

THE THOUGHT POLICE INSIDE OUR HEADS

AND

CONTROLLING THE HUMAN RACE...

NOTHING.TO.WORRY.ABOUT

PROBABLY.JUST.A.COINCIDENCE

by TOTUS ANCTUS

*Resolve to be thyself : and know that he  
who finds himself, loses his misery.*

*(Matthew Arnold)*

*If you have a hero, look again,  
you have diminished yourself in some way.*

*(No Hidden Meanings. Sheldon Kopp)*

*All evil is potential vitality in need of transformation.*

*(No Hidden Meanings. Sheldon Kopp)*

*"Edward, no matter how hard I try to convince others, nothing happens  
unless an occasional person opens his mind and is willing to listen".  
(Rosenow Sr to his son from The Cancer Cure that Worked Barry Lynes)*

*Whenever we read the obscene stories, the voluptuous debaucheries, the  
cruel and torturous executions, the unrelenting vindictiveness with which  
more than half the bible is filled, it would be more consistent if we call it  
the word of a demon than the word of God. It is a history of wickedness  
that has served to corrupt and brutalise mankind; and for my part I detest it  
as I detest everything that is cruel.*

*(The Age of Reason. Thomas Paine)*

*The sole purpose of Satan is to divert man from spirit to matter.*

*(Sayings of Paramahansa Yogananda)*

*Man will occasionally stumble over the truth but most of the time,  
he will pick himself up and continue. (Winston Churchill)*

*As with all things in life, trying to accomplish anything too quickly can leave  
you frustrated and with the impression that it is all a load of nonsense.*

*(Trusting Your Intuition. Sylvia Clare)*

*Frustration is a function of our expectations, and our expectations are often  
a reflection of the social mirror rather than our values and priorities.*

*(The Seven Habits of Highly Effective People. Stephen Covey)*

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## Acknowledgements

To the few who have tried to bring us love - expressed as truth and insight - available without condition. For their intestinal fortitude to catch our attention and feel in our hearts long enough to face our fears, change ourselves and make it real in our personal lives, if we so wish.

To all the little children (including the one inside all of our hearts) everywhere, who try to do the same. With special thanks for the efforts of :

- Stanley Milgram and his colleagues; Alice Miller and David Icke.

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## Preface

*We are here to take the baton of conditioning and limitation from our parents, break those patterns, and hand a baton of freedom onto our children.  
(...and the truth shall set you free. David Icke p447)*

This booklet draws your attention to :

- some of the many thought police inside our heads, and the brick wall we build around our hearts that they patrol "for our own good"
- how a small minority can act with impunity over a majority
- controlling the human race, by exploiting human behaviour.

As defenceless children, we (have been made to) build this wall by our reaction to fear. Resolve to learn from it and reclaim the energy/power that you have been (deceived into) giving away. It's simple, but it's not easy. The contents will challenge your belief system by exposing self-deceptions. Be warned. Some of this you may find :

- scary ; so play pretend with it
- overpowering ; so put it on the backburner
- very serious ; so remember the humour.

If you panic, slam on the brakes and lock up the wheels, steering ability is lost. Only steered rolling wheels can change your direction ; but watch the road too!

Recognise some of your own thought police and then spot them in others, or more likely, the other way around. Not all thought police are DAFT.\* Unwittingly, we allow enough exposure from imbalancing thought police to dictate to us. Those willing to guide us through webs of lies, manipulations and deceptions towards truth are ignored/ frozen out. Realise that there are other ways of looking at old problems. Remember to do as the wise do ; make haste slowly.

*The real power in our society belongs to those with the skills, resources and money to convince us what is best for them. Personal control is based on making choices based on the information we are provided with. If our information source is tampered with in any way we can be directed into thinking and behaving in (almost) anyway.  
(Press Pause On Your Life Roy Sheppard p37)*

\* Note : Words in capitals represent Deadening Authority Figure Talk (D.A.F.T.)  
For example, PRACTICE.MAKES.PERFECT

## Introduction

Imagine if both of us were, say, two years old and had just met. We would have looked at each other, almost telepathically said hello and then offered an invitation to "Play!" Neither of us would have worried about race, skin colour, religion, gender, wealth....

So where have all these come from? Our childhoods. That is, our conditioning. Some stay with us because they remain unchallenged or heavily defended. If we discover and understand the mistaken assumptions within, we will be aware enough to begin to change our thinking, if we wish to.

*There was once a time when each of us met life in an innocent and totally open way, without reservations or defences. But then something went wrong—our innocence and openness were abused, our love was not returned, our spontaneity was ridiculed, our sensitivity was hurt, or our faith was betrayed. From that time was born a series of reservations and suspicions, ranging from the ordinary common sense of the mature adult all the way to the ingrained resistance, sometimes total, to surrender to the new. One just does not want to be swindled by life again.*  
(What We May Be. Piero Ferrucci p156)

Answer the questions below (which will expose some of your DAFT). The answers in the following pages will encourage your balancing thought police):

1. What are the reaction(s) to the stimulus of fear ?
2. You have volunteered to take part in a study of memory. You are instructed by an experimenter to administer increasing amounts of electric shock each time a "learner", who is strapped into an electric chair, makes a mistake. Would you :  
administer a small amount of electricity ?  
administer a lethal amount of electricity (ie 450 volts)?
3. "Practice makes \_\_\_\_\_" (clue : per \_\_\_t)
4. Define exposure (for example,
5. There is no surer way to mak  
and that is to \_\_\_\_\_ like a (e
6. "It is true that you can fool all of the people some of the time  
and some of the people all of the time but you cannot fool  
\_\_\_\_\_ (Abraham Lincoln)
7. Thought creates \_\_\_\_\_

## Q1 What are the reactions to the stimulus of fear?

Fight and flight, and? You know...think of a rabbit...and car headlights...Yes?  
Freeze... (Note the expression "scared stiff")

*We like other members of the animal kingdom, are designed to freeze when we feel there is imminent danger. A gazelle for example will stand stock still if it suspects a lioness is near.*  
(*How Meditation Heals. Eric Harrison*)

Not a reaction but a reflex. A reflex is an action that is independent of the will. So what happens to the rabbit?... Splat! That is you, me and enough of everyone else. Even little surprises make us "jump" or breathe in sharply the first time (ie a reflex). This reflex is exploited, often unwittingly, when we are children, and conditioned into blind obedience to authority or submission of the free will. Free will means the power to choose (see R.Sheppard quote). When we are (made) frightened, angry or excited enough or any such combination that is enough we don't think in a balanced way. We think DAFT and are at the mercy of/vulnerable to (others') suggestions be they (im)balanced. Contact your complementary thought police (Appendix 1) and the little child you once were (1,2,3). Be patient—you have been sacrificing that child on the altar of blind obedience for years. Wait until the little child knows it is not another CON, and help condemn its mistreatment.

*Understanding leads to release from the control of unconscious energies.*

(*What We May Be. Piero Ferrucci. p18*)

When we are (made to feel) scared, we can act as if everything is in scarce supply behaving greedily. We take what we can from our neighbour to allay our fear. This allows the majority (you and me) in our ignorance, to be exploited by a small minority's imbalanced behaviour. Becoming aware of this, gives us an opportunity to reclaim - if we so wish - our power given away in the form of fear of the unknown. Simple but it's not easy. This freeze reflex which is conditioned can be evoked by (perceived) authority figures stressing you with :

- SCARCE RESOURCES Eg Time, expressed as BUSY.BUSY.BUSY - robotic. No time (see scarcity mentality(4)) to think creatively. SHUT.UP.AND.GET.ON.WITH.IT. And like our throw away culture, the faster things go, the less we value them. Covert training in not caring about things.  
Eg Raw Materials (supplies, humans). Exploit before they are

exhausted, regardless of abundance. Given time you create exhaustion by burying people's attention in BUSYNESS.

Technology

Computers ("Labour Saving devices") under the guise of DOING.IT.ALL.FOR.YOU, cleverly serve to speed up the usual chaos. Effectively time has been compressed, turning pressure into (di)stress. A hidden form of BUSY.BUSY.BUSY. Covert training in not caring for people including ourselves. It's not the equipment but the intent behind its use.

*Too often pressure squeezes out our native compassion.*

(*Love Medicine and Miracles. Bernie Siegal MD*)

CONSEQUENCES  
(punishment for  
insubordination)

- ...fear ( the silent threat)
- ...intimidation ( the threat of a threat)
- ...harassment ( the ongoing threat)
- ...shame ( the open threat)
- ...ridicule (devalues)
- ...doubt (saps credibility)
- ...diversion (sows confusion)
- ...labelling (closes the mind)
- ...defamation and slander (the shotgun approach) (5).

*Essentially, fear is concern over events which might happen sometime in the future. This concern can be paralysing to the point where we find it almost impossible to do anything constructive.*

(Being Happy. Andrew Matthews)

As small children we react spontaneously from the heart—our truth. Our guardians (unwittingly) DIScount this enough (see Q6), making us feel inadequate and help disconnect us from our intuition. Further, when we protest the truth and are punished (“smacked”) for it, we learn very quickly that the truth is of no worth and only “trouble.” *Honesty, thinking and expressing ourselves are painful and not acceptable.* It threatens our psychological survival. Lying, manipulating and telling authority figures what they want to hear, and GETTING.AWAY.WITH.IT are the names of the game. So the truth becomes a very sore spot from our childhood. As adults it is stored out of sight (ie unconscious) as we strive for psychological survival—to be affirmed understood, validated and appreciated (6).

When someone stands up and challenges this programming with the skills of an adult, they enkindle unconscious memories of perceived and actual fear (beatings, “LOVING. SMACKS”) from decades ago. Many will feel deeply threatened and not know why. They remember at some level, that their survival—sometimes literally—depended upon the unpredictable behaviour of and blind obedience to, those more powerful. Therefore, when truth is spoken, deep primeval nerves of volcanic proportion are often trodden on. Perhaps truth shows us where we fall short at facing our responsibilities. It gives us a chance to grow, by changing the way we think and feel about our experiences. Stark contrast in a blame (right / wrong) culture.

## Q2 Would you administer a small and/or lethal amount of electricity?

So you don't think you could/would flick a switch to deliver a lethal amount of electricity to a learner making an error of memory? A fine outstanding person like yourself? NEVER! 26 out of 40 volunteers (you and me) did. **All volunteers went to 300 volts.** There was no threat of violence just a persistent request to continue with the experiment.

Research (7) shows how you and me can commit horrific acts if we place ourselves under the influence of a malevolent authority appearing benevolent.

In Experiment 4, when volunteer and "learner" were close enough to touch each other, 12 out of 40 volunteers administered a lethal amount of electricity (450 volts).

In Experiment 18, a confederate (working alongside the volunteer) instead depressed the shock generator switch. **37 out of 40 of us helped deliver a lethal shock (450 volts).**

In Experiment 17, two confederates refused to continue with the experiment. The first at 150 volts, the second four shock levels later at 210 volts. Neither were punished for their "defiance". 15 out of 40 continued and 4 out of 40 carried on to 450 volts. So you can see how influential, setting an example is to creating a reality. People standing up, asserting heartfelt convictions are a threat, if you want to control human behaviour...Aristarchus 280BC - later Copernicus (earth revolves around sun theory), Galileo (mathematical proof of Aristarchus), unless you can subvert their convictions (eg CONSEQUENCES, SEE Q1).

In Experiment 7, the experimenter, gave instructions to the volunteer and "learner", and left the laboratory leaving his telephone number in case of problems. A volunteer, Mr Gino (43 year old, water inspector) telephoned the experimenter after giving 150 volts, and was requested to continue. This was repeated at 300 and 330 volts, 450 volts was administered.

*"Well I faithfully believed the man was dead until we opened the door. When I saw him, I said 'Great, this is great.' But it didn't bother me to find that he was dead. I did a job..." "So I said to my wife 'Well here we are. And I think I did a good job' She said, 'Suppose the man was dead?' Mr Gino replied, 'So he's dead. I did my job!'"* (Obedience to Authority. S. Milgram p106)

*The essence of obedience consists in the fact that a person comes to view himself as the instrument for carrying out another person's wishes, and he no longer regards himself as responsible for his actions. Once this critical shift of viewpoint has occurred in the person, all the essential features of obedience follow. The adjustment of thought, the freedom to engage in cruel behaviour and the types of justification experienced.* (Obedience to Authority. S. Milgram p12)

Like our childhoods, isn't it?

*A significant word is obey whose root meaning is "to listen to your inner voice"*  
(Healing with the Voice. James D'Angelo)

And we believe that obey means DO.AS.YOU'RE.FLAMING.TOLD (that's D.A.F.T. too!)



*Some subjects were totally convinced of the wrongness of what they were doing but could not bring themselves to make an open break with authority...What they failed to realise was that subjective feelings are largely irrelevant to the moral issue at hand so long as they are not transformed into action. [conditioning of freeze reflex]*

*(Obedience to authority S. Milgram p28)*

So you think this is all LABORATORY/IVORY.TOWER.BULLSHIT do you?

