

Rewiring: On the Power in Our Attention & in Maintaining a Non-Reactive Emotional Balance

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[Rewiring](#)

by [Corey Lynn](#), [Corey's Digs](#)

March 27, 2024

I have been reprogramming my mind and reconditioning it to how it once functioned prior to doing all of this deep research, intuiting, and writing over the past eight years. It's actually more of a "rewiring" to sever and rebuild neural pathways I built along the way so that I can get back to a state of being in the moment, creating, and manifesting in a powerful and positive manner. It is a state that I always existed in, so this is a first for me to have to rewire these pathways.

I'm moving much quicker than I anticipated, as I'm already back to my state of observation with a sense of detachment and no emotional reaction aside from remaining in a state of peace, calm, and sometimes joy. I'm still working on the joy part, as it's been a bit of a rough year for me personally.

I don't know if people realize the internal programming happening within their brain that they themselves are allowing and in fact creating. The learning is important for awareness, but the repetitive thoughts and words are building one heck of a circuitry in your mind, and these control seekers are fully

aware of that. I knew that when I took on this work, I would be soaking in a dark mud pit and it may become tricky to crawl out of, but I felt obligated to do so, and so I did. Though it's taking me some time to rewire my brain, I'm enjoying the ride because it's bringing me back to my old stomping grounds – a higher consciousness where the world is my playground, not a prison cell. Of course, it's a trade off because I have had to step back from work to recalibrate and begin shifting into what I had always intended to get to...writing about the true power within us all. I wrote a little about this last month, if you care to [check it out](#).

I've already begun writing down many thoughts and began an article, but I had to pause because I'm just not quite recalibrated yet and I need it to "flow" as it once did. It's going to be fantastic and I cannot wait to share, I just need folks to bear with me a bit longer.

In the meantime, I hope that others are taking time for themselves and beginning their own rewiring. We cannot change the world until we change ourselves first, and it is so important to go within and do the necessary work so that one can get to a state of feeling whole, basking in joy, and being fearless and detached from any outcome. I reached the point of being fearless nearly a year ago. I guess there is something to be said for desensitizing oneself after doing all of this work, huh? Ha!

I hope people are beginning to realize – if it's out of your control, it is a distraction and a time and energy suck. If it's within your control – how can you exert your time and energy unless you yourself are in a balanced state without reacting emotionally? That is the state where creation takes hold and it projects a powerful force that inspires and motivates.

Let the rewiring begin!

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Our Quest for Freedom: Meaning

[Our Quest for Freedom: Meaning](#)

by [Paul Cudenec, Winter Oak](#)

Something that has disappointed me for many years now is the flatness of the language with which would-be radicals try to attract support to their cause.

One common type of article reads like a school essay, carefully shying away from anything that might sound like strongly-held opinion or emotion.

Another type is just stuffed full of jargon (whether woke or workerist) which is guaranteed to repel anyone who has not already been inducted into their particular agitcult.

I suppose this is because “radical” movements today are not really what they purport to be. The criminocracy has such enormous financial resources, in addition to its control of the state and its policing and intelligence forces, that it is quite capable of hijacking and then controlling any dissident movement that emerges.

Its representatives – full-time and trained for the task –

will then be able to direct not just the content of the material published by the group in question, but also the tone in which it is expressed.

Flat, dull, lifeless prose, stripped bare of all poetry and dreaming, will only ever appeal to exactly the kind of flat, dull, lifeless individuals who are the perfect recruits for a movement whose aim is not to ignite revolt, but to bury it.

Our communication cannot remain on the surface of this society, trying to convince others on the basis of reality as defined by the system, using the system's logic, the system's language, the system's syntax.

We need to go deeper, speaking to our fellow human beings through the invisible, underground, mysterious nervous system of our collective organism.

We need art! We need poetry! We need music! We need myth!

We can talk without fear of interruption or censorship here because the system is too dead to understand this intuitive and intangible living language of the World Soul.

This is why, incidentally, it cannot allow a work of art to speak for itself and always requires endless words, from the artist or by critics, to reduce to its limited understanding something that could only ever be said otherwise.

When I say "myth", you are probably thinking of the ancient kind, which tell stories which apparently refer to persons and deeds belonging to the distant past.

But, in truth, these myths were simply formulations, in story form, of the archetypal needs and yearning of the human soul.

In different cultures, these naturally take on different superficial forms, but, as the likes of Carl Jung, Joseph Campbell and Mircea Eliade have shown, there are core themes that are universal.

Just as myths can take on different appearances depending on geographical or ethnic context, so can they take on different appearances depending on the era in which they emerge.

New myths are currently being born to carry us through the great battle for human freedom which lies ahead.

Fellow dissident thinkers like Crow Qu'appelle and W.D. James are telling us that we *need* these myths and they are absolutely right.

We need them in order to go beyond all the realising and explaining and proposing and to turn our yearning into doing.

Most of us are looking for a meaning in life and for many of us the contemporary "meaning" of material success, wealth or comfort just doesn't do it.

In the same way as we see this degraded modern world through the eyes of the archetype we remember within, so do we regard modern pseudo-meaning.

Without necessarily being able to identify this, let alone express it, what we want is the meaning inherent in the human soul, the meaning that has been choked and held down by all those layers of psychological control.

This is a meaning that lives in the very essence of our potential as an authentic human being.

This same meaning was, long ago, expressed, shared and handed down to future generations in the form of myths.

We can often recognise our selves – our deep selves, our lost selves – in these stories when we hear them today.

They are not set in the physical world we know, but in a world that at the same time belongs to the past and to eternity.

This archetypal reality, this mythological reality, can act as

the template on which we can create meaning for our own lives.

Of course, this sort of thinking is very much frowned on in today's society, in which all sense and depth have been demolished and replaced with a postmodern shopping mall selling safe off-the-peg identities with which we can label and define ourselves in line with the United Nations Sustainable Development Goals.

All the more reason, then, to embrace it!

Our shared myth is the story of a people suffocated. A vast, odious, stinking giant has enslaved us, destroyed our land, consumes our children with barely-concealed sadistic delight.

The people are scared of the giant. When the earth begins to tremble with the sound of his approach, they scuttle into their huts and huddle together in silence, afraid of attracting his malevolent attention.

This sorry state goes on for years, and all the time the giant becomes worse and worse, fatter and fatter, uglier and uglier, as he tightens his control and exploitation.

Then, one day, a strange thing happens. A small girl suddenly can take no more. While everyone is hiding from the giant, as usual, she suddenly pushes her way out from under her mother's skirts and makes for the door of the hut.

"Wait! Come back!" call her parents, but it is too late.

She strides out into the village square, looks right up at the giant and, hands on hips, shouts as loud as she can: "Go away, giant! I hate you!"

What happens next? Does the giant crush her with his rainbow-coloured jackboots? Do other children, or young men and women, rush out to her defence, to join in this seemingly impossible act of defiance and resistance?

We don't know, because the story has not yet been written.

But, in any case, the small girl is a hero. And she always will be.

She has stepped out of the realm of archetypes, the realm of potential, the realm of right versus wrong and good versus evil, and she has incarnated the values of that realm – made them physically real – in the world in which she lives.

With that act, she has *become* something. She has become herself. She has become what she was always meant to be. She has become both truly human and truly alive.

[This essay is an excerpt from Paul Cudenec's book [Our Quest for Freedom and other essays](#)]

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Alan Watts: The Whole Thing Is Made Up

[Alan Watts: The Whole Thing Is Made Up](#)

video presentation by [T&H – Inspiration & Motivation](#)
featuring a segment of an early radio talk by **Alan Watts**
uploaded to YouTube on February 19, 2024

A powerful and profound speech on life by Alan Watts.

Original Audio sourced from: "Alan Watts – Extended Seminars – Early Radio Talks – G. K. Chesterton "Things are as they are. Looking out into it the universe at night, we make no comparisons between right and wrong stars, nor between well and badly arranged constellations." – Alan Watts. (1915 – 1973)

Transcript prepared by [Truth Comes to Light](#):

When you fully realize that to be surprised at everything is high wisdom, you get a new point of view towards the world, which gives you almost what could be called a child's vision of life.

When Jesus said: *"Unless you would be converted and become as a child, you cannot enter into the kingdom of heaven."* – to a child, the world is entirely new, and therefore all of it is extraordinary. And I hope most of you can remember how you saw things when you were about two years old, as the whole world being quite weird.

When you get used to things, you see a tree, and you say, "Oh, well, that's a tree." We're used to trees. We know what trees are.

But if you can go back to your childhood, remember how it was when you first looked at the tree, and you saw the earth itself reaching up into the sky, extending itself in many branches and waving all these little flags at heaven.

Or when you looked at the sun as a child, you stared at the sun. It was marvelous. And the sun turned blue. And there was a feeling about everything of being essentially magical.

So there is a most extraordinary passage which occurs in one

of the rarer books of [G.K.] Chesterton, called "The Colored Lands", where he makes this extraordinary remark. *"It is one thing to describe an interview with a gorgon or a griffin, a creature who does not exist. It is another thing to discover that the rhinoceros does exist, and then take pleasure in the fact that he looks as if he doesn't."*

And this is the key to this man's wisdom, that he could see all kinds of everyday things and events as if they were completely improbable and magical. And that he could describe the world as an extremely improbable object. This great globe of rock floating in space around a vast fire, covered with green hair, that ordinary people called grass, and containing all the extraordinarily odd objects on it.

And when he thought about this, he realized two things that are not ordinarily realized by religious people. He realized that the world created by God is a form of nonsense. And that one of the most important features of the divine mind is humor.

In one of his essays he says so often, *"When I have written the word cosmic, the printer makes a misprint and prints it comic."* But he said there is a certain unconscious wisdom in that. The cosmic is the comic.

Dante wrote the Divine Comedy, an account of earth, heaven, purgatory and hell. The Divine Comedy.

One finds, you see, that in ordinary people's religious attitudes there is a lack of both these things of nonsense and of humor. And therefore we have associated the word solemn, as when we celebrate in the Catholic Church, solemn high mass. Solemn. Solemn means, serious.

And one of the great things, one of the fundamental insights that is underlying all Chesterton's work, is that the attitude of heaven is not serious.

There's a famous passage in his book "Orthodoxy", where he says,

"Things like stones are subject to gravity. They are heavy, they are grave, they are serious. But in all things spiritual there is lightness and, therefore, a kind of frivolity. The angels fly because they take themselves lightly. And if that must be true of the angels, how much more true of the Lord of the angels?"

See, our trouble is, where we really get into difficulty in life, is that we expect everything to make sense. And then we get disappointed.

We expect, for example, that time is going to solve our problems. That is going to come a day in the future, when we will be finally satisfied. And so things make sense, we say of something, "It is sensible. It is satisfactory. It is good." Because we feel it has a future. It's going to get somewhere. And we're going to arrive.

Our whole education is programmed with the idea that there is a good time coming. When we are going to arrive, we're going to be there.

When you're a child, you see, you're not here yet. You're treated as a merely probationary human being.

And they get you involved in the system where you go up step by step through the various grades. When you get out of college, you go up step by step through the various grades of business, or your profession or whatever it is, always with the thought that the thing is ahead of you.

See? It's going to make sense. And perhaps the universe doesn't work that way at all.

Maybe instead of that, this world is like music, where the goal of music is certainly not in the future.

You don't play a symphony in order to reach the end of the symphony, because then the best orchestra would be the one that played the fastest.

You don't dance in order to arrive at a particular place on the floor.

So Chesterton's view of the world is an essentially musical view, a dancing view of the world, in which the object of the creation is not some far-off divine event, which is the goal, but the object of the creation is the kind of musicality of it, the very nonsense of it, as it unfolds.

Now, in ordinary way of talking in the West, we would say that's terrible. Something that has no meaning is awful. "A meaningless life", you see, that we say about the most dreadful kind of life.

But Chesterton is trying to say that the meaningless universe, the nonsense universe is just great.

Just because it doesn't mean anything, it is because God Himself is dancing, is playing. He has a poem of God as a child, and He's playing with a windmill. And the fans of the windmill are the four great winds of heaven, the balls with which He's playing are the sun and moon.

And the whole idea, therefore, then, is that existence itself is a magical play, and is therefore nonsense, in the sense, the special sense of nonsense, that it is something going on which does not refer to anything except itself.

When we say nonsense, we are saying it for the delight of the words, and not for anything that they mean.

'Twas brillig, and the slithy toves

Did gyre and gimble in the wabe:

All mimsy were the borogoves,

And the mome raths outgrabe.”

In this kind of marvelous playing with the voice and with words, you have something nearer to the nature of reality than you do with statements that make formal sense. Because that’s the sense of the thing, fundamentally. Everything that’s going on is a sort of jazz.

Everything in the world—the flowers, the trees, the mountains—all going “ga-joo-de-doo, ga-joo-de-doo, ga-joo-de-doo, ga-joo-de-doo, ga-joo-de-doo, ga-joo-de-doo, ga-joo-de-doo, ga-joo-de-doo.”

“And we have piped you and you have not danced. We have mourned you and you have not wept. You won’t join the game because you human beings think you’re so special, and so serious, and you’ve got to make sense of it all.”

There isn’t any sense to it. Just join in, come on! Make “ba-joo-dee-dah, ba-joo-dee-dah, ba-joo-dee-dah” with the whole thing, and find you’ll be singing Alleluia with the angels.

Speech courtesy of alanwatts.org

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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 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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Gabor Maté, MD: Modern Culture Is Traumatizing and NOT Normal

[Gabor Maté, MD: Modern Culture Is Traumatizing and NOT Normal](#)

partial transcript of Commune video courtesy of [Mad in America](#)
February 4, 2024

From *Commune*: “In this society, there’s an assumption which shows up in how we talk about things. So when somebody does something selfish or greedy, what do we say: ‘Oh, that’s just human nature.’ But there’s an assumption in that about human nature. Interestingly enough, it’s rarely the case that somebody does something generous or kind or supportive, that people say, ‘Oh that’s just human nature.’ And yet in actual truth, that *is* human nature, and the greed and the selfishness are *not* human nature. It’s not that people can’t be greedy or

selfish or aggressive or competitive, individualistic and just plain narcissistic . . . But that doesn't mean it's our nature.

It's like, try to understand the zebra. Where would you want to study the zebra – in a zoo, in a small cage in a zoo, or out in the savannah where the zebra evolved and has lived? Well if you really want to understand the nature of the zebra, you wouldn't study them in a zoo. And so drawing conclusions about human nature from how we live in this society is like trying to understand a wild animal inside a cage . . . What we consider to be 'normal,' this 'normal' culture that we have here, there's nothing normal about it, in terms of human needs and human potential. In fact, it's that gap between human needs and human potential, and the conditions under which we live now, that creates so much illness of mind and body, not to mention so much tension, so much strain, so much hostility, so much division in society in general. And so this 'commune' concept actually relates to how human beings evolved: we evolve as communal creatures; we could not have evolved otherwise.

And what we call 'civilization' . . . if you just look at our species, if our existence can be summed up in an hour, then until about six minutes ago we lived in small band hunter-gatherer groups, in a communal context. And we evolved in that, and that is our nature because that's how nature helped us evolve. Every animal has a particular nature that is suited to its particular environment. Now humans can adapt to an infinite range of environments, but that doesn't mean we do very well in all of them. So, what is considered 'normal' in this culture, that is to say what is the statistical norm, it's got nothing to do with what is normal for human beings in general. And it's that gap between the 'norm' in this culture, and what is really the norm in terms of human evolution and human requirements and human potential, that is the source of so much dysfunction, whether on the mental, emotional,

psychological, spiritual, physiological, or social-political levels.

. . . We think we're living in a scientific age, but actually it's a very selective relation to the science that we have. We relate only to the science that justifies or supports this particular way of life, this particular socioeconomic system, this particular way of practicing medicine. But we completely ignore the science that shows the interconnected co-arising of phenomena. So that shows up in every realm. Now my colleague and mentor Dan Siegel who's a psychiatrist here in L.A. has this concept called interpersonal neurobiology, which is . . . a way of understanding the nature of our brains, which is that our brains, our nervous systems are not separate. That how I relate to you, my energetic state, when I look at you or speak to you or vice versa actually affects your nervous system. So we co-create each other all the time. This co-creation, this interpersonal neurobiology, is most dominant of course when we're small and very much under the influence of our parents and their particular backgrounds and vicissitudes or triumphs. But it's true all our lives. So our interpersonal nature means that our neurobiology is interpersonal. Now being a physician, I simply remove the word neuro- and I say our *biology* is interpersonal. So that what happens to us physiologically, and specifically, from the medical point of view, when illness shows up, it is not a unique, isolated event in some isolated, separate, physiological organism or organ, but in fact it's a manifestation of a life lived in a certain context.

So my friend the physician and psychiatrist Lewis Mehl-Madrona, who's partly of Lakota Sioux background, gave me a very interesting example when I talked to him. And he said that in the Lakota tradition, when somebody gets ill, the community says, 'Thank you. Your illness manifests the dysfunction of our community. You're the canary in the mine. So your healing is our healing, and our healing is your healing.'

Now consider Western medicine. You go to a nephrologist with your kidney disease; they don't know about your life, don't even ask about it, except maybe do you smoke and drink. Cardiologists, neurologists, gastroenterologists, dermatologists – they never look at it from the communal point of view, they just look at the particular pathology as if it was only a biological manifestation in a particular organ. So that's the Western medicine, and what's incredibly both interesting and . . . frustrating about it is that we have all kinds of science to show that that's not how it is.

. . . So that's the first theme here today is just the interpersonal nature of and interconnected nature of all phenomena, as taught by spiritual traditions, and as has now been validated by modern science, and is virtually completely ignored by modern society."

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The Claimed 'Holocaust' State of Zionist Israel Commits a 'Holocaust' Against Palestinians

The Claimed 'Holocaust' State of Zionist Israel Commits a 'Holocaust' Against Palestinians

by Gary D. Barnett

February 2, 2024

"Monsters exist, but they are too few in number to be truly dangerous. More dangerous are the common men, the functionaries ready to believe and to act without asking questions."

~ Primo Levi

First, let us understand the actual meaning of the word holocaust, and the transformation of, and targeted use of this expression. The word actually means "sacrifice by fire" or "burnt offering." If taken directly from Latin, (*holocaustum*) it means "a thing wholly burnt." Like many words and terms, it has been bastardized, and given wider figurative meanings, some which include massacre, or massacre of large numbers of people, but eventually became singularly associated with Jewish deaths in Germany under Hitler during World War II. This was supposedly not to be used as a proper name for Hitler's Jewish policies, but that has been ignored these past many decades. Basically, the word 'Holocaust' now refers only to the murder of Jews by Hitler during the war. This is a very deceptive objective achieved by long-term repetition of a misdescribed term.

