

# Killing Us Softly

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by [Todd Hayen](#), [OffGuardian](#)

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We have, for quite some time, been exposed to a myriad of silent killers. These are the subtle murderers of both the physical body as well as the spirit.

I used to think most of these killers were unintentional and merely the result of ignorance or a non-existent understanding

of the non-material world of spirit. I also felt that science was rather inept in detecting subtle shifts of emotion, such as depression or “just not feeling well.” All such “measurements” were simply too nuanced to show up in their metrics.

Now I believe a lot of what I am speaking of is intentional. We are intentionally being eliminated or, at the very least, intentionally being made ill. Humanity is purposefully being murdered.

That’s a rather radical assumption, eh? Well, let’s just put it aside for the moment if this bothers you. I can make a good argument even if you are unwilling to accept that extreme notion. And, as the eminent Swiss psychiatrist Carl Jung used to often say to his patients, *“Well, I could be wrong.”*

There are many obvious things out in the world that are killing us softly...and not all of them so softly. Pollution is a big one; the air we breathe and the water we drink are toxic—probably more toxic than we are led to believe (that’s the “softly” part). Then on the toxic list we’ve got most of what we eat, the obvious being fast food, the not so obvious being processed food, and the really soft culprit being GMO. There are more “obvious killers” out there as well, I just don’t have the space to include all of them.

Some of the more “not so obvious” things, which some of you may have issue with, are things like 5G, and really any EMF pollution, which even includes radio waves. Most medicine is toxic, doctors themselves can be quite toxic and guilty of killing us softly, although I still would bet most of them do this unintentionally (how many times have you read statistics that “deaths due to doctors, hospitals, and pharmaceuticals” rank in the top five of global killers?) There are so many things on this list it would take volumes to present them all.

Actually, I would not be surprised if every single thing we

encounter every day is chemically toxic in some way (meaning it is responsible for destroying the tissue of our physical body). Fun stuff.

I think a lot of people out there are not really aware of most of these things, or think the damage they may inflict is so minimal it really doesn't amount to much. Well, as they say, things add up.

Again, this is all stuff that most people at least have heard of possibly being bad news. Most of those people, again, probably figure that the powers that be would not allow things out there that could really hurt us. I mean, really, there are so many government agencies that regulate this stuff, and do whatever they can to keep us from being harmed. Cough, cough. Really? Like I've said before, if you believe that, I've got beachfront property in Nevada I'll sell you cheap. Or is it Kansas?

We've all seen movies like Erin Brockovich (2000) and Dark Waters (2019) that show the heroics of individuals fighting the big bad polluting evil ones and winning millions of bucks for their victims. That's great, more power to them. But the bad guys in these movies are for the most part a few levels down from the real culprits. Sure, there are evil corporations and CEOs who run them. They are indeed part of the agenda. But again, I won't get into that here.

Some of the biggest soft killers out there are mental health killers, as well as the drugs that accompany them. I would also put the aforementioned EMF killers in this group, and maybe even some of the pollutants that attack our minds rather than our bodies—nobody pays much attention to that—to subtle effects of personality, cognition, etc. For example most of the talk about the Covid vaccines hurting us is how it hurts us physically. You hear little about the effects they may have on the brain (other than physical), the personality, or the spirit. Oh God no, none of that woo woo stuff please, it just

isn't important.

Human beings are pretty subtle bio systems, and that is just the physical part of us. The mental/emotional part is pretty subtle too, and the spiritual part is so subtle it is ignored entirely. Even the first two of these, physical and mental, are largely ignored. The only part of them that is given much attention at all is the tip of the iceberg part. The majority of these systems lie below the level of gross awareness, yet this hidden level(s) has more influence on the well being of the person than the relatively small portion of the iceberg that is given all of the attention.

Let me be a bit clearer here.

Modern medicine is mostly a science of statistics. The majority rules here, the middle of the bell curve is what is given consideration. Nearly every medical "statement" is given as a percentage. What percent will survive a particular cancer, disease, or treatment modality, what percentage will still be alive in 5 years, what percentage will suffer side effects—on and on. Very little thought is given to the outliers. In fact, certain side effects fall so far below a relevant statistic, that these side effects are completely ignored; yet these ignored side effects could have a huge impact on quality of life.

Here is an example: I have dozens of clients who come to me with the common complaint of depression. Most of them are not suicidal; they simply have what they define as a crappy life. Their life just isn't the life they envisioned. Maybe they don't even know they are depressed, but after further evaluation, it seems clear they are just not capable of being fully happy, motivated, curious about life, or even interested in life.

These patients don't really possess any of the typical traumas in their experience that can bring on such complaints. What is

it then? The environment (I don't mean climate change)? Yes. The culture? Yes. The societal decadence and immorality? Yes. The food they eat? Yes. The over the counter drugs they take? Yes. The prescription drugs they take? Most definitely yes.

All these things are killing them—some obviously, but the real dangers are the things killing them softly—the things we are told are unimportant.

None of these things are considered by modern medicine to have a significant enough influence on the body, the mind, or the spirit (which of course no medical practitioner pays any attention to) to be dangerous. If we, as humans, fall above a certain line with our complaints and ailments, we are considered “normal” and the complaints and ailments that fall below that are not statistically relevant. But they add up.

We then die younger than we should, we become weaker earlier than we should, and even if our body can stay physically functioning through modern medical miracles, we are dead inside with a poisoned soul as well as with a body and brain that is barely functioning to par, but functioning enough that most people think is good enough.

Living a life that has meaning and purpose is actually more important than living a life with a fully healthy body—and we are getting neither in this current world setting. Our souls are slowly being killed by a meaningless, materially focused culture where consumerism is the name of the life game. I need not list the problems present in this soul killing culture, but at the head of slow death is the movement toward transhumanism and the deliberate creation of a world without a moral foundation.

The physical body is being killed softly as well with all of the aforementioned toxic killers we are exposed to day in and day out. Most of them are slow and soft, and operate unhindered below the radar of most people—and certainly below

the radar of those who should be monitoring such things.

Is this intentional? Are we subjected to this slow genocide as part of the global eugenic effort to rid the world of useless eaters?—or even more horrifying, to rid the world of all humans who are made in the image of God along with nature herself? An agenda chillingly made clear in C.S. Lewis' tome [That Hideous Strength](#) seen as well in the works of numerous others such as George Orwell and Aldous Huxley.

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Most of these toxic examples I have presented here have come about through omission—e.g., by omitting any sort of diligence to avoid their toxic effects, or by entirely doing away with things that fall into the lower material resolutions of our experience, making them statistically irrelevant—if you can't clearly see it then just ignore it. Obviously anything “unseen,” such as love, beauty, art, God, unity, and the essence of life, is completely and almost savagely ignored. Such is our world—a humanity that is quietly, and softly, dying.

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