

# We Think This Dystopia Is Normal Like People in Abusive Relationships Think It's Normal

[We Think This Dystopia Is Normal Like People in Abusive Relationships Think It's Normal](#)

by [Caitlin Johnstone](#)

*originally published February 15, 2024*

Westerners who don't appreciate the extreme dysfunctionality of western civilization are like someone in an abusive marriage who hasn't yet recognized that there's a problem, or someone who had a violent and chaotic childhood who still thinks their home life was basically normal.

All of us understand that there are problems with our society, and most of us understand that a lot of those problems are severe. But few westerners really get just how bad it is. How pervasively diseased it is.

In reality, we are living in a profoundly sick dystopia that is built on a foundation of human corpses and fueled by an endless river of human blood. Our news media are propaganda services, our entertainment is brainwashing, and our mainstream culture is social engineering, all built to keep us turning the gears of a vast globe-dominating empire.

There's a widespread assumption throughout the western world that while things might not be perfect our society is certainly much better than what people experience in a nation like China, smugly believing ourselves to be a free society

full of free thinkers and free people in contrast with those unfortunate thought-controlled communist conformists. In fact western civilization is one giant thought-controlled conformity machine where people's minds are shaped by mass-scale psychological manipulation far more effectively than anywhere else in the world, exactly because westerners don't know this is happening and believe they are free.

Western minds don't like to be told this, because it goes against everything they've been trained to believe about their nation, their society, and their world. Obviously we are much freer here than those poor saps to the east; here in the west we are free to choose between 197 flavors of frosted breakfast cereal and 20,000 different superhero movies. We are free to choose between voting for warmongering capitalist authoritarian Democrats or warmongering capitalist authoritarian Republicans. We are free to sell our labor at a fraction of the value it generates to any exploitative ecocidal employer of our choosing. We are free to think whatever thoughts we've been trained to think by our education systems, mass media, and Silicon Valley algorithm manipulation. We are free to speak our minds, which have been shaped and conditioned to serve the interests of the powerful and never to say anything that falls outside the Overton window of acceptable opinion.

Sure there are outliers in the margins, westerners who've slipped outside the matrix of thought control and have gained the ability to traffick in unauthorized opinions – if you're reading this you're probably one of them. But our numbers are deliberately kept too small to have any political consequence, and if those numbers start getting too big for comfort we immediately see influence ops to sow division and confusion and herd people back toward the mainstream flock. Sure we in our small numbers are free to voice unauthorized opinions on marginal platforms where we can't have much impact – we're free to dig a hole in the ground and whisper whatever we want

into it, too.

The single biggest obstacle to our freedom in the west is our widespread belief that we are free. Until we collectively realize we're human livestock being continually herded into our respective gear-turning stations to keep the imperial juggernaut trudging ever forward on the world stage, we've got no chance to break free and bring the whole abusive system crashing down.

Until this is seen we're like the wife who thinks it's perfectly normal that her husband controls all her finances and dictates every aspect of her life, and who'd be shocked and angered if anyone tried to tell her that this is what an abusive relationship looks like. We're like the man who insists he had a happy childhood despite remembering a lot of body trauma and screams.

The truth is all around us – we're marinating in it 24/7/365. But we can't see it, because it's all we've ever known. We've been conditioned to think that this murderous ecocidal mind-controlled dystopia is normal, and we can't imagine it being any other way. The prospect of ending it can actually feel scary and intimidating, just as it can for someone who's thinking about fleeing an abusive relationship.

But real freedom is just on the other side of that fear. All we've got to do is become sufficiently conscious of what's really going on here.

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# On Gaza And Human Consciousness

## [On Gaza And Human Consciousness](#)

by [Caitlin Johnstone](#)

October 26, 2023

It gets harder and harder for the imperial propagandists to frame empire-targeted powers like Hamas as Evil Villains who are simply Evil because they are Evil. As our society gains a better and better collective understanding of psychology and trauma and why individuals do what they do, fewer and fewer people are swallowing such infantile propagandistic frameworks. When something scary and traumatizing happens, more and more people are beginning to ask, “Why? Why did that happen? What were the antecedents which led those people to do what they did?”

When people start asking such questions, answers are revealed which are very inconvenient for the information interests of the western empire. Oh it turns out Israel is an abusive apartheid state and Gaza is a giant concentration camp where Palestinians are deprived of basic human needs. Oh it turns out NATO was amassing war machinery near Russia’s border in ways the United States would never in a million years permit near its own borders. Oh it turns out western powers were funneling weapons to murderous extremist groups in Syria with the goal of ousting Assad and installing a puppet regime in Damascus.