What is disturbing about this change and isolated use, is that it was meant to serve a particular interest only, and therefore it was segregated for the purpose of yielding a plotted agenda as opposed to describing actual separated atrocities. Few would ever take the time to research, write, or expose this situation, because to do so opens one up to very aggressive criticism, threats, and false accusations of being 'antisemitic,' which also is a misunderstood, and

completely ridiculous claim.

If the term holocaust was used properly, it would have to account for most every victim of bombings, sanctions, torture of populations, war, (all war) slaughter, massacre, and the outright murder of millions at the hands of the State. Millions upon millions, hundreds of millions actually, have been brutally burned, poisoned, fire-bombed, put into concentration camps (consider Eisenhower's murderous concentration camps) and murdered indiscriminately in the name of savage and violent aggression. What about the victims of Mao, Stalin, Pol Pot, and the genocide of tens of millions at the hands of monsters, and all those who supported these monsters, so many of which were built, funded, weaponized, and fully supported by the warmongering nation-state called the U.S.? What about Korea, Vietnam, Laos, and Cambodia, where millions of innocents at the hands of America and its allies, were raped, burned, poisoned, murdered, had their villages and towns razed and destroyed entirely, including women, children, and the old? Why are not all of these massacres considered holocausts?

So that brings us to today, where Zionist Israel locked up Gaza, surrounded it with high guarded walls and razor wire, effectively turning Gaza into an open-air prison, a concentration camp; fully controlled by Zionist forces. This happened after 75 years of displacement, bombing, massacre, and murder of Palestinians by Zionist Israel. Then, after what appears to be either or both, a false flag set-up using a purposely placed Hamas, or an allowed cooperative 'invasion' with Hamas, so as to intentionally claim the 'right' to eliminate millions of an entire population. This is a plotted massacre; it is a holocaust.

The irony and hypocrisy here are beyond imagination, and involve genocide at every level. This hellish and evil atrocity has been supported far and wide across much of western society, at least until the obvious nature of these

horrendous murders and brutal slaughter of innocents became even too much for many supporters to sanction. This was simply not out of real pity or sympathetic compassion for the innocent, it was in most cases due to fear of being associated with such blatant, immoral and disgusting evil. And the massacres continue as the world watches.

This is being forgotten here in the U.S., as concentration on insane 'elections,' the Taylor Swift Bowl, the rotten Trump 'trial,' threat of all-out war against Iran and the Middle East, the Grammy's, the geo-engineered weather anomalies referred to as fake 'climate change,' the completely unknown 'X-'virus,' the transgender idiocy, and of course much, much more take over the headlines. There is no telling what tomorrow will bring, when this economy will implode, or when Taylor Swift becomes president. This is a world gone mad!

In the meantime, the slaughter of innocents will continue, and expand, as you sit and watch while normality, tradition, moral behavior, empathy, and any intellect of the masses left, disappears from view.

Do not forget the people of Gaza, do not forget Lahaina, do not forget East Palestine, Ohio, do not forget any of the atrocities committed in your name, the current and impending wars, but do forget this heinous 'election,' the political class, the government in its entirety, all State mandates, and the enormous number of intentional distractions thrown at you from every angle. Live as if you are actually free, and you will have a chance to gain liberty one step at a time.

Jean Baudrillard said in "Simulacra and Simulation:"

"Forgetting extermination is part of extermination."

There was not just one extermination of people, there have been many, and the massacres continue to bring death and destruction to millions. Without the acknowledgement of modern extermination as a certainty, you may be next in line for

extinction.

Referenced links:

[Dark Secrets of Eisenhower's and America's WWII Death Camps](#)

[Genocides of the 20th and 21st centuries](#)

(The U.S. was conveniently left off this list, but considering all wars, aggressions, and support for many on this list, the U.S. should be at the top)

[Israeli military says Gaza slaughter will continue throughout 2024](#)

[Gaza deliberately being made uninhabitable](#)

[The history of the Israeli expulsion of Palestinians](#)

[The Hannibal Directive and Zionist Israel's False Flag Terrorism](#)

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The Carousel

[The Carousel](#)

by [Mike Driver](#), [Winter Oak](#)

December 23, 2023

“Everything a lie... Everything you hear, everything you see... So much to spew out... They just keep coming, one after another... You’re in a box... A moving box... They want you dead, or in their lie” – Terence Malick, *The Thin Red Line*

The carousel spins round and round, faster and faster, the music speeds up, louder and louder, everything becomes a blur of colour and noise, people laughing, shouting, some screaming. Screaming because they can never get off. And the controller? The controller is merciless: he never lets up, more noise, more speed, more lights.

Most have forgotten their lives before the carousel. They have become the carousel. The carousel doesn’t stop any more. Those of us who stepped off, while you still could, look back in fearful wonder. The carousel now half the size of the planet. Spinning, spinning like a crazed top. Never going anywhere. Our old friends can’t hear us. Nearly everyone is lost. Hypnotised. Hysterical. Hyper-stimulated.

“If the ideal man of ages past was wise, sensitive, brave, and cultured, the ideal man of the modern world is an overworked and overstimulated neurotic” – Nicolas Gomez Davila.

Is it too late? Is all hope lost?

I despair, those of you who saw through lockdowns, through the fraudulent vaccine, stepping back on to the carousel via war in Ukraine or The Middle East. As Malick says, everything is a lie, everything you see, everything you hear they just keep coming. All wars are lies. All carousel. We’ve known this a long time: “In war, truth is the first casualty” – Aeschylus.

All media is the carousel, be it social or mainstream propaganda. All recent output from the entertainment complex is carousel: every plot contrivance, every character, every woke relationship. All modern music is syncopated evil

blasting from the carousel's speakers. Ernst Jünger said, "The fear and enthusiasm we experience at the sight of perfect mechanisms are in exact contrast to the happiness we feel at the sight of a perfect work of art".

Politics? Left? Right? Bright flashing red and blue lights, all camouflage. It's all manipulation. Vote for Rishi Starmer, get more of the same with extra trans. Musk, Trump, Kennedy (heartbreakingly), Milel, Meloni? None of these people are coming to save you. All lies. All carousel. Emma Goldman's classic quote holds true: "If voting changed anything they'd make it illegal".

Anything with an acronym is carousel: ESG, DEI, CIA, WHO, UN, EU, NATO, WEF, CDC, MRHA, BBC, X, NASA, NSA, etc etc

L.I.E.S. All centralising power to the controller who then spins you round faster and faster, creating crisis after crisis. The only solution is the carousel.

Academia? Make your choice between propaganda or plagiarism. Indoctrination in some bizarre pound shop sub-satanic cult is the most you can hope for. The blank gaze of the carousel.

Weaponised compassion is carousel, see it everywhere: environmentalism, equity, entitlement. Lies, lies, lies. "Why wasn't this perfume sold and the money given to the poor?" That one was Judas, the prototype woke warrior.

Technology is carousel, it is your prison. It holds you tighter than a fat angler with a fish. Chubby fingers pushed into every orifice of your life. Anti-human, anti-humanity. Porn, horror, degradation only a touch away. The convenience lies. All you have to pay for it is your soul. A fat man with breasts takes your payment while his eyes take a walk all over you. Nothing is sacred. Nothing private. Nothing matters. The glass vampire never stops feeding: "A world gained for technology is lost for liberty" – Georges Bernanos

All psychology is marketing for the carousel. The creation of needs that can only be satisfied by the carousel. Freud's greatest illusion was marketing a confidence trick as a new science. Now his demon seed is in every aspect of our lives via Bernays and subsequent acolytes.

Your consent is engineered. Nudge, nudge, wink, wink. You are the product and you are being consumed.

Science is inverted. 'The Science' is the carousel's religion. The ultimate delusion of control. Man replacing God. The ultimate hubris. Everything deterministic. No new, no mystery, no future, no freedom, no free will. Just the ride going round and round. Infinite regression. The past erased.

Who owns the carousel? How can we stop it? Is it too late? The first level of ownership is represented by some fusion of state and multinational business. Classic Mussolini-defined fascism. But there's more to it than that. The carousel pulses a malevolence that is beyond human. Something that should alarm your very being. Gravitational evil. Once you recognise evil you then must acknowledge its opposite: good.

Make no mistake, this is a battle royal between good and evil. Christmas seems like the right time to find this good within ourselves. I believe that it's all about letting go of the carousel. Returning to God. Allowing implicate order and beauty into your life. It can be stopped.

There's a line from Tarkovsky's *The Sacrifice* (h/t Celia Farber) which I'll paraphrase –

"What is evil?"

"Everything that is not necessary".

It's not too late to let go.

[Connect with Winter Oak](#)

The Miraculous Nature of Water

[The Miraculous Nature of Water](#)

The structure of water is transformed by human thoughts

by [Greg Reese](#), [The Reese Report](#)

December 22, 2023

The stated mission of modern science is to dominate and control nature. It was born of the philosophies of Francis Bacon who suggested we could learn “*to command nature in action*”, and of René Descartes who wrote that mankind could become “*the masters and possessors of nature.*” This was science flipped on its head because the previous scientific philosophy saw nature as a perfect creation of god to be observed and understood. Take for instance, water. Without water, we would not exist. And so the true value is in understanding the nature of water so that we can flow with it, not control it.

For over 20 years, Japanese scientist, Dr. Masaru Emoto, studied the groundbreaking science of how the molecular structure in water transforms when exposed to human words, thoughts, and sounds. Dr. Emoto would simply label a sample of water with different written words such as “love and

gratitude" or "I hate you." He would then freeze the water samples and capture them as they crystallized with high-speed microscopic photography. The results were astonishing. The crystals formed from water exposed to the words, "love and gratitude" were clear, attractive, and symmetrical. And the crystals formed from "I hate you" were distorted, asymmetrical, and opaque.

Over and over again, water samples exposed to positive intention formed the hexagonal snowflake-like patterns indicative of structured water found in nature, and samples exposed to negative intention would lose its structure and mutate, which was also found to be true with samples of polluted water.

Decades of repeated experiments have clearly shown that water is transformed when exposed to human word, thought, and sound. Dr. Emoto theorized that this is because water has consciousness. Russian studies have shown that water is imprinted by the energy of its environment, and it retains memory from everything it comes in contact with, even when separated.

During the discovery of the genome, Dr Bruce Lipton was studying cellular behavior at Stanford University and discovered that our genes switch on or off based on their environment. Human beings are made of about 50 trillion cells and each cell is its own little creature that eats, digests, reproduces, and forms communities. Each individual cell is constantly reading the quality of its environment through its outer membrane skin. This includes stressful emotions sensed via chemicals in the bloodstream. And when we are stressed, negative, or fearful, then our cells will switch into their own version of fight or flight mode. They will stop the process of self-healing and begin the process of self-defense. And conversely, when we are feeling positive emotions, our cells will be switched into self-healing. And the body will thrive. Dr. Lipton's discoveries were ignored by modern

science, who opted for drugs and surgery over love and happiness.

This began the field of Epigenetics, and answered the question of Nature vs Nurture. Experiments have shown that a living creature will thrive on a genetic level when nurtured. Malignant tumor cells have been reversed and many people claim to have cured themselves of all sorts of disease, including cancer, by shifting and maintaining their mental attitude into a positive one. Official science will predictably call this "spontaneous remission" but it is well documented.

The cell protects itself by its membrane, which has a coating of negatively charged sugar crystals in a suspension of water. Most people think of water as being very special because of its ease of existence in three different states; liquid, ice, and vapor. But the water in our body is not in any of these states. The water that makes up our cells is in the gel state.

Science is now recognizing a fourth state of water. Known as the *gel state*, *EZ water* for *Exclusion Zone*, or *Structured water*. This fourth state is an electro-polar state wherein some of the water becomes a negatively charged gel and the rest, known as bulk water, maintains a positive charge and remains more like a liquid. This electro-propulsion creates movement and kinetic energy. This is how the blood is moved throughout our body. The latest evidence shows that the blood is pumping the heart, not the other way around. And it's the gel state water that propels the blood.

To thrive, this natural propulsion system requires a connection to the Earth, sunlight, positive human connection, and peace of mind. Our body is made up of over fifty trillion cells and each one's health is dependent upon our own. Our happiness, or lack thereof, not only affects our health, it affects the health of everyone who enters our environment. So if you'd like to make the world a better place, then learn how to be happy.

[Connect with Greg Reese](#)

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Unlocking the Power of Wonder

[Unlocking the Power of Wonder](#)

by [Dr. Tom Cowan](#)

November 29, 2023

Perhaps the most impactful revelation in perception that I have ever had was when I finally understood the scientific way of thinking. Because “scientific” often comes, understandably, with negative connotations, we could also substitute the words “rational” or “logical.” This revelation came fairly recently, even though I can see that I have been circling around it for decades.

This understanding is simple and actually obvious, but in practice, it is often difficult to follow. To be succinct, the message is: We do not have to understand what is true to know something isn't true. A corollary principle is that when a claim is made, the validity of that claim has to be investigated. Science, logic and rationality are based on the premise that clearing away what is not true does not depend on knowing what is true. You don't have to know why rain exists to know, through careful investigation, that it doesn't come from elephants peeing in the sky. This approach of discerning what isn't true is the path to truth, knowledge and, as I am going to argue, unlocking the power of wonder. In today's world, this path is also excruciatingly difficult.

We are surrounded by, almost swimming in, a mountain of claims. Viruses are real things and cause disease, the atom is made up of a nucleus and orbiting electrons, nuclear weapons pose a threat to humanity and life on earth, we are the most advanced civilization technologically ever to exist on earth, we are formed through evolution based on mutations in our code known as DNA, ribosomes are the sites of protein synthesis in our cells, and on and on and on.

During the past few years, I have spent the better part of my waking hours, when I'm not gardening, cooking, or taking care of animals, investigating the validity and accuracy of these and many more. In each case, the clear findings are that the claims are not proven by the known evidence and facts. Often, it is easy to demonstrate the evidence. But then comes the key element, the questions that sabotage the power of wonder, often unspoken by the listener: "Well, what does cause Covid then? Why do I look like my father? Why didn't I learn about the pyramid builders in college?" and on and on. Then comes the disagreement, the accusations, the war-like mentality, and connection and understanding fall apart.

Why does this happen over and over again, particularly with loved ones, as well as members of one's "tribes" or groups?

Although many possible answers to this important question exist, a simple answer is, we men and women haven't learned how to be in the unknowingness of life. Once we see that many taken-for-granted claims are, by and large, distorted fantasies, particularly regarding what passes for "science," we are left in the place of not knowing, and for many, for a variety of reasons, we feel profoundly uneasy. We wonder what the consequences of adopting this new understanding will be for us, both inwardly and outwardly. Will we be ostracized from society, kicked out of the clan or tribe, lose all connection with all our loved ones? Will we lose our job or livelihood, will we die – both literally and psychically? These are real questions, and we get scared. We lose our nerve and succumb to fear; we lose the ability to unlock the power of wonder.

To unlock the power of wonder is to see and investigate each claim, to search for the foundational principles or observations that will affirm or refute them. If the claim is that three dots on a page are in a straight line, you don't need to consult experts, you need a ruler. Once you have verified the falsity of the claim, you allow yourself to stand in the unknowing stage, in the "I wonder, then, what is true?" Here is where the magic and power lie. It is as if the angelic or spiritual world sees your efforts, your courage, and then sends an insight that lights your way. Sometimes, a new understanding presents itself, or a new friend, living situation or job appears.

This path is a true practice in every sense of the word. We are not used to being rigorous in how we see the world, in examining core beliefs. It is painful, and it's supposed to be. But it also brings a sense of freedom and sovereignty. Once you start on this path, my guess is you will begin to experience the joy and gratitude that is our birthright. We are free men and women. All we need to do is free our minds from delusions, and what opens up for us is profound. Try it,

it's fun.

Tom

[Connect with Dr. Tom Cowan](#)

Cover image credit: [Peggy_Marco](#)

Poetry: Gratitude, a Heaven-Delivered Rose

[Gratitude, a Heaven-Delivered Rose](#)

Poems About Gratitude by Sri Chinmoy

(1)

A gratitude-heart
Is to discover on earth
A Heaven-delivered rose.

(2)

Gratitude can transform
Our life
Sooner than anything else.

(3)

When gratitude survives
All disappointments,
Then it is real gratitude.

(4)

Gratitude
Is at once
Beautiful
And
Fruitful.

(5)

Gratitude carries the message of Immortality
And enters into God's Heart
To see God's universal Satisfaction-Smile.

(6)

Gratitude grows
By self-giving.

(7)

When gratitude survives
All disappointments,
Then it is real gratitude.

(8)

Gratitude
Thrives
On humility.

(9)

Gratitude expressed,
Joy achieved.

(10)

Gratitude
Is nothing short of
A divine attitude.

(11)

A moment of gratitude
Gladdens
My entire day.

(12)

Never underestimate
The power
Of a gratitude-heart.

[Truth Comes to Light Editor's note: We originally published this in November 2019. The source link is no longer active. Below you will find a new link to a resource for Sri Chinmoy's poetry.]

[Read More of Sri Chinmoy's Poetry](#)

Cover image credit: [Pexels](#)

The Isn't and the Is

[The Isn't and the Is](#)

by Zen Gardner

November 13, 2023

The virus never yet's been found
Yet theories based on naught abound
Handy tool, device of ghouls
Another fearful trick to fool

Big bang too, a deft device
Explaining cause with bad advice
"God" works well too, to 'splain away
With Myst'ry kept at deft abay

To understand is just control
The ego knot, the little troll
Thrives on knowing this and that
That nuisance gnat, the little brat

Show me where this self resides
Lest this contraction be but pride
Illusion traps are woven spells
Made real by other 'maged selves

Hard to believe? Of course it is
That selfsame self within you lives
Programmed, reinforced at will
Behold our whirled, and hence the ill

Nature not, it's doing fine
A mirror of the deft design
But humans? Man, what happened here
We bit the apple – now the fear

We can't let go and trust what Is
Everything is now our biz
The hyperactive fearful self
Will not let go, and that's called hell

*Zen Gardner is an impactful and controversial author and speaker, whose personal story has caused no small stir amongst the entrenched alternative pundits. His book *You Are the Awakening* met rave reviews and is available on [amazon.com](https://www.amazon.com). *You Are the Awakening* examines the dynamics of the awakening to a more conscious awareness of who we are and why we are here – dynamics which are much different from the programmed approach of this world we were born into. Zen Gardner does not currently offer public contact details.*

Cover image credit: [CDD20](#)

A Matter of Life and Death

[A Matter of Life and Death](#)

by [Paul Cudenec](#), [Winter Oak](#)

November 13, 2023

The way in which divide-and-rule tactics are continually used to create confusion and control has become increasingly evident since 2020.

More people than ever have woken up to the fact that these manufactured horizontal divisions within populations serve primarily to conceal the existence of a split which can be imagined as vertical.

This is the conflict between the ruled and the rulers, between the 99.9% and the 0.1%, between the dispossessed and the dispossessors, between the slaves and their slavemasters, between below and above, between the people and the power that oppresses them.

