

LE FORUMISTE

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LE FORUMISTE VOUS INVITE À EXPLORER LES THÉORIES DU COMLOT

Les théories du complot naissent dans un climat de méfiance et d'incertitude. Elles simplifient des réalités complexes en désignant des coupables et en offrant des explications rassurantes. Pourtant, elles enferment dans une vision biaisée, rejetant tout fait contraire aux croyances préétablies et alimentant un cercle vicieux de défiance envers les sources officielles et la science.

Dans cette édition du **Forumiste**, nous explorerons des exemples marquants et les raisons de leur popularité. Comment distinguer vérité et manipulation sans tomber dans l'excès de scepticisme ? La rigueur scientifique, l'éducation aux médias et un esprit critique nuancé sont essentiels pour contrer la désinformation et mieux comprendre le monde qui nous entoure.

A Découvrir :
Outside of the box

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Depuis des siècles, les théories du complot captivent, intriguent et façonnent les perceptions du monde. Elles naissent dans l'ombre, se nourrissent de mystère et prospèrent là où le doute s'installe. Transmises de génération en génération, elles évoluent avec les époques, trouvant dans chaque avancée un nouveau terrain pour se réinventer.

Origines Historiques : La Conspiration Comme Explication du Monde

Les théories du complot ne sont pas un phénomène moderne ; elles trouvent leurs racines dans les civilisations les plus anciennes. Dans la Rome antique, les intrigues politiques et les assassinats alimentaient des récits selon lesquels des élites corrompues manipulaient le destin de l'Empire. La mort de Jules César en 44 av. J.-C., résultat d'un complot sénatorial, a nourri de multiples interprétations sur l'existence d'un vaste réseau de conspirateurs visant à prendre le pouvoir. Au Moyen Âge, la peur des minorités et des hérésies donnait naissance à des récits conspirationnistes où les Templiers, les Cathares ou encore les sorcières étaient accusés d'œuvrer en secret pour renverser l'ordre établi. Ces croyances, souvent encouragées par l'Église et les pouvoirs politiques, ont servi à justifier des persécutions et des guerres sanglantes. Avec l'essor des sociétés secrètes au XVIIIe siècle, notamment les francs-maçons et les Illuminés de Bavière, l'idée d'un « complot mondial » a pris une nouvelle ampleur. Des pamphlets et des livres circulaient, affirmant que ces groupes œuvraient à l'instauration d'un nouvel ordre mondial. Ces rumeurs ont été largement utilisées

pour discréditer les mouvements révolutionnaires, notamment lors de la Révolution française. Au XIXe et XXe siècles, les théories du complot prennent une dimension encore plus pernicieuse. L'un des exemples les plus tristement célèbres est celui des Protocoles des Sages de Sion, un faux document fabriqué en Russie, prétendant révéler un plan de domination mondiale orchestré par les Juifs. Ce texte a été instrumentalisé pour nourrir l'antisémitisme et a contribué aux tragédies du XXe siècle, notamment la montée du nazisme.

Une Propagation Accélérée : De l'Imprimerie à Internet

Si les théories du complot ont toujours existé, leur propagation a été largement influencée par les moyens de communication de chaque époque. L'invention de l'imprimerie au XVe siècle a facilité la diffusion de pamphlets et de rumeurs, amplifiant leur impact sur l'opinion publique. Avec la presse écrite, puis la radio et la télévision, ces récits se sont adaptés aux nouvelles formes de médias. Cependant, l'avènement d'Internet a marqué un tournant décisif. Aujourd'hui, les réseaux sociaux et les plateformes de partage de vidéos permettent une diffusion quasi-instantanée des théories du complot, sans aucun filtre. Un événement majeur peut en quelques heures être interprété sous un prisme conspirationniste et atteindre des millions de personnes à travers le monde. Les algorithmes des plateformes favorisent les contenus sensationnalistes, créant ainsi un terreau fertile pour ces récits alternatifs. Des mouvements comme QAnon, apparu aux États-Unis, illustrent parfaitement cette nouvelle dynamique. À travers des forums en ligne et des vidéos virales, ce courant a convaincu des milliers

de personnes qu'un complot impliquant des élites politiques et médiatiques était en cours. Ce phénomène témoigne de la puissance des nouvelles technologies dans la construction et la dissémination de ces croyances.

Pourquoi y Croyons-nous ?

Les théories du complot prospèrent dans des périodes de crise et d'incertitude. Elles apportent des explications simples à des situations complexes, désignant des coupables précis et offrant une illusion de contrôle. La méfiance envers les institutions, exacerbée par les scandales politiques et économiques, alimente également ces croyances. Psychologiquement, elles jouent sur des biais cognitifs puissants. L'illusion de corrélation, qui nous pousse à voir des liens entre des événements non liés, ou encore le biais de confirmation, qui nous incite à ne retenir que les informations allant dans le sens de nos croyances, renforcent l'adhésion aux théories du complot.

