our childhood that we cannot remember, other fears are learned from our parents.

For example, those that grew up in poorer households, are less likely to start something new as this attitude, was never present during their formative years as a child.

Other fears are routed in irrational thinking, where we focus on the negative, however unlikely it is to manifest, or our ability to deal with it.

The fact is, fear is hardwired into everyone, however those that are successful have managed to overcome this primary emotion to go onto create great outcomes for themselves.

By simply taking action, in whatever area you choose, your mind and physical body will be in motion. Once in motion, activity and results will come about. Look at the feedback your results give you, as learning points and information rather than absolute points of success or failure.

When I left the airline industry to start a small home based business, it took a long time, experimenting with different processes, learning new skills, however the business came to nothing and technically you would class this as a failure.

However, some of my self-taught skills using software and computers, led me to a successful 18 years within the finance sector.

In turn, the corporate skills I garnered, directly led me to design and code all my own websites today and self-publish all my books.

In one sense, I have come full-circle, being responsible for my destiny once again. We cannot know where a certain path will lead, especially as we are used to defining our outcomes as either a success or failure. I would suggest, refraining from using such definitions, classify them as experiences toward a goal.

We live in an information age, with data available at our fingertips. However, this often leads to information overload, crippling us into a state of inaction as we seek further information before ever getting started, try to avoid this trap...begin.

It doesn't matter what field you are gravitating toward, to be an athlete – you train, a writer – you write, a lawyer – you study, an artist – you paint, a carpenter – you chisel. Once you are in motion taking action, results will accrue.

We have all heard the term, “action speaks louder than words”, in the past, I used to be that person, constantly talking about what I was going to do, but only sometimes following through with small scale items.

I can now say, I am that person...what changed? I was forced to reassess my life across multiple facets and came to the conclusion, I needed and importantly wanted to change the direction of my life...pretty unsettling for a 53 year old.

I didn't know exactly what I wanted, but figured during my travels, I would work it out. That is pretty much what happened. By taking action, being in motion, new ideas, possibilities and opportunities came into view.

When we take action, our journey will more than likely, not pan out as imagined. However, synchronicities or things helping you along your path, will likely appear as if by magic.

I have seen this myself and view it as the universe nudging me toward a direction that I cannot understand, but ultimately help me along my journey.

Try to define and be clear what you want and commit to actions however small, that steer you toward your goal, tell others what you are doing as this acts as a kick up the backside to keep you on track.

There's nothing like those closest to us, constantly asking how our new plans are doing, helping us to stay on track and keep up our motion.

We only have so much energy, time, money and resources available to us, allocate them toward what is most important to you.

A few keys to taking action: firstly refrain looking at the end goal that is so big and far away, as to almost feel impossible. Instead, concentrate on the first steps or skills required in its eventual attainment.

Never consider first steps as inconsequential, they are vital for they are your first actionable items. The first step to writing a book, begins with an empty page and your first few words, with commitment and time a book will be the result.

Every small action and steps that you take, whether positive or negative, gives you experience and builds confidence. Tossing aside expectations is also important, creativity can often be constrained by deadlines, simply let it flow, in its own time.

By taking action, we are more likely at some point to achieve satisfaction...did you notice the word action, bringing up the rear end of the word satisfaction...enough said.

“Taking action is the only route to overcoming fears, neutralising them forever, by taking your first step”

Ugo Domizioli

56

Life-changing

Meaning: having a significant impact or effect on the course of one's life.

Derivatives: transformational, momentous, pivotal, profound, significant, meaningful, monumental.

Synonyms: far-reaching, life-altering, fundamental, consequential.

Life changing, yes yes, I know it's two words, give me some wiggle room. When we think of life changing moments, many of them happen to us. The loss of someone close and a cancer diagnosis a few obvious examples.

A death, raises the emotional bar to the highest levels, especially for those that leave way before their time – there are zero words to describe this level of pain. Dealing with a funeral and all the logistics, at a time of high emotional stress, it's a wonder everyone makes it through...yet they do.

A cancer diagnosis is another life changing event, completely out of our control...or is it? I would refer readers to my references to cancer across all three books. However negative cancer is, it gives us the opportunity to look at life differently, maybe that's the point, the lesson to be learned?

Experiencing a severe accident, either personally or with someone close, often changes the direction of the lives of all those involved. Unable to work, eventually raises financial pressures. Caring for the afflicted, whether external or by close family and friends, again completely alters life paths.

Divorce is another all too familiar statistic for many of us, including myself. With divorce, I like to say, "It takes two to Tango", meaning both are to blame, even though sometimes it seems to be more clear cut.

Going through my own divorce, was life changing – the roller coaster of emotions, the acknowledgement of failure and the real pain of all those involved was clear to see. As humans we adapt, that's what we do, we move on, however, at least temporarily we are taken to low points in our lives.

Winning the national lottery changes lives...at least temporarily. Winners tend to be on the poorer end of the spectrum; they've never had lots of money and ultimately don't have the skills and knowledge of how to deal with it. Years later, many return to where they started...life changing indeed!

A job offer, especially one that we feel takes us in the direction we seek, can again be life changing. I didn't feel that when I was given a chance to work in finance, for me it was just a job. It did however, come at a time when I was at a low financially – I was buying my weekly food on my credit card.

I saw the opportunity and grabbed it with both hands and hung on for 18 years, through the ups and downs of the financial world and the volatility of labour markets.

This time was fundamental in shaping my future path. I was working with some of the smartest and amazing people you could ever want to meet and paid a decent salary.

Fortunately, I am a saver rather than a spender, and so was able to put away enough money that would give me piece of mind and a level of security for the future.

My next life changing moment was being made redundant in 2011. I decided at the age of 46 to semi-retire and for the next seven years worked on average, 3-5 months per year as a freelancer/contractor.

My lifestyle dropped dramatically, which I was completely fine with, as I had my time back – this was the price I willingly paid. Aged 53, I took another big decision to travel the world as a backpacker for two years, this eventually morphed into permanent travel.

If someone were to ask, how my travels have affected me, the first word(s) that would come to mind is, life changing. I would dare anyone to travel for just one year and not come to that conclusion.

We cannot control to some extent, the negative life changing moments that cross our lives, but we can control how they affect us. The downward spiral that comes about, should be allowed to flow through us, and not linger within forever.

Entering a reflective stage is a powerful way to look deeply into any lesson we could learn from the experience to change our own future path.

Other times, our path takes us higher, we tend to not ask too many questions when we are on a high, why would we? Again, I would suggest, just because everything is going well, it doesn't mean we should stop asking questions.

There are those that have extremely lucrative careers, but at what cost? Time and family life, often bear the burden and suffer...continue to ask questions my rich reader!

We have covered events happening to us, in the main negative ones. Instead of waiting for life changing events to occur, what if you were proactive and made those life changing events?

Whatever interests or dreams you have, I tell readers to begin...why? The answer is simple, only by starting do you begin to put the puzzle pieces together on the board. No amount of planning or research prepares you for actual road ahead.

Only when those pieces are laid down flat, do alternative paths become clear. Only by actually doing, rather than planning and talking, do possible avenues emerge that could never have existed in the planning stage.

If where your life is today, is not where you had hoped it would be, to carry on doing what you have been doing, clearly is not working. Maybe it's time to take the leap and make a life-altering, life-changing decision onto the path you were meant to take.

If you want to know how simple it is to change your life, all you need to do is find books from authors you respect in your chosen field. Begin reading, begin watching, begin learning...it really is that simple, if you truly want to change your life.

I have read countless book reviews, where readers have mentioned, reading the book had been life changing...what more do you need?

“What will you do that is life-changing?”

Ugo Domizioli

57

Growth

Meaning: the process of expansion.

Derivatives: grow, growing, increase, advancement, evolution, progress, improvement, success, rebirth.

Synonyms: multiplication, development, broadening, transformation, metamorphosis, innovation.

Throughout my three books, one overarching consistent theme and word(s) present, are the words grow and growth. The primary aim of my writing has been to help me on my journey of personal growth, and hopefully that of the reader by looking at the world differently.

We tend not to question, why the information placed into our minds is there? Is it there to help us grow and prosper or hold us back? My conclusion, our educational systems exist to create employees, never entrepreneurs with a growth and success mindset – how can we grow, when our minds are held back?

When the words we use on a daily basis are limited, we can only get so far. When the meaning and definitions of words are changed by dictionaries, to fit current political narratives, how can we grow? When many important historical or current facts we take for granted, are in fact lies, how can we grow?

Within the word growth, we find the word row. In order to grow, we have to row through the waves of life. If the reader has ever rowed out on a lake or at sea, they know it's not an easy endeavour, but vital to reach the destination.

Growth is an integral part of our lives, our bodies change through the decades going through various cycles of health, to often less so. Understanding that cancer takes hold, grows and feeds on sugar is not a nice fact to know, however a helpful one – tumour growth.

Our consumption of junk foods, laden with sugar, chemicals and vegetable oils etc., are slowing killing us by accumulating and growing within us, damaging our immune systems – fat growth.

Growth is with us everywhere, for it's a basic human tenet to grow in all aspects of life. We want a better life, a successful one, usually achieved by working for others, but this in the main, can only take us so far.

True, real growth, only comes from challenging ourselves beyond the safety of our employee blanket. Being independent from employment, our senses and emotions are dialled up to 100, being solely responsible for self...we grow.

Critical thinking, problem solving and intellectual growth, only come about when we embrace curiosity and open-mindedness. We only grow by asking questions which are fundamentally different to the ones we have asked in the past, to escape the cesspool and shackles of group-think.

When you are next on YouTube and notice, a big blue box under a video, directing you to official sources of information/fact-checkers...pay attention. Somewhere in that video, things are mentioned, that those in control don't want you to know.

A pre-requisite to growth, is our need to embrace ideas outside of our comfort zone. Part of financial success and growth, involves managing our money and finances. If you want to grow in monetary and wealth terms, stop doing what everyone else is doing, getting what everyone else is getting...average returns.

You need to be curious in finding information that will explode your financial fortunes, rather than gradually trickling up, as we have been accustomed to accepting by our financial advisors.

Specific knowledge, rather than general education is the key, not just in financial matters, but across the board of your personal growth journey. Start by researching, reading and viewing the best materials in your chosen field.

As your knowledge base grows, so will your comprehension on how to assess and interpret all information across all facets of your life, all helping you grow.

Part of growth, sometimes involves the voluntary or involuntary change of relationships with those closest to you. Most prefer to keep the status quo, stay exactly where they are and where they have always been.

As you grow and move forward, others remain still, you cannot change this, although you may inspire a few or a stranger to follow suit...isn't that a thing.

I have covered a few methods to incorporate a growth mindset, here are some more:

- **Curiosity:** cultivating a curious mindset, looking at things differently, outside our comfort zones resulting in our asking of new different questions
- **Exposure:** nothing beats travelling to new countries outside of your usual ones. Cultures, food, history, people and perspectives will open your mind
- **Research:** looking into things for yourself is the key, however, being aware that the truth is hidden from you on the main search sites is vital...look elsewhere
- **Mentor:** find someone doing what you want to do and copy them, they have gone through all the loops, cutting your journey by nine tenths
- **Values:** identify what are the most important aspects of your life and concentrate on those: health, sleep, exercise, cooking, family, meditation, time, travel etc. and invest time and resources towards what matters to you

- **Listen:** we can only learn more or different perspectives by listening, reduce your talking
- **Community:** contribute your time, money or talents to helping others through volunteering
- **Reflection:** examine your thoughts, feelings, emotions and motivations in how you live your life
- **Interpersonal:** compassion, gratitude, kindness, love among but a few facets to improve upon
- **Passions:** what excites you, once you identify whether it's one thing or many, pursue it/them...maybe you will find your purpose/meaning

I covered in my first book, that I believe we are here on this planet to create. For most that will be a family, for others creation takes on other forms, both of which are vital for humanity to grow and continue along its path. Everything we create and experience benefits ourselves, others, and the universe through continual growth and evolution.

To embrace the best that growth can offer us individually, understand it's a lifelong journey, tailored to the unique person each and every one of us are.

There is no "perfect or correct" way to embrace growth, simply begin, aiming to be the best version of yourself...oh, and remember to practice kindness and compassion toward yourself on your journey.

“The choice to grow, shrink or remain as you are, is entirely under your control”

Ugo Domizioli

Inward

58

Authenticity

Meaning: the quality of being true and genuine to yourself and others while holding on to certain values despite pressure from others.

Derivatives: authentic, authenticate, author, authentication, authenticator.

Synonyms: truth, reliability, dependability, credibility, frankness, integrity.

Authenticity on a societal level, with the rise of social media and the depicting and displaying of ourselves in the most positive of situations, rather than the humdrum of normal daily life, is clearly an indication of where we are today regarding truth.

By showing our holiday, restaurant and concert pictures, we signal our identity to our peers, whom reciprocate. Everyone is aware of what is really going on, but we all continue trying to surpass “The Joneses”.

Those in favour of social media, marvel at the positives of self-expression and connecting with others sometimes resulting in real in-person meet ups.

However, most consumption is digital not analogue, this distortion of reality, sense of self and others, is proven to have a long-term psychological impact. The constant never ending comparisons drawn with the lives of others, has shown to increase loneliness, depression, low self-esteem, and anxiety, in part, I believe, due to a lack of authenticity.

To be authentic we need to embrace who we are right now in whatever situation we find ourselves in, letting go of who we think we should be.

On a somewhat higher level, authenticity has come to the fore during the plannedemic, with so much fake news across all media outlets. What is true, what is false, has become one of the biggest questions of our times.

Governments, social media giants and mainstream media have implemented systems to fact check small independent media outlets including citizen journalists on the internet. “Independent Fact-Checker” organisations sprung up to counter these citizen led “misinformation” outlets.

The publicized aim of the fact-checkers, is to ensure the news is accurate and factual. The reality is however quite the opposite as many have begun to realise.

The way they work is indeed very clever. Instead of simply stating an article or particular website is sprouting misinformation (although some indeed prefer this route). The majority, spend time looking at every sentence and paragraph, coming up with contrary points, most of which are referenced to other major publications or websites, all connected in a web of lies.

It turns out, these independent fact-checkers, are in fact backed and financed by organisations that wish to perpetrate the lies, government propaganda and silence and discredit the truth seekers.

The effect of these fake fact-checkers, is in fact the distribution of misinformation themselves, tied to their own ideological stance and narratives.

The effect on citizens is pronounced, making them doubt what is real or fake. Their remit is to keep everyone on official government messaging and ensure they are the sole source.

The fact-checkers have somehow appointed themselves the sole arbiters of credibility and truth, without anyone able to fact-check the fact-checkers!

You would be mistaken, thinking that fact-checking are isolated incidences, they are well organised, mass psychological campaigns upon the unconscious minds of citizens to influence their beliefs and behaviours.

For this to work, every organisation and their high level management is on board. Lower level management and employees simply follow orders or lose their jobs.

Trusting the government as the official truth, is a huge mistake as genuine history has taught us. The lies surrounding the US wars upon Vietnam, Afghanistan, Libya and Iraq to name but a few, are perfect examples of lies over truth.

With the passing of time and genuine history coming to the fore, it is in fact, the independent citizen journalists that have been proven time and time again, to document the reality and not fantasy of major events.

The tactics of the fact-checkers are nothing new, but simply a rinse and repeat of techniques used by major news organisations for decades.

A perfect example are seemingly “open” televised debates, occasionally covering hot political or economic subjects. The “independent” panel of experts encompassing the whole spectrum of opinions are in fact all part of the fake machinery of a democratic society.

These debates fail to address the real authentic questions and problems. They skirt around these issues while sometimes briefly touching upon them – however, never giving the genuine answer, for that is not what the panel is there to do. The panel is there, to give the public a semblance of a fair debate and democracy, when in fact, it is anything but.

