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# THE IRISH LIGHT

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The Uncensored Truth

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FREE



## The Migrant Invasion Of Ireland

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# Pharma Kills



The real objective of the pharmaceutical industry is to keep you sick

**IF the government really cared about your health, the first thing they would do is ban everything that is bad for it: junk food, fluoridated tap water, glyphosate, toxic chemicals, vaccines and dangerous pharma drugs.**

But Irish politicians are bought -and-paid-for puppets of the international banking cabal and have no say whatsoever over what actually happens here. The outsiders who control Ireland are creating a One-World Government and are obsessed with the idea that the population of the world must be drastically reduced in order for them to fulfil their dystopian plan of

global control. Their main weapon of population control is Big Pharma. Ireland has become a haven for the criminal pharmaceutical industry because nowhere else in the West is as corrupt as this country. Malignant multinationals can get away with what they like, polluting our once pristine land, air and waterways, and using dumbed-down Irish people to make their deadly products.

A century ago, medicine was taken over by wealthy depopulationists. All of the traditional cures and remedies found in nature that had been developed over centuries were suppressed almost overnight and replaced with pharmaceuticals.

The Flexner Report of 1910 was the brainchild of powerful businessmen John D Rockefeller, JP Morgan and Andrew Carnegie who were avid proponents of freemasonic/ communist population control. The use of pharmaceuticals ushered in an era of modern diseases that never existed before, creating a profitable new industry and generations of pill-poppers who would become reliant on their 'meds' which would make them even sicker and more dependent on the State which in turn was busy shortening their lives. Today, we watch the culmination of this process with first-world populations afflicted by debilitating chronic

illnesses caused in part by obesity and alcohol abuse but mostly from the side effects of pharma products. Before they rolled out their dangerous Covid vaccine, the government failed to tell you that Pfizer had paid the biggest criminal fine in the world - \$2.3 billion - for lying about the safety of its drugs. Would you have taken their vaccine if you had known that? Not likely. Indeed, many pharma companies have criminal records and have been intentionally killing people for decades as part of a much wider globalist plan to wipe out large segments of humanity, especially the wealthiest in the West. Perhaps the most sinister aspect of all of

this is that the mainstream media in Ireland are in bed with these criminal corporations when it is their job to hold them to account in order to protect the public. Here in The Irish Light, we tried to warn people during the scandemic but were silenced and threatened by corrupt Gardai and courts. The only function of the HSE, hospitals, and doctors now is to prescribe and cull as many people as possible as quickly as possible. Before you can even outline your symptoms, they are writing the script. This should be a dead giveaway to those who still trust them but it just doesn't seem to dawn on them *(Cont'd overleaf)*

The Irish Light: Ireland's Only Free Press

## Pharma Kills cont'd from p1

they are being scammed.

Do they ever read the patient information leaflet in the drug packaging outlining the countless side effects that their pills cause? Most modern-day illnesses such as diabetes, dementia and autoimmune diseases like MS stem from the use of pharma products but people are too brainwashed to see this. This blind trust they put in authority is sending them to an early grave.

The truth is they only have themselves to blame for relying on a morally bankrupt system run by bureaucrats, doctors and nurses who are working for money and not better health for their patients. The Pharma industry which pays their wages is interested only in depopulation and profit. The commercialisation of medicine and the takeover of medical schools which happened in the early part of the last century destroyed everything that was good about healthcare.

In Ireland, those of us over a certain age remember the efficiency and brilliance of the nuns who built and ran our hospitals without seeking a penny from the people. They worked for God and through their hard work and Christian charity, divine providence took care of their needs.

Once the Church's vital caring role was abolished by the State, Big Pharma took over. It's obvious the health of the Irish people has been deteriorating ever since. The evidence is all around us. How many ambulances will you see today when you are out on the roads of Ireland? Another victim of the Covid jab.

Until people waken up and realise that the pills they put into their mouths every day are slowly killing them, they will continue the foolish march to their demise. Real health does not come from the end of a vaccine or a capsule. Tablets suppress the healing process and cause more harm than good. Pain, while hard to endure, is a healing mechanism which we need to go through in order to



get better. Pills just mask that process and cause a plethora of other nasty conditions. The word pharmacy comes from the Greek word 'pharmakeia' which is associated with magic potions and poisons: ingredients

which should never be put anywhere near the human body. The Covid era shone a light on the rancid corruption within the Health Circus. It has nothing to offer you except Pharma pills to keep you sick and in the system.

# No To Nanny State

**A TYRANNY of bureaucrats has infested every aspect of Irish life. They are intent on destroying what's left of your freedom. In every sphere of society now, we are faced with rules and regulations telling us how to behave, what to say, what not to say and what to think.**

That's what happens when Big Government becomes Big Daddy and indoctrinated citizens allow morally bankrupt politicians to control their lives. No people in the past have shown themselves to be more rebellious against the State than the Irish. Our ancestors fought valiantly against the might of the English Crown by chipping away at its insidious petty laws and ignoring orders. Throughout our history, this peaceful rejection of authority is what freed our people from tyranny. And it will again. It just takes self-confidence and the courage of our forefathers to stand up to bully-boy government and reject it everywhere we see it.

Many of the farcical regulations that were ushered in without any public consultation during the Covid scam are still in place. For example in the beleaguered court system, it is no longer possible to walk in off the street and lodge legal papers or query a case. The appointment system brought in four years ago is still in place: more proof if it were needed of the true purpose of Covid: to implement a police state of total control and nanny governance. The same rules apply to other state bodies such as the Births and Deaths office. What



the simpletons involved in government bureaucracy have yet to work out is that they too will be discarded in the fullness of time when all State offices become automated and run by AI robots. All of the nurses, gardai, civil servants, judges and teachers who sided with corrupt politicians when our hard-won freedoms were being stripped from us will in time regret that they didn't stand by our sides and resist while they still could. None of them will get their pensions. And their working environments will become more and


**CLIMITARD**  
A person who believes you can change the weather by paying more taxes to government

more stifling and hostile as the State makes it very clear they want them out and replaced by robots. And that is going to happen faster than they realise. Look

at how the supermarket sector is turfing staff out and using automated check-out systems. They will be next.

It's down to us who see the agenda clearly to tackle it wherever we can. Form alliances with likeminded people and become a force in your own right. Speak to your neighbours, family and friends about the loss of our privacy and what it will mean for our children. Challenge yellow-vested workmen installing spy systems in your area and building migrant housing. Reject the nonsensical green agenda - not by harming the environment in any way - but by spurning all eco-propaganda that undermines our first world way of life. The Irish people will never give up their cars or succumb to new speed limits which are appearing on major roads. Take a spin on the M50 to see how new 60kph signs on this 100kph route are being ignored by 99% of motorists.

Locally, we can play our part by standing up against the tyranny they are trying to impose on us by simply refusing to go along with it. All it takes is a handful of people to say no and the rest will follow. You'll be surprised at the results.



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# NET ZERO REALLY MEANS NET YOU



NO CAR  
NO FLIGHTS  
NO MEAT  
NO CASH  
NO PRIVACY  
NO CHOICE  
NO VOICE



YOU WILL LIVE IN A 15-MINUTE CITY UNDER 24/7 SURVEILLANCE

# NO FREEDOM!

# Irish media are your enemy

## Journalists are nothing more than government lapdogs

by **Gemma O'Doherty**

**THE Irish people have long forgotten what the real purpose of the media is: to hold the powerful to account on their behalf.**

Today, they view both journalists and politicians as celebrities, speaking about them on first name terms as if they are their friends and have their best interests at heart. If only they realised they are their sworn enemies and want to steal every last bit of privacy, wealth and freedom from them. They see journalists fawning all over public representatives as if they are worthy of praise.

If we lived in a free country, the relationship between press and power would be fractious and adversarial, and politicians would be afraid to step foot in a TV studio for fear of being properly interrogated about a matter of public concern. But in Orwellian Ireland, the public are fed a non-stop diet of soft glossy interviews, no hard questions and a fawning clique of media whose only purpose is to make politicians who have sold Ireland off to foreign interests look good. No-one who calls themselves an Irish patriot could have anything to do with these lying charlatans who have managed to rip to shreds the very idea of Irish nationhood and gaslight the Irish people night and day, treating them like second-class citizens in their own country.

The mainstream media has wholeheartedly supported the replacement of the Irish people by migrants from Third World countries who are the new slaves of the elite. In every Irish household from Cork to Cavan, conversations are being had about the horrifying impact of mass immigration and how Ireland has been reduced to nothing more than a vassal state of the EU. But yet in those same households, RTE will be switched on in the corner bleating out propaganda and lies with the intention of bringing about the end of Ireland.

Until people realise that the greatest enemy in their midst is the mainstream media and that they should switch off en masse, we have little hope of saving our country.

At the start of the psychological Covid operation, national and local media were given large lump sums to pump out the mask, lockdown and vaccine narrative and lie to the people on an unprecedented scale. No dissent was allowed. Anyone who questioned or challenged the government line was promptly ostracised. It was the most dangerous example of groupthink in Irish history.

The whole purpose and function of journalism is to challenge government policies and programmes, not to endorse them wholeheartedly as if politicians would never do us any harm. If we woke up tomorrow morning and the media and government were gone, every single problem that has afflicted this country would come to an end in a matter of months.

Just think about it. All of their tyrannical rules and laws that restrict our property use, wealth, freedom and speech would be abandoned. Migrants would be forced to leave because the government freebies would come to an end.

All of the ludicrous global warming net zero taxes and regulations would be a thing of the past. Real treatments and cures for disease would flourish. Irish entrepreneurship would be allowed to thrive. Children's minds would no longer be assaulted by Marxist sexual indoctrination at school.

Until the public realise that the media are nothing more than stooges of government, when they should be valiant, dogged watchdogs working relentlessly to protect citizens from unbridled power, we have no chance of regaining our country and the situation is likely to worsen.

We are on the cusp of end stage Ireland. It's time to take real



The Irish media are PR spokesmen for corrupt politicians. Switch off now.

**Politicians should be terrified of the media whose only job is to protect the public from unbridled power. In Ireland, journalists fawn over government. They are nothing more than lapdogs when they are supposed to be watchdogs**

action to salvage what is left of our country and that can only be done by a mass switch off of all Irish media by the Irish people. We have already reached a point where very few people are willing to put their hands in their pocket and buy rags like The Irish Times or Independent but they will still visit them online. The vast bulk of what you read in the Irish media now is either fake or being published to socially engineer the reader. For example, they recently pushed a hoax about a measles outbreak to encourage young parents to vaccinate their babies with toxins linked to autism. People know this

but still fund these dangerous lies. Except in very rare cases, measles is not in any way harmless and actually provides a growth spurt in childhood. But the pharma-funded media who cannot operate without corporate funding push the fear agenda constantly about measles, to blackmail parents into vaccinating their children with dangerous injections. How many Irish people are dead, in wheelchairs or suffering from turbo cancers because of the experimental Covid vaccine which was pushed upon them by all quarters in the media without any scrutiny of its safety or

effectiveness? As we predicted in this newspaper, it was neither safe or effective and many people every day are losing their lives because they were foolish enough to put their trust in media and government. Their ignorance cost them their health. Sadly, they only have themselves to blame for putting blind faith in these evil propagandists. It's time the Irish people freed themselves from their trauma bond with RTE and government. Only then will we start to see real change in our country and the possibility of a future for those coming after us.

# Roadmap to global governance

by **KIT KNIGHTLY**

**COVID marked an acceleration of the globalist agenda; a mad dash to the finish line that seems to have lost momentum short of victory – but the race is still going.**

The goal has not changed, even if the years since may have seen the agenda retreat slightly back into the shadows.

We know what they want conceptually, but what does that mean practically?

What does a potential global government actually look like?

First off, let's talk about what we're NOT going to see.

- 1 They are not going to declare themselves. There will almost certainly never be an official 'world government', at least not for a long time yet. That's a lesson they learned from Covid - putting a name and a face on globalism only foments collective resistance to it.
- 2 They're not going to abolish nationhood. You can be sure Klaus Schwab (or whoever) isn't ever going to appear simulcast on every television in the world announcing that we're all 'citizens of ze vurld now' and that nation states no longer exist.

In part, because that is likely to focus resistance, but mainly because tribalism and nationalism are just too useful to all would-be manipulators of public opinion. And, of course, the continuing existence of nation-states in no way precludes the existence of a supra-national control system.

- 3 There will never be an overt declaration of a change of system. We will not be told we are united under a new model. Instead, the illusion of regionality and superficial variance will camouflage a lack of real choice across the political landscape. A thin polysystemic skin stretched tight over a monosystemic skeleton.