Les Dangers et la Lutte Contre les Théories du Complot

Si elles peuvent paraître anodines, les théories du complot ont des conséquences réelles. Elles alimentent la défiance envers la science, comme l'a montré la montée des mouvements antivaccins. Elles peuvent également conduire à des actes de violence, comme l'attaque du Capitole aux États-Unis en 2021, motivée en partie par des croyances complotistes. Pour contrer ce phénomène, il est essentiel de promouvoir l'éducation aux médias et la pensée critique. Vérifier ses sources, croiser les informations et comprendre les mécanismes psychologiques derrière ces croyances sont des outils clés pour résister à l'attrait des théories du complot.

FLAT EARTH BELIEFS: A “ROUNDABOUT” CONSPIRACY



Centuries ago, people believed that the earth is flat because, well, they didn't know any better, but today, even though satellites, planes, google earth and GPS wouldn't work if the earth is flat... some people still think it is, so let's dive deeper into this matter, spoilers: if you think the earth is flat I'd say that your physics teacher would be really disappointed to hear such question..

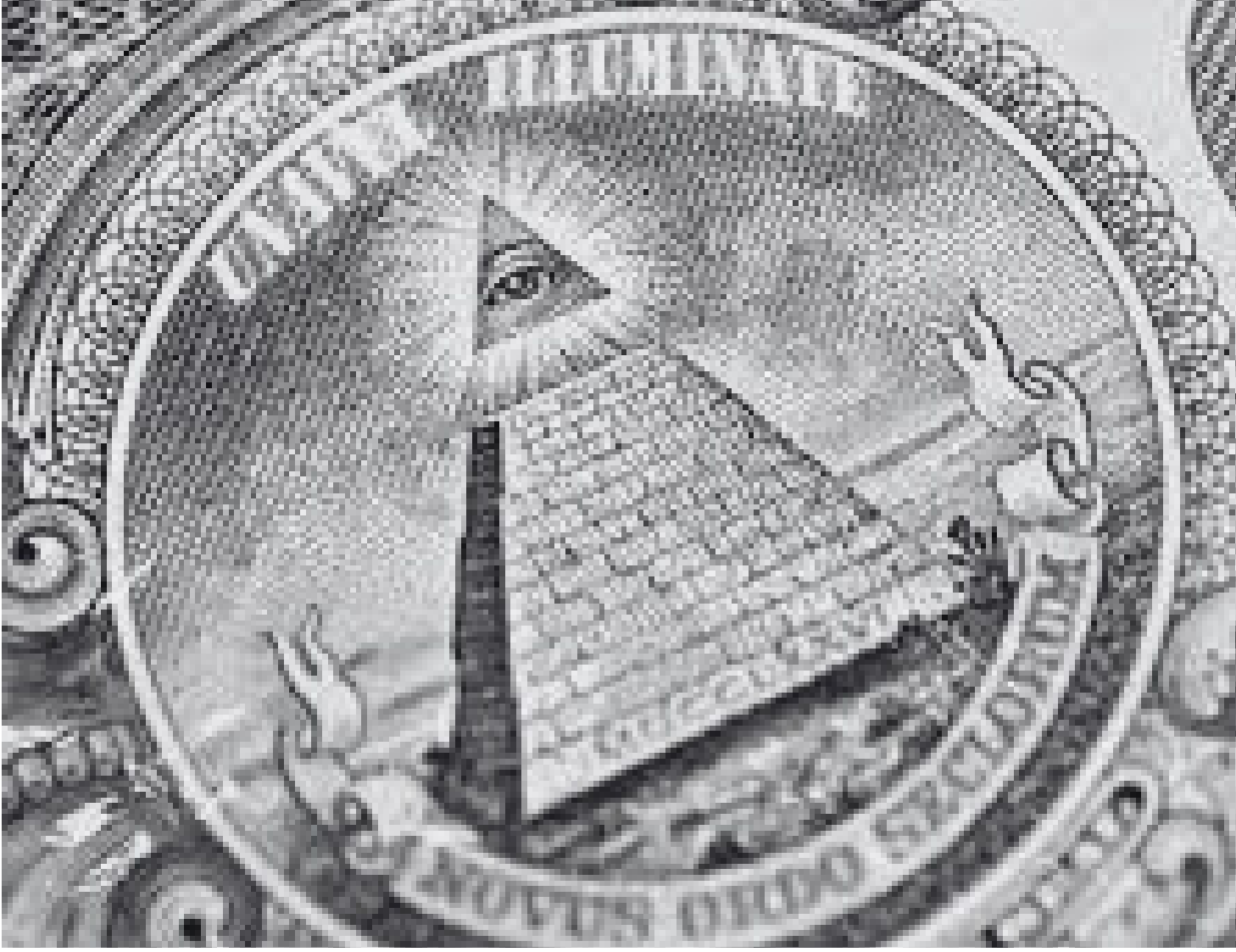
There's an interesting psychology behind conspiracy theories, even though they are implausible assertions and based purely on intuition, their power lies in the fact that they confirm what people want to believe, this process is done through a variety of cognitive biases. For instance, a person is more likely to accept information that is consistent with their pre-existing beliefs because, well, let's just say that our brain is really lazy. Another reason is what's called the disconfirmation bias, and it's basically the fact that people will choose refuting a new idea over accepting it; you know that one overconfident uncle in the family that you can't prove wrong even if he is, in fact, wrong, the one who's strongly attached to his beliefs so you don't bother arguing with him and you chose to retreat and keep peace, yes that one, he is the best example of this. As a matter of fact, people do not support conspiracy theories and such beliefs because they want to, but because they simply find them more plausible and convincing. The debate whether the earth is round or not started well BC where some Early civilization such as Babylonians and Egyptians assumed that the earth is flat, whereas Greek philosophers had evidence for a spherical earth through observations of lunar eclipses and ships disappearing over the horizon. In the Middle Ages, and contrarily to popular beliefs, most educated people actually knew that the earth was round, and the rise of the modern flat

earth beliefs didn't emerge until the 19th century when the English writer Samuel Rowbotham published *Zetetic Astronomy*, arguing that the earth is flat. This has led to the formation of the Universal Zetetic Society which later became what we know today as the modern flat earth society.

