

AROUND THE WORLD

WITH  QUOTES



Ugo Domizioli

Grow

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AROUND THE WORLD WITH 80 QUOTES

Ugo Domizioli

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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, little did he know, his life would change forever.



He came to the realisation that much/most 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 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 awkward questions to enact real change.

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.

To keep his brain active, he 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 and some of the consequences that would accrue on 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 utilise this time, to piece together his research and complete writing his first book, reviews below.

I appreciate any book reviews for this 80 Quotes book which I always publish anonymously; simply email your thoughts to: ugo@aroundtheworldwith80quotes.com...thanks in advance.

80 Questions: book reviews

“The book is both an easy and hard read. Easy as it's divided into 80 questions & fairly short answers which take around 10 minutes each to read. You can quickly skip to the questions of greatest interest and dip in and out of others.

The book in some instances is hard to read as the conclusions of the author were, let's say, different to my own. It certainly provoked much thought within, which I believe was the author's intention as he states he wants readers to ask our own questions and seek our own answers”

“No matter who you are or where your interests lie, the book will both illuminate your perceptions concerning important topics of our time, and challenge your thinking on how the world really operates.

Whether he's examining modern political and economic forces, pondering cultural mores, or even questioning the great spiritual and metaphysical questions of our age; his, take-no-prisoner's approach, is both refreshingly savage and alarmingly forthright.

This book is certainly a welcome and sorely needed volume at a time when speaking up and questioning "official" narratives is an ever-increasingly difficult and hazardous proposition”

“This book will challenge the way you view the World, the society you live in and the way you live your life. You will discover the importance of asking questions, researching and finding answers. For myself it felt like an awakening...and I'm sure it will be for many other readers”

Thank you

Two former work colleagues without knowing it, had an influence on my travelling and writing journey. Firstly, in spirit, I would like to thank Diane, she left our world way too soon at the tender age of 39.

Diane metaphorically gave me, the “kick up the backside” I needed to start my backpacking journey despite my protestations...Diane, Thank you!

Zoe similarly, planted a seed, which eventually led me to think outside the box of my then skill set. My initial doubts of becoming a writer are now history, having just started my third book...Zoe, Thank you!

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I have learned a lot during my research and feel it may truly help others, hence my decision to make available the digital version of this and all my books for free. My hope is that by removing any friction between myself and a potential reader, I may reach a wider audience...do please pass this book, and my first book onto others.

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Who is this book for?

This book, just like my first, I wrote primarily for myself, to continue my journey toward personal growth. Should it help others challenge beliefs by asking their own questions, seeking

their own answers, that would indeed be a bonus. We can only grow, by asking questions that are fundamentally different to the ones we have asked in the past. By opening our minds, looking at old subjects with new perspectives, we grow.

I would remind the reader, the question is often more important than the answer. This collection of quotes should be used as a guide to conduct your own research.

Preaching

Pontificating and preaching, these are a few of the words that were put to me with some of my more challenging quotes. When we think of inspiring quotes, we would not use these type of words.

Why? Because inspirational quotes are also challenging but in a positive direction. The question therefore becomes, should challenging/negative leaning quotes be the same, pointing out the other side of the equation, the negatives of life, society and governance.

As humans, we tend to learn more from our mistakes rather than from positive experiences. Therefore, instead of inspiring people with only motivational quotes, my aim is to also point out, what to look out for and avoid.

My quotes, hopefully show the reader, I'm not a preacher as I aspire to many of the quotes myself...let's all grow on this journey of life, together.

Inspiration

Writing this book and my first, 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, trains and balloons to win a wager, clearly inspired my own travels and the title of my websites and books.

Social media

As a thought experiment, I thought it would be interesting to see people's reactions to my quotes, hence my decision to post onto Facebook...“the free and open” platform!

My secondary aim was to publish a quote approximately every week or so over a long period of time to let each one simmer in my mind and bathe in the reactions of others.

It wasn't a surprise to see my quotes censored. Previously my posts would reach around 10% of my friends, my quotes would never reach more than 1%.

An argument could be made that my quotes were simply not popular, I can partially accept that, especially with regards to the ones perceived as more negative in nature.

On the whole, it was the positive quotes that received more likes and positive comments, with the negative leaning ones receiving far less feedback.

I also suspect, a large part of my audience didn't want to be associated with the negative ones. As a social experiment, its outcomes were indeed interesting.

How I create quotes

I searched online for travel related quotes as I began my travels and was so inspired that before I knew it, I had read through hundreds. The more I read, the more I collected, within a few days without realizing it, I had amassed over 50 quotes.

Something magical happened during that process. While many quotes we often hear are from famous people, there were more names, I had never heard of. I then realized I could create my own.

My first would reflect my new journey in life, backpacking and travelling around the world. I jotted down a few words into a note app on my smartphone. That was the start, every time I opened the app, I would either add words or do a quick edit, this often happened while out in bars and restaurants and was a random rather than pre-planned process.

Over the course of two months, my first quote began to take shape and make sense as I edited and shuffled words around.

