

# The Elite's COVID-19 Coup: Fighting for Our Humanity, Our Liberty and Our Future

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Global Research, May 25, 2020

Theme: [Police State & Civil Rights](#), [Poverty & Social Inequality](#), [Science and Medicine](#)

*We are being utterly transformed. And the world is being utterly transformed around us.*

*Ostensibly, this is to tackle a simple virus. In reality, it is to achieve an elite design at staggering cost to humanity and to life generally.*

If you have not been carefully following what is taking place, let me highlight some recent developments and what we can do about them.

On 26 March 2020, the World Intellectual Property Organisation (WIPO) granted Microsoft a world patent. Titled '[1. WO2020060606 - Cryptocurrency System Using Body Activity Data](#)', this patent gives Microsoft (that is, Bill Gates) extraordinary power over our lives.

As Professor Vandana Shiva evocatively explains in her latest article, '[My Earth Journey in defence of Biodiversity, Life and Freedom over 5 decades](#)', this development is 'robbing us of our deep humanity':

The patent is dramatically changing the meaning of being human.

Firstly, it is redefining us as 'mines' for data - robbing us of our autonomy, our sovereignty, and control over our bodies and minds.... And just being connected through their 'server' is giving consent....

Secondly, it is erasing our humanity - as sovereign, living beings, spiritual, conscious, intelligent beings, making our decisions and choices with wisdom and ethical values about the impacts of our actions on the natural and social world of which we are a part; and to which we are inextricably related. We are being reduced to being 'users' of tasks assigned to us by the extractive digital mega machine. A 'user' is a consumer without choice in the digital empire. Human creativity and consciousness disappear in the world imagined in #patent060606.

Thirdly, the patent is redefining human values, and the value of being human. Human values include ethical, ecological, spiritual values....

Patent 060606 is aimed at robbing us of our deep humanity. We are being transformed from self organised, conscious, creative, autopoietic beings, into external input "users" whose value will be assigned in cryptocurrency through algorithms, by the very machine that gave us the task in the first place.

But it is not just our humanity that is at stake, horrific though this may be. The world, too, is being transformed so that the humanoids who are not killed off or marginalized into extreme poverty and desperation will perform their assigned roles to serve the global elite within the

new techno tyranny that is being created around us.

For just a taste of the evidence in this regard, see

[‘Global Capitalism, “World Government” and the Corona Crisis’](#),

[‘The Farce and Diabolical Agenda of A “Universal Lockdown”](#)’

and [‘Techno-Tyranny: How The US National Security State Is Using Coronavirus To Fulfill An Orwellian Vision’](#).

And if you would like greater insight into the role that individuals like Bill Gates are playing in all of this, see these three recent documentaries produced by James Corbett:

[‘How Bill Gates Monopolized Global Health’](#), [‘Bill Gates’ Plan to Vaccinate the World’](#) and [‘Bill Gates and the Population Control Grid’](#).

In addition, this article by Robert F. Kennedy Jr. is instructive:

[‘Gates’ Globalist Vaccine Agenda: A Win-Win for Pharma and Mandatory Vaccination’](#).

Given the monumental undertaking for global control that this represents, you might wonder how this transformation can be achieved. And, unfortunately, the answer is ‘very simply’. This is because *the bulk of the human population has been terrorized into a state of being submissively obedient*. And this state is effectively permanent. As a result, mobilizing strategic resistance to what is happening is very difficult.

Why do I write this?

Because the evidence that COVID-19 is a minor health risk, particularly if dealt with appropriately, is overwhelming and extensively documented: ‘According to data from the best-studied countries and regions, the lethality of Covid19 is on average about 0.2%, which is in the range of a severe influenza (flu) and about twenty times lower than originally assumed by the WHO.’ See [‘A Swiss Doctor on Covid-19’](#).

Having noted that, however, if you want to watch a thoughtful and detailed explanation of why COVID-19 is a ‘fake virus’, try watching molecular biologist Dr Andrew Kaufman’s two hour interview by Brian Rose: [‘Unmasking the Lies Around COVID-19: Facts vs Fiction of the Coronavirus Pandemic’](#). In this interview, Dr Kaufman carefully explains:

The scientific procedures that have been utilized in all of these scientific studies... it wouldn’t be possible using those techniques to isolate the virus and purify it and prove that it exists.... Taking into account all of the evidence I have looked at which has been almost entirely from peer-reviewed scientific papers and official government websites, my opinion is that this entire pandemic is a completely manufactured crisis. In other words there is no evidence of anyone dying from any novel illness.... And so what I think is going on... is in line with what might be known as a globalist agenda.... All of these things seem to be moving towards control of the people.