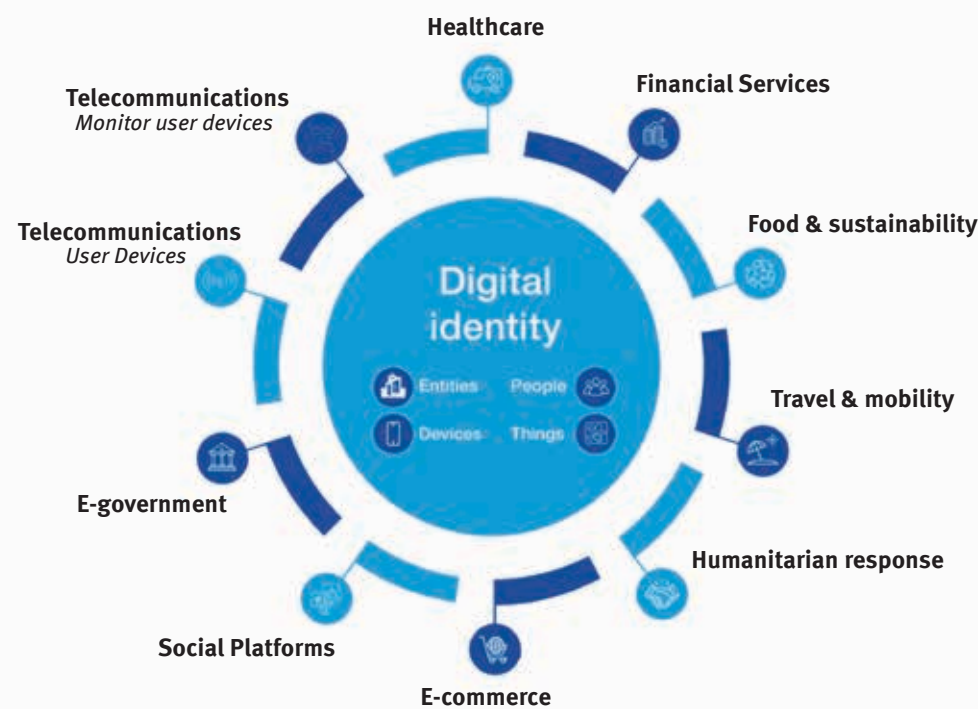
Capitalism, communism, socialism, democracy, tyranny, monarchy – these words will steadily dilute in meaning, even more than they have already, but they will not be abandoned.

What globalism will bring us, I suggest, is a collection of nation-states in name only, operating superficially different systems of government, all built on the same underpinning assumptions, and all answering to an unelected and undeclared higher authority.

And if that sounds familiar, it's because it's essentially what we have already.

The only major aspects missing are the mechanisms by which this rough model can be transformed into a flowing network,

## 'Climate change' - it's the Trojan horse to rule us all



Once everything goes digital, they will have complete control over you

where all corners are eroded, and all genuine sovereign powers become entirely vestigial:

### 1. DIGITAL MONEY

Over 90 per cent of the nations of the world are currently in the process of introducing a digital currency issued by their central bank. Simply put, entirely digital money enables total surveillance of every transaction. If the currency is programmable, it would also allow control of every transaction.

CBDCs are a potentially dystopian nightmare which will infringe the rights of anyone forced to use them; but how are they a building block of global government? The answer to that is 'interoperability'. While the world's national CBDCs will notionally be separate from one another, the majority are being coded to recognise and interact with each other. They are almost all being developed along guidelines produced by the Bank of International Settlements and other globalist financial institutions.

### 2. DIGITAL IDENTITY

The global push for mandatory digital identities is even older than the digital currency agenda, dating back to the turn of the century and Tony Blair's national identity cards.

Terrorism? Digital identity will keep you safe.

Illegal immigration? Digital identity will secure the border.

Pandemic? Digital identity will keep track of who is vaccinated and who is not.

AI? Digital identity will prove who's human.

Poverty? Digital identity will 'promote financial inclusion', apparently.

Clearly, just as with CBDCs, a far-reaching digital identity service is a threat to freedom. And, just as with CBDCs, if you interconnect national digital identity platforms, you can build a global system.

Again, it's all about interoperability. They use the exact same language.

How does this global government hand down policy and legislation without giving away its existence?

Climate change, that's how.

### 3. CLIMATE ACTION

Climate change has been at the forefront of the globalist agenda for years. It is the Trojan horse of the anti-human technocrat.

As long ago as 2010, noted climate change 'experts' were suggesting that 'humans are not evolved enough' to combat climate change and that 'it may be necessary to put democracy on hold for a while'.

More recently, in 2019, Bloomberg was publishing articles with headlines like 'Climate Change Will Kill National Sovereignty As We Know It'.

For years, climate change has been sold as

the reason we might be forced to abandon democracy and sovereignty.

We're being told that international trade needs to be climate conscious.

We're being told by the World Bank that education reform will help the fight against climate change.

We're being told by the IMF that every country in the world should tax carbon, and, in a recent cross-over episode, that CBDCs can be good for the environment.

### See how it works?

Agriculture and food, public health, energy and transport, trade, fiscal and taxation policy, even education; almost every area of government is now potentially covered by the climate change umbrella.

They no longer need a one-world government, they just need a single panel of impartial international climate change experts working to save the Earth.

Through the lens of climate change, these experts are empowered to dictate – sorry, recommend – government policy in almost every area of life to every nation. Local councils and city mayors are also a big part of this power structure.

### Do you see it yet?

This is global government in the modern world: not centralised, but distributed. Cloud computing. A supranational corporate-technocrat hive mind. With no official existence or authority, and therefore no accountability, and funnelling all their policy decisions through one filter – climate change.

There won't be a single global currency, there will be dozens and dozens of interoperable digital currencies creating a 'harmonious payment ecosystem'.

There won't be a single global digital identity service, there will be a series of interconnected identity networks engaged in the 'free flow of data to promote security'.

There won't be a global government, there will be international panels of 'impartial experts', appointed by the UN who make 'policy recommendations' carried out by local councils.

All of the countries of the world will follow most or all of the recommendations, but anyone who calls these panels global governments will be fact-checked by Snopes or Politifact, highlighting that 'UN expert panels do NOT constitute a global government because they have no legislative power'.

This, I suggest, is how global government will take shape in 2024 and beyond.

● **This article was originally published by Off-Guardian at [www.off-guardian.org](http://www.off-guardian.org)**

# Schools Warp Innocence

**IRISH** schools are little more than Marxist indoctrination camps now, turning the children of the future into promiscuous messed-up souls who believe the planet is on the way out and that there are 60 genders.

It's tragic that parents do not see the damage being done to their sons and daughters in the classroom but this is a symptom of the fact that schools serve as convenient baby-sitting services for worn-out parents who don't seem to think twice about the real harm being done to their impressionable children.

One of the most important functions of school in the past was to pass down the culture, the Faith and civilised behaviour. Drive past any bus-stop near any Irish school at hometime now and you will see the fruits of the left-wing education model in the behaviour of pupils and the general manner in which they comport themselves. This is not in your imagination or an impression you have formed because you are no longer young. Schools no longer teach the basics of good manners, morality and anything associated with our Catholic legacy. Such remnants of our past are sneered upon.

The result is evident in the generation of narcissistic young people who hold contempt for older people, and are all about 'me, me, me' and their next consumption.

This mindset has been created not by accident but by design. Communist regimes need young people to create the disorder required to bring in their police state. That is why you see the government bending over backwards to facilitate underage sex, easy access to drink and drugs, and long years in universities where the young are training as future leftie busybodies who will carry out regime orders.

The uglification of the world around us is another sign of the communist revolution. Beauty is a transcendental quality which leads people to Truth and therefore to God. That is why we see our once beautiful towns and villages being brought to their knees. When the next quick buck is all that matters, aesthetics go out the window.

Climate madness and the agenda of fear that goes with it is being pumped into children's heads at school - they are even being told to eat bugs as part of the demonic UN education system to 'save the planet'.

They're also being encouraged to be sexual from an early age. This is another method the State uses to wreck their lives and ensure that they will not become happy adults with strong morals in the future.

Up until the 1980's, when the Church was still the guardian of the moral order, education about sexuality was left to parents who decided when their children needed to hear about it. Now early school children are being taught about the most sordid sexual



UN Indoctrination: Children as young as five are being encouraged to eat bugs at school



Many young people are turning back to traditional Catholicism

practices in the classroom and the vast majority of parents have nothing to say about it.

In the animal world, a lioness zealously protects her young cubs from danger but the human of the species seems completely oblivious to the snakes poisoning their children's minds and encouraging them to engage in activities that are completely inappropriate for their age and are going to damage them psychologically for life.

Gladly and inevitably, there is a counter revolution taking place in Ireland and across the West. Young people today crave meaning in their lives and don't want to be obedient State automatons when they grow up. This is illustrated in the number of young people who are returning to the traditional Catholicism of their grandparents and adopting the firm moral code and clean lifestyle it offers them. Their lives feel they have purpose away from the mundane world of the college campus where their every thought and word is scrutinised to ensure they are compliant with political correctness.

Modern culture offers young Irish people nothing of substance: broken hearts, infidelity, promiscuity, alcoholism, drug abuse, hate speech fascism and decadence.

When they discover the Catholic faith, they learn about virtue, the Saints, the traditions of the Church, the Ten Commandments and the central role of strong families in society. It's no wonder so many home-schooling Mums are traditional Catholics who are guarding their children from the ugly state system. For those that remain inside, real damage is being done to them and their young minds are being warped. The whole purpose of education is to allow children to critically think and ask questions. That is no longer allowed and they are made to feel foolish if they give opinions outside the norm. Home-educated children thrive compared to those stuck in the system. Take them out and you will never look back. Leave them in and lament at your leisure. They have only one childhood. It's your job to protect it.



# NEW WORLD ORDER CASTE SYSTEM THE OPPRESSION OLYMPICS

## MOST OPPRESSED

Jews are the most oppressed due to the 'Holocaust' and 2,500 years of 'persecution' and being forced by European Christians to control the global banking system



**JEWS**  
Trans Jews  
Gay Jews  
Jewish Women  
Jewish Men

## HOLOCAUST BARRIER

You will never be this oppressed



## GENDER

Women always rank above men within their respective race and sexual orientation categories

## TRANSGENDER

Trans blacks  
Trans people of colour  
Trans Asians  
Trans white

## OPPRESSION BOOSTERS

The more you collect, the higher you climb up the Oppression Pyramid.

Immigrant  
Non-Catholic  
Obese  
Ugly

## RACE

Blacks always rank 2nd in the race hierarchy due to 'slavery'.  
Jews always rank first

## GAY NON-WHITE

Gay Blacks  
Gay People Of Colour  
Gay Northeast Asians

## WHITE CRIMES BARRIER

(IMPENETRABLE)  
Prevents Europeans from experiencing oppression

OPPRESSION

## STRAIGHT NON-WHITE

Straight Blacks  
Straight People Of Colour  
Straight Asians

## EUROPEAN (WHITE)

Gay Whites  
Straight White Women  
Straight White Men

# Ireland's Worst Judge

Judge Mark Sanfey is a law unto himself and a very real threat to free speech and press freedom

**IRELAND** has had its fair share of dreadful judges who make it up as they go along and spit in the face of justice and the most fundamental rights of the Irish people every single day. But High Court apparatchik Mark Sanfey really is in a league of his own.

You may remember he was the judge who first refused the 2020 application by John Waters and Gemma O'Doherty for a judicial review of the Covid lockdowns and vaccine mandates. In doing so, he rejected the very obvious fact that the government was acting way beyond its lawful reach and terrorising the Irish people into obeying deranged Orwellian diktats to 'stay home' and 'mask up', all of which proved to be utterly futile and dangerous to health.

To describe Sanfey as a government lackey controlled by the clowns in Leinster House would be an understatement. But his handling of the unlawful Edel Campbell action against Gemma O'Doherty has catapulted him to international notoriety given his threats to jail her for the crime of journalism and telling the truth.

Beahving like a vindictive vampire baying for Gemma's blood, he abandoned all semblance of neutrality and objectivity in his dealings with the action as part of a naked attempt to silence her and The Irish Light on behalf of a government in meltdown and the external forces that run Ireland.

The farcical action, involving Cavan woman Campbell whose family is very 'well-known' to the Gardai, began almost a year ago after we highlighted the pandemic of young adult deaths in Ireland following the rollout of the vaccine. At no point did we say the death of these people including Campbell's adult son Diego Gilsean in August 2021 was caused by the vaccine but we said we needed to know why so many of our young people were dropping dead without



Physical violence, corruption, fraud and deception are commonplace in the court of Judge Mark Sanfey

explanation.

This one article is now being used to threaten the editor of this newspaper with imprisonment. If this does not send shivers down your spine, it ought to, because they are coming for all of you next if they get away with it.

The use of a stamp-sized picture of Campbell's son, which was already posted all over the internet, is being classed as 'harassment' by these madmen in gowns who have spent hundreds of thousands of euros to date trying to build a case out of nothing to silence the only investigative journalism left in Ireland.

