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## I. INTRODUCTION

Through a combination of coincidences, dramatic turns in my personal life, Fortuna and an unquenchable urge for adventure, in 2010 I found myself in one of the most exciting chapters of my life. I took the plunge and went to look at a country in the heart of Europe, just around the corner at a mere two-hour flight from Schiphol Airport, but which was completely different from our country in every way.

Globally, the Netherlands is a frog country, a dot on the world map, but a respectable player economically. For Ukraine, the border country between Europe and Asia, the exact opposite is true. This country has a natural wealth of resources and is immense in size, larger than Germany or France. The size of its population has plummeted, and I estimate that one now has a population of thirty-five million rather than the forty-eight million of a few years ago, but their government prefers to shroud that in mist.

At the same time, this country has a woefully weak economy and an overall poverty-stricken population that is barely more affluent than the population of Bangladesh. This while there is also a fabulously wealthy elite. Nowhere have I seen so many extremely expensive bolides and capital villas as in Kiev. How could this have come to this? I was touched by the sheer simplicity of the people there, fell in love with that beautiful and captivating borderland and soon became attached to Kiev with its rich vibrant culture, numerous fine cheap restaurants, its atmospheric architecture and it's in every way extremely attractive breathtakingly beautiful women from whom the female sexual energy radiated.

But all this is over now! I also automatically started reflecting a bit more on my own country from 2010 and came to surprising and painful insights. Lots of complacency and mediocrity, lots of propaganda, PR and marketing, but still little substance, quality and authenticity. Although I am apolitical, I consider neoliberalism an empty shell with fancy packaging.

Letting God's water flow in God's field is a fine philosophy when everything is going for the wind, but it offers no beginning of a solution in times of crises, such as the current Corona crisis. It turns out that the emperor does not wear clothes and the qualitative shortcomings of government are becoming painfully obvious in all sectors. "Leftist parties" I also do not like at all, all fanatical stupid air bikers and hypocrites.

The negative image of Ukraine's government has been an open secret for decades, but the weaknesses of our government are especially painful because there is a gap between a cultivated and pimped image and the harsh reality. There is no democracy at all in our country, which is a well-kept fiction. While in the former USSR the Department of Propaganda and Agitation had a serious position, now our government, in close symbiosis with the mainstream media (MSM) which is corrupted to the bone, the CPB, CBS and SCP also excel in selling hot air, whole lies and half-truths.

The common thread in this book is self-imagined fiction versus objective reality. Society is permeated by it. Were strange court rulings Afterwards, I seriously doubted whether I should write and publish this book at all because of the soured geopolitical relations and the gloomy atmosphere created by Western media about Russia. But Russia and Belarus also contributed to this rancid bag in recent years through several unsavory incidents and their sometimes-intransigent attitudes.

In 2015, I concluded that this could be precisely a reason to start shining some light in the darkness. What does the average Dutchman know about Ukraine and vice versa? Besides, for me the book is an account of an episode in my life that I might later look back on and conclude with a smile on my face. Kiev has totally changed since the end of 2014 and is no longer a shadow of the bustling city it was back in 2012.

All the mischiefs and decadent shortcomings of the West are rapidly being adopted there, completely removing the uniqueness of the city. I last visited the city in September 2019 and the spell was over with me. So, you see, not every radical change is an improvement. From 2015, 1 to 1.5 million mostly young, educated people a year left Ukraine for good for Russia, the US, the EU and Canada, killing the already ailing economy.

The need to publish this book seemed increasingly urgent because geopolitical tensions, within which Kiev played a leading role, had been steadily increasing since 2014, and the relationship between the West and Russia has never been worse, even during the nadir of the Cold War. Due to circumstances, however, I could not finish this book until late 2019. Since revolutions are almost never initiated by the people, it is also almost certain that only a small opportunistic, influential capital-rich elite of new oligarchs with the help of the US and Neofascists from that country's West directed this mini-revolt in 2014.

It was just a vulgar US-initiated and directed coup and I should know because I was there, albeit 1,200 meters from the battlefield. Bags full of dollars were flown into the country through the diplomatic post to whip up some of the poverty-stricken "freedom fighters".

It is sad but true and do not let inspired MEPs like Guy Verhofstadt or Hans van Baalen or the life-threatening Frans Timmermans, a wolf in sheep's clothing, combined with that fanatical lunatic Diederik Samson. The term revolution has a romantic connotation, but unfortunately it is misused all too often by the US to overthrow a democratically elected regime.

That Ukraine's former president Yanukovich was no good and corrupt as hell is beyond dispute, but things have only got worse in Kiev after him on that front. He announced early elections in 2014, but this was deemed insufficient by the US because you never know who will emerge victorious. The common people are often easily deceived and usually serve as cannon fodder.

That is exactly what happened in February 2014, and I speak from personal experience because I was there, albeit at some distance. 1,200 meters away from the battleground, where I was, daily life went on as usual, but at a few strategically chosen locations in the city center, chaos was deliberately created. I have become convinced that it was the same hired Georgian snipers who shot at both police and protesters to lay the groundwork for the coup.

They themselves admitted this later TV. Who exactly were behind it is unclear, but I have a suspicion, follow too money and looks who benefits. That is how cynical it often is. I find the continuous demonizing of Putin completely unbalanced and unjustified because he has put the largest country in the world back on the map after the total chaos caused by the dismantling of the USSR within a few decades, and that is undoubtedly an achievement of stature.

He is a world leader of stature who stands head and shoulders above them, just as a Bismarck was. At the same time, the recent attack on Navalny deserves further explanation, the MH17 disaster needs to be unraveled and the support for the butcher of Minsk Lukashenko is indigestible, especially for the population there, which unlike Ukraine did want to throw off the yoke on its own and without outside support. Tactically-strategically, I do understand it and want to draw a line in the sand as far as Western influence is concerned.

Ukraine is a country that has everything it needs to succeed fully in the future but also to fail completely and has been in a critical phase since 2014. That border country should never have allowed itself to be taken in tow by the West, however corrupt that Yanukovich might have been. People there are also prone to easy benefits and a certain laziness cannot have denied them. Catherine the Great complained about this back in the 18<sup>e</sup> century.

In 2014, people thought they could become sleepy rich within an EU context and eat from the EU coffers. In my experience, former president Yanukovych was a dictator light and things were not too bad before 2014 and people were, overall, much happier than now. The corruption now is certainly no less than then, and it only cost me a tenner in May 2012 when my friend Ruslana sang a little too loudly in our flat at a late hour.

Everything I claim in this book is merely for my account and do not need footnotes to back up my arguments. I have deleted countless footnotes in this version, look it up on Google yourself and it is my story and besides, I wanted to shorten the book. I do not do namedropping and I do not understand the obsession with referencing sources in science because many notes have the character of wanting to legitimize one's own rightness through others of name and fame. Why Gorki in the Netherlands?

Until 2015, I had never heard of the writer Gorki. I only learned his name in Kiev in a bookshop where I was browsing around with a friend called Yuliana. I originally wanted the book to be narrated by a pig and unoriginally I produced a variation on the pig Porky from the well-known film. Although I cannot and will not measure up to the writer Maxim Gorki in any way, I did come to the puzzling conclusion that we both share the same socially critical attitude and could not hide our criticism. Once upon a time.....In the West, we share much more with Russians and Ukrainians than we tend to think.