Governments and global media 100% lied about all aspects surrounding Covid-19 – the evidence, original documents and data exists for readers to research for themselves as I have done.

Masks, house arrests, distancing, cleanliness and most important of all, the “vaccines” never worked and in fact have permanently harmed and killed millions.....they lied, millions died.

The reason most of the world's population took these "vaccines", is because they trusted their governments. Due to my questioning nature, which only dates back around ten years, finding out the truth of the fake WMDs and the Iraq War, I knew straight away something was very wrong.

I have subsequently been proved correct. I was authentic with myself and refused to lie to the most important person of all, while the majority acquiesced.

By ignoring past events our governments and the mainstream media have perpetrated upon us, i.e., not being authentic with ourselves with the truth, the majority of the world have allowed themselves to be harmed.

Because the majority could not face the ugly truth of the atrocities of past events, the plannedemic came along and sucked almost everyone in with its propaganda.

Unfortunately, it pains me to say this, the joint responsibility for any harm caused by the plannedemic, lies upon the believers of the propaganda. All those that acquiesced and put aside their authenticity of self, behind a government wall of lies.

Those in power will get away with whatever they can, until enough push back comes from citizens. It is precisely because the majority have let governments run riot in the past, that we find ourselves in this current unauthentic situation today.

Because we kept our thoughts of reality to ourselves rather than share them with others and shout out aloud to everyone, another major incident upon citizens has occurred.

It is only by speaking out, being our authentic selves that maybe more people could have been saved from harm or death with the plannedemic

So the question then becomes, how do we get back to our authentic selves? A few strategies may include:

Looking into the values that are of importance to you – if truth, and love are at the front, then you must ensure these core values are a part of your everyday life.

This includes speaking your opinions and truth, however difficult among your friends and family. This likely exposes you to judgment and criticism and short term pain. You may find yourself not able to adequately articulate your views, however, with practice and time you will get better and grow.

Your relationships will likely change, as most people don't like to rock the boat, keeping the status quo. As you grow and move forward, others remain still and fall behind. Some will find it hard to accept your new self and decide not to continue being a part of your life and journey.

Ask yourself, are you willing to lose some of those closest to you in order to grow? Only you can answer this fundamental question.

Surround yourself with an authentic, in-person social circle and reduce your exposure to virtual social media. This is another step in your journey and stops you portraying only the best version of yourself.

Examine and research your beliefs, to see which are in fact make-believe; in tandem with this, become more open-minded around subjects that are uncomfortable.

This will help you reflect, focus inwards and understand by being mindful, your true self and identify negative patterns and behaviours. Finding internal validation will eventually mean living life as your authentic self, overcoming the fear of judgment.

As consumers, we value authenticity in the premium brands we choose to purchase...how about re-establishing that connection with the premium brand you have forgotten to be.

Authenticity requires continual examination to eventually come to a place where you are able to discern effectively, what is real, genuine and true.

**“When we avoid truth, we avoid being authentic,
therein lies our fate, for being authentic means being
the author of your own book”**

Ugo Domizioli

59

Attitude

Meaning: a strong stance and opinion on a specific subject and a way of being.

Derivatives: attitudinal, attitudinarian, attitudinize.

Synonyms: position, viewpoint, posture, demeanour, temperament, individuality, manner.

When we think about attitude, usually the first thought that comes to mind, is how others behave towards us. They have such a bad attitude. Successful people in general, tend to have an empowering attitude – an air of confidence whether real or fake that seems to take them through life in a cushioned fashion.

It's pretty obvious, which one of the two is more beneficial in our everyday lives. Negative attitudes tend to reflect back the same; when you are downbeat or angry at strangers it's rare to receive positive vibes in return.

A parallel word to attitude is gratitude. In our daily experiences, some of which may be negative in nature. If we approach them from the point of view that the universe is not against us, but instead giving us challenges that help us grow, this single way of framing daily negative events makes a huge difference to the quality of our lives.

Instead of shouting and gesturing, when a negative situation arises, I try to catch myself, the split second before I react. It doesn't always work and still a work in progress, however, by practising awareness or as others call it, mindfulness, I catch myself and usually able to subdue my initial reactions.

I remember when I lived in London, a road rage incident unfold right before my eyes. A man in a car behind another, got out to shout at the driver in front, he also got out of his car. The first guy continued shouting despite the second guy being over twice his size.

Clearly he was not fazed, the smaller man punches the much bigger man in the face. He takes the punch and hardly reacts, then begins to pummel him with punch after punch.

I was about one hundred metres away and was almost physically sick witnessing the pulverisation. After about the third punch I shouted out “That’s enough, That’s enough”. Thankfully the bigger guy stopped. A clear example how a simple road-rage incident can easily get out of hand.

The other side of attitude, covers having a strong opinion on any given subject. I personally, have very strong opinions covering a multitude of subjects (see my free 80 Questions Book).

My stance on certain subjects has cost me friendships and a separation from family members. There is sometimes a high price to pay for having strong opinions, therefore be mindful of the possible consequences beforehand and analyse if you are willing to pay the price.

I was clearly not prepared, but also completely flabbergasted that having an opposing point of view is no longer allowed or tolerated. How did society come to this point of intolerance, is there a way back?

Division is always the preference of governments, for when you keep the people divided, they forget to see who the real villain is, hiding behind the curtain.

Our attitudes toward life and others are generally the product of our past, however, this does not mean we cannot change going forwards.

We all experience negative daily events, in this respect we are all the same. However, it is how we view these negative events, that determine our path forward by way of our actions.

Everything starts with our minds – change our thoughts = change our attitudes = change our habits and therefore our actions.

As our actions change, so indeed do our lives. You arrive flustered for a job interview due to unforeseen travel delays, your performance is under par and fail to get the job. Most will blame the transport system, few would blame themselves for not allowing more time. By learning rather than blaming, we grow and able to prepare accordingly for our next interview/life challenge.

For those that skipped the Dr. Emoto section at the beginning of this book, here is a quick summary as to why the words we use are so important.

Water is an essential element for all life on Earth. Our bodies are principally made of water, with our hearts and brains, arguably the most important, composed of 73% water.

Dr. Emoto talked to water using positive words which created harmonious ice crystals, negative words, created irregular, ugly looking shapes. Just by his words, he demonstrated water could alter its cellular shape and able to store information in the shape of a memory.

This demonstrated, water is alive and conscious. A positive attitude, thoughts, feelings, emotions and words, have the power to improve our lives and health.

Clearly, choosing our words wisely, gives us the power to heal or destroy, however, it's bigger than this, for our words are more powerful than hard work or money.

Ultimately, we achieve real happiness in our attitude toward everything around us, what we put out, we get back. It's our personal responsibility with our positive outlook, thoughts and actions toward colleagues, friends and family, which determine our lives on a granular level with health, relationships and success.

Our attitude is infectious, it determines how the challenges we face are either adversarial, antagonistic and hostile or friendly and hospitable...your path, as it has always been, is up to you.

“When a positive attitude, results in positive results, why bother with negative ones?”

Ugo Domizioli

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Character

Meaning: the sum of traits forming the nature of an individual.

Derivatives: characteristics, characterise, characterful.

Synonyms: temperament, personality, disposition, persona, traits, individuality, identity, distinctiveness, aspects, reputation, nature.

We all have character, however the question is, have you developed the character you had hoped, or simply stumbled through the years to become someone you no longer recognize or want to be?

While authenticity and character are related concepts, they are distinct. Being authentic as we have covered, means being true to oneself, despite external pressures.

Character on the other hand, deals with our underlying nature that defines who we have become by our actions, this is usually developed over a long period of time.

Having an ethical character means having a strong sense of integrity, empathy, perseverance, morals and values. These core elements make for easier decision making as those outside these parameters fail the taste test.

A few examples of those with character would include: Nelson Mandela, Martin Luther King Jr., and Mahatma Gandhi. The Indian civil rights leader held strong in his beliefs using non-violent resistance to achieve India's independence from British colonial rule.

All demonstrated exceptional character, however they went beyond serving as role models with their greatness, they inspired millions.

When we encounter challenging situations, having character enables us to better handle whatever comes our way. Failures are viewed as learning experiences and simply another step toward whatever goal aimed for.

Character builds resilience which makes us flexible and able to adapt to different situations. Decisions, ethical in nature, benefit all, helping to build trust and integrity which are crucial to long term relationships.

A strong character often results in a greater likelihood in achieving career goals as you are more likely to be respected. On a personal level, you are more likely to lead and live a more meaningful life.

When young, we tend to copy our peers and those closest to us. Our parents create our character base layer which is built upon or changed by our friends. This sometimes, at odds with what our parents instilled in us.

Being weak and simply doing what your group of friends, or usually the leader of the pack, tells you, is usually the beginning of setting the stage for a weak character.

School is a difficult time, as there is so much pressure to be a part of the crowd, preferably the “in-crowd” belonging to a club or fraternity in some countries is vitally important.

All of these clubs require new recruits to conform to club rules, often involving some kind of initiation, almost always making a fool of the initiate.

The army is no different, stripping recruits of their individuality and sense of self, supporting obedience instead. The army may argue, this is imperative to building teamwork which builds character and ultimately saves lives.

It’s fair to say, that for some recruits living poorer lives, possibly without a father figure, joining the army does indeed turn boys into men. However, the difficulties faced by many, in their transition to civilian life, in not being able to handle real life, is a well known phenomenon.

Some routes to building character may include:

- Making decisions and taking responsibility for them
- Doing what you say you will do

- Understanding strengths, weaknesses and boundaries
- Embody empathy and humbleness without weakness
- Accumulating knowledge in specific areas
- Having integrity leading to trust
- Completion of to do lists and goals
- Being honest with others and with yourself
- Coming clean when wrong
- Having a strong sense of what is right and wrong
- Noticing when you need help and reaching out
- Being vocal when required, assertive and confident
- Not shying away from difficult situations

Developing character is a process, not a destination, taking time as a result of our experiences and if and what, we choose to learn from them.

We can help ourselves by being mindful of our actions and reflecting to see which align with our core and which do not.

“Character...what we have, when no one else is looking”

Ugo Domizioli

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Compassion

Meaning: going beyond simply being aware of someone's suffering, wanting to stop their pain on a deeper level.

Derivatives: compassionate, compassionately.

Synonyms: kindness, empathy, understanding, sensitivity, thoughtfulness, mindfulness, sympathy.

Why is compassion a vitally important element, that defines us as human? Let's firstly look at the opposite side. Without understanding the hurt someone is going through, not being capable of feeling someone's pain or feelings, what kind of world would that be? A very lonely one at best.

Without compassion, we have to ask, does love have a chance to ever surface or thrive? Compassion is one of a selection of traits fundamental to how we identify ourselves and behave toward others and any relationships we hope to develop.

Research shows that compassion leads to better mental and physical health, for it is a biological feature within our bodies. When we practice compassion, oxytocin is released which is associated with greater levels of happiness, bonding, self-esteem, while lowering anxiety and depression.

In addition, being compassionate helps to reduce stress and improve how our immune system functions. When we understand that keeping our immune system in tip top shape by not eating junk is vital, we help it.

As a society in general, people have become polarised and tribal over the decades. Left vs. right, man vs. woman, etc., there seems to be an endless supply of narratives that make us choose a side and label ourselves.

This creates division, never unity, and depicts the person on the opposite side as almost not human. When we become judge and jury over someone's views rather than look at the person behind them, compassion and empathy can rarely show their faces.

We are so busy that practising compassion has become hard, as it takes time to slow down completely, to truly embrace a problematic situation with friend or work colleague.

However, it's precisely because we "don't" have the time, that we need to allocate it, not only for the well-being of the person we are trying to support, but for our own well-being.

It is crucial, we practice compassion in our daily interactions with others. It could be while waiting too long for our expensive coffee (clearly the barista is overloaded), or waiting in line at the supermarket checkout (lunch hour), waiting for the next metro train (rush hour).

Put yourself into the position of others, turn around your self anxiety into the anxiety of those serving you, you may begin to feel differently.

Compassion is not so much about being fully immersed in the suffering someone is going through, instead, simply listening and caring for what the person is going through. When a friend or colleague is going through a difficult time, we have to truly listen and refrain from formulating a response, which if we are honest, the majority of us are guilty of.

Men, in particular, try to fix any problems before them, looking for options toward resolution, this is simply part of their nature and how they are wired.

Those on the front line, social workers, firefighters, paramedics, doctors and nurses etc., are exposed on a daily basis to hugely emotional situations.

The only way they deal with these heart wrenching situations, is by partially desensitising themselves to what is in front of them. This is the only way, to some extent, to avoid burning out from being too compassionate.

We have all developed coping mechanisms when confronted by a family member, friend or work colleague, in an emotionally overwhelming situation. We have learned how to protect ourselves from someone's need to share a painful situation, while still giving them the support they need.

For those that feel they have fallen into the trap of not practising compassion, there are some steps to start the journey back to healing our minds and body through compassion towards others, but importantly, ourselves.

Let's begin with compassion towards others. We touched upon a possible frustrating situation such as a long wait in a coffee shop. Instead of boiling over, try to understand the barista's pain in being overworked. What will immediately happen is you will calm down, this can only be good for the health of your mind and body.

When having a discussion with someone in hurt, again try to understand their perspective and feelings, listen carefully and avoid interrupting, giving them your full attention. This results in changing your mental state from "What is wrong with you"? to "What is hurting you"?

We go from a mindset of judgement, to one of compassion. Just by offering your ear and time will normally be enough, you can go further, by following up with a text, phone call or card.

Instead of rushing through the main entrance of your office building without care for who is behind. Make the effort to slow down and hold open the door longer than required showing the next person it was intentional.

Be the first to offer to help to someone with a pram and child when negotiating steps, be the first to smile at strangers.

In fact, any small act of kindness goes a long way to healing our inner self while serving others at the same time. A stranger you may have touched with your actions, may on occasion, pay it forward, how marvellous is that.

Practising compassion goes hand in hand with forgiveness, letting go of present and past resentments towards others, again heals the inside.

If in any doubt of the power of compassion, I present two anecdotal stories. A woman healed her cancer, while a man, AIDS, both by practising compassion. The power of the body to heal is greater than we can ever imagine.

Other options include volunteering wherever your help may be needed: soup kitchens, environmental clean-ups, shelters etc. The key is to take some sort of action, for compassion only works with an action. The more you look for opportunities to help others, the more you will actually help.

Lastly, practising compassion toward ourselves is just as important. We tend to be hard on ourselves, especially when failing to achieve our goals as our advancement in society may not match the purported image we wish to portray to others.

Why do we beat ourselves up? We can't help it; decades of advertisements essentially make us feel that what we have is not enough, and that we need more.

To be compassionate towards ourselves, we need to show ourselves the same kindness that we would show to a child that has fallen down. Acknowledge their pain with a caring attitude rather than shouting at them for being stupid.

As we continue to grow our own self-compassion, it naturally leads us to help others, creating a feedback loop.

Once we reframe our failures as challenges that help us to grow, with kindness rather than judgment, then our journey towards self begins.

Recent research shows that those that practise self-compassion are less likely to be stressed, anxious or depressed and ultimately lead a happier life.

Every essence that really matters is inside, not outside our bodies. Unconditional love for ourselves means being truthful and giving gratitude for all that we have today, not tomorrow, and to stop expelling huge amounts of time and energy on others.

By embracing our true self, we develop a deep understanding of who we truly are and return to a place of inner friendship, security and compassion – this then radiates outwards to the people around us.

Our negative thoughts, feelings and actions generate low frequencies and go out into society, the universe, and are reflected back. Is it any wonder, that many end up in an endless loop of bad luck?

Anger, jealousy or lack of compassion, etc., act like a magnet attracting low frequency responses and of greater importance, diseases.

Conversely, putting out joy, compassion, gratitude, forgiveness and love bring the same as we vibrate at higher frequencies. When around others emitting these higher frequencies, we feel at ease and relaxed and empathetic.