When we took a closer look at the death of Diego Gilsean and studied his inquest report, it was clear that his death was yet another Garda cover-up. There were many inconsistencies in Edel Campbell's story and that of a friend of Diego's - the son of a senior Garda - who was with him in the final hours of his life and for some reason was shielded from giving evidence at the inquest.

In law, the findings of a Coroners Court must be made available to the public. When we published the shambolic inquest report, Campbell's lawyers, West Belfast charlatan Ciaran Mulholland - whose Dublin office is

based in The Communist Party Of Ireland's HQ - threatened Gemma with an injunction and has been actively trying but failing to jail her ever since.

The Campbell case is being funded by anonymous third-party donors which is completely illegal in Ireland. A civil action in Ireland cannot be funded by parties that have no interest in the case - such an action, which is called third-party maintenance, is a criminal offence here as well as a civil tort but Sanfey - now well and truly part of this criminal conspiracy - motors on completely ignoring the most fundamental rules of his courts and the law of Ireland. Never before has a judge launched such an aggressive attack on press freedom taken place in Ireland. As Sanfey's corrupt deeds bring more and more negative attention upon him, many are naturally concluding that he may have skeletons in his cupboard which the State is using to blackmail him. Why else is he breaking the rules of his own court?

Gemma O'Doherty sent an affidavit to the court several months ago stating that she was travelling out of the jurisdiction but would be available to appear in court online. She was told there would be no online option available but on the day of the hearing it turned out there was and Gemma was prevented from appearing -

another brazen lie told by Sanfey in order to physically force Gemma into his court so that violent mercenary gardai could assault her. The same gardai claimed that they had tried to 'contact' her '20 times' - which was another downright lie in this pantomime designed to harm the only newspaper that is working for the Irish people and exposing the horrific surge in sudden deaths.

Sanfey's court has become notorious for physical assaulting innocent members of the public. During a recent episode, a brother of schoolteacher Enoch Burke was calling Sanfey out as a liar. Instead of allowing the young man to speak and being grown up enough to take the comments on the chin, Sanfey got up and stormed off the bench after ordering a gang of Garda thugs to carry Mr Burke out.

The Gardai have no jurisdiction whatsoever in the civil courts. They are there to intimidate and harass the decent people of Ireland and to obey illegal orders from judges who are breaching their oath of office every time they put on their masonic gowns. These enemies of justice and the truth must be reminded every day that they have no power over us until they stop resorting to violence and start obeying the moral law.



# Truth is no longer a defence in the Orwellian courts of Ireland

by Gemma O'Doherty

**ANOTHER** case of journalistic harassment is taking place in the courts of Ireland. For almost six years, Irish Times abortion activist Kitty Holland has been persecuting writer John Waters in an action which is yet another fascist attack on free speech and press freedom.

John Waters has been one of the most outspoken advocates against abortion in Ireland and he was one of the first journalists to call out the mischievous Savita hoax, which was concocted by Holland and her handlers in 2012 to delude the Irish people into thinking that laws against the killing of the unborn in Ireland had resulted in the Indian woman's death. At least three official reports found it was HSE incompetence and neglect that killed the pregnant mother, vindicating exactly what John had said when he called the story out as a lie.

Five years ago, Holland - who aborted two of her own children - launched a defamation action against John demanding that he apologise, withdraw his comments and seeking to extort money



Fine Gael nepotism: Mayo brothers and judges Pat, Tony and John O'Connor

from him. Naturally, he has no intention of surrendering to any of her obnoxious demands.

The Courts are again doing what they now do best: creating another clown show funded by the taxpayer and using the cover of court privilege to make all sorts of

insidious and outlandish threats against John Waters. This is nothing more than a strategic lawsuit being taken against a journalist who expressed his views about the pro-life issue and an Irish Times fraud.

The case is due to be heard in April in the Circuit Court - a sign that Holland is too

scared to put it before a jury. Ominously, it's being handled by Fine Gael Judge John O'Connor - brother of Tony O'Connor who presides over the Jimmy Guerin fake case against Gemma O'Doherty and has committed a litany of legal offences against her. Such is his prejudice against her, O'Connor allowed Guerin's shameless lawyer Ronan Lupton make the preposterous claim that Gemma had arranged to have Guerin's life shortened. This sort of criminal defamation of a person's good name is par for the course in the poisonous Irish courts these days.

O'Connor's other brother Fine Gael election official Pat heads up the Coronors Court in Mayo and shielded pharma criminals Pfizer after a teenage boy died in Achill just three weeks after the Covid vaccine.

This sort of Fine Gael nepotism is indicative of the banana republic in which we now live largely due to the fault of the media who have long since left their posts.

Where does it all end? When the Irish people reject this immoral elite who are squandering their taxes, and turn their back on the corrupt courts and the State's rotten institutions. Only then can law, order and sanity be restored in Ireland.

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# Immigration: Biggest Scam Of All

by JOHN WATERS

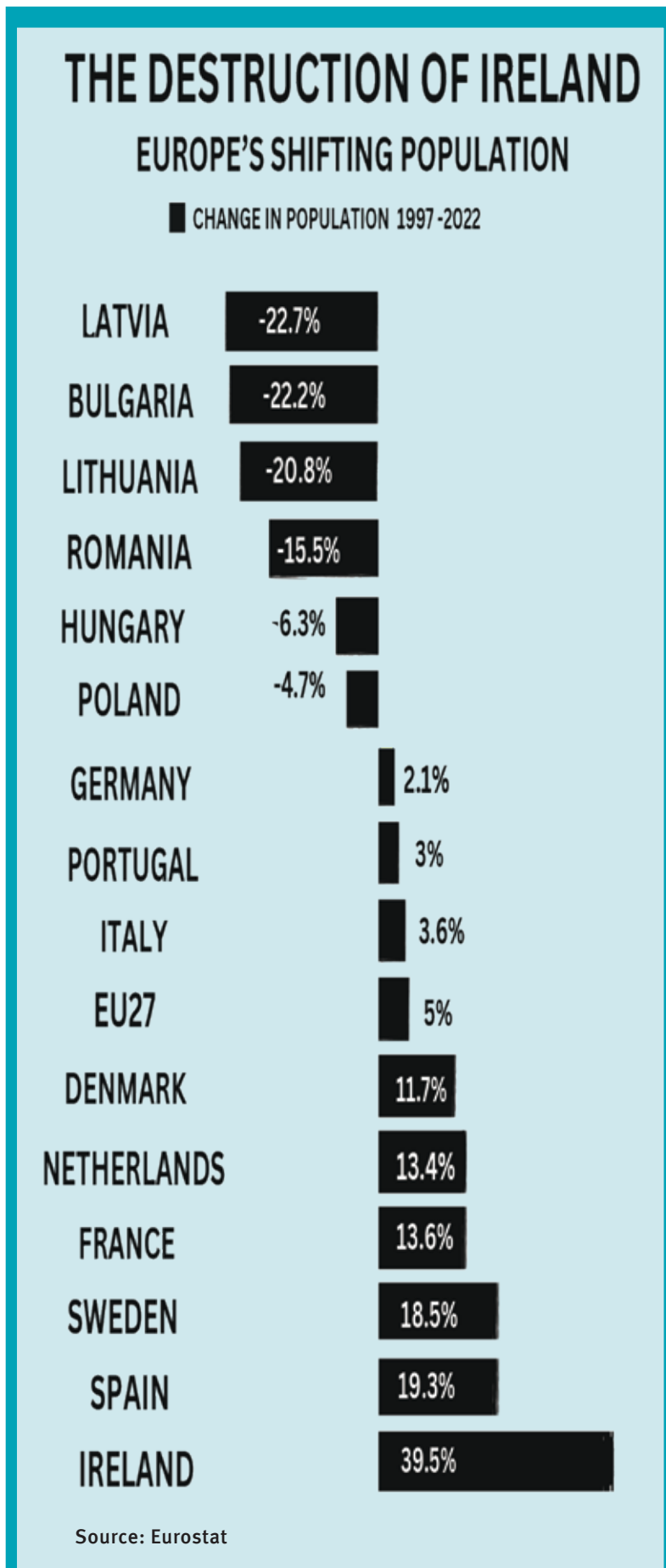
**IRELAND** has no ‘international obligations’ to accept migrants. If we have, why do other countries have a lesser obligation? Why, over the past 25 years, has Ireland’s intake of migrants been twice that of the next largest destination?

Even though mass migration into Ireland has been ongoing for 30 years, the vast majority of Irish people are still unaware of its extent and purpose. This is because, in the main, our immigration policy has been conducted by stealth, on the basis of a conspiracy entered into by politicians, NGOs, international people traffickers, and migrants, all working together in an enterprise that delivers different benefits to each of those categories. In this conspiracy, the people of Ireland have been taken for absolute fools, which in the main is a reasonable enough determination, all things considered. In the early years, the inflow of outsiders was camouflaged by talk of ‘asylum seekers’ and ‘refugees from war zones,’ and later on by the opening up of European borders, in a country distracted out of its mind by a pseudo-prosperity that was very soon to evaporate.

The Celtic Tiger created a good time mood that caused people to believe that all Ireland’s problems were in the past, that the future would be forever flowing with milk and honey. By the time the rage and recrimination that followed the collapse of the Celtic Tiger, the re-plantation of Ireland was virtually a fait accompli — ‘family reunification’ and the massively higher birth rates of many of the incoming populations would do the rest.

There was, of course, a massive surge of incomers after the disastrous decision of the German government to allow more than a million people into Europe in 2015. This was to be followed by a fifth surge, under cover of darkness, while the country was locked down in 2020, continuing into subsequent years.

Another condition of their contractual arrangement is that they peddle gibberish concerning the debt Ireland owes the world



**You will note from the graph above that Ireland experienced a per capita increase of population almost double that of its nearest ‘rival,’ which is Spain.**

because some of our forebears were permitted to build America and Britain with their bare hands. They repeat lies prepared earlier by the shiny suits, such as the one about Ireland’s ‘international obligations,’ from which we are told there is no opt-out.

There are no such obligations, or, if there are, they were entered into by politicians without as much as a by-your-leave to the people who elected them, and this being so, the only equitable solution is to estimate how many migrants these same politicians might be able to accommodate in their own houses, move them in, and leave it at that.

There are no pure or decent motives on show here. What there is is corruption and greed — the corruption of Irish politicians obeying not their people-electors, but the external overlords who hold them in some obscure but certain grip.

A recently published graph (see left) vividly illustrates the extent of the ‘international obligations’ lie. It confirms what we already knew from CSO figures: that in the 26-year period from 1997 to 2022, Ireland’s population increased almost eight times more than the average for the EU. For certain, the greater part of this increase comprises migrants of various kinds, who arrived here even as Ireland’s own flesh and blood was leaving by the same airports. Many of those arriving would have come to work in the factories and offices of Big Pharma and Big Tech. Many others have come chancing their arms as economic refugees, most ‘losing’ their identity documents along the way.

What usually happens when you have a slam-dunk piece of evidence like that is that the usual weasel-trolls emerge to throw out some fatuous what-about question which they believe they can count on to discredit the evidence sufficiently for it to be sidelined. In this case, it might be something like, ‘What about births — you’re not allowing for increasing birth rates!’

Well, the natural increase arising from births over deaths was approximate 19k in 1997 and 20k

in 2022. In the meantime, it had risen to 46k in the years 2009/10 before falling away again. The overall average over the years 1997 to 2022 was approximately 32,000, giving a total population increase of about 835k.

The population of Ireland in 1997 was 3.67 million. In 2022, the population was 5.14 million, an increase of 1.47 million, or just under 40 per cent. Subtracting 835,000 births from this increase, we end up with a net influx figure of 635,000. Since this calculation does not allow for the (unrecorded) distortion arising from the fact that a substantial element of births since 1997 would have been to migrant families, this is very likely to be a conservative estimate of the actual number of outsiders who have moved here. Nor do these figures take into account the effect of invisible haemorrhaging of the native population through emigration — a figure that frequently exceeded 100,000 per annum, especially since the economic collapse of 2008. Indeed, last year alone, some 100,000 young Irish people applied for visas to Australia alone.

Every Irish person who leaves is one Irish person less; every outsider arriving blends into the figures and distorts their true significance. Although arriving at the true net figure after Irish departures had been accounted would require a very complex exercise in calculation, by adopting a low average of, say, 50,000 emigrants (i.e. Irish people departing) per annum, we arrive at a figure well in excess of a million (1.3 million on this calculation), which might mean that the number of non-national now living in Ireland — and without counting children born to people who have already immigrated here since the mid-1990s — could, on a relatively conservative calculation, be in the region of 2 million.

You will note from the graph on the left that Ireland experienced a per capita increase of population almost double that of its nearest ‘rival,’ which is Spain.