In fact, without our realizing it, Russia is the link to our Greco-Roman and Christian-Jewish roots through the Kiev-Russian empire in the 12<sup>e</sup> century and indirectly through Byzantium. While studying the history of Ukraine, I came across more than one hundred different tribes and this borderland has traditionally been the corridor between Europe and Asia. From the 9<sup>e</sup> century onwards, this land also became popular with Vikings, who then provided an important impetus for the development of Kiev-Russia and Russia.

With a little imagination, one could argue that Russians and Ukrainians are Christianized Vikings, in addition to Scythian, Baltic, Turkish, Iranian, Gothic, Serbian, Mongolian, Celtic and other Germanic tribes that populated that borderland, among others. The current population consists of a patchwork in which, from 6,500 BC to the 19<sup>e</sup> century, numerous Eurasian peoples came in and out, mixed and sometimes returned under a different name.

For this rich history, I refer to my book *Kyj, Sjtsjek and Chryv* and only when elements of that history are relevant to this book will I refer to it briefly. Before going any further, I want to frame the scope and touch on some current thorny issues and indicate my position within them.

These include the trustworthiness of ancient history, science versus religion and conspiracy thinkers versus critical people who want to rely on facts but are dismissed as conspiracy thinkers. In general, I would argue that we need a thorough review of world history and, if necessary, revise it and rid it of fairy tales and fables. Broadly speaking, there are three types of people, namely (1) people who think there is a conspiracy behind everything, (2) people who do not see a conspiracy behind anything and (3) realistic people who base and are guided by facts and common sense.

The first two groups have a sting and the 3<sup>e</sup> group is criticized and framed by MSM. Conspiracies are as old as mankind, just ask Julius Ceasar. People who frame others as conspiracy thinkers like in a Pavlov reaction have one thing in common, they cannot and will not believe that there are bad people and that you cannot always trust the government and science on their blue eyes. They do not want to face reality because it affects their humanity and worldview and so they just stick their necks in the sand to stay in their comfort zone.

All people have immovable pillars, assumptions and fairy tales on which they base their lives, and encroachment on these is not appreciated or even hostile. In the previous version of this book, I went into detail about the assassinations of JFK and RFK Kennedy and 9-11 and concluded, based on ten thousands of documents and books I studied, that there can be no question that the government's official reading of these incidents can be correct.

There had obviously been collusion, planning and intensive cooperation between various parties before, during and after these incidents with emphatic government involvement. For this version, I decided to delete these bulky chapters because they were off-topic and because I wanted to shorten the book anyway because I like short and sweet. Besides, I know with a probability certainty what the motives for both events were, who was behind them etc.

Out of respect for certain groups involved, I have decided not to name this here because I do not want most of those groups to be virtuous and it would be unjust to allow the malice of a few to rub off on the whole group. Revealing the perpetrators could cause a geopolitical landslide, which is why these files have never been revealed until now and, will not be for decades to come.

I judge people individually and do not believe in lumping ethnic or religious groups together. I would divide history into the period before 11,600 years ago when the world was hit by an unprecedented natural disaster from outer space and the period after. Highly developed people also existed in the period before 11,600 years ago.

As sea levels rose and fell by, say, 70-120 meters after the last Ice Age, coastal civilizations - which was the rule rather than the exception - were submerged. Atlantis may have been one of them and I do take Plato extremely seriously because he dated the sinking to exactly 11,600 years ago and how could he have known that? After this global disaster, a few (tens of) thousands of people slowly scrambled back up and humanity made a go-around.

We all have the same origins and different physical conditions only determined the outward variation, which seem large but are in fact small. We are all descended from African ancestors and are only separated by a maximum of just under 4,000 generations. We have a common primordial mother from 200,000 back. Therefore, racism is a bit silly it seems to me. The genetic differences are minute.

The most well-known and accepted reading on the origin of the species of man is that as a primate Homo Erectus, related to great apes, we virtually stood still for almost a million years before peaking unimaginably fast some 40,000-70,000 years back. Although the missing link has never been found and the differences between the most closely related great apes are huge, this theory is considered the most plausible by science and by me.

Both aggressive Chimpanzees and peace-loving Bonobos are related to us, but it could well be that various primate species lived side by side. Even though we share 95% of DNA with chimpanzees, we are rarely told that there are fifteen million substantial genetic differences. This amount and types of mutations should, according to everything we think we know about Darwin's theory of evolution, have lasted infinitely longer than the six million years now assumed, unless mutations have temporary growth spurts and/or the usual carbon dating may have been contaminated by cosmic radiation and is therefore unreliable.

Personally, I think extinction by all-destructive natural disasters is the most plausible explanation for the disappearance and re-emergence of new species. If so, then life is extremely resilient and tough. It was recently found that viruses (and hence germs) reach Earth via space. I certainly do not rule out the possibility that DNA also contains "the software" for thinking, talents, memories and we perform what is already locked in our genetic material.

The so-called junk DNA does appear to have important functions, and, in addition, we appear to use only a small part of our brain capacity. Although exaggerated, there is a grain of truth in the film Lucy. People with special gifts tap into a different part of that hidden capacity because their antenna is focused slightly differently on a different frequency.



If experiences are also stored in flexible DNA, then reincarnation comes back into a different light. The 2<sup>e</sup> theory about the origin of man seems absurd and can be read in the book of Genesis. While I am sympathetic to people with religious and spiritual leanings, this story seems a form of "accepted insanity". But be careful with that too because the word for day in Hebrew also appears to be used for eons, very long periods of millions of years (i.e. much longer than 7 earth days) and even the most fanatical highly learned atheists and physicists acknowledge cavalierly that much of what is written in the Bible turns out to be historically accurate.

On the other hand, just as many things in those kinds of religious books are highly debatable, but I am not going to dwell on this in this book either because I want to leave people alone. But even if there were a creative energy, it is very questionable whether it would care about us, a speck in the vast universe, or whether this entity would want to be worshipped. Personally, I do not think so.

Through light, sound and other genetic waves of the right frequencies, life and dead matter are created and the story of the genesis of the Malian Dogon is very appealing to me. I also believe that everything in the universe is energetically interconnected, and that man's management of the earth is a serious form of self-aggrandizement. We are under strong influence of cosmic phenomena.

Until a century ago, the Big Bang was considered nonsense, while it is now widely accepted in science. Supporters of the electromagnetic universe idea consider the big bang to be nonsense and believe that the electromagnetic is the most important ordering force in the universe and blame Einstein for including that note in his formulas. What is certain for me is that if a God exists, he must be (have been) a mathematical genius, an expert in formulas, frequencies, harmony, proportions and aesthetic perfection.

Music, sound, light, radio (active) waves seem to be a divine invention and it seems as if the universe is one big symphony or a series of vibrations and waves. Countless intelligent codes are visible in nature and nature seems to be a collection of fractals and our reality a matrix. Some eminent scholars even think that our reality is nothing but a matrix, a computer simulation or a hologram.

The very greatest inventors and scholars experimented intensively with the occult over a hundred years back and came to the astonishing conclusion that there are more dimensions and that could explain many paranormal phenomena.