“Navigating the world liberates the mind, the heart set free by souls met along the way”

Ugo Domizioli

I am most proud of my first born, as it took a long time to perfect, but also inspired me to think of creating others.

Many of my quotes were formulated while in the Yucatan Peninsula in Mexico, as I went on my 2-3 hour morning walks on the beach while paying attention to nature.

The sea and its waves, the shape and motion of the clouds, my footprints and those of others in the sand, the palm trees and how they swayed in synchronisation, the different types of birds, how they flew, rested and came together as a flock.

When we look closely and switch off and let nature do its thing, there is so much to see. By exploring the beauty of nature, it often inspires us to think and ponder life.

Most of my walks were without my smartphone, I would have to remember the words and once back in my apartment, quickly get them into my phone or laptop.

A smarter option, is to carry your smartphone and either create a voice memo or better yet, use your voice to dictate straight to text.

The point is, to make sure you get the initial words stored, but never qualify them as to whether they are good or bad. Essentially you are at the beginning stage of creating a new idea and you don't want to put any hurdles in the way, let the words flow.

It's unlikely you will arrive at a great quote when you start with either a word or a few words or part sentence. Quality will come with time, just like a good cheese or wine.

A few tips:

- Wonder without a goal, take a walk or hike just because
- Notice what is going on all around you
- Get your words down quickly without qualification
- Take chances with words and structure
- Less is more, quotes tend to be short, use fewer words: reduce, reduce, reduce
- Choose normal words over fancy ones
- Aim to use an active tone: "I had an amazing time"
- Aim to use nouns: truth, hope, love
- Aim to use verbs: lead, start, win
- Ensure your quotes are not contradictory
- A quote has no time frame, take time to develop it

One of the great things about any form of creative writing, whether a quote, poem, short story, online article or even a

book, you do not ever need anyone's permission or money to get started.

You only need a tiny thought, idea or a few words and off you go. Remember, it's your quote...no one else's, don't ever worry that it isn't a work of art, for it's your work of art, we do not need validation from others.

Writing a book will obviously be much harder than a writing a quote. There will be hurdles on your journey, remember, it's a journey, not a destination.

Keep writing, editing and re-writing and don't quit as you will leave behind a piece of yourself on this planet which may inspire others. A 100-year old quote by a dead person is no more valid than a brand new original one by yourself.

I believe quotes are important, whether inspirational or challenging to give the reader a different perspective around a topic, together with offering a glimpse into the writer's mind.

Just as life is not always a bunch of roses, so too are my quotes. They are a mixture of positive and negative, dark and light, yin and yang. There can be no positive without the negative to balance the equation, this is how the universe works.

History

I will know I have contributed to humanity when Wikipedia creates my own page without any input from myself, full of fake information, derogatory terms and footnotes verified by so called "fact-checkers", who in reality are the new gatekeepers.

Wikipedia, an encyclopedia for the masses, written, edited and controlled by the few.

How does one know 100% they have hit a nerve or are over the right target? – when we are censored or a stranger writes our Wikipedia page.

An interesting fact for the doubters...Larry Sanger the site's co-founder, informed independent journalist Glenn Greenwald, that Wikipedia is secretly operated, but more importantly, owned by the CIA...freedom of the press indeed!

Timing

This book and my initial journey into creating quotes was initiated during the plannedemic. I believe, but more importantly, know, that Covid-19 was a pre-planned event and will in time be known as the biggest crime ever created against humanity.

As we have all tried living through the dreadful three-years of imposed illegitimate rules and mandates, collective emotions have without doubt run high. I was no different, however I knew instinctively something more was occurring.

A selection of my quotes, either directly or indirectly, reference the plannedemic as I could clearly see the truth of what was happening...for this I make no apology as art is often inspired by events of the time.

Design

Each quote has space to breathe, on its own page rather than compete with others in a crowded area. The very dark, under-exposed photos of my reactions on the left-hand side of each quote are a stylistic decision, again designed not to overpower the quotes.

Quotes that didn't make the cut

As I worked over four years to come up with a shortlist of quotes, my list expanded to over 200. My daily/weekly routine involved constantly rewriting and editing many on the list to evolve them. Here is a selection that missed being a part of the chosen 80.

“When we begin to question, our outcome is quite clear – we begin a quest, a journey into the unknown”

“When is enough, enough? We never arrive on the journey for more, for or, gives us too many choices”

“And just like that, we find out Anne Frank’s Diary was written in ballpoint pen, invented years after her death...oh, her writing doesn’t match either”

“Who do you honestly believe is the bad guy – the whistleblower, truth seeker, conspiracy theorist, independent journalist, author or parasitical puppet politicians?”

“Just as the bird flying against the wind, eventually tires and falls, so do we when living against the natural flow of life – ride the wave, never fight it”

“One parameter of a parenting path pursued – killing me softly, 1 gram of sugar at a time”

“We wonder how citizens of Germany stood by? Wonder no more, look inward during Covid-19. When your grandchildren ask, which side of genuine history were you on, what will you say?”