It can also, I believe, be understood as a conflict between life and death.

Let me explain why I say this.

Human beings are, as readers might have noticed, living entities. We come into being through the processes of nature.



In the same way that a tiny acorn contains the potential to become a mighty oak, we carry the seed of our potential within us: our “growing up”, from the embryo stage through childhood, adolescence and adulthood, is the self-realisation of that potential.

We are not machines. We don’t need to be “programmed” in order to become the human beings we were meant to become, any more than a tree needs to be taught how to sink roots or grow branches.

Ideal circumstances allow us to fulfil our innate potential, to be all that we could have been. In reality, of course, circumstances often thwart that potential: constant interference from external factors, such as society’s attempts to restrict and programme us to suit its requirements, can leave us stunted, lop-sided, frustrated, bitter and unfulfilled.

Because individual humans are living entities, groups of humans can also be living organisms.

The relationship between an individual and

an [organic](#) community is a symbiotic one: the individual contributes his or her unique potential to the community and the community, in return, provides the structure, solidarity and support through which the individual can find fulfilment.

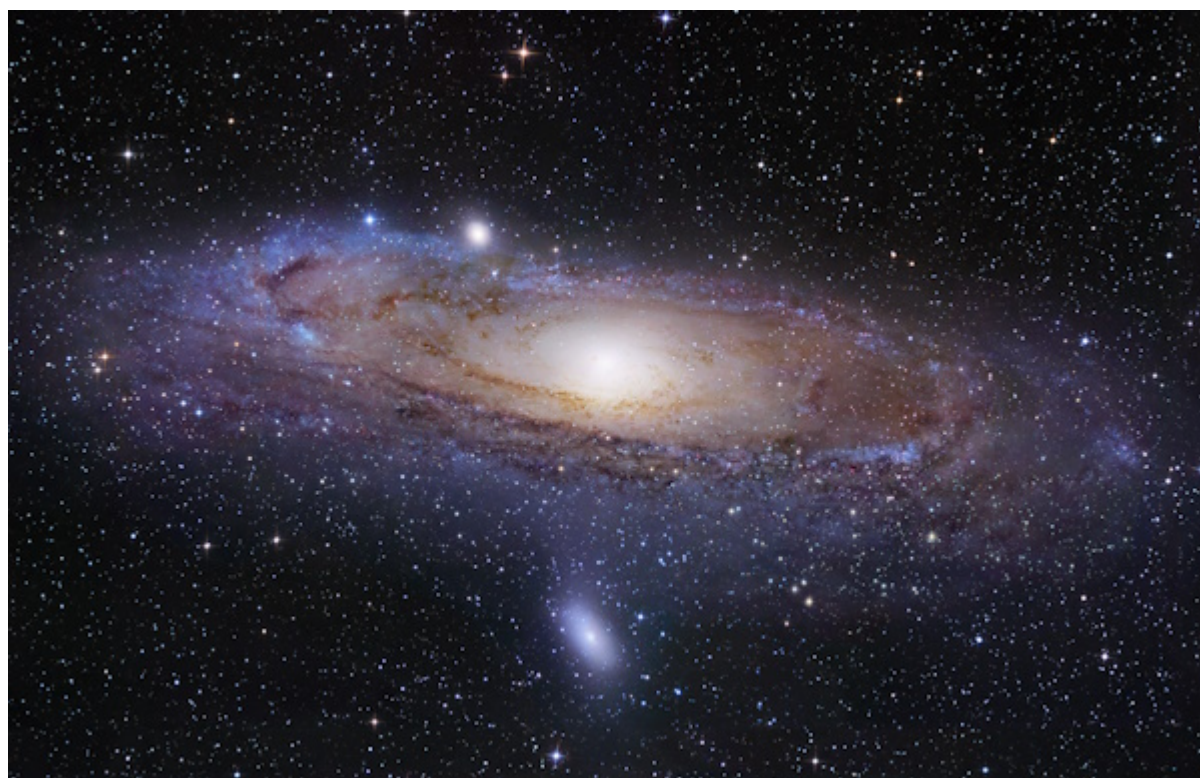
Culture, of the authentic kind, is an expression of this natural belonging-together of individuals in a community.

Human beings and our communities form part of the wider living natural world on which we are dependent for our survival and well-being.

The understanding of our belonging to a larger living organism was part of human consciousness for hundreds of thousands of years.

We have also long had the idea of a level of aliveness above that of the physical world, an all-pervading sense of purpose and goodness that we can find impossible to name.

All of this then, is our living, our self-fulfillment, our freedom to flourish as intended by nature and the unnamable force of good.



Against it stands an entity, the entity of death, which has somehow taken over human society and sets out to destroy each and every aspect of our living.

It refuses to allow individuals to develop according to their own nature, either physically or mentally. From the moment we are conceived, it never stops monitoring, scanning and measuring us, pumping our bodies full of its toxic substances, hammering us into shape, crushing our desires, locking us down in its thought-prisons, chaining us to its concrete floor so that we can never soar high above its work-camp reality.

It thinks it owns us. It resents anything we do, say or think that lies outside its control. It doesn't even like babies being born naturally and now wants to deny our biological reality and extend its cruel monopoly to the [process of reproduction](#).

Its societies are dead things, in which its top-down control stamps out any possibility of choice, self-determination or the expression of a culture which comes from the shared human heart.

For the death-entity, the living world is nothing but a resource for the expansion of its poisonous power.

It parades its contempt for nature with its giant machines that rip into her flesh, with its vast and ugly industrial infrastructures that scar her face, with the defecations of its [development](#) that pollute and infect her organs.

And then, with a snigger, it justifies the next wave of its destruction with the lie that it wants to "save the planet".

It sees no beauty in life, no value in life, no meaning in life.

In its negation of all that is good, it revels in its power to do evil.



It rubs its hands with glee as men, women and children suffer and die in their thousands, nay millions, in its spectacles of horror and then sells us back our sorrow as a ticket to its next infernal show.

That has been the story until now, in any case.

But I suspect that the death entity has now gone too far in its arrogance, surrendering the invisibility that was necessary for its deceit-dependent domination.

We are thus entering a new phase in the conflict, a long-awaited turning of the tide which will eventually see the energy of life and goodness restored to its rightful place at the centre of human existence.

Natural order – fresh, green and vital – will grow up in the ruins of the death-system, leaving humankind free to fulfil its true potential.

Connect with Paul Cudenec [website](#) | [substack](#)

Cover image credit: [GeorgeB2](#)

Reiner Fuëllmich's Attorney Dagmar Schön Shares an Update on His Pending Court Case

[Reiner Fuëllmich's Attorney Dagmar Schön Shares an Update on His Pending Court Case](#)

[TCTL](#) editor's note:

Yesterday, October 28, 2023, Reiner Fuëllmich's attorney, Dagmar Schön, joined Elsa Schieder for an update on the situation regarding Reiner's arrest. (Follow Elsa at her [Truth Summit substack](#) for updates.)

Below the video, you will find a summary with excerpts from the interview. This interview was a pre-scheduled group chat that Elsa has set up for those interested in staying updated on Reiner's situation.

Below the summary, you will also find an email address that can be used to contact Reiner (via Dagmar Schön).

In the interview, Dagmar shares what she actually knows thus far from the facts. Dagmar and Elsa also share perspective on the psychological/consciousness interplay in all of this and the unique characters of those involved.

Dagmar makes it clear that Reiner's legal team has not made a public statement about the charges in the case because they have just received all the paperwork detailing the charges.

~ Kathleen

Summary with excerpts prepared by [TCTL](#). Timestamps are approximate.

Following a greeting by Elsa, Dagmar shares an update on Reiner's situation.

00:00:40

Dagmar met with on Reiner on Monday and Tuesday of last week. On Monday, her colleague, Katja Woermer, was also there. Dagmar describes Reiner as being in good spirits and looking well. She explains that she and Reiner have been friends for a very long time and that this is important because he can trust her.

Dagmar moves on to describe the series of events around his arrest, as they unfolded.

Dagmar:

"So Reiner was arrested in Frankfurt on October 12th on a warrant dated March 15th, this year, '23, which had been an European arrest warrant since May 24th. First it was a normal warrant, and then from end of May it was a European warrant.

"Yes, that was an excellent means of coercion, this arrest warrant. Nevertheless, unfortunately, not enforceable in Mexico since Mexico is not part of the EU.

"And therefore, the enlightened citizen asks himself, how could Reiner Fuëllmich be arrested then? Was he really arrested only in Frankfurt or perhaps already in Tijuana?

"I wish that many first class lawyers, the stars among the international law experts, would engage with this case and send us their analysis. This case must cause concern among all lawyers worldwide.

"Mr. and Mrs. Fuellmich had lost their German passports. They had reported this to the consulate in Tijuana and applied for new passports with a new visa. On October 12th, they were registered at the consulate to pick up their new temporary passports and visas.

"The consul himself wanted to receive them at the airport. However, it was not the consul who was waiting at the airport, but six officials from the Mexican Immigration office who were only looking for Reiner Fuellmich, and took him in. After that, there was no escape for him anymore.

" He found himself in state custody. The only question is which state? It may be that the obvious answer to this is not the right one at all. This is a question that many experts in international law should look at very closely. Which state was acting here?

"Normally, no one is expelled from Mexico because they no longer have a valid visa, especially if they didn't have one because their passports had been lost, and they had just applied for and were supposed to get a new one. It was the case with Mrs. Fuellmich. She got visa and passport without any problems. She could stay in the country and was not taken into custody.

"Reiner Fuellmich was first flown to New Mexico, and from there by Lufthansa to Frankfurt. There, he was met by the German police upon landing. And one day later on October 13th, the grounds for this action, the European arrest warrant, was disclosed to him. His two lawyers, Katja Woermer from Essen and I from Munich, both were present.

Reiner was accompanied on the flight from Mexico to Germany by two Mexicans, one of whom spoke English. Reiner asked him... (He's a person who talks with everyone you know. You know him.) And asked him, who actually pays for these

flights because that was quite a costly action which was taken here. You know, three flights from Mexico to Germany and then two flights back for the two Mexicans. The answer, one could guess, was Germany. Germany has paid for these flights.

“The question for the experts of international law is, therefore, could there be a legal basis for the actions of the German public prosecutor’s office in Göttingen? Is it the determined state for such an action or was it an illegal kidnapping, as some international articles have already suggested.

“The public prosecutors office in Göttingen based his arrest warrant on a criminal complaint filed by three young Berlin lawyers, two of whom were even members of the Corona Committee – had been...”

[...]

“...This criminal complaint is 30 pages long and is indeed a remarkable piece of writing, but not because of its legal brilliance. Prosecutors to whom we gave it to read were surprised that an investigation had been initiated at all on the basis of this document and the accusations formulated in it – other prosecutors told us.

“These facts also fueled a suspicion Reiner Fuellmich’s arrest may have been motivated by political, rather than legal, considerations.

“We need international support through articles, legal analysis and also financial support. In fact, the money that Reiner Fuellmich is accused of collecting is not with him but, hard to believe, with the person who filed a criminal complaint – at least with one of them. Because over one million euros were transferred to his account, which actually had to be transferred to an account of Reiner Fuellmich. There he should have been transferred to, but he somehow managed that it was transferred to his account. It’s a bit [of] a complicated thing. So this is not easy to explain in this situation.

"The criminal complaint is dated on September 2, 2022. September 2, 2022 was exactly the day on which Viviane Fischer, together with Wolfgang Wodarg, announced Reiner's departure from the Corona Committee, into the camera, allegedly because of financial irregularities.

"So it was 30 pages long, this complaint. That means nobody could write this in one day, so they have probably worked on it for several weeks already. So communicating with Reiner and, behind his back, they were planning his execution. It's amazing.

"And all people who somehow he still considered as friends. Anyone who has watched the Corona Committee since 2020 could see that Reiner Fuellmich did 90% of the work here. Because during this time he also created a network of international lawyers and initiated various class actions.

"If he had billed his legal work, which he certainly could have done, he would probably have been entitled to far more than the 700,000 euros that he's now being accused of being illegally collected by him.

"Everyone who knows Reiner knows that his work is not about money and fame. He received a lot of letters in which people confirmed that he has saved their lives – actually really their lives – with the Corona Committee during the Corona measures. And it's really what we should keep in mind.

"This one person wrote in a comment, I think it was on the Bittel broadcast. 'Reiner carried us through dark times. Now we carry Reiner.'

"I hope that many people hear this and follow it."

00:13:00

Dagmar now takes questions from the participants. The first question was about how Reiner spends his days in jail. There were other follow-up questions in this segment, asking for comparisons with US legal system, Reiner's access to current global news, etc. Detailed answers to these questions can be found in the video.

Dagmar:

“How he spends his days? I mean, you know we didn’t really talk about this because we had so many other things to talk. But when we came on Monday, he had already written nine pages – handwriting – the whole history of the Corona Committee again. You know, a summary of all the incidents. And I think... you in these jails, you have a strict schedule during the day. And you get – at six o’clock in the morning, your day starts and then breakfast and then, you know, like the days they also go pretty fast.

“And I think Reiner has a lot to think about and to reconsider. And I feel that’s even the very positive thing on this.”

00:18:00

Dagmar was questioned about whether she’ll be making future appearances on Bittel TV (where the first announcement about Reiner’s situation took place). She said she would not be appearing again at Bittel.

A question was asked about whether there is an estimate of timing in terms of future court appearances.

Dagmar:

“No, we have to apply for, to check this situation with a judge. But first we have to look at the files we got. You know, we just got them now. And we have to look in the files. And then we can apply.

“Because we first have to know what is there – what they think that is their proof. And then we can apply and then we will see. I mean, in our view, they would have to let him go very quickly. That’s Katja’s and my opinion because it has no valid...

“It’s a civil conflict between persons who made a private company. So usually this has nothing to do with criminal law. And that’s a big indication that it’s a political

case. And we will see how long they will keep him..."

00:27:00

A question was asked about the process that put Reiner in jail before he has been convicted of anything and whether or not he can get out on bail.

Dagmar:

"Of course, you're innocent until there's a summons. But if there's some accusation and there's a danger that you escape the power of the judiciary, you know, they can put you in jail. And that's why they – because he was in Mexico they couldn't get to him. So nowadays they – of course, there's a danger that he might go back to Mexico. So it's difficult to get him out.

"But I think they want to show something, you know, and do some some example for other people who try to keep their head out of the window and say something about the truth and what's going on. But they do all the time already you know, with doctors.

"And so we just have to see that we get him out as quickly as possible. But state power is quite a power, you know. They can basically do what they want..."

00:29:00

Questions were asked about writing letters to Reiner, public support for Reiner and getting more publicity for his situation.

"I mean, you know you can write letters but it will take quite a while until they'll reach him. Because they told me in the jail last week if you send them to the jail then they first go to the court. And then they are checked. Every letter from outside will be checked and then they go back to jail. Yeah, so it takes probably weeks until he gets it."

00:30:00

A question was asked about public support for Reiner in Germany.

"I have not seen it yet..

"So I think send him your invisible support, you know, with prayers and I think he really feels that. He at least says so. And I think he's also in a good shape because so many people are giving him this support. So the most important thing is now that he can soon talk with his wife on the phone. This is most important for him..."

A few articles by Uncut News (one a rebuttal by Viviane Fischer) were mentioned by Marion from Germany.

A question was asked about getting international alternative publishers to share more regarding Reiner's arrest.

"But first we have to really know what is in the files, you know, because what should they say if we don't even know what's in the files?... The only thing that is really factual, clear, is how they how they got him and how they got him out of Mexico..."

"We would very appreciate high-ranking. legal expertise on this subject. So try to find your top lawyers in your country, in your city. Talk to them and tell them they have to look in this case because this can hit everybody."

Heike Funke (member of ICIC team) mentioned that they will be creating a webpage where comments in support of Reiner can be posted.

A question was asked regarding the discord between Reiner & Viviane Fischer.

Dagmar:

"The real mistake of Reiner was that he didn't confront the problems with her right away when they appeared. If he would have – and that's a trait in him. He has really difficulties in private relationships to address problems.

He does it outside but with private he always tries to smooth them out, not to confront them. To smooth so that the work can go on. But this can be a major mistake, as this case shows now.

“She has not done any work she was obliged to do in the Corona Committee. And so he took all on himself. He did all the work then and his law firm. Instead of confronting her – if he had confronted her she would have been out after three months and the whole problem would have not appeared...”

Elsa added some insight.

Elsa:

“...I know from an interview with me, he knew within the first few minutes that it wasn't a good match... And yet he always felt, 'I can make it work' as opposed to 'this is the wrong person'. Better to have nobody or better to be without a team than to have the wrong team member...”

00:52:00

Dagmar:

“You know this, Elsa. I did also much work on myself. I know it's difficult to confront these topics in yourself, but if you don't, one day they hit you so in the face. And sometimes they even bring you into jail. I mean, what bigger the cost could be, like this now...”

[...]

“...I met him in 2015 and I invited him to this company to set up a legal platform to investigate in the judiciary. That's where he met Schwab and Wodarg. I had already my experience with Wodarg in this thing, which was not very positive.

“And when I talked to him about my things I had done, you know my spiritual path... I mean... he had no idea about what I was talking. So he was really now in a pressure cooker for

all these insights with the Corona Committee. He learned a lot. He opened so much. I mean, things for which I had maybe 10-20 years, he had to open to now in 2-3 years. That's an immense inner work he has done and has allowed to happen to him – an opening he has allowed to happen to him...

“...I think in some strange way, I think this forced retreat – forced meditation retreat, he has now to endure – will change him a lot more. It will open dimensions probably he's not aware yet, of insights. Because he was always running. And I know that Inka, his wife, she was always afraid that he's working too much, that he's still always confronting a burnout. Because this interview, and that interview, and then Africa. And this and that. So he never could really relax...

“Even after Martin Schwab has shown his his real face and his real attitude, he still was always not really facing what he was doing. He still was always trying to make it look good. But now this is changing. Because they really – Wodarg really damaged...

“And Viviane, I always see her as a desperate five-year-old... I think she had a lost child syndrome, breaking up, when he tried to go to the U.S... Then she got really angry.

“But Wodarg – she would not have done the 2nd of September 22 without Wodarg. She would not have done it. So he was actually the main actor here. And he has no excuse, no excuse at all, because he was a politician for 20 years. He was 15 years in parliament. He has experienced so many times that you can just kill a person like Reiner with one rumor, especially about money...”

[...]

“...And Martin Schwab, I think he just fulfilled the wish of his father who was a very famous professor of law. He still is...

“He just tried to fulfill the wish of his father to become also a professor, and that he became. But in this difficult task, all the other developments of his person somehow

didn't get enough energy..."

[...]

"...It's true they have been very jealous of him because he has this energy and this power, and this ability to connect with so many people.