There is not very much about vaccines that makes a lot of sense because if you actually go back and look for the evidence that vaccines have prevented disease you are not going to find any.... Smallpox is an interesting example.... In the mainstream history books the smallpox vaccine has been touted as a

major success but that's not really accurate. If you go back and look at data from the Royal Academy of Sciences what you will see is that the mortality increased substantially while these vaccines were widely used and then when they stopped being used the numbers went back down again.

So it is really difficult to trust what is in a general textbook or mainstream history book without going and looking at the actual data yourself because all of the textbooks that were in medical schools say that vaccines are responsible for preventing many of these major illnesses that people were suffering from and worried about in the first part of the twentieth century. But if you look at some of the same diseases that did not have a vaccine, such as scarlet fever for example, you will find that scarlet fever also went away with all of the other diseases even though there was no vaccine for it.

And when you look at the number of cases of the various illnesses like polio or measles or diphtheria, you'll see that the prevalence or incidence of those diseases and mortality from those diseases, which in some was substantial, went down almost to the current levels before a vaccine was even available for use so you couldn't possibly attribute a vaccine for causing that reduction in the illness if it wasn't even around at the time that the illness was reduced...

If you create a vaccine for an illness [such as COVID-19] that has not been proven to even exist, then the vaccine couldn't possibly work. But if you do a clinical study and have an imaginary disease and give the vaccine to people and then they never get the imaginary disease it would give the appearance that its very successful.

So this is a real win-win strategy for anyone making these vaccines and which is why there have been companies all over the world racing to be the first one to have a vaccine that's been proven to be safe or effective using the limited criteria that they require. Because whoever gets there first, according to the plans or proposed policies, they're going to be selling billions of vaccines. Billions! So they're going to make billions of dollars as a result of this. So there is such a strong financial incentive.

Some of the technological strategies that they are using to make these vaccines are quite scary and unprecedented.... But obviously it couldn't prevent a disease that doesn't exist so there must be some other purpose for it.

Remember, the words quoted above are taken from a two hour interview. If any of these words leave you wondering, watch the interview to consider the evidence that Dr Kaufman cites or check his website: [Dr Andrew Kaufman](#).

In another video Dr Kaufman explains how early scientific papers on the subject suggested an *association* (not causation) between a novel coronavirus 'with human to human transmission and severe human infection' whereas a subsequent key 'scientific' paper that made a claim which helped drive the global response to COVID-19 'flat out lied' about their results: 'Following the first outbreaks of unexplained pneumonia in Wuhan, China, in late 2019, a new coronavirus was identified as the causative agent in January 2020.' See '[Identification of Coronavirus Isolated from a Patient in Korea with COVID-19](#)'. In fact, Dr Kaufman points out: 'they cannot reference any science to back that up whatsoever'. Moreover, subsequently to this paper, another article - see '[I study viruses: How our team isolated the new coronavirus to fight the global pandemic](#)'- declared 'The emergence of a new coronavirus in a market in Wuhan, China, in December 2019 set in motion the pandemic we are now witnessing in 160 countries around the world'. But again, Dr Kaufman

counters, 'no evidence was provided at all' to support this claim: 'just flat out lies'. For the details and citation of all the *scientific* sources for this explanation of how the COVID-19 'rumour mill' got started, see ['The Rooster in the River of Rats'](#).

If you wish to watch a more scientifically-oriented lecture, explaining more of the technical detail of what Dr Kaufman argues 'is really going on' and which is consistent with the evidence, then you can view it here: ['Special Report: Humanity is NOT a virus!'](#)

So while the evidence that there is neither a virus nor a pandemic is grounded firmly in the science, the evidence that the global elite is using COVID-19 as 'cover' to implement its coup against humanity is rather overwhelming. In addition to the articles cited above, see these two articles which cite many other extensively-documented sources as well: ['The Elite's COVID-19 Coup Against a Terrified Humanity: Resisting Powerfully'](#) and ['COVID-19: Breaking the Lockdown, Defeating the Coup, Averting Extinction'](#).

*But while this evidence is readily available, it requires someone who has not lost the capacity to investigate and think for themselves. And that is a huge problem.*

Of course, little of the evidence in these regards is available through education systems or the corporate media, given that the purpose of these institutions is to serve elite interests. And controlling access to, and manipulating perception of, the evidence is vital in both regards.