On 30 October 1938, an adaptation by Orson Welles of H.G.Wells' novel *The War of the Worlds* was broadcast on Mercury Theatre radio, New Jersey, USA(8). Pockets of panic broke out as distressed people thought they were being invaded by Martians...AND.THAT.WAS.ONLY.A.PLAY...

During World War II, about ten Gestapo officers in effect controlled 100,000 inhabitants of Wurtzberg, using fear to condition them to inform on those thought to be undesirable. These "suspects" disappeared and the grapevine went to work.

Not REAL.ENOUGH for you?

Look back at 13 July 1942, Jozefow. 500 middle aged ordinary men of the German Reserve Police Battalion 101 were told by their commander Major Trapp to seek out and kill 1800 women and children in the nearby village of Jozefow(9). Trapp gave them the opportunity to refuse without punishment or reprisals. Only 12 out of 500 refused. Mothers still clutching children were killed : people shot one by one.

Is that REAL.ENOUGH for you?

There is another much less extreme side to controlling human behaviour, and it can be just as effective. Think of the word "death". What comes to mind ? Corpse, funeral, grief, fear, perhaps a few cheers ! First thoughts are on the physical side, but consider :

*You can kill a person once  
But when you humiliate him,  
You kill him many times over.      The Talmud*

A mental/emotional death. All the features listed under CONSEQUENCES (Q1), which undermine our psychological survival. And if we are convinced that death is the end, JUDGEMENT.DAY.LOOMETH...AND.THE.FIRES.OF.HELL...But what if we have scientific proof (repeatable experiments under laboratory conditions - courtesy Sir William Crookes 1874) of survival after death? (10,11) And the mathematics to back it up? (Ron Pearson - see *Intelligence Behind the Universe*).

*They are playing a game  
They are playing at not playing a game  
If I show them they are  
I shall break the rules and they will punish me.      (Knots. R.D.Laing)*

Q3. Practice makes \_\_\_\_\_ (clue : p\_\_\_\_\_t)

Yes, just ask just about anyone and they will reply "perfect". How long ago did you hear that? A button was pressed and out came the reply "perfect" - just like the robot we can all behave like. Practice makes **permanent**. IT.CAN'T.BE.CAN.IT? Perhaps it is "perfect practice makes perfect". Something is amiss.

If you try to catch a tennis ball with the hands shaped like a crocodile's jaws, you will become better at timing the catch but your success rate will still be low, particularly if you are under pressure or it is a hard ball. (It will hit the heel of your hands and most likely bounce out before your hands can close around it. This type of practice can hurt you, and emotionally get you down.)

If your hands are relaxed, shaped like a bowl, palms facing the ball, fingers spread and relaxed, experience tells us that you have a far higher success rate in catching the ball - hard or soft. Or under pressure. This type of practice puts you in the know and gives you confidence in your own ability.

Many people play sport at a certain level all their lives, and practice does not raise their game. Granted, their main purpose is the social side of the game, but it just goes to show. Many people drive cars for years and their driving standard is still poor. Two other ways of implying that practice makes permanent are : "old habits die hard" and,

*If you always do what you've always done,  
You will always get what you've always gotten.*

So what's amiss? Is it not wisdom? The wisdom gained through awareness (being conscious of / alert to what you don't know) and experience (knowing from doing). Perhaps the simplest of tasks, practice makes perfect, because there is almost nothing to learn. For example, moving an object on a table to a different place on the same table. Maybe this is the "sell" or con in the phrase that we buy into and never consciously challenge. And if there is something to learn and you are (kept) ignorant, then your practice makes permanent.

*If a baby from birth is told by loving parents that  $2 + 2 = 3$  and later at Sunday school, kindergarten, preparatory, public school and university this young mind is again told by clever and often highly respected teachers that  $2 + 2 = 3$ —this added to the same teaching from the mass media backed by the weight of law—is it any wonder that many people often in responsible positions believe that  $2 + 2 = 3$  ? (The Suppression of Knowledge. M.Roll)*

So repetition may be mother of learning, but too often it is of indoctrination. We practise many things, like Finance, Religion, Education, Science and Orthodox Medicine (see later).

**Q4. Define exposure (for example, to acid)**

Another way of looking at practice is that it is the same as exposure to a certain experience. If you were exposed to say, acid, what would you want to know? Probably, how strong it was, for how long, and will I keep my fingers, doctor?

Let's try another : ultra-violet radiation from the sun. Soon you would be recalling :

the strength of the sun's rays (eg strongest at midday)

the length of time spent sun bathing, and

the number of times you have sunbathed

So, Exposure = strength x time length x no. of times

that is : concentration x duration x frequency

or : intensity x frequency

In the acid example, frequency may be missed or confused with duration. Perhaps there is an assumption that you have been exposed only once.

Now substitute fear (expressed as anxiety/apprehension) for ultra-violet light :

| Exposure to fear :                          | strength x     | time length x     | no. of times   |
|---|----------------|-------------------|----------------|
| Bereavement, divorce<br>Trauma, panic, war* | <i>highest</i> | <i>short</i>      | <i>fewest</i>  |
| Humiliation,<br>Shock, battles              | <i>high</i>    | <i>short(er)</i>  | <i>few(er)</i> |
| Hassle, surprises                           | <i>low</i>     | <i>short(est)</i> | <i>most</i>    |

\*time length in war is long

So, exposure to frequent low level fear can maintain a freeze reflex, by the cumulative effect of "micro" or "mini" freezes. This is less detectable, if at all. We GET.USED.TO.THEM. They become NORMAL and difficult to identify, except as a general label such as (di)stress / BUSY.BUSY.BUSY. /THE.REAL.WORLD. This labelling acts to close our minds to the possibility that our thoughts/ feelings / conditioning have been a cause, because AFTER.ALL.IT.IS.THE.REAL.WORLD.

Evidence of these “micro” / “mini” freezes or “jumps” or hyperventilation?  
Perhaps it is from a Russian physician researching into asthma:

*Professor Buteyko came up with a theory that a majority of the human population actually overbreathes, some more severely than others. Because people are unaware of this factor, he called it hidden hyperventilation... ( 12)*

*To be human is not just to breathe, it is to control one’s breathing...(Limits to Medicine. Ivan Illich)*

The high frequency (routine/ritual) nature of these experiences makes them easy prey to rationalise and tackle any sense of unease within higher levels of our being, eg conscience. EVERYBODY.ELSE.DOES.IT-PERFECTLY.NORMAL (see R. Sheppard quote) or relativise it away as STOP.EXAGGERATING. Unknowingly, we allow ourselves to be controlled by anxiety/apprehension. Other more physical expressions appear too :

*...the scale of mental misery around us. What on earth is all the non-interruptible drug and drink usage about if not soothing for anguish? What are so many girls and women doing hanging their heads over toilet bowls or starving or stuffing themselves for if they aren’t in considerable psychological difficulty. What is workaholism about if not a salve to otherwise feelings of uselessness.*  
*(The Guardian 9/1/01 {section 2} Susie Orbach )*

Another example ; weapons of mass distraction/suggestion/anaesthesia ;

|  | strength       | x | time length        | x | no. of times   |
|--|----------------|---|--------------------|---|----------------|
| Programmes depicting violence as means to rule     | <i>highest</i> |   | <i>hour (s)</i>    |   | <i>few/wk</i>  |
| NEgative WaveS (NEWS)<br>( death, mayhem, despair) | <i>higher</i>  |   | <i>mins - hour</i> |   | <i>few/day</i> |
| Marketing/advertising                              | <i>low</i>     |   | <i>mins</i>        |   | <i>few/hr</i>  |

*Widespread anaesthesia increases the demand for excitation by noise, speed, violence - no matter how destructive...*  
*(Limits to Medicine Ivan Illich)*

There is nothing right or wrong about these fears. To continually increase them and imbalance our behaviour by creating environments of anxiety/apprehension, induces us (see Q5) to overdose on DAFT. It remains hidden because it is NORMAL—nowhere because it’s everywhere. So, step back and look unassumingly. The more we practice DAFT, the more permanent it becomes and the more difficult to change. By becoming aware of this, we have a conscious choice to change, if we so wish.

We digress to a brief, simplified and selective overview of growing up, with some DAFT. Our own living example of practice makes permanent. Please take it for what it is.

## Infancy/Childhood

*Babies do not come into the world believing that there is something wrong with them. They arrive pleased and curious and ready to complain when something is not to their liking. But soon it is made clear to them that their complaints are not acceptable. Babies find this unfair, and then it is made clear to them that themselves are not acceptable.*

*(The Successful Self. Dorothy Rowe.)*

Show an infant how to build a brick wall with a few bricks and, like any child's natural desire for affection, they will copy the brick building (imitation is the sincerest form of flattery) Shown enough (see Q6) we practice this behaviour on ourselves. Obedience to authority (submission of free will) has been achieved. As children we surrender our free will (by freezing) hoping for the best. Some fight and pay dearly. Alternatively (13,14,15).

The bricks (pto) represent Authority Figure Talk—enough of it deadening, hence DAFT. Three examples are BAD, MAD and SAD. Often bad is called NAUGHTY. Using fear it exploits our freeze reflex, paralysing our ability to learn fully from our experiences.

The gaps in the wall symbolise the expression of true feelings-laughter, crying (smiling through the tears!), fear, excitement, passion - often expressed through hobbies/pastimes.

The mortar between the bricks represents fear and ignorance. Fear rests in ignorance. Nothing is to be feared only understood, as someone once said.

The brick wall represents our false self. (16) It is conditioned into us before we have had a conscious choice - unwittingly induced (see Q5) by our guardians. Perhaps, this false self misleads us into thinking that all children want to be the same, as their behaviour suggests. Maybe children all want to belong and not be the same, but they will behave the same (obedience) in order to belong / feel accepted and valued.

*I think it is inappropriate to take down the wall completely because we do need some kind of defences to live. Everyone does, not just those who find life gruelling.*

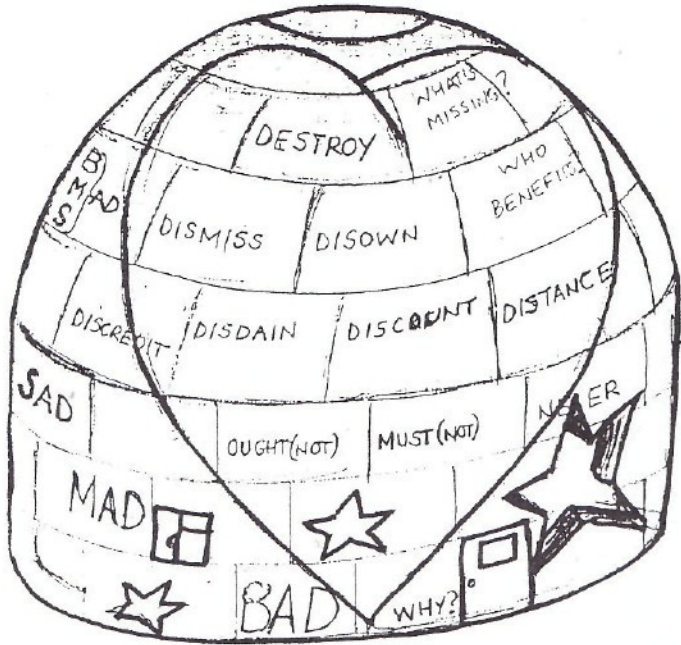
*(Building Self-Esteem. Sue Atkinson)*

Our heart represents our true, natural, enthusiastic, spontaneous self.

*The first twenty years of the young person's life are spent functioning as a subordinate element in an authority system, and upon leaving school, the male usually moves into a civilian job or military service. On the job, he learns that although some discreetly expressed dissent is allowable, an underlying posture is required for harmonious functioning with superiors. However much freedom of detail is allowed the individual, the situation is defined as one in which he has to do a job prescribed by someone else.*

*(Obedience to Authority. S. Milgram)*

Practice makes permanent and we end up with authority figures words/looks/thoughts becoming our actions. This makes us vulnerable to a benevolent authority (parents/financiers /clergy /teachers /experts) unwittingly behaving malevolently.



*DISTANCE CREATED BETWEEN SUBJECT AND VICTIM LESSENS SUBJECT'S DISOBEDIENCE*

CONTRADICTIONS (eg STRICT.BUT.FAIR / LOVING.SMACKS)

MANIPULATIONS ( eg NOW.BE.A.GOOD.BOY.AND.DO.AS.DADDY.SAYS)

DECEPTIONS ( eg PRAISE.YOUR.CHILD.AND.(S)HE.WILL.GET.A.BIG.HEAD)

SOPHISTRY (eg PRACTICE.MAKES.PERFECT)

EXPEDIENCY ( eg THE.ENDS.JUSTIFY.THE.MEANS)...rationalises revenge

RATIONALISING :  
RELATIVIZATION  
MINIMIZATION/TRIVIALIZATION  
INTELLECTUALIZATION  
NORMALIZATION  
IDEALIZATION

DIS -game : discredit, disbelieve, disqualify, dismiss,distance, disown, destroy..

