

Unmasking the Truth

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Many victims of traumatic events including domestic violence, not only cannot wear a face covering, but also get extremely distressed and invariably suffer an adverse medical event, if they cannot see the expressions of other peoples' faces around them. In psychology, this is a recognised phenomenon called the polyvagal theory. Many lay people have no understanding of the psychological issues masks cause and it is impossible to explain when you are having a reaction. Read more about the polyvagal theory science [here](#).

The psychological issues caused by masks can be found in the interview of Dr Gary Sidley, video below or click [here](#) (4 minutes into interview).

The reactions can be acute and last for hours after, due to release of fight or flight hormones.

If you browse the Smile.org website, [here](#) you will see that there are many different reasons why covering expressions causes further trauma.

Anyone with empathy can feel the distress of these victims through their emotional descriptions of their terrible experiences with masks.

Perhaps the most tragic phenomenon of the authoritarian, psychological manipulation by governments during Covid, has been **the destruction of empathy**. Those who are now part of the collective, obeying without question the dictates on masks, persist in wearing masks despite the requirements being relaxed for the public in most places. Inexplicably they become enraged when they see people in distress at their covered faces, screaming obscenities at them. You can read more about the psychological harms of face covering [here](#).

It is very frustrating, when it is clear to anyone with critical thinking skills that the mask measure is not about health. The Government admitted on a Freedom of Information Act request

“Maintaining the requirement for face coverings on public transport in Alert Level 1 provides wider benefits that support the overall response to the pandemic. For example, face coverings are a constant reminder of the ongoing threat posed by COVID-19 and will help prompt people to be more vigilant about other important behaviours, such as physical distancing, scanning and using the New Zealand COVID Tracer App, hand hygiene and coughing and sneezing etiquette.”

Strangely, the link above has been removed from the Government website [here](#).

It can still be seen on the above Dr Gary Sidley video at 5.50 together with the comments by the Chairman of the Tory 1922 Committee Sir Graham Brady, who confirms mask mandates were, in fact, a fear based social control mechanism.

Did you not find the Government mask requirements absurd and contradictory and therefore clearly not about health and transmission? An example of the ludicrous contradictions in the rules can be found [here](#).

Either Covid is very clever, or this measure is not about health. Have you actually found any evidence based data on the Government website? Could it be that the mask mandates were not about health, but a way of control to invoke fear via the unaccountable “One Ministry of Truth” propaganda?

“The One Source of Truth”: Absolute Power without Accountability

To maintain a vibrant creative society, it is essential to have free speech and open debate and a large degree of scepticism. This is required to be able to determine which ideas will be found to be wrong in the future. History teaches us that most of our ideas will be modified in some way. Open debate and challenging data are also fundamental principles of the scientific method.

The scientific method involves a hypothesis. Data is collected to test the hypothesis. The scientific method requires a great deal of scepticism and questioning, to see if the hypothesis stands up to rigorous open debate. The labelling of information as misinformation, disinformation is the antithesis of the scientific method and solipsistic.

How is objective truth to be uncovered when dissent is banned or labelled as “misinformation” without any supporting evidence as to why?

Censorship has never led to a good outcome in the regimes in which it operates. Open debate is the fundamental principle of a free society and the scientific method. If you have a good counter argument backed up by evidence, why would you need to censor?

The labelling of views from qualified health practitioners that does not adhere to the “Ministry of Truth” narrative as “misleading” and “misinformation” the use of ad hominem such as “conspiracy theorist” and gaslighting is a censorship tactic. It is an obfuscation technique to avoid discussing the questions raised.

Censorship and propaganda extinguish open debate and the quest for objective truth. In addition, censorship creates a non-accountable narrative.

The flagrant psychological fear propaganda during the last three years has resulted in a conviction in many, that only the Government narrative can be correct. They have

succumbed to a “Mass Formation” a “group think,” engineered by governments globally.

Mass Formation, presents as, closed minds, the inability to understand the basics of critical thinking, not checking conflicts of interests in sources, ignoring the scientific method and more worryingly the manipulation of the masses into fanatical behaviour. Professor Mattias Desmet, Professor of Clinical Psychology at Ghent University explains Mass Formation [here](#) and [here](#).

Mass Formation creates the fundamental environment for a totalitarian regime.

Totalitarian regimes are distinct from dictatorships in that they involve a diabolical pact between the Masses and their leaders. They result in monomaniacal, inhumane behaviour towards those who do not comply, previously considered unthinkable in a free society. A present day example involving masks is featured in the end of the Dr Gary Sidley interview [here](#), where devotees of the mask ideology physically attack those not complying.

There have been numerous examples in history of Mass Formation and those challenging the science being persecuted.

In 1633, Galileo was found guilty by the inquisition for his conclusion that the earth rotated around the sun. He was kept under house arrest for the rest of his life. It took until 1992 for the Catholic Church to admit he was right all along! Yet here we are again in 2023.