“Truth, like the jellyfish, can sometimes be hard to spot – both will sting when not paying attention”

“You are clearly happy with what you are doing, otherwise you wouldn't be doing it”

“I understand, listening to me means your world view is torn apart – mocking the messenger or questioning the instigators, is your choice”

“Working = surviving inside the box, travelling = experiencing everything outside”

Disclaimers

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

This book and corresponding website are a collection of my quotes, some of which denote my opinions, thoughts and conclusions across a wide spectrum of subjects.

This book and website is for educational purposes only and does not constitute medical, financial, political, legal or any other type of advice.

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Quotes explained

In this short section, I delve into expanding and explaining the meaning behind a selection of quotes.

Quote 9

“Reclaim your sovereign self, tear away your mask of fear for you are already infected – your veil of “safety” laid bare as your white flag of surrender”

Our sovereignty was taken away by illegal mandates during the Plannedemic. These mandates were not law, but to the public seemed that way as police enforced them with fines, force and imprisonment.

Mask wearing has been proven ineffective, this was known to politicians which is why they were happily having parties in Downing Street while enforcing house arrests among citizens.

Masks were used to control and instil fear among citizens, it really is as simple as that. Think about that for a moment, our governments enacted psychological warfare to scare its citizens for a “disease” less fatal than the flu with a 99.9% survival rate.

Our children were put through mental harm not seen since World War II for political control, not safety. Our compliance with mask mandates, displayed to our governments, our surrender, the mask was in effect our white flag.

The evidence for those willing to research is abundant, it is only your continued trust in your government stopping you from delving deeper as I have done. The trouble is, we don't want to look foolish, so continue not to ask questions or do our own research.

Quote 12

“What you believe, what I know, are exactly where they both need to be”

My writing has been my small attempt to expand the conversation around subjects that those in power like to refer to as “settled”. In other words, there is nothing more to say on certain subjects because our government, science or the mainstream media have decided it to be that way.

I have come to realise in conversations with those I know, and strangers on my travels, that we are each at our own juncture on the path of truth and knowledge. Many simply prefer to live their lives without questioning anything, let alone what their government is up to.

My views and knowledge based on my research, are very clear in my writing, I no longer feel the need to convince others as most of the time, I am simply wasting my time. Those interested can put in the effort to research and read in order to know, or continue to listen and believe and stay where they have always been.

Quote 16

“1+1 = 3, male = female, lies = truth, fake = real, legal = illegal, poison = health, oppression = freedom. Listen & beLIEve or research & know.”

We are living in an unprecedented era, while our governments point the finger at alternative and fringe media calling everything that is said or written, fake. The truth is, it is our governments that are lying.

Do you believe it's a coincidence that governments around the world are all singing the same tune? How can independent, sovereign nations all have the same policies?

Just with these simple questions, we find they are all connected with an agenda to shape our future world into a version none of us will recognise, let alone our children.

What we are being told to believe, if it were in a comedy would make everyone laugh, yet here we are. A world that doesn't make sense to anyone, any more.

Quote 21

“Judgement – the easy path, self-adjudication its outcome based on fear, leading to the incarcerated mind. Investigation – the hard path, freedom its outcome based on knowledge, leading to the liberated mind”

This quote was a result from various conversations with my brother, I thank him for the inspiration!

Quote 39

“We were fooled with Stupid-19, bullied with Stupid-20, alas surrendered to Stupid-21/22. How long your stupid?”

The majority of the world's population was duped by their governments during the whole Covid scam, this is a fact and not some kind of theory. Do we learn from this horrible experience by admitting to this truth, or continue to avoid the subject?

We can only move forward with truth as a foundation, everything else will simply result in a repeat of the past. Statistics show that 99.9% of those that die suddenly from Sudden Adult Death Syndrome (SADS), had received the jab. The statistics exist for all to see. Admit you were fooled or continue living in stupor, the choice to break away from all the lies is yours.

Quote 42

**“On occasion, I am asked, why I write, what I write.
On occasion, I answer, how can I not”**

I write to gain an understanding of the world I live in, unfortunately a fair proportion is dark in nature. Upon finding this out, do I keep this knowledge to myself or share it, to possibly help others. I believe the answer is clear. How can we possibly navigate a pitch black path without a torch, we cannot.

Quote 45

**“In a democratic country, 60% voter turnout is good,
70% impressive, 80% outstanding, 90% unlikely,
100% impossible...110% – you no longer have a
“democracy””**

While we believe in the democratic process of voting and fair elections, the facts prove the opposite. When the bastion and beacon of democracy around the world, The United States has national elections stolen, we should be sitting up and screaming...I have read the evidence. When they can get away with it there, what chance do countries elsewhere have?

“The honourable soldier, fighting dishonourable “democracy” wars, while waving the fake flag of freedom, is not only the destroyer of genuine democracy, but also their post-war battles with family, eventually themselves”

Honourable soldiers are regarded as pawns by those in higher levels of power. They are trained to obey orders or people die. Soldiers never question it will be themselves that die as they have effectively been brainwashed.