HARDENED SURFACE =vener of civilisation; manners, etiquette etc

**CHILD**

BRICKS = Authority Figure Talk, most of it Deadening(DAFT)

+

GAPS = expression of true feelings

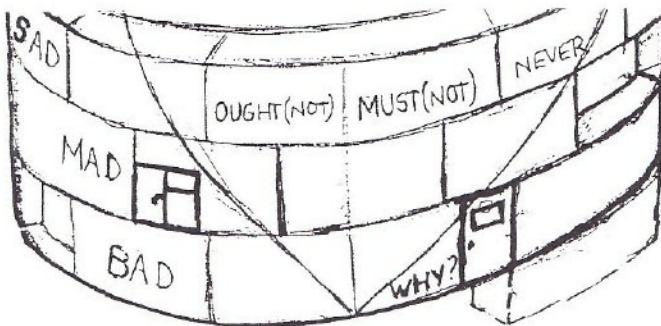
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MORTAR = fear and ignorance(ignorance = unawareness)

=

BRICK WALL = our false self (via blind obedience to authority)

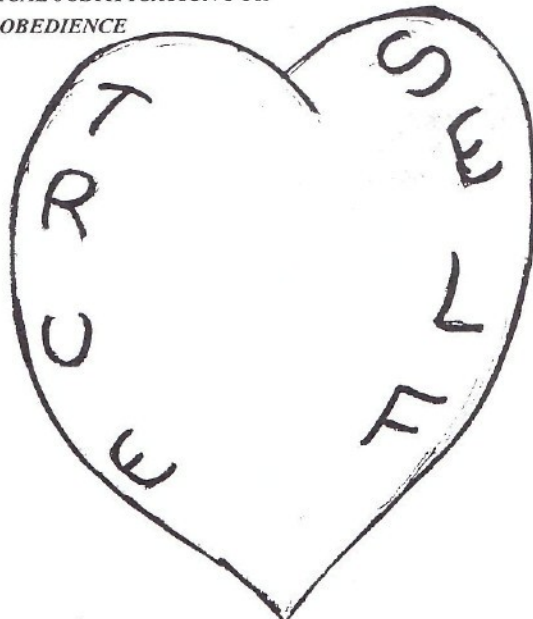
HEART = our true, natural, enthusiastic, spontaneous self



*IDEOLOGICAL JUSTIFICATION FOR WILLING OBEDIENCE*

**INFANT**

REALISATION CURIOSITY  
SPONTANEITY  
A SOURCE OF TRUTH/INSPIRATION  
VITALITY INTUITION  
UNIQUENESS  
CREATIVITY SINCERITY  
DISCERNMENT



## Adulthood ( or is it adulthood)

We develop BAD, MAD and SAD, through our childhood into :

CANNOT.MUST (NOT), OUGHT (NOT), SHOULD (NOT), ALWAYS,NEVER, GOT TO, BUT  
(compare with the parent ego state in Transactional Analysis (17,18)).

Unwittingly, as we practice behaviours copied from wider groups of people, we enrich and refine these permanancies into a "DIS" game. Tactics include :

DIScredit, DISbelieve, DISqualify, DIScount, DISmiss, DISdain, DIStance, DECEive, DESTroy

This "DIS" game is combined with reason (left brain). It is called rationalising and is a powerful form of discounting. Plausible reason fights off a (deep) unease within. This unease is the difference between what we sense or know to be (un)true and what we are being told is the case, usually by an authority figure (ie. cognitive dissonance).

DAFT rationalisations we utter, courtesy of our thought police, include:

WORSE.THINGS.HAPPEN.AT.SEA / NEVER.MIND.IT.COULD.BE.WORSE = relativisation

IT'S.ONLY.A.STAPLER / INSURANCE.WILL.PAY ("petty" theft) = minimization / trivialisation

WHEN.PEOPLE.ARE.NASTY.IT.IS.MORE.A.REFLECTION.OF.HOW.THEY = intellectualisation  
FEEL.ABOUT.THEMSELVES.THAN.YOU (cleverly, not addressing the feelings)

WELL.EVERYBODY.ELSE.DOES.IT ; PERFECTLY.NORMAL = normalisation

I.WAS.BEATEN.AS.A.CHILD.AND.IT.NEVER.DID.ME.ANY.HARM = idealisation

Note how cleverly, our attention is deflected from source/cause to symptom/effect.  
We have in effect, built a police force inside our heads. For illustration :

- the uniform branch look after simple lies : BIG.BOYS.DON'T.CRY
- the plain clothes division look after more complicated lies :  
DON'T.PRAISE.YOUR.CHILD.OR.ELSE.(S)HE.WILL.GET.A.BIG.HEAD
- the thought police handle lies, deceptions and manipulations  
PRACTICE.MAKES.PERMANENT.

At their disposal are all the other police, including special operations (eg the riot squad,  
...THAT'S.WHAT.THEY.NEED.A.BIT.OF.DISCIPLINE...PUT.THEM.IN.THE.ARMY  
...that is, GIVE.THEM.A.GOOD.KICKING).

Enough conditioning like this makes us unknowingly call : black as white and white as black;  
profit as cash ; ethics as religion;  $2 + 2 = 3$ ; the earth as flat; orthodox medicine as healing.  
Conditioned to believe absurdities, we (can be made to) commit atrocities.

**Q5. There is no surer way to make someone behave like a (eg victim{iser})  
and that is to treat them like a (eg victim {iser})**

When one electrified wire is brought close enough to an unelectrified wire, the second wire will conduct electricity too. Similarly, place a light bulb under electricity pylon cables and see it light up. This is called induction.

Energies of the mind are electromagnetic too (but at higher vibrational frequencies). We call some of these energies that have a similar effect : charisma, enthusiasm, intimidation, bullying (19, 20). They are “infectious”. So, exposure to our environment can play an important part in controlling our behaviour. This is the REAL.WORLD equivalent of induction. (see Science ; Paul Kammerer and salamander experiments).

*We have no choice about what comes into the mind. Nor can we choose our immediate response—that is a consequence of our conditioning. But once we see our response - aversion, despair, frustration or whatever - we can choose to continue it or drop it.*  
( How Meditation Heals . Eric Harrison)

More hidden is our perception of other’s expectations. These can be strong enough to override our natural behaviour. WHAT.WILL.THE.NEIGHBOURS.THINK? It is called peer group pressure. See The Emperor’s New Clothes(21) and Crowd Psychology (22) The hundredth monkey syndrome (Q6) is a more refined example of induction. So, giving up our free will may be induced by our environment. Likewise, “*When in Rome, do as the Romans do*” ..... “*Treat them mean and keep them mean*”. But what if the sources of this thinking are a malevolent authority masquerading as benevolent. Who benefits?

*“The difference” she said “between a lady and a flower girl is not who she is, but how you treat her” (Lisa Doolittle, My Fair Lady. George Bernard Shaw.)*

It is both, but you have to keep treating (reinforcing) them like slave {driver}s to subordinate their free will and (creative) thinking. Then they will find it very difficult not to behave like slave {driver}s. Hence, conditioning their behaviour into obedience to authority. However, just because you behave like a moron, doesn’t mean you are a moron. All of us behave stupidly, sometimes. That doesn’t mean we are stupid. Learn to separate the person’s behaviour from the person (23) to understand causes not treat symptoms.

*[Jacques] Vallee noted that the most effective form of reinforcement is one that combines regularity with unpredictability, he said “Learning is then slow but continuous. It leads to the highest level of adaptation. And it is irreversible...” (Alien Agenda. Jim Marrs)*  
[Note : regularity =practice makes permanent ; unpredictability =fear of the unknown]

If people don’t know they are being treated or treating themselves like slaves, then this “out of sight, out of mind” approach (covert manipulation), maintains the permanence the practice has started. This becomes the NORMAL with which we efficiently police ourselves and each other.



**Q6 "It is true you may fool some of the people all of the time  
and even fool all of the people some of the time, but  
you can't fool all of the people all of the time (Abraham Lincoln)**

Correct. Well done! (Or, SURELY.NOT.EVERYONE?) But that is not the point. Science talks about the hundredth monkey syndrome. When a critical number of monkeys are trained in how to complete a task, other monkeys totally unfamiliar with the task were found able to complete the task. So, if you have a critical mass or number you can affect the whole. Therefore the above phrase would more accurately read :

**"It is true you may fool some of the people all of the time  
and even fool all of the people some of the time, but  
in order to fool all of the people all of the time, you only need  
to fool *enough* of the people *enough* of the time"**

That is, your exposure = enough concentration / strength,

or *enough* length of time

or *enough* number of times

or any combination of these that is *enough*.

In a misused hierarchy where malevolence masquerades as benevolence, enough isn't very much. Enough for you to do what someone else wants, may be very little, especially if it stimulates a reflex or hits a nerve. Enough helps create the norm called NORMAL.

*"The only devils we have to fight are the ones inside our own <sup>hearts</sup>heads"* (Mohatma Ghandi)

To "change the world" preferably into a better place, we need to change our thoughts and feelings and change our own world. Then it needs enough of those people (you and me) at a similar time to change the world.

*"Become what you want the world to be"* (Mohatma Ghandi)

If enough of us found and practised better ways of dealing with our anger, would we need our military forces? Aren't the military an expression of our fear? And if enough of us keep directing our anger destructively without purpose of renewal, we affect the whole by creating an environment of war at all levels.

*When war comes the first casualty is truth.* Hiram Johnson

Through fear of death, war can:

*...encourage populations to think in ways they would otherwise not do, and accept the formation of institutions that they would normally reject. The longer a nation involves itself in wars, the more entrenched those institutions and ways of thinking will become.*

*(The Gods of Eden. William Bramley)*

## Q7. Thought creates reality. And so does belief.

Suppose you want a drink, and now you are sitting down drinking. That's real enough. Creating that reality, involved creating a thought : "Ooh! I could do with a drink." Then generating the feeling...sounds like you are already there. Then the intention, followed by exercising the will with the means to do so –making the drink. (Say You Can And You Will...But the will depends upon the means. The means upon the conditions. The conditions on the conditioning). Thought can create reality, via feeling, intention, exercise of free will, and the means to do so. The practice of this method can lead to routines/habit. From there onto ritual, dependency and through to addiction. (That is, different levels of permanence or imbalance).

*The chains of habit are too weak to be felt  
until they are too strong to be broken. (Dr Samuel Johnson)*

Thoughts can be put in our head and feelings into our heart by directing our attention. Your conscious attention can only be on one thing at a time which means it isn't on another. Often directed at symptoms by their urgency, our attention is drawn into argument, rather than seeking causes and truth. Where your attention is, is very important. Out of sight, out of mind. Fill people's minds with DISTractions. Looked in the media? It gears itself to excitement - IT.IS.A.SHOW.AFTER.ALL.And when we are excited enough, what don't we do? We don't think in a balanced way (Q1). Left brain logic, argument and blame replace truth and wisdom.

Beliefs of others can replace you thoughts (induction). You can make people create your reality by making them believe it is their reality. Should any creative (right brain) thought suggest an alternative view, use fear to paralyse and exploit the human reflex.

*It's a principle that all things are created twice, but not all first creations are by conscious design. In our personal lives, if we do not develop our own self-awareness and become responsible for first creations, we empower other people and circumstances outside our Circle of Influence to shape much of our lives by default. We reactively live the scripts handed to us by family, associates, other people's agendas, the pressures of circumstance—scripts from our earlier years, from our training, our conditioning. (The Seven Habits of Highly Effective People. Stephen Covey)*

Perhaps from within : Thought; Feeling; Intention; Will : and Means = Reality (yours)  
From without : Belief\*; Hope; Wish; Promise; Expectation; Will#; and Means = Reality (others)  
(\*includes perception and suggestion; #will from outside is taken as obedience).