The relationship we have with ourselves is the longest one we will have in our lifetime, make the time to nurture it.

“Take care of others, to take care of you. Take care of you, to take care of others”

Ugo Domizioli

62

Gratitude

Meaning: a state of appreciation.

Derivatives: grateful, thankful, acknowledgement.

Synonyms: recognition, response, praise, tribute, compliment, attention.

Upon looking at the various synonyms for gratitude, the one that stood out from the pack, was attention. We have so many elements in our everyday lives, many which involve interactions with others, can you honestly say you really pay attention to them?

I would argue we do not. We are so busy getting to work, then working, that stress is the result, rather than paying attention to the little things that cross our paths.

Why is this? One element, our brains are naturally wired to focus on negatives, this is based way back in time, when we hunted for food for survival and needed to look out for threats.

While no longer applicable for most, this today, still leads us to overlook the positives in and of our lives, and instead often focussing on what we are missing.

Fear of missing out (FOMO), is particularly prevalent today with our exposure to social media and what our peers are up to. Glossy magazines portraying out of reach lifestyles only add fire to our unhappiness in what we are lacking today.

Keeping up with the Joneses and social comparison, again lead to feelings of inadequacy. When a neighbour purchases an up-market vehicle, it makes all others look ordinary. Among men in particular, a race to the top begins...mine is better/bigger/faster than yours!

This leads us neatly to materialism in general. Currently the “size” wars, is being played out with television screens. Fortunately their prices get lower every year due to technological advances, at least this won't bankrupt Mr Jones.

Our societies, through the medium of advertising, has created a culture placing a huge importance on possessions.

Our constant want, rather than need for things is never ending to feed our feelings of happiness. Research, however shows the opposite – our happiness from shopping is temporary.

This is due to what's called hedonic adaptation. Much of the joy we gain from a new purchase, occurs prior to pulling the trigger, our anticipation a huge part of the process.

Once we possess the item, we tend to adapt quickly to having it as part of our lives and within a short amount of time, it becomes the norm and to some extent, no longer special.

We have all experienced these feelings of happiness today and diminishing happiness with the passage of time. We then chase the next new shiny object in our never-ending quest for more, thinking this leads us to happiness. In time, we realise, real happiness, comes from relationships and meaningful experiences.

There are those that are perfectionists, either in certain parts of their lives or overall. This tends to manifest with often unrealistic expectations, again leading to emotions of dissatisfaction. When striving for perfection, we are again, never satisfied with what we have today.

Things may be 95% correct or almost perfect, yet that additional 5%, gives perfectionists all the reason they need to strive for more. While in some areas such as professional sports, that 5% or more likely 1%, is what creates a goat, in everyday life, I would argue this additional stress is unwarranted.

So, how do we go about cultivating gratitude? It's an easy skill to learn/re-learn, once we focus on it, in our everyday lives. I would simply start by smiling more toward others. What an excellent free way, to put positivity out into the world.

I constantly do this myself. I know my situation of travelling is different to working in one place, but I cannot stress how much of a difference it has made to my life. It's hard to be frustrated or angry in almost any situation when you have a smile on your face...try it, you will see I am 100% correct.

I have a very real sense of ease every day and the direction that my life is going. I don't have all the answers, but am comfortable knowing they will come as my focus is upon them.

While having internal gratitude is vital and accomplished by being at peace with oneself. Expressing gratitude to others needs a more proactive approach. Saying "thank you" regularly, while looking someone in the eyes, sends a powerful wave of energy out into the universe.

How about purchasing some nice paper, envelopes and a fountain pen, to write someone a short note or letter expressing your gratitude. How would that make you feel on the receiving end, compared to the throw away digital world we live in?

When with friends or even new acquaintances, put away your smartphone from sight and turn off notifications. Be grateful for the analogue experience you are having without the need for extra input...be present in the moment.

If you are someone that tends to regularly find something to complain about, or usually blame others, in time you will discover this is a dead end journey.

By consciously reducing negative thoughts, we naturally tend to veer toward positive ones. This leads to gratitude by default, as we stop focussing on what's missing and wasting our lives searching for it.

Being mindful by paying attention to the present moment without judgement, also raises us, as does helping the less fortunate by giving our time.

Being grateful, no matter what is happening, leads to reducing your blood pressure, anxiety, stress and depression among other positives. In addition, research shows being grateful boosts happiness, satisfaction, helps us sleep and gives our immune system a boost.

Simply living with a smile rather than a frown has significant health benefits toward ourselves as well as bringing joy to others. Why would anyone not want those benefits?

Obviously, there are those going through very tough times, whether economic, political, family or health related. Focusing on the positive memories of someone lost and what they gave to the world, many have found helpful.

If I had a serious illness, for me personally. I would be thankful for the varied information and knowledge I have garnered over the years.

By simply not adhering to what I am told by the corrupt medical establishment, I, instead look toward alternative solutions, more holistic in nature that look at the root cause of an illness, rather than the masking of symptoms with drugs.

Similarly from an economic perspective, what I have learned has placed me in a very thankful position which would not have come about, if I were still in Blighty.

Living a life with gratitude, doesn't eliminate the less pleasant events, thoughts and feelings that come across our paths – these happen to us all.

It is however, how we choose to think and deal with these bumps, that's important. Think of the negative bumps as learning experiences rather than judgements, helps us grow.

Just because we are grateful, doesn't mean we should simply accept everything that happens to us, no matter what. If we allow others to walk all over us, be disrespectful or choose to accept less than we are capable of, we are doing ourselves a disservice, so be on the lookout for these instances.

Gratitude should always add, not take away from a situation or diminish who we are...start being grateful today.

“Gratitude: what I have today”

Ugo Domizioli

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Intuition

Meaning: a quick sense of believing, perceiving or knowing without logic or reason, that the decision you are about to make is the correct one.

Derivatives: instinct, insight, insightfulness, impression, premonition, notion, guess.

Synonyms: feeling, perception, premonition, sixth sense, gut reaction.

Intuition is a feeling we sometimes have when required to make an important decision, a gut feeling, sixth sense, or a hunch of choosing a particular direction.

While we might think it is our minds steering us, it's more like an inner voice with its ability to understand something immediately, without the need for conscious reasoning.

Many have experienced this feeling usually when making life changing decisions. When looking for a new home, our minds sift through mounds of information to create a short list of viewings – but it's the feeling we have as soon as we walk through the front door of the right property, that makes the choice.

When choosing a life partner, while we may weigh up positives and negatives, it is usually an overall gut feeling that has the upper hand, choosing a babysitter, nanny or school involves a similar process.

So what exactly is going on? Our subconscious mind, in the background, not only takes on board the pros and cons from our logical mind, but also past events, pieces of information and less obvious observations long forgotten by the conscious mind.

These invisible pieces of the puzzle, help us complete the puzzle, showing us the overall picture rather than the few scattered pieces before our eyes.

Our minds and the logical brain, can only take us so far in our lives by organising the information our lives bring in, creating order out of chaos. By all means continue to use the logical mind to start the decision process on major topics, using a pros and cons list and other useful techniques.

I would then suggest, forgetting about the question/decision for at least a few days. Do this without cheating to give the subconscious mind its own time to present the answer. It's vital to honestly not think about the question or time frame for a possible answer. The more you stress on its discovery, the less likely it will appear.

Your subconscious will guide you, not logic and overthinking by your analytical mind. You will find your subconscious will give you the same thoughts over and over again, nudging you in a certain direction, making you feel something new, a change.

It's important to be mindful of these nudges the universe will give you. At first you may not even notice them, this is where most find themselves. In time, through mindfulness, you will see and catch these nudges.

While the term mindfulness has been around for a few years, sounding like a new age fad, it's simply a way to pay attention to what is happening right now, before you.

Listening to these gut feelings, our inner-self and trusting our intuition without using the mind to judge these nudges is the first step.

Your subconscious mind, in the background will sew together random ideas, connect them to each other forming a clearer direction for your future. Your conscious mind cannot make these connections for it doesn't have all the information needed that the subconscious mind possesses.

The more you practise using your intuition, the more you begin to see it rarely lets you down – it always has your best interests to heart. Thinking less and sensing, feeling more, opens your awareness radar.

In time, by paying attention you will notice them more, while life itself is hard on many levels, you will find an ease to life, things will align, you will pay less attention to your expectations and simply go with the flow, life will feel easier.

Being in synchronisation, in tune with your inner self, your intuitive knowing, life will feel more true, authentic and in harmony with your true self.

Taking action without thought, is the next important step. You will likely feel apprehension at first, however, once you take that first leap, you will likely feel an excitement like never before.

Intuition, hunches or premonition, used to be viewed as a “new age” fad but now a part of normal discourse even in psychology. Science doesn’t know why it happens, but confirms its existence. The limited research available, shows participants were able to make fast and accurate decisions.

Science in the West, doesn’t want to look into this subject, as it gives power back to the individual and people in general, preferring to use fear to continue to control the masses.

While making important decisions was in general, thought of as a logical process, many have experienced their decisions were influenced by something not logical, something that can’t be explained.

Intuition, an innate unconscious intelligence, something in the past we occasionally use to find the perfect partner and home, can now be used in our day-to-day decisions and become our most trusted source of guidance and insight.

Harnessing our intuition should start with small less important decisions. Start by choosing a restaurant without the help of online reviews by simply walking down the street, notice what you feel, forget the reviews.

Steve Jobs (Apple) stated that intuition was more powerful than intellect...I guess Apple didn't do too badly under his guidance!

“Let your inner you shine, so your outer can shine too”

Ugo Domizioli

64

Courage

Meaning: having the strength of mind and character, in the face of adversity to power through despite fear or actual danger.

Derivatives: courageous, courageousness, fearlessness, spirit, bravery, guts, nerve, tenacity, grit, heroism.

Synonyms: virtue, backbone, confidence, determination, fortitude, fearlessness, gumption.

On the other side of courage, we have fear, weakness and cowardice. This is how many of us, live our lives without even realising it. Let's start with fear as it permeates pretty much every aspect of our lives.

Fear in the form of advertisements, is used to spike our emotions to influence us to buy that new shiny product or service, bypassing our rational minds. Research proves, we react more to fear than other emotions, that's why it's used everywhere.

The media concentrates on negative stories, governments used fear to coerce billions to take the job, the fear of terrorism is used to justify continual wars, climate change used to tax us all, the insurance industry exists purely based on fear, home security...the list is almost endless.

One year, when my home insurance costs soared, I decided to cancel its renewal, guess what happened, nothing. I had a secure home, what should I be worried about? The insurance industry is so successful because they only pay out a fraction of the premiums charged.

This continual attack on our minds using fear, keeps us in a state of passiveness...I can't do anything about x, y or z...why would I bother trying?

This is exactly what that those in power count upon, whether big corporations selling us more, or governments stopping us asking important questions and holding them responsible.

From this continual place of fear, only weakness and cowardice emerge, there is no other outcome, for we are kept in a negative state of mind.

Many experienced being bullied at school, myself included. I whimpered, fell into a shell of myself whenever the bullies would show their faces to pick on me.

The sad truth, we are all being bullied in our modern lives, the only difference is, we don't actually feel the blunt end of a Dr Marten boot.

How can we escape this mass fear psychosis, firstly we need to accept this fear paradigm exists. It's really quite simple when you look closely, once you awake to this reality, you will see it used everywhere not just in the examples already given.

On a personal level, as continually mentioned, I could clearly see through the narratives and lies throughout the plannedemic and was able to adjust my life accordingly, as well as try to warn others as to what was really going on.

I was seen by many as mad, cast aside and cancelled. I had zero doubt my research was 100% correct – time and genuine history has since proven I was right. Privately, many reached out to me, thanking me for my alternative points of view. My hope, in the future, they feel confident to make their comments public for the benefit of all.

Citizens have a heard mentality, which has been used to their detriment. However, this heard mentality can be turned into a positive, as more awake to the truth rather than the narratives of fear. Fear can only be cast aside by courage, this then becomes the new heard mentality, this is how we all win.

Despite their very generic and predictable nature, on occasion, many of us still love to watch a good action movie...why is this? Escapism for one, we can simply let the film take us on a journey and forget our woes.

While the high octane action scenes catch our attention and we marvel at how they may have been created, the better films, have a good story at their core.

There is usually a strong protagonist (main character), that the audience can root for, on their journey battling the enemy or cause. These characters tend to have strong values, a sense of self with a clear moral compass, to do the right thing.

They clearly portray the good character, in one sense, they have the “hero” persona. They are usually strong physically and mentally, have a plan and are determined to complete it.

The person playing the polar opposite persona, the antithesis (bad character) is positioned in a dark light...we now have the perfect foundation for a classic hero and villain movie.

Heroes and villains have tended to be male, as films depicted wars, spies or thrillers, which historically and statistically even to this day, are in the main male – hence the term, “good guys” and “bad guys”.

In these modern, woke times, we are forced to dispel reality and believe something that isn't real. Is it any wonder that woke movies and film studios are going broke.

Hollywood war and spy films, have always had the sole aim of glorifying war, to mask the reality of a nations continual war programmes – many of us now see through this.

When we look as to why we back the main character, what draws us to identify with them, this can be explained because we see ourselves within them.

There is little doubt, that the majority of us in the world are good people, so we match with the protagonist. We know what is right and wrong, so that when a villain or event is present, we take the side of the hero.

The hero displays courage in all their actions, as they fight against the villain, casting aside fear to keep going despite the outlook often looking bleak.

The journey the hero takes through the film, has many ups and downs, rising in intensity toward the climax. Near the end, there is a moment when it looks like the hero fails...only for them to power through to victory.

It is this journey of battling adversity, that keeps us hooked to the end. We like to feel the emotions and courage of being the hero...we want to be the hero.

Why is this? Because we lack these emotions in our daily lives. In reality, there is unlikely a need for us to ever be a hero as we live in relatively safe communities.

Having said this, we all come across minor situations that we notice are not ideal or actually bad and choose to turn a blind eye. We pretend not to notice, so we don't have to get involved, someone else will step up to the plate, we convince ourselves.

I would argue, every time we do this, we die a little. The hero we yearn to be gets dissolved, every single time we turn a blind eye to a situation before us.

I was walking on a beach in Goa, India, where a group of young men were drinking beer out of glass bottles. One chap disposed of one toward the water's edge...I rolled it back to the group and told them to dispose of their bottles properly.

I mentioned children are playing on the beach, when a bottle breaks, they will cut themselves...they acknowledged my point and apologised. Displaying courage doesn't have to be confrontational as could have turned out with my example, it should be much simpler.

If someone is fainting on the train, be the one to step up, you may not have the knowledge to deal with the situation, but you can help by shouting for others to help.

If an elderly person, is having difficulty negotiating a set of stairs...don't ask, simply reach out and give them a hand. A hero never needs permission, they act because it's the right thing to do.

In their eyes, you are a hero by this simple action. We don't have to be an actor or someone famous with fake huge acts of valour...we just need to look inward with our values and be ourselves.

As a society, we have become so scared of what others think, or to cause offence, that we have become sterile and emotionless. This is not entirely our fault, as we have been conditioned/programmed to be docile so to never question authority.

If what you feel inside, regarding a certain issue or event, is at odds to what you hear and read in the public domain. This is your true self trying to nudge you in the right direction. Have the courage to speak out, to speak your truth.

It's when everyone remains silent, that tyranny takes hold as we are experiencing today. Don't wait for someone else as this means you are going against your true feelings, killing you slowly each time.

Have the courage to go against the majority, if that is what you truly feel. Your resolve will be tested, you will firstly be ridiculed. If you survive that stage, next comes the destruction of your reputation, which could well result in the loss of income, even your job.

On a personal level, those closest, be it family or friends, may/will distance themselves from you, some may never return.

Having courage has many levels and facets, it doesn't have to be world changing, but it will change you for the better, however small your acts may be in the face of others.