Without soldiers, wars simply cannot be fought, if wars are not fought, 90% of innocent lives lost would never occur. This statistic is not one that those promoting forever wars want out in the public realm. The harsh reality in all wars, yes soldiers on both sides die, but the biggest number of deaths occurs among innocent men, women and children...90%.

Soldiers returning from war torn countries all harbour horrible memories of what they were brainwashed to do in the name of “freedom”. This for many, leads to irreparable mental damage, leading to alcohol and drug abuse, often leading to the break up of the family unit and homelessness.

My hope with this quote, is for honourable soldiers or new potential recruits, to simply realise the truth, they are regarded as disposable pawns to enrich the industrial military complex.

Freedom and democracy, have never been the real reasons for wars, it has always been financial. If in doubt, simply search for the hundreds of books looking into the subject of war written by independent authors rather than co-opted ones.

Quote 51

“The echo chamber of my mind is directly connected to those closest to me. Exiting the chamber by asking fundamentally different questions, is in direct correlation to where I wish to get to”

If your life is not going the way you want it too, look no further than those you surround yourself with and their opinions. The saying goes that we are a combination of the five persons we closely associate with.

If you want to change the direction of your life, you have to change some fundamentals as tweaking will clearly not work. Only real change can produce new results.

In my world, this meant changing what I used to believe to getting to a situation where I know. Changing my knowledge has directly resulted in a change in my future direction and the life I want to lead and where I want to lead it.

Quote 52

“And just like that, we find out that Psychiatry has never isolated any real disease and drugs prescribed by psychiatrists, no better than a placebo...scientism at its best”

Psychiatry has historically had a shady past using all forms of horrendous methods to “treat” patients. It may surprise you that it hasn’t changed that much. There are only a few conditions such as dementia, that have been identified as real.

The WHO believes 1 in 8, or around 1 billion people suffer from some sort of mental disorder. The vast majority, around 600 million, either suffering with anxiety or depression.

There is zero science or facts to back up the assertion that psychiatry has identified that mental illness exists. No data or evidence can prove a genetic, biological or physical cause to their origin. Would it surprise you to learn that Schizophrenia doesn't actually exist, apart from in the minds of psychologists.

Modern psychiatry is nothing more than pseudoscience, having swapped electrocution for drugs, leading to huge profits for the pharmaceutical companies with \$76 billion in global sales.

The side effects of these drugs are addiction, violence, brain damage and homicidal tendencies. 20 million children, globally take these drugs.

Quote 54

“A fundamental part of philosophy is the area of natural law. It is clear why these principals have been excluded from syllabuses – to shroud and suppress our natural human rights, sovereignty and pre-eminence”

Natural law, universal law, unwritten law, law of nature, law of reason, divine law, common law, moral law or the law of God. It spans many names, but means the same. These laws sit above the artificial legal systems designed to benefit the few.

From a non-religious, spiritual perspective, when we live in harmony, not against these natural laws, our lives flow more easily with fewer hurdles and greater opportunities coming our way.

Quote 63

“Seemingly fair and democratic debates, if not based on a foundation of truth, are not debates at all – instead, mere propaganda platforms masked in a cloak of freedom”

We are all very proud of the BBC in the UK, the national news organisation which spans the world – the last bastion of fair and truthful reporting.

The reality however, is somewhat different, for the BBC is simply the spoke piece for the UK Government. Much like other countries, UK news, when it comes to important subjects, is simply propaganda.

When we watch open debates such as Question Time, with its “open” panel of experts, covering the full spectrum of views and a studio audience, we see and feel democracy in full swing.

This seemingly open debate, sometimes touching hot political or economic subjects, never delves into the really important questions. They are simply avoided or steered by the chair when panel members or the audience veers off the talking points or narrative of the day.

Quote 64

“Star Wars pointed us in the right direction, the force is everywhere and within us all – however, it is called the field...welcome home”

A Universal Conscious Field exists connecting everything. This represents our true, higher self, not the body or shell we currently inhabit. Our body simply acts as an antenna, just like our smartphones to download what we need. The universe will

send you hints, nudges or ideas to guide you along your earth journey to achieve whatever you, yourself decided before arriving...sounds kind of crazy right!

Use your intuition more, to tap into this limitless resource that wants to experience your particular journey which is unique to you. When we realise everything is connected, when we harm others, we are in fact also harming ourselves, I personally find this very comforting.

When our physical bodies have finished their purpose, our soul or field continues on as energy which can never be eliminated, it simply changes form. We are not our bodies, we have always been so much more. We never die.

Quote 67

“While sheep follow the herd, raising awareness for autism, aspergers, adhd, cancers, climate, strokes etc., with beLIEfs looking at symptoms. It is the shepherd with his collie, that sees everything, the causes, the truth, using first principles reasoning”

I was genuinely troubled writing this quote, as I have family and friends directly affected by certain elements. However, I believe, it's only by starting conversations, on the most difficult of subjects, that humanity can move forward.

Awareness has been the buzzword for decades, we have all done a walk or run for cancer...yet nothing changes. Cancer keeps killing more each year, the money raised goes to paying for office and staff in huge institutional charities.

Think about it, if a cure for cancer was found, these “charities” would cease to exist overnight.