Pythagoras already understood that the universe is imbued with formulas, frequencies and vibrations and he studied music in detail and thought that music was the key to unravelling the mystery of the universe and he was close if we are to believe the creation rites of the Malian Dogon. Incidentally, the original text of the Bible referred to "Gods" and not 1 God and that too is curious because Judaism claims to be the inventor of monotheism while others preceded them, such as in Egypt under Pharaoh Akhenaten.

I find interesting the phrase that Eve was made from a rib of Adam because if we humans were to genetically manipulate now, we would indeed use the cells of an organ or body part for this purpose. 70 years ago, this sentence in the Bible had no meaning because genetic engineering was still in its infancy. Do, I sometimes wonder, ideas, science, religion and inventions come to us from a universal cloud or other dimensions or is life a quasi-dream state and fantasy world in which realities are created or do we live in a cosmic hologram?

What is certain is that present and past are constantly interacting and can lead to new insights. Advancing insight is called that. Are our brains a super-antenna for cosmic signals and is behavior in humans and animals strongly influenced by cosmic impulses of all kinds and, subsequently, what does this mean for the idea of free will? Is the size of the brain content and structure really that decisive for intelligence, or are even the smallest animals also very intelligent, but we don't want to see that and wrongly place ourselves on a pedestal? Whoever knows may say.

For people who find aliens fascinating, I would like to point out the many miraculous insects, the complex microbes and squids that possess unimaginable skills that humans cannot match, ranging from perfect camouflage, complete shapeshifting, to sophisticated frauds. They typically live to be 2 years old, and our children need 20 years to learn a few tricks we call competencies.

The intelligence of squids, dolphins, rats and crows and is phenomenal. In our time, we think with great certainty that we already know everything, but the opposite is true. Our formal ancient world history is a Swiss cheese of holes. Besides, I rate ancient people higher in terms of intelligence, ingenuity and creativity and when I read the works of the classical Greeks and Romans, I think they would turn their noses up at us and some modesty suits us.

But what about superstitions and the many gods of antiquity? In antiquity, people had a great respect for the metaphysical. Socrates put a stop to that, but it is very questionable whether we (can) understand reality and all its dimensions. Due to Aristotle, only empirical science is real science, and all paranormal phenomena are just nonsense.

However, his most important pupil, Alexander the Great, prior to his Persian expedition, went to the Oracle of Zeus-Amon in Egypt, who predicted his future exactly. The clever people of ancient times thought very differently about metaphysics than we do. I will come back to this later and you must separate the wheat from the chaff and not equate crooks and madmen with people who are indeed capable of miraculous things whether under the influence of hallucinogens, such as Nostradamus and the Pythia of Delphi.

What is certain is that Ukrainians and Russians are far more "(super)religious" or, if you like, spiritual than we in the West. Between scientific and religious elites, a heated debate on the origin of the universe and earthly life has been raging again for several decades, and I have only recently joined that discussion. This discourse boils down to the fact that the thoroughly materialistic empirical philosophy of science that attaches 100% to Darwin's theory of evolution categorically disregards the possibility of intelligent design.

However, there is something to be said for both camps. Life occurs everywhere in the universe via transpermia if conditions allow it, and that DNA may be universal, but there also appear to be one hundred alternatives to DNA. Both intelligent design and evolution can both be true. Sir Dr Francis Hoyle, the inventor of DNA, compared evolution from nothing to the spontaneous emergence of a Boeing 747 from a tornado racing across a scrap yard.

Basic physics, biology, (bio)chemistry and mathematics are reaching their limits when it comes to explaining a number of fundamental questions, such as the origin of the universe, life and consciousness. In scientific circles, all kinds of social conventions and repression often still barely distinguish them from fanatical religious groups that want to nip any critical dissent in the bud and exclude doubters in scientific faith (because numerous assumptions on which science is based are not much more than that).

Science should be open to where the evidence leads - regardless of the consequences and one should not ignore factors in advance. But then one enters the interface of metaphysics and traditional science, which is considered downright scary in academic circles. In academic circles, except for the faculties of philosophy, a kind of defense mechanism occurs when dealing with tricky issues.

Any suggestion that creative forces might be (or have been) at work in the universe can be met with disgust, social exclusion and vitriol in those usually atheistic strongholds. Although I am a neutral observer in this field, I find this attitude unfortunate because we will have to continue to face all options about the origin of the universe, life and consciousness and the existence of multiple dimensions with an open mind.

Because of this hardened stance, science is eroding and sometimes starts to look damn near like fanatical faith, founded on a number of questionable assumptions that are qualitatively not much better than the religious explanations they oppose. Recently, I followed some debates with the main players in science. The steeled atheist scientists mostly excelled in blackening their agnostic or religiously inspired opponents and admitted that even if the evidence showed that the universe was created by whatever creative force, they would under no circumstances accept that and would rather go to hell.

That is the wrong basic attitude. On me as a neutral listener, these atheist scientists, such as the now-defunct Christopher Hitchens and Richard Dawkins in the forefront, made a rather arrogant, dogged and awkward impression, and that image was reinforced because their opponents, such as the secularly brilliant David Berlinski and Steve Myers (with a religious conviction) relied on scientific insights, generally accepted academic methods and facts on a number of issues and were so adept at doing so that, in my view, they wiped the floor with these notorious atheists.

It is God-impossible to prove that a creator does or does not exist, and that is just as well because in that case people's behavior can be predicted and one would shrug off any self-responsibility. God does not want to be known at all. Darwin was wrong on numerous fundamental issues, as rapid mutations are much more plausible at times of crises than primordial slow mutations and modest mutations may have been established within species but not fundamental changes within main species.

Einstein also got it wrong at times and admitted this, frankly. Extraterrestrials could never have visited us because this is not in line with Einstein's teachings, but if we know one thing for sure is that science implies advancing insight. I have never witnessed a UFO, USO, UAP or alien, but I would not be surprised if they do exist and even Haim Eshed, a former top Israeli general with 30 years of experience, recently confirmed their existence.

Even the Pentagon, Congress and US intelligence agencies are swayed, yes, these phenomena exist! Atheistic scientists continue to insist that a creative force, whatever that may be, cannot exist and that life and the impressive variety of species had arisen spontaneously and by chance from countless atoms, molecules, carbons, left-handed amino acids, right-handed sugars enzymes and whatnot, which had thus miraculously and spontaneously found each other in the right composition and right order at the right time, and had grown through genetic feats such as an extremely complex 1-cell that would make any computer expert dizzy.

Can you count? Well, do not count on it. How this creation of life had happened, these atheists did not know exactly either, but they firmly believed in it. The statistical probability that a creative force or forces did manifest in the creation of universe or universes (and life within them) seems infinitely greater than that something so complex came into being completely out of nothing.

Even the simplest 1-cell organisms are unimaginably complex, and the best optical instruments demonstrate this beyond doubt. I cannot prove a God either because that does not seem methodologically possible to me, nor do I feel the need to. Intuitively, there is more between heaven and earth, and I have experienced this emphatically several times in my life.

Why should intuition be an inferior tool and the sense of God is built into the genes. Religious feelings are a personal matter and think there is much to suggest that a creative force created the universe and balanced natural laws. Since this metaphysical world is beyond the scope of traditional science, I also have no evidence as to how that could have worked out, but that is irrelevant for now.