More and more people understand that nobody is just plain evil because they are evil; if they’re doing something violent and scary, it’s a safe bet that something violent and scary was

done to them, either immediately before or in their formative years. You see this expanding awareness manifest today in popular movies and shows with the rise of the anti-hero and complex villains with traumatic pasts that you can understand and sympathize with. Modern storytelling has largely abandoned the Virtuous Protagonist vs Villainous Antagonist model, simply because audiences are too conscious to buy it anymore. It loses their interest and attention.

And of course this expanded awareness extends to Israel as well. A people who had just suffered an unfathomable collective trauma were told they have a place that they can call their own in the Holy Land where they can feel safe, and then we saw the kind of violence and abuse we'd expect to see from a highly traumatized population who suddenly had power over the indigenous people who were living there previously. That trauma went into the psyches of the Palestinians, who sometimes do things only highly traumatized people would do.

And round and round it goes.

Really we're all just lost little kids stumbling around from jump scare to jump scare in a frightening world that we do not understand. Some of us are better at faking self-assuredness than others, but really none of us know what this big mysterious world is all about and we only do what we do because we are whipped around by forces within ourselves we can't really see, which were put there when we were too young to understand the trauma that was happening to us.

That's all this really is. It comes out in some ugly, horrifying ways, like what we're seeing in Gaza right now, but underneath it all it's ultimately just scared little kids frozen in grown adult bodies trying to feel like they have a little bit of control in this wild chaotic world so they maybe won't get hurt and scared again.

It comes out in some dark, dark ways and leads our species

down some dark, dark paths. It might even get us all killed in a nuclear holocaust one day. But underneath it all we were always just a bunch of scared little primates, getting thrown around by psychological forces we hadn't made conscious in a world our newly evolved brains aren't equipped to comprehend.

I don't know where our strange adventure is taking us or what we'll endure on the remainder of our winding road together. But there does seem to be a light growing, even amid all the violence and the screams. Maybe we'll wake up one day and stop acting out these terrible patterns. Maybe we'll wake up one day and build a healthy world.

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# **In a World Ruled by Propaganda, a Sane Worldview Will Necessarily Be a Fringe Worldview**

[In a World Ruled by Propaganda, a Sane Worldview Will Necessarily Be a Fringe Worldview](#)

by [Caitlin Johnstone](#), [Caitlin's Newsletter](#)

August 23, 2023

One of the worst mistakes you can make when formulating your understanding of the world is to begin with the assumption that the truest and most accurate position must lie somewhere near the center of the two major political perspectives you see laid out all around you.

It's a mistake not only because assuming that the center position must be the best one is a type of fallacious reasoning known as the [middle ground fallacy](#) (the correct position between "Drink a gallon of bleach daily for good health" and "Drink zero bleach daily for good health" is not "Drink half a gallon of bleach daily for good health"); it's also a mistake because the entire framing arises from a situation that has been artificially engineered by the powerful.

It's a well-documented fact that the rich and powerful pour vast fortunes into [manipulating](#) the [political](#) and [media landscape](#) in [ways that serve their interests](#). Their control over the news media and [Silicon Valley tech platforms](#) is used to [set the agenda](#) and influence public perception by determining what issues will receive attention and which won't in ways that preserve the political status quo they've built their empire upon, thereby shrinking the [Overton window](#) of acceptable debate down to a very narrow spectrum whose outcomes can't threaten their interests in any way.



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"Normal human beings  
- whose brains haven't been turned to clam chowder by  
propaganda from either mainstream faction - would much  
prefer to avoid giant world-threatening confrontations  
between any nuclear-armed nations."



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We just [discussed this dynamic](#) with regard to [US aggressions against Russia and China](#); the Overton window is being narrowed to a debate between *which* US enemy should be the target of the most imperial aggressions, with voices who advocate detente with *both* countries finding no platform in mainstream politics or media. This is what Noam Chomsky was talking about when he [said](#) "the smart way to keep people passive and obedient is to strictly limit the spectrum of acceptable opinion, but allow very lively debate within that spectrum."

People assume there must be truth in the mainstream worldview because so many others are invested in the mainstream



worldview, when really the only reason that worldview is mainstream in the first place is because so much wealth and influence has gone into *making* it mainstream. In reality the assumption that the truth exists anywhere in either of the two mainstream political viewpoints promoted by the managers of the western empire is an example of [the bandwagon effect](#), which describes the cognitive bias in which humans tend to take on beliefs, behaviors, styles and attitudes solely because that's what the people around them are doing.

