

This is not the future we wanted.

The agents of the machine are watching your every move. Their algorithms pre-determine your health, employment, friendships, and happiness.

To be free, you must fight.

If you can stop their god-machines and secret police from finding you, that is...

Advance 1 for every:

45 mins you spend in screen time

time you check your screen when feeling anxious, nervous, or bored

time your screen makes you feel annoyed, angry, or upset

time you have 2+ screens operating at the same time

Go back 1 for every:



glass of water

45 mins in fresh air

currently have 3+ plants around you

20+ mins of exercise

have a face-to-face conversation with someone for 20+mins

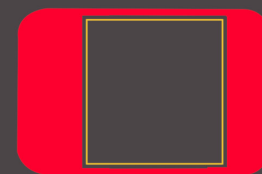
when you use a VPN (Virtual Peer Network)

**! ALERT:
TRACKED**

Big Brother has noticed you! If you do not take immediate remediation, then move on 1 space automatically. If you do take action, stay on your current tracked counter.

**GAME
OVER!**

No further remediation possible. Big Brother has isolated your signal, and you are taken in for questioning.



big
little
brother



START!



**ALERT:
TRACKED**



**ALERT:
TRACKED**



**ALERT:
TRACKED**

**GAME
OVER!**

Big Brother/Little Brother build v1. is by Ian O'Reilly, July 2019 Inspired by the works of George Orwell. Big Brother/Little Brother is perennially forever-free and anti-copywrite. Using Agency FB, Candara, and Lucida Console fonts. If you like the game, drop by and say hi @ troublesomewords.com.

Remediation Strategies

We live in a fast-changing world, where the digital has become a part of the personal, and where technology informs every aspect of our lives - from payment systems to social media, access to politics and education, as well as entertainment and commerce. In many ways We Are the Future.

Below is some information to help you to negotiate that changing, and challenging, landscape.

Wi-fi, Radiofrequency, & Health

RF Frequencies (microwave and radiowaves) have all been shown to load stress onto living organisms, impacting the immune system, hormone responses, and in very large quantities, even disrupt cellular DNA.



Fortunately, plants have been shown to interfere and even block RF waves.



A healthy range of sunlight (from 'dawn red' through to daytime 'yellow' etc) promotes a healthy metabolism, immune system, and hormonal

responses - although caution and awareness of sunburn etc, is always advised.



Water is the essential lubricant for all organic life. Being well-hydrated reduces inflammation and allows cells to repair.

Social Media & Mindfulness

Much of the algorithms that govern social media feeds (related posts, newsfeeds, recommendations) have an implicit bias towards outrage. A post that causes a response is more likely to be recommended, and most likely to be a post that challenges or offends.

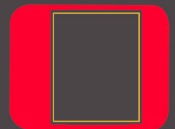
Surveillance Capitalism

Everything that we do online, or with the aid of smart technology can be monitored, tracked, hacked, and traced.



Digital firms use and sell the data they acquire to form pictures of your consuming, political, biological - even emotional choices.

A VPN (Virtual Peer Network) is a remote server which scrambles your online habits, making you harder to trace.



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