(Cont’d on next page)

# The final nail in Ireland's coffin

**SPAIN** currently has a population of just under 50 million, roughly ten times ours. Sweden has a population of approx 11 million — roughly twice ours. France's population is currently 70 million, approximately 14 times ours.

The Netherlands has a population of about 18 million, more than three times ours. Of the top six, Denmark is the closest to Ireland's population, with about six million.

Sizewise, Ireland is about 27,000 square miles. Spain is 195,000 square miles — more than seven times the size of Ireland. Sweden is 174,000 square miles, or more than six times our size. France is 248,000 square miles, nine times our size. The Netherlands is 16,000 square miles and Denmark roughly the same - each, let's say, just over half of Ireland's geographical size.

Let us compare Ireland's record over the 26 years from 1997 to 2022 with each of the five other top six countries. The closest to us, under headings of geography and population is Denmark. Let's say that it is approximately half our size and currently has a slightly bigger population than ours. Yet, Denmark has increased its population by just 11.7 per cent, whereas ours has increased by approximately two-fifths, and possibly significantly more if we were able to calculate the true gross figure of newcomers after outward migration of Irish people is accurately accounted for.

The rest of the countries have, by our standards, been getting away with murder. Sweden is over six times the size of Ireland, but has less than half the per capita increase in population we have experienced - again with the caveat that our figure may be a gross underestimate of the numbers of outsiders we have absorbed. And Sweden has already been destroyed by inward migration, with its capital, Stockholm bearing the dubious label of 'Europe's rape capital.'

France is nearly ten times the size of Ireland but has clearly absorbed a fraction of the per capita number of migrants Ireland has accepted.

Spain, as we have seen, has seven times as much territory as Ireland, but has also absorbed, at the highest, about half the proportion

of migrants we have.

The Netherlands is the country most frequently used in attempts by NGO skills and deracinated leftists to shame Ireland, but here we see that our Dutch 'partners' have been relatively modest in their efforts to increase their population, with just one-third of the per capita figure achieved

other areas where it is difficult for humans to live. There used to be marshes in the western parts, but these were reclaimed a long time ago. It's a pretty unusual country, being completely flat and boasting 40 per cent arable land. Half of the total land is located under one metre above sea level. All this makes the terrain very easy to negotiate, and therefore

Istanbul or Beijing. As with Ireland, large parts of the Netherlands consists of farmland with just a few houses. Another factor is that the history of the Netherlands is radically different to Ireland's, it having enjoyed prosperity for a much longer time, during much of which there was more immigration than emigration. Ireland's history is

Ireland's functional landmass by more than half — to a significantly smaller habitable area than that of the Netherlands. Also, unlike Ireland, the Netherlands has the advantage that almost nobody ever has to leave, because its economy is operated in such a way as to put the people of the country before other considerations. As one Dutch resident put it: 'We're stuck with being a country where everybody wants to live and almost nobody wants to leave (except for a holiday).'

The contrary is now the case in Ireland, with some 75 per cent of young people stating that they are likely to leave their native land.

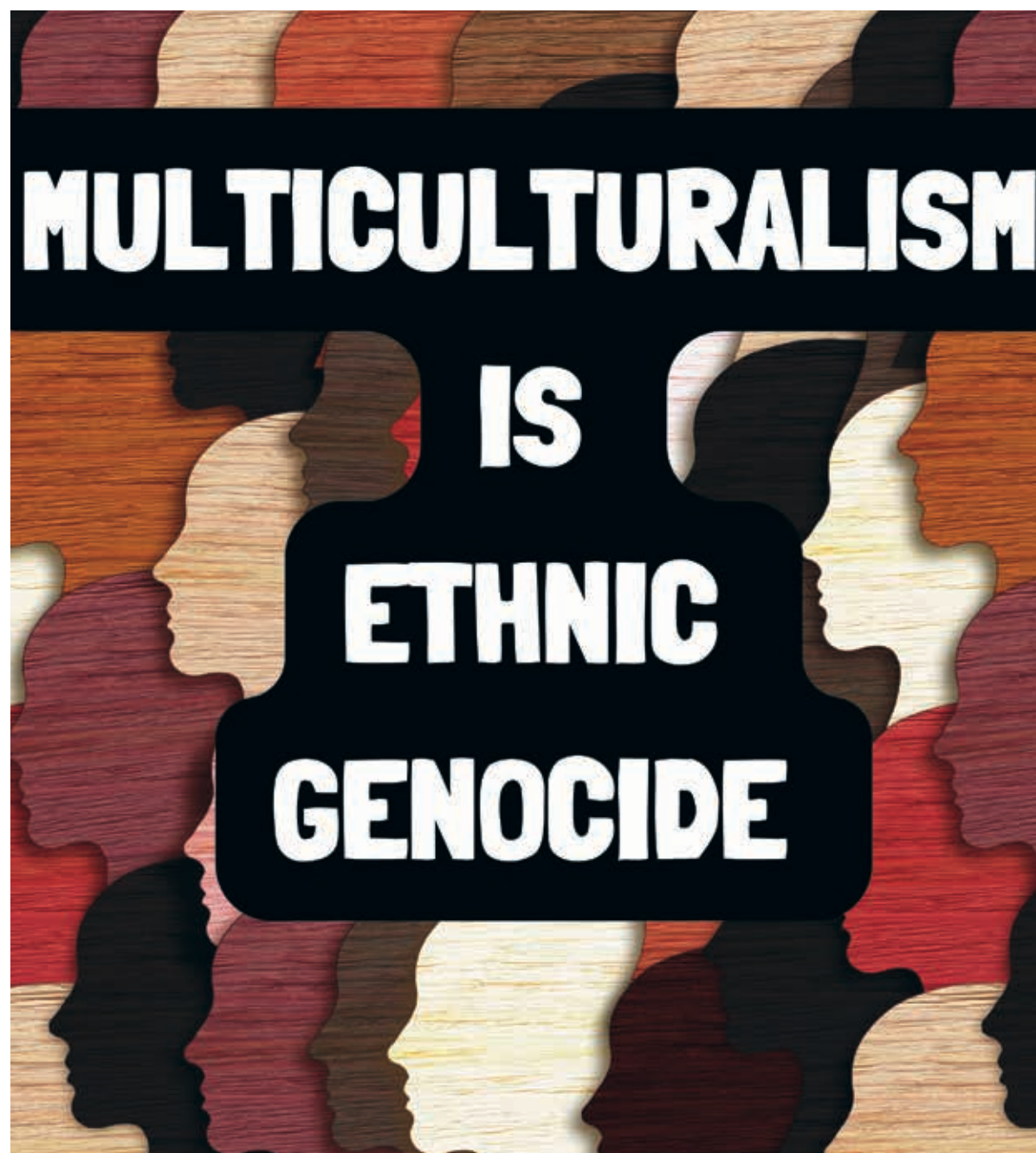
Ironically, the Netherlands has long been regarded as a multicultural society, and yet its total population of non-nationals is actually significantly lower than Ireland's, at just over a million, though of course multiple generations of migrants would by now have become naturalised and therefore defined as Dutch. This is a trick rapidly being learned by the Irish authorities-without-authority, who can barely wait for people get off a plane before pressing Irish passports upon them.

Of course, these arguments are a wearisome waste of time, given the mentality of the kind of people they must perform be directed at - those imposing the present plantation upon a relatively powerless Irish population.

For many years, I was foremost in the Irish media in calling for a proper distribution of genuine development, infrastructure and resources on a nationwide basis. But, since the Dublin lobby had the biggest loudhailer, and this proposal would have been chiefly to the benefit of the native population, no-one was interested. I was told that the countryside was inimical to proper development on account of its scant population — a Catch 22 if ever I heard one. Now, it appears, the countryside can be turned overnight into Holland, presumably concreted over and punctuated with 'postmodern' Ballymuns.

And whatever happened to 'We can't all expect to live on one small island?'

(©Brian Lenihan Sr., c. 1988)



by Ireland - again with the caveat that, if you factor in emigration of Irish people, the actual number of newcomers in Ireland may be much larger than the figure indicate.

One factor that is never mentioned in these comparisons is that the entire territory of the Netherlands is habitable, since there are no mountains or bogland, nor any

more amenable to habitation. It is also highly urbanised, certainly compared to Ireland, having numerous large cities. Most of the population is located within the larger cities, generally in huge apartment buildings. A standard gag is that the Netherlands is not so much a country as a big city 'with a lot of parks between the suburbs,' having approximately the same population as Delhi,

completely the other way around, and the emigration continues, despite the crowing and lies of the propagandists.

Ireland's terrain comprises about one-third mountains which render considerable sections of the terrain relatively uninhabitable, as pertains also to much of the further one-quarter of the terrain comprising of blanket bogland. This indeed in effect reduces

# The Framing Of Ian Bailey

Gardai gave hash and cash to drug addicts to tell lies about the English writer

The Gardai and media engaged in an odious but altogether predictable feeding frenzy in the aftermath of Ian Bailey's death in January of this year.

**HAVING** framed him in life for almost 30 years, it was inevitable they would rehash all of the old lies they had told about him since the death of French film producer Sophie Toscan du Plantier in West Cork in December 1996.

Once again, they showed themselves to be at odds with the Irish people, many of whom were convinced of Bailey's innocence long before he met his premature death at the age of 67 earlier this year. For many years, Gemma O'Doherty stood alone journalistically in defence of Bailey who was a victim of some of the worst Garda corruption and judicial malfeasance we have seen in this country. It was patently clear from the outset that Bailey had nothing to do with the murder of Du Plantier and that the real culprit was somebody very close to the Gardai, if not one of them.

Here is an article O'Doherty wrote in 2018 which was published in the now-captured Village Magazine about the case and the lengths the Gardai went to to protect one of their own.

**THE** skies were still dark over the West Cork countryside when Martin O'Sullivan set off from his home in Goleen on a crisp morning two days before Christmas.

It was just after 7.30am as he made his way to work along the quiet road to Durrus passing a winding breen that leads to the white-washed home of Sophie Toscan du Plantier. As he drove north towards Bantry, leaving the French filmmaker's secluded farmhouse behind, a blue Ford shot up behind him at high speed. O'Sullivan was forced to slam on the brakes as the car overtook him on a dangerous bend and nearly ran him off the road. He noticed its headlights were on and the rear number plate was red. He believed it was a Fiesta. Several hours later, shock and sadness replaced the festive mood throughout



Left: Journalist Ian Bailey and his former girlfriend Jules Thomas. Above: The laneway at Du Plantier's house in Schull



Ireland as news filtered through that the 39-year-old mother of one had been found murdered on the laneway leading to her holiday home overlooking the Atlantic in Toormore, Schull. It was December 23, 1996.

Du Plantier was found in a blood-soaked T-shirt, white leggings and a pair of laced-up boots. She had been bludgeoned to death with a rock and a concrete block. She put up a considerable fight but sustained more than 50 injuries to her head, face and body in the attack and was left almost unrecognisable. She had lacerations on her hands and arms. The then State pathologist John Harbison also believed she had been kicked or held down by the neck and wrist with a 'Doc Marten' boot, whose prints were also found on the laneway near her remains. In the days that followed, Martin O'Sullivan gave a statement to gardaí about the suspicious car he had seen, telling them he was fairly certain it was not from the immediate locality. It was a critical sighting that occurred close to the time and location of the murder and could hold the key to unlocking the case.

O'Sullivan expected gardaí to carry out an appeal asking for the public's help in identifying the driver but they never did; nor did they perform door-to-door inquiries in the locality where the suspicious car had been seen. Why was this? Did they have a motive in protecting the identity of the driver?

It is just one of the countless unsettling incongruences in an investigation which many people in Cork and across Ireland now believe was mangled not by accident but by design. There is a growing sense that the persecution of English journalist

Ian Bailey (61) by the gardaí, which has endured for 22 years and continues to this day, may have been motivated by something more sinister than the need to find a suspect to satisfy her family and the authorities in France. Speculation is rife that gardaí targeted Bailey because they already knew who the real killer was and were protecting him. Allegations have emerged that a senior member of the force may have been responsible for Sophie Toscan du Plantier's death. The officer at the centre of these claims, who is now deceased, was a notoriously violent person and a sexual predator infamous for having affairs with women, particularly foreigners. A married man who was strikingly handsome, he was a rampant alcoholic who is described as having abused his power whenever he could. One local portrayed him as being "crooked as a ram's horn".

He was known for rustling cattle and sheep from farmers who had committed minor offences and he was in a position to blackmail. He also drove a blue Ford car. It is believed the officer may have come into contact with du Plantier because of her fears about drug-dealing in the countryside close to her. Some in the area claim he had a sexual encounter with the French woman, whose love-life was complicated and fraught, but that he was subsequently rejected by her.

The violent nature of the killing has always been indicative of a 'crime of passion' carried out by a scorned lover. The garda at the centre of these allegations was not involved in the investigation. On his deathbed, he was said to be a profoundly disturbed man. The shocking allegations against him however remain unproven.