*But today's Quantum physics, and the Heisenberg uncertainty principle present a different picture, ie The nature of a thing is actually altered by it's observer!  
What does it mean to you in everyday life? That physics confirms what the spiritual masters have Always taught—that a thing, a situation is transformed by the observer. As you change your thinking, your life will change. You fixing your life is an inside job. You don't need to wait for anybody else to get their act together. When move the world moves. To the extent that you change, the other players in your life change—or are replaced by new players. While they are helping to teach you your lessons, you are helping to give them theirs. (Follow Your Heart. Andrew Matthews)*

## SUMMARY

**How a minority (enough) act with impunity over a majority (you and me)**

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|  |  |   |
|--|--|---|
| <p>1. What are the reaction(s) to the stimulus of fear?</p>  | <p>Flight and fight...but first the freeze reflex (we "jump"). A reflex is independent of the will. Therefore we will do it anyway. Unwittingly, our guardians condition this into obedience to authority. It is induced by our BUSY.BUSY.BUSY. environment with its CONSEQUENCES. And identified by DAFT.</p> | <p><i>Human freeze reflex to fear bypasses the will. Incorporate this with exploitation of obedience to authority within various hierarchies (eg Finance, Religion, Education, Science, Orthodox Medicine)...</i></p> |
| <p>2. You have volunteered to take part in a study of memory. You are instructed by an experimenter to administer increasing amounts of electric shock every time a "learner", who is strapped into an electric chair, makes a mistake. Would you administer :<br/>a small amount of electricity?<br/>a lethal amount (ie 450 volts) ?</p> | <p>Yes, research and THE.REAL.WORLD, say that we will kill another human being (26/40). Especially, if someone else is flicking the switch (37/40); even if two peers object and refuse to take any further part and without punishment for their "defiance" (4/40).</p>                                       | <p><i>Examples of the above, but these atrocities are visible and create opposition of the will after the event (ie they are challenged)...so...</i></p>  |
| <p>3. "Practice makes _____"<br/>(clue : per_____t)</p>  | <p>Practice makes permanent.</p>   | <p><i>Practice this reflex so it becomes permanent, but do it covertly...</i></p>   |
| <p>4. Define exposure<br/>(for example, to acid)</p>   | <p>Exposure = strength x time length x no. of times</p>  | <p><i>Lower the strength and time length but increase the frequency to have a similar effect, also making it less detectable...</i></p>   |

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|   |  |  |
|---|--|--|
| <p>5. There is no surer way to make someone behave like a (eg moron) and that is to _____ like a (eg moron)</p>   | <p>There is no surer way to make someone behave like a (eg slave) and that is to treat them like a (eg slave)</p>  | <p><i>Maintain the permanence by induction (keep treating them like eg slaves)... inducing us into being NORMAL (eg 2+ 2 = 3)</i></p>  |
| <p>6." It is true that you can fool some of the people all of the time and even fool all of the people some of the time, but you _____"<br/>(Abraham Lincoln)</p> | <p>It is true that you can fool some of the people all of the time and even fool all of the some of the time, but (you can't fool all of the people all of the time) <b>in order to fool all of the people all of the time, you only need to fool enough of the people enough of the time.</b></p> | <p><i>And remember you only have to do it enough times to enough people, or enough of the time, or any combination of these that is enough, to in effect, have control of the whole...</i></p>   |
| <p>7. Thought creates _____</p>   | <p>Thought creates reality. And so does belief.</p>  | <p><i>Just in case creativity/inspiration see through the accepted order, CON people. Impose belief ("replacing") systems for our own thinking. CON the cleverer ones into thinking it is eg ethics for religion; cash for loans/interest. The less clever will follow. Maintain using (CONSEQUENCES) or fear. Fill any spaces left in their minds with DISTractions to focus attention on their five senses, preventing practical use of their intuition and imagination.</i></p> |

**So, by understanding and exploiting human behaviour you can eventually control the human race...**

**...NOW.LISTEN.SON.THIS.IS.THE.REAL.WORLD.WE'RE.LIVING.IN...**

## LISTEN.SON.THIS.IS.THE.REAL.WORLD.WE'RE.LIVING.IN

Yes dad, and in this real world everyone has a boss of some sort, don't they? When these bosses fail in their responsibilities, we may detect trouble and imbalance. If a child repeatedly behaves destructively towards the people and property around them, you would expect their parents to be partly responsible. If a bank behaves unscrupulously, you would look to their directors. If a church, their chief priests. If a scientist or doctor their respective professional bodies. If a country/government, it's leaders. If the planet is imbalanced, the mentality of those who control governments.

Maslow's Hierarchy of Human Needs provides an insight into our behaviour. We may strive to develop our potential—astrology (not media horoscopes) may help identify this - but if made fearful, we go back to basics. (eg we trade danger for food if hungry enough).



*Satisfied needs do not motivate. It's only the unsatisfied need that motivates.  
Next to physical survival, the greatest need of a human being is psychological  
survival— to be understood, to be affirmed, to be validated, to be appreciated.*

(The Seven Habits Of Highly Effective People. Stephen Covey)

So, to imbalance things create war—mentally, emotionally and physically. So we have divide and rule, sow confusion, force ignorance to create fear and obedience, compel difference into prejudice. Just look around and within you. DAFT isn't it? Environments are created to keep the majority at the bottom of the pyramid. Simple, but it's not easy. When it is simple the chances are that it can be made to happen. With enough of the power and striven for over centuries, whose REAL.WORLD are we in? We are born into this and conditioned to call it NORMAL. The hierarchies/bosses and us have a responsibility (despite ignorance) for the tens of millions people that die from starvation and its related diseases annually, on planet earth. Imbalanced mentality creates imbalanced reality. The higher the level of such a mentality, the broader its impact.

*While structures of authority are of necessity present in all societies, advanced or primitive, modern society has the added characteristic of teaching individuals to respond to impersonal authorities. Whereas submission to authority is probably no less for an Ashanti than for an American factory worker, the range of persons who constitute authorities for the native are all personally known to him, while the modern industrial world forces individuals to submit to impersonal authorities, so that responses are made to abstract rank, indicated by an insignia, uniform or title.*  
(Obedience to Authority. Stanley Milgram)

EVIDENCE?YOU.WANT.EVIDENCE?COME.OUTSIDE...YOU.SEE.THAT.BIG.SILVER.THING.  
IN.THE.SKY?WE.CALL.IT.THE.MOON--WELL.THAT.COMES.OUT.OF.THE.GROUND.AT.  
NIGHT.AND.GOES.AROUND.THE.EARTH.RETURNING.TO.THE.GROUND.IN.THE.MORNING.  
AND.YOU.SEE.THAT.BIG.YELLOW.THING.IN.THE.SKY?WE.CALL.IT.THE.SUN,SON.WELL.  
THAT.COMES.OUT.OF.THE.GROUND.IN.THE.MORNING.GOES.AROUND.THE.EARTH.  
RETURNING.TO.THE.GROUND.AT.NIGHT.SEE.CHECK.FOR.YOURSELF!

WHAT.MORE.EVIDENCE.DO.YOU.WANT?RIGHT.BEFORE.YOUR.VERY.EYES!  
SURELY.YOU.CAN.SEE.THAT?DON'T.YOU.BELIEVE.ME?  
SO.YOU.THINK.I.AM.LYING.DO.YOU?WHAT'S.YOUR.PROBLEM.SONNY?  
GOT.OURSELVES.A.LITTLE.ATTITUDE.PROBLEM.HAVE.WE?...YOU.SEE.THIS.BOOT...

Clever, isn't it? The sell (the introduction) is almost true. The next part - very similar to the first - is anything but. Note, only the five senses involved. What can you not see, hear, smell, touch and taste? Thoughts (ie gamma rays) (26)

*Such institutions as business, the church, the government and the educational establishment provide other legitimate realms of activity, each justified by the values and needs of society and also, from the standpoint of the typical person, accepted because they exist as part of the world in which he is born and grows up. Obedience could be secured outside such institutions but it would not be in the form of willing obedience, in which the person complies with a strong sense of doing the right thing..Ideological justification is vital to obtaining **willing** obedience for it permits the person to see his behaviour as serving a desirable end. Only in this light is compliance easily exacted.*  
(Obedience to Authority. Stanley Milgram)

In their totality, this seems to point towards a cold -blooded agenda-EVERYTHING.IS.  
THE.PREY.OF.DEATH (27) - the motive to devitalize/destroy a planet, using fear as the opportunity and the human reflex to fear as the means.

*Nothing is meaningful as long as we perceive only separate fragments.*  
(WhatWeMayBe.PieroFerrucci)

Let's take some other examples : Finance, Religion, Education, Science, Orthodox Medicine. The sell (ideological justification) we all buy. Then as we go to buy more, it is us who are bought and stay bought by the brick wall around our hearts.

## Finance

*It is well enough that the people of the nation do not understand our banking and monetary system, for if they did, I believe there would be a revolution before tomorrow morning.*

*Henry Ford*

Profit is not cash. However, if you *only* deal in cash, then profit *is* cash. In business there are loans, interest payments, and debtors (people who promise to pay money owing). This is a gateway to pretend cash. A main cause of small business failure is cash flow- not having the cash at the time to pay the bills, only promises to pay. So profit can be, but usually isn't, all cash.

*If you or me have a million pounds, we can lend a million pounds. Very simple. But if a bank has a million pounds it can lend ten times that and more, and charge interest on it. If even a fraction of the people who theoretically have 'money' deposited in the banks went today to remove it, the banks would slam the doors shut in half an hour because they do not have it. Money in the bank is a myth, another confidence trick. When you go into a bank and ask for a loan, the bank does not print a single new note nor mint a single new coin. It merely types the amount of the loan into your account. From that moment on you are paying interest to the bank on what is no more than figures typed on a screen. However, if you fail to pay back that non-existent loan, the bank can come along and quite legally take your wealth that does exist, your home, land, car and possessions to the estimated value of whatever figure was typed into that screen. More than that, because money is not brought into circulation by governments, but by private banks making loans to customers, the banks control how much money is in circulation. The more loans they choose to make the more money is in circulation. What's the difference between an economic boom (prosperity) and an economic depression (poverty)? One thing only : the amount of money in circulation. That's all. And, through this system, the private banks, controlled by the same people, decide how much money will be in circulation. They can create booms and busts at will. The same with the stock markets where these guys are moving trillions of dollars a day around the financial and banking markets, so deciding if they go up or down, soar or crash. Stockmarket crashes don't just happen, they are made to happen.*

*(The Biggest Secret. D. Icke p207)*

**NOTHING.TO.WORRY.ABOUT- PROBABLY.JUST.A.COINCIDENCE.**

(see also Rule by Secrecy, by Jim Marrs p64-78; Secrets of Money and the Federal Reserve System)

**WHAT.IS.THE.BOTTOM.LINE?**

Millions of "intelligent people" have signed on the dotted line agreeing to be extorted - legally - into paying money that doesn't exist. (Q4,5,7) Crazy?

**IT.CAN'T.BE.CAN.IT?(Q2)** The financial enslavement of the human race (Q6) - by removing the ability to pay for ourselves—can be stopped by the government ordering the printing of its own money, borrowed without interest. And very quickly resolve poverty. **IT.CAN'T.BE.TRUE.CAN.IT?...**



## Religion

*"the devil is any God who begins to exact obedience" John Cooper Powys.*

When you hear the word religion, what comes to mind? Probably : treat others as you wish to be treated (ethics), love your neighbour as yourself, kindness, respect, love, prayer, understanding, compassion...God, Allah, Buddha, Jesus Christ, Mohammed...

Arthur Findlay says :

*To confuse Jesus, the Jewish teacher and healer with the Christ the [17th] pagan Saviour god, is a gross historical blunder. Jesus was officially made into god at the council of Nicaea in AD325. The second person in a trinity of gods.*

*(The Suppression Of Knowledge. Michael Roll)*

One aspect that may not be recalled is : doctrine, dogma and blind obedience to authority. The extreme physical reality of this in Christianity was Malleus Maleficarum (The Hammer of Witches) or The Inquisition (1257—1816) : wholesale, systematic terrorism, torture and murder. Similarly, in the natural world, the demonisation of Pan (god of flocks, pastures and woods). Jesus on the crucifix is an occult symbol of death - worshipped by millions.

*In the early sixteenth century, Pope Leo X is on record as declaring :  
"It has served us well, this myth of Christ"*

*(The Messianic Legacy. Michael Baigent)*

There is much sincere and genuine kindness carried out in the name of religion. Few of us seem to appreciate the barbarism carried out under the same name.

*The famous cargo cult among the Tobrian islanders in the Pacific derived their religion when allied planes dropped supplies from the sky during World War II. Being unable to comprehend what an airplane is, the islanders built straw effigies of them and prayed for their return.*

*(How to Know God. Deepak Chopra.)*

It is as if religion (the church) is a parent in a collective sense and the children are the congregation. The child is mistreated by the parent. For survival, the child idealises the mistreatment (torture), by the belief that the parent provides shelter, food and a bed (ethics), and so makes the mistreatment "reasonable". Bamboozlement and keeping the child unaware prevents alternatives being appreciated and acted upon.

*The more man clings to religion, the more he believes,*

*The more he believes, the less he knows.*

*The less he knows, the more stupid he is, the easier he can be governed.*

*The easier to govern, the better he may be exploited.*

*The more exploited the poorer he gets.*

*And the poorer he gets the mightier the domineering forces grow.*

*The more the riches and power they amass, the heavier their yoke upon the neck of the people.*

*(Johann Most. German philosopher)*

'God is love'  
'God's mind is heart'





## Education

*Instruction has deadened self-confident enquiry (The Right to Useful Unemployment. Ivan Illich)*

Education is defined as to “give intellectual, moral and social instruction to (a pupil, esp. a child) esp as a formal and prolonged process/ Train or instruct for a particular process”\*

Indoctrination is defined as to “teach (a person or group) systematically or for a long period to accept (esp. partisan or tendentious) ideas uncritically”.\* School tells us what to think not how to think, and often to accept ideas with little if any, critical thought.