When we look into cognition disorders, they all span a spectrum of impairments. Upon closer inspection, we find they are all related, all connected with the introduction of vaccines.

We have been coerced to follow an “awareness” narrative for decades, yet nothing has changed, we are all aware, but the deaths and damage continue.

Stop being a pawn for these industries, profiteering out of the misery caused by the introduction of vaccines by the pharmaceutical companies.

Any doubts are extinguished by simply looking at the vaccine programmes of other countries. They tend to be a fraction of those in the West, the incidences of spectrum impairments is also a fraction.

Quote 69

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

In the developed world, we live in a corporate based society, sometimes referred to as corporatism. This term is used to mask what is really happening, fascism.

Fascism is the partnership between government and industry. For those looking closely, this was never more apparent than the plannedemic and the pharmaceutical companies.

We are living in a time where: male=female, illegal=legal, legal=illegal, cross gender toilets, men becoming pregnant, men in female sports...the list is endless.

While the majority, especially the younger generations, believe this to be an organic and just movement, the truth is the opposite.

This is another planned global agenda designed to destroy communities and the family structure. As we bow down, forced to using unnatural terms to appease a minority population, we lose ourselves to narratives created by those in control creating a dystopian society.

Has your line been crossed yet? They poison you, steer you, tax you, groom your children, tell you what you can and cannot write and say, where you can and cannot go, and what you can eat and consume...when will you proclaim, enough is enough?

Quote 71

“While the masses put wealth before health, coerced in returning to being pedestrians. Knowledgeable nobles, continue valuing health over wealth, continuing as equestrians”

The fake “man-made” climate change narratives and agenda, for those that look at the real data and conduct real research is yet another scam.

This one designed to make those working pay “green” taxes to the wealthy owning “green” companies. Pay-by-mile, 15-minute cities, air source heat pumps, solar & wind, are the vehicles used to make citizens comply and pay.

Heat pumps cost five times that of traditional gas boilers, yet when it gets cold, cannot sufficiently warm a home, a fact governments mandating their use fail to mention. Genuine studies looking into solar & wind, prove the reality of their “green” credentials to be nonsense.

The global green agenda by banning the use of gas, is directly harming developing countries that rely on wood burning for cooking, with the resultant negative health conditions.

Only the wealthy will continue to drive, fly and eat steak while you and me are reduced to walking and eating bugs. This is all written down by those in power, I have read the documents. Unless we put a stop to these narratives and lies, the planet we leave for our children will indeed be dystopian in nature.

Quote 72

“Where have all the children disappeared to?”

In the US alone, 30,000 children permanently go missing every single year. We are not talking about, teenagers running away from home, most of which return or are found.

What happens to these 30,000 each and every year? Clearly there is some form of organised crime occurring and not a handful of crazed individuals.

We have awareness campaigns for various causes, why has there never been one for missing children? The reason, those in power don't want citizens to be aware of what is going on.

There is truly a dark aspect to the truth, far darker than you could ever imagine which I will not touch upon. We must all unite, to stop what is happening, firstly by acknowledging it's going on, then hunting down like wild animals, those responsible.

If there is one uniting platform, everyone can agree on, it is the safety of children, globally. Spare a thought for these children and their parents, never turn a blind eye to evil, confront it.

Quote 74

“It began in the thousands, currently millions, possibly billions. Genocide: the targeting of one race, Democide: the targeting of everyone”

As at the publication of this book, 24 October 2023, it is estimated by experts, 20 million have died directly from the Covid jabs globally with hundreds of millions, permanently injured.

Why don't we hear about these facts? Simple, those in power around the world are responsible and control what we get to hear and believe. When the truth is eventually known by the masses, be under no illusion, those responsible will face execution for their crimes against humanity.

Quote 78

“The Cancer Cartel & Industry. When your cancer doctor / sales representative, won't themselves take the “treatment” they are peddling, this precisely fits the definition of indoctrination”

The third biggest killer of patients in the US after cancer and heart disease, are doctors “treating” patients. 250,000 every single year, die as a direct result of the medical profession and the drugs they are peddling.

Forget wars, disease or natural disasters, the industry that at its core is designed to cure people is instead killing 250,000, every single year in the US alone.

Did you know that oncology/cancer doctors, receive a kick-back or commission, when they prescribe a course of chemotherapy drugs to “treat” cancer...I bet you didn't.

If you want to know how we are conned by the medical establishment, deeply understand this one official statistic. Cancer has a 100% survival rate if you live 3-5 years after “treatment”.

However, only the few, have a 2% chance of living beyond 3-5 years. The ugly face of The Cancer Cartel, is none other than your friendly local “doctor”.

A survey among oncology/cancer doctors, asked how many would take chemotherapy drugs themselves to fight cancer...the vast majority said they would not...case closed.

When my doctor doesn't believe the bullshit they are peddling, they have sold their souls in the name of profit. I will not listen to what they say, for they have broken their Hippocratic Oath.

Grow

I started to coin the word “grow” as a way to describe my journey of personal growth reading alternative points of view and deciding for myself, my own truth and not someone else's.

