

WE ARE HUMAN

WE ARE FREE



WORLDWIDE NONVIOLENT RESISTANCE TO ELITE CONTROL _ *THE GREAT RESET*

wearehumanwearefree.org

♥ **Don't Wear Masks or
Social Distance**

Staying human is more
important than living in fear

♥ ***RESIST THE GREAT RESET***

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Why Conscientiously Refuse to Wear Face Masks or Practice Social Distancing?

The science on masks and social distancing is categorical and extensive: **they do not work to prevent respiratory illness** and they cause both **physical and psychological harm** to those wearing masks and those practicing social distancing.

By increasing people's fear of interacting in loving, trusting and physically close ways, masks and social distancing increase our stress levels and therefore increase our vulnerability to mental and physical illness of all kinds.

Fear is a barrier that prevents self-communication and love.

It is easy for people to tap into our fears with stories of invisible danger. But you have other feelings and senses, and we encourage you to look around and notice how many people in your immediate vicinity are not sick or dying. Living with the perpetual paranoia of 'maybe I am sick', 'maybe they are dangerous', is a recipe for the complete destruction of human society. Risk is an ordinary part of life. Trying to control every uncertainty is deadly.

If you **look after your health through natural health care modalities**, and, most importantly, eat organic, unprocessed food, you can give your body and mind what they need to function well. Your body will be able to heal, and be strong and disease-free, if you give it what it needs. Deprive it of what it needs and you will become ill. Take a look at your life and eating habits and see what you can improve.

Further information:

'Masks Don't Work: A Review of Science Relevant to COVID-19 Social Policy'

<https://www.rcreader.com/commentary/masks-dont-work-covid-a-review-of-science-relevant-to-covide-19-social-policy>

'Conclusion Regarding Masks: They Do Not Work'.

<https://infrakshun.files.wordpress.com/2020/09/masks-final.pdf>

'Millions of face masks officially declared dangerous'.

<https://blog.nomorefakenews.com/2021/05/28/millions-of-face-masks-officially-declared-dangerous/>

'Twenty Reasons Mandatory Face Masks are Unsafe, Ineffective and Immoral'

<https://www.globalresearch.ca/twenty-reasons-mandatory-face-masks-are-unsafe-ineffective-and-immoral/5735171>

Want more references, resources and ideas for action? Visit
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