So if, for example, you believe that the corporate media is reporting the 'news', you might like to reflect on these words of David Rockefeller spoken at the highly secretive elite [Bilderberg meeting](#) held in Germany in 1991 but subsequently leaked:

'We are grateful to The Washington Post, The New York Times, Time Magazine and other publications whose directors have attended our meetings and respected their promises of discretion for almost 40 years. It would have been impossible for us to develop our plan for the world if we had been subject to the bright lights of publicity. But the world is now more sophisticated and prepared to march towards a world government.... The supranational sovereignty of an intellectual elite and world bankers is surely preferable to the national auto-determination practiced in past centuries.' See ['David Rockefeller at Bilderberg meeting in Baden 1991'](#) and ['David Rockefeller's Chilling 1991 Speech at a Bilderberg Meeting'](#).

The motto of *The Washington Post* is 'Democracy Dies in Darkness'. What it does not proclaim is that the *Post*, along with the other corporate media outlets, has long played its part in the global elite's program to ensure that democracy – and hence any meaningful role in how we are governed – cannot flourish. But for a detailed critique of the corporate media exposing its role in perpetrating elite power by distributing elite propaganda as 'news', see ['Manufacturing Consent: The Political Economy of the Mass Media'](#).

Hence, while increasing numbers of people are lamenting the submissive response to elite initiatives to imprison us in our own homes (and strip us of rights and freedoms that it took centuries to win) – see, for example, ['A Nation of Sheep'](#) and ['To All Cowards Who Meekly Succumbed To the Unlawful Lockdown... Hang Your Heads In Shame'](#) – and some authors have written commentaries illustrating and explaining the ways in which people's fear is manifesting in response to a simple virus – see Dr. Rudolf Hänsel's explanation in ['The Diabolical "Game" with Fear as an Instrument of Domination. The Reflex of Obedience'](#) and

Dr. Pascal Sacré's thoughts in ['COVID-19: An Ocean of Fears and Lies'](#) – *my own interest lies in explaining why people are fearfully and submissively obedient in the first place and how we can go about restoring agency to the individual's life so that they can use their own investigatory and analytical capacities to track down and consider the evidence, and to then act sensibly and powerfully in response.*

While, regrettably, this cannot be done quickly, it is an essential component of any strategy to effectively resist elite encroachments on our rights, freedoms and economic security while also acting powerfully to deal with the genuine threats to human survival such as those posed by war, the environmental and climate catastrophes, biodiversity loss and the [deployment of 5G](#), among others. See ['Human Extinction Now Imminent and Inevitable? A Report on the State of Planet Earth'](#) and, for astute insight into the disastrous impact that the global industrial shutdown is having on the aerosol masking effect and hence the global climate, see ['Will COVID-19 Trigger Extinction of All Life on Earth?'](#)

This is because fear suppresses (other) emotional responses (including the anger that would mobilize resistance), distorts sensory perception (so that people disbelieve, rather than consider carefully, evidence that contradicts the elite-driven narrative), inhibits analytical capacity, falsifies memory (to conform with explanations that are less frightening) and thwarts powerful behavioural responses. As a consequence of being victims of their own fear, most people live in a world of delusion and projection and are quite incapable of being anything but submissively obedient.

In brief, fear makes people want to believe, and hence to actually believe, that there is 'nothing wrong' with elite directives distributed by international organizations (such as the World Health Organisation), governments, the medical industry, education systems and the corporate media. This means that they do not have to feel and think for themselves, consult their conscience or change their own behaviour, each of which is particularly frightening when their fear and the (unconscious) imperative to obey already have them paralyzed.

So how have we ended up with a population of 'individuals' who are so devoid of any sense of Selfhood that they are submissively obedient as Drs Hänsel and Sacré discussed above and which we are now witnessing on a global scale as people are imprisoned in their own homes?

Fundamentally, this has occurred because our parenting and education models are based on terrorizing children into obedience using a combination of 'visible', 'invisible' and 'utterly invisible' violence. For the details of how we do this, see ['Why Violence?'](#), ['Fearless Psychology and Fearful Psychology: Principles and Practice'](#) and ['Do We Want School or Education?'](#)

Hence, while we pay lip service to the notion of 'the individual', the reality is that we prefer 'individuals' who follow the orders of 'the authorities', whether at home, school, work, in the military, at a religious gathering or as 'citizens' in society generally. After all, our definition of 'individuality' long ago ceased to mean any more than that the person clothes themselves differently and has their own combination of interests to while away their spare time.