In our era, the talk about living on a giant pancake is hugely supported by social media. Well, who haven't gone through a YouTube rabbit hole before where one second, you're watching how to make the fudgiest chocolate cake and suddenly a video that's highlighted "the NASA is lying to you" pops up? Let's be real, if it wasn't for social media, the earth is flat would probably be the weird idea that you and your gang bring on that one sleepless sleepover where everyone goes berserk, but thanks to the internet it has actually found a large audience.

We've been talking about these beliefs for a while, but what are flat earthers actually claiming? Well, this is the part where the most fun is so grab your snacks and let's dive into this. First, they claim that the Earth is not a sphere but a flat disc, with the Arctic in the center and Antarctica acting as an icy border that keeps us from falling off. What about NASA? It's fake, and astronauts, pilots and scientists are either brainwashed or lying. But one of their classic arguments is, that the horizon always looks flat and that “If the Earth is really spinning at 1,600 km/h, wouldn't we all just fly off?

With this, the conclusion to whether these beliefs are harmful or not is not for me to judge, but to live in such a revolutionary era where all the technologies we have today were created thanks to the same physics that proves that the earth is a sphere is certainly concerning. So, what do YOU think smart reader, is the earth flat after all?

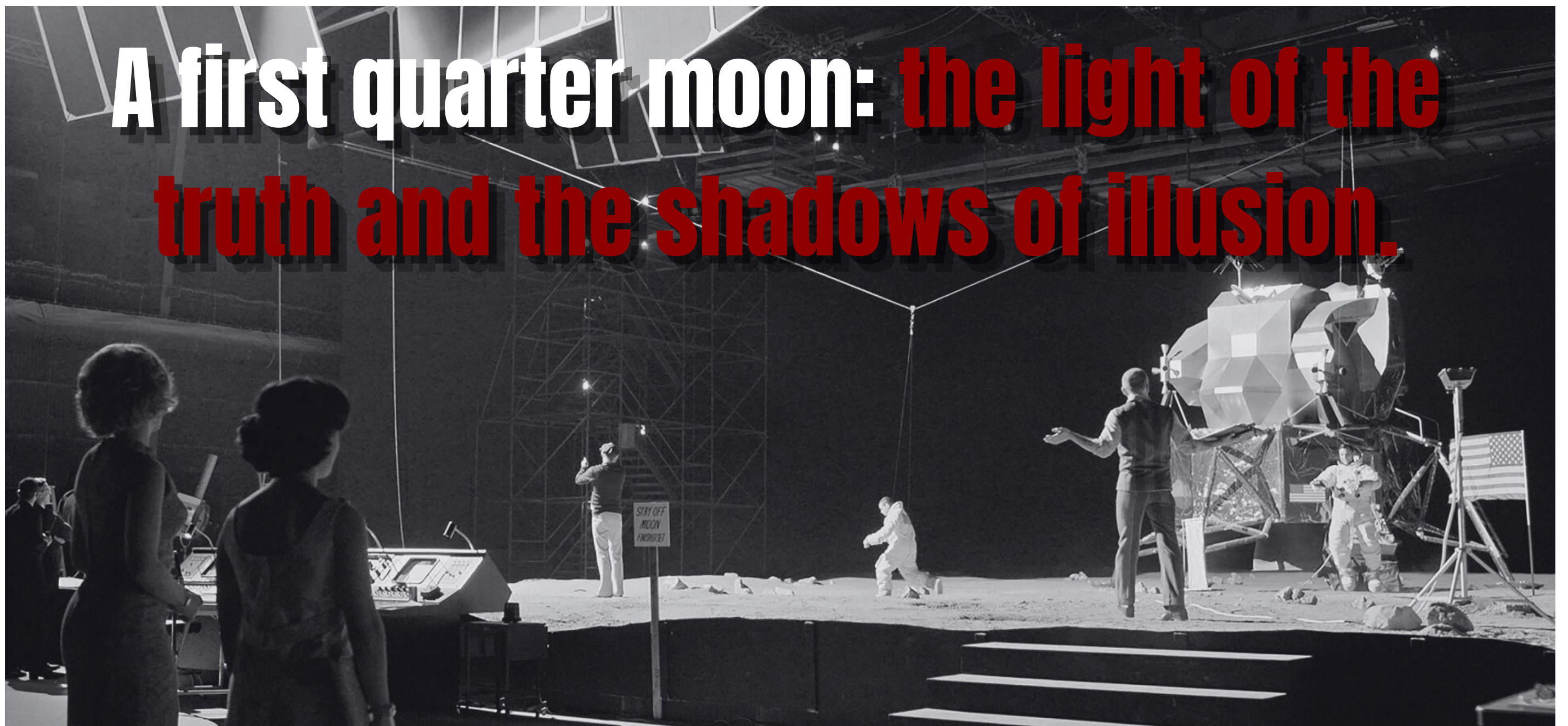


الماسونية: بين وحي الخيال و الواقع

لكن انضمامك ،عزيزي القارئ، لن يكون مجاني ورسوم انضمام تتراوح بين 500 و 100 دولار بالإضافة إلى ذلك، هناك اشتراكات سنوية تتراوح ما بين 50 و 300 دولار، تُستخدم لدعم أنشطة المقر وصيانتها. اكتملت الصورة الحقيقية حول الوجها الخفي للماسونية، إذ تبين أنها ليست أكثر من مجرد نادي مخصص لخداع الناس واستغلال فضولهم. كل نظريات المؤامرة التي تدور حولها ليست سوى أوهام من وحي