From the very start of their investigation, gardaí were keen to control the narrative of what might have happened to the French woman. For some reason, they dismissed suggestions that she had a guest in her home in the hours before the murder, rejecting rumours that two rinsed wine glasses had been found beside her kitchen sink. In his book about the case called 'Death in December', Michael Sheridan said the wine glass story was a myth. He was assisted in his research by the gardaí. But images from the crime scene disproved this claim and two wine glasses were indeed found draining in the kitchen. More suspicious still was the fact that no fingerprints were found on the glasses – at least according to gardaí.

Apart from their relentless targeting of Bailey, the destruction of vital evidence from the crime scene supports the theory that the investigation was deliberately botched. The baffling 'loss' of a five-bar blood-splashed iron gate from the entrance to du Plantier's property has never been explained nor has anyone been disciplined for it. Did the gate disappear because there were blood and finger-prints belonging to the suspect on it? The gardaí have also never accounted for the 'loss' of witness statements and suspect files as well as of a document outlining why Bailey and his partner Jules Thomas were to be classified as suspects. A bottle of wine found at the crime scene is also believed to have disappeared as well as a small red hatchet kept inside the doorway of du Plantier's home which her housekeeper Josie Hellen noticed was missing. *(Cont'd on next page)*

# An Epic Garda Cover-Up

**FRESH** skid marks on the laneway where she was found suggest a visitor had arrived and left in a hurry but they do not appear to have been identified.

The brutality of the murder is reflected in images of the victim's body which are horrifying. They also suggest the attack may have been prolonged and that she was chased to her death.

When training to become police officers, young recruits, including gardaí, are taught a fundamental principle of forensic science – a phrase formulated, ironically, by a man known as the ‘Sherlock Holmes of France’ Dr Edmond Locard. It is that every contact leaves a trace. Given the number of injuries inflicted on du Plantier and the frenzied nature of the attack, it is inconceivable that the killer did not leave a single trace of hair, skin, blood, saliva or clothing at the scene yet gardaí claimed no such materials were ever found.

The victim had a clump of hair in her tightly clenched hand, which they said was hers, another dubious assertion.

The timeline of events presented by officers is also questionable. They said that du Plantier's remains were found by her neighbours Shirley Foster and Alfie Lyons (with whom she had a testy relationship) at the bottom of their shared lane at 10.10am. Gardaí arrived shortly afterwards at 10.38am.

Scandalously, it was another 24 hours before pathologist John Harbison arrived to carry out the post mortem. Because the body was exposed to the elements for an entire day and night, a time of death could not be determined. However, Harbison's autopsy noted that the remains of a recently ingested meal of fruit and nuts were found in du Plantier's stomach. This is more indicative of breakfast than of an evening meal. An uncovered loaf of bread in the process of being sliced was also found in the kitchen.

While it appeared the victim had company the night before, there was nothing to suggest her guest stayed overnight. She had spoken to her husband Daniel before she went to sleep and had agreed to return to France for Christmas following some discussions on the matter.

Questions linger as to why du Plantier chose to come to Ireland on her own just five days before Christmas and was undecided as to whether she would return. Her marriage was an unhappy one but the idea that her husband ordered a hitman to kill her is unlikely as he seems to have been more focused on his next acquisition rather than worrying about his wife's extramarital affairs. It was he who bought the isolated farmhouse for her in 1993 but rarely came with her when she visited.



French murder victim Sophie Du Plantier whose killer has been protected by gardaí

Du Plantier was worried about drug-dealing going on in the nearby countryside and could have made some dangerous enemies as a result, individuals who may have been in the pockets of certain gardaí who had ‘dirt’ on them.

Her remains were found at the bottom of the steep laneway running down from her property, her nightwear caught in brambles and a navy dressing gown by her side. This had either been torn off during the struggle or discarded by her to ease her escape. The door of her home was on the latch with the keys on the inside. Her boots were laced up indicating she willingly went outdoors. There was no sign of a disturbance in her home, apart from a splash of blood found on the outside of her front door and believed to be hers. Having been rejected the night before, did her mystery guest return the following morning in a drunken rage, lure her outdoors and chase her to her death?

For more than two decades, An Garda Síochána have proactively targeted Ian Bailey, spending millions in public money in the process but failing to produce a single shred of evidence against him. He was first arrested on suspicion of murder on his birthday in February 1997, and again in January 1998. Two years later,

the DPP (Director of Public Prosecutions) issued a direction that Bailey should not be prosecuted due to the lack of available evidence.

Bailey, who was a reporter for the Sunday Tribune and the Daily Star at the time, was the first journalist on the scene on the day of the murder in December 1996. Being British and unlike the rest of the Irish media pack, he was somebody the gardaí were unable to control and, from the beginning, his stories took an independent look at the case.

In his work, he asked awkward questions about du Plantier's complex love life and enquired why officers seemed to be making no progress in the case. This embarrassed and irked gardaí, who were used to being able to manage the media and the message. It also explains their animosity towards him and why they may have wanted to shut him down.

From then on, they engaged in a frenzied scheme to paint him as the chief suspect, spreading the word around West Cork that they had their man and falsely claiming his DNA had been found at the scene. After his first arrest in February 1997, Bailey claims he was told by a garda that even if they didn't manage to pin it on him, he would be found dead sooner or later with a bullet in

the back of his head.

One of the more deplorable tactics deployed to implicate him in the murder was the gardaí's use of local drug-dealers to make false statements against him

In 2010, Leo Bolger came before Judge Patrick J Moran in Cork Circuit Court charged with running a massive drug production plant near du Plantier's home. During the hearing, a garda described his cannabis operation as the “most sophisticated” ever witnessed in West Cork. Bolger (45) had built a large bunker in an overgrown part of his land where he cultivated cannabis plants using advanced hydroponics, heating, watering and lighting systems that revolved around the plants to enhance cultivation. At the time, the street value of the plants was at least €150,000.

Bolger pleaded guilty to the offence, which carried a mandatory minimum sentence of 10 years and up to life imprisonment. However, the prosecuting garda informed the judge that the defendant had been assisting them with another case. To the consternation of the court and the defence team, Bolger was given a suspended sentence as the sympathetic judge stated he was “perhaps trying to survive in the magnificent peninsula of Dunmanus Bay”.

Bolger had in fact been ‘assisting’ gardaí in their case against Bailey. Bolger, who had done odd jobs for du Plantier from time to time, claimed he was present at the property one day in 1993 when he saw her nearest neighbour Alfie Lyons introducing her to Bailey. Remarkably, Bolger only revealed this some 14 years after the murder.

Alfie Lyons, also alleged to be a cannabis user, made a similar claim to gardaí about Bailey in the weeks after the murder. Bailey accepts he was present in Lyons' garden about 18 months before the murder and that du Plantier was pointed out to him in the distance by Lyons, but he has consistently denied ever meeting or being introduced to her.

The most explosive document produced about the du Plantier case in the last two decades is a report written by the office of the DPP in November 2001. It was scathing in its assessment of the Garda investigation and expressed grave reservations about the veracity of statements taken from certain witnesses. It fully vindicated Bailey and found him innocent of the murder but was withheld from him for almost a decade.

● **The rest of this article and the DPP's report which fully vindicated Ian Bailey can be found at [www.gemmaodoherty.com/investigations\\_under\\_Sophie\\_Du\\_Plantier](http://www.gemmaodoherty.com/investigations_under_Sophie_Du_Plantier)**

# “They want it all, and they’ll get it”

**ALL warfare is by deception, so it is vital, if you are going to try and achieve world domination, to keep yourself and your plans hidden.**

This might have been why James Bond always defeats the evil billionaire villains bent on total control - they always told him their plans.

This is not fiction, however; it is the real world, and a very imminent dark future if many more of us don’t realise what is really going on.

Our children will ask how we let this happen and our only answer will be ‘we didn’t know.’

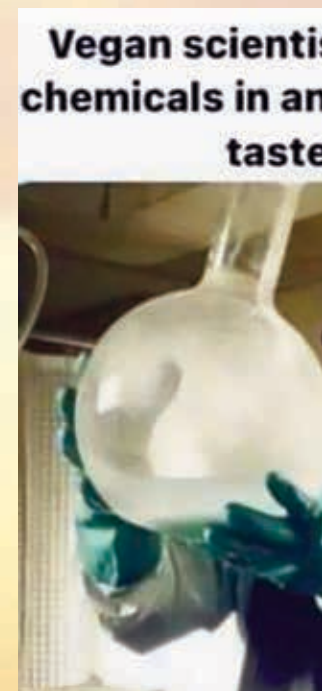
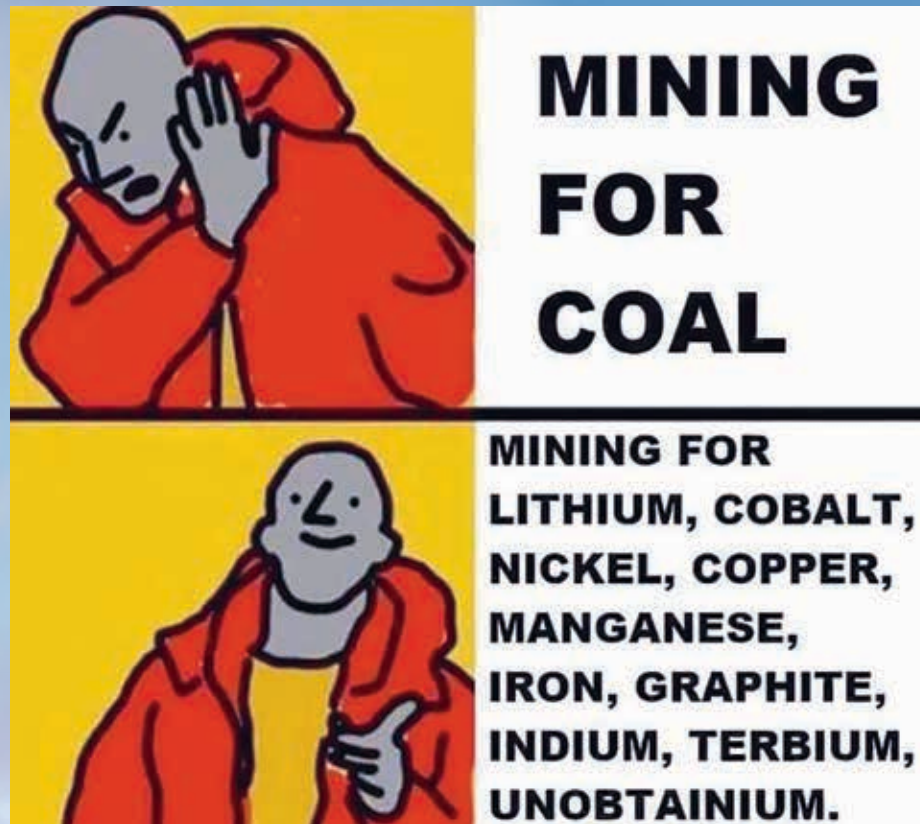
We didn’t see the surveillance cameras going up in every town across the nation - they said it was to protect us. Though the terrorism that pervaded the early 2000s and 2010s seemed to wane once all the cameras and security procedures (including armed British police for the first time on the streets and at travel hubs) were in place.

We didn’t see the smart motorways being built, with ever-more-sophisticated cameras in them — we were told it was for safety and to help traffic flow better — though we’re still losing 20-50 per cent of our time due to these measures to control traffic.

We didn’t see the laws being passed against free speech and enabling corporations and the state to spy on and censor the public for their views, even when reporting the truth. This happened during covid, when people were banned from social media for talking about the harms the covid-19 ‘vaccines’ had caused them or their family members personally.

The truth was not allowed to be told, and this will continue to get much worse, so that there will be no means to dissent online at all in the near future.

We are all paying much more for our



# Get it from you sooner or later..”

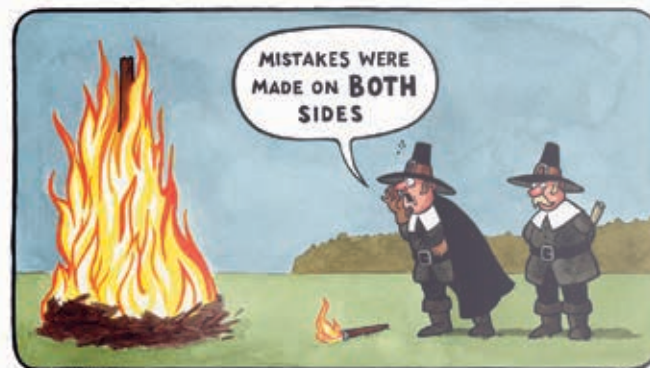
A Tribute to the dead comedian, George Carlin



ists mixing 27 carcinogenic  
attempt to make a soybean  
like a hamburger



'Amnesty'



energy bills now, because of the lies about man-made climate change. CO2 has zero effect on temperatures, but carbon taxes and green subsidies are still imposed on us.