This bias would have had evolutionary advantages early on in our development as a species. Back when our evolutionary ancestors were prey for prehistoric carnivores, it was a survival advantage to start running for your life if you saw other members of your tribe running, even if you personally didn't see what they were running from. As primates whose survival depended on social cohesion, being rejected by the tribe would mean almost certain death by predation or starvation, so it was necessary to conform in whatever ways prevented that rejection from happening.

But we don't live in prehistoric times anymore. We live in a civilization with a highly complex information environment that is being continually manipulated away from truth and accuracy and toward the advantage of powerful people who rule over us. If you go along with the herd, you'll be deceived.

In truth the so-called "centrists" or "moderates" of our world are really violent extremists, because they support [the most murderous and tyrannical power structure](#) on our planet, and are only regarded as moderate because they sit in the mid-range of a completely artificially created spectrum. A perspective that is actually sane will be about as far away from their perspective as you can get.

Because the majority of people have been duped by propaganda into espousing mainstream political perspectives, those with

an accurate read on things will necessarily be a small fringe minority until that dynamic changes. As long as your entire civilization is structured around deceit-based perspectives which serve the powerful, going along with the crowd will prevent you from forming a truth-based perspective that serves human interests.

So you'll have to get comfortable rejecting mainstream orthodoxies, dismissing mainstream media, and shunning mainstream politics, because those things are all inseparably interwoven with the matrix of deceit by which our rulers have pulled the blindfold over this civilization. This won't be a sign that you're out of touch or a kooky crackpot or some snobby hipster who rejects all things mainstream out of a pathological need to be different, it will be a sign that you are seeing things clearly.

This can set you apart from your tribe at times; as Terence McKenna [said](#), "The cost of sanity in this society is a certain level of alienation." But we can still find each other online, so we're never really alone, and the cost is definitely worth it. The sincere pursuit of a truth-based perspective is [ultimately the surest path](#) not only toward a healthy society, but toward lasting happiness as an individual as well.

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# Funny How the UFO Narrative Coincides With the Race to Weaponize Space

## [Funny How the UFO Narrative Coincides With the Race to Weaponize Space](#)

by [Caitlin Johnstone](#), [Caitlin's Newsletter](#)

July 27, 2023



If Wednesday's [House Oversight subcommittee hearing on UFOs](#) had happened ten years ago instead of today, it would have shaken the world. Imagine someone from 2013 hearing congressional testimonies about "routine" military pilot encounters with giant flying tic tacs, floating orbs, 300-foot

red squares, and cubes in clear spheres zipping around in ways that surpass all known earthly technology by leaps and bounds, or about secret government possession of otherworldly aircraft they're trying to reverse engineer and the dead bodies of their non-human pilots, or about the possibility that these creatures are not merely extraterrestrial but *extra-dimensional*. Their jaws would have hit the floor.

Now in 2023 we've been getting incrementally drip-fed bits and pieces of these stories for six years, so the scene on Capitol Hill on Wednesday didn't have the impact it would've had in 2013. It's making headlines and getting attention, but not as much as Sinead O'Connor's death or people's thoughts on Barbie and Oppenheimer. The response from the general public could be described as a collective nervous laugh and a shrug.

People scroll past the footage from the hearing on social media, go "Whoa, that's weird," and move on with their lives. The information's going in, but just kind of on the periphery of mainstream consciousness. Maybe next year they'll show us something that would've been even *more* shocking to someone in 2013 than Wednesday's hearing would've been, and it will be met with the same nervous laugh and shrug by the people of 2024.

Of course in the circles I tend to interact with, the response is a bit different. People who are highly skeptical of the US war machine tend to also be highly skeptical of this UFO narrative we've been [seeing since 2017](#).

"Distraction" is a word you hear a lot. "It's just a distraction from \_\_\_\_\_", where "\_\_\_\_\_" is whatever hot story they personally happen to be fascinated by at the moment. I personally don't buy that explanation; the new UFO narrative wasn't just cooked up at the last minute to distract from current headlines, it's been unfolding for six years, and people aren't even paying that much attention to it. The

empire doesn't tend to orchestrate spectacular events as a "distraction" anyway; the adjustment of public attention tends to take the much more mundane form of [agenda setting in the media](#), where some stories receive more attention than others based on what's convenient for the oligarchs who own the press.

