

Are we being conspired against?

Published: February 14, 2026, 7:12 am

Conspiracies exist. But they are not secret meetings in dark rooms.

They are systems of coordinated power operating in plain sight.

States pursue power. Corporations shape regulation. Finance influences policy. Big tech lobbies governments. Trade rules protect capital. Electoral systems entrench incumbents.

This is not fantasy. It is political economy.

In this video, I explain the difference between conspiracy theories and structural conspiracies: the coordination of wealth and power against ordinary people.

I look at regulatory capture, media concentration, first-past-the-post, tax havens, lobbying, and the idea of managed consent.

And I note the real danger is not paranoia. It is passivity. Democracy only survives if it is defended.

<https://www.youtube.com/watch?v=ebHEKNI0IBM&si=CGbcFtfTO1-ejGVo>

This is the audio version:

https://www.podbean.com/player-v2/?i=gbusv-1a458fb-pb&from=pb6admin&share=1&download=1&rtl=0&fonts=Arial&skin=f6f6f6&font-color=auto&logo_link=episode_page&btn-skin=c73a3a

This is the transcript:

Do conspiracies exist?

Yes, of course they do, but not in the way that most people think.

The real conspiracies in this world are not about secret meetings in dark rooms. Those are the subject of conspiracy theories. Conspiracies are instead systems of power operating in plain sight, and they are what matters because the real question is not whether conspiracies exist, but who is organising power against ordinary people?

So let's just be clear. What is a conspiracy? A conspiracy is simple. It happens when people coordinate privately to pursue an agenda that benefits them and harms others.

States do this.

Corporations do this.

Political parties do this. The idea that powerful actors cooperate to protect their own interests is not a fantasy; it is how power works.

Adam Smith talked about this in *The Wealth of Nations* in 1776, saying that merchants conspired against people. This is part of our history, but that doesn't mean we shouldn't be worried about it.

And let's be clear, states pursue power.

Russia engages in cyber warfare and disinformation.

China is pursuing strategic economic expansion and influence.

The United States is using sanctions, tariffs, trade leverage, intelligence alliances, and military pressure to shape global outcomes.

These aren't myths; these are part of geopolitical strategy on the part of these states, and every major state does in some way advance their own interests by using methods of this sort. The ones I've just named aren't the only ones playing the games I mentioned. The idea that they are would just be naive. Look around you, and you'll see plenty of other states engaged in these games.

But this is not new. Throughout history, power has coordinated itself.

Monarchies did it.

Empires did it.

Church hierarchies most definitely did it.

Colonial administrations were built on the basis of such conspiracies.

Men with weapons and wealth have always organised to preserve dominance.

Democracy emerged as a movement of resistance to that coordination. It became the demand that power be accountable, but democracy itself is fragile. And let's be clear, democracy isn't only fragile in the face of the onslaught from the powerful within states at present. It's also fragile in the face of the challenge from business because it now conspires as well.

Big tech lobbies governments.

Finance influences regulation.

Energy companies seek to shape climate policy.

Trade agreements protect capital, but try to limit labour rights.

None of this is secret. It is about regulatory capture. It is policy design that favours concentrated wealth, and it happens every day.

The issue is that the UK has a particular problem managing this. That's because we only have a pretence of democracy. In the UK, millions of voters live in constituencies where their vote has never altered the result.

First-past-the-post entrenches two-party dominance.

Funding structures favour incumbents.

Media ownership concentrates narrative control in the UK, and corporate influence and funding heavily weigh electoral outcomes, but we still call this democracy.

But representation without choice is not real democracy at all; it is managed consent. And this system of democracy is itself a conspiracy against the people of the UK.

And there is another layer to consider within this concept of managed consent. The Roman poet Juvenal described the phenomenon of 'bread and circuses'. People were kept fed, they were entertained, and as a result, they were expected not to challenge power. Today, we have consumerism and algorithmic distraction instead of bread and circuses, but the point is, the outcomes are very similar. Streaming platforms and endless social media feeds, coupled with advertising that manufactures desire and entertainment that is far from neutral because it stabilises the idea of what is normal

within our society, is all used to distract attention from the reality that power is challenging our well-being.

So ask a simple question. Who benefits from all this?

Wealth has flowed upwards for decades.

Asset owners prosper.

Tech monopolies dominate, and financial markets dictate policy constraints.

Meanwhile, public services are clearly being weakened.

Inequality is deepening and, rapidly, according to all reports, whilst precarity spreads. Literally, people are living with day-to-day vulnerability, and if this were accidental, it would've corrected itself, but it hasn't. This was no accident of outcome; this was designed.

So, should we believe in conspiracies?

Yes, in the sense that power coordinates to undermine our well-being. Clearly, we should believe in conspiracies of that sort.

But no, we should not believe in conspiracies in the sense of shadowy cabals, controlling everything invisibly. I don't think they exist. I think we should deal with the reality and not make up the fake conspiracy that is actually not there.

The real conspiracy is structural and works in plain sight. It is embedded in lobbying systems, campaign finance, trade law, tax havens, media concentration and electoral design. It's not hidden. It is normalised. Look at it for what it is.

So why don't we see it? There are three reasons why.

First, enough people are comfortable; bread and circuses still work.

Second, we're told we live in a democracy, so we assume accountability exists. It doesn't, but nonetheless, people believe it or at least want to.

And third, people are distracted, and when people are tired, indebted, and busy, just in the process of survival, they do not organise resistance. That is by deliberate policy. This is by structural design.

So what can we do? First of all, democracy is not enough, at least in the current form. Representation alone is also insufficient, although we do actually need it when we haven't got it already. But what we also need alongside electoral reform to deliver a real democracy is justice;

- * legal justice,
- * tax justice,
- * trade justice,
- * social justice,
- * economic justice.

Without justice, democracy becomes theatre, and theatre does not restrain concentrated power.

What is the threat? The real threat is not that conspiracies exist; the real threat is that we accept them as inevitable.

Then we normalise upward wealth extraction.

Then we tolerate weakened public institutions.

Then we surrender accountability, and power survives through that passivity. It collapses under scrutiny, and that's why scrutiny is so important.

We can demand electoral reform.

We can demand transparency in lobbying.

We can push for corporate accountability, just as we can challenge tax havens.

We can challenge media concentration, which is so pernicious in the UK, and we can support independent journalism. This channel is a part of that, but there are many others. Give them your support rather than buying a newspaper.

We can push for progressive taxation.

We can refuse to be passive consumers of distraction.

And these are not revolutionary acts; they are simply democratic acts to stand up and say, we count, and our vote is against the power that is seeking to control us.

Most of all, keep your mind open to what is happening.

So yes, there are conspiracies against ordinary people. But they're not mysterious, and they're not supernatural. They are organised power protecting itself.

And the alternative is not paranoia, it is vigilance. Democracy only works if people defend it. If we want a better world, we must first recognise how power is structured against us, and then we must organise against that power that is seeking to abuse us.

That is the basic rule on which we now have to live. Power has to be reclaimed by those who have a right to it, which is you, me, and everybody else watching this video.

What do you think? There's a poll down below.

Poll

[poll id="324"]