"And still to be so precise and clear. And that you can feel his heart. You can feel that he's a real person..."

"...If a real person talks then our hearts open because that's the heart-to-heart connection that happens then."

*While this case is ongoing you can send a message to Reiner via Dagmar:
rainschoen@kanzlei-schoen.de*

[Connect with Elsa Schieder](#)

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.

[Connect with Caitlin Johnstone](#)

Free Palestine, Free Israel, Free Us All

[Free Palestine, Free Israel, Free Us All](#)

by [Kathleen Stilwell](#), *[editor at Truth Comes to Light](#)*
October 25, 2023

Yesterday I published an article titled "[The Gaza Rebellion](#)" by Richard Hugus. His closing sentence is the simple statement: "Free Palestine!".

Last night and this morning, I received a number of emails from highly intelligent, aware readers who expressed disappointment that I would publish something where someone had taken a "side" in the Israeli/Palestinian situation.

A few told me they thought the article was hate speech. Others told me I was stuck in duality. Some, standing with Israel, sent Bible quotes and predictions from prophets. Others were dismayed that the article didn't point out that both sides of the conflict are being played.

As I read their words, I could see why some of them challenged the publishing of this article at Truth Comes to Light. I appreciate and respect that they took the time out to let me know how they perceived the article.

From Richard's previous writing, it's clear that he understands the globalist agenda – that the globalist

puppetmasters are manipulating the entire situation, not just with Israel and Palestine but throughout the world. As reference, see some of Richard's work [here](#), [here](#), [here](#), [here](#) and [here](#). (I've since gone back and added a "see related" section under the "The Gaza Rebellion" article so that readers can easily find his other work.)

For those new to Richard's work, this awareness admittedly wasn't shared in that recent article. To get a context for where Richard is coming from, see his other works related to Palestine at [his website](#).

I don't know Richard personally. My perceptions of his point of view come from his writing. And it's likely that Richard will disagree with some of the things I will say in this essay.

As I read Richard's article, I perceived something different than that of some readers. I saw that he was standing for the Palestinian people. And that he was addressing the issue of Zionism.

I did not sense that Richard was defending Hamas. Whatever Hamas is, it is likely the tool of that mess of controllers that includes agents of assorted nation states who are puppets to heaven knows what. No doubt Hamas is also supported by Palestinians who don't see that they are being manipulated. And if Hamas is controlled by forces that control the U.S. and Israel (which it does appear to be) then the Palestinians are being set up to be wiped off the map.

When I read Richard's article, I saw that he was taking a stand by defending the Palestinian rebellion. He was defending the right of any people to fight back when outsiders try to push them out of their home. And he was saying that there is no question that the powerful nation state of Israel with its globalist connections easily overpowers Palestine in terms of military might.

I saw that Richard was identifying specific individuals (and their philosophies or chosen ideologies) who have committed great crimes against humanity as well as their own people. This evil must be acknowledged for what it is.

We've seen it happen again and again throughout history, as one group overpowers another to claim their land, their natural resources, their money or possessions, or even to claim the conquered as slaves.

On Hate Speech and Israel's Place in the Matrix

The "hate speech" label surprised me. This site has published many articles challenging the evils of those who claim to represent the people of the United States or other nations. Never once have I had a reader of the site say any of those articles were hate speech. Perhaps because most already see clearly what a monster the governing powers of the United States have become. But with Israel, as the saying goes, that's apparently a horse of a different color.

The Jewish people and the state of Israel are not one and the same. The people who live on the soil controlled by the U.S. are not the same as the U.S. government. Heaven forbid.

But we mere mortals were born into a very confusing Matrix that is presently held hostage by a collection of nation states whose leadership is all controlled by something outside of themselves. Whoever/whatever that something is, we do know that it has an appetite to control others and has no concern for the suffering it imposes on any living entity.

Israel represents many things to many people. And religious beliefs are a key here. Our beliefs about "God", God's will, prophecy, and our personal need to be right about what we believe is tangled into this mess of who we humans are. And then there are the anti-God groups that turn themselves into gods as they influence others to follow their lead.

Within Jewish history is the dark Sabbatean/Frankism/Illuminati/Rothschild “conspiracy” that has influenced so many globally. See [here](#).

From my perception, these are the things Richard was pointing to. And it seems essential that we all look at what is going on here.

The March of the Parasites: When the Whisperers Outside Your Castle Suddenly Storm the Gates

This Israel/ Palestine conflict is deeply part of this same narrative playing out all over the world. It’s entangled in the web of divide and conquer, problem-reaction-solution, false flags to confuse the enemy, etc.

In a sense, this global “totalitarian tiptoe” (a term coined by David Icke) does us a favor. It forces us to step off the hamster wheel. It forces to grow a backbone if we haven’t yet done so. It forces us to drop the need to be obedient, to be chosen, to be perceived by others as “a good one”.

This March of the Parasites forces us to clean up our act. It forces us to stop looking for saviors or leaders to cling to or to tell us what to do. It forces us to know our own strength, to fear not and to say “NO” again and again. It forces us to stand alone and to stop worrying about how we are being judged by the world or by belittling gods.

It forces us to know morality from within our own conscience, our inner guidance system. It forces us to live in as much integrity as we can muster and to know that, should we choose the easy way out and opt to betray ourselves, that we will be facing far worse things than death.

It also forces us to see that the real work is with our self. In fact, stalking oneself and changing oneself is the key. Whatever deceit we see “out there”, we must look within ourselves to see what untruths control us or come out of our

own mouths. Whatever manipulation we see out there or experience in our own lives, we must look closely to see how we attempt to manipulate others. And so on.

This force of darkness demands that we choose. Instead of being people of the lie, we must choose to become people of the truth.

Our Collective History: The Trauma of It All (And the Beauty of It All)

In a way, we are all Palestinians and we are all Israelis. Certainly, we are all among the manipulated. We were all born into “citizenship” and are owned in some way. We are all slaves. (To prove this to yourself, just try leaving your country without a passport or stop paying “voluntary” taxes.) And we are all doing our best to unshackle ourselves from lies, as well as heal from individual and ancestral wounds.

We are all tied to unknown generations of humans who influence our experience here. We don’t know the real history of humanity, as even these stories about our past are controlled by the “masters” and littered with lies. And we certainly don’t know how we, as individuals, were born into a certain family, a certain race of people, at a certain time.

In the same way that patriots in the U.S. have been used in such horrific ways (their sense of honor hijacked along with their innate willingness to sacrifice their own safety for the ones they love) so have Israeli patriots and all who blindly follow their statist or religious leaders.

We have all been lied to since birth and have all been turned into liars on some level. Of course, we didn’t necessarily know we were lying – although we probably had our suspicions. Yet that shows us just how deep the spell is.

We’ve been taught to say things, to believe things, that, on a soul level, rub us the wrong way. We’ve been taught that

obedience is equal to goodness. And goodness is very important to us because being “good”, or so we’ve been told, is our doorway to love and acceptance.

Collectively, we have obeyed our way into quite a pickle it seems.

What About Duality?

From my limited perspective, it seems we are living in a complex, multi-layered reality. This does not appear to be a “duality” as many say. This is a multi-faceted reality that includes this monster-faced Matrix trap wherein all nation states dwell. This so-called “real world” Matrix is, in reality, a house of cards just asking for us to knock it down.

So, what does that mean to “knock it down”? More wars? Of course not. Yet it will require taking a stand against evil actions. And it might require self-defense and defense of others.

Shifts in consciousness and awareness do change the world. It’s all about thought, vibration, frequency. And, outside of our own awareness, there is more going on than we know. Personally, I always expect miracles.

The Answers Are Out There if We Will Let Them In

(It may seem that I’m taking the long way around the barn here to make a point. And I probably am. So, thank you for bearing with me.)

However we look at things, here we are. Wherever “here” is.

Together we are experiencing “this moment” in “this day” in “this time in history”, all the while knowing that time is an illusion. And as we look about and observe the assorted levels of perception, of consciousness, within the human race, it is truly mind-boggling.

For whatever reason, some are born seeing primarily from the

physical senses. When they begin to acknowledge their spiritual sight, it is an awakening for them. They feel a sense of two realities, two worlds. Duality. (Although that term “duality” means many things to many people.)

Some don't appear to ever sense beyond what their physical senses give them feedback on. My guess would be that they've learned to lie to themselves quite convincingly and to shut down other awareness. Shutting down the awareness of children is a time-honored practice of many humans.

Others among us are born vitally aware of their “spiritual” existence. They don't see the dividing line and, therefore, all is “spiritual” for lack of a better word. Certainly physics bears this out. There is nothing solid or permanent here. In a sense, we have anchored ourselves into a heavy-duty illusion – an illusion that challenges us to our core. Perhaps that challenge is here by design. If not, we might as well make the best of it.

Some see the denser “realm” as an inferior one when, in truth, there is no division between worlds. The challenge it seems is to live fully in all levels of reality.

For some of us, we know that we don't know much. Yet we are at ease in that non-knowing state. Our awareness leads us to trust life.

When we get caught up in the Matrix, we untangle ourselves. We find the cracks in the Matrix and move with awareness as best we can. However, this doesn't mean we are above it all. Quite the contrary, we learn from everything as we question everything.

And, of course, our children and grandchildren are here, our loved ones and neighbors are here. The perceptions of others and the actions of others do touch our awareness. And as a matter of care, it's important to us to help others in whatever way we can, as we learn to help ourselves.

Concluding My Walk Around the Cosmic Barn

Some say we are here for a reason. I imagine that reason is entirely up to us to decide. And what we choose to stand for matters.

Getting back to Richard's article, it is clear he is taking a stand. And from what I can see, he is taking that stand based on genuine care and awareness. I respect that.

A few things I do know about this life – because I just know. I know that the source of this life (God) is the essence of wonder, creativity and adventure. I know that we were born from real love, care, freedom, truth and all the ideas that lift our hearts and minds. I know that you and I are miracles even though we are mostly blind to the whole picture. And I know that if we ask, we are shown the way.

As insanely imperfect as this life is, it is nonetheless perfectly imperfect. We will be guided. We will be wiser. And, doing our best, we will live on.

© October 2023, Kathleen Stilwell

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Michael Clarage: Is There an

Electric Universe Model of Time?

[Michael Clarage: Is There an Electric Universe Model of Time?](#)

by [Michael Clarage](#), [Thunderbolts Project](#)

October 15, 2023

Is there an Electric Universe perspective on time? Rather than to convince you that time has dimensions, the goal here is to convince you that our ancestors thought so.

If you believe an ancient Japanese text which says that a new planet, Venus, entered our solar system, perhaps you will believe an Egyptian text that says time has three dimensions just as space does.

We begin with a four-point analysis and exploration of time gleaned from classical physics:

- 1) The reality of a “present moment” is on shaky ground;
- 2) The rate at which time flows is unclear;
- 3) There are lines of time as well as points of time;
- 4) Multiple versions of systems can simultaneously exist.

It's also appropriate to acknowledge ancient knowledge that can be derived from the Hermetica—writings from various historical periods, though most ideas have their origins in the very distant past of Egypt tens or hundreds of thousands of years ago.

Michael Clarage, PhD, Astrophysicist and Lead Scientist of

SAFIRE, states his arguments, from classical physics and older civilizations, for a modern perspective of time.

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Why Nonconformity Cures a Sick Self and a Sick Society

[Why Nonconformity Cures a Sick Self and a Sick Society](#)

by [Academy of Ideas](#)

August 22, 2023

The following is a transcript of this video.

*"I must be myself, I cannot break myself any longer for you.
. . . If you can love me for what I am, we shall be the happier.
If you cannot, I will still seek to deserve that you should."*

~ Ralph Waldo Emerson, *Self-Reliance*

The great 19th century American philosopher Ralph Waldo Emerson believed that to flourish we must be a non-conformist. If we just think as others think and do as others do, we limit our potential and place our health or sickness at the mercy of social forces beyond our control. In this video we are going to explore the dangers of conformity, what non-conformity

meant for Emerson, and how the non-conformist acts as a force of good in a society gone mad.

"Whoso would be a man must be a nonconformist."

~ Ralph Waldo Emerson, *Self-Reliance*

To be a conformist is to orient our life around the dominant norms, values, and ideals of our society. It is to allow the boundaries and templates of our culture to shape our sense of self. Most of us become conformists without reflecting on what we are doing – we see everyone around us conforming and so it feels natural to do the same. But conformity comes at a price, or as Emerson stated in a lecture given in 1844:

"I pay a destructive tax in my conformity."

~ Ralph Waldo Emerson, *Lecture Read Before the Society in Amory Hall, March 1844*

In any society only certain character traits are favoured by the trends of conformity, while many others – which may be healthy in their own right – are looked upon with indifference or disdain. In our day, for example, extroversion is favoured over introversion, obedience over disobedience, and risk-aversion over risk-taking. Some people may find their inner nature fits the mold of conformity, but many will find the opposite. For those of us in the latter group, conformity is akin to wearing a mask made to fit the mold of another's face. The mask of conformity never feels comfortable and at times it may cause us to feel like a fraud or imposter.

Conformity also leads to waste – wasted time, wasted opportunities, and wasted resources. In the need to satisfy others and maintain appearances, we do things we do not value, say things we do not believe, and obtain things we do not need, or as Emerson writes:

“Custom . . . gives me no power therefrom, and runs me in debt to boot. We spend our incomes . . . for a hundred trifles, I know not what, and not for the things of a man. Our expense is almost all for conformity.”

~ Ralph Waldo Emerson, *Man the Reformer*

But the dangers of conformity reach pathological levels when, as in our day, a society becomes infected with lies. Politicians lie almost as frequently as they open their mouths. A degenerate education system teaches lies on topics ranging from science, to history, ethics, economics, and politics. The media lies about world events. While corporations lie to us about the value, or safety, of their products. With no shortage of lies percolating throughout society, the modern path of conformity leads in errant ways. It encourages us to go into debt to buy things we don't need, to consume unhealthy foods, to be obedient to those in power, to take pharmaceutical drugs that do more harm than good, to eschew our passion in favour of money or social status, and if we ever feel anxious or depressed, the conformist way is to distract ourselves with screens, or to numb ourselves with psychotropic drugs.

“All goes well as long as you run with conformists. But you, who are an honest man in other particulars, know that there is alive somewhere a man whose honesty reaches to this point also, that he shall not kneel to false gods, and, on the day when you meet him, you sink into the class of counterfeits. . . . If you take in a lie, you must take in all that belongs to it.”

~ Ralph Waldo Emerson, *Religion*

To be a non-conformist, in the modern world, is to renounce the lies that shape our society and to renounce the self that has been shaped by these lies. This act of renunciation paves

the way for self-transformation, or as Emerson writes: *"The man who renounces himself, comes to himself."* (Ralph Waldo Emerson, *Lecture to Divinity Students*). When we abandon the habits of conformity and stop pursuing its ideals, we clear the way for the emergence of a more authentic state of being. We take off the false mask of conformity and permit our individual personality to shine through. But our renunciation should not be limited to self-renunciation, we should also renounce affiliation with organizations and institutions that are infiltrated by the lies of our society. For a non-conformist, according to Emerson, must stand under his or her own banner, not the banner of another:

"It is only as a man puts off all foreign support, and stands alone, that I see him to be strong and to prevail. He is weaker by every recruit to his banner."

~ Ralph Waldo Emerson, *Self-Reliance*

Along with the act of renunciation, the non-conformist must establish a new direction in life as merely rejecting conformist ways, without replacing them with something new, will leave us in a pit of aimless and meaningless despair. We need new pursuits to keep us occupied, new habits to keep our life structured, and new goals to give us direction. In the process of re-orienting our life, we should work with what nature has granted us, as it is by cultivating our strengths and talents and aligning our life around pursuits we enjoy, that we unleash our power and pave the way for a great life, or as Emerson writes:

"There is a time in every man's education when he arrives at the conviction . . . that though the wide universe is full of good, no kernel of nourishing corn can come to him but through his toil bestowed on that plot of ground which is given to him to till. The power which resides in him is new in nature, and none but he knows what that is which he can

do, nor does he know until he has tried."

~ Ralph Waldo Emerson, *Self-Reliance*

If conformity has led us astray and we don't know where truth lies or what the plot of ground we are meant to till consists of, spending time in solitude can help correct for this confusion. Away from the chatter and distraction of other minds, solitude can help us understand who we are and what we want from life. There are voices, wrote Emerson *"which we hear in solitude, [that] grow faint and inaudible as we enter into the world."* (Ralph Waldo Emerson, *Self-Reliance*). Emerson, however, while valuing solitude, did not believe the non-conformist should be a recluse. To flourish as a non-conformist is to strike the optimal balance between solitude and society. We must learn to live in harmony with others without an excessive need to gain their approval or to mimic their errant ways. Or as Emerson put it:

"Solitude is impracticable, and society fatal. We must keep our head in the one and our hands in the other. The conditions are met, if we keep our independence, yet do not lose our sympathy."

~ Ralph Waldo Emerson, *Society and Solitude*

Many people recognize the sickness of modern society, but few choose a path of non-conformity as the means of escape. One reason for this is fear, and specifically a fear of ridicule and rejection. The non-conformist must overcome this fear, or at least learn that constructive, non-conformist action can be taken even when consumed by fear:

"What I must do is all that concerns me, not what the people think. This rule. . .may serve for the whole distinction between greatness and meanness. . .It is easy in the world to live after the world's opinion; it is easy in solitude to

live after our own; but the great man is he who in the midst of the crowd keeps with perfect sweetness the independence of solitude."

~ Ralph Waldo Emerson, *Self-Reliance*

In learning to deal with ridicule and rejection it can be helpful to recognize a constructive value to this experience. Not only does it provide us with an opportunity to cultivate the courage of acting in the face of our fears, but furthermore, those who treat us with contempt sometimes reveal truths of our character that those who care for us are too timid to point out. But even if the ridicule is not constructive, even if it is based on envy or lies, we can use the disapproval of others as motivating fuel that impels us to greater heights, and as Emerson writes:

"Dear to us are those who love us; the swift moments we spend with them are a compensation for a great deal of misery; they enlarge our life; but dearer are those who reject us as unworthy, for they add another life: they build a heaven before us whereof we had not dreamed, and thereby supply to us new powers out of the recesses of the spirit, and urge us to new and unattempted performances."

~ Ralph Waldo Emerson, *New England Reformers*

If we learn to conquer the fear of ridicule and rejection, we will possess a crucial skill in the art of non-conformity. But there is another barrier that prevents many from going the way of a non-conformist and this is laziness. To cultivate our own path through life requires hard work, discipline, and a ruthless persistence of action. For Emerson's non-conformist is not passive, he is an active agent striving to change the world. Once the non-conformist selects a valuable goal, he sticks to it and is not driven off course merely because a bunch conformists disapprove of his ways, or as Emerson

writes:

"All men have wandering impulses, fits and starts of generosity. But when you have chosen your part, abide by it, and do not weakly try to reconcile yourself with the world."

