

Self Awareness of Cultural Conditioning

Free Will isn't Free

The point being discussed here is that individuals must be fully aware of the cultural programming they have had conditioned into them in order to be able to have Free Will. The set of conditioning and cultural programs which an individual develops in their mind forms the parameters of their thought, motivations, and ultimately their behavior. Without an understanding of and control over this cultural programming, the individual cannot function as a free agent. They are in fact enslaved by the cultural programming because people and institutions that understand how to manipulate the individual's cultural programming can manipulate and control the individual without the individual being aware of this control. This is a form of slavery.

"The conscious and intelligent manipulation of the organized habits and opinions of the masses is an important element in a democratic society. Those who manipulate the unseen mechanism of society constitute an invisible government which is the true ruling power of our country.

We are governed, our minds molded, our tastes formed, our ideas suggested, largely by men we have never heard of...

Whatever attitude one chooses toward this condition, it remains a fact that in almost every act of our daily lives, whether in the sphere of politics or business, in our social conduct or in our ethical thinking, we are dominated by a relatively small number of persons ... who understand the mental processes and social patterns of the masses. It is they who pull the wires that control the public mind, who harness old social forces and contrive new ways to bind and guide the world."
Edward Bernay "Propaganda", 1928 (emphasis added)

Here we describe our model of cultural programming and the process through which this programming is installed in a person's mind. We acknowledge this is not the only model one could use. The point is that one must have a way to describe and understand cultural programming in order to discuss it and work with the idea.

What is culture and what is cultural conditioning?

For the purpose of this discussion, a person's culture is the collection of beliefs, views, methods, ways of thinking, worldview, and social perspective which a person has in their mind.

Examples are:

Cultural element in the person's mind	Example
Belief	There exists a specific deity or deities
View	View that their culture is superior to all other cultures
Method of communication	Specific language and manner of using language
Way of thinking	Thinking only in terms of their belief system i.e. all descriptions of the world are supplied by the belief system like the words of a language
Worldview	Worldview that describes people of particular race or region as inferior or superior
Social Perspective	Social perspective that the government of the society the person lives in is designed and works for the benefit of the individual and not for the benefit of the wealthy and powerful.

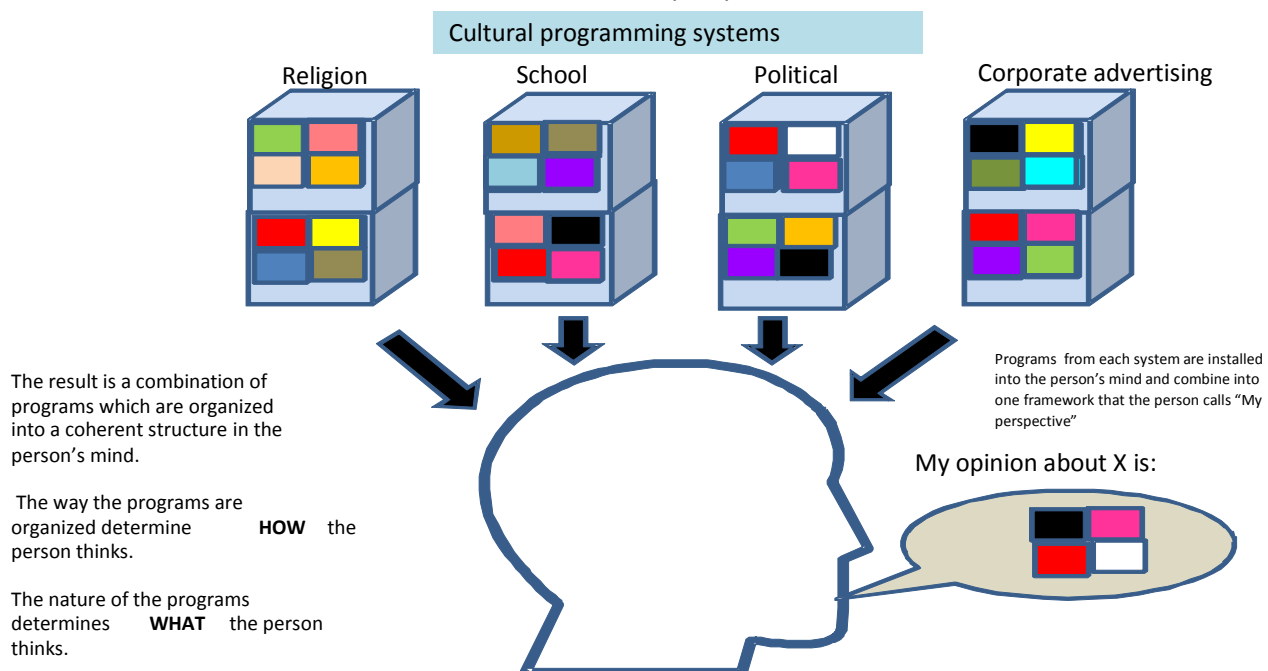
Each cultural element can be described as being a “program” (a set of instructions) that run inside a person’s mind. An example of a “belief program” would be the person thinking “I believe that God X exists.” The person’s mind runs the instructions “Believe that God X exists.” The person is conditioned through their experiences to run the instructions which result in positive feedback to the person. And this is where things start to get complicated. There are programs conditioned into the person that determine what is considered positive! Continuing our example above, a belief program can be conditioned into the person that says “You will feel good about yourself if you believe God X exists.” Now there is a feedback loop setup in the person’s mind where one program reinforces another program. So the person thinks (executes the instructions for the belief) “I believe that God X exists.” This activates the second program which the person then executes and the person thinks “I am good, I feel good because I believe God exists”.