The genuine individual who has an integrated mind, trusts their own (emotional and intellectual) judgment, articulates the truth and behaves powerfully in accord with their conscience, whatever the cost, is only supposed to appear as a fictional character in novels or films. We certainly do not want them in real life. Just ask Mahatma Gandhi, Dr Martin

Luther King Jr, Julian Assange and Chelsea Manning, for example. Shot dead or imprisoned for having the qualities of a genuine individual.

For further explanations of how we systematically destroy the individuality in our children, see

['The Disintegrated Mind: The Greatest Threat to Human Survival on Earth'](#),

['Most Attitudes and Beliefs are Outcomes of Fear'](#) and

['The Psychology of Projection in Conflict'](#).

So here we are at the most important moment in human history. At the brink of precipitating our own extinction – again, see

['Human Extinction Now Imminent and Inevitable? A Report on the State of Planet Earth'](#)

and ['Will COVID-19 Trigger Extinction of All Life on Earth?'](#)

– and now imprisoned in our own homes (for those who have them) while the global elite implements more of its plan to reduce us from human individuals to digital identities that are readily tracked and controlled while playing our robotic role in the techno tyranny that is almost upon us.

Even those two writers of the classic dystopian novels of the twentieth century, Aldous Huxley and George Orwell, would be horrified that we participated so obediently, so submissively, in the destruction of our 'free' world (whatever its limitations). And I doubt they would get any solace from knowing just how well they truly understood the terrified and submissive nature of the human condition.

So with virtually everyone 'distracted' from the 'main game' – the coup in which the global elite is taking vastly greater control of our lives and even dramatically increasing the risk of imminent human extinction – while we sit back, or even ask for, greater restrictions on our rights and freedoms, the only important question remaining is this:

Can we mobilize sufficient people, even at this late moment, to strategically defend our humanity, defeat the elite coup and avert the imminent threats to human survival?

Unfortunately, as recent evidence clearly indicates, with even most activists obviously deceived by the use of COVID-19 as 'cover' for the coup and oblivious to its catastrophic environmental consequences, this is proving far more difficult than I originally hoped.

Nevertheless, in the hope that we can build on the existing resistance, such as that being documented by Professor Chenoweth and her colleagues – see ['The global pandemic has spawned new forms of activism – and they're flourishing'](#)– while sharpening its focus for greater strategic impact, let me reiterate a previously outlined strategy below, particularly taking into account the insanity of the global elite – see ['The Global Elite is Insane Revisited'](#)– and the emotional health issues (including anxiety and depression) that are arising during the lockdown that are now complicating people's existing compulsion to be obedient in the belief that compliance with COVID-19 (that is, coup) measures will make them 'safe'.

## A Nonviolent Strategy to Fight for our Humanity, Liberty and Future

So, if you wish to address your own emotional health issues arising during the COVID-19 coup, consider [‘Putting Feelings First’](#) and/or, if you wish to support others, including children, to do so effectively, see [‘Nisteling: The Art of Deep Listening’](#).

In relation to the coup itself, I have identified the appropriate political purpose – obviously *‘To defend humanity against a political/military coup conducted by the global elite’*– and set out a basic list of (now) 28 strategic goals for achieving this purpose (which will also play a vital role in tackling key threats to human survival). The first thirteen of these strategic goals are as follows:

(1) To cause people and groups all around the world to join the resistance strategy by wearing a global symbol of human solidarity, such as an image of several people of different genders/races/religions/abilities/classes holding hands.

(2) To cause people and groups all around the world to join the resistance strategy by boycotting all corporate media outlets (television, radio, newspapers, Google, Facebook, Twitter...) and by seeking news from progressive news outlets committed to telling the truth.

(3) To cause people and groups all around the world to join the resistance strategy by refusing to download the COVID-19 ‘contact tracing’ surveillance app.

(4) To cause people and groups all around the world to join the resistance strategy by ending their ownership and use of a mobile (cell) phone. See [‘EchoEarth: End Cell Phones on Earth’](#) and [‘Cancel Your Cellphone Account Day, 20-21 June 2020’](#).

(5) To cause people and groups all around the world to join the resistance strategy by withdrawing all funds from the corporate banks that are supporting the coup and to deposit their money in local community banks or credit unions.