الخيال العلمي، لا أساس لها من الصحة. قد يتساءل البعض عن السبب وراء انتشار هذه الأفكار الغريبة، لكن الجواب بسيط: بمجرد أن يشعر الناس بالملل أو الفراغ في حياتهم، يبدأون في اختراع القصص والسيناريوهات الخيالية لتسليّة أنفسهم. هؤلاء الأشخاص يسعون إلى إشباع فضولهم الداخلي واحتياجهم لإيجاد تفسيرات لأشياء غير مفهومة أو غامضة. ومع مرور الوقت، تصبح هذه القصص جزءا من الشائعات التي يتم تداولها بين الأجيال فتصبح جزء من التاريخ. في الواقع، الماسونية كانت دائما وما تزال مجرد منظمة اجتماعية تهتم بالأعمال الخيرية والروح الأخوية حسب ادعاءاتهم، ولا علاقة لها بتلك النظريات التي يروجها بعض الناس بهدف خلق حالة من الغموض والخوف. هناك الكثير من الناس الذين يحبون أن يتخيلوا أن الأعضاء في الماسونية يتداولون الأسرار ويخططون لمؤامرات كبيرة لكن في الواقع هو عبارة عن نادي يجتمع فيها رجال للعب الشطرنج ومناقشة آخر أخبار دوري أبطال أوروبا. أنا لا أنكر وجود منظمات سرية تدير العالم من وراء الكواليس، ولكن دعني أتساءل بمنطقية : كيف يمكن للمنظمة يُفترض أن تكون سرية للغاية أن تكون مشهورة بهذا الشكل؟ إذا كانت هذه المنظمات تتعامل مع أسرار حساسة وقوية، كيف يمكن لها أن تبقى معروفة للجميع ويتم الحديث عنها في كل مكان؟ إن السرية تتناقض مع الشهرة، وهذا أمر لا يمكن تجاهله. فكيف يمكن لمنظمة غير قادرة على الحفاظ على سرّيتها أن تدير العالم بأسره؟ ختاماً، بينما قد تبدو الماسونية ونظريات المؤامرة مثل السيناريو المثالي لفيلم إثارة وغموض على تنفليكس، إلا أن الحقيقة أقل إثارة بكثير. إذا كانت الماسونية حقاً تدير العالم، ربما كانوا سيقومون بعمل أفضل في إخفاء أسرارهم بدلاً من جعلنا نتجادل عنها على وسائل التواصل الاجتماعي.

لا شك أن هناك شخصا ما في حياتك دائما ما يلقي اللوم على الماسونية في كل وقت و حين. هذا الشخص قد يعتقد أن كل مشكلة أو حادثة لا بد لها أن ترتبط بطريقة أو أخرى بهذا الكيان الغامض. بعبارات مثل "الماسونية أمعلم"، وأقوال أخرى لا بد لها ان ترددت على مسامعك، يوجه فيها هذا الشخص أصابع الإتهام نحو منظمة يطلق عنها سرية رغم أن العالم بأجمعه يعرف بشأنها. وفي حال لم تكن تعرف هذا الشخص، فهناك احتمال كبير أن تكون أنت! فهيا بنا لنغص في زوايا خفية و نبحت عن الحقيقة وراء كل هذا الغموض .