The world has seen many famous heroes, usually on big stages, we don't need a stage to feel courage inside.

What does courage look like? It sometimes takes on different forms depending on the situation, however, it's underlying premise is to be true to yourself.

Courage may look like:

- Leaving a toxic or abusive relationship
- Learning to love yourself, exactly how you are
- Switching careers toward a new direction
- Choosing an entrepreneurial journey
- Not knowing what is on the other side
- Expressing your views despite backlash
- Making the decision to escape the box
- To travel, not knowing where it will lead
- To write, knowing you are a bad writer
- To create, not caring what others think
- Implementing a healthier lifestyle despite temptations
- Casting aside centuries old dogmas
- Going up on stage performing for others
- Opening yourself up to love
- Mentally raising your child, when they fall
- Opening yourself up to criticism

- Learning to say no, without explanation
- Casting aside beliefs that turn out to be lies
- Being vulnerable despite what others think
- Learning something new and scary
- Approaching the woman/man/partner of your dreams
- Being honest with what you really want
- Being honest even though it hurts others
- Thinking differently to your peers and others
- Owning up to mistakes, always
- Living by design, never consequence
- Encouraging others even if they overtake you
- Trying

Courage is our core, our essence, however many of us have forgotten its form, composed of spirit, grit, virtue and backbone. The more steps you take toward your true self, the further you get away from our fear based society.

The origin of the word courage is from France...cuer or heart. You see, it really is simple, stop using your mind which has been corrupted by fear, use your heart instead as it can see straight through the lies and steer you toward the right path...start today, one step at a time.

There are two realities, the one placed in front of you by those wanting to control you, presented as a convenient and easy path...television, news, media, history, junk food etc.

Then there's the one you choose to make for yourself, initially a harder path, often laced with failure and learning experiences.

This path, eventually leading to some form of success, sometimes not how you may have imagined...learning to carry out independent research, learning to cook etc.

The selection of one over the other, is only made with courage, cutting through fear, toward something more in line with who you were meant to be.

I don't say this to boast, on three separate occasions I helped without permission, in a situation where a child was at risk. If my six years of travelling simply boil down to just these three events, I am more than content...maybe this was my purpose?

“Courage is, being you, never someone else”

Ugo Domizioli

65

Empowerment

Meaning: the giving of permission or power to someone, to do something through authority.

Derivatives: empower, mandate, permission, agreement.

Synonyms: clearance, blessing, approval, permit.

We hear the word empowerment bandied across the media in so many different formats, that maybe we should pay attention to its official definition and not what we are told.

In most US based dictionaries, the first and often only definition offered, indicates we need someone else's permission before we can do something. I choose to use this version to highlight everything that is wrong with empowerment.

I always thought empowerment, meant how free people are to do what they want, within the confines of the law and acceptability. Meanwhile, UK based dictionaries, tend to lean more toward my understanding, with freedom and autonomy at the core.

Empowerment began, with allowing women to vote and subsequently work. While on the surface these are positive things, there was an economic and social element many where never aware of.

By bringing women into the workforce, taxes on their income could be collected. On the social side, the household and child part of the equation, would be weakened as both adults were out to work, spending less time with their children.

In current times, we are being led down various, empowerment narratives such as LGBTQ+++++, BLM, Antifa, etc., has anyone given any thought, if these narratives are being played for political or financial gain once again?

These newer narratives tend to concentrate on smaller groups, while the larger themes of personal freedoms for all, are never on the agenda.

None of these groups came about in an organic fashion, they were all funded for political means. While I agree with some points from these movements, those that follow them, are once again being played by those providing the funding.

Societies are more fragmented, with citizens more divided than ever before. This type of empowerment was never designed to really help these groups as their foundation is political.

While I agree there exist glass ceilings within top universities and corporations, simply giving places to those with bad or lower grades is not the solution.

While there are some positive elements to positive discrimination such as networking and diversity of opinion, eventually the system fails as it's pulled down to mediocrity from excellence. Research has shown, these type of empowerment efforts, often lead to feelings of resentment and indignation.

True empowerment doesn't come from being given a free pass, it comes from individual excellence. As an example, have a look at all the rich and powerful Black Americans in Atlanta in the US. The majority set up their own businesses, worked hard to become self sufficient, never relying on others.

Self-empowerment is the key, rather than hoping or waiting for someone else to give you a hand up. Be the hand, search for excellence in whatever field you have your eye on.

Controlling what happens to you rather than relying on others feeds into the process of becoming stronger, more confident and offers a degree of autonomy and self-determination.

I have written previously, that real financial education is at the core of personal freedom. Without knowing how money, credit, debt and finance really works in detail, there is little chance of obtaining financial independence.

This is probably the most important element to self-empowerment, when you have enough money to do what you want, you are beholden to no one.

You can then choose to spend your time on things that really matter or pursue personal interests without the worry that you need income to survive. This is the path I am working toward myself, as I dedicate the latter part of my life to the arts.

Taking charge of one's destiny, means making decisions aligned to advancing your own brand and following through with the habits and actions required to achieve your goals.

It helps to have an open mind across all subjects, allowing you to select what will help you on your journey, balancing your strengths and weaknesses on your learning path.

Personal/self-empowerment, is the opposite to feeling powerless to change things, making things happen rather than them happening to you.

If you are the type of person that blames others for where you are today, be careful, for you are admitting you are not in control of your life and therefore, by implication, can never change it.

The attitude of taking on board everything that has happened to you as being down to you, while seemingly negative, is instead empowering.

When you have a clear vision for the direction you wish to go, things will align to your chosen path. Opportunities, information, knowledge and people will conform to your vision.

Off course there will be challenges along the way, it wouldn't be an interesting story otherwise. Not only will you grow, but you may inspire others to follow suit...isn't that a thing.

Self-empowerment is a huge subject, with countless books dedicated to the details and habits one needs to form. Once you take back your power, you will find there is almost nothing you cannot accomplish, as there are no more excuses.

Stopping things that don't serve you on your empowerment journey is the beginning – take out all the negatives. Instead foster positive actions by trying new things and learning new subjects.

Self-empowerment is without doubt, one of the most important elements to a fulfilling life. Leaving behind outside control, self-doubt and fear while improving all aspects from health, finance and core beliefs.

Where will you end up, on your own self-empowerment journey?

“You need no one's permission to start whatever you want, in whatever field you choose...begin”

Ugo Domizioli

66

Balance

Meaning: where something exists in proportions of equal weight.

Derivatives: balancing, balanced, even, parity.

Synonyms: symmetry, uniform, equilibrium, harmonious, fair, unbiased, proportional, stabilized.

Let's begin with the opposite of balance? Off-kilter and askew, are a few alternative words. Their meanings are that something is not working the way it should and out of synchronisation.

We are all, off-balance in our lives, too little sleep, too much stress, junk food and alcohol consumption to name but a few. On the whole, we know we have gone a little too far and the next day we tend to counteract any over exuberance.

However, how do we explain being continually off-balance and what does it look like? In less severe circumstances, it may manifest as being overweight or overworking, a more extreme version would be morbid obesity or a heart attack caused by stress at work.

These severe consequences affecting our quality of life and possible early death, are clearly to be avoided at all costs, but many fail to spot the signs early on.

In one sense, these extremes would be classed as an addiction. This word is usually reserved for alcohol and drug overuse. However, is over eating junk food or work stress any different in that a reduction of one's life span more likely.

The problem lies in the fact that a slow off-balance situation is hard to spot. With gaining weight, unless we are conscious of the quantity, what we eat, and measure ourselves daily or weekly in order to monitor our weight, this slow thief taking away our lives via slow burning chronic diseases is hidden from view...until our jeans no longer fit us.

The same can be said, with our careers, working longer and longer hours as the expectations of our employer rises year after year.

Everyone is aware, employees are doing the work of at least one and a half persons, but paid for the work of one. However it's only when our health is compromised, that we awaken to what is really going on.

Recognizing the warning signs of imbalance is the first step to catching oneself and eliminating or reducing these infrequent habits, that can lead to permanent behaviours.

Habits are the important point, as when we repeat any action often enough, it becomes a habit, once a habit forms, it is harder to break. In an ideal world, we identify them early in order for them not to take a permanent hold upon us.

Signs include a sense of unease, inability to sleep and fatigue, loss of focus and motivation. These all lead to difficulty coping with the daily hurdles of life that we are all subjected to.

This lack of coping and focus can often spill over into personal relationships. This being one of the more important aspects of balance, which many never get right, especially career professionals. Hiding things from our partners, eventually leading to a lack of trust, among other problems.

Often there are outside reasons that trigger the habit in the first place, therefore spotting that we are sad, lonely, angry etc., is the first step. Then realising that we don't have to follow previous habits of over eating or drinking in excess to mask the real underlying issue.

We can disrupt our preponderance to delve into our bad habits and disrupt them by using some simple techniques. If food and alcohol are part of your coping mechanisms, simply not storing these at home is a start...stop buying those cookies and crisps.

Instead of consuming that whole packet of biscuits etc., limit yourself to a few, in time, this weaning works for many. Second we can replace the biscuits etc., with healthier options....that doesn't mean "low-fat" options which are simply another form of junk, instead invest in real whole foods, those without labels.

Ultimately, we have to understand the underlying issue and address it rather than mask it. If you are being overworked resulting in stress, then your job situation requires change, this could simply involve talking with management or possibly a change of company is required.

I believe we are able to handle most situations ourselves as we are more powerful than we have been led to believe. Our bodies heal themselves, they always have, balance comes from within – it's our modern lives that hamper our innate natural healing processes.

It's interesting that entrepreneurs as opposed to employees, primarily measure themselves on the state of their mental, emotional and physical health by focussing on good habits that support these primary goals.

Having said this, we may need to enlist the help of friends or support groups. However, some end up addicted to the support group itself, this is also something to be aware of.

Identifying stress is pretty much the number one reason we are out of balance. Therefore, stress reduction needs to be at the top of your to-do list. Identify the sources of stress and set realistic goals to their eventual reduction and elimination.

Start with focussing on today, are your stress levels high, if so, be aware, as you are likely to trigger your response habits. Striving for moderation, balance and equilibrium across all areas of life is the key to avoiding extremes.

This can be done with small adjustments over time, or immediately by changing ones mind and being strong as some are able to do by quitting smoking.

“Homeostasis is our natural state of balance, it is the outside world causing the disruption of our internal. Fixing the outside, fixes the inside; in turn, fixes the outside”

Ugo Domizioli

67

Heart

Meaning: an organ that rhythmically pumps and circulates blood around our body.

Derivatives: ticker, love, soul.

Synonyms: compassion, empathy, kindness, concern.

When looking up the definition and meaning of the word heart, all I got was as shown – an organ pumping blood around our bodies.

However, in Eastern cultures, it is regarded as the centre of the soul, the seat of one's consciousness and the source of one's creativity. It seems the East, places far greater meaning and esteem upon the heart...interesting.

Why such a different perspective between the West and East. The West is based firmly in science, while the East takes on board a more spiritual stance and understanding of the heart, self and consciousness.

While Western science, places more emphasis on the mind/brain as our core and centre. Eastern philosophies, squarely put the heart as the centre of our being and existence.

The most that the West goes toward the non-scientific route, is to acknowledge that the heart is an emotional source in regards to matters of courage, love and compassion.

Which argument is correct? I believe they both are, however, it is more nuanced than that. The West has intentionally avoided taking on board the subject of consciousness.

Keeping citizens in their place, is the one of the most important aspects those in power need to do. They simply don't want an empowered population, one that thinks for itself or believes they are greater than their physical body.

Scientists, professors and education systems in general, rely upon funding to exist, and therefore are simply not allowed to take on board such thoughts! It is only independent scientists, thinkers and philosophers in the West, that explore Eastern beliefs and philosophies.

Eastern medicine in India (ayurveda) and China (acupuncture, tai chi, and herbal) place huge emphasis on the heart's role in maintaining health. However it goes deeper, as the heart is seen as a bigger source of electromagnetic energy than the brain and regulates and balances the body's energy flow.

The West in general, looks at each body part, as a singular item to be repaired when faulty. The East takes a more holistic approach to health, with the interconnectedness of the mind, body, and spirit.

While we like to think, medical systems in developed countries are second to none. Their approach of trying to fix the immediate problem, rather than ever look at the root cause of a condition, is severely lacking.

A few questions I answered in the health section of my 80 Questions Book, look at heart disease and cholesterol. Heart disease is the number one killer in most developed countries – almost 700,000 die each year in the US alone, that's over two hundred 9/11's.

Clearly the current solutions are not working; cholesterol lowering drugs, stents, bypasses, beta blockers etc., are not reducing deaths.

The root cause of most heart disease, is the scarring of heart veins, due to a lack of vitamin D. The only way for a human to create natural vitamin D is by exposing our skin to sunshine.

Skin cancer I hear you shout...please conduct real research as I have done...stop believing the narratives. The Western medical establishment will not fund research into the connection between our lack of vitamin D and heart disease.

Imagine, if we could reduce or eradicate heart disease by simply getting enough safe exposure to sunshine, what would that do to the profits of the corporations providing temporary “fixes”...they would disappear...no motive there detective!

Looking toward the more spiritual side; when do we know we have met a kindred spirit or found the perfect home. It's usually the heart that decides, not the brain..what exactly happened?

Our heart's combine intuition, emotion and subconscious cues that bypass the brain and make connections that go way beyond being smart and verge more on the side of inner wisdom and inner knowing. We just know, the moment we step in, we've found the right new home as previously looked into.

Synchronicity and intuition, play a pivotal role in Eastern cultures with a heart-mind connection allowing believers to move away from believing and thinking, toward knowing as per the home example above.

Think back to the many times you have been angry with a situation or someone, where did those thoughts come from? Most believe the mind, as it shifted through the information required to come to the conclusion something was wrong.

Instead, I would argue, it was your heart, being upset as anger is rarely a logical decision, more an emotional one. Those negative situations did they really occur without any input from yourself, or were you partially responsible.

If we are feeling angry, negative, sad or other negative emotions, we are likely to receive back in kind the same. When you approach your day by smiling, saying thank you, looking people in the eyes and generally put out positivity, more often than not, the smiles will come back...amazing isn't it.

Living a positive life opens up our hearts to the subconscious and all the benefits it gives us. Intuition, synchronicities, luck and nudges, tend to occur unexpectedly more often, defying explanation. When your heart and mind is in balance, and where you decide to place your attention and therefore your energy, is the key.

By concentrating on our heart to generate positive emotions, rather than looking outward toward the material world, you turn yourself into a heart-centred person rather than one driven by the mind.

While it's known our minds create electromagnetic energy, it's less known that our hearts electrical field, has been measured to be around 60 times greater than that generated by the brain.

The heart is the most powerful source of electromagnetic energy in the human body and can be detected up to three feet away. If you have ever felt very comfortable and at ease, when standing close to someone, the explanation is that your electrical field and their own are in congruence.

Living from the heart with love, care, compassion, kindness, gratitude and joy, shifts us completely to a higher level. Over 200 studies have proven that positive emotions are directly correlated to better health through healthier immune systems and altruism to name a few.

“Trust and centre yourself around your heart”

Ugo Domizioli

68

Regret

Meaning: to experience remorse and disappointment for something that did or did not happen.

Derivatives: regret, regretfulness, sorrow, guilt, grief.

Synonyms: dissatisfaction, bitterness, nostalgia.

We all have everyday regrets with the small things that cross our path. Why did I choose that awful restaurant, bar, lunch, coffee, route etc. We take these learning experiences in and adjust for future experiences.

One of the most common forms of regret, I suspect we have all gone through, is saying something, that we wish with hindsight, we could take back. The recipients tend to be those closest to us, as they matter and so the stakes tend to be high.

Sending a text in particular, is a very quick way to reply to a situation, however, we all have experienced their limitation in truly conveying our thoughts, or the thoughts of others, resulting in misunderstandings, at least in the short term.