An interplay of cosmic sound, light and radioactive waves activates dead matter at the right frequencies and transform it into living matter, occasionally eradicating all life (gamma waves). It is likely that we will never find out exactly how the emergence of life works, and our logic is subject to different rules of play than the metaphysical ones. The more we learn about the origins of the universe, life and consciousness the more we see that we know damn little about these fundamental issues.

So, some modesty is called for here too. According to Nobel laureate Sir Dr Francis Crick (genius and founder of genetics), there is a good chance that life on earth had an extraterrestrial origin. It is also quite possible that mutations are pre-programmed and do not depend on changing environmental influences nor natural selection.

A new species suddenly emerges after the expiry of a "built-in timer". On Earth, we also find life in the most hostile environments and under the most extreme conditions. This indicates that the tolerance limit for life is low in the universe. Russia and Ukraine are teeming with excellent exact scientists and biologists who can think out of the box, and I find their achievements astonishing.

Although Darwin provided many valuable insights, his theory does not fully cover the load and many fundamental issues, such as the origin of life and transition between main species, remain unanswered. After 150 years of foraging by countless archaeologists, geologists and biologists in successive strata of the earth, very much evidence for Darwin's theory of mutations and adaptation to the environment through natural selection appears to be lacking.

There are periods when numerous new species seem to have emerged from nothing, such as the Cambrian. In addition, mutations are mostly devolutions, where genetic functions are merely eliminated, and no new functions were added within the DNA. The most plausible seems to be that (super) viruses transfer genetic material from one host to another and that the genetic material is changed as a result. That would be a better explanation for the emergence of new species than extremely slow mutations due to natural selection.

Natural laws are so finely and precisely tuned that life became possible. It turns out that even the smallest changes in those laws can be fatal to the universe and life on earth. We are back to square one read: with Socrates who claimed to know nothing with certainty and that was not false modesty. I now conclude with the phenomenon of conspiracy thinkers.

There are paranoid people who see a spy behind every tree or if they look in their rear-view mirror, they think they are being chased. At another extreme is the group of people who believe in everything the government and mainstream media claim and rule out any conspiracy. Julius Caesar would have thought otherwise, and history is full of conspiracies and cover-ups, although I believe that big conspiracies with considerable impact occur sporadically.

If I look at the past 75 years, say, I would like to know more about the assassination of JFK and RFK, 9-11 and the total UFO dossier built up by military and pilots. A handful of conspiracies in 75 years is not much, right? It is precisely those who pillory critical people as being conspiracy thinkers who themselves believe in conspiracies. Is that a paradox or not?

They blindly believe all government and MSM readings, no matter how bizarre. A 3<sup>e</sup> unknown reading about our origins is the one about the Anunnaki and because it is so unfamiliar and flowery, I will briefly outline this variant. If we look at the 5,800-year-old clay tablets from Sumer, which were made over 3,000 years earlier than the Bible texts and are the source of that same Bible, you will find surprising things.

The earth, according to the Elohim or Gods (according to the translation of the clay tablets that Dr. Sitchin has made his life's work of) was created by a collision of a planet that had moved into our solar system and it destroyed the then existing planet Tiamat. I read in a science magazine this week that cosmologists are indeed assuming such a thing though they are cautiously concealing Sitchin's work. According to them, it was another collusion that explains the origin of our moon, ok.

Half the planet disintegrated into fragments and then formed the so-called Kuiper belt, and the other part became Earth and one of Tiamat's 12 satellites became our moon. In the clay tablets, Earth is the 7<sup>e</sup> planet and not the 3<sup>e</sup> as we now look at it from within. Earth is indeed the 7<sup>e</sup> planet when travelling from outside our solar system towards the sun.

That is strange. How could they have known that at the time? Even stranger, they depicted planets from our solar system whose existence we have only known for one hundred years. According to their stories, humans are a "failed genetic experiment". Some see this as evidence of extraterrestrial visitation, but what if we get this kind of information from a universal cloud or from other dimensions?

Incidentally, what strikes me in a general sense is that man always tries to explain fundamental issues based on the latest technological insights available at the time and that these define his frame of mind at the time. In today's information and computer age, man looks for similar patterns with the computer. But if this is so, then the current information hype in natural science, chemistry and biology is also pre-mature. The species of man was genetically designed by these Anunnaki, just as we now create robotics for the same purpose of working hard without whining.

This experiment had out of hand and the hybrids of the sons of the gods and daughters of earthly mothers and fathers (the so-called Nephilim), tyrannized the earth over time and became (too) numerous. The recently deceased Stephen Hawking, just before his death, warned of the dangers of artificial intelligence and he has a point, although he also missed the mark completely at times.

The Anunnaki visited Earth as far back as 445,000 years ago to mine gold, which they used to fortify their damaged atmosphere, but around 250,000 years ago, a rebellion broke out among them, and they refused this hard labor any longer. Modern humans became the genetic answer to this. The most suitable primate was genetically engineered for that purpose.

The Gods or Elohim came from Nubira, a planet that would orbit our sun once every 3,600 years and will only be close to Earth again in say 900 to 1,000 years if it exists. I always found this story very far-fetched and fanciful, still do. Like you, I waved away and laughed at the existence of another planet in our solar system. Until, however, in January 2016, two top scientists had discovered a planet beyond Pluto that is ten times larger than Earth and that it could explain some of the curious phenomena in the Kuiper Belt. But experts are also definitely not ruling out the existence of a 2<sup>e</sup> sun just outside our solar system.

Binary solar systems are common in the universe. If anything has become clear to me since then, it is that our knowledge of the cosmos, even from close by, is marginal and the same goes for the oldest history of man in which there are many gaps. Even about gravity, we know extremely little and so I wonder in good conscience how you can get young physicists to graduate and get a PhD if they have no clue about one of the four universal forces and their interrelationships.

Isn't that risky and, in a way, an admission of inability? We also know precious little about consciousness and reality. Are we so stupid not to be able to grasp it, and why don't all modern geniuses focus on such fundamental questions? According to neurosurgeons who themselves died or seriously studied near-death experiences, there was incontrovertible evidence that consciousness lived on even when one was clinically dead.

I enjoyed the film *Heart of a Dog* based on a book of the same name by Russian writer Bulgakov in Kiev with my friend Tatyana. I had never heard of the writer before and the good dog in question had been given the heart of a criminal and soon after went into the same antics. Believe me or not but let some heart patients now indeed have similar experiences and memories transferred from the donor after a heart transplant and show behavioral changes.

This could mean that information could also be transmitted through organs. In Russia, people experimented with this kind of thing in the last century and brought dead people back to life briefly by connecting them to an artificial pump that took over the heart function.



Because the results were so shocking, they resolutely stopped doing this, or so they claim. In the near-death experiences, the protagonists in question remembered the smallest details of who was standing around their bed while they had given up the ghost or just the shell, as they were clinically dead. If we understand gravity, electromagnetism, the weak and strong atomic force in their interrelationships, our future will be able to change dramatically, and we or our messages might (contrary to Einstein's claim) be able to travel much faster than the speed of light.

Now information technology and string theory is hot in natural science, and we can move forward again for decades because multiverses have been introduced that may well explain everything. This keeps the scientist's stove burning and I also see this more as a flight of fancy. Our senses deceive us, and Plato already sublimely outlined this to us 2,500 years ago.