تعتبر نشأة الماسونية مبهمة ومجهولة لكن يُقال على أنها تعود إلى القرن الرابع عشر وارتبطت بحركة يطلق عليها أخوة البنائين الأحرار وذلك لأنهم زعموا كونهم البنائين والحرفيين الأوائل الذين شيّدوا الكنائس وغيرها من البنايات الدينية . يسعى زعماء الماسونية إلى نشر قيم المحبة الأخوية و العمل على تحسين العالم وجعله مكان أفضل . لكن السؤال الذي يطرح نفسه هو، من الذي خول لأعضاء هذه المنظمة الحق للتحكم بمصير البشرية واتخاذ القرار نيابة عنها سواء كانت نيتهم حسنة أم لا؟ و يزعم الكثير من الناس أن المرعب في الأمر هو الجانب الخفي لـ "حسن نيتهم" ، فتلك الأعمال الخيرية التي يروجون لها ما هي إلا غطاء لمصالحهم الشخصية التي تسعى إلى إنشاء وطن قومي يهودي في فلسطين، لكن لا توجد حجج وبراهين كافية لتأكيد أو تفنيد ذلك، لذا لا يمكننا اعتبارها سوى فرضيات . لطالما تخيلت أن الانضمام إلى الماسونية سيكون أمرا شبه مستحيل وإن كان ممكنا سيكون أشبه بالانضمام بطائفة سرية وسط معبد في غابة مظلمة و عند وصولك للمكان، تجد أعضاء الطائفة بانتظارك مرتدين ملابس داكنة مخفية وأقنعة تخفي وجوههم ويجبرونك على القيام بطقوس غريبة للانضمام إلى صفوفهم. لكن هذا المشهد الدرامي يختلف تماما عن الواقع بحيث أن الانضمام إلى الماسونية هو أسهل مما تتخيل ، يمكنك تقديم طلب رسمي إلى مقرهم ثم يتم تصويت الأعضاء على قرار انتمائك ، و بعد ذلك يجب إجراء مقابلة معك من قبل الأعضاء للتعرف على شخصيتك و دوافعك للانضمام. في حال قبولك، ستتم دعوتك لحضور مراسم الانضمام، حيث تبدأ رحلتك كـ "مبتدئ" قبل التدرج في المراتب الماسونية .



Nights can surely unveil much, and you must absolutely know for one that even through darkness your eyes can witness a beauty of no other, our night didn't fail to deliver a sight, so dear reader, care to come with me down a path of delight? A cloudless night sky was my reminder to look up high and that no matter how many times I'll sigh, at the end of the day I can still get by, hold my head up and forget what I was grieving for and why, on one side our moon can be the remedy of broken hearts, on the other, it embodies heartfelt dreamers that fell under the curse of a beauty that's out of reach, calling out the moon each night to make sense of the insanity brought upon the desire of a touch when out of touch. And when even Van Gogh's starry night couldn't leave the moon out of the picture, this author wouldn't dare to let it go unnoticed. It's true that it stood out for many symbols, it's true that it stood out well enough to tickle the curiosity of the human race, so let the poets and painters gaze upon the sky, while the scientists figure out a way to stack up numbers and land on it! It was on the 20th of July 1969 that the first moon landing mission launched, NASA sent Neil Armstrong and Buzz Aldrin on the spacecraft Apollo 11 to become the first humans to walk on the moon, when the lunar module Eagle settled gently on the dusty surface of the sea of tranquility, ever since then the US sent six successful manned missions to the moon other than Luna, change and other robotic missions

that have been sent by the Soviet Union, India, and other countries, not to forget the future mission Artemis program that NASA aims to realize in order to get humans back to the moon, including the first woman and person of color. Dear reader, there's a saying by Mark Twain that says "A lie can travel halfway around the world before the truth has a chance to put its shoes on", now if a lie travels faster than the truth, could it still fly to the moon and back while the truth is still figuring out how gravity works? Although, away from velocity, the truth can also feed lies and we can eventually face two choices, either to deny or affirm it. As to how each of us defends their version of the truth, denialists assert that the moon landing was staged, manipulated and so far from being true, their arguments can be of scientific nature like how the Van Allen belts would not permit life to make a journey as far into space as the moon, or how NASA is a manipulative organization that serves no purpose other than to take the tax money of common Americans and still lacked the technology to send man to the moon, to that how would you answer? Keep in mind that, arguing with facts against a denialist is a losing proposition, as they are operating outside of the rules of scientific enquiry, they start from a preset conclusion and keep moving the goalposts of any falsifiable test you can devise, often merely taken in by bad evidence presented cleverly. The moon landing conspiracy

theory is an enduring example of how misinformation can take hold, even in the face of overwhelming evidence. While skepticism is healthy, denying one of humanity's extraordinary accomplishments based on flawed arguments ignores decades of scientific and historical proof. And when, for centuries, the moon has been a source of wonder, mystery and myths, it has been linked to monsters, madness and magic, truth and deception. Even today, the moon remains a symbol of duality, light and darkness, reality and illusion, man has taken its value to new heights, holding infinity above his head and its finity underneath the ground how could we not aim for anything less other than the moon itself. So this was the story of the truth, a truth that never got to die since it was believed to be a lie, denying the moon landing helped make it even more famous. While the Apollo 11 mission was already a historic event, the controversy surrounding it has kept it in public discussion for decades, saving it from fading into history like many other scientific milestones. Conspiracy theories created ongoing debates, keeping people engaged with the event long after it happened, the more they questioned the moon landing the more experts had to provide detailed explanations and proof. NASA, scientists and historians have repeatedly debunked the hoax theories to reinforce the legitimacy of the mission. To stir the truth a bit more, you throw in a lie. This was the story of the truth, although, dear reader, was it a true story?

LES VACCINS : MANIPULATION OU SIMPLE INTOX ?