I also see people theorizing that this is all a ploy to ramp up the US military budget. There could totally be something to that, but again this narrative has been unfolding for six years and so far the military budget has just been swelling in [the usual yearly increments](#) as always.

Don't get me wrong, though – I'm as skeptical about this thing as anyone. For one thing the origins of the mainstream UFO narrative which began in 2017 [were steeped in](#) extensive distortion, dishonesty and journalistic malpractice, and were carried forward by shady intelligence operatives like Lue Elizondo. David Grusch, who made by far the most sensational claims at Wednesday's congressional hearing with his tales of dead aliens and reverse-engineered UFOs, [is himself](#) an insider of the US intelligence cartel.

But for me what really stinks about all this UFO stuff is the timing. Here we are in the early stages of a new cold war which features a race to militarize space, and we're hearing congressional testimony about mysterious vehicles posing a threat to US airspace which have the ability to go up and down between earth and space very quickly. That smells off.

I mean, does it really sound like a coincidence that we're seeing all these news stories about UFOs and aliens at the same time we're seeing news stories about a race between the US and China and Russia to dominate space militarily? A [Foreign Policy article](#) from last year blares the headline "China and Russia Are Catching Up to U.S. in Space Capabilities, Pentagon Warns" with the subheading "The militarization of space is picking up pace." These warnings

are echoed in articles by [Defense One](#) and [Time](#). An [article on the United Nations website](#) from last year carries the title “‘We Have Not Passed the Point of No Return’, Disarmament Committee Told, Weighing Chance Outer Space Could Become Next Battlefield.” A [2021 report](#) from the war machine-funded Center for Strategic and International Studies titled “Defense Against the Dark Arts in Space: Protecting Space Systems from Counterspace Weapons” warns of the urgent [need to build more space weapons](#) to counter US enemies. A Global Times article from last year carries the title “[Chinese experts urge avoidance of space weaponization amid commercial space capability deployment in Ukraine.](#)”

These stories about the space militarization race aren't getting the attention the much more entertaining UFO stories are getting, but it seems likely that those who are responsible for moving the war machinery around are paying a lot more attention to the former than the latter. The US Space Force [took its first steps](#) toward becoming a reality [in 2017](#), the [same year](#) these mainstream UFO stories started coming out, with the explicit purpose of countering Russia and China.

And it just seems mighty suspicious to me how we're being slowly paced into this UFO narrative (or UAP narrative for those hip to the current jargon) right when there's a mad rush to get weapons into space. I can't actually think of any other point in history when the timing of something like this would have looked *more* suspicious.

So for me the most disturbing parts of the UFO hearing were the parts that could wind up facilitating the agenda to militarize space, like when this phenomenon was framed as a “national security” threat or when it was mentioned that they can transition from earth to space very rapidly.

When [asked](#) by congressman Glenn Grothman “do you believe UAPs pose a threat to our national security?”, former Navy commander David Fravor answered with an unequivocal yes. A few

minutes later Fravor [described](#) these vehicles as being able to “come down from space, hang out for three hours and go back up.”

When [asked](#) by congressman Andy Ogles whether UFOs could be “collecting reconnaissance information” on the US military, all three witnesses – Grusch, Fravor, and former Navy pilot Ryan Graves – answered in the affirmative. Asked by Ogles if UFOs could be “probing our capabilities,” all three again said yes. Asked if UFOs could be “testing for vulnerabilities” in US military capabilities, all three again said yes. Asked if UFOs pose an existential threat to the national security of the United States, all three said they potentially do. Asked if there was any indication that UFOs are interested in US nuclear technology, all three said yes.

Ogles concluded his questioning by [saying](#), “There clearly is a threat to the national security of the United States of America. As members of Congress, we have a responsibility to maintain oversight and be aware of these activities so that, if appropriate, we take action.”

When [asked](#) by congressman Eric Burlison if “there has been activity by alien or non-human technology, and/or beings, that has caused harm to humans,” Grusch said he couldn’t get into specifics in a public setting (a common theme throughout the hearing), but said that “what I personally witnessed, myself and my wife, was very disturbing.”

Grusch would complicate this cryptic statement a few minutes later by [saying](#) that he’s never seen a UFO. How this statement doesn’t contradict his previous statement about having witnessed harmful behavior from non-human technology and/or beings was not made clear.

So you’ve got US policymakers being told that there are vehicles using technology not of this world routinely violating US airspace and posing an existential threat to US



national security, and that these craft can go from earth to space and back at will, and that they need to help make sure their nation can address this threat.