Cultural conditioning is the process through which the person comes to internalize the programs of the “culture” in which they live and grow up. The conditioning process is not 100% effective across 100% of the population in any society due to many factors. An individual may, through life circumstances, receive cultural conditioning which contains programs which are not the same as those of the culture. For people to function in a coherent manner, the majority of the population must effectively receive and internalize the majority of the cultural programs. The cultural program for verbal communication, language, is a very good example of this. For people to function together they must be able to communicate. Language is a conditioned program (set of instructions) for communicating to other individuals using vocalization. For the purpose of this discussion, the term “mainstream” refers to the majority of the population of a society who have effectively received the majority of the cultural programs which describe the culture of that society.

Cultural programming systems

Cultural conditioning is part of every social order. People receive cultural programming as part of their “socialization” from the time they are born until they die. These cultural programs are installed in their minds by cultural programming systems/institutions [<insert link to simple model of cultural programming systems here >](#) such as religion, education systems, political systems, and in modern times, corporate advertising and media systems.

Cultural programs are installed into the person’s mind to form the person’s view of the world. Their “perspective”.



How cultural conditioning of individuals affects the nature of the society.

In any society individual perception over time becomes social reality. What the people THINK determines how they ACT which determines the SOCIAL REALITY. This is the realization of the “intent in the design” of the society.

Consider the complexity of all the cultural programs running in the person’s mind and how these programs constantly interact. Some programs reinforcing each other as in the example above, some contradicting each other. The key is that NONE of these programs is connected to reality. ALL of these programs are running in virtual space in the person’s mind. So in effect almost any program could be installed. This model provides us with a way to understand how “ideologies” can become part of a society resulting in changes to the nature of the society. It also gives us the key to understanding how to take control of the cultural programming we all have received.

The mainstream population of any culture not only runs the majority of the cultural programs without being aware of them, they also force other members of the society to behavior in accordance with the cultural programs. It only takes approximately 1 out of every 3 people in a society to be part of the “mainstream” in order for the mainstream cultural programming to become the dominate force in the social order. This is particularly true when that 33% are the people who create and administer the social policies which in turn are implemented in the social systems such as religion or education.

How cultural programming is used to manipulate and control an individual’s behavior

The cultural programming in a person’s mind used by people and institutions to control the person by using mental “levers”. Mental levers are the techniques that are used to manipulate the programs in a person’s mind in order to make them behave in a specific or general way.

For example:

- Cultural program: Black people are unintelligent, prone to violence, dirty. Therefore the person is afraid of black people.
- Mental lever: If you vote for X then black people will move into your neighborhood. Vote for Y.
- Result: Person’s culturally installed fear of black people is manipulated to influence them to vote for Y.

To see how flexible this manipulation methodology is substitute any of the following words for “Black” in the example above: Irish, Arab, Palestinian, Indian, German, Chinese, Muslim, Hispanic, lower class.