~ Ralph Waldo Emerson, *Heroism*

Or as he writes elsewhere:

"If you would serve your brother, because it is fit for you to serve him, do not take back your words when you find that prudent people do not commend you. Adhere to your own act, and congratulate yourself if you have done something strange and extravagant and broken the monotony of a decorous age. It was a high counsel that I once heard given to a young person – "Always do what you are afraid to do."

~ Ralph Waldo Emerson, *Heroism*

Following a non-conformist path will make us healthier, happier, and more powerful, but it will also turn us into a force of good in the world. For the inner state of our being manifests the events of the outer world, or as Emerson put it: *"A man will see his character emitted in the events that seem to meet [him], but which exude from and accompany him."* (Ralph Waldo Emerson, *The Conduct of Life*) Conformists, in living by lies, are manifesting a sick society. The non-conformist, in aligning himself with the truth of his inner nature and the truth of the world, will manifest events that act as the antidote to a world gone mad.

"In the thought of tomorrow there is a power to upheave . . . all the creeds. . . of the nations, and marshal thee to a heaven which no epic dream has yet depicted. Every man is not so much a workman in the world, as he is a suggestion of that he should be. Men walk as prophecies of the next age."

~ Ralph Waldo Emerson, *Circles*

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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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Perception Can Be Reality, and Reality Can Be Perception: So What Is Real?

[Perception Can Be Reality, and Reality Can Be
Perception: So What Is Real?](#)

by [Gary D. Barnett](#)

April 25, 2023

"Because one believes in oneself, one doesn't try to convince others. Because one is content with oneself, one doesn't need others' approval. Because one accepts oneself, the whole world accepts him or her."

~ Lao Tzu

A bit of philosophy!

I guess this subject boils down to the obvious truth, that one sees what he wants to see, whether or not reality, logic, and conscience, are in direct contradiction to that perception. This is a natural human reaction, although it is not any preferred method of deduction if honesty and responsibility are desired. In this so-called modern age, it seems that everything has become perception, as most hide from any uncomfortable truth or reality in an effort to shift all responsibility away from themselves in favor of a tyrannical governing system. So long as the compliant dolts of this society believe they are free when they are not, they will take the easy way, accept all government stipends, follow all the 'rules,' and pretend that they are happy, because they will not have to make any decision for themselves. Truth and risk, you see, are not accepted by most, and this is a recipe for totalitarian rule to prosper.

Some great philosophers of the past, have posited that there is no truth; that everything is illusion. But we do have this life, and it is as real as is possible, because it is the only thing of which all are certain. The meaning of life is a different story, but then, that is a subject meant to belittle the time we have on this earth, and not in any way something that can be fully understood; at least not in our current state of consciousness. There lies the contradiction. We all know we are alive, if for no other reason than we awaken every morning to the only life we know, so why not accept that knowledge, and make of it something of value, instead of becoming a cog in the wheel of time without individual worth and purpose. Is this not a truth we can accept?

Since none of us can 'fix' or change another to suit our perception of the desirable human, and can only change ourselves, why not concentrate on individual awareness and improvement, instead of wasting our time in any effort to force upon others our perception of reality? Each of us, you

see, is unique, so each of us has to come to our conclusions alone, for if worrying about the perceived flaws of others consumes one's mind, how can one improve self and find happiness in life? Obviously, this would require that no aggression be present, and from what is reality, we all know that non-aggression is not universal in nature, so conflict will arise. The true test of man then, is to learn how to respect the thinking and opinions of all others, unless aggression is at hand.

This attitude of peaceful anarchy allows for a general environment of calm and harmony, so long as aggression is not tolerated. That means first, that rule and governing has to become obsolete for all those who choose that path, and any who choose voluntarily to live under a master or government, may certainly do so, if and only if, their preferred system is not forced on any who do not willingly accept it.

Poppycok you say; humans cannot live without governments. Who would build roads, who would make 'laws,' who would give everyone 'free healthcare,' who would protect you from harm, who would fight constant wars of aggression, who would lockdown the country when someone got the flu, and who would fill the prisons with those who never harmed another? Who would tax you (steal from you) to supply the things you illegitimately desire that should only be the responsibility of each individual? All aggression is immoral and wrong, so all those sanctioning aggression at the hands of government as proxy, are in essence, committing aggression themselves. This is what is not understood by the collective masses, whose idea of right is doing whatever the majority decides, regardless of the consequences to all who disagree.

There is an old saying, and a correct one I might add, that reads, live and let live, which is now completely ignored by this collective herd of parasites. In today's world, most have accepted the notion that all should be able to live at the expense, labor, and property of others, in order to suit their

wants and needs. This is a case where reality is ignored in favor of the perception that living at the expense of others is legitimate and right due to the asinine assumptions of equity and 'fairness;' assumptions that rest on the ideology of communism.

Perception becomes reality in the minds of fools when the majority willingly accepts the premise that they deserve something or anything, due solely to the fact that they exist, the color of their skin, their sexual preference, their laziness, or their greed. This is why most think they deserve freedom, but expect that freedom without any effort on their part to gain or secure it. Most believe that government (rulers) gives (allows) them freedom, and that is why they so blindly expect a piece of paper filled with political language is the foundation of their so-called rights, instead of the fact that their freedom rests only on the natural and inherent right to life of the individual. This society is consumed by perception, because to accept the harsh truth of reality requires thinking, action, and consequences, whereas false perception requires no risk or effort, but only obedience to the god of government.

Reality is not always what we see, but it is what we live. Our lives are real, our families are real, and nature is real. We do not have all the answers of our existence or of the universe or beyond, but that does not change the fact that we have this life on earth. Reality becomes perception when one expects to know all there is to know, and no human has that capability. In fact, we, as individuals, know nothing of all there is to know. The wonder of it all is astounding to be sure, but the reality of this life and all it has to offer, is just as amazing.

Take what is real, and revel in it. Do not allow others to impede on your short time on this earth. Do not allow any other to rule over you, or claim to be your master, regardless if many of your fellow men decide to take that worthless and

treacherous path. If each of us accepts his individuality, embraces his unique nature, and lives his life as a free man, what is real will become clearly obvious, and perception will be dreams. Once this state of mind is evident, disobedience will become natural, and disobedience is vital in any effort to secure individual freedom.

Let go of the State, and trust yourself instead.

“No man has the right to dictate what other men should perceive, create or produce, but all should be encouraged to reveal themselves, their perceptions and emotions, and to build confidence in the creative spirit.”

~ Ansel Adams

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Gabor Maté: The Dangers of Being Too Nice

[Gabor Maté: The Dangers of Being Too Nice](#)

Transcript courtesy of [Mad in America](#):

“There’s a deep need to belong, a deep need to be loyal, and a sense of betrayal when that loyalty is somehow insulted. Because if you didn’t get the love that you needed, you’ll be

consumed by being liked, and then you'll be very likable and very nice. And you might become a helpful, very helping individual, which is a coping pattern.

"Now, you can be genuinely nice and genuinely supportive of others, and still look after your own needs – that's human nature, I think. But a lot of people are very nice and likable and helpful by *suppressing* their own needs – that's a coping mechanism.

"Everybody says how nice they are... and when they die at age 50 of cancer, everybody shows up at their funeral and they weep about how nice they were, how selfless they were.

"The child basically has two needs. We have the need for attachment, which is the seeking of closeness and proximity with another human being; and fundamentally the attachment dynamic is the most powerful dynamic in human life. Its basic purpose is the protection and nurturing of the young, so that infants attach to their parents and parents attach to their infants, for the purpose on one hand of being taken care of and on the other of taking care of.

"So that's attachment, and we're wired for attachment all our lives; it's the most important dynamic we have.

"And as General Petraeus could tell you . . . sometimes when our attachment needs get sent in certain directions, it'll trump everything else. That's one need that we have, for attachment; without attachment, there's no human life, it's just impossible. And without mating, without communities, we would not have survived as a species . . .

"So, you know, the whole idea of human beings as competitive and aggressive is total nonsense.

"But the other need that we have is for authenticity: to be ourselves. And that again has to do with survival. If you're not in touch with yourself out in the wild, you don't survive.

“So authenticity is being in touch with yourself and being able to act on the awareness of self in relationship to the environment. So if I feel something, I pay attention to that; if I don’t, I’m in danger. So we have this need for authenticity.

“But if a child is confronted with a dilemma: that if I’m authentic, express my feelings, then my attachments are threatened – because my parents can’t handle it, because they’re too stressed, depressed, or traumatized themselves – then perforce the child will automatically (but not consciously) suppress their authenticity. And so the suppression of gut feelings and authenticity is a coping mechanism.

“That means I’m no longer in touch with my needs, I no longer pay attention to my feelings, my emotions, I will no longer be aware of them, I won’t express them, I won’t know what I need. Which has all kinds of implications, but one of them is that I may then compulsively serve the needs of others, ignoring my own, hence disease. Or I may then develop all kinds of false needs, which then really are what addictions are all about.

“So it’s that irresolvable tension between authenticity and attachment that many children in our society are faced with, that results in their self-suppression. And one of the outcomes – not the only possible outcome, but one possible outcome – is that niceness is a coping mechanism.

“Almost anybody when they’re being inauthentic has a sense of [themselves] being inauthentic. How do we know that we’re being inauthentic?

“Like, years before I had any of these concepts formally worked out in my mind or had read much about it, I already knew when I was betraying myself and being less than myself and being other than myself. How did I know that?

“There’s some inner knowledge for many of us, simply because

the authentic self . . . when we're not in touch with it there's a kind of a shame, there's a kind of a suffering that happens. So that shame and that internal suffering, that sense of self-betrayal is our sure guide that we're not being ourselves on one level. That happens to a lot of people.

"And then we may look good in the eyes of others, and yet internally we suffer shame because we know that we're not being ourselves. When we say 'how do we know,' for many of us there's an internal knowledge that arises. Now why? Because that essential self hasn't gone away, and it's calling to us. And we don't feel right when we betray it or when we're out of contact with it.

"Now, that doesn't happen for many people – that doesn't happen for everybody. For some people, it takes some catastrophe.

"So what I'm saying is that at some point or another, if you're not in touch with that inner voice, if you don't hear it, the body will speak to you loud and clear; you're gonna get something happen to you. And sometimes that'll happen in the form of illness or symptoms.

"Then the body's talking to you; the body's saying 'no' when you're not saying 'no.' If the voice doesn't speak to you directly or if it speaks and you don't listen, your body at some point is gonna kick in. Or you're going to get depressed, or anxious, or something else. Or something will happen in your personal relationships.

"And at that point you can say, 'Well, I'm not with the right partner, screw them, it's all their fault,' which many of us say. Or for some people it becomes the opening of a door where we begin to look, 'Okay, what in here wasn't authentic, what in here wasn't genuine, how did I create this situation, how do I keep creating these situations over and over again, am I just a victim of bad luck or is there some pattern here?'

“In other words, something happens, some difficulty happens to shake you out of your complacent belief that things are just fine the way they are.

“And as the California-based great teacher A. H. Almaas says, the most difficult things that happen to us are also the most compassionate things. Because basically – how he puts it – a part of us that loves us more than anything else puts these roadblocks in our way, saying: that’s not the way, that’s not the way, that’s not the way. So there’s roadblocks in the way to bring us to ourselves.

“And so we can look upon our difficulties as problems to get rid of, or we can look at them as teachings to bring us back to ourselves.”

Dr. Gabor Maté, an addiction expert, developed the psychotherapeutic method called Compassionate Inquiry. He is author of The Myth of Normal, In The Realm of Hungry Ghosts: Close Encounters With Addiction, Hold On To Your Kids: Why Parents Need to Matter More Than Peers, When the Body Says No: The Cost of Hidden Stress and Scattered Minds: A New Look at the Origins and Healing of Attention Disorder.

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On the Nonsense of Needing Unity in the 'Freedom Movement'

On the Nonsense of Needing Unity in the 'Freedom Movement'

by [Kathleen Stilwell](#), editor & curator, [Truth Comes to Light](#)
originally published March 22, 2023 at TCTL [substack](#)

I'm sure you've run across the same podcasts and articles that I have, urging "us" all to unite, to avoid division and to avoid discord.

The so-called freedom movement consists of many different groups. Some focus only on medical freedom (no forced medical procedures, drugs, vaccines, etc.) while others work within a particular political construct. Then there are others who focus on monetary privacy or on the right to be left alone and to choose where we put our money and energies.

It's in the areas of medical freedom and freedom from "excess" government that a lot of fuzzy thinking seems to show up. To be free to question ALL medical authority, ALL science and ALL governments is just too strong a stance for some who claim the title freedom fighter.

Freedom, by its very nature, defies control. To assume that freedom will be contained and practiced within a movement or a crusade is nonsense. Freedom does not seek to corral us into one more cattle chute just because we hang a sign that says "Enter Here for Freedom" at the gate.

Some call for us all to forget about questioning the virus

narrative (and the nonsense of virology itself). It's too divisive and harmful to "the movement" they say. They tell us that they just don't get the importance of this particular issue. Apparently, if it's not important to them then it must not be important.

They say that now is not the time to question the entrenched lies of the entire vaccine agenda and other poisonous "medicines" that have been maiming and killing our children and neighbors for longer than any of us can remember.

They tell us that now is not the time for humanity to wake up to how all governments and all packaged belief systems control us through fear.

They tell us we must unify around central figures, key ideologies, alternative celebrities (or those often referred to as "luminaries"), alternative experts, certain religions, etc. It's urgent they say.

And they tell us that we must unite or fail.

Truth Is Not Fragile

Where did the idea come from that truth and freedom are so fragile and limited that they need our particular groups in order to survive? Do we not understand that although the voice in support of freedom speaks through us, it does not belong to us?

If we die, will not truth live on?

If our efforts to reveal the control systems around us seemingly fail to take root, will not the voice of freedom in the individual arise again and again?

If the assortment of battling overlords out there somehow manage to blow up the planet, is all lost? Or could it be that all that is real would still be somewhere (if not exactly here)?

Is this really the most dire time for humanity, and for all living things, in the history of this realm? Or are there clues that we've been here before?

Freedom, Truth, Courage, Love

Freedom is love actually. Truth is love. And courage is love.

These are realities that can ever be contained within a movement, can never be controlled by a narrative, can never ever be held spellbound within any language or any belief system. And they certainly will never be captured within the languages of mathematics, science or religion, no matter how elegant the language.

Freedom compels us to let go of all the fear and to be at ease and peace in a state of uncertainty. We must ask the questions in order that the falsehoods be revealed for what they are. However, we must be careful to never replace a lie with another made-up belief just because voids make us nervous.

To be free, we must become comfortable with the void and just let the unknowing of it all stand here in our midst. With trust in life itself we can just say "I don't know". And then we can listen, observe, interact with and speak to our own mystery.

We do not need a user's manual nor do we need a religion or political idea to find the love within. Truth is right here at the quiet center of the world's stormy ways. Consciousness and awareness are right here. Not out there. Not above us. They are right here.

Love, freedom, truth and courage have no problem standing tall in a room filled with differing opinions – in a room inhabited by the partially blind, partially deaf humans who all seek greater understanding of what this place is all about and why we are here.

There are no know-it-alls here. Not a one.

Life Cannot Fail

Freedom is the portal to discovery, to seeing the lies that we've bought into, to listening closely and hearing secrets of the universe that we haven't yet let in.

Freedom cannot fail anymore than truth or love can fail. These essences are inherent in all that is real. They are part of consciousness itself. They are how we understand our source, our soul.

Freedom is not found in battling the enemy. Our way through all of this is in understanding what the matrix is, what it is not, and what it can never be.

Those who seek to control consciousness will never succeed. "It's like trying to nail Jello to a tree" is an expression a friend of mine uses. It's exactly like that.

Those who seek full spectrum dominance over our reality only have access to (but not necessarily control of) what they can see. And they really don't see much, being mostly blind.

And, most certainly, they are not free.

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“The Science Delusion”: A Banned TED Talk by Rupert Sheldrake

[“The Science Delusion”: A Banned TED Talk by Rupert Sheldrake](#)

by [News Voice](#)

January 28, 2023

“Ten years ago, in January 2013, I gave my TEDx talk on The Science Delusion, which was later ‘banned’ by TED and has subsequently had more than seven million views on other websites. Last week this talk was re-released in a new, brilliantly illustrated version by an organization called After Skool.”

~ Rupert Sheldrake

[Video available at AfterSkool [odysee](#) and [youtube](#) channels.]

Transcription by AI@[NewsVoice](#)

Science delusion is the belief that science already understands the nature of reality in principle, leaving any of the details to be filled in. This is a very widespread belief

in our society.

It's the kind of belief system of people who say, I don't believe in God, I believe in science. It's a belief system that has now been spread to the entire world. But there's a conflict in the heart of science between science as a method of inquiry based on reason, evidence, hypothesis, and collective investigation, and science as a belief system or a worldview.

And unfortunately, the worldview aspect of science has come to inhibit and constrict the free inquiry, which is the very lifeblood of the scientific endeavor. Since the late 19th century, science has been conducted under the aspect of a belief system or worldview, which is essentially that of materialism, philosophical materialism.

And these sciences are now wholly owned subsidiaries of the materialist worldview. I think that as we break out of it, the sciences will be regenerated. What I do in my book, *The Science Delusion*, which is called *Science Set Free* in the United States, is take the ten dogmas or assumptions of science and turn them into questions, seeing how well they stand up.

If you look at them scientifically, none of them stand up very well. What I'm going to do is first run through what these ten dogmas are and then I'll only have time to discuss one or two of them in a bit more detail.

But essentially the ten dogmas which are the default worldview of most educated people all over the world are first, that nature is mechanical or machine-like. The universe is like a machine. Animals and plants are like machines.

We're like machines. In fact, we are machines. We are lumbering robots in Richard Dawkin's vivid phrase with brains that are genetically programmed computers. Second, matter is unconscious. The whole universe is made up of unconscious

matter.

There's no consciousness in stars, in galaxies, in planets, in animals, in plants and there ought not to be any in us either if this theory is true. So a lot of the philosophy of mind over the last hundred years is being trying to prove that we're not really conscious at all.

So the matter is unconscious. Then the laws of nature are fixed. This is dogma three. The laws of nature are the same now as they were at the time of the Big Bang and they'll be the same forever. Not just the laws, but the constants of nature are fixed which is why they are called constants.

Dogma four the total amount of matter and energy is always the same. It never changes in total quantity except at the moment of the Big Bang when it all sprang into existence from nowhere in a single instant.

The fifth dogma is that nature is purposeless. There are no purposes in all nature and the evolutionary purpose, and the evolutionary process has no purpose or direction. Dogma six the biological heredity is material.

Everything you inherit is in your genes or in epigenetic modifications of the genes or in cytoplasmic inheritance. It's material. Dogma seven memories are stored inside your brain as material traces.