I hope you also begin your own journey toward growth, looking for your own truth, this means not believing anyone else's...including my own.

I hope a few of my quotes may start your journey of questioning the world we live in. To look deeper into these concepts, take a look at my first book asking 80 questions.

*Navigating the world liberates the
mind, the heart set free by souls
met along the way.*

Decades, years, months,
weeks, days, hours, minutes -
when left with the latter,
we ponder the former.

Breathe in the beauty of today,
tomorrow decides if you will
breathe again.

A castle of lies and deceit,
surrounded by a moat of facts
and integrity, rots away as
truth seeps in.

*The price some pay for beauty,
is often the beast.*

For we are all fools,
for we have all been fooled,
the ones too proud to see,
the greatest fools of all.

*All you need to know
is inside the tear edging
down your cheek.*

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.

The biggest diamond my mind
needs me to buy, has little value,
next to the smallest flower my
heart nudges me to pick.

Reclaim your sovereign self,
tear away your mask of fear
for you are already infected -
your veil of "safety" laid bare as
your white flag of surrender.

Be the smiling stranger,
for if someone smiles first,
you lose.

Truth vs. tyranny,
society vs. sociopaths,
people vs. psychopaths,
everyone vs. evil.

What you believe,
what I know,
are exactly where
they both need to be.

Silence is often golden - during tyrannical times, make no mistake, silence is agreement by consent.

When truth no longer has a voice, who then is the person looking back at you in the mirror?

*As an avid reader,
hope prevails inside you.*

*Refrain listening to your best
friend fear, put pen to paper,
inspire others as you have been.*

As the propaganda puppeteers,
present and pound their latest piece
- welcome words of wisdom, from
those whispering in the wilderness.

1+1 = 3, male = female,
lies = truth, fake = real,
legal = illegal, poison = health,
oppression = freedom.

Listen & believe or
research & know.

Truth shines with few words²,
lies require countless narratives⁸.



Calm our unconscious state,
calamity our conscious one.

Our fight / flight mechanism is
meant to be a temporary state,
eliminate everyday fear narratives
for they are slowly killing you.

The ratio of our "democratic"
societies is 48:4.

48 weeks work,

4 weeks holiday.

What is the ratio for
humane ones?

As your knowledge changes,
so will those around you.

Some avoid you, some never come
back, some notice you standing tall
as the composer, rather than sitting
with the violinists in the
orchestral pit.



Judgement - the easy path,
self-adjudication its outcome
based on fear, leading to the
incarcerated mind.

Investigation - the hard path,
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based on knowledge, leading to
the liberated mind.

While the average architect
designs a prison with concrete and
steel, the smart one creates one
without doors or walls.

The prison of the mind,
incarcerates sans perception.

We are each a piece of the
universal jigsaw puzzle,
each one unique and vital,
without which the puzzle
can never be complete.

The universal field provides an abundance of nudges, ideas and inspiration to each and every one of us, each shaped to our unique lives.

Our failure to take action, informs the field to hand these jewels over to others, more open to receiving them.

How was I led to believe,
the silent thief named inflation
is a consequence of market forces,
rather than engineered to transfer
wealth away from those working.

When we continually feed,
negative past experiences the power
they crave, their survival and
control of us today, never ends.

Instead, treat them as footprints in
the sand, temporary and gone
forever, as the next wave of life
comes ashore.

Wings of fright lead to famine,
wings of faith lead to feasting.

To live as the paranoid pigeon
or ethereal eagle, is entirely
our own making.

Minds moulded, habits honed,
lives led, futures funnelled...all by
people I have never met.

When I take back control of
my sovereign self, strangers no
longer matter.

When exposed to a writers quill,
artists brush, musicians chords,
sculptors chisel, chefs recipes or
photographers shutter - a journey
of discovery has begun.

What will you create,
now the baton of inspiration
has been handed to you?

Is it wiser walking through life
with the lightest of footsteps
or firmly leaving one's mark?

We have the choice to make
waves, why do so many choose
ripples instead?

For decades, tens of thousands of babies have perished due to cot death - parents handed the narrative of Sudden Infant Death Syndrome (SIDS), their voices silenced.

We now have the Sudden Adult Death Syndrome (SADS) narrative.

Parents, everyone, now have the answers they were denied...there is only one common denominator.

The printing press brought
knowledge to millions,
the internet to billions.

We have the choice to read,
learn, contribute or continue as we
are – potential is nothing more than
a planted seed, fail to water it,
fail to grow.

Taking in the latest narratives is never free, belief and compliance, their goals.

The price you pay may not seem expensive today – your children and grandchildren will however, pay full price.

When the outside defines you,
the inside can never shine.

With time, we discover the
external has little meaning,
our internal is everything
and been with us all along.

When dictionaries, encyclopedias
and governments, change the
definition of words that no longer fit
their latest narratives – the social
contract is broken once again.

We are all a rough draft in our own novel, until our final chapter is written.

Refrain from reading someone else's, concentrate on your own — assign grand experiences whole chapters, confine the less so, to footnotes.