This obedience to authority training is physically expressed as examinations. You do as you are told by regurgitating what you have been told to think and you do it under pressure. Successfully comply and your reward is a certificate of obedience fronted as expected competence, which DISTRACTS people’s attention from seeing any other potential agenda. Different types of intelligence exist (28):

| Suggested Main brain hemisphere |       |
|---------------------------------|-------|
| 1. Academic                     | left  |
| 2. Emotional                    | right |
| 3. Physical                     | both  |
| 4. Creative                     | right |
| 5. Artistic                     | right |
| 6. Commonsense                  | both  |
| 7. Intuitive                    | both  |

(David Gray states an eighth - Gifted Intelligence)

Clearly true education (strengthening the powers of the mind) tries to balance all types of learning. Experience tells us that intelligences 2 -7 hardly receive any exposure (Q4).

Academic Intelligence recognised by qualifications is the overwhelming exposure. Left brain usage is increasing as examination results are treated as most important and are introduced to ever younger children. Note, that pressure / stress encourages left brain usage ; relaxation - right brain usage.

*A mind all logic is like a knife all blade. It cuts through the hand that uses it.*

*(Rabindranath Tagor)*

The imbalance becomes “do as you are told” and also replaces creativity. It only needs enough exposure before problems are as your masters define/create them to be.

*Intuition is one of the most powerful tools because it combines imagination with logical thought. It uses both halves of the brain because it is working on the bigger picture.*

*(Trusting Your Intuition. Sylvia Clare)*

Usually when we begin to learn something, we have an open unassuming state of mind - like a child. As learning turns to method we understand a way of doing something that often appears better—especially in the absence of alternatives. With practice, method turns to routine (practice makes permanent), and then onto ritual (blind obedience - automatic).

\**Concise Oxford Dictionary*

The mind progressively becomes more closed until it becomes entrenched - automaton material (Q7). So when you discover a ritual, ask yourself what is its purpose, who benefits and look for the intent behind it.

In a true education system : *sow a thought, reap an action ; sow an action, reap a habit ; sow a habit, reap a character; sow a character reap a destiny.*

In an indoctrination system ; *sow a belief, reap a method; sow a method, reap a habit; sow a habit, reap a ritual; sow a ritual reap a robot.* (see also M. Roll quote)

### COME.HERE.BOY!WHAT.DO.YOU.MEAN.BY.THAT?

The future represented by our children is being indoctrinated - told what to think like robots, not how to think. The enslavement of humans by removing responsibility for achieving their own potential. (Q3, 5)

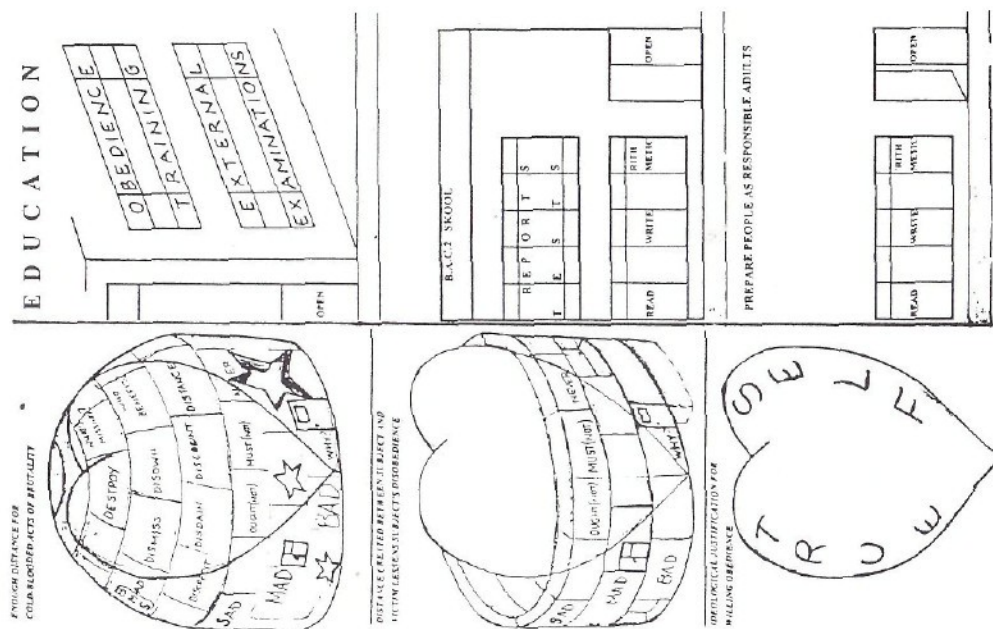
A theme of deep imbalance is apparent - **EVERYTHING IS.THE.PREY.OF.DEATH** - killing creativity/intuition to produce left brain robotic behaviours.

The double bind? Perhaps it's qualified if you do, disqualified if you don't. (Q1)

Ideological justification for willing obedience? (Q2) Maybe it's : to provide children with the skills to cope with life and become responsible adults.

The "disobedient" in education are usually labelled "drop outs" whether or not their behaviour merits it.

Note, the malevolent behaviour behind an (unwitting) authority appearing benevolent. Milgram's research tells us we will kill another person, rather than break with authority. (Q2)



## Science

*If your theories and mathematics do not match the experiment, you are wrong.*  
(Prof Richard Feynman. Nobel Laureate Physics. 1988)

Used in a balanced way, science can have enormous beneficial effects for mankind ; heat, power, shelter, food and distribution...We only seem to benefit because it is a spin off from (classified) military technology , where billions are spent trying to blow each other to pieces (that is, war ; creating highly charged permanently imbalanced energy). Too often the technology (see Q1) produced covertly speeds up the pace of our lives.

Obedience in science is expressed as the control exercised by a peer group referee system. It is as if this is the parent (in a collective sense) and the scientist with a new discovery (eg free energy system) is the child. The child is mistreated by the parent. For survival, the child idealises the mistreatment (ridicule), by the belief that the parent provides funding, equipment and security, and so makes the mistreatment "reasonable". Michael Faraday, an "outsider" had no formal training and presumably few preconceived ideas. He turned back that ridicule on his peer group (The Royal Society), by discovering electricity from magnetism. He also wrote about obsession and evil spirits. (29)

The higher up the hierarchy the bigger the CONSEQUENCES (Q1) are for you and your ability to support yourself and your family. It is not the peer group system itself that is imbalanced, but the intent with which it can be and is abused - but again, only *enough* of the time. Unwittingly or not, expose part of a hidden agenda and "mysteriously" things go wrong.

*Paul Kammerer...a distinguished experimental researcher...evolutionary mechanism...the inheritance of acquired characteristics...bred spotted salamanders on different coloured soils and found that over successive generations they changed colour to resemble that of the soil on which they were bred...When the offspring of these genetically modified salamanders were moved to the opposite colour soil to their parents, their coloration changed back again..... Kammerer now bred from such artificial elongated specimens [sea squirts Ciona] and found that elongated siphons were inherited...simple direct evidence of inheritance of an acquired characteristic...something that Darwinists believe is impossible.....*

(Forbidden Science. Richard Milton)

Darwinists targeted Kammerer. It was reported in Nature that Indian ink had been injected into a midwife toad to mimic an acquired nuptial pad that Kammerer had experimented with. Six weeks after this report, Kammerer took his own life. This account reveals how we have been conned into guilt by association. What about the first two experiments? Why the need to inject? Have you ever heard of Paul Kammerer? Wonder why not?

So ask yourself WHO.BENEFITS? when a new scientific idea is heralded. For example, Genetically Modified (GM) food. In a local African population evidence of a vitamin deficiency is found. A genetic modification to the staple crop will solve this. SO.WHAT.IS.WRONG.WITH.THAT? On the surface, nothing at all. An aid worker in the area described how, in clearing the land to plant their staple crop, indigenous plants and shrubs containing vitamins and minerals were swept away. This *created* the vitamin deficiency.

Look to where your attention is being directed - symptoms or causes? You didn't even know there were causes did you? BUSY.BUSY.BUSY....NO.TIME.TO.THINK.

When something is genetically modified and patented, it means that someone *owns* it. So in order to plant it, you will have to pay them...in a bankrupt country?...How about a loan? (see Finance). In order to stop your creative mind seeking out causes, the freeze reflex is evoked. At one level, by the urgency of the situation and at another by us worrying about Frankenstein food and having an ear growing out of the back of our heads. Can you see? **THEY.WOULD.N'T.DO.THAT.WOULD.THEY?** Some natural genetic modification may be beneficial (higher yield/disease resistance?) but even this may be an unnecessary distraction. (30)

**AND.WHAT.IS.THE.EVIDENCE?**

Plenty. Read *Forbidden Science* by Richard Milton. The enslavement of humans curiosity of nature by selected awareness of knowledge. (Q3, 5)

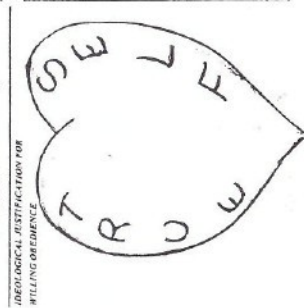
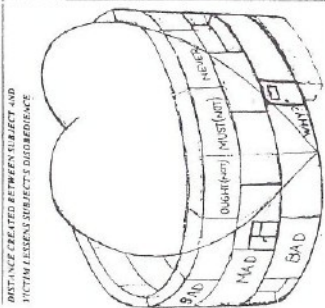
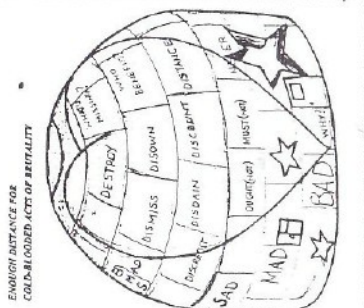
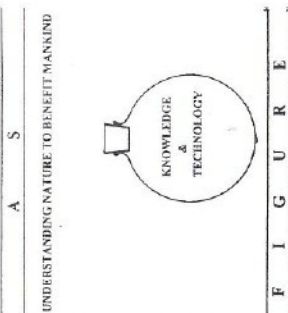
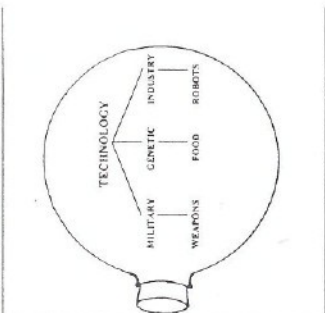
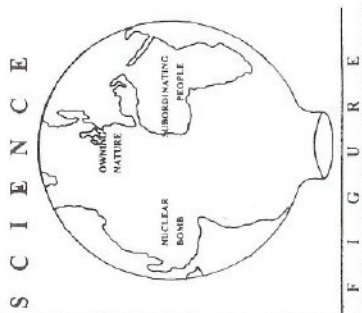
A theme of deep imbalance: **EVERYTHING.IS.THE.PREY.OF.DEATH** - the destructive use of scientific knowledge –in military, medical and chemical fields.

The double bind? Perhaps it's : proven if you do; disproved if you don't. (Q1)

Ideological justification for willing obedience? (Q2) Maybe it's: to understand nature and benefit mankind. The "disobedient" in science are usually labelled "mavericks" whether or not their behaviour merits it. (Q1, 5)

Note the malevolent behaviour in an (unwitting) authority appearing as benevolent.

Milgram's research tells us we will kill another person, rather than break with authority. (Q2)



## Orthodox Medicine or Complementary Healing?

*The functionary of contemporary medicine is in a different position :  
his first orientation is treatment, not healing. (Limits to Medicine. Ivan Illich)*

Another area used in an imbalanced way is medicine. Allopathy means treatment from the outside with drugs whose effect on the body is the opposite to that of the disease. Granted allopathic medicine has been of benefit in the provision of pain relief and cure. However, the wholesale prescription of sleeping tablets (barbiturates then diazepam - two addictive drugs) to anaesthetise anxiety shows ignorance and a collective imbalanced behaviour towards each other. NO.TIME.YOU.SEE...MUST.RUSH...NEXT!

Louis Pasteur is famed for pasteurisation, vaccines and germs. And Antoine Bechamp?(31)

*Illness follows when there is an imbalance in the normal functioning of the microzymes. When the state is transformed into a pathogenic germ which fights the imbalance brought about by the poor state of health. For Bechamp the same germ may take many forms depending on the environment in which it lives. (Medical Mafia. Dr Guylaine Lanctot)*

Note how cleverly our attention has been focussed on just one aspect of disease :  
The symptom, the germ, the enemy..."kill" the pain, kill the enemy.