They want us back in the Stone Age (though natural wood-burning stoves are discouraged, along with farming) — and dependent on the state for all our needs. Let's be blunt: those who run the world do not have our best interests at heart.

George Carlin said: "People of modest means — blue collar, white collar, doesn't matter what colour shirt you have on — continue to vote for these rich monsters who don't give a f about them. They don't give a f about you. They don't care about you — at all, at all, at all!"

So please remember later this year, when we are encouraged to vote red, or blue or green or yellow, that all major parties are signed up to this plan, all believing in it, or knowing full well it is warfare on the people, based on deception.

None are worthy of your time, let alone your approval.



# Divorce Destroys Children

## Children from broken families are far worse off

**UNTIL 1996, the permanence of marriage was supported not only by the Church, which has consistently forbidden divorce and remarriage, but also by legal and cultural mores.**

It was only after 1996, when divorce was legalized that a seismic revolution was unleashed.

The new laws, written and backed by feminists, were touted as a way to finally free women from having to stay in unhappy marriages. Prior to this they could divorce only upon proof of adultery, cruelty, or incompatibility.

A number of assumptions were made: 1) If parents are happier, then the children will be happier; 2) it would be much better for children to grow up in an environment free from bickering and rows; 3) even if children are distressed by the divorce, they're resilient and will soon recover.

In 1971, American psychologist Judith Wallerstein began a longitudinal study on the effects of divorce on children. It's the only study in the world that follows from childhood into full adulthood the lives of numerous individuals whose parents divorced. Her first book looked at people's lives ten years after their parents' divorces. She published additional findings every five years thereafter for 25 years after the divorces. Her findings were startling.

She said society has made "unwarranted assumptions" about how children cope with their parents' divorce. They have done this because of their own desires. And these false notions underlie our policies on divorce today. The debunking of these and other myths came when parents, teachers and researchers found how much children were suffering.

They discovered the impoverishment of women and children, the high distress among the many parents who did not agree with their spouses that their marriage was on the rocks, and the fact that children did not bounce back quickly. Children in post-divorce families do not, on the whole, look happier, healthier or better adjusted even if one or both parents are happier.

Studies show that children from divorced and remarried families are more aggressive toward their parents and teachers. They experience more



depression, have more learning difficulties, and suffer from more problems with peers than children from intact families. More of them end up in mental health clinics and hospital settings. There is earlier sexual activity, or children born out of wedlock, less marriage, and more divorce. Numerous studies show that adult children of divorce have more psychological problems than those raised in intact marriages.

After listening to these children of divorce, Wallerstein concluded that divorce was a life-changing negative experience that altered their childhood, adolescence and adulthood.

"I can say without a doubt that the children of divorce have worries apart from their peers raised in intact homes. These worries are reshaping our society in ways we never dreamt about."

Crisis pregnancy workers have observed that a number of adult children of divorce, when faced with unexpected pregnancy, opt for abortion rather than to bring a child they cannot care for into the world. Parents are so busy rebuilding their own lives that there is little time or energy for the custodial parent to take care of the children's needs. Many very young children assume the role of the missing parent. Children, even at a very young age, are thrust into the role of

counsellor, advisor and caregiver for the parent and younger children. They often must supervise their younger siblings' homework, laundry, meal preparation and house-cleaning, often neglecting their own schooling and keeping close control over their own emotions and desires. Feeling that he/she alone must rescue the troubled parent, the child of divorce often feels guilt and unworthiness when attending to personal needs. Play-dates with friends, leisure time and joyous childhood are things of the past. Sad, lonely, angry feelings of second-class citizenship fill childhood and adolescence. They worry about Mum and Dad; will his new wife welcome them into their life. Many separated couples believe divorce rescues children from an unhappy marriage (again excluding violence or cruelty). What most parents don't realize is that children of troubled parents can be reasonably happy and are very often unaware of their parents' unhappiness, so long as the family is intact.

For children, divorce is a watershed that permanently alters their lives. The world is newly perceived as a far less reliable, more dangerous place because the closest relationships in their lives can no longer be expected to hold firm. More than anything else, this new anxiety represents the end of childhood. Second, third, even fourth marriages, as well as live-in lovers, all add up to turmoil in

children's, adolescents' and even adult children's lives.

The tragedy is that second marriages with children are much more likely to end in divorce than first marriages.

Parents are less available, less organized, less helpful. Children are a much heavier burden, "...unfortunate residues of a dream that failed.... Often bitter custody fights have their roots in adult despair and not, as many people think, in the parents' simple desire to spend more time with the child."

A 2004 study found that young women whose parents divorced were twice as likely to cohabit before marriage and have an illegitimate child than the divorce-free.

The effects of divorce are felt no matter what the age of the children involved. Surprisingly, studies have shown that a child in the womb can feel the trauma of a mother involved in divorce and at the other end of the spectrum, children who are 30 or 40 when their parents decide to divorce will still experience the results of that divorce in their own personal lives long after it has ceased to be an issue for the parents themselves.

● **Barbara Meng is a mother of seven and grandmother of 18. She is editor of *The Catholic Family Quarterly*. This article was originally published in [www.catholicculture.org](http://www.catholicculture.org)**



# **NETFLIX IS SOCIAL ENGINEERING**

**‘WHITE’ MEN ARE THE VILLAINS**

**‘BLACK’ MEN ARE THE HEROES**

**GAYS ARE THE VOICE OF REASON**

**DADS ARE FOOLS**

**MOM IS THE BREADWINNER**

**CHILDREN ARE SEXUALISED**

**PROMISCUITY IS NORMAL**

**FAMILY BREAK-UP IS NORMAL**

**NETFLIX IS DUMBING YOU DOWN**

**UNSUBSCRIBE NOW**

# Beware The 'Green' Prison Grid

The latest 'eco-friendly' stunts are for your future imprisonment

**THE next time you take a trip on one of the country's new greenways, read the small print very carefully. You will see the word 'recreational' on some of the signs along the way.**

The government, under orders from the EU and UN, is not laying down all these new walking and cycling tracks for the good of your health. It's building a network of confined public areas so that it can keep the population under control and know what people's movements are at all times. The word 'recreation' like 'lockdown' is barely disguised - it's prison-speak. Only fools still believe the government does anything to benefit them.

All of this new infrastructure is part of the 15-minute-city system designed to steal your car from you and limit your daily movements to reduce your carbon footprint. Dopey Eamon Ryan is the sinister face of this terrifying plan to turn Dublin and our other main urban centres into 'sustainable' car-free paradises.

Nobody - those who pay his wages - was ever asked if this is what they wanted. Ask the average Irish person if they could live without their car and they will answer with a resounding 'NO' but these demented tyrants plough ahead with their sick plans at a huge cost to the taxpayer.

Roads are being ripped up all over Ireland to accommodate the new grid system of one-way streets, cycle lanes and pedestrianised towns that will result in the death of the last remaining Irish-owned family shops and businesses. Once you understand the UN's sustainable goals, you will learn they are nothing more than a form of communist control where everyone will be tracked and traced, even in their leisure time and they will be punished for leaving their specific zones if they are overdoing their carbon emissions and their vaccines are not up to date.

Covid was a dry run for all of that - the policing of people at county borders gave a shocking insight into how this new regime could operate and the willingness of citizens to go along with it was equally depressing.



Look out. Big Daddy Government is watching you at all times

**The government is not building cycle lanes and greenways for the good of your health. It's about creating a network of confined and monitored public spaces so it can keep the population under control at all times**

The next time around, there won't be Gardai but physical barriers that are already being constructed all over Europe and which you simply will not be able to pass through with your car unless you have a permit.

Soon, access to wild spaces will be limited. We are already seeing this in certain well-known locations like Killiney Hill on the coast of Dublin where ugly new fencing has been put up to block pedestrians from entering certain parts of the park. Again, no public consultation.

This act of vandalism was done under the nonsensical guise that it is for the protection of red squirrels from dogs but it is clear what the real objective is. Dogowners are going to face more and more restrictions on where they can take their animals and let them off the lead. These inane bans must be met with contempt and completely ignored. Indeed many people are already dismissing them out of hand. Once large numbers do this, there is nothing the council will be able to do and the regulations will be impossible to implement.

By 2030, the government wants to radically alter every aspect of your life. They see humans as the problem. They will provide the cure. Under new zero carbon rules, you will be entitled to buy no more than three new items of clothing a year, and take one short-haul flight every three years. Car journeys will be taxed per mile. You could face arrest for using more electricity than normal or for leaving your 15-minute zone. Of course all of this is being done for our own good and the sake of the planet. And if you believe that, I can offer you a seaside property in Athlone.



# How propaganda works

The 1965 book by Jacques Ellul prophesied the brainwashing of the modern era



**STATISM:  
IDEAS SO GOOD  
THEY HAVE TO BE  
MANDATORY**



In 1965, French philosopher Jacques Ellul (right) wrote a seminal book called 'Propaganda: The Formation of Men's Attitudes'.

It describes in stark detail how the masses fall under the spell of propaganda propagated by the mass media.



## Here are 12 key findings from his work:

1. Modern man can never stop to reflect. He's not allowed to synthesize his information. Rather, Ellul writes: "One thought drives away another; old facts are chased by new ones."
2. Clear thought has been replaced by vague feeling: Modern man does not think about current problems; he feels them. He reacts, but he does not understand them any more than he takes responsibility for them.
3. 'Breaking News' is brainwashing you. "To the extent that propaganda is based on current news, it cannot permit time for thought or reflection." When everything is urgent, you are forced to "remain on the surface of the event."
4. Ellul predicted echo chambers: "Those who read the press of their group and listen to the radio of their group are constantly reinforced in their allegiance. We see before our eyes how a world of closed minds establishes itself."
5. Modern man lacks a centre of gravity: "Lacking landmarks, he follows all currents." His soul is "discontinuous and fragmented." Life reduced to unconnected moments.
6. Everyone can read but not everyone can think. This makes propaganda more, not less, common. "The vast majority of people, perhaps 90 percent, know how to read, but do not exercise their intelligence beyond this. They attribute authority and eminent value to the printed word...they are precisely on the level at which the printed word can seize and convince them without opposition."
7. Once a person is compromised...once they've acted out a lie...they are yours forever. "He who acts in obedience to propaganda can never go back. He is now obliged to believe in that propaganda because of his past action. He is obliged to receive from it his justification and authority, without which his action will seem to him absurd or unjust, which would be intolerable."
8. Propaganda works by channeling the energies of a society's "fundamentals myths." These are the central stories operating inside the collective mind: "The myth of happiness, the myth of progress, the myth of the nation." A skilled propagandist will always borrow from, and build on, the "current beliefs and symbols" of a society.
9. Propagandists set up "psychological levers." They ensure that "certain words, signs or symbols" start provoking certain reflex actions...and then they wait. The levers can now be turned when and how needed.
10. Indirect propaganda works best. Aggressive attempts at manipulation will fail as people's defenses will go up. But give a man plausible deniability, feed him convenient information, make him feel that he's "obeying reason" as he follows your command, and you have him where you want him.
11. Lonely, depressed people are the easiest victims of propaganda. Jacques Ellul: "An individual can be influenced by forces such as propaganda only when he is cut off from membership in local groups because such groups are organic and have a well-structured material, spiritual and emotional life; they are not easily penetrated by propaganda."
12. The conditions of modernity are actually the conditions of unprecedented propaganda: "The permanent uncertainty, the social mobility, the absence of sociological protection and of traditional frames of reference — all these inevitably provide propaganda with a malleable environment that can be conditioned at will. The individual left to himself is defenseless..."

# HOW JUDEO FREEMASONRY

Since the 1960's, freemasons hand in glove with the Jews have attacked the Church from within



Remove St Michael, the protector of the Catholic Church, from all prayers whether inside or outside Mass. Remove all of his statues. Say that it detracts from Christ

End the practice of penance in Lent such as eating no meat on Fridays and fasting. Halt acts of self-denial. Say that Christ already won Heaven and that the efforts of humans are futile



Encourage women to remove their veils or hats during Mass. Demand that they stand on the altar and become distributors of Holy Communion, under the pretence of Women's Lib



Stop sacred organ music. Bring in guitars, clapping and replace traditional hymns that have been sung for hundreds of years and represent our tradition. Invent new hymns about love of humans not Jesus

MODERNISM	Vs.	Catholicism
	Mass	
	Nuns	
	Altar Servers	
	Holy Communion	
	Bishops	

Remove Saints' relics from the Church and altars. Replace with Pagan unblest tables. Stop the practice of saying Mass before the Holy Eucharist in the Tabernacle. Discourage genuflection at Mass and in Church

Stop all Latin in Mass Liturgy, devotions and hymns. Latin creates an atmosphere of mystery, prayer and respect and is a powerful force against evil

Assign Protestant Ministers to revise and desacrilege the Mass. Instigate ideas that the Eucharist is closer to the Protestant belief - that it is only bread and symbolic



Stop Communicants from kneeling to receive the Host. Remove altar rails. Tell nuns to stop children from folding their hands to and from Holy Communion. Tell them God wants them to be relaxed

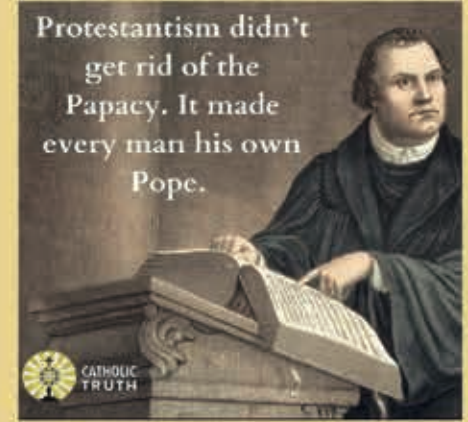
# INFILTRATED THE CHURCH

diluting it with heretical modernist ideas to undermine the One True Faith that leads to salvation



Sell the idea that the Devil is not real and that it's just the Bible's way of representing evil and there can't be a good story without a bad. Say that Hell is nothing more than being away from God and what is so bad about that.