The technical genius Nicolas Tesla was also on the right track in fathoming all kinds of energy forms. If there is a creator who created this creator or is our logic of a completely different order than metaphysical reality and God does not want to be known. God does not exist many say just look at the misery and many injustices in the world they argue. But good and evil are different facets of the same crystal, and these antagonistic forces need each other precisely to generate the required interaction at all.

The atheists I referred to earlier gave fatal occurrences in people's lives as the proof that a merciful creator could not exist, but that is a proof from the absurd, and who says that a creator is only merciful and has no downsides? Aren't they confusing physical creation with morality and ethics? However, these two needs have nothing to do with each other and are of a completely different order.

Even crimes committed under the banner of religion (and there are many examples of this in history) are not proof that religions are therefore abject. It is always man himself who causes these abuses. When I look at nature and the wickedness some life forms are capable of and in which humans excel, I cannot help thinking that if there is a creator, he had to add evil to the spectrum of reality for good reasons that we mortals can hardly understand.

Without evil no good I think, and a life-and-death struggle is necessary to keep overly successful populations of species manageable. Yesterday on YouTube, I saw a bitter life-and-death battle between two belligerent insects equipped with impressive weapons and it did make me think about the extent of peaceful behavior and harmony in nature. Never underestimate the power of evil, it has many disguises and manifestations, and it nests in the shadow of good.

This is why you will so often encounter monsters in the heart of power centers. The tweeze fight was a fine example of senseless violence among insects, and the praying mantis was eventually expertly dissected by the wasp. Since man has no natural enemy, he may have been forced to become his own wolf, as philosopher Thomas Hobbes plastically put it. Similarly, according to Occam's Razor, the chances of a creator seem infinitely greater than having a universe or universes created out of nothing.

Although I am neutral in this, I find the extreme distaste and denial of know-it-alls that such a thing can exist telling. Most of their energy goes into ridiculing and discrediting their opponents and numerous religions and referring to the many evils done under the umbrella of religions in history. In doing so, they pull out everything ranging from forest gods to ridiculing mythology. But I find this too cheap and simplistic, even though I can see the dangers of fanatical belief myself.

Mythology has a much deeper meaning and its writers have wanted to make something clear to generations after them. Blindly believing in something can make one stupid, it is true, but if this process creepingly manifests itself in science too by nurturing a blind faith in assumptions or paradigms, then it is even more risky because this can lead to structural intellectual laziness and stagnation.

The thesis it is just the way it is I cannot do anything with. I am genuinely interested in the facts that can explain the origin of the universe, the finely tuned laws of nature and life. In that quest, I do not exclude anything in advance. Those kinds of scientists and faith fanatics can shake hands. So, my advice here too is to exercise some humility and keep an open mind because we may be much more ignorant than we want to make ourselves appear.

Besides, why would we want to physically travel in the universe when there may be other much simpler and more effective ways of communicating? Space travel has unimaginable drawbacks and unresolved dilemmas, as well as being exorbitantly expensive. If the universe really is a quantum computer, as numerous eminent mathematicians and physicists believe, we may be able to make contact via portals or other shortcuts. Gold dust, as mentioned, was needed, according to the story about the Anunnaki, to protect their atmosphere from sunlight via an artificial shield.

Gold was abundant with us, especially in south-east Africa. Coincidence or not but that is precisely where modern humans arose. I was in Kenya 25 years ago and of all Africans (except North Africans), they are still morphologically most like the Caucasian race. Modern man's locomotion, brain function, nature, larynx and hair are said to have been genetically modified and in this, a brilliant female Anunnaki doctor had a leading role.

Even if it turned out to be nonsense, it is a very original and visionary story is not it because how could they have known and written these things down back then? The lifespan of primates was extended (limited to 120 years according to the Bible) and they had to become smarter than primates, but not too smart either. According to mainstream science, the traceable history of self-conscious humans begins around 77,000 years ago and around 40,000 years ago, modern humans were fully crystallized according to their artistic expressions.

The "bio-robots or hybrids", according to the Anunnaki, were going to outpace the Sons and Daughters of the Gods in everything (including numbers) and became increasingly contrarian. It all seems nonsense, but there is no doubt that recently Chinese scientists cloned primates and that the technology itself is therefore possible, especially for a civilization that would be only 100,000 years ahead of us, which is cosmically nothing at all.

The story about the Anunnaki is certainly intriguing, imaginative and one must have possessed a brilliant imagination or prophetic gifts to invent stories almost 6,000 years back that only sound relevant with today's science or there is a simpler solution: Sitchen's translation of the Sumerian clay tablets is incorrect. Another explanation is possible and that is that we have little understanding of phenomena, time, reality and consciousness.

Plato made a brilliant attempt at this in his story of the dark cave, showing that our senses were imperfect. Our reality is a projection we keep creating through our brains, which act as receivers of cosmic messages or signals from another dimension, and we collectively color in these holograms and give them meaning. We are just bits and bytes or extras in an immense quantum computer game we call universe. The women who arose from the hybrids corrupted the sons of the gods and were a constant source of conflict, according to the clay tablets from Sumer.

Well psychological understanding certainly existed back then, and I can know with four older sisters. In the book of Enoch, which is not included in the Bible - and I can understand why (because it frequently mentions astronauts), it is said, "from clothing come the moths and from women evil". While there may be a grain of truth in this, women keep us men going, and we cannot do without them.

But stay on your guard because women outdo men in everything, including evil. Women in Kiev are often incredibly smart and savvy and almost all have very high education because that is normal there. The story of Noah and the immediate cause of the flood, even though it was undoubtedly not a punishment from a creator but an unavoidable catastrophic cosmic event, says something about Noah's introspection at the time.

Man, in his view, was thoroughly rotten and evil even then. Watch CNN for a month and you get a pretty good idea what he meant, and, in that respect, man seems incorrigible and always (after rare harmonious flourishes of moral uplift) prone to evil. Mars, according to Stithin, was used as a way station and of the total six hundred Elohim, three hundred resided on Mars.

This seems even more bizarre but what if Dr Velikovsky, a colleague of Albert Einstein of Princeton, was right after a lifetime of studying it that Mars was once again hit by a huge comet a few thousand years ago that destroyed Mars' atmosphere? I also found his life's work very well-researched and do not immediately relegate it to the realm of fantasy until it is conclusively established that indeed no life existed on Mars. Scientists are often too quick to be biased.

First, let us examine Mars more closely. Again, it all seems like nonsense, but there is a hole in our collective memory, and this may indicate major traumatic cosmic events. It will be up to scientists to continue closing this gap in the coming years. Finally, what I find remarkable about the story of the Anunnaki is that most people I know tend to prefer an existence of work slave to freedom and further, that the brain seems to short-circuit when you try to penetrate to the origin and core of human beings as if "our software" does not allow it or leads to conclusions we cannot handle.

However, the most plausible explanation is and remains the theory of evolution, although it has recently come under strong pressure even within leading scientific circles<sup>11</sup>. What happened in the last, say, 40,000 - 70,000 years? Whether it was the first time or not<sup>12</sup>, it seems certain that 11,600 years ago, the human species was completely eradicated because of extreme solar activity or a huge comet, which melted the ice at the poles in a few days and then quickly froze again.