*Instead we get the spectacle of doctors trying to fight a disease such as cancer with the mentality of the Vietnam War. The approach to kill everything in sight, killing good and bad in the hope of annihilating the very last enemy cell while turning the terrain into defoliated wasteland. It didn't work on the larger scale and it violates commonsense to suppose it will work on a biochemical scale. (Virtual Medicine. Dr K. Scott-Munby)*

*Thanks to his famous microscope [Gaston] Naessens was able to describe the complete cycle of a somatid [smallest particle of living matter] :*

*in a healthy environment : somatid spore, double spore, then return to somatid...*

*in an environment in poor health : the somatid does not change back into a somatid after the double spore phase. It enters into a cycle of sixteen different forms.*

*..Each person can see with their own eyes the state of their immune system and determine their own state of health. (Medical Mafia. Dr Guylaine Lanctot)*

To be able to check our blood and take effective preventive action before symptoms expressed themselves would help all of us, except for the pharmaceutical billion dollar industries. We have had a cure for cancer since at least 1934(32), another one in the 1990's [Gaston Naessens] and also a Dr Hamel and Dr Chachoua have also been attacked for work in this field. Electocrystal therapy by Harry Oldfield holds much potential for healing.

You might think that complementary healing is complementary to orthodox medicine. It isn't. It is complementary to the energy needs of the patient, in order to restore balance. So there is little room for orthodox medicine, hence the hostility.

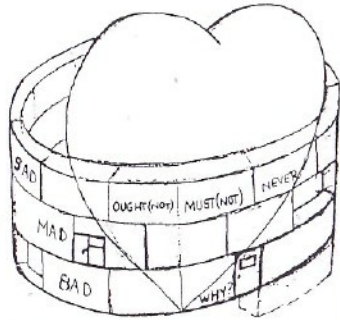


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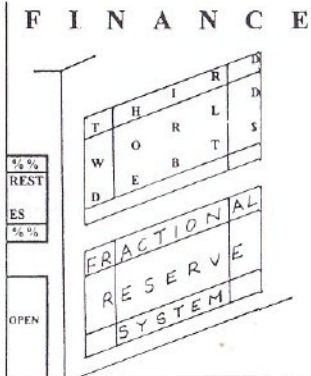
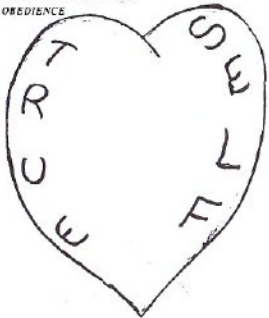
ENOUGH DISTANCE FOR  
COLD-BLOODED ACTS OF BRUTALITY



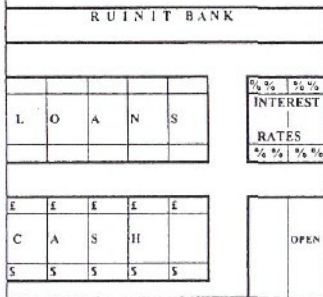
DISTANCE CREATED BETWEEN SUBJECT AND  
VICTIM LESSENS SUBJECT'S DISOBEDIENCE



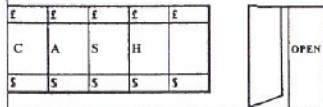
IDEOLOGICAL JUSTIFICATION FOR  
WILLING OBEDIENCE



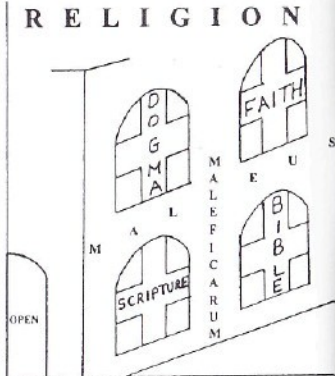
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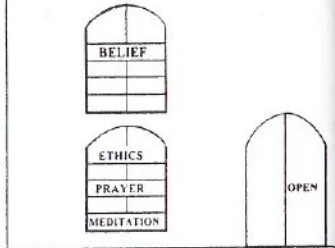
T R A D E B R I N G S P R O S P E R I T Y



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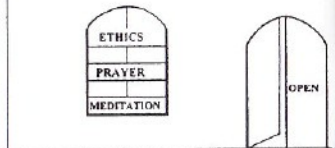


M A L E V O L E N T

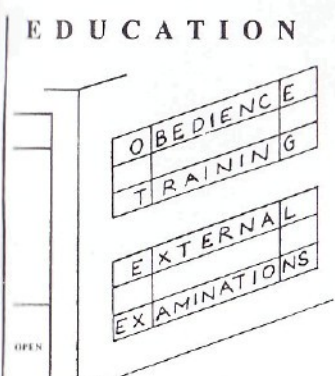


A P P E

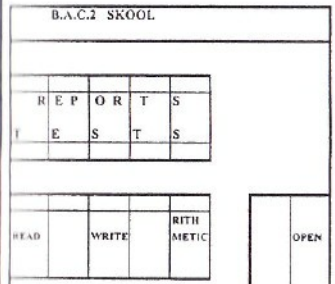
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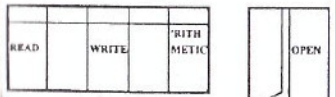


A U T H O R I T Y

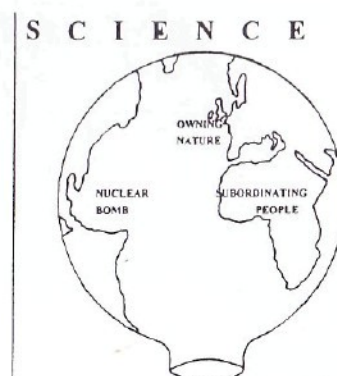


A R I N G

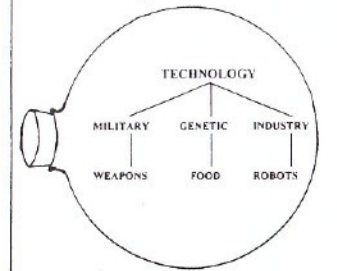
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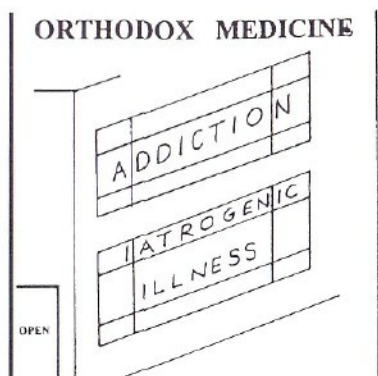


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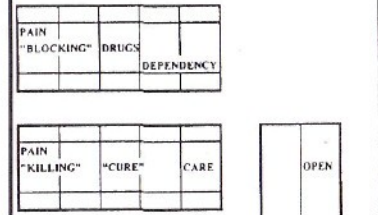
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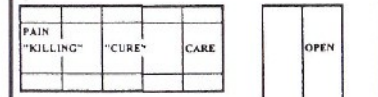
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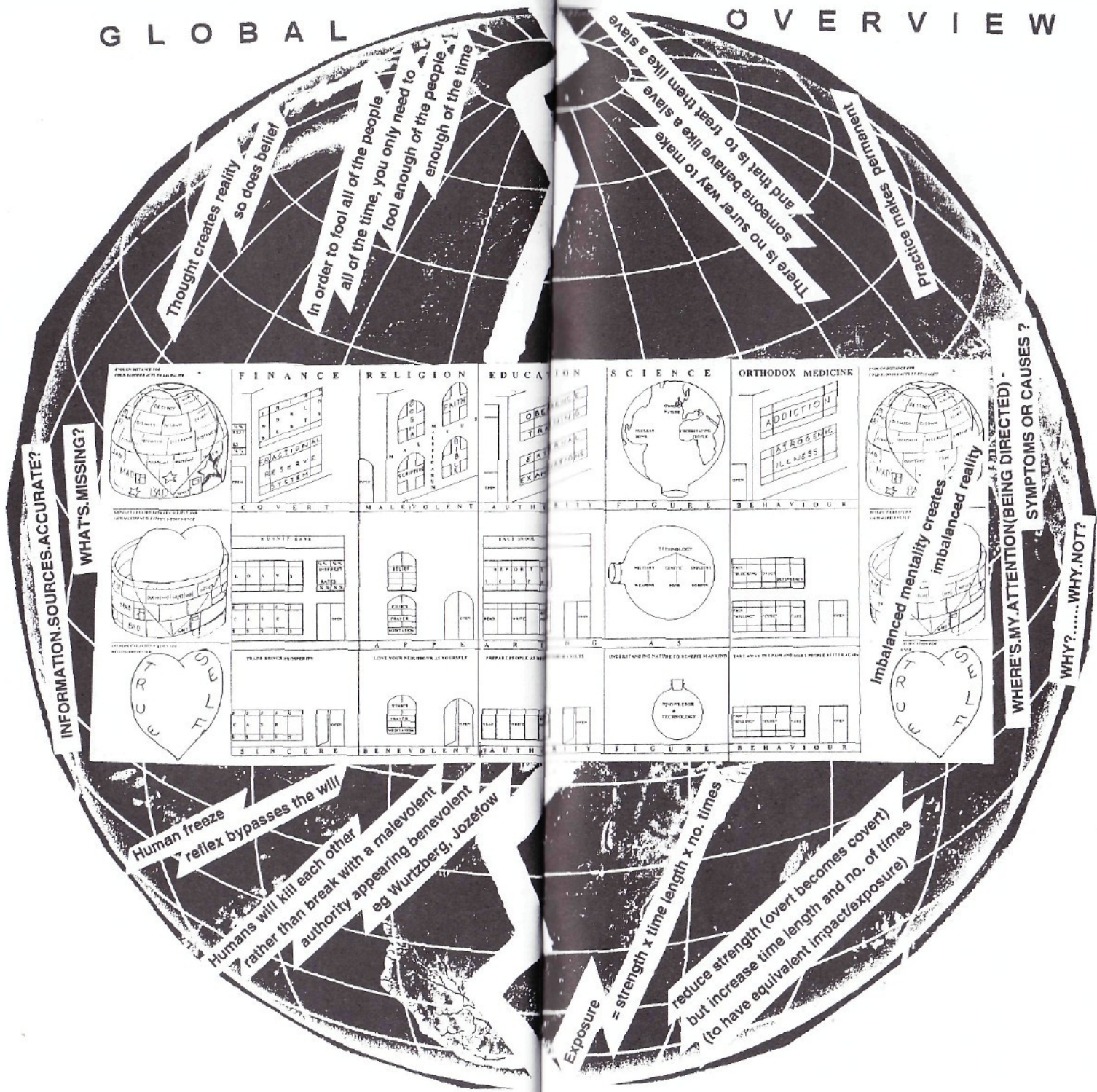


T A K E A W A Y T H E P A I N A N D M A K E P E O P L E B E T T E R A G A I N



B E H A V I O U R





Thought creates reality so does belief

In order to fool all of the people all of the time, you only need to fool enough of the people enough of the time

There is no surer way to make someone behave like a slave and that is to treat them like a slave

Practice makes permanent

INFORMATION SOURCES ACCURATE?  
WHAT'S MISSING?

|  |  |   |  |  |   |
|--|--|---|--|--|---|
|  | <b>FINANCE</b><br>COVERT<br>MALEVOLENT<br>AUTHORITY<br>FIGURE<br>BEHAVIOUR | <b>RELIGION</b><br>MALEVOLENT<br>AUTHORITY<br>FIGURE<br>BEHAVIOUR | <b>EDUCATION</b><br>MALEVOLENT<br>AUTHORITY<br>FIGURE<br>BEHAVIOUR | <b>SCIENCE</b><br>MALEVOLENT<br>AUTHORITY<br>FIGURE<br>BEHAVIOUR | <b>ORTHODOX MEDICINE</b><br>ADDICTION<br>STRESSING<br>ILLNESS<br>MALEVOLENT<br>AUTHORITY<br>FIGURE<br>BEHAVIOUR |
|  | <b>FINANCE</b><br>COVERT<br>MALEVOLENT<br>AUTHORITY<br>FIGURE<br>BEHAVIOUR | <b>RELIGION</b><br>MALEVOLENT<br>AUTHORITY<br>FIGURE<br>BEHAVIOUR | <b>EDUCATION</b><br>MALEVOLENT<br>AUTHORITY<br>FIGURE<br>BEHAVIOUR | <b>SCIENCE</b><br>MALEVOLENT<br>AUTHORITY<br>FIGURE<br>BEHAVIOUR | <b>ORTHODOX MEDICINE</b><br>ADDICTION<br>STRESSING<br>ILLNESS<br>MALEVOLENT<br>AUTHORITY<br>FIGURE<br>BEHAVIOUR |
|  | <b>FINANCE</b><br>COVERT<br>MALEVOLENT<br>AUTHORITY<br>FIGURE<br>BEHAVIOUR | <b>RELIGION</b><br>MALEVOLENT<br>AUTHORITY<br>FIGURE<br>BEHAVIOUR | <b>EDUCATION</b><br>MALEVOLENT<br>AUTHORITY<br>FIGURE<br>BEHAVIOUR | <b>SCIENCE</b><br>MALEVOLENT<br>AUTHORITY<br>FIGURE<br>BEHAVIOUR | <b>ORTHODOX MEDICINE</b><br>ADDICTION<br>STRESSING<br>ILLNESS<br>MALEVOLENT<br>AUTHORITY<br>FIGURE<br>BEHAVIOUR |

Imbalanced mentality creates imbalanced reality

WHERE'S MY ATTENTION (BEING DIRECTED) -  
SYMPTOMS OR CAUSES?  
WHY?..... WHY NOT?