Elect an anti Pope. Say that he will bring Protestants back into the Church and maybe even Jews. Declare all former Church dogmas false and order Catholics to promote a One World religion where all faiths merge into one



Teach that Jesus was only a human who had brothers and sisters and who hated the Establishment. Say that he loved the company of prostitutes and that he had no use for Churches.

Start closing Churches because of lack of priests. Call it economising and good business practice. Say that God listens to prayer anywhere so Churches are an extravagance



Make nuns take off their habits and turn them into feminists. Close Catholic schools by reducing number of nun vocations. Say they are just underpaid social workers. Destroy morality of girls



Reduce priest's vocations by destroying the respect of the Laity. Invent scandals and praise priests who have given up everything to love a woman. Honour laicised priests as oppressed martyrs. Plunder Church property

Official guidelines to inaugurate the 'Golden Age of Blessed Peace' From Office Of The AntiChrist. Issued by Italian Masons just prior to Vatican II in early 1960s

# Cash Protects Your Privacy

It's one of the most important ways to hold onto your freedom

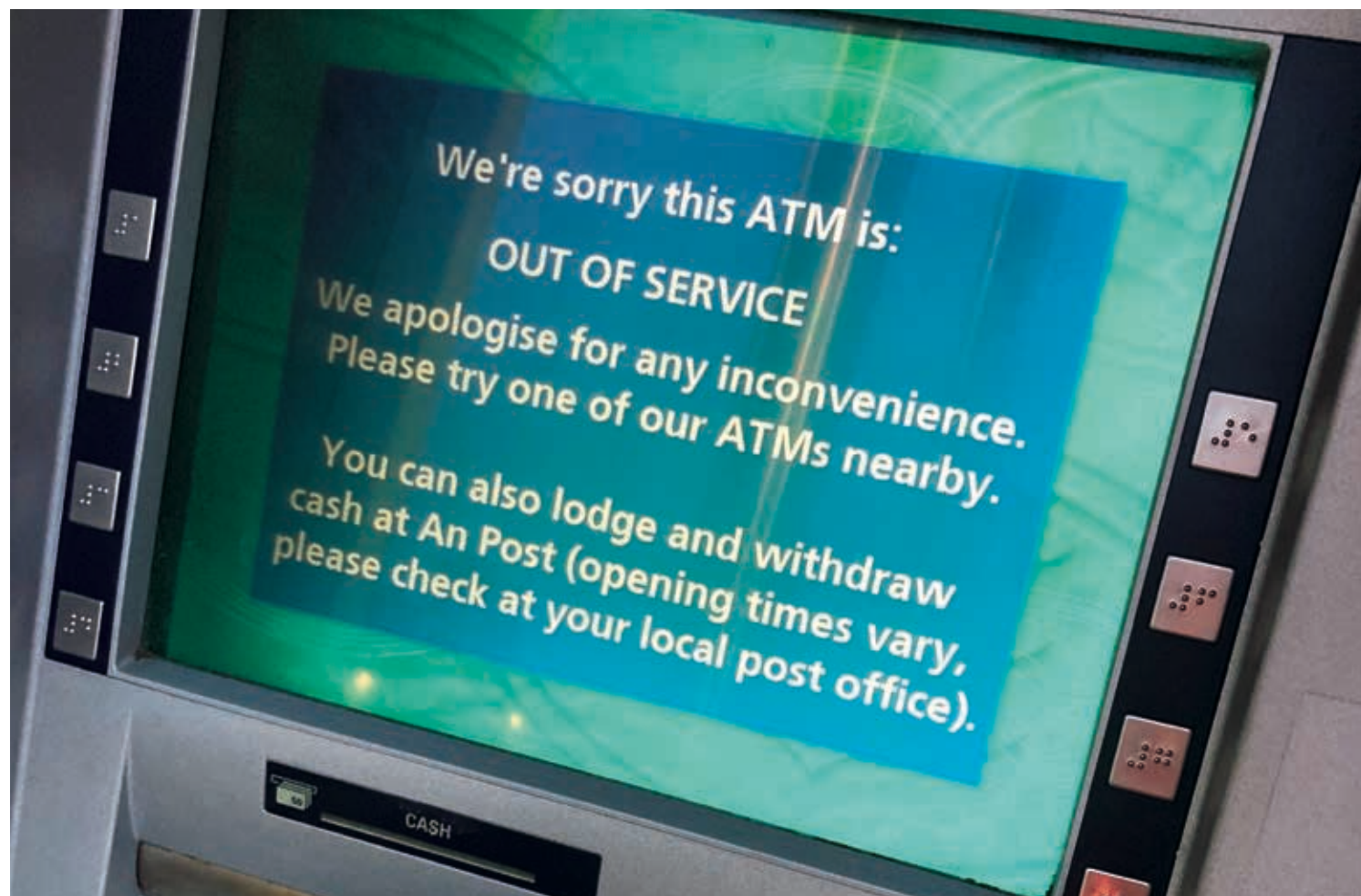
**HAVE** you noticed that your local ATM machine is running a bit low on cash these days or is constantly 'Out Of Service' just when you need it. The totalitarian regime who runs Ireland is getting the public ready for a cashfree era where it will be able to monitor and control all of their purchases, movements and actions with a plastic card.

By now, they would have got rid of cash entirely but they know to do so would waken up and anger too many people so it's being done incrementally and by stealth.

If people become too used to using plastic for every purchase, one day they will go to the ATM and it will no longer be there. By then, it could be too late. Freedoms taken away are rarely given back. So now is the time to make cash your main method of payment if you want to hold onto it. You need to go out of your way to use it wherever you can.

In a cashless society, the government could control everything you can and cannot buy and where you can go. We have seen supermarkets in Ireland go almost totally cashfree which is just a sign of things to come. If you don't complain, they will power ahead. Without sufficient backlash, they will launch the Digital ID system which will monitor everyone's carbon usage - how much of a first world existence you want to have - and curb it accordingly.

This day is getting closer. Banks around the country are closing branches and ATMs and leaving entire towns without access to cash. They say this is because the public no longer want to use cash but that is their excuse for rolling out CBDCs (Central Bank Digital Currencies). How else is Eamon Ryan's fantasy world of zero carbon going to work? The time to start using and defending cash is now. It is one of the most important weapons in our armoury against the Communist technocracy the government is so desperate to create.



## WHAT WOULD A CASHLESS SOCIETY MEAN?



**Every transaction you make will be tracked**

**Your spending habits will be linked to your carbon footprint**

**You will only be permitted to spend on things that the government approves of. Things that are considered luxuries - ie meat, fuel, travel - will be restricted**

**Your money can be programmed with an expiry date to discourage sensible saving - if you don't spend it by a certain date, you will lose it.**

**There will be no black economy. It will not be possible to avoid tax. You won't be able to give your children or grandchildren cash and neither will you be able to borrow or lend money to friends without it being taxed by the government.**

**Parking and speeding fines will be taken at source possibly without even your knowledge.**

**If you protest the actions of the government, your money could be switched off.**

**If you think that is unlikely, it has already happened to thousands of Canadians who protested and had their bank accounts frozen.**



**A CASHLESS SOCIETY IS THE END OF HUMAN FREEDOM  
RESIST AT EVERY OPPORTUNITY AND MAKE CASH KING AGAIN**

# THE HEALING POWER OF FASTING

Fasting allows the body to cure itself. About 80% of the body's energy is used to break down food. When you give your digestive system a rest, all of that energy goes back into repairing cells and giving your entire system a whole new lease of life. That's why after a three-day fast, you will feel more energetic and healthier than you have for a long time.



The season of Lent is the ideal time to make fasting a central part of your life. Our ancestors did it frequently and they didn't fall foul of the modern illnesses we see all around us today. Fasting not only heals the body but helps to concentrate the mind

If you're new to fasting, start off slowly with a 16-hour fast and then you can progress to 2 days, 4 days and even longer. Some people can do up to 40, like Jesus did to resist the temptations of Satan.

The enormous health benefits, weight loss, increased energy levels and quality of life you will achieve will blow your mind. Your body will clear out toxins you didn't even know were in it.



The worst thing you can do when sick is to eat as your body is trying to detox and expel the cause of your sickness but you are making it work even harder by feeding it. Fast and you will recover so much faster.

Unlike modern Irish people, our ancestors were a prayerful people and knew the benefits of self-restraint and self-discipline. They also knew fasting bestowed supernatural graces upon them. That's why they laid out their week according to their regime of at least three fasts a week.  
 Dé Gádaoin (Weds): Day Of The First Fast  
 Déardaoin (Thurs): Day Between Fasts  
 Dé hAoine (Fri): Day Of The Main Fast.  
 During Lent, they often fasted for weeks on end.

Zombie cells caused by glucose in our system cause everything from hair loss to wrinkles, malignant cells to dementia. When the zombie cells are starved of energy through fasting, they are sapped of their power.

When food is plentiful, our bodies store excess energy in the form of fat under the skin and around the internal organs. When it is scarce, that fat is sent to the liver where it is turned into an alternative energy source called a ketone.

Without food to process, even healthy cells go into repair mode fixing any interior garbage and expelling it.

Our bodies are not at all designed for the 21st century lifestyle of constant feeding and grazing. Our ancestors had little food and they were much healthier than us. Frequent eating makes you sluggish and dulls the senses. Fasting has enormous spiritual benefits too and gives you clarity of thought to help you focus on matters more profound than the trivia of modern day life. It is a Godly pastime so we should make it part of our everyday lives

**Give your gut a break**



# HOW TO DESTROY A NATION



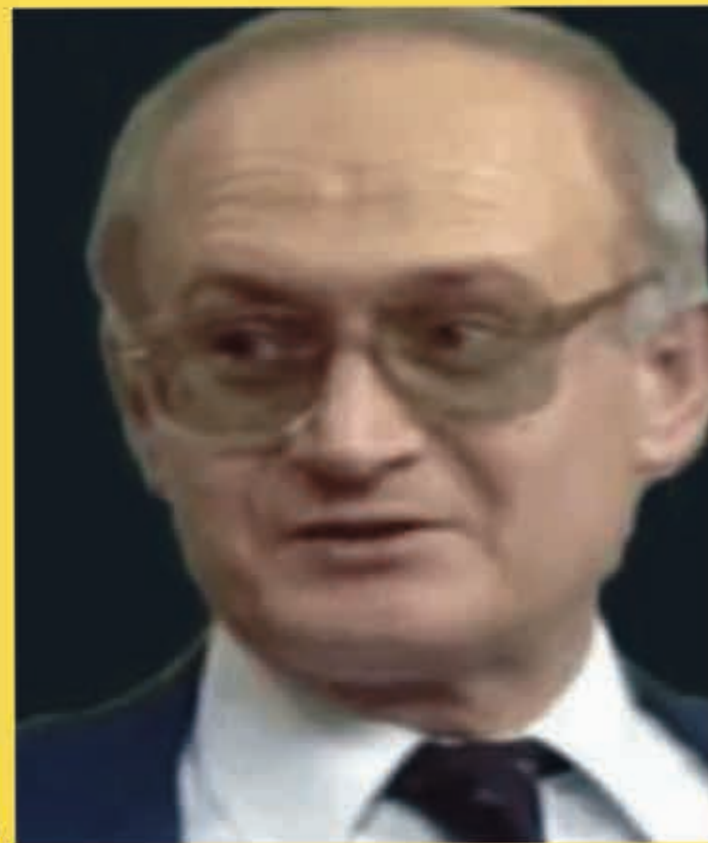
## The Four Stages Of Ideological Subversion

**DEMORALISATION:** Educate an entire generation in Marxist ideology

**DESTABILISATION:** Economy, foreign relations and defence systems

**CREATE CRISIS:** Violent change of power, structure and economy

**NORMALISATION:** Period Of Stability (until the next cycle reaches crisis point)



Yuri Bezmenov Ex-KGB, 1984



In 1984, a former KGB agent named Yuri Bezmenov claimed that Jewish-controlled Russia had a long-term goal of ideologically subverting the West. He described the process as "a great brainwashing" that has four basic stages. The first stage is called "demoralization," which would take about 20 years to achieve.