What conclusions do you come to when presented with that kind of information? If you're a lawmaker in charge of facilitating the operation of a highly militaristic empire, you're probably not going to conclude that it's time to hold hands and sing Kumbaya. You're probably eventually going to start thinking in terms of military technology.

One of the most important unanswered questions in all this UFO hullabaloo is, why now? Why are we seeing all this movement on "disclosure" after generations of zero movement? If these things are in fact real and the government has in fact been keeping them secret, why would the adamant policy of dismissal and locked doors suddenly be reversed, allowing "whistleblowers" to come forward and give testimony before congress? If they had motive to keep it a secret this entire time, why would that motive no longer be there?

If you ask the online UFO community, many will essentially take credit for the whole thing, saying the most powerful war machine ever assembled has reversed its policy of total opacity because of "pressure" applied by disclosure activists. This doesn't pass the smell test; the most powerful empire in history isn't reversing course on a longstanding policy of blanket secrecy because of internet forums and FOIA requests.

So why now? Why the drastic and sudden shift from UFOs and aliens being laughable tinfoil hat nonsense to the subject of serious congressional inquiries and widespread mainstream media coverage?

Well, the timing of the race to militarize space might provide an answer to the "why now?" question. Is it a coincidence that this new UFO narrative began its rollout in 2017, around the same time as the rollout of the Space Force? Are we being



manipulated at mass scale about aliens and UFOs to help grease the wheels for the movement of war machinery into space? How likely is it that by pure coincidence this extraplanetary narrative timed out the way it did just as the US empire makes a last-ditch grab at unipolar planetary domination?

I don't know. I do know that if I'm assigning degrees of probability, "***Extraterrestrial or extradimensional beings are here and take a special interest in us and sometimes crash their vehicles and our government recovered them but kept them a secret but suddenly decided not to be so secretive about them anymore***" ranks significantly lower than "***Our rulers are lying and manipulating to advance their own interests again.***"

I am 100 percent wide open to the possibility of extraterrestrials and otherworldly vehicles zipping around our atmosphere. What I am **not** open to is the claim that the most depraved institutions on earth have suddenly opened their mind to telling us the truth about these things, either out of the goodness of their hearts or because they were "pressured" by UFO disclosure activists.

I don't know what the hell is going on with this UFO thing, but I do know the drivers of the US empire have an extensive history of manipulating and deceiving at mass scale to advance imperial agendas. And I do know that at this crucial juncture in history where the empire is clinging to planetary domination with the tips of its fingernails, there are a lot of imperial agendas afoot.

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# Aging Iraq Invaders Keep Accidentally Saying 'Iraq' Instead Of 'Ukraine'

## [Aging Iraq Invaders Keep Accidentally Saying 'Iraq' Instead Of 'Ukraine'](#)

by [Caitlin Johnstone](#), [Caitlin's Newsletter](#)

June 29, 2023

President Biden accidentally referred to Putin's war in "Iraq" when answering questions from the press, a year after former president George W Bush made the same gaffe. Both men played crucial roles in the push to invade Iraq.

Asked on Wednesday whether the short-lived Prigozhin rebellion was a sign that Putin was weakening, Biden replied, "It's hard to tell really. But he's clearly losing the war in Iraq."

During the 2020 presidential race, Current Affairs' Nathan J Robinson [wrote the following](#) about Biden's pivotal role in manufacturing support for the Iraq invasion:

*In 2003, Biden [was](#) "a senator bullish about the push to war [in Iraq] who helped sell the Bush administration's pitch to the American public," who "voted for – and helped advance – the Bush agenda." He was the war's "[most crucial](#)" senate supporter. Biden repeated the myth that Saddam Hussein had weapons of mass destruction, [saying that](#) "these weapons must be dislodged from Saddam Hussein, or Saddam Hussein must be*

*dislodged from power.” The resulting war was one of the most deadly catastrophes in the history of U.S. foreign policy – the Iraqi death toll was in the hundreds of thousands or possibly even the millions, and 4,500 American troops died.*

That Biden’s decomposing brain would find the word “Iraq” when reaching for the word which means “nation that has been illegally invaded by an evil government” is positively Freudian.

In May of last year during a speech in Dallas, George W Bush made a similar Freudian confession, saying, “The result is an absence of checks and balances in Russia, and the decision of one man to launch a wholly unjustified and brutal invasion of Iraq. I mean, of Ukraine.”

After correcting himself with a nervous chuckle, Bush broke the tension with the words, “Iraq too. Anyway.” He then quipped that he is 75 years old, leaning harder on his “Aw shucks gee willikers I’m such a goofball” persona than he ever has in his entire life.