However, in 2023 there is the added feature of the internet to add intensity to Mass Formation development. The nefarious, collusion between major technology companies with governments in censorship, as illustrated by the Twitter files in the USA and the New Zealand Government [here](#) has allowed the powerful forces of government and big technical companies, to command and control the creation of Mass Formation and deliver the conditions for totalitarianism in Western countries.

Anyone who has read George Orwell’s ‘1984’ will understand the tactics of double speak, two, and two making five. The explanations from the Government on Covid measures, including masks consist of double speak.

“Doublethink means the power of holding two contradictory beliefs in one’s mind simultaneously and accepting both of them.”

“The past was erased, the erasure was forgotten, the lie became the truth.”

“In a time of universal deceit - telling the truth is a revolutionary act.”

— George Orwell

Those suffering from Mass Formation cannot see objective truth even if they are given legitimate evidence-based data. They just comply. They do not think for themselves. They would likely be very unaware of all the millions of people around the world protesting to save human rights and freedoms, or if they are aware, they tend to dehumanise and gaslight them, as instructed by the media.

The problem with the censorship by the Government silencing all scientists and Doctors who speak up about the propaganda is that it makes them utterly unaccountable and they can

lie with impunity. Michel Baker is never challenged, as the media are now effectively state owned by the Labour party due to the journalism fund.

Only a few years ago, the public would have considered it ludicrous to not be allowed to ask questions in a free society and would be aghast at the new tactic of public servants, simply to ignore those asking questions. They would have demanded evidence and rebuttal evidence instead of censorship. Tragically, The Overton window has been effectively shifted by the use of fear. Once again, history repeats itself. Many of those vigorously and violently enforcing masks would have never contemplated their behaviour being akin to the masses in the witch trials, or the population of Germany in the early 1930's with the Nuremberg laws [here](#), or their dehumanisation of those not complying with the group think of vaccination coercion [here](#), but here we are again.

The Mask Up Don't Mask Up Seesaw

The Government and Michael Baker, spent months in 2020 telling us masks were useless.

Then an abrupt U-turn coincided with a change of heart at the World Health Organisation (WHO). It is notable that as discussed in the video below, the WHO admitted the change in mask policy was because of political lobbying.

It is evident that many New Zealanders are not aware that the WHO has private funding as well as funding from countries. Some of the largest funders include the Chinese Communist Party, the Bill and Melinda Gates Foundation and GAVI the Vaccine Alliance, founded and co funded by Gates. Of course, no one elected these officials and they are unaccountable. They also are inextricably linked to pharmaceutical industry interests and infiltration of the organisation by the use of staff within the WHO who come from these donors.

It is obvious that the Mass Formation strategy, implemented by governments, has been very effective with the public seemingly oblivious to the obvious fatal contradictions in the advice on masks.

Here is the timeline of the changing advice in a video titled "Masks Flip Flopping Official Advice," [here](#). As the advice, U-turn was 180 degrees it is unfathomable why the public did not demand the data to justify the paradoxical stances. Mass Formation is a formidable weapon.

Michael Baker in the video below is asked specifically; if he ever advocated masks do not work in respect of Covid 19 transmission. Despite the irrefutable video evidence, he continues to deny he ever said such a thing. This is clearly a blatant lie, however due to the censorship of dissenting scientific voices and the compliance of mainstream media he feels emboldened to engage in obvious doublespeak and gaslighting. Watch [here](#).

The advice given by Michael Baker is contrasted against the actual evidence [here](#).

Even schoolchildren featured; evaluate the actual evidence on mask efficiency and potential harms of wearing a mask, more proficiently than this so-called "expert" Michael Baker. The peer reviewed, randomised clinical trial study highlighted in the report published by the Journal of the Medical Association (JAMA) illustrates the dangerous levels of CO₂ generated when wearing a mask, especially for younger children.

The tragic consequences of the nonsensical mask mandates are horrific, as highlighted by the harrowing stories, including the resultant suicide of a teenager, following the imposition of this inhumane treatment of children. Perhaps most tragic is that to date, there has been no accountability, nor apologies.

The hypocrisy and doublespeak of, Michael Baker as a so-called, “expert” is eloquently illustrated [here](#).

The harms of wearing a mask are also detailed from 22 minutes in. Note the obfuscation and lack of specific studies from Michael Baker, when answering questions. The video also reiterates the psychological engineering of social control being the reason for the forced mask wearing as discussed in the Dr Gary Sidley video above.

See [here](#) why Jacinda Adern’s claims there is a 53% reduction in transmission, by wearing a mask, were not substantiated by the study she referred to as supporting her policies on masks.

Dr Paul Alexander explains why the Bangladesh study often cited by the Centres for Disease Control and Prevention (CDC) the United States government health agency, is flawed [here](#).