Does the dark alley gain
its fear from the garbage,
odours or graffiti?

It is of course none of these,
but my mind feeding it.

I put energy, belief, faith and hope into a deity, guru or sage on a stage, outside myself.

If instead, I took that energy inward, to trust and believe in myself, how many wonders would emerge?

We were
fooled with Stupid-19,
bullied with Stupid-20,
alas surrendered to
Stupid-21/22.

How long your stupid?

I believed the Bush &
Blair narratives on weapons of
mass destruction - they lied...
a million died.

I believed the Biden &
Boris narratives on injections of
mass vaccination - they lied...

Look back; did you pay attention
to cigarettes & cancer, or possibly
alcohol & cirrhosis, how about
sugar & obesity; surely you
questioned the narratives
surrounding JFK, 9/11
or Covid-19?

Everything is fine, until it isn't,
until it's you - are you paying
attention now?

On occasion, I am asked,
why I write, what I write.

On occasion, I answer,
how can I not.

We listened to Big Tobacco,
Big Food, Big Pharma,
Big Banks, Big Media,
Big Tech and Big Government.

They lied about cancer, nutrition,
health, money, truth, free speech
and democracy - they lied on
all things important.

What happened to listening
to ourselves?

When I lie to others, in time,
my reputation will be tarnished.

When I lie to myself,
I tarnish myself in no time.



In a democratic country,
60% voter turnout is good,
70% impressive,
80% outstanding,
90% unlikely,
100% impossible... 110% -
you no longer have a "democracy".

Many will be with you for
minutes, hours or days; the few for
weeks, months, years or decades.

Judge not, how long they are a
part of your journey, accept each
moment in the spirit it was given
to you.

The honourable soldier, fighting dishonourable "democracy" wars, while waving the fake flag of freedom, is not only the destroyer of genuine democracy, but also their post-war battles with family, eventually themselves.

Your heartaches and hopes -
how can I possibly understand,
I am not you.

Channel your trials and triumphs
through the arts. I, everyone,
may then begin to see, feel,
possibly understand.

The challenges and battles you have with others, can never be as important as the ones you have with yourself.

Be gentle, it starts with you, if you do not support and believe in yourself, how can you expect others to?

When people or topics are censored, that's when I pay attention, for clearly they are over the target as they drop their truth bombs.

The echo chamber of my mind
is directly connected
to those closest to me.

Exiting the chamber by asking
fundamentally different questions,
is in direct correlation to where
I wish to get to.

And just like that, we find out
that Psychiatry has never isolated
any real disease and drugs
prescribed by psychiatrists,
no better than a placebo -
scientism at its best.

Why label, confine ourselves to a
few words - left, right, housewife,
alcoholic, divorced, catholic,
depressive...?

We are so much more, with a
dictionary within reach.

A fundamental part of philosophy
is the area of natural law.

It is clear why these principals
have been excluded from syllabuses
- to shroud and suppress our
natural human rights,
sovereignty and pre-eminence.

Is the wealthier child, the one with
the smartphone or ball?

Our definitions may need
recalibration, when the screen is
more important than the scenery,
as we cast aside the beauty of the
analogue over the digital.

Mathematics / Politics
informs us that coincidences -
is rarely the result of chance.

Are you a bull or a bear?

Be a bear, by divesting in
a bull market, and a bull,
by investing in a bear market
for generational wealth.

"Bureau of Disinformation" /
"Ministry of Truth".

When truth becomes a terrorist act,
governments no longer have legitimacy,
as they once again break the
social contract.

Does this mean a government is
scared of its citizens, or should citizens
be scared of their government?
... Both.

They lost their jobs, friends,
marriages, sometimes family.

They stood tall while the rest sat down,
marched as others slept, shouted when
most whispered, and stood up to tyranny
while the majority acquiesced.

The unvaccinated - ordinary heroes,
leading with extraordinary courage.

Russian roulette, predominately
a game played by those
with nothing to lose.

Now with billions of subscribers,
currently playing inside
someone near you.

Vaccines = health, safety, science / profit,
death, control.

The virus was never the virus, the "vaccine"
was always the virus.

Vaccine Acquired Immune Deficiency
Syndrome (VAIDS),
Sudden Adult Death Syndrome
(SADS) and Vaccine Associated
Enhanced Disease (VAED),
but few of the known consequences.

When the world stops rationalising, what they
did to us, to our children, there will be no place
they can hide - there will not be
enough guillotines.

If we compare seeking truth,
akin to wading through a swamp,
while lies are a beautifully
manicured garden, we begin to
understand why so few seek it.

When we avoid truth, we avoid
authenticity, therein lies our fate,
for being authentic means being the
author of your own book.



Seemingly fair and democratic
debates, if not based on a
foundation of truth, are not debates
at all - instead, mere propaganda
platforms masked in a cloak
of freedom.

Star Wars pointed us in the
right direction, the force is
everywhere and within us all -
however, it is called the
field...welcome home.

Organisations controlling the world:

UN, BIS, WIF,

WHO, WTO,

GAZI, ICRC,

IBI, WIPO,

WMO, IGGI, ITU,

UPU, FIFA, IOC

are headquartered in Switzerland.