The (magnetic) poles suddenly appeared in other places on earth that stood still for a day. Then the earth rotated in the opposite direction. This hard stop of the earth created hundreds of meters high tidal waves worldwide and the oceans flowed to a new equilibrium position. Several historical sources state that the sun stopped for a day and rose from a different wind direction. Extensive geological research confirms this.

The recently deceased archaeologist Klaus Schmidt found the archaeologically very important Kobekli Tepe near Urfa, near the border with Syria, in the 1980s, which broadens our view of antiquity and shifts the human cradle further back in time by many thousands of years. The annals of Egypt go back over 25,000 years and Egypt was much greener then with far fewer deserts.

Prof David Berlinski, a secular Jew and brilliant philosopher and mathematician articulates by extremely apt and puts finger on sore spot. Darwin's theory of evolution cannot explain numerous fundamental questions about the origin of life and mutations between species. According to authoritative US geologist Robert Schoch, the Sphinx undeniably shows signs of strong water erosion and must date back some 12,000 years at the end of the last ice age when it was raining cats and dogs in Egypt.

The Sphinx points its head towards the sign Leo, which was in that position in the zodiac around 12,000 years ago. The pyramids of Giza were built around it later or merely renovated around 3,000 years ago. It is certain that no hieroglyphs or tombs have ever been found in the pyramids and they look more like advanced power plants than tombs for pharaohs.

Whether the species of man is hundreds of thousands or even millions of years older than assumed, as claimed by Michael Cremo, I venture to doubt, but I do find some of his bold claim's tantalizing and interesting. Humans survived during and after this disaster in an ingenious system of caves, entire cities were built underground (including in Anatolia) that protected against earthquakes, volcanic eruptions, cosmic radiation, and the system of electromagnetic fields that protected the earth was overturned.

Plato spoke of the destruction of Atlantis 10,600 years ago and had this from the Egyptian priest Manetho, and how plausible is it that he was exactly spot on about events that had taken place 9,000 years before? By their own admission, the Egyptians had been keeping accurate records of their history in their archives for tens of thousands of years. Looking at the technological spurt of the past 150 years, I do not see why people of say 30,000 years ago could not excel technically.

Ancient in no way means inferior. I would not be surprised if Atlantis, Mu and Lemuria existed. Curiously, few greater thinkers than Plato have existed, but when he talks about Atlantis he is suddenly dismissed as a fantasist. Man was slowly scrambling up and it took almost 5,000 years for some cultures to start shining again (at least from that time about 5,800 years ago, the go-around becomes well visible again) and people fanned out across the earth.

To most people, the name Atlantis has something mysterious or mythological, not to me because it would not surprise me at all if from say 25,000 years back very highly developed civilizations indeed existed that were lost due to natural disasters. Ukraine and Russia, like the Netherlands 5,000 years ago, were extremely sparsely populated. In those days, many peoples were nomads and, especially in Ukraine with its vast steppes, these Scythians heavily influenced large parts of that immense country from 3,800 years ago.

I recognize their wild and fearless nature in today's Russians or Ukrainians, who can lapse into extremities driven from nothingness and emotion. In my concurrently completed chronicle on Kiev, I outline Kiev's early history in more detail, which goes back to the early Stone Age. In this book, I will dwell on developments from the 20<sup>e</sup> century onwards. I had to make this interlude because the present does not come out of a vacuum.

Even centuries-long sentiments still play a significant role under the surface in Ukraine and Russia and can surface unexpectedly on certain sensitive political question-issues. We are all historically connected, and much behavior is rooted in rich Eurasian history, which is unknown to many. From a Russian perspective, distrust of the West prevails, and they have every reason to do so.

Think of multiple military interventions such as Napoleon's invasion in the early 19<sup>e</sup> century, the West's role during the Crimean War some 60 years after that, the Nazi invasion in 1941 and the nearly 50-year-long smear campaign we call the Cold War, as well as the West's breaking of all promises with Russia over the past 30 years after the collapse of the Soviet Union in the early 1990s. We would not move one meter with our NAVO towards their country in exchange for German unification, and now we are right on Russia's borders, and they rightly feel cheated and threatened.

Although the differences between Sumerians and us may seem great, they were the same type of people as us, with similar or even higher intelligence and resourcefulness. Even the inhabitants of Kiev, whose city was razed to the ground in 1240, were not that different from you and me, and it must have been an unimaginably traumatic experience for them that the pearl of Europe ceased to exist for almost six hundred years.

In the popular anger that occasionally flares up in that country and in their quest for nationalist identity, I still detect unprocessed traumas from the past. Then again, they are set against Poles who wanted to ram Catholicism down their throats, then against Russia, who crushed nationalism in the early 20<sup>e</sup> century. I also detected some aversion to Turkish neighboring peoples associated with gangs of robbers that plagued Ukraine for thousands of years such as the Pecheneg, Huns and Mongols.

They are searching for their own tightly defined identity, which is far from easy because this own identity is still wafer-thin and highly evolving. For me, there is no doubt that their language, music and culture are phenomenal, and I immediately fell in love with that adventurous, mysterious country. Culturally, it is also a border country. One is oriented towards Europe on the one hand, but on the other, it is also closely intertwined with Russia in terms of population composition and culture for millennia.

Ukraine suffered (apart from China under Mao, where an estimated seventy-seven million people died) the most in the last century. First, after the terrible 1<sup>e</sup> World War, there was the indescribable suffering during the Russian civil war of 1919-1921 with unimaginable atrocities and with an estimated 10- 19 million casualties in the (pre) USSR. Read Babel's Red Diamond and you will know enough.

When deprived and power-hungry people seize power, their revenge is often sweet and their sadism unquenchable. Socio-economic and military mismanagement, shocking social injustice and repression by the hated secret service Ochrana under Tsar Nicholas II were primarily to blame, alongside opportunistic imperialist interference by foreign powers such as Britain, France and the US and, finally, the totalitarian actions of communist fanatics themselves.

Then, in 1932-1933, an estimated 6-8 million (some sources even speak of twelve million, other sources again of three million, but do the exact numbers really matter at such a size?) Ukrainian peasants were starved to death by Stalin and his executioners led by Khrushchev mainly because they had no function as a class in the theoretical communist model and collectivization of agriculture was ruthlessly enforced at breakneck speed.

This collectivization was deemed necessary to enable large-scale industrialization. Such crimes are only possible when you think in terms of political systems and the human dimension has completely disappeared and then, in the perception of those in power, there is no crime but a necessary sacrifice to realize the ideal-typical model of society. It must also be said that without industrialization at breakneck speed, the USSR would never have brought the Nazis to their knees and perhaps Johan Cruyff was right after all that every disadvantage also has its advantage and vice versa.

So, this is why you never really get out of a discussion between supporters and opponents of Stalin. Let us just say he was a useful criminal. The terror was not so much directed against Ukrainians personally (although the Politburo did want to quell rising Nationalism) but Ukrainians had the dumb luck that a very large part of the population did not fit Marx and Lenin's ideal-typical model because their country was predominantly agrarian.