Human freeze reflex bypasses the will

Humans will kill each other rather than break with authority appearing benevolent  
eg Wurtzberg, Jozefow

Exposure = strength x time length x no. times

reduce strength (overt becomes covert) but increase time length and no. of times (to have equivalent impact/exposure)

## Appendix 1

How most of us are raised and what we come to believe because of that instruction has more to do with how we were "programmed" to fit our society's expectations of us than it does with how we might have been prepared to contribute. This programming or conditioning (imprinting) begins early and influences everything we are exposed to or experience. Because of this people seldom become creative abstract thinkers capable of independent thought until their middle years, if then. This programmed bias operates like "thought guards" that ensure the majority never stray too far from "that which is acceptable."  
(Complete Idiot's Guide to Near Death Experiences. P.M.H. Atwater)

### Deadening Authority Figure Talk (D.A.F.T)

Enough plausible thought police—unwittingly, direct our attention away from the truth. We pressurise each other into being NORMAL. So become aware of the often covert controlling content behind these words.

Some rapid, reaction, general purpose DAFT :

IT.CAN'T.BE.CAN.IT?SURELY.NOT.EVERYONE?

NOTHING.TO.WORRY.ABOUT.  
PROBABLY.JUST.A.COINCIDENCE

THAT'S.UNBELIEVEABLE

EVERYBODY.ELSE.DOES.IT-PERFECTLY.  
NORMAL.(NOTHING.UNUSUAL)

THEY.WOULDN'T.DO.THAT.WOULD.THEY?

### Complementary Thought Police / Alternatives

INFORMATION.SOURCES.ACCURATE/FILTERED/TAMPERED.WITH?  
WHAT.AM.I.TRUSTING.AND.FOR.WHAT.PURPOSE?  
AM.I.BEING.MADE.TO.FEEL.FRIGHTENED,ANGRY.OR.EXCITED?  
WHO.BENEFITS?...WHAT'S.MISSING?...WHY?...WHY.NOT?...  
WHERE.IS.MY.ATTENTION(BEING.DIRECTED) - SYMPTOMS.OR.CAUSES?

Why not everyone? Especially if they have had access to the same filtered information source. Note the balancing thought police in the form of "CAN.IT?" that barely get a look in at the end. SURELY.NOT.EVERYONE? - no, just enough will do (see Q7). In a misused hierarchy where malevolence masquerades as benevolence, enough isn't very many at all.

There may be coincidences, but could it be an opportunity (synchronicity) for you to learn something from this? Especially, from unpleasant experiences.

The root meaning of believe is "replacing"—not "think" as per common usage (see Religion). Are you sure your thoughts haven't been replaced by someone else's? Have you considered the (tampered?) information sources these beliefs come from? They can create a reality you think is your own, but in fact belongs to another. Then without knowing it you can make yourself vulnerable to a malevolent authority appearing as benevolent.

Common usage of "Normal" is ...? Acceptable, OK, right. And if it's right then anything that isn't is wrong. Who says? On what basis? What happened to natural and unnatural? And also civilised and primitive?

Who are *they* and why not? Who benefits if *they* do? Could/would *they* GET.AWAY.WITH.IT? And what are you going to do about it, even if you could? If a critical number of people (*enough*) are required to change it, then be wary.

AND.WHAT.DO.YOU.SAY.THEN?  
PLEEEASE.AND.THANK.YOU

BIG.BOYS.DON'T.CRY (see also :  
YOU'LL.TURN.INTO.A.HARD.COW/BITCH)

CHARACTER.BUILDING

CON

CONSPIRACY.THEORY

DISCIPLINE

DON'T.PRAISE.YOUR.CHILD.OR.  
(S)HE.WILL.GET.A.BIG.HEAD

EVERYTHING.IS.THE.PREY.OF.DEATH (ie WAR)

FAMILIARITY.BREEDS.CONTEMPT

FLAT.EARTH.SOCIETY

HUMAN.NATURE

HUMILITY.MY.BOY!

Please and thank you because I am asking for/recognising the intended act of kindness of others towards me. (Not blackmail because : YOU'LLGET.NOTHING.IF.YOU.DON'T.YOU.LITTLE.SO.AND.SO.)

Spat at a young child as a threat to withdraw love ; which it does at the same time. Young children are not big boys. Besides big boys do cry. When they continually bottle up such feelings they can become volcanic and (emotionally/physically murderous.) (36)

Soul destroying

Created Out of Nothing.

Hidden Agenda. Theories do not kill people. People planning together in secret to commit harmful or unlawful acts? Ask the police, and the victims of crime.

Mastery of your will, by yourself. Neither mastery of someone else's will nor punishment as per common usage.

Be specific about unconditional (that is, no ifs or buts) praise to your child. Recognise their efforts (37). Give lots of it - it is mental and emotional nourishment. It takes an effort to be specific - more so if you haven't been shown an example when you were a child.

"Nothing is the prey of death, everything is the prey of life" Antoine Bechamp (38)

Predictability breeds contempt? Familiarity dulls the newness increasing a sense of security.

If your theories and mathematics do not match the experiment, then they are wrong.

(Professor Richard P. Feynman. Nobel Laureate Physics 1988)

Or is it human conditioning? (ie human "NORMAL")

In Latin norma means "square", the carpenter's square. Until the 1830's the English word "normal" meant standing at a right angle to the ground. During the 1840's it came to designate conformity to a common type. In the 1880's in America it came to mean the usual or condition not only of things but of people. (Limits to Medicine. Ivan Illich)

Humiliation.

Bowing is honoring yourself and the divine creative force that lives within. It is a humble act, but all too often people confuse humility and humiliation.

Humility means understanding that you are a worthwhile and valuable person who is part of a greater whole....Humiliation is giving up our will to another human being in, falsely assuming that the person is our higher power.

(The Eight Human Talents. Gurmukh.)

|   |   |
|---|---|
| IGNORANCE.IS.BLISS                                    | So why aren't there more happy people in the world? It is a corruption of the expression "where ignorance is bliss, wisdom is folly". Like the world we are building/destroying today.  |
| IGNORANT  | Unaware <i>not</i> thick or stupid or...  |
| IT.CAN'T.WORK.SO.IT.WON'T                             | Medical DAFT (39). INJECTION.INTO.A.LYMPH.NODE.IS.IMPOSSIBLE...<br><i>Yet the fact remains that such an injection is not only possible, but simple for most people to accomplish, once they are properly instructed on how to find a node.</i><br>( <i>The Persecution and Trial of Gaston Naessens. Christopher Bird.</i> )  |
| ITS.NOT.WHAT.YOU.KNOW.BUT.WHO.YOU.KNOW                | It's what you know about who you know.  |
| I.WANT.NEVER.GETS                                     | <i>...our spontaneous expressions of passion, being or will may have been crushed in childhood, either subtly or overtly with stock phrases [opposite].</i><br>( <i>Chiron and the healing Journey. M Rheinhart p101</i> )  |
| LET'S.LOOK.AT.THE.FACTS.(OF.THE.MATTER)               | The ones you have carefully selected and interpreted. And those you have omitted or better, do not know of, that undermine your attempt at gaining control - including this booklet etc.  |
| LISTEN.SON.THIS.IS.THE.REAL.WORLD.<br>WE'RE.LIVING.IN | Sometimes (through faulty assumption, belief, obedience) practicalities validate this. Often it is a way of putting down alternatives—a senior DAFT thought police officer reminding us just how much power we have given away. <i>THE.REAL.WORLD</i> is the <i>WAY.IT.IS</i> , is it not? But the <i>WAY.IT.IS</i> doesn't mean it has to stay that way, because the thinking or lack of it can change and therefore so can <i>THE.REAL.WORLD</i> —provided the thinking is enacted. Thinking is the hidden part, like micro-organisms in agriculture :<br><i>We must conclude that our knowledge of ecosystems is fundamentally distorted by our above-ground visual perception of nature and our ignorance of life below ground</i><br>(Marcel B. Bouche in <i>The Secrets of the Soil</i> by Peter Tompkins and Christopher Bird) |
| LIVE.FOR.THE.PRESENT.MOMENT                           | <i>Honour your past as your teacher, your present as your creation and your future as your inspiration.</i> (Jamie Sans. Medicine cards {Reiki a beginner's guide. S. Shuffery})<br>So balance is required, without which events can (be made to) control your behaviour.   |
| LOVING.SMACKS   | Bamboozlement. Violence (smacking) is borne of fear. The opposite of love is ... fear.  |
| MYTH  | Truth represented as symbolism, metaphor ,allegory etc. And when you have looked up what all those words mean, is it any wonder most of us roll up our eyes to the sky and settle for the common usage meaning of fantasy/untrue, especially if we are <i>BUSY.BUSY.BUSY?</i>   |
| NAUGHTY!  | Too much/too little excitement. (40)  |

|                                   |  |
|-----------------------------------|--|
| NUTTER!                           | How do you know? And are they just behaving like one? What faulty information source are they acting on? Remember the chances are <b>you</b> have and still are:<br>- paying (large) sums of money that do not physically exist<br>- being emotionally blackmailed by religion that you (have been made to) think is ethics<br>- thinking that indoctrination is education<br>- accepting that if science and orthodox medicine do not know, then no one does.<br><br>And you are calling <i>who</i> a NUTTER ?...those that believe absurdities, commit atrocities...   |
| PAINKILLER (paracetamol /aspirin) | Right but not true. Pain blockers. These drugs block pain registering in your brain. So where do these "pain molecules" go? And what is their cause?   |
| PEOPLE.DON'T.LIKE.CHANGE          | Right but not true! If you ask industrial psychologists, there is no creature hungrier for change. However, three conditions are required. Firstly, the change needs to be rational (makes sense). Secondly, the change is an improvement. Thirdly, the rate of that change is non-threatening and maintains the recipient's sense of security. With a little reflection, you can see that these conditions (if any) are rarely met in <i>THE.REAL.WORLD</i> creating much strife.<br>Change has a very broad meaning. Do you eat the same food at every meal? Wear the same clothes each day? Ever caught yourself saying "OK, why not? Just for a change."? Look where your attention has been directed : exclusively towards <i>THE.REAL.WORLD</i> , which clearly tells us that <i>PEOPLE.DON'T.LIKE.CHANGE</i> . Compare it to the causes of that <i>REAL.WORLD</i> (the thoughts and feelings that have created it). To meet the third and trickiest condition, let the people know well in advance and do things gradually. If your intent is malevolent this may give others a chance to see through it so covert means are required. For example, hush things up, let any crisis thus generated hit and enforce the change <i>in extremis</i> ...<br><i>He who successfully claims power in an emergency suspends and can destroy rational evaluation.</i> ( <i>Limits to Medicine. Ivan Illich</i> ) |
| PRACTICE.MAKES.PERFECT            | Right, because you are only looking from a limited viewpoint—in this case <i>THE.REAL.WORLD</i> (symptoms) but not true. Practice makes per___t (see Q3)   |
| PROFIT.IS.CASH                    | Right but not true. If you <i>only</i> deal in cash, then any profit <i>is</i> cash.   |

RELATIVISING

Two attack formations. One is : no matter what disaster (intensive learning experience) THERE.IS.ALWAYS.SOMEONE.WORSE.OFF.THAN.YOU—despite your four broken legs. WORSE.THINGS.HAPPEN.AT.SEA...YOU'RE.MAKING.A.MOUNTAIN.OUT.OF.A.MOLE.HILL. The second compares us with ourselves acting to trivialise: WELL.LOOK.ON.THE.BRIGHT.SIDE.IT.COULD.HAVE.BEEN.YOUR.NECK. Both deny our pain and feelings, blocking the pathway to healing. Other trivialisations include: Needle therapy for Acupuncture; Hypnosis for Mind Control; Media horoscopes for Astrology; Sorcery for Tarot. Tools that may help/hinder.

SIT.UP.STRAIGHT/KEEP.A.STRAIGHT.BACK

Maintain the natural curvature of the spine. Alexander Technique instructive here.