Depuis la pandémie de COVID-19, les vaccins sont devenus un sujet sensible et très controversé. La science prouve leur efficacité, surtout quand ils sont utilisés en prévention et accompagnés d'une bonne communication. Pourtant, beaucoup restent sceptiques, persuadés qu'il y a quelque chose de louche. Des récits mettant en avant des intentions cachées, manipulations et contrôles de la population par le pouvoir, ou l'existence d'une forme de société secrète qui manipule l'opinion publique... Tout cela fait désormais partie du discours ambiant. Mais est-ce vraiment le cas ou tout est inversé, c'est-à-dire une désinformation qui s'auto-alimente et s'autogénère à chaque minute sur Internet et les réseaux sociaux ?

En plus de la méfiance observée envers les vaccins, un élément vient apporter un vent de toujours croissant scepticisme qui s'observe autour d'une particularité de la modernité : Les personnes les plus méfiantes ont du mal à accepter les certitudes. Ils arguent que tous les gouvernements et/ou grandes firmes pharmaceutiques ont toujours eu et continueront d'avoir des intentions que personne ne connaît. Des scandales comme celui du Mediator ont renforcé la méfiance envers l'industrie pharmaceutique, alimentant l'idée que les vaccins pourraient cacher des intentions douteuses.

Si on y réfléchit un moment, on voit que ce scepticisme est partout et qu'on le retrouve sans cesse sur les réseaux. En tout cas, on entend parler de vaccins invisibles, de micropuces ou d'autres substances dignes d'un scénario de science-fiction et qui, Avec toutes ces informations qui arrivent tout le temps, n'ont d'autre but que de nous manipuler. Il est certain que ces affirmations sont de plus en plus rejetées par la science.

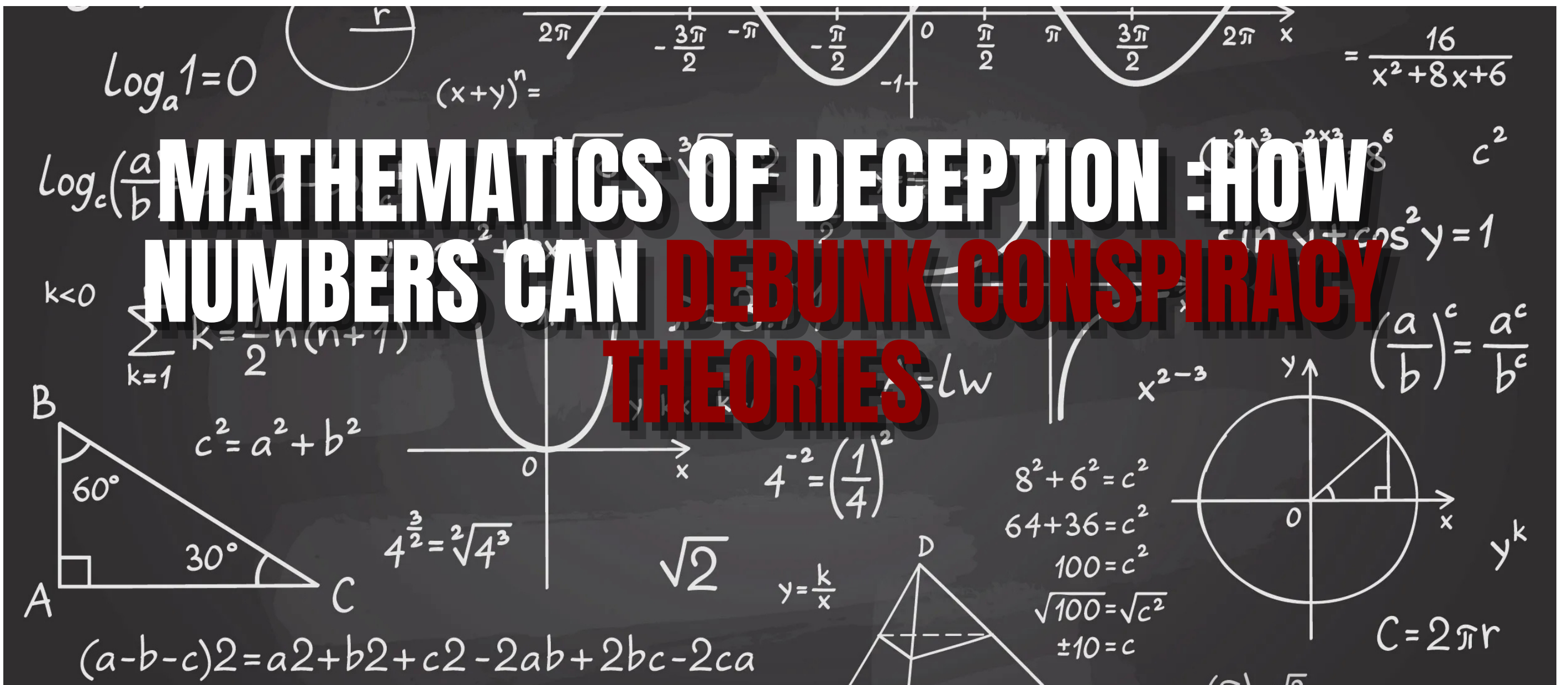
Mais, avec le même Internet, qui est un outil de démocratisation, on assiste à la construction de ces théories complotistes, finissant par manipuler un certain public.