The point here is that there are many many programs installed in a person’s mind which can be manipulated by other people and institutions. If the individual is not aware of the cultural programming running in their mind and aware of the techniques which are used to manipulate the programs running in their minds, they are susceptible to being manipulate and controlled by other people and institutions. Constant advertisements, religious sermons, commercial “messages”, political speeches, movies, television shows, etc. which repeatedly activate the “fear of X people” program will result in an emotional response and associated behavior in individuals running these programs.

An individual who is aware of the cultural programming running in their minds will be insulted and angered by any attempt by a person or institution to manipulate their minds using mental levers as described above. Using mental levers to manipulate a person’s mind is a form of violation i.e. going into the person’s mind without their permission to exert control over how the person thinks and feels with the intent of exerting control over the person’s behavior. As

noted above, this is a form of slavery where the chains that control the person's behavior are in the person's mind rather than on the person's body.

The individual that is unaware of the cultural programming running in their minds is easily manipulated and controlled by people who wish to enslave them.

Self awareness of cultural programming

The people receiving cultural programming are never made aware of the processes that are being used to mold and condition their minds and personalities. This is an inherent feature of societies. All of them do it. Most people are only vaguely aware of the conditioning they have received and they are even less aware of how cultural programming in their minds is used against them by other people and institutions. The creation of true self awareness is discouraged by all social orders because the social "order" i.e functioning of the society in a particular way, is based on the unconscious cultural programming of the majority of the population through which that population acts in predefined and predictable ways. This is the creation of social orders by conscription. Individuals are born into the social order, receive cultural programming without their consent, and then live their lives according to the programming they have received.

In order for an individual to take control of this process and escape from the control it imparts to those who apply it, the individual must understand how it works.

Describing this process and making it available to individuals in manner which they can effectively to become aware of their cultural programming is one of the basic tenets of Strategic Social Architecture. The social order through which we have decided to apply this principle is Strategic Social Architecture. The result is a social order created and maintained by the conscious intention of self aware individuals.

Characteristics of the "free" mind

A mind that is largely free of cultural conditioning is one which uses methods of analysis, evaluation, validation, and integration on all information being presented to it. Such a mind will not respond to events or information based solely on cultural programs which have been installed by other people or institutions. Such a mind will demand verification of the information, establishment of context, evaluation of underlying forces influencing people and events, and clearly definitions of all words and symbols being communicated. A free mind will challenge the reason behind both the form and content of all communication and refuse to accept any information at face value. All information will be subject to processing and an acceptance process before being integrated into the personality and worldview. A free mind has no need of "belief". A free mind processes information and creates from it an understanding. A free mind never says "I believe in X". A free mind says "It is my understanding that X means this."

Obviously for the established systems of social control such as religion, education, political systems and governments, people with free minds are a great danger. The free mind cannot be easily deceived, manipulated, or controlled. It should be understood that efforts to follow the way of a free mind will be viciously attacked by 2 types of people. The first are the people who are controlling, implementing, and benefiting from the systems of cultural programming. These people are using these institutions for their own personal aggrandizement and to control others. The second are the people who have been most thoroughly and effectively programmed and whose personalities have been fully integrated into the cultural programming. There is nothing more dangerous than a brainwashed thrall protecting its master.

Cultural programming of Strategic Social Architecture

In Strategic Social Architecture, the idea is to take control of this natural process so that there is a feedback loop giving the individual control rather than being controlled by the “invisible hand.” In Strategic Social Architecture, the people THINK for themselves, ACT based on their own initiative and understanding, and create an intentional SOCIAL REALITY.

We acknowledge that cultural programming will always be part of an individual’s mind. So the “cultural programming” of Strategic Social Architecture is installed and executed in the same manner. The difference is that an additional cultural program is installed. This program is the “self awareness” program and includes instructions for examination, monitoring, evaluation, and ultimately control over all other programs running in the person’s mind. This program is created by the person themselves as part of a process of personal development involving an examination and evaluation of the cultural programs running the individuals mind, the cultural programming systems which installed the programs, the manner in which the programs reinforce or contradict each other, and the manner in which the external reality i.e the social order uses “mental levers” to interact with, reinforce, contradict, or manipulate the cultural programs running in the individual’s mind.

The cultural programming systems implemented in Strategic Social Architecture will support the individual’s personal develop and ability to analyze, evaluate, and integrate information into their personality and worldview. The concept of “education” being a process of forced socialization is not part of the Strategic Social Architecture principles.