Somehow everything you remember is in your brain in modified nerve endings, phosphorylated proteins. No one knows how it works, but nevertheless, almost everyone in the scientific world believes it must be in the brain.

Dogma eight your mind is inside your head. All your consciousness is the activity of your brain and nothing more. Dogma nine, which follows from dogma eight. Psychic phenomena like telepathy are impressive possible.

Your thoughts and intentions cannot have any effect at a distance because your mind is inside your head. Therefore, all the apparent evidence for telepathy and other psychic phenomena is illusory. People believe these things happen, but it's just because they don't know enough about statistics or they're just they're deceived by coincidences, or wishful thinking.

And dogma ten mechanistic medicine is the only kind that really works. That's why governments only fund research into mechanistic medicine and ignore complementary and alternative therapies. Those can't possibly really work because they're not mechanistic.

They may appear to work because people would have got better anyway or because of the placebo effect. But the only kind that really works is mechanistic medicine. Well, this is the default worldview that is held by almost all educated people all over the world.

It's the basis of the educational system. The National Health Service, and the Medical Research Council governments. And it's just the default worldview of educated people. But I think every one of these dogmas is very, very questionable.

And when you look at it, they're, they fall apart. I'm going to take first the idea that the laws of nature are fixed. This is a hangover from an older worldview. Before the 1960s, when the Big Bang theory came in, people thought that the whole universe was eternally governed by eternal mathematical laws.

When the big bang came in. Then that assumption continued, even though the Big Bang revealed a universe that's radically evolutionary, about 14 billion years old, growing and developing and evolving for 14 billion years, growing and cooling, and more structures and patterns appear within it.

But the idea is, all the laws of nature were completely fixed at the moment of the Big Bang, like a cosmic Napoleonic code.

As my friend Terence McKenna used to say, modern science is based on the principle give us one free miracle and we'll explain the rest.

And the one free miracle is the appearance of all the matter and energy in the universe and all the laws that govern it from nothing in a single instant. Well, in an evolutionary universe, why shouldn't the laws themselves evolve?

After all, human laws do. And the idea of laws of nature is based on a metaphor for human laws. It's a very anthropocentric metaphor. Only humans have laws. In fact, only civilized societies have laws.

As CS. Lewis once said, to say that a stone falls to Earth because it's obeying the law and makes it a man and even a citizen. It's a metaphor that we got so used to that we forget it's a metaphor. In an evolving universe, I think a much better idea is the idea of habits.

I think the habits of nature evolve. The regularities of nature are essentially habitual. This was an idea put forward at the beginning of the 20th century by the American philosopher C. S. Purse. And it's an idea that various other philosophers have entertained.

And it's one which I myself have developed into a scientific hypothesis, the hypothesis of morphic resonance, which is the basis of these evolving habits. According to this hypothesis, everything in nature has a kind of collective memory.

Resonance occurs on the basis of similarity. As a young giraffe embryo grows in its mother's womb, it tunes in. To the amorphic resonance of previous giraffes. It draws on that collective memory. It grows like a giraffe, and it behaves like a giraffe.

Because it's drawing on this collective memory. It has to have the right genes to make the right proteins. But genes, in my

view, are grossly overrated. They only account for the proteins that the organism can make, not the shape or the form, or the behavior.

Every species has a kind of collective memory. Even crystals do. This theory predicts that if you make a new kind of crystal for the first time, the very first time you make it, it won't have an existing habit.

But once it crystallizes, then the next time you make it, there'll be an inference from the first crystals to the second ones all over the world. By morphic resonance, it'll crystallize a bit easier the third time.

There'll be an inference from the first and second crystals. There is, in fact, good evidence that new compounds get easier to crystallize all around the world, just as this theory would predict. It also predicts that if you train animals to learn a new trick, for example, rats learn a new trick in London, then all around the world, rats of the same breed should learn the same trick quicker just because the rats have learned it here.

And surprisingly, there's already evidence that this actually happens anyway. That's my own hypothesis. In a nutshell in morphic resonance, everything depends on evolving habits, not on fixed laws. But I want to spend a few moments on the constants of nature, too, because these are again assumed to be constant.

Things like the gravitational constant, and the speed of light, are called fundamental constants. Are they really constant? Well, when I got interested in the question, I tried to find out. They're given in.

Physics handbooks, handbooks of physics list the existing fundamental constants, and tell you their value. But I wanted to see if they changed, so I got it. The old volumes of Physical handbooks. I went to the Patent Office library here in London and they're the only place I could find that kept

the old volumes.

Normally, people throw them away when new values come out, they throw away the old ones. When I did this, I found that the speed of light dropped between 1928 and 1945 by about 20 kilometers per second.

It's a huge drop because they're given arrows of any fractions of a set. Ah, practical points of error. And yet all over the world, it dropped. And they were all getting values very similar to each other with tiny errors.

And then in 145 it went up at 48, it went up again, and then people started getting very similar values again. I was very intrigued by this and I couldn't make sense of it. So I went to see the head of Metrology at the National Physical Laboratory in Teddington.

Metrology is the science in which people measure constants. And I asked him about this, I said, what do you make of this drop in the speed of light between 1928 and 1945? And he said, oh, dear. He said You've uncovered the most embarrassing episode in the history of our science.

So I said, well, could the speed of light have actually dropped? And that would have amazing implications if so. He said, no, no, of course, it couldn't have actually dropped, it's a constant. So oh, well, then how do you explain the fact everyone was finding it going much slower during that period?

Is it because they were fudging their results to get what they thought other people should be getting? And the whole thing was just produced by in the minds of physicists? We don't like to use the word fudge.

I said, well, what do you prefer? He said, well, we prefer to call it intellectual phase locking. So I said, well, if it was going on, then how can we be so sure it's not going on today? And that the present values are produced by

intellectual phase locking.

And he said, oh, we know that's not the case. And I said, how do we know? He said, well, he said, we've solved the problem. And I said, well, how? He said, well, we fixed the speed of light by definition in 1972.

So I said, but it might still change. He said, yes, but we'd never know it because we've defined the meter in terms of the speed of light. So the units changed with it. So he looked very pleased about that.

They'd fixed that problem. But I said, well then, what about big June E, the gravitational constant known in the trade as big G. It's written with a capital G, newton's universal gravitational constant that's varied by more than 1.3% in recent years.

And it seems to vary from place to place and from time to time. And he said, oh, well, those are just arrows, and unfortunately there are quite big errors with big G. So I said, well, what if it's really changing?

I mean, perhaps it is really changing. And then I looked at how they do it. What happens is they measure it in different labs, they get different values on different days, and then they average them.

And then other labs around the world do the same and they come out, usually with a rather different average. And then the international committee on Metrology meets every ten years or so and averages the ones from labs around the world to come up with the value of big G.

But what if g were actually fluctuating? What if it changed? There's already evidence actually, that it changes throughout the day and throughout the year. What if the Earth, as it moves through the galactic environment, went through patches of dark matter or other environmental factors that could alter

it?

Maybe they all change together. What if these errors are going up together and down together? For more than ten years, I've been trying to persuade metrologists to look at the raw data. In fact, I'm now trying to persuade them to put it online on the internet with the dates and the actual measurements, and see if they're correlated, to see if they're all up at one time, all down at another.

If so, they might be fluctuating together, and that would tell us something very, very interesting. But no one has done this. They haven't done it because g 's are constant. There's no point looking for changes.

You see here's a very simple example of where a dogmatic assumption actually inhibits inquiry. I myself think that the constants may vary quite considerably well within narrow limits, but they may all be varying.

And I think the day will come when scientific journals like Nature have a weekly report on the constants like stock market reports and newspapers. You know, this week big G was slightly up. The speed of the charge on the electron was and the speed of light held steady and so on.

That's just one area where I think thinking less dogmatically could open things up. One of the biggest areas is the nature of the mind. This is the most unsolved problem that sounds simply can't deal with the fact we're conscious and it can't deal with the fact that our thoughts don't seem to be inside our brains.

Our experiences don't all seem to be inside our brains. Your image of me now doesn't seem to be inside your brain. Yet the official view is there's a little Rupert somewhere inside your head and everything else in this room is inside your head.

Your experience is inside your brain. I'm suggesting actually

that vision involves an outward projection of images. What you're seeing is in your mind but not inside your head. Our minds are extended beyond our brains in the simplest act of perception.

I think that we project out the images we're seeing and these images touch what we're looking at. If I look at you from behind, you don't know I'm there. Could I affect you? Could you feel my gaze? There's a great deal of evidence that people can.

The sense of being stared at is an extremely common experience and recent experimental research suggests it's real. Animals seem to have it too. I think it probably evolved in the context of predator-prey relationships.

Prey animals that could feel the gaze of a predator would survive better than those that couldn't. This would lead to a whole new way of thinking about ecological relationships between predators and prey, and also about the extent of our minds.

If we look at distant stars, I think our minds reach out, in a sense, to touch those stars and literally extend out over astronomical different distances. They're not just inside our heads. Now, it may seem astonishing that this is a topic of debate.

In the 21st century, we know so little about our own minds that where our images are is a hot topic of debate within consciousness studies. Right now, I don't have time to deal with any more of these dogmas, but every single one of them is questionable.

If one questions it, new forms of research, and new possibilities open up. And I think as we question these dogmas that have held back science for so long, science will undergo a reflowering, a renaissance. I'm a total believer in the importance of science.

I've spent my whole life as a research scientist, my whole career. But I think by moving beyond these dogmas, it can be regenerated once again and become interesting and I hope, life-affirming.

Thank you.

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The Illusion of Death

[The Illusion of Death](#)

by [theJourneyofPurpose](#)

Why death is just an illusion – thought provoking video

Death is an illusion, life is a dream and we are the creator of our own imagination

The present moment is the only moment available to us and is the doorway to all moments

– Thich Nhat Hanh

Speakers: Alan Watts, Steve Jobs, Jim Carrey, Nick Vujicic

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Grief in the Raw

[Grief in the Raw](#)

by [Robert Augustus Masters, PhD](#)

sourced from [Robert Augustus Masters' newsletter](#).

Grief is heartbreak at its purest and messiest, imbued with existential vulnerability and at least some degree of agony.

Grief is the core-level, deeply felt response to loss and in-your-face impermanence. It includes sorrow, but is more than sorrow. It doesn't just weep, but wails, its sounds unmistakably expressing pain and devastation felt right to the marrow – and it also can be silent, thunderously and unspeakably silent. It may include wild mood swings, disorientation, spiritual revelations, and bouts of rage.

The emotionally bruised surfaces of grief may show to varying degrees, but the bulk of it all too often remains in our shadow. Frozen grief, muted grief, strangled grief – so much heart-hurt and ossified sorrow stored out of sight, so that it won't mess with our life. But what a price we pay for this!

Grief helps make us fully human, emotionally and spiritually grounding us in the raw reality of loss and the inevitability of endings, minus any buffers or distractions. There's pain in

it, sometimes unbearable pain, but there's also an opening, however rough or ragged, to life at a fundamental level.

The gifts of grief include not only this reality-unlocking openness, but also a kind of broken-heartedness that has the power to greatly deepen our intimacy with each other and with life itself. Fully felt grief *connects* us all – grieving together attunes us to what really matters.

At first, it's "my" grief, intensely and understandably personal. We may go no further than this, or we may find ourselves shifting to a sense of "our" grief, as our heart breaks open to include the pain of others close to us. And we may then further shift to "the" grief, as we attune to collective suffering and allow the feeling of that to penetrate and move us. This brings not just more grief, but more love and compassion and connection, as the circle of our being expands to include everyone who has grief.

When we're in touch only with *my* grief, *our* grief and *the* grief remain in our shadow; when we're in touch only with *my* and *our* grief, *the* grief is in our shadow. And when we're connected with all three, grief is completely out in the open. The move from personal to relational to collective grief is not a strategy or practice, but a natural outcome of surrendering to our own grief.

Grief is not something to get over, but something to get into, fully. Its heartbreak is not a malady, but can be a portal into depth and communion, ripening into a grounded bareness of being that guides us into deeper, far more humane ways of living.

Unfortunately, contemporary culture is largely grief-phobic, especially regarding the uninhibited expression of grief. A few tears are usually deemed okay, so long as they're not too loud, not too messy. "Being strong" in the presence of grief is often held as more of a virtue than letting grief have its

way with us – with “being strong” meaning keeping relatively stoic, holding things together, not letting our emotions “get the better of us.” The unexpressed grief that permeates our culture – and is stored in our collective shadow – keeps us overly apart from each other.

And why? Because openly expressed grief empathetically links us, sooner or later, to everyone who has grief – and we all have grief. It comes with being human. To leave it unattended isolates us, caught up in exaggerated autonomy and separateness, out of touch with the interconnectedness of all that is. In cultures that are death-avoiding, openly expressed grief is a no-no, because it directly and deeply exposes us to death and our own mortality.

Signs that Grief May Be in Our Shadow:

- **A lack of empathy** when faced with others’ heartbreak and crises. Especially others who are very different from us.
- **Turning away from our pain.** Overreliance on painkillers and tranquillizing agents, including electronic sedation.
- **Resisting being vulnerable.** The less vulnerable we are, the more difficult it is to access our grief.
- **Discomfort when in the presence of others’ grief.**
- **Thinking of grief as something to get over.**
- **Feeling ashamed when we display any sorrow.** This happens when we associate sorrow with weakness, dysfunction, or a loss of power.
- **Emotional numbness and disconnection.**
- **Feeling depressed when things end or significantly change.** Where grief is the heart suffused with – and blown open by – loss-centered hurt, depression is the heart *flattened* so much that it cannot be felt.
- **Shifting to aggression when we feel rising sadness or shame.**
- **Denying that we have grief.** It’s easy to project our

grief onto others, thereby distancing ourselves from our own.

Opening to our grief, making room for it to breathe and flow and find fitting expression, might seem unproductive, out of keeping with our get-ahead intentions and motivations, but it actually is a profoundly productive undertaking, if only because of its capacity to deepen our shared humanity, our cross-cultural kinship.

Grief brings us into intimate contact with life's ever-arising losses and endings, providing not a solution to this, but rather the capacity and space to be fully present with it – emotionally, mentally, physically, and spiritually.

Grief de-numbs us, tenderizes and deepens us, rendering us more whole, more alive, more here. Choose, and keep choosing, to trust it; however rough the ride may be, it is worth taking, for the sake of one and all.

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Elderhood in the Raw

Elderhood in the Raw

by [Robert Augustus Masters, PhD](#)

sourced from [Robert Augustus Masters newsletter](#)

April 16, 2019

Elderhood is far from common – it is not something that automatically happens when we reach a certain age. It is something that is honed, deepened, birthed through the ongoing labor of ceasing to be a slave to our conditioning, especially after we're no longer ascending the peak but are slowly, slowly sliding down the other side of it.

As such, it is more an undoing than a doing, an alignment with what doesn't decline as we decline – it doesn't depend on all our faculties operating at optimal levels, but does depend on deliberate, steady, disciplined alignment with what truly matters in the latter stages of an unabashedly human life.

Elders are not busy homesteading on the top rung, speaking from on high; they are still evolving, knowing this inside and out, still curious amidst the creaking and complaining of bones and sinews, still reaching even as they rest, their journey one of endless discovery and deepening, with their mortality whispering to them more and more often. Elders are iconoclastic warriors of heart and guts and unsung knowings, even if they are hobbling or super-forgetful or cranky – you can count on them to be straight with you, to challenge your certainties, to care about what really matters.

They are unapologetically human, having done their time in the forges and chill waters and considerable tests of maturation, bearing scars seen and unseen, their bloodstream taking its time, their foot easing off the accelerator, belly and jaw soft. Do they get reactive, cranky, abrupt, edgy? Sure, but in palatable doses, with whatever cleanup is needed close at hand. Elders may be mellow some of the time, but are not stuck in being positive.

Elders have the capacity to die into Life, to die into a deeper death – as do some who are much more youthful – but they bring to this a gravitas, a getting-it-in-the-bones that is far less accessible for the younger. The decline of the body, however fit or trim or young-looking, gives fledgling

elderhood the grounding, deep-rooted sobriety it needs.

Elders are clear, idiosyncratic channels for muddy waters, not caring much if they get dirty in the process. Etiquette may not be their strong suit. Their bodies may not be doing so well, but they honor their somatic reality, taking care of it without taking too much care of it. They do not bewail their physical and mental decline; it's a slow downhill dance that is free of wallflowers and the need for an audience.

Elderhood is a robustly wrinkled ripeness, harvested for those who make their way toward it. In the buzz and hustle of contemporary culture, elders may seem like anachronisms, souvenirs from decimated cultures, with initiation rituals in one pocket and wheeze-reducing herbs in the other – but they are at the leading edge of our times, however small their numbers, doing what they can to help root us in our deep humanity even as we stretch for better skies.

Turn toward them. Honor them. Use them. Elders aren't just taking a bedrock-strong stand, but are servants of that stand, stewards of the deeply relevant. They do this without hope, but with a stubbornly unshakable faith, their bodies bent but aglow with what this asks of them. Let us lean together into this, both bowing to it and embodying it, no matter how broken or aged our step may be.

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Remembering to Remember

by [Robert Augustus Masters](#)

February 2019

[Source](#)

There's an awakening that outshines our spiritual ambitions, revealing dimensions out of imagination's reach but as organically familiar as the supportive feel of our pillow as we slide into deep sleep.

The knocking on the door is ever there, infiltrating the clutter that populates our everyday mind. The message is simple: Remember to remember.

But remember what? What essentially matters, and what makes that matter.

This becomes clearer as you attune to what is out of sight, out of comprehension, out of hearing, out of the reach of the familiar. Give more of yourself to such fine-tuning, allowing more stretching of your spiritual radar.

Look inside your looking. And continue listening with your totality to the presence of silence.

It's as if you've just begun to awaken from a cozy nap, your room pierced with slats of sunlight, and you, caught mid-yawn, have no idea whatsoever where you are or what you are, but there nevertheless is a vividly unsettling knowingness surging through you, leaving you too unveiled to pull things together, hyperaware of the absence of familiarity – suddenly you are acutely alive, adrift in the sheer enormity and revelatory implications of it all.

You could be sinking in an unknown sea, or crouching in a thunderously wet midnight jungle, or lying broken on a frozen

battlefield or lonely bed or silvery emptiness, even as you start to recognize where you are physically located.

And so with relief you let the familiar invade you, reoccupy and compartmentalize you, not noticing how surreal this is, how consolingly encapsulating. The enterprise of reassembling your sense of self once again clicks into place, and in a very short time you are now a seemingly solid somebody, no matter how often you lose your ID in your dreams.

Still, something hugely other is palpably afoot, still with you, hovering in the back of the background, something that you know, in your secret heart, can at any moment become foreground, making of you an expressive zone for What is ever showing up as you – and everything else.