(6) To cause people and groups all around the world to join the resistance strategy by boycotting the medical and pharmaceutical industries – including by conscientiously refusing to submit to vaccination – and by seeking health advice and treatment from natural therapists. (If you are unfamiliar with the different philosophies underpinning these approaches, and hence why many natural therapies are so much more effective, there is a straightforward explanation here: [‘Pasteur vs. Bechamp: An Alternative View of Infectious Disease’](#).)

(7) To cause people and groups all around the world to join the resistance strategy by boycotting corporate supermarkets and by supporting small and family businesses, and local markets.

(8) To cause people and groups all around the world to join the resistance strategy by participating in other locally relevant nonviolent action(s)/campaign(s) and/or constructive program activities. For this item and many subsequent, see the list of possible nonviolent actions in the document [‘198 Tactics of Nonviolent Action’](#).

(9) To cause the workers [in trade unions or labor organizations T1, T2, T...] all around the world to join the resistance strategy by participating in locally relevant nonviolent action(s)/campaign(s) and/or constructive program activities. For example, this might include withdrawing labor from an elite-

controlled bank, media, pharmaceutical or other corporation operating in your country.

(10) To cause the small farmers and farmworkers [in organizations F1, F2, F...] all around the world to join the resistance strategy by participating in locally relevant nonviolent action(s)/campaign(s) and/or constructive program activities. For example, this might include distributing farm produce through (existing or created) grassroots networks to small and family businesses as well as local markets rather than through corporate supply chains.

(11) To cause the indigenous peoples [in organizations IP1,IP2, IP...] all around the world to join the resistance strategy by participating in locally relevant nonviolent action(s)/campaign(s) and/or constructive program activities. For example, this might include utilizing indigenous knowledge to improve local self-reliance in food production and in other ways.

(12) To cause the soldiers and military police [in army units AU1, AU2, AU... and MP1, MP2, MP...], wherever stationed around the world, to refuse to obey orders from the global elite and its agents to arrest, assault, torture and shoot nonviolent activists and the other citizens of [your country].

(13) To cause the police [in police units P1, P2, P...], wherever stationed around the world, to refuse to obey orders from the global elite and its agents to arrest, assault, torture and shoot nonviolent activists and the other citizens of [your country].

You can read all 28 of the *'Strategic goals for defeating a political/military coup conducted by the global elite against humanity'* by scrolling down the page at ['Strategic Aims'](#).

Remaining pages on the website fully explain the twelve components of the strategy, as illustrated by the [Nonviolent Strategy Wheel](#), as well as articles and videos explaining all of the vital points of strategy and tactics, such as those to help you understand ['Nonviolent Action: Why and How it Works'](#).

Given the complexity of the configuration of this conflict, however, which involves the need to fight simultaneously to retain our 'deep humanity', defeat the elite coup and avert near-term human extinction, *it is important that our tactical choices are strategically-oriented* (as the examples I cite in the thirteen strategic goals above illustrate). Hence, three further considerations assume importance.

*First*, choose/design tactics that have strategic impact, that is, they fundamentally and permanently alter, in our favor, the power relationship between the elite and us.

*Second*, when tactical choices are made, focus them on undermining the elite coup, not just features of it, such as 'social distancing' or the lockdowns. At its most basic, this can be achieved by using tactical choices that mobilize people to act initially, as is happening, but then inviting them to consider taking further, more focused, action as well (such as those nominated in the 28 strategic goals listed or referenced above). This is important because existing actions will have little impact on key underlying measures, such as those being taken by the elite to advance the fourth industrial revolution, which includes reducing us to a 'digital identity'.

*Third*, I would choose/design tactics that also have strategic impact on the greatest threats to human survival, including the collapsing biodiversity on Earth, the threat of nuclear war, the climate catastrophe and the deployment of 5G. Given the incredibly short timeframe in



which we are now working to avert human extinction, while people are mobilizing it is important to use this opportunity to give them the chance to perceive the 'big picture' of what is taking place – beyond lockdowns and other measures supposedly being used to tackle COVID-19 – and to act powerfully in response.

Equally importantly, the Nonviolent Strategy website explains how to prepare, frame and conduct any nonviolent action to minimize the risk of violent repression and, as some nonviolent activists are concerned, to contain any risk of damage to their cause by association with, or disruption by, those groups and provocateurs with a very different and possibly violent agenda. See [‘Nonviolent Action: Minimizing the Risk of Violent Repression’](#).