In addition, rising nationalism was a thorn in the side of the Communists who then still believed in a world revolution and thought in terms of classes where borders still mattered little. In total, from 1917 to 1941, the USSR's secret services massacred (an estimated) forty-four million of their own people. After the 2<sup>e</sup> World War, another (estimated) nine million were added. I love Russians and Ukrainians but stop denying and distorting these inky black episodes.

The facts do not lie, and I do understand that in a psychological sense it is neither comprehensible nor digestible. The ghosts of the victims were still around. I loved the recent film *Death of Stalin* and its banning in Russia speaks volumes. Often, humor and satire can be healing. The Nazis, sometimes welcomed with open arms as liberators, celebrated their criminal lust after their invasion of Ukraine on this poor population of that border country that had been terrorized for decades.

Communism with all its flaws was intended (at least in theory) to improve the welfare of humanity and eliminate gross inequality between rich and poor. Every totalitarian regime eventually culminates in corruption and abuse of power. Although fascism and communism did not appeal to me at all, however reprehensible they had some plus points. Schooling and medical care were free in the USSR, travelling on public transport cost nothing.

On the plus side, this totalitarian regime also became a formidable opponent for that other totalitarian regime in Germany. The Nazis completely gritted their teeth against it, and it must have been a hard sell that these (in their eyes) Untermenschen stood at the gates of Berlin just as had been the case in Paris 130 years earlier. In total, at least 27.5 million Soviet citizens were killed during the 2<sup>e</sup> World War, or an estimated 99.5 million people (worst-case scenario and perhaps grossly exaggerated by propaganda) died in barely 40 years, a number so high that it is completely beyond our imagination and unconsciously erased from the collective memory, even in the West.

Even if, according to reputable sources, it turns out to be "only" fifty million dead, this number is appalling. Due to strong propaganda by supporters and opponents of the communists, the exact number is and always will be uncertain. In that collective memory, Americans, who lost a few hundred thousand soldiers (mostly during battles in Asia), won this great war, but of course that is a historical falsification that feels comfortable and palatable in the West's relentless propaganda.

On 4 May, every year we commemorate our casualties from the entire 2<sup>e</sup> World War, but on the Soviet side that number fell every week. That the Soviets' invincibility was due to the terror of the Stalin regime does little to change that for the ordinary Russian.



If one did not face the enemy forward but retreated, these soldiers were mowed down by their own political commissars and their relatives were persecuted. Because the chance of dying was maximum for the Russian soldier, he overcame his fears, and they defeated the invincible Germans. In the coming years we should also remember the many fallen often very young Russian soldiers without whom a victory over the Nazis would have been illusory.

In 2010, when I visited a cemetery in Vinnitsa, Ukraine, which was full of Russian and Ukrainian boys aged 18 and 19 killed during that war, it made a deep impression on me. The sacrifices made on the Soviet side did not lie. Without their efforts and sacrifices, we would all probably be walking around in a Hugo Boss uniform right now and raising our right hand high in the air.

Was it a twist of fate or not that Hitler found his superior in the equally ruthless Stalin, and therein lies another element of confusion immediately. Current supporters of Stalin will put forward that without his successful industrialization, Russia could never have won from the Nazis and that too is true, and, in that sense, he was indeed the savior of Russia.

On the other hand, the sacrifices for the transformation of the Soviet Union were astronomically high, and if World War 2<sup>e</sup> had not broken out (for example, if the Allies had been more obliging to Hitler, or if one of the many attacks on him had succeeded), or if he had not concocted his insane persecution of Jews, the number of victims on the Soviet side would still have been staggeringly high.

In addition, it cannot be ruled out that the Nazis became extra fanatical because of the wholesale purges in the Soviet Union of millions of mostly educated people and peasants and wanted to prevent the same thing from happening in Germany at all costs. Unfortunately, the vanguard of the Communist Party, the USSR's first government and the secret services was dominated by criminals of Jewish origin, which was of course grist to the Nazi's mill again.

This is an aspect not mentioned in all mainstream history books. It is best to keep quiet about this dark episode because you cannot sugarcoat the past and no one is alive today who bears any responsibility for it, let alone blame the misdeeds of individuals on the whole group. Evil haunts all population groups, sometimes jumping over to antagonists and no group is immune to this phenomenon.

What is certain is that Germans have now become model citizens and that in the 1920s and 1930s, because of their suffering imposed by the Treaty of Versailles, they were seduced by the anti-Christ Hitler. It is better to look to the future now and leave the past behind. We owe Russians a lot and the least we can do is treat them with respect, consider their legitimate geopolitical interests and fears and paint a balanced picture of their fascinating country, culture and history.

We have been doing absolutely nothing of the sort in recent years, and the smear campaign now being conducted against Russia is not only dishonest, but also highly dangerous because Russians, when cornered, do not let themselves be pushed around. In my personal contacts, the Russians made an extremely intelligent, decisive, brave and serious impression.

And yes, there are crooks and criminals, but what country does not? I often find myself twitching my toes at hypocritical one-sided reports by journalists here who have nothing to do with facts and whose profession has been reduced to sensational sewer journalism. In addition, I find the current mode of journalism extremely dangerous for the rule of law and the international legal order because it increasingly fulfils the role of propaganda machine and less and less that of watchdog.

Man is a herd animal who is easily carried away by unsubstantiated hypes and propaganda. Even judges are increasingly guided by what the media think of a case because who does not want to be liked and conform to the wishes of the vox populi? I find this position of power downright creepy, especially as increasingly media are only owned by a few wealthy syndicates.

The current centrally directed Russophobia, especially that in the US, is a thorn in my side and I wonder in good conscience whether these obviously paranoid allies of the past are still the appropriate allies for the future. Their rash and thoughtless behavior could also plunge Europe into an all-destructive and final war, and the situation has never been more perilous than it is now, and I am not only saying this since early 2014, but also heavyweights and experts such as eminent professors Stephen Cohen, Noam Chomsky and Paul Craig Roberts.

War is in people's genes. After they started inhabiting permanent settlements many thousands of years back, people had something to defend and conquer. War fascinates and abhors at the same time. While I love Ukraine, I do not idealize that country. It also has serious downsides. For instance, corruption is endemic and anything resembling the rule of law is absent.

There is abject poverty among the bulk of the people there and if you get sick and do not have money for medical care you just die and have dumb luck. As for corruption, an anecdote from Googol's *Dead Souls* springs to my mind taken from Michel Krielaars' book *the Unknown Friend*. The protagonist Chichikov sits on a committee to build a capital government building.

After six years, the building land still lay fallow, and people started wondering whether it was because of the climate or the quality of the building land? On the private plots of the committee members located further away, magnificent middle-class houses were rising at that time. It is concluded that this building land was better.

Venereal diseases devastated much of Ukraine's population and young educated talents are migrating away en masse. I consider the opportunistic and criminal power elite spurred on by fanatical neo-fascists willing and able to play the West off against Russia and we in the West should certainly not fall for that. Trustworthiness is a virtue you always must test in that country.

Or as Stalin said, "Trust is good, but control is better". This attitude, too, is easily explained historically. This border country has been the plaything of successive imperialists for many centuries. We should not interfere in this vulgar power struggle at all. They should sort it out among themselves and quickly bury the hatchet. Already after finishing the manuscript, I noticed the current neurotic nature of my compatriots, all as busy as Truus the Ant from the *Fabeltjeskrant*, never having time for any reflection whatsoever, subjecting themselves to a mental straitjacket with countless obligations, imaginary or otherwise, and in a constant state of near-tension.