There is comfort and plenty of undeniable utility in being colonized by the familiar, even as it muffles the knocking at the door, distracting us from the awakening that tugs at our hidden bedcovers.

This awakening establishes itself as we let go of our bearings to enough of a degree to find deeper bearings, remembering that we actually know the way by heart, even when we cannot see or hear or move.

Ours is then a geography of resurfacing continents, wild green uprisings, cascading lava, alien skies, barely remembered faces and embraces that pull, pull, and pull some more at us with a depth of aching that links us up with a sense of significance before which all else pales.

We then look up as if for the first time, even as we look down at our disappearing ground, starlight our witness and crumbling foothold, gravity and vast luminosity making us up over and over and over, leaving us more and more at home with the whole irreducible mystery of it all.

Here, nothing is familiar and everything is recognized.

It is to this that we are ever invited. Remember to remember it.

Meeting Your Edge

by [Robert Augustus Masters](#)

If you're not afraid, it's not your edge. If you're not resistant, it's not your edge. If you can coast through it, it's not your edge.

If you're not feeling raw, it's not your edge. If you're trying to fit yourself into a cognitive framework, it's not your edge. If you think you've got it figured out, it's not your edge.

If you leap too soon, you'll bounce back to your old ways before long; and if you wait too long to leap, you'll remain bound to your old ways after the novelty of seeing different ground has worn thin. Going to your edge is not a one-time activity; it's a way of being.

If you're clinging to complication, ricocheting between perspectives, it's not your edge. If you're clinging to easy answers, it's not your edge. If you're settling for crumbs, it's not your edge.

If you're being seduced by hope, it's not your edge. If you're making explanation more central than revelation, it's not your edge. If you're overthinking this, it's not your edge.

If you're trying to make it all make sense, it's not your

edge. If you're clinging to despair, it's not your edge. If you're remaining intact, it's not your edge. If it doesn't peel back your eyelids, it's not your edge.

If you're handing your inner critic a megaphone and an uncritical ear, you'll approach your edge only partially, sideways, half-heartedly. If you're fusing with your inner child, your approach to your edge will slow to a crawl, and then a standstill. If you look as you leap and leap as you look, your edge no longer will be ahead of you, but a deepening plunge into an unmapped, fully alive now.

If you keep shelving your invitation to your edge, you run the risk of dying before you truly live, of settling for a meager portion when the feast is not out of reach. If you allow self-sabotage to dethrone you, your edge will be reduced to a postcard you occasionally mail to yourself.

Your edge is where you are most alive, most challenged, most broken open, most in touch with what you were born to stretch into. Your edge may not be a precipice, but it is a naturally precarious place until you learn to homestead there, no longer turning impermanence into a problem or inconvenience.

If it's easy, it's not your edge. If it doesn't call for the very best from you, it's not your edge. If it doesn't seize your heart and ignite your belly, it's not your edge.

If it remains conceptual, it's not your edge. If it gets bogged down in emotion, it's not your edge. If it values the spiritual over the personal, it's not your edge.

Going to our edge uproots us until we find truer ground. It shakes and quakes us, stripping us of our lethargy, reluctance, and bypassing. It is rough grace unbraked, at once undoing and reforming us, without our usual input.

Going to our edge is a risk; not going to our edge is a bigger risk. Listen very closely – do you not detect the

pull, however subtle, of your edge? And do you not also feel a response, however slight, to this, regardless of the hubbub of the rest of your life?

Your edge, as always, awaits you. Now.

Intimate Relationship as a Spiritual Crucible

[Intimate Relationship as a Spiritual Crucible](#)

“Every human being with whom we seek relatedness is a koan, that is to say, an impossibility. There is no formula for getting along with a human being. No technique will achieve relatedness. I am impossible to get along with; so is each one of you; all our friends are impossible; the members of our families are impossible. How then shall we get along with them? ... If you are seeking a real encounter, then you must confront the koan represented by the other person. The koan is an invitation to enter into reality.” ~ John Welwood

by [John Welwood](#)

While most people would like to have healthy, satisfying relationships in their lives, the truth is that everyone has a

hard time with intimate partnerships. The poet Rilke understood just how challenging they could be when he penned his classic statement, **“For one person to love another, this is the most difficult of all our tasks.”**

Rilke isn't suggesting it's hard to love or to have loving-kindness. Rather, he is speaking about how hard it is to keep loving someone we live with, day by day, year after year. After numerous hardships and failures, many people have given up on intimate relationship, regarding the relational terrain as so fraught with romantic illusion and emotional hazards that it is no longer worth the energy.

Although modern relationships are particularly challenging, their very difficulty presents a special arena for personal and spiritual growth. To develop more conscious relationships requires becoming conversant with how three different dimensions of human existence play out within them: ego, person, and being.

Every close relationship involves these three levels of interaction that two partners cycle through—ego to ego, person to person, and being to being. While one moment two people may be connecting being to being in pure openness, the next moment their two egos may fall into deadly combat. When our partners treat us nicely, we open—“Ah, you're so great.” But when they say or do something threatening, it's “How did I wind up with you?” Since it can be terribly confusing or devastating when the love of our life suddenly turns into our deadliest enemy, it's important to hold a larger vision that allows us to understand what is happening here.

Relationship as Alchemy

When we fall in love, this usually ushers in a special period, one with its own distinctive glow and magic. Glimpsing another person's beauty and feeling, our heart opening in response

provides a taste of absolute love, a pure blend of openness and warmth. This being-to-being connection reveals the pure gold at the heart of our nature, qualities like beauty, delight, awe, deep passion and kindness, generosity, tenderness, and joy.

Yet opening to another also flushes to the surface all kinds of conditioned patterns and obstacles that tend to shut this connection down: our deepest wounds, our grasping and desperation, our worst fears, our mistrust, our rawest emotional trigger points. As a relationship develops, we often find that we don't have full access to the gold of our nature, for it remains embedded in the ore of our conditioned patterns. And so we continually fall from grace.

It's important to recognize that all the emotional and psychological wounding we carry with us from the past is relational in nature: it has to do with not feeling fully loved. And it happened in our earliest relationships—with our caretakers—when our brain and body were totally soft and impressionable. As a result, the ego's relational patterns largely developed as protection schemes to insulate us from the vulnerable openness that love entails. In relationship the ego acts as a survival mechanism for getting needs met while fending off the threat of being hurt, manipulated, controlled, rejected, or abandoned in ways we were as a child. This is normal and totally understandable. Yet if it's the main tenor of a relationship, it keeps us locked in complex strategies of defensiveness and control that undermine the possibility of deeper connection.

Thus to gain greater access to the gold of our nature in relationship, a certain alchemy is required: the refining of our conditioned defensive patterns. The good news is that this alchemy generated between two people also furthers a larger alchemy within them. The opportunity here is to join and integrate the twin poles of human existence: heaven, the vast space of perfect, unconditional openness, and earth, our

imperfect, limited human form, shaped by worldly causes and conditions. As the defensive/controlling ego cooks and melts down in the heat of love's influence, a beautiful evolutionary development starts to emerge—the genuine person, who embodies a quality of very human relational presence that is transparent to open-hearted being, right in the midst of the dense confines of worldly conditioning.

Relationship as Charnel Ground

To clarify the workings of this alchemy, a more gritty metaphor is useful, one that comes from the tantric traditions of Buddhism and Hinduism: relationship as charnel ground. In many traditional Asian societies, the charnel ground was where people would bring dead bodies, to be eaten by vultures and jackals. From the tantric yogi's perspective, this was an ideal place to practice, because it is right at the crossroads of life, where birth and death, fear and fearlessness, impermanence and awakening unfold right next to each other. Some things are dying and decaying, others are feeding and being fed, while others are being born out of the decay. The charnel ground is an ideal place to practice because it is right at the crossroads of life, where one cannot help but feel the rawness of human existence.

Chögyam Trungpa Rinpoche described the charnel ground as “that great graveyard, in which the complexities of samsara and nirvana lie buried.” Samsara is the conditioned mind that clouds our true nature, while nirvana is the direct seeing of this nature. As Trungpa Rinpoche describes this daunting crossroads in one of his early seminars:

It's a place to die and be born, equally, at the same time, it's simply our raw and rugged nature, the ground where we constantly puke and fall down, constantly make a mess. We are constantly dying, we are constantly giving birth. We are eating in the charnel ground, sitting in it, sleeping on it,

having nightmares on it... Yet it does not try to hide its truth about reality. There are corpses lying all over the place, loose arms, loose hands, loose internal organs, and flowing hairs all over the place, jackals and vultures are roaming about, each one devising its own scheme for getting the best piece of flesh.

Many of us have a cartoon-like notion of relational bliss: that it should provide a steady state of security or solace that will save us from having to face the gritty, painful, difficult areas of life. We imagine that finding or marrying the right person will spare us from having to deal with such things as loneliness, disappointment, despair, terror, or disintegration. Yet anyone who has been married for a long time probably has some knowledge of the charnel ground quality of relationship—corpses all over the place, and jackals and vultures roaming about looking for the best piece of flesh. Trungpa Rinpoche suggests that if we can work with the “raw and rugged situation” of the charnel ground, **“then some spark or sympathy or compassion, some giving in or opening can begin to take place. The chaos that takes place in your neurosis is the only home ground that you can build the mandala of awakening on.”** This last sentence is a powerful one, for it suggests that awakening happens only through facing the chaos of our neurotic patterns. Yet this is often the last thing we want to deal with in relationships.

Trungpa Rinpoche suggests that our neurosis is built on the fact that:

...large areas of our life have been devoted to trying to avoid discovering our own experience. Now [in the charnel ground, in our relationships] we have a chance to explore that large area which exists in our being, which we've been trying to avoid. That seems to be the first message, which may be very grim, but also very exciting. We're not trying to get away from the charnel ground, we don't want to build a Hilton

hotel in the middle of it. Building the mandala of awakening actually happens on the charnel ground. What is happening on the charnel ground is constant personal exploration, and beyond that, just giving, opening, extending yourself completely to the situation that's available to you. Being fantastically exposed, and the sense that you could give birth to another world.

This also describes the spiritual potential of intimate involvement with another human being.

Another quote with a similar feeling comes from Swami Rudrananda (known as Rudy, a German teacher who was a student of the Indian saint Swami Nityananda), further describing how to work with neurosis in this way:

Don't look for perfection in me. I want to acknowledge my own imperfection, I want to understand that that is part of the endlessness of my growth. It's absolutely useless at this stage in your life, with all of the shit piled up in your closet, to walk around and try to kid yourself about your perfection. Out of the raw material you break down [here he is also speaking of the charnel ground] you grow and absorb the energy. You work yourself from inside out, tearing out, destroying, and finding a sense of nothingness. That nothingness allows God to come in. But this somethingness—ego and prejudices and limitations—is your raw material. If you process and refine it all, you can open consciously. Otherwise, you will never come to anything that represents yourself ... The only thing that can create a oneness inside you is the ability to see more of yourself as you work every day to open deeper and say, fine, "I'm short-tempered," or "Fine, I'm aggressive," or, "Fine, I love to make money," or, "I have no feeling for anybody else." Once you recognize you're all of these things, you'll finally be able to take a breath and allow these things to open.

Rudy suggests that we have to acknowledge and embrace our imperfections as spiritual path; therefore grand spiritual pretensions miss the point. In his words, **"A man who thinks he has a spiritual life is really an idiot."** The same is true of relationships: beware of thinking you have a "spiritual relationship." While loving connection provides a glimpse of the gold that lies within, we continually corrupt it by turning it into a commodity, a magical charm to make us feel okay. All the delusions of romantic love follow from there. Focusing on relationship as a spiritual or emotional "fix" actually destroys the possibility of finding deep joy, true ease, or honest connection with another.

Sooner or later relationship brings us to our knees, forcing us to confront the raw and rugged mess of our mental and emotional life. George Orwell points to this devastating quality of human love in a sentence that also has a charnel ground flavor to it: "The essence of being human is that one does not seek perfection, and that one is prepared, in the end, to be defeated, and broken up by life, which is the inevitable price of fastening one's love upon other human individuals."

This then is the meaning of the charnel ground: we have to be willing to come apart at the seams, to be dismantled, to let our old ego structures fall apart before we can begin to embody sparks of the essential perfection at the core of our nature. To evolve spiritually, we have to allow these unworked, hidden, messy parts of ourselves to come to the surface. It's not that the strategic, controlling ego is something bad or some unnecessary, horrible mistake. Rather, it provides the indispensable grist that makes alchemical transformation possible.

This is not a pessimistic view, because some kind of breakdown is usually necessary before any significant breakthrough into new ways of living not so encumbered by past conditioning. Charnel ground, then, is a metaphor for this

breakdown/breakthrough process that is an essential part of human growth and evolution, and one of the gifts of a deep, intimate connection is that it naturally sets this process in motion. Yet no one wants to be dismantled. So there are two main ways that people try to abort this process: running away and spiritual bypassing.

The problem with running away when a relationship becomes difficult is that we are also turning away from ourselves and our potential breakthroughs. Fleeing the raw, wounded places in ourselves because we don't think we can handle them is a form of self-rejection and self-abandonment that turns our feeling body into an abandoned, haunted house. The more we flee our shadowy places, the more they fester in the dark and the more haunted this house becomes. And the more haunted it becomes, the more it terrifies us. This is a vicious circle that keeps us cut off from and afraid of ourselves.

One of the scariest places we encounter in relationship is a deep inner sense of unlove, where we don't know that we're truly lovable just for being who we are, where we feel deficient and don't know our value. This is the raw wound of the heart, where we're disconnected from our true nature, our inner perfection. Naturally we want to do everything we can to avoid this place, fix it, or neutralize it, so we'll never have to experience such pain again.

A second way to flee from the challenges of relationship is through spiritual bypassing—using spiritual ideas or practices to avoid or prematurely transcend relative human needs, feelings, personal issues, and developmental tasks. For example, a certain segment of the contemporary spiritual scene has become infected with a facile brand of “advaita-speak,” a one-sided transcendentalism that uses nondual terms and ideas to bypass the challenging work of personal transformation.

Advaita-speak can be very tricky, for it uses absolute truth to disparage relative truth, emptiness to devalue form, and

oneness to belittle individuality. The following quotes from two popular contemporary teachers illustrate this tendency: "Know that what appears to be love for another is really love of Self, because other doesn't exist," and "The other's 'otherness' stands revealed as an illusion pertaining to the purely human realm, the realm of form." Notice the devaluation of form and the human realm in the latter statement. By suggesting that only absolute love or being-to-being union is real, these teachers equate the person-to-person element necessary for a transformative love bond with mere ego or illusion.

Yet personal intimacy is a spark flashing out across the divide between self and other. It depends on strong individuals making warm, personal contact, mutually sparking and enriching each other with complementary qualities and energies. This is the meeting of I and Thou, which Martin Buber understood not as an impersonal spiritual union but as a personal communion rooted in deep appreciation of the other's otherness.

A deep, intimate connection inevitably brings up all our love wounds from the past. This is why many spiritual practitioners try to remain above the fray and impersonal in their relationships—so as not to face and deal with their own unhealed relational wounds. But this keeps the wounding unconscious, causing it to emerge as compulsive shadowy behavior or to dry up passion and juice. Intimate personal connecting cannot evolve unless the old love wounds that block it are faced, acknowledged, and freed up.

As wonderful as moments of being-to-being union can be, the alchemical play of joining heaven and earth in a relationship involves a more subtle and beautiful dance: not losing our twoness in the oneness, while not losing our oneness in the twoness. Personal intimacy evolves out of the dancing-ground of dualities: personal and trans-personal, known and unknown, death and birth, openness and karmic limitation, clarity and

chaos, hellish clashes and heavenly bliss. The clash and interplay of these polarities, with all its shocks and surprises, provides a ferment that allows for deep transformation through forcing us to keep waking up, dropping preconceptions, expanding our sense of who we are, and learning to work with all the different elements of our humanity.

When we're in the midst of this ferment, it may seem like some kind of fiendish plot. We finally find someone we really love and then the most difficult things start emerging: fear, distrust, unlove, disillusion, resentment, blame, confusion. Yet this is a form of love's grace—that it brings our wounds and defenses forward into the light. For love can only heal what presents itself to be healed. If our woundedness remains hidden, it cannot be healed; the best in us cannot come out unless the worst comes out as well.

So instead of constructing a fancy hotel in the charnel ground, we must be willing to come down and relate to the mess on the ground. We need to regard the wounded heart as a place of spiritual practice. This kind of practice means engaging with our relational fears and vulnerabilities in a deliberate, conscious way, like the yogis of old who faced down the goblins and demons of the charnel grounds.

The only way to be free of our conditioned patterns is through a full, conscious experience of them. This might be called "ripening our karma," what the Indian teacher Swami Prajnanpad described as *bhoga*, meaning "deliberate, conscious experience." He said, "You can only dissolve karma through the *bhoga* of this karma." We become free of what we're stuck in only through meeting and experiencing it directly. Having the *bhoga* of your karma allows you to digest unresolved, undigested elements of your emotional experience from the past that are still affecting you: how you were hurt or overwhelmed, how you defended yourself against that by shutting down, how you constructed walls to keep people out.

Another term for directly engaging our karma might be “conscious suffering.” This involves saying “yes” to our pain, opening ourselves to it, as it is. This kind of yes doesn’t mean, “I like it, I’m glad it’s like this.” It just means, “Yes, this is what’s happening.” Whatever comes up, you are willing to meet it and have a direct experience of it. For example, if you’re hard-hearted, you have a full experience of that. Then you see how acknowledging this affects you and what comes from doing that.

Bhoga involves learning to ride the waves of our feelings rather than becoming submerged in them. This requires mindfulness of where we are in the cycle of emotional experience. A skilled surfer is aware of exactly where he is on a wave, whereas an unskilled surfer winds up getting creamed. By their very nature, waves are rising fifty percent of the time and falling the other fifty percent. Instead of fighting the down cycles of our emotional life, we need to learn to keep our seat on the surfboard and have a full, conscious experience of going down. Especially in a culture that is addicted to “up,” we especially need our “yes” when the down cycles unfold—to be willing to fall apart, retreat, slow down, be patient, let go. For it’s often at the bottom of a down cycle, when everything looks totally bleak and miserable, that we finally receive a flash of insight that lets us see the hidden contours of some huge ego fixation in which we’ve been stuck all our life. Having a full, conscious experience of the down cycle as it’s occurring, instead of fighting or transcending it, lets us be available for these moments of illumination.

While the highlands of absolute love are most beautiful, few but the saints can spend all their time there. Relative human love is not a peak experience nor a steady state. It wavers, fluctuates, waxes and wanes, changes shape and intensity, soars and crashes. “This is the exalted melancholy of our fate,” writes Buber, describing how moments of I/Thou

communion cannot last too very long. Yet though relationships participate fully in the law of impermanence, the good news is that this allows new surprises and revelations to keep arising endlessly.