I have seen examples like these myself; usually too much alcohol is the culprit. The next day, sober minds come back to the fold and apologies or avoidance are used to smooth over the event...until the next bar crawl!

I would regard these as life steps, minor regrets; learning by living, nothing too serious, most of which can be fixed with experience, time and apologies. What about the bigger hurdles that come along, life's larger issues, how do we surmount them without leaving behind a life full of regrets.

The problem with regrets is they tend to be past events, something we look back on with hindsight. Unfortunately, bigger regrets, we do not see so clearly, they tend to creep up upon us, over a long period of time.

When we think of our big dreams, we usually defer them, due to time, finances or some other excuse. The truth is, there is never a good time, there are always hurdles, for that is part of our journey.

If everything is easy, as it is for some, then it's usually meaningless, as zero effort was involved in its creation.

What things if you could go back in time would you change? What events would you put right, if you only had a few hours to live on your death bed?

We can learn from the elderly, spending their remaining time in a hospice. If we listen to what they have to say, what they regret, what their advice is, we find some common replies.

- I wish I spent less time working
- I wish I had been a better spouse/parent
- I wish I had travelled more extensively
- I wish I had experienced different aspects of life
- I wish I had been my true self, not what others wanted
- I wish I had more intellectual curiosity
- I wish I had taken better care of my health
- I wish I had followed more or all of my dreams
- I wish I had helped others in need
- I wish I had expressed my true feelings
- I wish I had forgiven myself and others close to me
- I wish I had taken a romantic plunge
- I wish I had made a difference upon society
- I wish I had remained in contact with past friends
- I wish I hadn't been afraid to fail and take risks
- I wish I hadn't procrastinated with so many things

What lessons can we learn, I think it's very clear. Assess your life in the present and don't wait until it's too late. Are you seeing your spouse and children enough? Are you over working? How many of your passion projects have you completed?

The real question is, what is stopping us from ensuring we limit these regrets? The answer and problem, is simply our way of life and the need for more. The want, not need, for the bigger house, car and holiday never stops...enough is never enough.

One way to change your mind set, is to imagine what not realising your dreams would look like in the future. Project out the full spectrum of emotions, you would feel out in 2, 5, 10 or 20 years from now...how does it make you feel, not great I suspect.

The reality is, if you do not start in the present, the future will catch up with you, more quickly than you could imagine. Be honest with yourself and realise you are making excuses, blaming others and everything else, instead of looking inward and accepting that you haven't taken any action, which was your choice.

The solution is a change of mindset, as early on in life as can be achieved. I would suggest mid to late forties, by which time you are likely to be in a peak career situation earning a decent salary to have amassed enough stability and toys. Instead of working full time, become a consultant or freelancer thus able to choose your rates and hours.

You would imagine, regret is mainly a symptom from those in lower paying roles, instead the opposite is often true. Those in higher end careers, working long hours, leaving very little time for the self.

Fear regret itself, rather than failure, by smelling the roses today, for if you wait until tomorrow, they may have wilted.

The ultimate test of regrets, would be what your tombstone might say – what might be your worst regrets chiselled onto your tombstone today. If you had a second chance at life, what would you do differently? This is the real question.

It's pretty normal to have regrets, the big problem for us all, is to identify them early on, before we have little time left to do anything about them.

I think, you could do worse than follow the lyrics from “My Way” by Frank Sinatra. Do it your way, not using the words of someone who kneels, with few regrets, living a life that's full, travelling each and every highway. That's my aim and why I have been on my current path for over a decade.

I own my hours, everything is my choice; yes I have had to adjust my lifestyle to a simpler, less costly one. However, the adjustment has been an easy one, as I get so much more than I used to, from new friendships, experiences and everything in between.

My never ending cycle of more, changed to need. I would estimate that my expenses of buying more, have gone down by 99.9%, I now only buy what I need to sustain my current life.

There are enough examples of people waking up when someone close passes away, causing reflection upon their own life. My message to my readers, why wait, reflect today and choose the life you were born to live, not the one handed to you.

“Step outside your cosy small box, for a universe of wonders awaits outside”

Ugo Domizioli

69

Silence

Meaning: the state of being silent without sound, abstaining from speech.

Derivatives: silenced, quietness, calmness, peacefulness, suppression, censorship, inaction, consent.

Synonyms: serenity, stillness, tranquillity.

Our modern city working lives are far from being quiet, in fact they are stressfully noisy. Having been born and raised in London, the smorgasbord of noises were simply a fact of everyday life.

Being a city person, when I ventured out to the countryside, the lack of loud noises seemed unnatural to me. Now I'm older, I see that in fact, city noises are unnatural.

If I'm honest, I cannot let go of my city boy past, not that I want to, as I love big cities and the chaos that is part of their very fabric. However, with my wordly travels, I have come to appreciate nature and stillness and can see that a more balanced approach is needed.

My own personal solution, is to find a much smaller city to call home in the future. One where there is more than enough to explore with the variety I seem to crave, but in a quieter and calmer setting.

When we think of silence, most probably tend to look at their immediate environment, usually when they are about to fall asleep in their quiet bedroom.

For others, when out in the countryside or on a serene sun drenched beach, silence may be defined by only the audible sounds of nature itself. Far from silence in the strictest definition, but a calming effect of stillness and tranquillity.

Silence is an important part in many religions, especially those in the East such as Buddhism and Hinduism. Silence is viewed as a way to reach mindfulness by clearing the mind of distractions by deeply focusing on the present moment.

The viewing of the environment we are in, with a lack of judgement, but importantly with compassion especially toward others leads the person on a journey to clarity of the mind.

This connecting with our inner self tends to give the practitioner inner peace and harmony with themselves and the world.

Modern children are used to the screen rather than the scenery. Videos, gaming and social media are the norm. Research shows, that too much digital time shrivels up a child's neural pathways.

Further research has shown that children that play outside in preferably a natural setting, are less likely to be sick, overweight, stressed or anxious.

A child's imagination is fired up in directions not possible in the digital realm, resulting in creativity. Confidence increases with depression also less likely to take hold.

Children simply playing outside, as I used to do during my own childhood, away from the constant swiping of the digital world, is proven to silence of the mind.

Silence in whatever form you choose, gives us the opportunity to firstly observe our thoughts and feelings and later to simply accept them without any form of judgement.

Another study showed, only a few minutes of silence was more relaxing than listening to music with a reduction in blood pressure among other benefits. Giving our mind the chance to rest, reduces stress, helps us with creativity together with stimulating our brain cells.

One method to introduce silence into your routine that I use, is to take a moment when waking up in the morning. Once awake, I simply lie in bed without fret or rush of the day ahead.

A more structured route is through meditation, focusing on breathing; how your breath comes into and out of your body.

Others that meditate, use different forms of mantra more suited to themselves – be it a phrase or word, repeated on loop.

Start by choosing a quiet setting with a comfortable seating situation, begin by only allocating a few minutes every day. At first, your mind will continue its normal routine of hyper thinking about everything. A mistake many make, is to try to stop this, don't, just concentrate on your mantra.

With time and practice, you will find moments when your mind is no longer going to the races with thoughts, these periods will increase resulting in inner peace. Patience is the key, as it does take time to reverse the normal nature of the mind to think ahead, solving our daily problems.

How long it takes to reach those moments of mental stillness will vary person to person, not comparing yourself to others is also a key, be compassionate with yourself and trust the plan toward inner peace, mindfulness, peace, clarity and connecting with your inner self.

The truth is that we all crave silence in a world where it hardly exists any more. Much of the noise we have to contend with, take the form of either trying to sell us something by making us feel insecure, or to convince us of something in the form of government or mainstream media sponsored propaganda.

When we silence ourselves and the world around us, Taoism takes the view that we are less likely to listen to others, instead firstly listen, but ultimately trust our own inner voice rather than the influence of others.

This brings me to the other side of silence I wish to explore – silence through inaction. Governments the world over, introduce policies and wait to see what their citizens will endure.

If there isn't much fuss, they continue to push the boundaries until enough rebel against a particular policy. In our comfortable modern lives, rocking the boat has been striped from our nature over the decades. We look the other way, close our ears and zip our mouths, ignoring anything that doesn't affect us personally or too much.

One problem with this attitude, eventually policies will be introduced that affect you directly in a negative fashion and you have forgotten how to protest, as it's no longer part of your persona. Be under no illusion, silence through inaction, is the same as agreement through consent.

Governments are indoctrinating your children with inappropriate school materials...you say nothing; your children are injected with unnecessary vaccinations...you say nothing; your children choose gender reassignment surgery...you say nothing.

A recent study of over 90 million patients in the U.S., showed those undergoing "gender-affirming" surgery are 12 times more likely to commit suicide...are you still happy to say silent?

This list is endless: fake climate taxes, continual wars, rising taxes, systemic inflation and so on.

Your silence while comfortable for you, has set the stage for the life your children and grandchildren will lead. Fortunately for you, you will not be around to see the results your silence and inaction will create for your offspring.

“While there are times to shhh, there are times to shout”

Ugo Domizioli

70

Peace

Meaning: a place of tranquillity, quietness or safety from harm.

Derivatives: peaceful, peacefulness, harmony, calm, quiet, armistice, conciliation.

Synonyms: restfulness, lawfulness, accord, neutrality.

The word peace spans a multitude of meanings depending on the context, however, the overriding concept, would be to be free from harm. Whether that harm is noise, violence or at the extreme, war.

In the developed world, we are fortunate to be free from the horrors of war, at least from the perspective of being in a battle zone.

Digging deeper, it's most often the countries we live in, that are the instigators of war, either directly or by proxy. I guess the price we pay for our own mental peace is to ignore this fact.

This was never more obvious than the UK's participation in the Ukraine War. Boris Johnson alone made four visits, while Rishi Sunak and David Cameron made one each.

In addition the UK Foreign Secretary, Defence Secretary, and Home Secretary all visited. Other foreign ministers were falling over themselves to shake the hand of Zelenskyy, the truth is, peace was never a part of the agenda or public narrative.

While multiple proposals for peace were presented by Russia, all these leaders had the hidden agenda to continue the war. An estimated 600,000 young Ukrainian men have perished during another pointless, continual war. Peace from the political perspective, is nothing more than a tool, in the field of war.

The genuine truth surrounding the Ukraine War, will eventually make it to the minds of the many, they will likely cast aside this truth as well as others, that are at odds with preserving their own sense of peace.

I personally, can no longer have peace, knowing my country is killing others for fake democracy narratives, while the underlying goal is the sale of arms and profit.

There are dozens of books written, proving all wars are profit related, never about the freedom and democracy narratives sold to the public.

On a personal level, what does it mean to be at peace to you? This can be broken down into the external and internal. Being at ease with our work/careers, friendships/relationships and the communities we are a part of, all contribute to harmony and peace in our external world.

Finding peace is often a journey, never an absolute destination with an arrival point as the world around us is constantly changing. When your personal values/goals align with your work, peace ensues, when out of sync, anxiety and stress take hold.

Similarly, helping out with the well-being of those in your community creates a ripple effect often leading to meaningful connections with others of a similar mindset and those being helped.

Inner peace is often more difficult to achieve, especially for those having heavy bags from their past. A difficult childhood often leading to rebellious teenage years, setting the stage for continuous cycles of troubles.

Internal mental calmness, free from the sometimes destructive nature of our minds, is the acceptance of ourselves, the way we are today, warts and all.

It is our minds that allow the outside world in, when the outside world is one full of lies, instinctively we sometimes sense this, but try to obscure or ignore this reality. This over time, creates internal dissonance, conflict and a sense of unease.

We cannot be at peace, in a world of lies, unless we find out the truth ourselves, allowing us to navigate a path in tune with where we want to be.

When others are telling you what to think, how to act, behave and steer you toward certain outcomes, once again our inner instinct, our inner voice is trying to awaken you, trying to bring you back to balance through inner peace.

Everyday events around the world are far too big in nature and complexity to ever fully understand what's really going on, particularly so, when they are being directed with hidden motives. Far easier to go with the flow and to bring one's focus inward, to find peace within.

Letting go is the key, as described by ancient Chinese philosopher Lao Tzu. In many situations, there will often be two extremes, left vs. right etc., The Dao is the balance between the two and where harmony and peace lives.

The difficulty arises because we are all different with diverse centres of balance, the only way to know is to listen to our inner self, it will guide you toward The Dao.

Our health, like our minds is also under constant attack. To be mindful of what we put into our bodies, is the only way to achieve balance, for if our bodies are having troubles, that's another layer we have to get through to achieve peace.

We all have busy minds, I always thought mine was in the upper end of the scale until I found out, we each have on average 70,000 thoughts every single day!

Trying to calm the mind when searching for purpose is such a difficult task. Only when your purpose is revealed to you, can the mind begin to quieten with a more focussed path ahead.

Those yet to discover their path, should understand that we have the choice not to engage or give energy to our thoughts, it has always been a choice and optional.

By stopping our interaction with our negative thoughts in particular, we take away their power over us and the more at peace we will be.

This is achieved, by refraining from putting labels upon our thoughts, causing us to be in judgement mode...good/bad/right/wrong.

Far better to let thoughts come through us and wave them on their way by saying hello and goodbye, thus stripping them of their power of tenure within our minds.

“Being at peace, does not mean there will be not be any bumps along the way, it means you let them pass on by”

Ugo Domizioli

Future

71

Intelligence (AI)

Meaning: artificial intelligence software/computer systems performing tasks normally associated with humans.

Derivatives: neural networks, natural language processing, speech and object recognition.

Synonyms: robotics, thinking, database, intelligent machines, large language models.

While artificial intelligence (AI) seems to have come out of nowhere in 2022, it has been worked on, in the background since the 1950s. It is only recently that we have the computing power and advancements in software (ChatGPT), that the public are aware of these systems.

While older AI, used machine learning to recognize patterns in data to make predictions, in one sense, rehashing the data. The generative AI we have today, actually generates new data in an order and structure not seen before, this goes way beyond prediction and its limits.

What seems strange to me is how quickly AI has been inserted everywhere. Our internet searches, company databases, social media, streaming, software and driving to name but a few.

I wrote an article when AI was first available, showing how it helped me write an article and create nine images, what would normally take me days, was done in hours.

However, that statement is slightly inaccurate, the text was created within minutes as were the images. However, it took me just under two hours to put it into website HTML format and upload it to the server etc. The actual main body of the work took under 30 minutes.

AI is gaining in strength, and some would say intelligence, in an exponential fashion. What it couldn't do a month ago, it now handles with ease. This ultra rapid rise every week/month in its capabilities is in one sense truly alarming.

Hundreds of millions of office/knowledge workers will lose their jobs, this is not my opinion, but that of experts. A quick example: a call centre in India replaced all its telephone operators with AI – customers were happier with the quicker and more accurate responses and shorter length of calls.

It's no longer a matter of thinking what AI can do, but what it cannot, that list is becoming smaller and smaller every single week. While a real teacher/professor can be an inspiring part of the educational system, in some respects, they cannot compare to a virtual/online teacher that knows everything...I mean everything.

Imagine one with the knowledge of Einstein, Socrates, Plato, Aristotle, Confucius, Shakespeare, Beethoven and every other person of note across all fields...I think you get the picture.

The same applies to a lawyer, accountant and even your local doctor. Surgeons may also no longer be required, once a robotic arm which currently exists, is connected to AI rather than the hands of a surgeon.

The economic, political, societal and psychological implications of this AI revolution is well beyond the scope of this small section of the book.

If you are in business or an entrepreneur, AI today and in the future, will avail yourself unimaginable tools, usually regarded in the realm of science fiction.

Today, for one person to read a 300 page annual report and create a 1-2 page high level summary, could take the best part of a whole work day (8-hours). AI today, can accomplish the same task in 15-minutes.

We are probably not far away from simply talking into our smartphones and having our own personal assistant to help with life's daily tasks.