The following quote regularly crossed my mind: those who always pretend never to have time are the least busy of all. It is a kind of mental state in which most maneuvers themselves. But a form of chronic (mental) laziness has also crept into our vernacular. While in Kiev countless people still read books, this seems to have become superfluous in our society, unless it is about the bedtime secrets of a primal unattractive pale English princess with a big nose, who was praised to the skies by millions of people and to whom attributes were attributed that she definitely did not possess.

And let us not mention those floppy ears of her ex-husband at all. A more handsome man was hardly conceivable according to high society, whose cones and rods did not work properly. They call it Copenhagen syndrome in professional jargon. I find that kind of magnetizing enchantment scary and Hitler also possessed that quality in abundance. People also hung on the lips of that madman cum professional fraudster Trump.

Man is fascinated by flawed personalities whose misbehavior is magnetizing. I think his opponents may be worse and his successor Biden is obviously senile. Teacher Yolanda of the 1<sup>o</sup> class of primary school regularly asked us if your neighbor jumps into the water you do the same, apparently to teach young people critical independent thinking. Now something is true because it is in the newspaper or has been on TV.

I find mass psychology terrifying and have always avoided large crowds since childhood. That is how the flame ignites. Whereas TV programmers and films were subject to marginal "quality control" a few decades ago in my country, now you are inundated with pulp of the most questionable level, and we feign that this does not adversely affect our youth. I have never had so many TV channels as I have now, and I cannot name three quality programmers. Thank you, John de Mol.

Ordinary, vacuous, voyeuristic, degenerate types prone to self-destruction fill the tube and are chewing gum for the brain. The intellectual highlight of the day is the programmed where people stand around cooking for hours. How boring a life do you have to have to find this fascinating? We have tacitly adopted the principle from the Americans that anything that makes big money must be a noble activity, while quality of life and money often have nothing at all to do with each other.

So, in that philosophy, a rich person must be smart and well often the two have nothing to do with each other either, which Trump demonstrated daily. The dumbest fellow students in my class often later became the richest entrepreneurs apparently because they were not hindered by any knowledge. Although I have become apolitical, neoliberalism leads to total vacuousness in the long run.

In the Netherlands, we are all very happy, prosperous, well-educated and healthy, and woe betide you if you start tampering with this fiction, for nothing else is it (which serves merely to lull the stupid masses to sleep and keep them in their comfort zone). The reaction is predictable, but I am more than fed up with this hypocritical behavior of many politicians and other professional semantic crooks. In today's tense geopolitical force field, I cannot avoid dwelling on current developments in the US in this book as well.

Has our foreign minister already admonished the US to be a bit more restrained with its insane and hostile rhetoric towards Russia, also in the express interest of our country? Because if it unexpectedly comes to an armed conflict with that immensely large and powerful country - and that likelihood is increasing due to our drumbeat and hysterical behavior - one of the first SATAN-2 missiles will head towards Rotterdam and arrive there within 15 minutes because of the strategic position of Rotterdam's industrial port complex.

Do Rotterdammers realize that? One such missile with 16 0.5-megaton thermonuclear warheads could destroy all of France. Why constantly portray Russia as the enemy when Russians are not hostile to us at all? What do we think we can achieve with that? If you say often and long enough that someone is your enemy, they will eventually become one. It is terribly stupid and completely unnecessary.

If MH17 was indeed brought down by a Russian BUK missile, a 10-year-old child would understand that it must have been a terrible mistake and certainly not deliberate. But I have my doubts about the true facts and the fairness of the investigation. Why is our government and the media constantly talking about a deliberate act of terror and why are the bereaved families not being told the sad truth? What dangerous game is being played here?

That plane should never have been allowed to fly there, that is for sure. Shortly before, an Antonov-type military transport plane had been shot down at high altitude in that area. So, at the very least, there is shared responsibility. All secret services in the world spy - that is their core task - but when the Russians do it, it is front-page news and is widely reported in the media. I do not really trust that case with the spy and country traitor Skripal either, and if Russia was indeed behind it, it was certainly the stupidest and only imaginable timing right before elections and the World Cup.

In Ukraine and Russia, nothing is what it seems, and it is not. Always be skeptical and alert in those kinds of implausible incidents because the contempt of power elites for ordinary citizens, who are thought to be oil stupid, except in the period just before elections to legitimize the political bruisers. Most people are naturally inclined to glorify their own country and sell the other country short; I am not.

If I have been guilty of anything in this book, it is that I have done the opposite. I did so more or less consciously because I wanted to contribute to a realistic expectation about the EU among people there. In my view, they suffer from the idea-fixe that the grass is much greener on our side than theirs. With us, most people are spiritually and intellectually slumped.

We have become the gullible vassal of the US and that is not good and may start to break us down. Besides, I sincerely believe that Russia and Ukraine have many pluses, such as old-fashioned conviviality, simple happiness, spontaneity, penchant for adventure, excellent education, vibrant nightlife, interest and respect for their own history, hope for a better life, a sincere belief in a creator and a broad intellectual curiosity, which have greatly diminished with us in the last 25 years.

I had such a good time in Kiev and Odessa that I suffered from the worst form of Fernweh when I had to return home with lead. I then literally felt sick for days. So, their country could not be that bad I thought. All those slick studies showing that we in the Netherlands are one of the happiest nations in the world I really do not believe, and statistics was one of my favorite subjects at university.

Look at the number of suicides, the number of addicts, the massive use of antidepressants, the number of chronically ill people, the sky-high medical costs, the very mediocre cultural performance and so on. In my youth, the Netherlands was an open and honest country, now hypocrisy, double standards and perfected lies are on the rise here too. According to my recently deceased very elderly mother with enormous common sense, this was never the case, and this phenomenon is only 2 decades old. She was right.

Science has made a lot possible. For many, science is unquestionably good and a sign of progress of human civilization. Others, on the other hand, are critical of some of its applications, such as genetic engineering, gender transformation and artificial intelligence. I take a nuanced stance on this issue. Science is fine, but ethics and the immaterial aspect should also be given a firm place, even if this is still sometimes taboo and underexposed in the scientific world, where self-censorship is the main rule.

I have always had an open view of the world and am open to self-criticism, but unfortunately I have noticed that with most individuals this is not the case and that they are masters of creating their own reality and looking away if necessary to be able to stay in their comfort zone, often contrary to all objective facts. One effortlessly spins a wheel for oneself. Fear, greed and anxiety are the main drivers of the human species, and this is what the mayor of Paramatta Australia told me back in 1993 when I was doing a management assignment there.

For most people, a fixation on food, money, power, comfort, procreation, fears, urges and excuses to mask their meaningless existence, such as going to your socially useless job every day for 40 years to occupy yourself with something in the hope that you will find meaning after retirement. If you are lucky, you will get an equally useless royal award. We live in the age of appearances, where the line between fact and fiction is blurred.

In our lives, two realities are manifest, the predominantly bitchy soft reality full of illusions, self-denial and lies and the hard reality of how things really are, and we prefer to repress or mask the latter.