Relationship as Koan

Relating to the full spectrum of our experience in the relational channel ground leads to a self-acceptance that expands our capacity to embrace and accept others as well. Usually our view of our partners is colored by what they do for us—how they make us look or feel good, or not—and shaped by our internal movie about what we want them to be. This of course makes it hard to see them for who they are in their own right.

Beyond our movie of the other is a much larger field of personal and spiritual possibilities, what Walt Whitman referred to when he said, “I contain multitudes.” These “multitudes” are what keep a relationship fresh and interesting, but they can only do that if we can accept the ways that those we love are different from us—in their background, values, perspectives, qualities, sensitivities, preferences, ways of doing things, and, finally, their destiny. In the words of Swami Prajnanpad, standing advaita-speak on its head: **“To see fully that the other is not you is the way to realizing oneness ... Nothing is separate, everything is different ... Love is the appreciation of difference.”**

Two partners not holding themselves separate, while remaining totally distinct—“not two, not one”—may seem like an impossible challenge in a relationship. Bernard Phillips, an early student of East/West psychology, likens this impossibility of relationship to a Zen koan, a riddle that cannot be solved with the conceptual mind. After continually trying and failing to figure out the answer, Zen students arrive at a genuine solution only in the moment of finally

giving up and giving in. In Phillips' words:

Every human being with whom we seek relatedness is a koan, that is to say, an impossibility. There is no formula for getting along with a human being. No technique will achieve relatedness. I am impossible to get along with; so is each one of you; all our friends are impossible; the members of our families are impossible. How then shall we get along with them? ... If you are seeking a real encounter, then you must confront the koan represented by the other person. The koan is an invitation to enter into reality.

In the end, to love another requires dropping all our narcissistic agendas, movies, hopes, and fears, so that we may look freshly and see "the raw other, the sacred other," just as he or she is. This involves a surrender, or perhaps defeat, as in George Orwell's words about being "defeated and broken up by life." What is defeated here, of course, is the ego and its strategies, clearing the way for the genuine person to emerge, the person who is capable of real, full-spectrum contact. The nobility of this kind of defeat is portrayed by Rilke in four powerful lines describing Jacob's wrestling match with the angel:

Winning does not tempt that man

For this is how he grows:

By being defeated, decisively,

By constantly greater beings.

In relationship, it is two partners' greater beings, gradually freeing themselves from the prison of conditioned patterns, that bring about this decisive defeat. And as this starts reverberating through their relationship, old expectations finally give way, old movies stop running, and a much larger acceptance than they believed possible can start opening up

between them. As they become willing to face and embrace whatever stands between them—old relational wounds from the past, personal pathologies, difficulties hearing and understanding each other, different values and sensitivities—all in the name of loving and letting be, they are invited to “enter into reality.” Then it becomes possible to start encountering each other nakedly, in the open field of nowness, fresh and unfabricated, the field of love forever vibrating with unimagined possibilities.

Adapted from a talk given at the California Institute of Integral Studies in San Francisco.

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Alan Watts: The Real You

Alan Watts: The Real You

An inspirational and profound speech from the late philosopher **Alan Watts**.

Original Audio sourced from: “Alan Watts – ‘Nature of Consciousness’ from Human Consciousness”

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Parasites on the Loosh – Knowing and Dissolving the Enemy of Mankind

[Parasites on the Loosh – Knowing and Dissolving the
Enemy of Mankind](#)

by [Zen Gardner](#)

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Introduction

The fundamental understanding that we are an energy source for some form of inter-dimensional parasites is becoming more and more predominant. After all, it fits not only ancient and even current religious and spiritual teachings, but every form of social and psychological framework as well. That we're being used and abused is obvious, but by whom ultimately, and why?

There's clearly a wickedly contrary current at play working against the instinctive creative and loving force most of us are tapped into and endeavor to manifest in our lives. We have not just opposition, but apparently a seemingly coordinated or similarly "inspired" enemy of mankind continually acting contrary to our best interests.

A simple perusal of the abusive systems at large in the human societal fabric paints a very clear picture.

Whether it's deliberately dumbing down education and controlled media that only stifle and misdirect, or the engineered highly toxic social, geological, technological and essential resource manipulation we see escalating at an exponential rate, humanity and our planet are under attack and at a serious crossroads.

Loosh Change

Understanding the gnostic/archontic explanation of earth's situation as propounded by John Lash as well as the Wetiko teachings put forth by Paul Levy, or even the growing body of alien occupation and exploitation research coupled with exposés of the real meanings of ancient religious and archeological discoveries, are profoundly important in order to more fully grasp what is going on here.

In addition, a further understanding regarding the actual energy being harvested, also known as loosh energy, is imperative and complimentary to this and extremely compelling, having its own attributes to help us more fully understand our socio-political, economic as well as psycho-spiritual environment.

Just how these parasitic forces operate and indeed manage us, however we conceptualize them on whatever level, in order to provide the enslaved energetic food source they need to live on, is essential to our empowerment.

It's not exactly a pleasant subject, but then neither is the human devolution and depopulation agenda for the obvious purpose of the obvious, abject domination, if not destruction, of our species and planet.

The concept of loosh energy was more modernly articulated by Robert Monroe of the Monroe Institute, although the concept as

a known reality has been around a long, long time. His articulations are revealing, compelling and ultimately empowering.

*Loosh, being life force energy (spiritual energy), is just simply energy, and includes the energy familiar to us as **emotional energy** both happy and unhappy.*

Most notably, as terminology of rare usage, “loosh,” per se, was the word devised by Robert Monroe referring to the emotional energy radiated by animals and humans in dire circumstances that entail intense, severe pain and suffering in body and psyche.

And so, “loosh,” in this older usage, described a negative experiential spectrum.



So Who is Utilizing It, and Why?

That humanity is in a deliberately induced state of suffering is an incontrovertible truth. History attests to the oppressive and cruel reigns of dynasty after empire after micro hierarchy. We seem to resign ourselves to them in the knowledge that we can see them, yet the present day in our

faces reality that it's still going on and we're even subject to them escapes us. We're basically designed to not truly "see" them for what they truly are.

The "why" of that is a massive subject, our cowardly, seemingly self serving personal abdication of responsibility and sovereignty, but let's stick to the overarching reality for starters.

[Spoiler Alert. Knowing these self-evident truths and the personal responsibility directly implied will bring on extreme personal turmoil; that or abject rejection in the form of denial, another learned behavior at the behest of the assumptive, invading controllers designed to defuse action.]

Back to loosh...

This "loosh" was not a discovery of something new.

Rather, it was simply Monroe's identifying, and hence naming, of a metaphysical, alchemical phenomenon that has always existed (spiritual energy simply is) and – probably since many centuries ago, perhaps even millennia – was developed and exploited as a dark, multidimensional occult art and skill, utilized by secret societies and institutionally for social programming and mind control, and raised to a zenith in our electronic era.

Once there was a Monroe Institute, then related offshoots and derivations of that type of experimentation and research soon became the specialized, highly refined activities and techniques of Area 51 and Montauk for "military" and "defense" objectives (so-called), and the pop-music /entertainment industries and institutional pedophilia as they particularly are today.

As a type of spiritual energy identified by Monroe, capitalized upon by the secret services and black-ops, and exploited as a social engineering utility by the

interdimensional Negatives, “loosh” essentially is of the earth planes (lower dimensions) and the trauma energy of the human and animal emotional body (for example, via the cruelty imposed upon and endured by the animal kingdom, and the brutality of the abbatoir).

As negative emotional energy, especially the energy of pain, trauma, stress, abuse, and suffering, or as Georgi very rightly described it, as “dreadful loosh,” it contains the heightened molecular content and organic /hormonal adrenalin-cortisol cascades, coursing through the quantum dynamics of blood, body, and brain systems.

Under such intense extremity of trauma, the blood and flesh is, for the Negative Entities, thus highly ‘enriched’ and hence highly prized, their brand of premium gold caviar diamond steak, as it were.

(There is a passage in the Old Testament where the gods rush in from afar, salivating at the aroma of burning human flesh. The so-called “God” or “Gods” in the O.T. – Old Testament – were/are mostly Negative Entities.)

Not only is this negative loosh highly coveted, but most crucially of all, it is absolutely necessary for probably most Negative Entities, for enabling and facilitating existence in the Earth planes, as well as for the ability to hold the human form so they don’t slide into shapeshifting.

Apparently, because of the vibrational difference in frequency levels, there is a fundamental physiological incompatibility which our negative loosh neutralizes for them, and which even enhances their energetic stamina and function in the Earth and lower dimensions.

Vibration and frequency, in them, in humans, and animal Earthlings, are key to loosh’s entrapment dynamics and emancipation from it.



More “Loosh” Energies and the Muti-faceted Entropic Breakdown Agenda

This is nothing less dramatic than demon possession and vampirism on a massive scale explained, or whatever semi-or-not paradigm you might subscribe to. We have to understand the dynamics of what is being reined upon us in order to fully empower ourselves in every facet of our being.

We’re in an interdimensional as well as an earthly, material conflict and it’s a battle for our survival, consciously as well as physically. Understanding these deeper dynamics is paramount to our welfare.

The concept of entropy lends itself to this, the scientifically identified impact of breaking down and reducing the energy of any given process or body in order to release energy. Burning fossil fuels is a perfect example, breaking down elements in order to harvest their energy.

There are so many examples of this, physically as well as socially... and especially spiritually. Religious institutions and belief systems are designed to do this.

You'll see that entropic breakdown for energy harvesting phenomena such as nuclear reactions, cyber information and attention harvesting more and more, but understand the destructive process we are witnessing is releasing energy for a much deeper purpose than is being told. In fact, it's unfathomable to the deliberately controlled mind.

These are the aspects we need to research for ourselves, but when we do, we find common denominators on every side.

Good Loosh, Bad Loosh

Now the good news.

All "loosh" is not bad or necessarily manipulated. We generate amazing amounts of good energy that won't necessarily be contained or tainted.

But it takes some recognizing on our parts, as well as a centered and truth grounded reference point on our parts:

That's empowering and should resonate. We clearly have the upper hand, despite their reversal of truth. Something to beware of continually. There's always an overwhelming energy harvesting design to whatever they devise.

Harvesting Through Fear and Focused Attention

Our focusing on their designed end product is what brings their synthetic construct into reality. False education and especially media propaganda play an important role in all of this, with the ever looming backdrop of immense social engineering. That today's news is focused almost solely on the acts and programmed words of world puppet leaders and the moves and lives of oligarchs and the parasitic "elite" is evident. As the expression says, energy flows where attention

goes.

We're feeding them with our attention, by design.

In other words, humanity is empowering the entire construct, in addition to energetically feeding this parasitic, spiritual and fully inorganic invading force.

This is vitally important to realize. While billions are glued to their boobtoobs drinking in not just propaganda and mind control, there's an energetic exchange happening. As quantum physics has proven, we bring into reality what we direct our energy towards. This has profound ramifications on every moment of our lives.

The engineered wars, terror, tension and scarcity memes used for millennia, and heightened today by the aid of artificially intelligent empowered synthetic technology, makes for fertile ground for abuse and negative loosh production.



The Parasitic Loosh Harvest Reality – Child Abuse and

Human Sacrifice

Meanwhile, not just by the terrors of war or continued engineered suffering of humanity, oligarchs, secret societies, and just about any organization or individual, human or not, who is integrally involved in this anti-human parasitic, self serving force, will also be an active participant in horrific child abuse and human sacrifice, to degrees unimaginable by true, empathic natural humans.

It's part of the formula. An essential one. Torture, pain, suffering and death as the ultimate energy release to be harvested are their staples. It's not aberrant in their minds; it's survival. They are not of us. A profound differentiation you have got to make if you're to survive and learn how to fight back and help save our race and planet.

The abuse, ritual sacrifice, and trafficking realities are coming into greater conscious awareness but it's a long way from really hitting home. When you extrapolate this out to realize the entire control grid is parasitic in the most horrific and obscene ways possible, using us as literal energy sources via not just our work value, but our life force, that's when the truth starts hitting home.

So How and Why is this Understanding Empowering?

These would-be controllers and seeming 'hot shots' we see in the news with their suits, uniforms and even religious or otherwise regalia are fundamentally impotent. They're not organic nor do they care one bit about anything but themselves and some sort of Borg mind, cancer-like agenda to suck their host dry. If you look honestly at even the exposed public power figures they're sick psychos in human form. I would venture to say they are not of us and a fully infiltrated, unscrupulous enemy within, and that we are in deep, dire straights if we don't shake the hypnotic trance and rise up against them.

That includes the secondary psychopaths who've bought into the Borg program.

The real truth is, based on anything natural and creative and good, they're ugly, sickly, shallow and weak, the definition of a blood and life sucking parasite. What needs to be realized, most of all, is that the power of this so-called enemy attempting to oppress us is ultimately of our own complacent making. Their only power is that which we empower them with. Without us they're nothing.

Therein lies our strength. Not just to our awakening to these greater truths and understandings, but completely disengaging in any form of physical, economic, social or psychic support and letting ourselves be empowered by the realization of their resultant futility. But only if we truly wake up and take appropriate action in our lives, cleaning up our own selves and old programming, facing fears and avoidance issues, and detaching, yes detaching, from our tick like dependence on this false system and take full control of our lives – and then stand up for the truth in everything we do, whatever it takes.

They or their collective "it" are a synthetic virus, lab manufactured if you will. They can only mimic, just as psychopaths mimic normal behavior to get by while they suck anything in their path dry.

Nature itself is not on their side. That's why they're attempting to destroy it.



Conclusion

That the power of one candle is enough to enlighten a darkened room is weeny compared to the powers that lay within each of us. But it alludes to the idea. But I say enough over spiritualizing and convenient mental distancing of ourselves from our horrendous situation on this planet. This is way too late and beyond any reparation short of complete and utter pro-active rebellion with an intent to destroy their power. We have been invaded and beyond oppressively controlled, abused and sucked dry long enough. Anything at all was too much, but now we find ourselves so far down the tubes it may seem hopeless.

Screw that attitude. That we're here, alive and just now discovering our true natures and infinite possibilities only speaks to the fact that this must have been our living, creative universe's way of challenging us to the max to bring out the best in us. That's good enough for me. It sure resonates.

Listen to the true human heart speaking. Learn to discern who

is who out there and around, and stand in your truth and learn to act decisively. Don't let them divert your attention or appeal to some soft peddling new age or otherwise compromise about reformation, "love and light", or pray to some external BS to keep you from exposing and hence destroying their influence.

This parasitic voice works through the ego. As Don Juan called it, they gave us their mind, the predator mind. It's that false self, out to protect itself, and hence this whole overriding system of abuse and compliance with it. If we're not going militant in our resolution and understanding we will be consumed and the planet devoid of truly human life. What's left will be a replica, virtual sadomasochist robots who love their slavery. Those who survive that is.

Do you want your progeny to live like that?

Because that's what we're heading for at such an incredible speed and with such momentum it's causing even good hearts to faint.

Not me, and I hope not you. Get some damn courage and get to work. You're gonna lose it all and all your loved ones and beloved home planet anyway if we don't wake up and rise to this occasion.

Epilogue – The Empowerment of Greater Truth Coupled with Conscious Action

The fact that we can now specifically identify our oppressors and their techniques is incredibly empowering. While they appear to and in many ways do have the upper hand, it's fundamentally extremely flimsy and illusory – a construct meant to displace our humanity and sense of conscious connection.

But it's only if we agree to it and support it.

It will take a form of spiritual violence to take a stand.

This is what's being called for, and whatever else may follow. I hope you're up to it. I sure am. This is what I came here for. And I've done the work to prepare for it.

Know your true identity as an amazing individual yet part of a vast continuum of the ultimate Source. Their fear based intimidation wilts in our gaze of knowing truth. Be strong. Informed, empowered and encouraged. And ACT accordingly, whatever the consequences. Everything will be thrown at you. That's the nature of being a warrior in battle.

We already have every possible element needed to refute and dissipate this imposed, parasitic control system.

Live freely – and carry on the process. We're not just observers, but doers of the very real truth we've come to understand. Act and be bravely! There's nothing to fear in all truth and reality. It's a charade only made real by letting their false reality in, like choosing to let a nightmare go through your waking day. Why do that? Shake it and simply be who you truly are and act accordingly and be willing to go where it takes you, fears and all.

Their only power is in illusion, as real as the mass hypnosis and resultant subservience and empowerment makes it appear. It doesn't matter how weird or strange these manifesting influences may seem to be or how many are bowing down to them. Stand on your authentic own.

Find it first of all, that's the real journey, and then stand like a tree against the storm – and then move forward.

See you on the frontline. We were born for this.

Love, Zen



[Zen Gardner](#) is an impactful and controversial author and speaker with a piercing philosophical viewpoint.

His writings have been circulated to millions and his personal story has caused no small stir amongst the entrenched alternative pundits. His book *You Are the Awakening* has met rave reviews and is available on amazon.com. *You Are the Awakening* examines the dynamics of the awakening to a more conscious awareness of who we are and why we are here – dynamics which are much different from the programmed approach of this world we were born into.

I Am Not My Story

[I Am Not My Story](#)

by **Zen Gardner**

Deeply rooted, convoluted, my story took its form
Weaving and deceiving all, the characters were born
“False appearing real”, the chequered meme within its spell
As the image wound its hungry way and lies began to gel

How story loves to reinforce, for self and others’ pleasure
Not seeing that from selfsame point was made that story’s
measure

The masquerade continues on, appearing unabated
While all along the Truth inside was scoffed and underrated

The stories change and rearrange, depending on the weather
Who needs what, will I survive? Co-dependent tales together

Should I play or should I stay? Should I do this or that...
Decisions made for which we paid the billing as we sat

Stories are so int'resting and often very clever
No matter if they're true or not, we're in this play together
Now subtle more is what's in store when Truth It starts to
surface
Conflict sure, but what allure, a grin instead of grimace

There's something there, from who knew where, and I just could
be him
Something deep that ever seeps and seeks to fill to brim
But wait, my story's crumbling, in fact it's quite the shock
Tis' not as played, my cool parade – my strut began to mock

Defeat is triumph backwards, as if there's aught to fear
The self is story on the loose, a lie yet held so dear
Thoughts and stories coalesce to try and reach success
But thankfully, we come to learn, the story's not our best

I finalize, with final eyes, that stories all are fake
Memes and mimes just spewing lines with ego on the take
What always waits 'yond conscious gates is something quite
amazing
Creation's aide, another grade, and this is where I'm grazing

Zen Gardner is an impactful and controversial author and speaker, whose personal story has caused no small stir amongst the entrenched alternative pundits. His book [You Are the Awakening](#) met rave reviews and is available on [amazon.com](#). [You Are the Awakening](#) examines the dynamics of the awakening to a more conscious awareness of who we are and why we are here – dynamics which are much different from the programmed approach of this world we were born into. Zen Gardner does not currently offer public contact details.

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