Fortunately, as more people become aware of the deeper strands of what is taking place, the energy to break the lockdowns and resist the coup will gather pace. As I have previously outlined, using a locally relevant focus, or perhaps several, for which many people would traditionally be together – a cultural or sporting event, a community activity such as working to establish a community garden to increase local self-reliance, a birthday celebration and/or a return to work – we can mobilize people to *collectively* resist.

In addition, as I mentioned above, given the pressing (and, possibly, now uncontrollable) threat of human extinction but also because *becoming more self-reliant is vital to our ongoing capacity to resist elite encroachments on our rights, freedom and economic security*, consider accelerated participation in [‘The Flame Tree Project to Save Life on Earth’](#).

And for those nonviolent activists concerned about tackling the climate and/or other threats to human survival – including those in relation to the environment and war – you can read about nonviolent strategy, including strategic goals to focus your campaigns, from here: [Strategic Aims](#).

Or, if you want something simpler, consider committing to:

## Conclusion

Using COVID-19 as ‘cover’, the global elite is conducting a coup to take vastly greater control of our lives and, in fact, to neutralize our humanity. This is being made very easy by the compulsion to obey that most people acquire in response to the ‘socialization’ experience they suffered as a child.

As a result, there is very little resistance to the coup, and none of which I am aware that is strategically focused. Consequently, the coup is readily measured by the destruction of our rights, freedoms, emotional health, political participation and economic security as well as its devastating impact on the Earth, further complicating the already grave series of interrelated threats to our survival and that of vast numbers of other species with which we share this planet.

As you ponder your response to this coup and the vastly increased threat to our survival, it might be worth remembering the words of David Rockefeller in his autobiography [Memoirs](#), published in 2003:

Some even believe [the Rockefeller family is] part of a secret cabal working against the best interests of the United States, characterizing my family and me as “internationalists” and of conspiring with others around the world to build a more integrated global political and economic structure – one world, if

you will. If that's the charge, I stand guilty, and I am proud of it.

If you believe that Rockefeller's vision is benign from the viewpoint of people like you and me, it might be worth reading more about the Rockefeller family's interests in our well-being, starting with the report from 2010 titled '[Scenarios for the Future of Technology and International Development](#)' which discusses four scenarios for the human future in which one is based on 'Lock Step' following a pandemic: 'A world of tighter top-down government control and more authoritarian leadership, with limited innovation and growing citizen pushback'.

Hence, if you share my concern that the time to act powerfully in defence of our humanity, to defeat this elite coup and to fight vigorously and strategically on the many interrelated crises that threaten human extinction, then you are welcome to become involved in one or more of the ways suggested above.

Whatever we do, however, it is vitally important that we do not submissively obey the global elite and its agents such as international organizations, governments, corporations and the mainstream media. The elite and its agents might wear a benign smile at times but their loyalty is not to us or to the Earth. They are too insane to have loyalty to either; their loyalty is to themselves exclusively and we are expendable.

So I gently encourage you to have a good look at the evidence for yourself and to act while we still have some personal autonomy and political space to do so. If we do not act now, we will not have this autonomy and space for much longer and human extinction will follow imminently.

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## ANNEX

### *The Earth Pledge*

Out of love for the Earth and all of its creatures, and my respect for their needs, from this day onwards I pledge that:

1. I will listen deeply to children. See '[Nisteling: The Art of Deep Listening](#)'.
2. I will not travel by plane
3. I will not travel by car
4. I will not eat meat and fish
5. I will only eat organically/biodynamically grown food

6. I will minimize the amount of fresh water I use, including by minimizing my ownership and use of electronic devices
7. I will not own or use a mobile (cell) phone
8. I will not buy rainforest timber
9. I will not buy or use single-use plastic, such as bags, bottles, containers, cups and straws
10. I will not use banks, superannuation (pension) funds or insurance companies that provide any service to corporations involved in fossil fuels, nuclear power and/or weapons
11. I will not accept employment from, or invest in, any organization that supports or participates in the exploitation of fellow human beings or profits from killing and/or destruction of the biosphere
12. I will not get news from the corporate media (mainstream newspapers, television, radio, Google, Facebook, Twitter...)
13. I will make the effort to learn a skill, such as food gardening or sewing, that makes me more self-reliant
14. I will gently encourage my family and friends to consider signing this pledge.

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