Booking tickets, restaurants, travel, hotels and handling our diaries by automatically scheduling meetings, will all seem pretty normal in the not to distant future.

You will be able to make better informed decisions as AI will be personalised to you and can shift through mounds of information. It can read all our emails, letters, research, photos, book & music collections to aid with any questions you may have.

Need to learn a new language? Instead of rigid course work, you will interact with what looks like a real human face via the internet that will tailor your learning to best suit you.

One downside to AI is privacy. If it knows your life and private information, what happens if you are hacked or listened to, by the very same “free” services we use today. The potential for misuse will, not may happen and another factor to be aware of.

I’m sure you have experienced, as I have on multiple occasions, having a discussion with someone and mentioning a product; only for your social media feed to feature an article or advert for the very same, the next time you log on!

Another aspect, unfortunately the same giant global corporations that control huge databases or the Large Language Models (LLMs) used for AI, have cornered the market once again.

Google, Microsoft et al., will only put information into the LLMs that align with their narratives and ideologies, usually to the detriment of free speech and democracy.

Ask any of the “free & open” AI tools from the main players such as Gemini (Google) or Copilot (Microsoft) etc., a question on a hot political subject and the same lies and narratives are supplied as if doing a search on their main internet engines.

A recent report showed that these AI engines remove any information that is contrary to global narratives from those in control.

Humankind, has gone through several revolutions, each bringing significant upheaval and change. Job losses, production advancements, economic growth and an eventual increase in standards of living have been the usual course of events. The question on everyone's lips, is it any different this time?

The speed in AI's advancement, is way beyond that of the adoption of farming, factories or computers and the internet. Adoption is happening ultra fast, affecting all fields and aspects of life, bringing a level of uncertainty not previously experienced.

This fourth revolution (AI), may have the biggest impact of all, as access to it, is no longer limited to industrial barons, but open to everyone with a computer/smartphone. AI is only limited to electricity and computing power, both getting cheaper every year with technological advancements.

Am I positive or negative toward AI. The futurist and Star Trek fan that I am, is excited with its potential toward making our daily lives easier. The pessimist in me, sees the same global corporations taking over and controlling our lives as they do today and the obvious job losses and pain, AI will cause.

My hope is that others, believing in genuine free speech will create LLMs that contain all the information that big brother doesn't want you to know...maybe a future project of mine!

My suggestion to everyone, is to not bury your head in the sand, but to look into AI and see for yourself the direction it's heading and try to position yourself and the lives of your children accordingly.

“We cannot control the path of artificial intelligence, only our footsteps and journey within it”

Ugo Domizioli

72

Blockchain

Meaning: a globally distributed, constantly updated ledger or connected database, secured from tampering by publicly showing records of all transactions.

Derivatives: blocks, blockchains, crypto, cryptocurrency, cryptographic.

Synonyms: database, immutable, ledger, smart contracts, peer-to-peer network, DeFi, NFTs, stable-coins, DEXs, Web3, Layer 1, Oracles, DAOs, tokenisation.

What if someone you trusted, told you to somehow get involved in the next technological era; would you listen or cast aside their recommendation as simply another fad or not credible?

If you had the chance, to go back in time, to the beginning of the internet/tech era of the early 1990s and invested in the tech giants of today, I suspect you would have done so, as you would have accumulated life changing wealth.

This is where we find ourselves today, (the early 2020s), with the blockchain/cryptocurrency era. Everything will in time, move over to these globally distributed ledgers, being a part of every transaction we have on a daily basis.

Think about this carefully, everything we do, will be a part of these blockchains. I cannot stress enough, get involved today, not tomorrow and tell your children to do so too.

This could simply involve educating yourself, getting a job, investing or starting a business of your own. Do you think in 10-20 years from now, you might just have gathered generational wealth?

Don't be one of those, that thought the internet was a fad because it involved tech or nerds and required you to re-educate yourself in a new field.

A prime example of how we will be impacted by the blockchain era, is how we are physically limited to using our banks by their Monday to Friday 9-5pm opening hours.

The blockchain never sleeps and is open 24/7. The fees involved for certain banking transaction will virtually disappear, some believe banks in time will disappear too, as we transition to a distributed virtual world.

While today, purchasing your next home in most countries takes a minimum of a few months. Estate agents, lawyers, surveys, land registry, taxes and so on, eating up the months.

With the blockchain, this major transaction in one's life could take minutes, if not seconds. The blockchain will know 100% the seller owns a property, and you the buyer, 100% have the funds.

It then becomes simply the click of a button that registers the exchange on the blockchain with 100% certainty and trust with no middle parties involved. These are just a few examples of how pervasive the blockchain will become.

There are an estimated 2,500,000 separate blockchains or cryptocurrencies in existence. When you spend enough time researching this space, you eventually come to the conclusion that 99.99% of these projects will disappear or fail.

This means 200-300 at most, will have some place in the future, with about fifty or so, having a large presence, and at most, a dozen or so becoming the giants of tomorrow.

Do not be fooled by governments and mainstream media, trying to convince you that cryptocurrencies have no future. Despite what you read regarding scams, volatility, regulation and fraud among other headlines, the blockchain is here to stay.

All governments, countries and huge corporations are implementing blockchain technologies. What they tell the masses and what they are doing behind closed doors are two very different things.

Do your own research, preferably not listening to others, self-education is vital to success. I remember when I first started, it was akin to learning a new language.

Initially, watching videos and listening to podcasts, I was completely lost. With time, things became clearer as I progressed along my blockchain education journey.

Reading the white papers of some of these projects is indeed very technical. I find it better to take a macro (birds eye) view of the project and see how it fits in with the current marketplace and if what they offer is a significant improvement and vitally has utility...i.e., will it be used extensively.

I cannot offer financial advice, everyone has their own understanding of their risk/reward ratio and should research accordingly. Investing/speculating in the crypto space is indeed much more hazardous than the early tech/internet stocks as these were listed on stock exchanges with their controls.

A fair number of cryptocurrencies, are out and out scams and simply fraud with some large examples making the news in the past few years.

There is a term in the community, called “rug pulling”. This is where a new cryptocurrency is promoted widely by influencers so that money pours into the project. When enough money has accumulated, the founders run away with the funds.

Going back to stocks, if you had put money into Yahoo, Netscape, AOL etc., it’s likely your money was wiped out too. Instead money into Microsoft, Amazon, eBay, Google and Apple will likely have made you a multi-millionaire.

This tells us, its very hard to know which ones will die and which will survive and thrive. Some of this comes down to research, but if the professionals are honest, some of the picking is down to luck. This is why venture capitalists and fund managers have large portfolios of stocks, not knowing for sure which will succeed and which will fail.

Something of vital importance, is knowing about the Bitcoin Cycle. This is similar to the ups and downs within traditional stock markets, however, there is more certainty involved. The Bitcoin Cycle typically lasts four years, with a halving event, followed by a one-year bull market, then a one-year bear market before slowly recovering.

2023, was on the whole in a long sideways motion with “relatively” small ups and downs. I am personally waiting for global stock markets to crash reflecting the real dire state of global economies. This will crash all asset prices, including cryptocurrencies, at which point I will enter the market as I believe in its long-term success.

As Bitcoin was technically the first cryptocurrency, it is regarded as the king of coins, as it's truly distributed and not controlled by anyone.

All the alternative coins, referred to as “Alt Coins”, tend to follow the price action of Bitcoin, so it's vital to know this when Investing/speculating...do your research!

I believe by investing/speculating in the blockchain age, as venture capitalists and hedge fund undertake, we as individual investors, stand a chance of accumulating generational wealth by becoming our own venture capitalist company.

Once we have been successful choosing a few of the winners in the space, we then can become our own bank. Think about that for a moment, we no longer need traditional banks as we will be able to self-finance all our needs.

Blockchains and their technologies are being used in banking, supply chains, music, art, wine, insurance, finance, healthcare, voting, welfare...the list is in fact endless.

By increasing the efficiencies of doing business across all sectors of society, a reduction in costs will occur as intermediaries will no longer be needed.

Reducing fraud by providing trustless, secure transactions, privacy, data protection together with data ownership is the future we can all look forward to...welcome to the blockchain age.

I finish with my own personal introduction to cryptocurrencies, but in particular Bitcoin. I started seeing online articles regarding Bitcoin a few years after it was released. I would read these articles over the space of a month or two, however, I could not understand what it was despite having a financial background.

At one point I almost decided to buy £1,000 worth, purely as a speculative punt. However, my logical mind won the day and I did not go through with the purchase. I will let the reader work out how many zeros that original £1,000 would have grown to – the price at which I very nearly purchased Bitcoin was \$0.57.

Having learned a very very expensive lesson, I have spent the past few years learning as much as I can about cryptocurrencies and the blockchain. I will still make mistakes as the space is volatile by nature, however I am certain, I will claw back at least some of those lost zeros!

“When I have the choice to become my own bank with the Blockchain era, why would I continue being a part of the Central Banksters’ Ponzi scheme known as Fiat Money”

Ugo Domizioli

73

Vision

Meaning: the ability to see in the present but also the future with creativity, often wisdom.

Derivatives: visionary, sight, seeing, observation, astuteness, understanding, discernment.

Synonyms: view, perception, foresight, awareness, intuition, perspective.

The difference between Microsoft and Apple, is vision. While Microsoft has released often superior products from a features point of view, in general, they are regarded as functional, but soul less.

The reason – these products were designed by a large team chasing a feature set rather than viewing the product in a holistic fashion. It is often said that Steve Jobs, the founder of Apple, was a visionary person.

He had a unique ability to see what consumers wanted, without them knowing what that was, and presenting that vision within a product of unrivalled elegance and simplicity. This vision or as others call it, intuition was fundamental to Apple's success.

When Apple came out with the iPod, there were many competitors already in the music player market. Apple gave consumers the “Why”, they should choose the iPod, over other players, with slicker marketing – “1,000 songs in your pocket” as well as superior design.

The way Steve Jobs drove innovation, was similar to Henry Ford that is quoted as saying “If I had asked people what they wanted, they would have said a faster horse”.

Another proponent of vision in the business world, is Simon Sinek. An author, speaker and visionary, trying to change how business is conducted by large corporations around the world.

Corporations in the main, exist solely to make a profit. His view is that profit should be a consequence, not the primary aim. If corporations were to concentrate on the real “Why” they exist, which is to continually please its customers, they would succeed just as Apple has done. His message is for corporations to inspire its teams with a vision or purpose rather than simply looking at the bottom line of profit.

Consumers are drawn to Apple because it embodies the qualities that resonate with themselves. They want to connect with a brand and organization, where beliefs are shared and its products make them feel special.

This is quite different to “me too” corporations, simply producing products without differentiation, from those at the top of their game such as Apple.

In the personal arena, the majority that embrace vision are those with long term goals such as athletes, entrepreneurs and those involved in the arts.

They all understand, that their journey is a long one, with many knock backs, falls and failures. The only way to mentally survive this difficult journey, is to have a clear personal vision of where you wish to get to.

This is where most fail, the failures are seen as just that, rather than a learning experience along one’s journey. Each one designed to teach a lesson or show what doesn’t work allowing you to figure out what does.

Vision is what sets them apart from the herd. For some this means actually writing out a vision statement, describing their goals with timelines and milestones.

This statement helps keeps the person on track by providing clarity, a sense of purpose and a guide/plan, avoiding the hurdles of life that come along to block their path and journey by subscribing to a long term commitment.

I take a more holistic view, trusting the universe to lay my path ahead in the general direction of my future. I do not require precise deadlines or in fact goals. Rigid goals do not resonate with me, as precisely what I will accomplish is yet to be determined as I am open to new opportunities and direction.

I had no idea that I would turn out to be an author, the perfect time presented itself with the plannedemic and my limited travel options.

My own personal vision statement is not written down but goes something like this. "I will spend this last one-third of my life, the next ~20 years in the arts".

I started with photography which I will get back into, when my writing phase ends with the publication of this third book. My plan is then to somehow become a painter knowing nothing about the subject or how to achieve this vision.

I am also looking to enter a recording studio to put together either a few songs or ultimately a music album. My part is the writing of song lyrics which I enjoy immensely, but will need the professional help of a producer to fashion the rhythms.

My very long term goal, is to write a full motion picture movie script which I am one-quarter of the way through. Ultimately my aim is to actually bring the movie to life, by funding, directing, producing and filming it.

These may seem lofty goals, however when you are in alignment with a vision and feel completely at ease during its creation, each one is simply a step. That's all we need to do, take a first step, the others will follow in an easier form, for the mind has now changed forever into a state of vision.

Will I reach my vision the way I envision it, I doubt it, for simply being on the path, means it can divert in different directions with different outcomes. However, one thing I can be certain of, it's going to be an interesting ride along the way.

It's clear, vision is important, in both business and our personal lives for it provides a sense of purpose to allow us navigate the roadblocks along the way to the life you want to live.

I hope whatever vision you may have, you start. The beginning in some respects is the hardest part. There are always reasons to stop us, I don't have the time, money, expertise, talent, location or the economy is in bad shape.

These are the hurdles your mind has put in place to test you, the truth is, there is never a good time.

“Vision is so much bigger, than goals can ever be”

Ugo Domizioli

74

Purpose

Meaning: something with an end result to be accomplished or attained.

Derivatives: purposely, purposeful, intention, plan, aim, impetus, motive.

Synonyms: objective, ambition, aspiration, dream, target, reason.

This is a huge word, usually doing the circles in the spiritual and religious communities. Why are we here and what are we here to do? The subject is gigantic in scope and the subject of whole books, I can only give a few pointers as to what I think purpose is.

Philosophers have pondered the many facets of purpose for centuries. Are we living the life we should be living? Do we all have a purpose? Does purpose come from within or outside? Is purpose a necessary part of our lives in order to discover meaning? Are there any implications by not having a purpose?

These are all pretty big questions that not many of us ask ourselves. But why? I suspect many will wonder if it even matters, why not just get on with the life you have been given?

There are those that discover their purpose very early on, women in particular, have an innate need to bear children. For many parents, this is enough. I can't disagree, as humanity would eventually end without children.

Growing up watching Star Trek, maybe it was inevitable that I would go on my own journey of discovery. My own journey/purpose, took a twist when I was made redundant in 2011.

With time on my hands and completely by accident, I changed my beliefs across major subjects such as politics, economics and religion...I was 46 at the time.

This would eventually lead me to follow a path I could not have imagined or planned. Everything seemed to come about in an organic fashion, I didn't fight what was unravelling, I was almost a passenger travelling to an unknown destination.

I was initially shocked, learning that the world was not as I had imagined. Thoughts of "what the hell can I do", "it is, what it is", "don't worry about it"...as well as others, crossed my mind.

Men, tend to go into “fix-it” mode, however, I didn’t have any solutions as to how I was going to fix the world! It would be over six years later, that the idea for my 80 Questions website took hold as my small way of possibly helping others.

As I have mentioned previously, writing a book never crossed my mind until a few backpackers on my travels gave me the suggestion. Is writing my purpose? I’m not sure, I don’t regard myself as a talented writer, but I enjoy it.

I’m learning new things, keeping my mind active and at peace with myself. I have coined the phrase, “genuine history, truth and knowledge”...I think this probably sums up what I currently think is my purpose.

Feedback has been both positive and negative and personal relationships have shined and shattered. I find it fascinating that people attack the messenger rather than the instigators, but I guess this is a result of the mass brainwashing over the decades.

There are those that have spent their entire lives working, that upon retirement are completely lost. Without their job, they have no identity.

Hobbies come and go, but nothing replaces their old job...they are left empty, without meaning. Maybe their purpose was simply to be a worker?

I’m not judging, I have seen this first hand. To some extent I have been that person myself, as I have worked the majority of my life...however, at the age of 46, something changed.

While some actively seek their purpose by research, reading, workshops, gurus, courses and searching some more – don’t become obsessed...my change was organic, almost by accident.

