

Speech for the demonstration:

For this manifestation it is time to use our breath to raise our voices one more time. It is time to act!

The simple automatic body action, the beauty of breathing, is a privilege. That is why we are here today to remember that we, human beings, have based our lives on a number of assumptions which definitely have to be questioned. The first one is that we think we are the masters of this world and thereby give us the right to exploit Earth's resources without any limit.

The reality is that trees and many animals existed long before we did and they did not and do not need us for their existence. We, on the other hand, are dependent on them for our survival. As an example, bees have existed for at least one hundred million years. Now, many species of bees are endangered and we are dependent on them for our agriculture.

We have destroyed most of the Earth's natural habitats, including forests, and although people think that climate change primarily means higher temperatures, it is crucial to understand that our planet is a system in which everything is interconnected, changes in one area can influence changes in all others.

Increased heat waves, droughts, floods, rising sea levels, and catastrophic storms. They are all already exceeding plants' and animals' tolerance levels. They have exposed millions of people to acute food and water insecurity, especially in Africa, Asia, Central and South America, on Small Islands and in the Arctic.

WE ARE DRIVING MANY ORGANISMS TO EXTINCTION!

How can we justify this? It is clear that we don't understand the consequences of our actions. We have a lot to learn from indigenous peoples all around the world, learn how to live in harmony with nature. Learn how to act when needed.

Another pillar of our present existence is the centralisation of a large percent of the world's wealth in the hands of a small percent of the population. Their greed to gain more power and wealth is taking us to the brink of destruction. Right now, it is a matter of social economic power, but soon, climate change will not choose who's going to stop breathing.

Researchers have stated that for every half-degree of warming, societies will see between a 10 and 20 percent increase in the likelihood of armed conflict.

The world cannot continue to hold its breath and count on the good sense of the handful of world leaders with the power to

destroy everything. We urge all governments to choose peace over war, disasters and extinction. We urge them to support democracy and freedom of speech all over the world. The time to act is now. We urge reason over madness, air over death.

We have to act to have a planet Earth that is habitable for its inhabitants so we can live in security. Don't let your voice become a whisper. There is hope!