Facebook, Twitter, YouTube... ces plateformes ont un pouvoir incroyable dans la diffusion des théories du complot. Le problème majeur réside dans le fait que leurs algorithmes privilégient le contenu choquant. Plus une information est choquante, plus elle a de chances de devenir virale. Ajoutez à cela des groupes antivax qui rejettent tout contre-argument, et vous avez un environnement parfait pour que la désinformation prospère.

Les médias sociaux ont essayé d'intervenir en promouvant des sources officielles comme l'OMS et en réduisant la visibilité des fausses nouvelles. Cependant, la méfiance est déjà installée et pour certains, peu importe la preuve donnée, il n'y a plus de confiance dans les institutions.

Leurs démarches de départ visent à lutter contre la désinformation, en se fondant sur des recherches attestant de l'efficacité et de la sécurité des vaccins. Il est ardu de persuader les partisans des théories conspirationnistes, étant donné que la publicité tend à désinformer.

Il est indéniable que quelques scandales ont terni la confiance envers les institutions, néanmoins, la majorité des allégations présentes reposent sur de fausses données. Finalement, cette désinformation se nourrit elle-même, alimentée par la peur et le refus de toute conversation rationnelle. Pour lutter contre ces croyances, un effort collectif d'éducation scientifique et une meilleure communication des faits restent essentiels.



Conspiracy theories are the interpretations that some people give to a given event that is suspected to hide a secret beneath its details, mostly evil plots and secret plans made by a group of people to mislead the masses. People are attracted to these theories due to a mix of psychological and cognitive tendencies like the need for control, pattern-seeking behavior and some kind of urge to make sense of chaotic events. These biases can lead people to seek desperately a coherence and intentionality where none exists especially in the times of confusion and crisis. Interestingly, mathematics can provide a framework to confirm or refute the plausibility of these theories based on probabilistic analysis and statistical reasoning. We reveal how improbable it is for large groups to maintain secrecy over long periods, highlighting the inherent fragility of many conspiracy narratives. By applying mathematical rigor, we can better distinguish between plausible hypotheses and unfounded speculation.

David Robert Grimes' developed a mathematical model that links the number of people involved in a secret and the ability of keeping this confidentiality of the plan for a certain period of time, the probability of maintaining secrecy decreases exponentially when the number of participants increase due to the heightened risk of leaks or human error. The most significant example is the Moon landing hoax conspiracy, which would have required the involvement of hundreds of thousands of people including NASA scientists, engineers, astronauts, and government officials. The probability of keeping such a massive

secret for over 50 years is very low. Grimes' calculations show that even with a small group of conspirators, the likelihood of secrecy diminishes enormously over time, so with larger groups the collapse of the conspiracy becomes almost inevitable. This model highlights the irrationality of many large-scale conspiracy theories by underscoring the mathematical improbability of sustained secrecy among large numbers of people.

The well-known prisoners dilemma related to game theory, provides another angle where we can see why large conspiracies are inherently unstable. In the Prisoner's Dilemma, individuals that act in their own self-interest tend to betray the others despite their collaboration, as the incentive to defect outpaces the benefits of cooperation. The same law is applied in a conspiracy, each participant faces a strong urge to betray the group, especially as the number of conspirators increases, because with it the probability that one person will defect to gain personal advantage, such as immunity, fame, or financial reward, or to avoid severe consequences if the conspiracy is exposed, grows as well. The Watergate scandal illustrates this dynamic: as pressure mounted, individuals involved in the cover-up, such as John Dean, chose to cooperate with investigators to protect themselves, leading to the conspiracy's rapid unraveling. This goes with game theory predictions, showing that large conspiracies are vulnerable to defection, making them unsustainable over time.

Statistics are frequently misused in conspiracy theories, often through the misinterpretation or selective use of data to support

preconceived narratives. One common fallacy is the misuse of Benford's Law, which predicts the distribution of digits in naturally occurring datasets. Conspiracy theorists sometimes apply it in an incorrect way, such as claiming election fraud when vote counts deviate from Benford's expected distribution, even though the law doesn't reliably apply to election data due to its specific conditions. Another example is the misinterpretation of COVID-19 vaccine statistics, where raw numbers of adverse events are cited without context, ignoring the fact that these events must be compared to baseline rates in the unvaccinated population to determine causality. Proper statistical analysis, such as controlled studies and peer-reviewed research, consistently disproves many conspiracy claims by revealing flaws in their methodology or providing alternative explanations for the data. For instance, rigorous analysis of vaccine data shows that the benefits of vaccination far outweigh the risks, debunking claims of widespread harm. By relying on sound statistical practices, we can separate fact from fiction and counter the misleading use of data in conspiracy theories.

Mathematics offers powerful tools to assess the plausibility of a certain theory, although it can sometimes go in counterintuitive paths but it's the reality because our brains have a false intuition when it comes to statistical and probabilistic problems, so inserting mathematics is very important to avoid living in illusions and false facts, and also to have a critical thinking and not believing in anything that sounds good and comforting to hear.

Outside the box

Louanges à Dieu Tout Puissant!

Bienvenue dans *Outside the Box*, votre espace dédié à l'art et à la créativité pour éveiller votre imagination et nourrir votre inspiration!! Laissez-vous porter par cet univers où l'art devient une véritable invitation à l'expression personnelle.