I would suggest not trying to actively find your purpose as I believe it's inside you. In its own time, without any effort on your behalf, it will reveal itself, should there be something to reveal...maybe your purpose is just to be you, as you are today!

If you want to kick-start your thinking as you're inpatient, ask yourself a few simple questions. What makes you smile? What do you love to do? What's really important to you? How can you help others? What inspires you?

If/when you are nudged in a certain direction by the universe, giving you repeated hints, pay attention, for this is your inner you making contact. Listen to your intuition and heart, not your logical and analytical mind.

Many believe, as I do, that we are connected to the universe and our bodies are simply antennas, receiving the information we need, when we need it.

If that is the case, then your purpose is indeed coming from a higher plane and beyond your comprehension of why we go on to do what we do. In that case, hold on and enjoy the ride!

I have outlined in my 80 Questions Book, that I believe our purpose is to create. For the vast majority, that will take the form of a family. For others, they will make discoveries or create in the fields of science, physics, mathematics, health or the arts via writing, painting, sculpture etc.

It almost goes without saying, that the accumulation of money, wealth and things is not a purpose in life, and yet the majority of us go down this path.

While being without purpose is probably just how it is for many/most. Those that discover their purpose organically, feel less lost and happy as they have a clear sense of direction.

They tend to wake up with enthusiasm for the day ahead and the stimulating experiences that will cross their path. Being on purpose, when we encounter hurdles, we jump and surmount them easily, almost without effort, whereas when we are simply working, we trip over those hurdles with life being harder.

When you cross paths with someone with a purpose, they radiate enthusiasm, overcome obstacles with ease, as everything is a journey paved with learning experiences and life seems to simply flow easily, that's because it does, as it is aligned.

The good news, we are all unique and bring something new to everything we touch and therefore create. Our journey may not pan out as we initially imagine, or to the time frame we prefer, but it will progress.

If you are someone that has led a very difficult life, especially when compared to those closest to you...that may well be your purpose in this life.

Our ultimate purpose, when our physical body has expired, is to come back in some other fashion to experience a different life to our previous one, often with a different purpose. Everything we create and experience benefits ourselves and the universe through continual growth and evolution.

While the tone of my writing, is to help readers discover organically their possible purpose. I also totally believe, we are all fine, exactly how and where we are today. No searching, no stress, no anxiety and no depression need come about, by simply being you...love yourself, as you are today.

“Purpose, run with it or don't”

Ugo Domizioli

75

Things

Meaning: something felt, seen, perceived.

Derivatives: item, tool, activity, assets.

Synonyms: action, task, subject.

This seems a strange word to include, but one with the potential to have the biggest impact. The definition, derivatives and synonyms are very loose in nature to cover as many aspects as possible. The context I want to explore is: “Things I wish someone had told my younger self”.

The older we get, the more life experience we accumulate with the many lessons it teaches us, to shape the person we have become today.

Some of these lessons would have been helpful to know much sooner on our journey, alas we cannot go back. However, we can hand over these lessons to others earlier on their path. In that regard “What would you tell your younger self”?

- **Speak up:** you will have many thoughts in your head, all swimming around, until you tell others they can never know what and how you are feeling
- **Shyness:** look at how the confident ones in your school or college behave, take the positives and leave behind the negative aspects. Your first time talking to a girl across a crowded room will be hell, by the twentieth time your prowess and confidence will have improved
- **Mistakes:** or rather, learning experiences should be embraced especially when young, because you have plenty of time to recover if they go south
- **Think:** don't worry what others think about you, be you, you are unique
- **Character:** how you relate to others will determine the success or failure of your relationships. Live with honour, honesty, values and keep your word

- **Education:** the system is designed to create employees never entrepreneurs, be mindful of where you want to go and get knowledge from those successfully doing what your preferred path is
- **Question:** you can never ask too many questions across all subjects, don't simply believe what you are told, particularly from those in positions of power
- **Internet:** exploit every facet of this vast information resource, by reading and consuming everything you need to get you where you want to be
- **Job:** rather than waiting for a job that is right for you, instead do what interests you the most, a job/career may show itself on this path
- **Advice:** our parents and those closest freely give us information, however, be careful, if you want to be wealthy and you come from an average household...your parents financial advice is clearly flawed
- **Travel:** travel as much as you can when young, don't wait until you retire where health plays a bigger factor
- **Self-Compassion:** stop kicking yourself in the nuts when things go wrong, life teaches us lessons, get up off the floor, brush yourself down, learn and go again
- **Save:** it's tempting to spend whatever money you earn from odd jobs when young, have fun indeed, but put aside as much as you can...learn about compounding
- **Attitude:** your attitude is often more important than skill set, when an employer sees you are keen, put in the work, turn up on time etc., you will go far

- **Life:** you don't need to know everything when young, life will unfold over the decades with lessons timed to the person you are at the time
- **Change:** life has ups and downs, change will happen, get used to it, embrace it to build resilience
- **Envy:** there will always be others with more than you materially, in circumstances we cannot understand, move on, concentrate on you
- **Emotions:** you will be exposed to negative events such as the death of those close, grieve and let the feelings flow through you, don't try and stop them, let them pass
- **Yourself:** many books always mention to invest in yourself first...the reason is that in time, even small investments of knowledge or experiences add up to something big and ultimately lead to success
- **People:** dealing with others is the most important skill to master early on, as everything we do involves others. If you're an idiot, no one will want to be around you...remember, people and friends are more important than objects
- **Solitude:** not enough importance is placed upon alone time without distraction, there is a reason meditation is important in parts of the world, it's also not vital to find a partner, see it as a bonus.
- **Mentor:** business books often mention the importance of finding a mentor in the field you wish to progress into. The time saved and skills learned will outclass every other learning method bar none. Now days, your mentor can be virtual from an online course.

- **Others:** the old expression, to treat others the way you wish to be treated yourself, can only help relationships... be nice in your everyday interactions with others
- **Money:** learn all facets of money/finance as early as you can: debt, interest rates, compounding, loans, mortgages etc.,...there is a reason they don't teach this at school, to keep you dumb and a modern day slave
- **Food:** learn about real food and how to cook as early as you can, this may even lead to a culinary career, at worse, you will always be able to take care of yourself and your health by eating real rather than fake food
- **Thoughts:** the ideas you have in your mind will determine your success or failure as thoughts become words, then action. Ensure they are positive and take you forward to where you wish to get to
- **Happiness:** striving to find it, is missing the point, it is with you today, not what you don't have tomorrow
- **Honesty:** be honest especially to those closest, but more importantly, to yourself, otherwise what's the point
- **Triggers:** identify what triggers get you angry, you eventually become aware of them and catch them before you burst and react, often times out of control
- **Partners:** it takes two to tango, realise you are as much to blame when problems arise, step back and take a breath, solve them together, not apart
- **Poisons:** alcohol, drugs, sugar, vegetable oils, soda— control them, balance them or they will control you, you can have fun without them, it's all peer pressure

- **Trust:** the universe has your back, even during tough times, everything is a learning curve, a lesson
- **Choice:** no matter what situation you find yourself in, even a dire one, remember you have a choice
- **Today:** live in the moment, be mindful what you have today as you're unlikely to have the exact same moment again in the future
- **Bridges:** try to never burn a bridge as it is said, you may be made redundant, don't leave on bad terms – I personally went back to my former employer five times as a contractor by keeping my bridges intact
- **Truth:** what people say, especially our puppet politicians and what they do, are often very different, pay attention
- **Blame:** we have a tendency to blame others when life sucks, while sometimes true, better to empower yourself by taking responsibility for everything, that way you can change things rather than being a victim
- **Swearing:** in all circumstances, even when angry, displays a level of ignorance, avoid it
- **Drama:** some you know revel in drama, maybe even yourself, understand it simply displays a need for attention

“Hand over your golden nuggets from life, they may be turned into shiny coins”

Ugo Domizioli

76

Field

Meaning: a universal consciousness present everywhere, within everything.

Derivatives: consciousness, creator.

Synonyms: source.

Field in the context of how I choose to refer to it, does not refer to the green grass outside; instead, a Universal Conscious Field, present everywhere, within everything in existence.

Within the realm of mainstream physics, it was, with a few exceptions, looked upon as a theoretical concept. It wasn't until recent science/physics experiments, were unable to explain how the two inanimate protons miles apart, were somehow able to communicate with each other, that science began to pay attention. In scientific terms, the two protons became entangled, connected to each other.

Within the field of quantum mechanics/physics, modern theories indicate that all matter and energy are made up of tiny vibrating particles, all connected in a vast and complex web.

Modern scientists now believe all things are energy fields and a part of an all-encompassing everything energy field, one consciousness.

Strangely, this theory is not actually new, Max Planck (1858-1947), in 1918, received a Nobel Prize in Physics for his joint work on Quantum Theory. His work concluded, that the universe is nothing more than "a conscious and intelligent mind".

My question, why has it taken over 100 hundred years for Planck's work to permeate science. My thoughts are that those that know the truth do not want the masses to know the truth.

Traditional science tells us that consciousness comes from our brains, which to some extent is true. New science, on the other hand, indicates that a higher consciousness exists out in the universe, and that our minds act like an antenna on a television set, receiving information, all a part of a giant Universal Field/Mind.

Within the spirituality realm, (not man-made religion), this field has its roots in Hinduism and Buddhism. It sees us, as a part of this Universal Conscious Field and this is our true self, a higher self, connected to a higher consciousness that we tune in to.

This energy field connects all matter and consciousness in the universe and permeates everything in existence, including space and time.

How can we be a part of the universe? Looking at legacy science and its Big Bang Theory, everything started from a single point, so everything is connected?

From the spiritual viewpoint, the universe is a huge field of energy connected through invisible wires – like a hologram, every part of the universe is inside even the smallest fragment, so essentially the universe is inside everything, including us.

Some may call this a higher deity or god, I have no way of knowing whether we should call it god. I see all religions as human made constructs and a way to control humanity, rather than promote human freedom that exists in the true sovereign beings that we are.

A parent's love for their children, a partner's love, the intuition of twins or close brothers and sisters is magical, unexplainable, but very real.

When looked at more closely, this feeling of one another is represented by the atoms in our bodies connecting, merging and affecting each other.

We are all connected to everything, to one another, we are all the same, equal. There should never be division among us, for when we harm another, we are in fact harming ourselves.

Our purpose, it suggests, is bigger than we have been led to believe. Rather than simply processing information around us, by downloading directly from the Universal Conscious Field, we bypass normal logic and thoughts, bringing together bits and pieces of data, going straight to the source of everything (cosmic intelligence), receiving a final answer.

Everything that has existed, we have access to, just like going to a library containing all knowledge, we therefore have the answer to everything. The catch is, the universe only whispers to us, nudges us in the right direction, we still have to prove ourselves worthy by taking action.

On a personal level, I was nudged a few times to begin writing my first book. Firstly, it was suggested by a few backpackers. I didn't give it much thought until stranded in Mexico during the plannedemic with lots of spare time. I believe, I was nudged again and was fortunate to listen and take action.

The sooner we begin to trust these universal nudges that come our way by first noticing them, followed by actually taking action, the easier our life path will unfold.

A real example of this, was a songwriter and musician that created a song, as a perfectionist, he spent many years refining it. One day, while a passenger in a car, the exact song was played on the radio. His lack of real action, led to the same song being handed to someone else to actually release it.

The Universal Conscious Field wants us, encourages us to create, invent and progress, it gives many a nudge, but only those that truly listen and take action will benefit.

The remainder are far too busy with life, not aware they are drowning those nudges, their intuition and the possibility of finding their true-life purpose.

We are the creators of our reality, with everything needed to change ourselves; for we are all a part of the Universal Field and connected to one another.

If you believe your thoughts and words are less powerful than hard work or money...think again. They shape our beliefs, what we can achieve and permeate all reality.

“As you open the aperture of your mind, as that of a camera lens, you might be amazed by the extra light that comes into your life”

Ugo Domizioli

77

Consciousness

Meaning: a higher state of perception within ourselves and surroundings.

Derivatives: awareness, sentience, existence, sensitivity, wakefulness.

Synonyms: alertness, perception, cognizance, mindfulness.

The polar opposite of being conscious, is unconscious. This is when we are unaware and not awake to our environment, what is going on in the world and ultimately, within ourselves too.

I would suggest, this is where developed societies are today. We have been programmed, I use this word intentionally, to follow certain narratives without questioning what we hear, on mass.

Psychological manipulation with propaganda from our governments, the media and corporations has resulted in a docile population, far removed from the inquisitive humans we naturally are, and crave to be.

While societies are seemingly more vocal, toward important topics of the day, with movements and demonstrations around the world. It's important to identify the difference between being "woke" and being "awake" which many swap at will.

The woke term originally meant to draw attention to racial prejudice and discrimination. With the passage of time it began to encompass much more, including LGBT, sexism, inequality and historical power structures.

While I agree, that historical colonial institutions still in place today, are doing exactly what they have always done, but in a less obvious way, behind the curtain and this needs addressing.

Many of the other social movements are not organic in origin, instead another part of the industrial propaganda machine designed to push certain narratives that ultimately destroy society.

While I agree to individual autonomy and choice, the whole trans-movement is destroying children, families and women's rights, particularly in sports. A recent UN report showed that across 29 sports, female athletes lost 890 medals to transgender competitors.

Anyone mentioning the obvious, is classed as trans-phobic...what a world we live in.

The awake movement, which governments and mainstream media, classify as nationalist, far-right and dangerous to society, when examined more closely, seems to be exactly the opposite.

When you carry out your own research and not listen to the news, you find, it's based on common sense and designed to hold societies together, rather than rip them apart.

While left-leaning cities, are falling apart into literal cesspools, right-leaning ones are flourishing. Awake citizens or those using common sense, the world over are voting in parties representing the people, this has been termed "populism".

Citizens have lost complete trust with political establishments with concerns covering, immigration, globalisation and the loss of national identity, all key themes at the polls.

Germany, The Netherlands, Hungary, Sweden, Argentina, Italy, Finland, Greece and even France, have all veered toward right-leaning governance after the failure of soft communism, under the guise of socialism.

Mass migration is probably the biggest factor in this voting swing. When you impartially look into the origins and funding of mass migration you find it's far from organic and being pushed onto European countries in particular.

While mainstream photos, depict families and children, over 95%, are fit young men, not seeking asylum from war-torn countries, instead simply looking for a better life. The huge NGO ships, bringing these men over, are privately funded by those with ideologies not aligned to the benefit of Europe.

Each new government in each country, has for decades promised voters to reduce this migration, all have coincidentally failed with numbers increasing every year.

We can defend our nations from major wars, but cannot stop speedboats across the English Channel! Citizens have begun to see through the lies and are voting accordingly.

Having explored the most obvious part of being conscious, let's turn to the less so. While traditional science tells us that consciousness comes from our brains; new science informs us that a higher consciousness exists outside the mind.

We have all experienced instances of premonition, or our intuition nudging us toward a certain decision. It is sometimes referred to as having a gut feeling. Where do these feelings come from?

We know it's not our minds. Many believe we are part of a Universal Conscious Field and this is our true self, a higher self connected to a higher consciousness that we tune in to.

Parts of this theory are still unknown, while parts have been proven scientifically. The interesting part, while we believe we are mere passengers on our journey called life. Instead, our consciousness can affect change and therefore shape our physical reality.

Our thoughts and ideas all become actions that shape our lives. Curate positive ones steering your path, rather than debilitating ones holding you back. The subject once again is huge in scope, I would encourage readers to look into the area of quantum physics and the double slit experiment.

Sanskrit, one of the earliest documented languages, has the word "cit" to describe consciousness – it literally means, "to be aware" or "shine".

It suggests, consciousness is not something we have, rather something we are. Eastern philosophies confirm consciousness is interconnected with all things. The land, ocean, sky, air, plants, trees, animals and humans – we are all one.