I defy you to find me anything that is more quintessentially representative of the state of the US empire than these two clips. Two decaying empire managers fumbling around in their skulls for the name of nation that’s been invaded by murderous thugs, and coming up with the name of the nation they themselves invaded. It’s truly a thing of beauty.

It’s absolutely ridiculous that they’re trying to charge Putin with war crimes while these two mass murderers are walking free. As American law professor Dale Carpenter has said, “If citizens cannot trust that laws will be enforced in an evenhanded and honest fashion, they cannot be said to live under the rule of law. Instead, they live under the rule of men corrupted by the law.” This is all the more true of laws which would exist between nations.

It's not a "whataboutism" to say it's absurd to charge Putin with war crimes without charging men like Bush and Biden – it's a completely devastating argument against the claim being made. If the law doesn't apply to everyone, then it's not the law, it's just corruption. It's a tool of the powerful.

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# The Truth Will Set All of Us Free

[The Truth Will Set All of Us Free](#)

by [Caitlin Johnstone](#), [Caitlin's Newsletter](#)

June 23, 2023

*"You have to start with the truth. The truth is the only way that we can get anywhere. Because any decision-making that is based upon lies or ignorance can't lead to a good conclusion."*

~ Julian Assange

'The truth will set you free' is an aphorism we've all heard so many times it's lost a lot of its meaning and doesn't sound especially profound when we hear it again, but it really does contain the answer to humanity's most difficult problems. A truth-based relationship with reality is the only way to move into peace and harmony, whether you're talking about the inner

peace and harmoniousness of an individual or the peace and harmony of our entire species.

For the individual, you can't generally come to inner peace and a harmonious way of moving in the world until you've done a lot of inner work and gotten extremely real with yourself about your experiences, your relationships, your ways of thinking about things, your behavior patterns, and your motivations. The deepest levels of peace and freedom open up when we have transformative insights into the truth of our very nature: the nature of consciousness, mind, and self.

It doesn't come from trying to be a nicer person, from praying to the right god or espousing the right belief system. True and lasting peace and freedom comes from a penetrating realization of what is already the case. It comes from knowing what's true.

This is a bit counter-intuitive, because our minds and our culture tell us that we get peace and happiness from getting what we want – the right accomplishments, the right job, the right belongings, the right romantic partner, the right circumstances. But none of those things will ever take us where we're really trying to get to. Only the truth will.

And it's exactly the same for a group of people, and for humanity as a whole.

Real widespread change can only come from knowledge of the truth – that's why those who don't want widespread change pour so much energy into keeping people from knowing what's true. That's why there's such a frenzied push for more internet censorship and for the government to get more involved in regulating speech. That's why our civilization is saturated with propaganda. And that's why Julian Assange is in prison.

Real change will only occur when a sufficient number of people realize that we live in a profoundly unjust society held together by violence and lies, where our very existence is

being imperiled by nuclear brinkmanship and environmental destruction. Because only then will enough people begin mobilizing to use the power of our numbers to force the changes we need.

Again, this is somewhat counter-intuitive, because we've been told all our lives by our schools and our media that we get change by voting for political candidates we like. But our electoral systems are stacked against change, and the candidates are controlled by interests who seek to keep things more or less the way they are. This means change can only be arrived at by widespread forceful rejection of the entire system, and widespread forceful rejection of the entire system can only come through truth.

So the truth will set us free, but those who don't want our freedom are doing everything they can to obstruct, obfuscate and distort the truth. The good news is that there are a whole lot of us, and (for now at least) we do have the ability to share the truth about what's going on with each other. And the more people understand what's going on, the more people there are to help share the truth with others.

The first step is spreading awareness of the fact that our civilization is saturated in propaganda, because propaganda only works if you don't know it's happening. Helping people to understand that they've been lied to their whole lives about their nation, their government, their society and their world will help shake them free from their propaganda blinders, so that they can begin to figure out what's true.

By working toward a collective understanding of what's real in this way, humanity can come into a truth-based relationship with reality, one freshly opened pair of eyelids at a time. And, just as a truth-based relationship with reality inevitably brings peace and harmony to the life of the individual, a truth-based relationship with reality will bring peace and harmony to the life of our entire species.

Truth is its own reward. It's not always pleasant when you get it, and it might not be obvious at first that it's helping to move things in a positive direction, but every step toward health and harmony begins with truth. The more opportunities we have to experience this fact in our own lives, the more obvious it becomes.

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