STICKS.AND.STONES.MAY.BREAK.MY.BONES.  
BUT.WORDS.WILL.NEVER.HURT.ME

Who has not been hurt by being labelled/called names? Note the sell" up front in the saying.

STRICT.BUT.FAIR

Strict means obedient and denies feelings. Fairness includes feelings.

THE.ENDS.JUSTIFY.THE.MEANS

So use violence against violence...and you get twice the violence. Eventually, the physical violence is held in check with the threat of further violence. It is an uneasy truce that we are deceived into labelling peace, while awaiting the correct detonator to return to violence. *I should think that the product I am today ought not to prove thrashings are no good, and only produce responses of vengeance and violence...What you feel is anger, resentment, and most of all, a determination somehow to get your own back. But being deterred? The idea never gets a look in.* (The Courage of his Convictions. Tony Parker / Robert Allerton)

THE.FACT.OF.THE.MATTER...a form of  
SURVEYING/SURVEYS

You take out of it (the survey), what you want. And by implication, leave out what you don't want. A skewed picture often backed up by statistical significance.

YOU.CAN.BELIEVE.WHAT.YOU.WANT.TO.BELIEVE  
(IN.THE.END.YOU.CAN.BELIEVE.WHAT.YOU.LIKE)

Not if your information sources have been tampered with. See Michael Roll (2 + 2 = 3) and Roy Sheppard quotes.

YOU'LL.TURN.INTO.A.HARD.COW/BITCH  
(see BIG.BOYS.DON'T.CRY)

Equivalent emotional blackmail to a girl as she tries to express frustration and anger. Likely to undermine her ability to assert herself appropriately in later life. Note the imbalancing repression of male energy (assertion) in the female form.

YOU.CANNOT.CHANGE.THE.PAST

True. But no excuse not to learn from it and change the way we feel about it.

YOUR.ELDERS.AND.BETTERS

An example of practice makes perfect. Just because someone is older doesn't mean they are better. It would be hoped that something would have been learnt by then to suggest so.

YOUR.FACE.DOESN'T.FIT

You are not faceless enough.

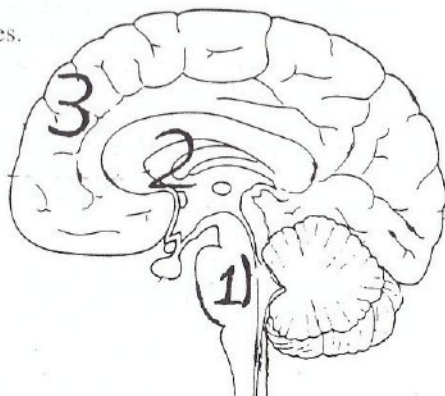
3. The **FRONTAL LOBES** associated with responses.

The left side more linked to logic and reason.

The right side to intuition, creativity, vision.  
Access to truth and wisdom.

2. The **LIMBIC SYSTEM** or “emotional brain” associated with reactions. Includes hippocampus, amygdala, hypothalamus, and part of the thalamus and fornix. Deals with basic emotions like pain pleasure, fear and anger.

1. The **BRAIN STEM** associated with reflexes. Links spinal cord to thalamus, hypothalamus and other parts of the brain. Includes medulla oblongata, pons and mid-brain. Deals with heart and breathing rates, subconscious muscle activities.



When we become frightened, angry or excited enough our frontal lobes symbolically disconnect or eject. We are now faced with the limbic system and freeze, fight or flight. Options include “win-win” (three for me, one for you) ; “win-lose” ; “me, me, me”. Keep pouring on the stress, the limbic system “ejects” and we face survival reflexes of “kill or be killed”. Options include “lose-lose”; “grab, grab, grab” or “take, take, take”.

*Various types of belief can be implanted in many people, after brain function has been sufficiently disturbed by accidentally or deliberately induced fear, anger or excitement. Of the results caused by such disturbances, the most common one is temporarily impaired judgement and heightened suggestibility. It's various group manifestations are sometimes classed under the heading of 'herd instinct' and appear most spectacularly in wartime, during severe epidemics, and in all similar periods of common danger, which increase anxiety and so individual and mass suggestibility.*  
(Battle for the Mind. William F. Sargant )

Reflexes can be conditioned (Q1) but there are also psychic or conditioned reflexes:

*This salivation could not be a reflex since it didn't occur the first few times Pavlov walked in; it occurred only when the dog had learned that Pavlov's appearance signalled food... He called this a psychic reflex. It has become to be called through a mistranslation a conditioned response.*  
(Never Be Lied To Again. David J. Lieberman p163)

By creating suitable environments or situations that provoke you to react and become suggestible, you think DAFT. You demand what the authority figures want you to demand. And, if they are malevolent, what they have already planned for.

## Further reading (when the time is right the information will call you)

1. The Drama of Being a Child. Alice Miller. Virago Press. 1995
2. Breaking Down the Wall of Silence. Alice Miller. Virago Press 1997
3. Banished Knowledge. Alice Miller. Virago Press 1997
4. The Seven habits of Highly Effective People. Stephen Covey. Simon & Schuster 1992
5. The Medical Mafia. Guylaine Lanctot. Here's the Key Inc. 1995
6. Op cit 4
7. Obedience to Authority. Stanley Milgram. McGraw Hill Inc. 1974
8. Orson Welles, The Road to Xanadu. Simon Callow. Jonathan Cape. 1995
9. Jozefow, Ordinary Men : Reserve Battalion 101 and the Final Solution in Poland. C. Browning. Penguin 1992
10. The Scientific Proof Of Life After Death (50p) Michael Roll 28 Westerleigh Rd, Downend, Bristol BS16 6AH or [www.cfpf.org](http://www.cfpf.org)
11. Parting Visions. Dr Melvin Morse. Piatkus 1995
12. The Buteyko Method. An effective treatment for Asthma. Dr Paul Ameisen ([www.nexusmagazine.com](http://www.nexusmagazine.com))
13. How To Talk So Kids Will Listen And Listen So Kids Will Talk. Adele Faber, Elaine Mazlish. Avon Books. 1999
14. Siblings Without Rivalry. Adele Faber, Elaine Mazlish. Picadilly 1998 ([www.fabermazlish.com](http://www.fabermazlish.com))
15. How To Talk So Kids Can Learn at Home and School. Adele Faber. Elaine Mazlish. Avon 1990
16. op cit 1,2,3
17. I'm OK, You're OK. T.A. Harris Arrow 1995
18. Staying OK. A.B. Harris & T.A.Harris Pan 1986
19. Bullying at Work. How to confront it and overcome it. Andrea Adams. Virago 1992
20. Bully in Sight. Tim Field. Success Unlimited 1996
21. Untouched Key: tracing childhood trauma in creativity and destructiveness. Alice Miller. Virago 1990
22. The Uses and Abuses of Hypnosis. Robert Temple. Aquarian 1989
23. Op cit 1, 2, 3
24. And the truth shall set you free. D. Icke. Bridge of Love Publications 1995
25. Your life is in your hands: the path to lasting health and happiness. Krishan Chopra. Element Books 1999
26. op cit 25
27. Pasteur exposed : germs, genes, vaccines, the false foundations of modern medicine. Ethyl Douglas-Hume. Bookreal 1987
28. Men are from Mars, Women are from Venus, Children are from Heaven. John Gray Vermillion 1999
29. Obsession : or how evil spirits influence mortals. Michael Faraday. Kessinger 1992
30. Secrets of the Soil. Christopher Bird & Peter Tompkins. Arkansas 1992
31. op cit 27
32. The Cancer Cure That Worked - fifty years of suppression. Barry Lynes. USA 1987
33. Decloaking Pathogens with Low-Frequency Sound Waves by Sharry Edwards ([www.nexusmagazine.com](http://www.nexusmagazine.com))
34. Vibrational Healing. New Choices for Healing Ourselves. Richard Gerber. Bear 1988
35. Intelligence Behind the Universe. Ronald D. Pearson.
36. op cit 21
37. op cit 13, 14,15.
38. op cit 27
39. Virtual Medicine. Dr Keith Scott-Mumby. Thorsons 1999
40. More secrets of happy children. Steve and Sharron Biddulph. Thorsons 1999

*You can only find truth with logic,  
if you have already found truth without it.*  
(G.K. Chesterton)

*Loving yourself means listening to the messages that come from your heart.  
Unlike third chakra intuition, which guides us at the physical level, the guidance  
that comes from the heart speaks to us of the importance of doing only those things  
that we can 'put our hearts' into. Without the support of the heart energy we are  
internally conflicted, continually trying to silence our inner urgings.*

*Following our heart leads us to the most fulfilling path we can walk. Yet the  
heart's choice can be disconcerting because it often threatens the comfortably  
rational choices we've made with our heads.*

(Why People Don't Heal and How They Can. Caroline Myss)

*Your pain is the breaking of the shell  
that encloses your understanding.*  
(Kahlil Gibran)

*All national institutions of religion appear to me no other than human inventions,  
set up to terrify and enslave mankind, and to monopolise power and profit.*

(The Age of Reason. Thomas Paine)

*When we are out of balance in the positive [energy] direction this shows itself in certain  
characteristics. At its most extreme we float away in some sort of daze, and love turns to  
idolatry and worship. We lose touch with the practical side of life. If we are out of balance  
to the negative extreme we desire to dominate and control, and hatred anger and conflict  
ensue. With positive energy this includes the ability to love everyone equally without  
condition, to care without being affected by emotion, to share without expecting anything  
in return, to forgive and accept, to be compassionate, to have understanding and empathy,  
to communicate with the higher levels of light, to serve with generosity of spirit, to have  
inner security and peace and to gain wisdom through learning.*

*Negative energies include the ability to have discipline, to organize, to be determined,  
to strive to get things done, to stimulate the mind and body to overcome problems,  
to be proud of achievements, to have a sense of justice and fairness, and to seek equality  
and a sense of fellowship.*

(Love Changes Everything. D. Icke)

*The life goal of an individual is to remain true to oneself and to live life welcoming and rising to the challenge...without giving in to fear of the unknown.*

*(Trusting Your Intuition. Sylvia Clare)*

*If you turn your life into a campaign against things,  
the things you fight will expand. Decide what you are for.*

*(Follow Your Heart. Andrew Matthews)*

*Love is a verb. Love - the feeling - is a fruit of love the verb, so love her,  
serve her. Sacrifice. Listen to her. Empathize. Appreciate. Affirm her.*

*(The Seven Habits of Highly Effective People. Stephen Covey)*

*The only way to beat fear is to face it. Because we are always attracting the learning  
experiences we need, we often attract the experiences we fear.*

*Therefore if you are scared witless of being in debt, chances are you'll get to find out  
all about it. If you fear loneliness, you'll attract that. If you fear embarrassment, you'll  
fall flat on your face. It's life way of encouraging you to grow.*

*(Follow Your Heart. Andrew Matthews)*

*Rilke also wrote : "If my devils are to leave me, I am afraid my angels will take flight  
as well." It is only by accepting our hate that we can choose to love. It is only after  
we have accepted our rage that we can choose to be understanding. Otherwise we  
are just pretending to be nice.*

*(The Gods of Change. Pain, crisis and the transits of Uranus Neptune and Pluto. H. Sasportas)*

*Until we are in pain, we can pretend. Our ego says I'm fine.*

*(Follow Your Heart. Andrew Matthews.)*

*In a world where everyone cheats, it is the honest man who has the look of a charlatan.*

*(Andre Gide)*

*If we don't accept ourselves, we live in fear of other people.*

*(Candida Albicans. Yeast & Your Health. Gill Jacobs)*



This booklet is designed to point your attention towards how a small minority can act with impunity over a majority (you and me) with our unwitting consent and willing obedience.

In outline, discover how you have been conned in Finance, Religion Education, Science and Orthodox Medicine and how you (are being made to) deceive yourself (via your own DAFT thought police) to continue your enslavement...

**NUTTER!** How do you know? Are they just *behaving* like one? What (faulty) information source are they *or you* acting on? Remember the chances are you have been and still are :

- paying (large) sums of money that do not physically exist
- being emotionally blackmailed by religion that you (have been made to) think is ethics
- thinking that indoctrination is education
- accepting that if science and orthodox medicine do not know, then no one does.

Increase self-awareness enough to change your mind, if you wish to.

Of course these are just one-offs. **NOTHING.TO.WORRY.ABOUT.** It is just that they have a common theme behind all of them - obedience (to authority). **PROBABLY.JUST.A.COINCIDENCE.**

And it is the ruthless exploitation of our human freeze reflex to fear that continues unabated, because we are (kept) ignorant.

If and when you realise the deeply imbalanced mentality that exploits our conditioned reflex to fear or blind obedience to authority, be aware of your anger and channel it constructively, principally by making others aware and letting them make up their own minds.

This deeply imbalanced behaviour is to be condemned. But it teaches us to act from our hearts not just our minds, so that we can find the courage to take more responsibility for ourselves and our actions :

*Good indignation brings out all ones power.*

*Emerson*