Bezmenov made the point that the work of the KGB does not involve mainly espionage. Most of the infiltration was "a slow process which is called ideological subversion, active measures, or psychological warfare. Bezmenov explained that the most striking thing about ideological subversion is that it happens in the open. You can see it with your own eyes, he said.



According to the KGB agent, that is the minimum number of years it takes to re-educate one generation of students who is normally exposed to the ideology of its country - in other words, the time it takes to change what the people are thinking. He used the examples of 1960s indoctrinated hippies coming to positions of power in the 1980s in the government and businesses of America. Bezmenov claimed this generation was already "contaminated" by Marxist-Leninist values. The claim that many baby boomers are somehow espousing KGB-tainted ideas is hard to believe but Bezmenov's larger point addressed why people who have been gradually "demoralized" are unable to understand that this has happened to them.

What it basically means is to change the perception of reality of every Westerner to such an extent that despite the abundance of information, no-one is able to come to sensible and logical conclusions in the interest of defending themselves, their families, their community, and their country.



Referring to such people, Bezmenov said: "They are programmed to think and react to certain stimuli in a certain pattern [alluding to Pavlov]. You can not change their mind even if you expose them to authentic information. Even if you prove that white is white and black is black, you still can not change their basic perception and behaviour.

Demoralization is a process that is "irreversible." Bezmenov actually thought (back in 1984) that the process of demoralizing America was already completed. It would take another generation and another couple of decades to get the people to think differently and return to their patriotic free-thinking values. Hopefully that era lies ahead.





# Unvaccinated children far healthier

**IT'S no wonder governments refuse to carry out studies comparing vaccinated children to unvaccinated. If parents knew what they were hiding, they would never trust a politician again.** Anecdotal, the evidence is overwhelming that children who have never been vaccinated are much healthier and do not succumb to the countless childhood conditions that are plaguing Ireland and the West today. In 2017, the first and only comprehensive study of its kind comparing 600 homeschooled children in four US states found a huge disparity in health outcomes with vaccinated children four times more likely to develop autism

and five times more likely to develop a learning disability. It's hardly surprising when vaccines contain dangerous toxins like mercury and aluminium which mess up neural pathways.

Children who had received vaccines in infancy were significantly more likely to develop Attention Deficit Hyperactivity Disorder, and 30 times more likely to acquire rhinitis and other allergies. They are also much more prone to earache, inner ear damage, and despite all of the hype, unvaccinated children in the study were actually more protected against so-called 'vaccine preventable' diseases than children who got the shots.

Children in both groups were as susceptible to Measles,

Mumps and other common childhood conditions that rarely harm children.

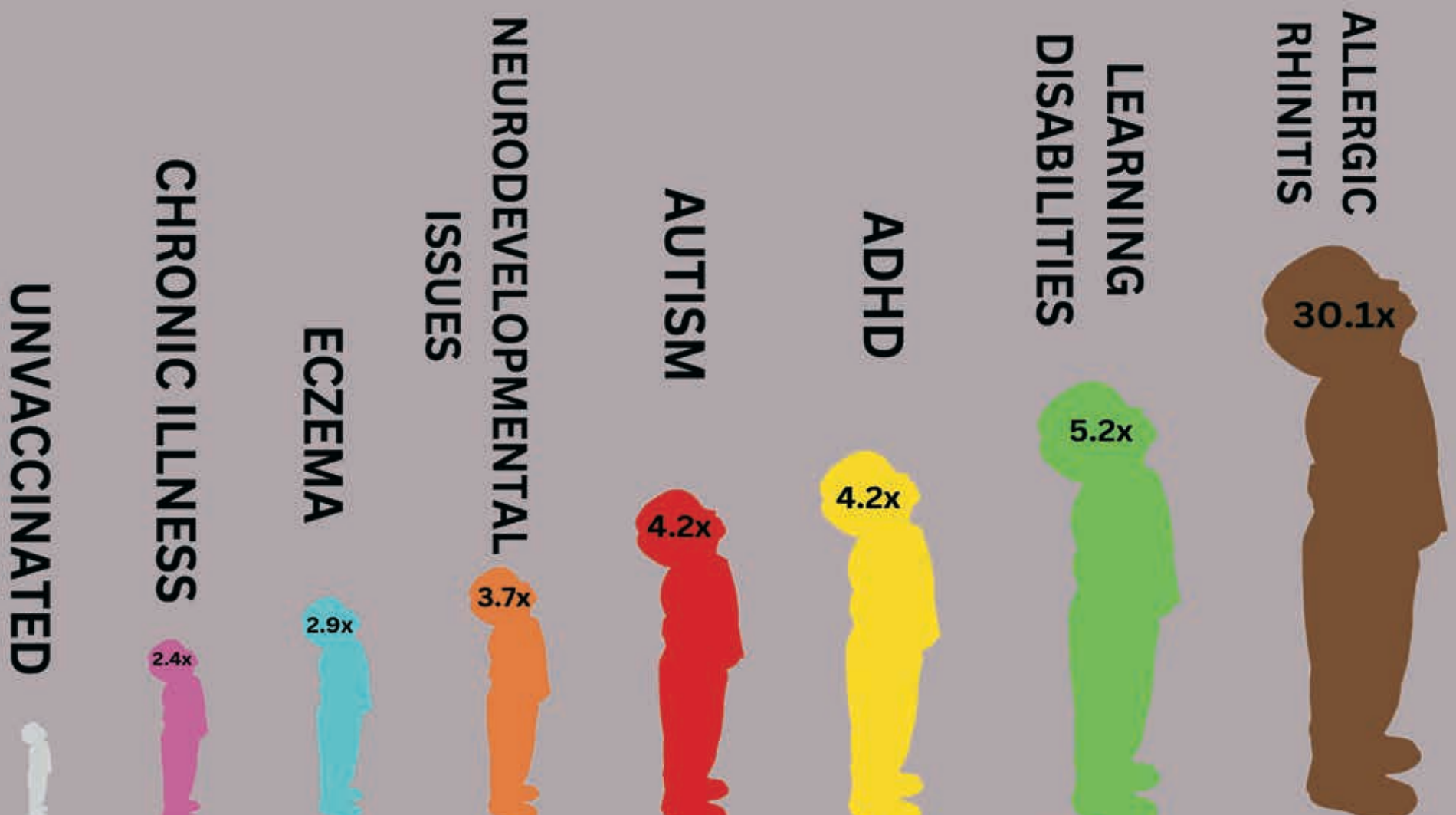
The autism link with vaccines is now well-established. Vaccines are known to cause brain damage and the aluminium present in vaccines is not excreted from the body but remains in it for years and can migrate to the brain, lymph and spleen.

The study concluded there was no reason for the difference in health outcomes but the vaccine.

- **Known as The Mawson Study: Pilot Comparative Study On The Health Of Vaccinated And Unvaccinated 6- to 12-year-old children, it can be found at <https://archive.ie/pwurn>.**



## VACCINATED VERSUS UNVACCINATED



# Trump is not coming to save you



**SADLY** but not surprisingly, many so-called truthers still believe that politics is going to save them and restore their wealth, freedom and happiness. During every election season, they cling to the hope that next time around things will be better - the same mantra of the abuse victim who believes in giving their abuser fifth and sixth chances while their own lives and sanity are going down the drain.

If politics was going to improve people's lives, the powerful elite who despise the masses would not run elections in the first place. If voting was going to make a blind bit of difference, they would ban it.

Many who are now awake to the control agenda continue to put their trust in Trump even though he actively promoted the vaccine and is the reason millions of people in the US are now dead or injured. These 'truthers' have a bad dose of cognitive dissonance. Trump had the power to stop the jab but he proved himself to be an agent of the Judeo-Freemasonic financial cabal and fully under their control. People

see Trump as the 'lesser of two evils' but they fail to understand that politics is nothing more than a game, a charade with bad actors playing roles and reading from their scripts to keep the public divided and at each other's throats while they steal your money through criminal taxation. Don't you think there are lots of other candidates out there much better and younger than Trump and Biden who would be capable of leading their country and improving the lives of people? Why don't they get a chance?

Because they cannot break into the filthy world of politics where you have to be either financially or sexually compromised to get into power. And these puppeticians have no real power anyway. They are just given their lines and told to read them.

During the recent referendum in Ireland, we saw Stockholm Syndrome at play among the so-called right in Ireland who naively took part in the political theatre. Voting is actually colluding with organised crime and gangsters who have murdered countless numbers of innocent people. Because Irish people are in a trauma bond with the media

and government, even those who claim to be 'awake' find it impossible to break free of the beast system, just like the victim of domestic abuse who keeps going back for more abuse and hoping things will be different. Like the abuser returning with flowers and chocolates after a violent row where the victim has been left bruised and battered, the government gave the 'No' side a rare win (dopamine rush) to keep them in the trauma bond/Stockholm Syndrome. How could anyone with a beating human heart want to have anything to do with the criminals who have brought hundreds of thousands of invaders to our country, destroyed our society during the Covid scam and who lie and cheat on the public at every opportunity?

The low turnout does suggest that people are learning and walking away from the State in their droves. The regime knows this and threw a crumb of victory to an increasingly angry public in an obscure vote that had no real bearing on anything, although it did serve to clarify that the most important role women play is in the home. If they are not in the home, who is raising

their children? The State. And we have all seen the consequences of that in recent years.

In the run-up to the American election, we'll have to listen once again to people who should know better saying Trump is the best of a bad lot. What about taking the third way and walking away from the divisive game of politics completely, realising for once and for all that it is just that and is never going to change anything for the betterment of the public and society?

Politics provides no answer to our problems. Politics is the cause of all of our problems. That has been proven over and over again. It's bread and circus for the masses. Deregister from the system.

Turn your back on it. Stop feeding it and starving yourself of your wealth, freedom and privacy. Trump is not coming to save America and the West. No independent 'politician' in Ireland is coming to save you. They want to keep you trapped in the delusion with their PR stunts and cheap slogans. Walk away now.

# ALCOHOL IS POISON

The Irish people have fallen further than any other because of their addiction to alcohol. They are the biggest alcoholics in the world having once been the most abstemious people. Until they sober up and that means going on the dry and seeing how dangerous alcohol is, they will continue on their downward spiral into moral decay and cultural extinction.

Alcohol is broken down in our bodies through alcohol metabolism. Most ethanol is broken down by enzymes in the liver which transforms it into a toxic compound called acetaldehyde - which is literally poisonous to our body. Is it any wonder you feel lousy the morning after drinking and that your sleep has likely been disturbed or poor quality? That's because your body has been trying to heal itself all night from the toxins you have poured into it.

Alcohol is the cause of more family rows and disharmony than most other things and has a devastating effect on children. No child wants to smell alcohol on their parent's breath, nor should they have to. Children can sense their parent's mood changing and can experience stress and fear every time alcohol is produced. Drinking is a major factor in physical violence and domestic abuse in the home. Quit it for good and it will be the best decision you have ever made.

Freeing yourself from the chains of alcohol will be the best decision of your life. Not only will you gain many health benefits, you will enjoy newfound confidence and clarity of thought. It is like throwing away a crutch and learning to walk again on your own. You don't need it. And the best part is you can skip going down to the pub and being in the company of drunks who - let's face it - are the biggest bores in the world.

The initial buzz of alcohol lifts our serotonin or happy chemicals temporarily, but after a couple of drinks, they plummet and that is why there is a yearning to continue drinking once the initial high is gone. This happens with all toxic substances that alter the chemicals in the brain and results in alcoholism. Being an alcoholic does not depend on how much alcohol you drink but how often you need it. Even if you're just sipping a glass of wine a night, you have a drink problem. If you can take it or leave it, you may not have an addiction but you are still much better off without it.

Alcohol destroys braincells and causes neural degeneration. It also disrupts inhibition in the hypothalamus which are associated with primitive functions such as sex, hunger and thirst. The more you drink, the more you are wired to engage in impulsive destructive behaviour which could have very real long-term consequences for your life - not least the very real damage to your liver.

If you view a glass of wine or a pint in the evening as a reward, you have a drink problem and need to face up to it. For every drop you consume, you are giving up future happiness and health.

**IF YOU ALLOW THE**

**GOVERNMENT**

**TO BREAK THE LAW**

**BECAUSE OF AN 'EMERGENCY'**

**THEY WILL ALWAYS**

**CREATE AN 'EMERGENCY'**

**TO BREAK THE LAW**