Analysis of the studies, heralded by Governments as evidence masks work, can be found [here](#), illustrating not only the manipulation of the data, but also the ad hominem attacks and gaslighting of any scientist daring to question the official narrative promulgated by governments. [See here](#), analysis of purported positive effects of mask studies are detailed [here](#), showing that there were flaws in the studies and why the narrative was perpetuated despite the evidence [here](#).

A specialised expert in Health and Safety Control Measures is Stephen Petty, P. E, CIH. Giving evidence to the Senate USA [here](#). Critical viewing for an in-depth understanding of the mask issue in relation to health and safety. If only specialists such as Mr Petty had been consulted by governments at the beginning.

The Harms Caused By Masks

What are the individual risks, short term and long term of wearing a mask? Is there any peer-reviewed data to rebut the evidence-based data below?

There are numerous studies that detail the psychological, physical, and long term effects of mask wearing including, headaches, fatigue, hypoxia, confusion, disorientation, dizziness, impaired thinking, neurological diseases, triggering of epilepsy, breathing difficulties increased heart rate leading to long term heart problems, rashes, impaired field of vision, as well as psychological effects. See [here](#), [here](#) and [here](#). The pictures of the growing organisms inhabiting and multiplying on the face covering is difficult to unsee and not advisable viewing if you are eating. Also, see [here](#) concluding face masks should never be mandated by law and the dangers particularly for children, pregnant women and those who are already ill.

Quote from Smile Free.org “I got headaches after a two hour driving lesson every week. The mask was a serious irritant, so much so I feared for mine and other road users’ safety. Just a matter of time. “Anon.”

Don’t you find it incredulous, that in New Zealand, drivers were mandated to wear masks for

their driving test? Bearing in mind the issues of dizziness, confusion and impaired thinking this was surely a dangerous mandate to both the drivers and other road users?

Masking children in school affects their health, their learning and their speech development. Causing such harm with no obvious justification could be perceived as evil. See [here](#).

The Dangers of Unchallenged Unaccountable Experts

Michael Baker's lies are blatant. The question arises are his actions potentially nefarious? He has terrified people into potentially harming themselves. He never provides any data based evidence to support his assertions. He has not treated a patient for years. He does not have expertise in masks as detailed by Stephen Petty above. If you research his influencers, it is easy to deduce his motivation.

Due to the New Zealand media now being effectively state funded and controlled, he receives blanket coverage. Yet, Michael Baker is never seriously challenged, or asked to provide evidence for his assertions.

If everyone turned off the New Zealand media and started asking questions and looking at applying the scientific method, and critical thinking principles to mask information the house of cards would fall in relation to what is evidently propaganda and control mechanisms.

Masks in the Future

Many readers may think that the mask issue has for the most part gone away.

However the WHO are, currently negotiating two complementary instruments of international law. These are International Health Regulations (2005) amendments and WHO pandemic treaty/accord. If passed, there will be a total loss of sovereignty of individual countries. Instead of being advisory, the WHO dictates would be mandatory. Potential measures include vaccine passports, quarantine, medical examinations, and control of all information-censorship and of course mask policy.

The deletion proposed in Article 3 would extinguish human rights, human dignity, and fundamental freedoms as guiding principles.

The WHO Chief Tedros Ghebreyesus would have ultimate power over the health of the world, whilst having no accountability. He would have a wide discretion to not only declare pandemics, but also wider powers in relation to health as detailed in the report [here](#).

The WHO is an organisation that has demonstrated politically driven policies, corruption and a bias towards the Chinese communist approach to public health.

This is from an organisation with funders who have insurmountable conflicts of interests and have demonstrated over the last three years total incompetence and peddling what has proved to be, false information whilst silencing dissent.

The combining of corporate power with a one-world global government power in terms of health is the definition of economic fascism. See [here](#).

History even as most recent as the last century with Stalin, Mao, Hitler and Ceausescu illustrate where a monopoly of power combined with censorship leads.

This, without any consultation with the New Zealand public. What could possibly go wrong?

Perhaps readers who value freedom may consider signing the petition [here](#).

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Michelle Ames, (LLB) Hons, grew up in Cheshire in the United Kingdom. She gained her law degree from Lancaster University and attended Chester Law School before becoming a solicitor. Much of her career in the UK was spent as a Crown Prosecutor. Within that role, she was a Trained Trainer. Michelle is also admitted as a lawyer in NSW Australia.

Immigrating to New Zealand in 2012 provided different opportunities, including tutoring at Waikato University and qualifying as a Personal Trainer.

As a freelance writer Michelle uses the critical thinking, evaluation of evidence, research analysis and trial experience including cross-examination skills acquired as a lawyer to highlight objective truth; standing up for freedom and the preservation of inalienable human rights.

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