Eastern healing practitioners, concentrate on the chakra system within us all, to bring positive energy to realign ourselves when out of balance.

We have seven chakras associated with different aspects of health and well-being. Root, Sacral, Solar, Heart, Throat, Third Eye and the Crown Chakra. Practitioners believe when our chakras are balanced and flowing freely, consciousness is awakened to its full potential.

Energy realignment is the process of bringing back balance, it concentrates on survival, grounding, security, creativity, pleasure, vitality, power, will, self-esteem, love, compassion, empathy, communication, expression, truth, intuition, wisdom, enlightenment, unity, spiritual connection and finally higher consciousness.

I would encourage readers to fully explore the subject of our chakra system and its connection to consciousness and well-being if you are feeling out of balance in some way.

Remember...The Universal Field has our best interest's at heart, it always has done.

“I am you, you are me...hello”

Ugo Domizioli

78

Déjà Vu

Meaning: a sense that an experience in the present moment, you have experienced before, although it's happening for the first time.

Derivatives: familiarity, recall, apparition, mirage, daydream, semblance, misconception, whimsy, unreality.

Synonyms: illusion, recognition, hallucination, delusion.

Déjà vu is French for “already seen”, a weird and often unsettling experience, where what we are experiencing at a particular moment, has already happened, even though we have no memory of it.

You may be under the impression, this is quite a rare occurrence, however, research shows that up to 97% of us have experienced some sort of déjà vu moment.

These experiences tend to be over within a few seconds, with many not even realising they occurred, those that do, tend to brush off their experience and continue with their day without further thought.

Science has a hard time explaining déjà vu moments, the best it can do is to say the moment or a similar one, has in fact occurred before, but the mind has forgotten.

Another theory: the moment never happened at all and so is a false memory. They further explain it away, as simply a glitch in the brain, a fault or malfunction of some sort – a short circuit.

There have been numerous instances, of eyewitnesses testifying in court rooms, to have seen something, only to fall under cross examination.

Even when we see something clearly with our own eyes, there are many examples of simply misinterpreting events or simply believing something to be a certain way, when it's actually not that way at all.

A few examples of déjà vu experiences include: I've been here before, I've heard those exact words before, I knew what was going to said, I've seen this before, I know you even though we have never met.

While déjà vu, is the term the majority have heard, there are in fact twenty different types referred to in France. Déjà vécu is an interesting one, defined as “already lived through or experienced”.

This involves, a person having a sense they have lived not one, but a sequence of events before. This is usually referred to as reincarnation, this is far from a new concept, having existed in various cultures for over 3,000 years.

It is thought that our soul returns in the same, or a different physical format, usually back in human form, but there are instances of coming back as an animal.

Because mystery, rather than scientific facts, often surround déjà vu moments, some view them as paranormal in nature. Those on the spiritual side of the spectrum, view déjà vu as extremely meaningful.

The general theory is the soul/spirit/field, comes back to finish some unfinished business, usually involving the reaching of some understanding or consciousness.

What if, in a previous life you were a singer, played the piano, cello or violin, were an artist, furniture maker or a master sculpture. There is no way of knowing you possessed these skills unless you were given a nudge, a hint or maybe a déjà vu moment in the present time, to continue your creative journey.

We would have no way knowing we could sing in the present time until we try, but who would inspire you to try, how would anyone know you might have an amazing voice.

This is why it's important, to not only be aware of, and be on the lookout for these seemingly random déjà vu moments, but also look into their possible deeper meaning.

Some believe, these moments are jotted around on your life journey path, by your higher self to remind you of your purpose and keep you on track to achieve whatever your potential might be.

While the vast majority of us have experienced a déjà vu incident, it may not take the form of a feeling that you have already experienced a particular event.

Instead, it could show itself as a recurring dream, a gut feeling, being in synchrony with someone or a particular path. In my own scenario, I can see I was given a couple of golden nuggets (ideas) by fellow backpackers to write a book. I then had the time, perfect location and opportunity to actually write it.

While the title of my first book was somewhat written in stone in that it was the same as the questions website I created. The names of the next two in the series, were obvious to me, as though they were almost pre-determined.

There are numerous examples of adults and children, that have somehow magically discovered extraordinary skills. They did not have any form of prior learning or previous family ties to this new found talent.

They suddenly found they could play the piano or speak a new language fluently, without any prior exposure whatsoever. Science cannot explain these examples; psychological institutions do not give any credence or legitimacy to them, and yet these anecdotal examples exist.

Those involved in the hypnotherapy of these amazing people, found connections to past lives. Past life regression therapy as it is known, is used to help these souls find some answers, including a two year old boy, recounting his previous life as a World War II pilot.

In another example, a young boy had very specific memories of life as an older man. When his parents looked into it, this man had died from multiple gun shots to the chest. Their son, had birth marks on his chest in exactly the same place.

When we look into phobias, maybe we should ask where do they come from? Some are scared of heights, others spiders, others confined spaces, despite never having been exposed to these situations.

If they cannot be traced to a past event, are not based on rational behaviour, what then are their origins? There is an argument to be made that they emanate from a past life, where they were experienced. A fear of water, could indicate you drowned in a previous life.

Despite our seemingly solid form, new science tells us we are simply a form of energy, a spinning field that gives us the appearance of solidity.

When we apply Albert Einstein's theory of energy, in that it cannot be created or destroyed, then our being/soul/field can indeed be seen to reincarnate as it can never disappear permanently.

When you experience your own déjà vu moment, slow down, pause, give it time to breathe, absorb it. Ask some questions, what is happening right now in your life that is at a pivotal crossroad – career, home, relationship?

Welcome, you may have just received your own golden nugget of inspiration from your higher self. It is seen as rude, not to respond to someone that is talking to you, this is far more important...listen to your higher self.

I find it very comforting that something I cannot comprehend is looking out for me, giving me nudges, clues and guidance. The majority will call these moments coincidence, often times I would agree. However, on those rare occasions, when it matters, when it's important...pay attention.

“I give my attention to societal drivel, letting it steer my life, when instead, I should pay attention to my higher self”

Ugo Domizioli

79

Why

Meaning: a method by which we find out the reason, purpose or cause for something.

Derivatives: motive, how, question, mystery, rationale.

Synonyms: perplexity, puzzlement, account, justification.

During pivotal moments in our lives: the refusal of a marriage proposal, the disappointment of not getting an important job, the announcement we have a life threatening disease – these apexes, we tend to want to know the “what” rather than the “why”.

We are so used to finding answers fairly quickly, with an internet search, that more often than not, we are simply asking the wrong question.

By asking what, we can often identify a solution that can help us quickly “fix” an immediate problem. However, an issue arises, when we solely rely on this course of action for all major hurdles in our lives.

Being objective clearly has a place, but I believe, we have missed a trick by forgetting to ask why – this is best illustrated by an example.

Within a decade or so, we are approaching the grim statistic, that 50% of us will develop cancer. We will all, have to deal with someone close, that has succumbed to cancer; whether it is ourselves, a family member, or close friend.

After our initial shock, we immediately look to what can be done to fix the diagnosis. This comes naturally with the abundance of information immediately to hand.

Naturally, our first port of call is the medical establishment which offers three options. Surgery (cut it out), radiation (burn it) and chemotherapy (poison it).

Perfect, we immediately have what we need to do – how to fix the problem called cancer. For 99.9% of the population, to some extent, their “what” journey ends after their doctor’s visit.

For the 0.1%, their journey is just beginning. Now begins a journey of lies and deceit in existence for over 50 years. Cancer is a huge global industry with dismal results – evidence shows, chemotherapy only works on about 2% of cancers.

The truth; finding a cure for cancer was never part of the equation. Your charity donations and fun runs have continued over the past few decades with zero progress, yes zero.

If you were to ask your doctor, why you got cancer, not what to do about it, the conversation would end very quickly. They can only answer with the what, never the why. A doctor's job is solely to provide you with the three prescribed "cures".

To know, the why we get cancer, involves looking at how our bodies work. We all have cancer cells, cancer is not something we inherit or some kind of infection, it's our own cells growing out of control, however usually, our immune system destroys these on a daily basis.

However, eating highly processed foods, weakens our immune system and cancer can take hold. Strange that a doctor would not prescribe a natural diet of whole foods. The reason? They have not undergone any learning on healthy eating.

However, another reason exists, doctors in many countries earn huge amounts of money prescribing cancer therapies. Why not ask your doctor, how much they earn from prescribing drugs on your next visit. Is it any wonder, we are being given one drug or another on our visits.

Concentrating on symptoms, rather than looking at the root cause of cancer, has never been the solution, for the root cause continues with our eating habits.

By using the word why, we find the real reasons and explanations behind the obvious answer that is presented to us by either an expert like our doctor or an internet search result.

Asking why, helps us understand the underlying reasons and often motivations for something, ultimately leading to the truth, aiding us to make better decisions.

Asking why a marriage proposal was rejected, forces us to reflect on the truth, rather than what went wrong and possibly identify what we could have done differently.

Rather than simply wanting that bright new purchase, simply asking why, often reveals that it's simply a temporary dopamine high and will not significantly make our lives better.

Why is a friend feeling fragile, often untangles the real reason, instead of seeing what you can do to help by alleviating the surface tensions.

Why do we really get angry in a road rage situation? Was the incident really life threatening, or are we simply venting our anger from something else?

Why is a valuable tool, that can help us dig deeper, past the obvious and get to the root cause of the problem, rather than dwell upon the symptoms helping us learn and grow.

By asking why, instead of what, we start a journey of curiosity; the beginning of a learning curve, rather than the reliance on a set of narratives usually set in stone by an established source.

Asking why, helps us stand out from the flock, as our minds become accustomed to seeking justification for an event rather than compliance. Science, art, creativity and discovery, all rely on the why, as it motivates exploration which is how human kind has progressed.

Keeping our minds in an active asking state, rather than a passive one is key, by asking the right questions. How can we cultivate asking why instead of what?

It starts by having the willingness, to be open to new ideas, concepts and perspectives. Keeping an open, rather than closed mind, results in developing a questioning nature.

In addition to reading conventional opinions across subjects, diversity is the key, go looking in areas you would not normally delve into.

Next, finding the right questions is the key. Ask the obvious ones first, however, it is by digging deeper that the gems reveal themselves.

Scratch your intellectual itch when a difficult situation arises, don't simply subscribe to the status quo narratives.

“Asking why, with important events, rather than what, will eventually uncover the truth”

Ugo Domizioli

80

Death

Meaning: a permanent cessation of vital functions that sustain our lives.

Derivatives: die, demise, deceased.

Synonyms: passing, end, expiration, departure.

I wasn't surprised by the literal definition of the word death, the cessation of all vital functions that keep a human alive. Very precise, scientific, to the point...what if there is so much more than this life?

In the UK, we sometimes use the term, "kicking the bucket" when someone passes away. It is believed, this originates from animals in their final moments of slaughter, kicking their feet.

In exploring death, we should delve into what it means to be alive? This is another subject that has been pondered by philosophers and scientists for centuries.

It is one thing to be living, another to be alive. Most of us are simply living, performing our everyday activities to get us to the next day with repetitive tasks, just like robots. This could be viewed as being partially dead already.

This is so far from what it truly means to be alive. Living a truly free life is only possible with financial freedom, this should always be a priority with real financial education. When we are free from the shackles of employment and resultant stress, we can say we are free.

Different cultures, view life and death from alternative perspectives. The Western scientific world, sees life through the lenses of organism, homeostasis, reproduction, sentience, intelligence and consciousness.

Eastern cultures, tend to have a more philosophical and spiritual view on being alive, and the meaning of life. Instead of viewing each bodily element as distinct, the emphasis is upon the interconnectedness of everything.

The Eastern lenses of karma, dharma, samsara, nirvana, yin & yang and the dao take centre stage when looking at what it means to be alive.

It's fair to say, whichever side of the philosophical fence you find yourself upon, as death is an unknown for most, we do our utmost to avoid it. Those enjoying a high level of success, within society or financially, usually the keenest to keep going.

We do our best to avoid circumstances, that expose ourselves to harm by living in safer communities or even moving countries. Lives are generally considered safe in most developed countries, aside from the usual culprits of drugs, smoking, alcohol, heart attacks and cancers among other culprits.

While most are aware of the dangers of drugs, cigarettes and alcohol, some due to addiction, cannot stop. Cancer and heart diseases are seen by most as a lottery. The rapidly rising statistics tell a different story, with the grim number, that 1 in 2 are expected to be directly affected by cancer within a decade.

A cancer diagnosis, tends to elicit the response, I will let the doctors fix me. However, the cancer industry lives on lies not truth as I have previously mentioned, with zero compassion. It does not provide cures, instead feeds on misery and death...this is the ugly truth.

For those wanting an alternative perspective, I would urge them to carry out further research as covered in my 80 Questions Book, you are not being told the truth.

A surprising piece of information I have used before, shockingly shows, that medicine, does little to substantially improve life expectancy and survival from disease in western economies. This was based on two hundred years of data from the UK, US and Australian official death statistics.

It's not usually until someone experiences a near death moment with someone close or themselves, that the mind becomes laser focussed on what's important.

Regrets tend to come flooding to the fore, looking back and reflecting upon our lives thus far. Missed opportunities, lost dreams, grudges, anger, being ourselves, expressing love/feelings and regrets of spending too much time working and not enough time with family and friends, are all common, research shows.

Upon closer analysis, all these regrets have fear at their core. Fear of failure, fear of judgement and fear of rejection. Simply by overcoming these fears, we are less likely to have regrets and enjoy a happier life. Most fears are easy to overcome once you have the tools – search online for everything you need.

Other synonyms, more dark in nature for death include: slaughter, assassination, massacre and execution. While these are seen as unlikely to affect us, the implementation of the plannedemic has demonstrated, this not to be true.

I keep trying to bring home the fact, an estimated 20 million worldwide have been killed by the jobs. Those trying to avoid an early death, should probably at the minimum, question future government dictates.

Despite my research suggesting there is more after we leave this planet, I personally, like most, are happy and want to continue as is, for as long as possible. This is why, I feel it's vital to uncover the truth toward anything that can harm us, especially when it's done on purpose as demonstrated by the plannedemic, processed foods etc.

My research for many, may require a leap of faith as is sometimes said, but I have a high level of certainty in what I have found. The soul never dies in the way we think of death, as it never lived in the first place, only the body dies.

We are not our bodies, we are so much more. We never die. When our physical bodies can no longer function, our essence or our soul goes back to source or the Universal Field.

I wanted to explore death, as my time in India took me to Varanasi, where Hindus make the pilgrimage to have their remains burned on the banks of the River Ganges.

The city is full of those on the verge of death, begging during the day to pay for funeral costs. It is quite a sight to witness a body on top of a pile of wood being set alight with an estimated 200 cremations taking place every day.

It is regarded that the soul of the departed begins a new journey, so while Varanasi is a place of death, it's also in one sense, the beginning of a new life.

“Death, life...”

Ugo Domizioli

**What are
your words?**

**Why are they
important?**

Swapping out a corporate banking cubicle at the tender age of 53, Ugo embarked on a multi-year backpacking trip around the world, documenting the journey with his “Banker to Backpacker” website.

To keep his brain active, he also created the “Around the World with 80 Questions” website and book, with the aim of answering meaningful, helpful and potentially, life-changing questions, while attempting to land on the right side of genuine history, truth and knowledge.



Questions such as: Why is there no cure for cancer? Where does money come from? What were the real reasons for the two World Wars? and probably the biggest of all...Why are we here?

This 80 Words Book, following on from his 80 Questions, and 80 Quotes Books. Continue the author's journey of understanding how the world really works, looking at what he considers to be some of the most important words in our vocabulary, and how they affect us in our daily lives.

“ For we are all fools, for we have all been fooled, the ones too proud to see, the greatest fools of all. ”
elf



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