Citation of the month:

"Hope is the worst of tortures, for it prolongs the agony." — Friedrich Nietzsche

Nietzsche was highly critical of hope, especially in the context of his broader philosophical views on suffering, human will, and illusions. This quote reflects his belief that hope can be a form of self-deception that prevents individuals from fully confronting reality.

According to Nietzsche, suffering is an inherent part of existence, and instead of seeking comfort in illusions (such as religious promises or utopian ideals), one should embrace life as it is, including its hardships. Hope, in this perspective, acts as a kind of prolonged suffering because it keeps people clinging to something that may never come, preventing them from taking control of their present reality.

This idea ties into Nietzsche's concept of amor fati (love of fate), which urges individuals to embrace life fully, including its struggles, rather than seeking refuge in illusions. Instead of seeing hope as a virtue, he views it as a hindrance that traps people in a cycle of anticipation and suffering, preventing them from taking decisive action. Nietzsche perceives hope not as a source of strength but as a deceptive force that weakens the individual's ability to confront reality head-on.

Spanish word of the month

Happy women day : feliz día de la mujer : (Feh-LEES DEE-ah deh lah Moo-HER)

Amazigh word of the month

Conspiracy theory - ⵜⴰⵣⵉⵔⴰ ⵜⴰⵎⴰⵣⵉⵖⵜ - tizri n anguz

This word is from modern amazigh , “ircam” is highly concerned of taking the radicals from the different amazigh dialect and trying to derive words convenient to the modern dictionary

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Appreciation for all the women in our life

In this chapter the writers of the Forumiste will show appreciation to all the women over the world and in our lifes:

“For me women's day is an evidence of non equality between genders , once genders are equal there will be no such day but till then i wish all woman success and prosperity in their life and most of all more resilience and fight for their rights”

إلى المرأة
يا زهرةً يفوح شذاها في دروب الأيام، ويا شعلهً تضيء العتمة
بنورها الوضاء، لكِ منا أصدق التحايا وأسمى عبارات الشكر
والامتنان. كنتِ وما زلتِ ينبوع الحنان الذي ترتوي منه القلوب،
وأساس المجد الذي تشيّد عليه الأمم. أنتِ الأم التي تهب الحياة
معنى، والأخت التي تسند الظهر، والزوجة التي تشارك الدرب،
والابنة التي تملأ الديار بهجةً وسرورًا
لكِ في كل زمانٍ ومكان أثّر خالد، وفي كل مجال بصمةٌ لا تُمحى.
أيتها المرأة، ما زالت الحياة تزهُو بعطائك، وتزدانُ بصبركِ
وكفاحكِ، فلكِ من القلوب أعظم الشكر، ومن الألسن أصدق
الثناء، ومن الدهر أبهى الذكرى

“A Tribute to All the Women of the World

To the women who lead, who nurture, who dream, who fight, who heal, who create, and who inspire, this is for you. You are the fondation of families, the architects of change, the voices of justice, and the carriers of wisdom. You break barriers, and redefine possibilities. Your existence calls for a celebration, so, to every woman, everywhere may you always be seen, heard, valued, and celebrated. The world is brighter because of you.
Here's to you, today and always”

"To women everywhere—your brilliance, resilience, and compassion shape our world. You are the scientists pushing boundaries, the artists sparking inspiration, the caregivers nurturing families, and the leaders forging new paths. Your quiet strength and joyful spirit remind us what humanity can achieve. Today and always, we honor you."

“"Women are the backbone of society", unless I remind you that your mother is included, you won't probably grasp the truth behind this sentence. Think of the hands that first held you, the voice that taught you kindness, the woman who made quiet sacrifices for your sake. Then, expand this image beyond mothers, to sisters, teachers, leaders and countless women whose work whether it's seen or not, keeps the world moving forward. And so March was chosen to honor them, even though their gifts do not fade when the month is gone.”

“Le Mois des Femmes souligne comment les femmes enrichissent notre quotidien par leurs talents, embellissant notre monde à chaque heure du jour. Chaque jour, les femmes créent, entretiennent et embellissent tout ce qui les entoure - que ce soit leur famille, leur travail ou leurs passions. Elles ont la capacité d'Allier tendresse et puissance, rêve et réalité, audace et délicatesse. Ce mois est consacré à toutes ces femmes extraordinaires qui, par des actions modestes ou des accomplissements remarquables, rendent le monde plus beau.”

“Dear mothers,
In a parallel universe, I met the 20-years-old version of my mother. I saw my reflection on her face. She was wearing a floral pink dress, brimming with life. She wore her warm candid smile and asked me how she made it through life, my throat tightened and the truthful words couldn't break free past my tongue. I simply lied: “ living your best life ever, happy and free ”. She squealed with excitement and started talking about her dreams, happiness and life. But all I could hear was a constant ringing in my ears and all I could see was my 40-year-old mother and women of her age, with their wrinkled faces and red eyes heavy with unspoken words whispering about their lost dreams, melancholic selves and unforgotten scars on their souls. Dear mothers, I see you. I see all the tears, all the unhealed bruises, all the faded love, all the calloused skin, and all the cruel fate. Apologies from his tongue could never save you. So now, it's time to break free from handcuffs and run, women, run.”



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