How can the narrative that
Switzerland is neutral, be true?

One of life's best lessons,
is right there on a plate of food
served in French schools -
we now know why children,
adults elsewhere are so ill.

While sheep follow the herd,
raising awareness for autism,
aspergers, adhd, cancers, climate,
strokes etc., with beliefs looking at
symptoms.

It is the shepherd with his collie,
that sees everything, the causes,
the truth, using first principles
reasoning.

Most survive, few live, fewer still
experience, odd ones create.

To save the world, first, I
must save myself - one thought,
idea, word, note, stroke,
step and action at a time.



The West has fallen -
fight for freedom or continue to
fall for fascism.

Modern Monetary Theory
(MMT) - the world's
biggest Ponzi scheme courtesy of
The Central Banksters'.

Instead, embrace the decentralised
blockchain-age, take back your
sovereignty by becoming
your own bank.

While the masses put wealth
before health, coerced in returning
to being pedestrians.

Knowledgeable nobles, continue
valuing health over wealth,
continuing as equestrians.

*Where have all the children
disappeared to?*



If you are too scared, to even think
you can make a difference,
they have won.

Never give in, never give up, never
forget - you are not standing tall for
yourself, you are standing tall for all.

Ask not, which nations hold down
their citizens, instead, how many citizens
hold up their nation.

It began in the thousands,
currently millions, possibly billions.

Genocide:
the targeting of one race.

Democide:
the targeting of everyone.

Longevity = source, sunshine,
solace, serenity, sovereignty,
sincerity, synergy, salads.

Brevity = pharmaceuticals,
programming, propaganda,
prejudice, passionless,
pugnaciousness, partisanship,
processed.

The propaganda puppeteers have
truly mastered their art,
as consumers of narratives,
devolve into narrators themselves.

Ready-made narratives have
much in common with ready-made
meals - death of the mind,
death of the body.

I blame strangers, I blame
colleagues, I blame friends, I blame
family, I blame my partner, I blame
my child - I never blame me.

The blame game is an easy one to
play, however, one that can
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Instead, play the responsibility game,
swapping out the victim card for the
joker, able to change into anything.



The Cancer Cartel & Industry.

When your cancer doctor /
sales representative, won't
themselves take the "treatment" they
are peddling, this precisely fits the
definition of indoctrination.

While amazing to find someone
on the same page, paragraph,
sentence or word as you -
paradoxically, therein lies a
problem, for difference is a
prerequisite to growth.

How do those with seemingly
so little, smile so much,
while those with a lot, do not.

Real eyes what you have today,
sans frontières.

Font

The script font chosen for the quotes took me some time to find, full credit to its designer, well worth the cost for commercial use.

However, on occasion certain letters and words, can be hard to read; because of this, here are all 80 quotes in a normal font:

“Navigating the world liberates the mind, the heart set free by souls met along the way”

“Decades, years, months, weeks, days, hours, minutes – when left with the latter, we ponder the former. Breathe in the beauty of today, tomorrow decides if you will breathe again”

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“ $1+1 = 3$, male = female, lies = truth, fake = real, legal = illegal, poison = health, oppression = freedom. Listen & beLIEve or research & know”

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“Calm our unconscious state, calamity our conscious one. Our fight/flight mechanism is meant to be a temporary state, eliminate everyday fear narratives for they are slowly killing you”

“The ratio of our “democratic” societies is 48:4. 48 weeks work, 4 weeks holiday. What is the ratio for humane ones?”

“As your knowledge changes, so will those around you. Some avoid you, some never come back, some notice you standing tall as the composer, rather than sitting with the violinists in the orchestral pit”

“Judgement – the easy path, self-adjudication its outcome based on fear, leading to the incarcerated mind. Investigation – the hard path, freedom its outcome based on knowledge, leading to the liberated mind”

“While the average architect designs a prison with concrete and steel, the smart one creates one without doors or walls. The prison of the mind, incarcerates sans perception”

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“Minds moulded, habits honed, lives led, futures funnelled...all by people I have never met. When I take back control of my sovereign self, strangers no longer matter”

“When exposed to a writers quill, artists brush, musicians chords, sculptors chisel, chefs recipes or photographers shutter – a journey of discovery has begun. What will you create, now the baton of inspiration has been handed to you?”

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“Look back; did you pay attention to cigarettes & cancer, or possibly alcohol & cirrhosis, how about sugar & obesity; surely you questioned the narratives surrounding JFK, 9/11 or Covid-19? Everything is fine, until it isn't, until it's you – are you paying attention now?”

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When truth becomes a terrorist act, governments no longer have legitimacy, as they once again break the social contract. Does this mean a government is scared of its citizens, or should citizens be scared of their government?...Both”**

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“How do those with seemingly so little, smile so much, while those with a lot, do not. Real eyes what you have today, sans frontières”

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 book of 80 quotes, charts his continued journey of understanding how the world really works during the aftermath of the global plannedemic.

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elf



Reference: Quotations / Philosophy, Social
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