

# PART 5

## ALIVE AND THRIVING

- ▶ Personal Responsibility
- ▶ Determination and Persistence
- ▶ Course Correction
- ▶ Breaking Down the Past
- ▶ Self Inquiry
- ▶ Triune Brain
- ▶ Divided Within
- ▶ Cognitive Dissonance
- ▶ Influences
- ▶ Mind Control
- ▶ Wheel of Power and Control



# KEYS TO FINDING CLARITY: SELF RESOURCE



- ▶ Slow Down and Step Back
- ▶ Question
- ▶ Breathe deeply and Implement a Variety of Mindfulness and Grounding Practices (to put your frontal lobes back on-line).
- ▶ Look for Patterns in yourself and your life.
- ▶ Study Occulted (deliberately hidden) Information
- ▶ Recognize that your emotions are indicators of something important but they are not necessarily telling you the truth about a situation.
- ▶ Do Self-Inquiry
- ▶ Notice cognitive dissonance
- ▶ Learn to trust yourself, your own perceptions , and not what you are being told. (QUESTION THE MAINSTREAM NARRATIVE)
- ▶ Identify and Challenge Your Deeply Imbedded WORLD VIEWS
- ▶ Learn the Trivium
- ▶ Develop your Intuitive Abilities.
- ▶ Know your Rights.

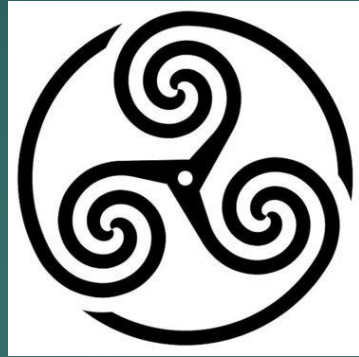


# PERSONAL RESPONSIBILITY

We Are The Solution We Are Looking For



# DETERMINATION AND PERSISTENCE

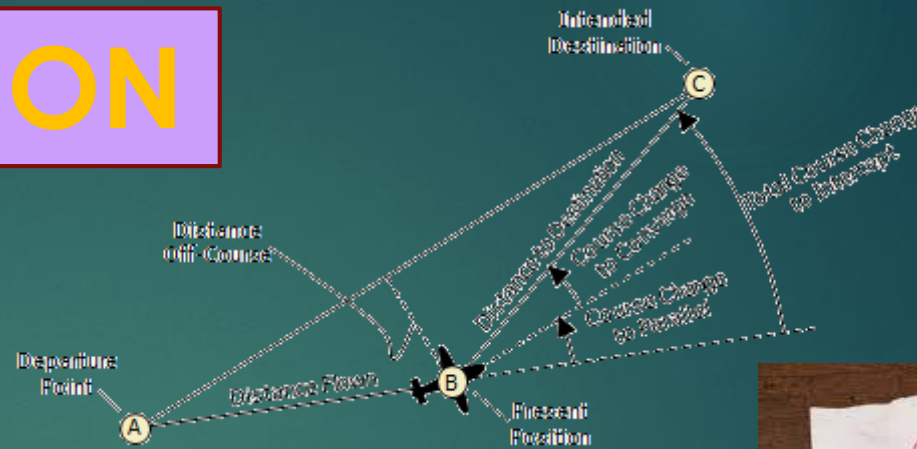


- ▶ BE UNDAUNTED
- ▶ DON'T GIVE UP.
- ▶ FIND YOUR INNER STRENGTH
- ▶ FIND A REASON, A WHY
- ▶ BE MOTIVATED.
- ▶ Select a COURSE starting FROM WHEREEVER YOU ARE.
- ▶ Activate WILL POWER.
- ▶ Think for yourself.
- ▶ Determine your own trajectory.



# COURSE CORRECTION

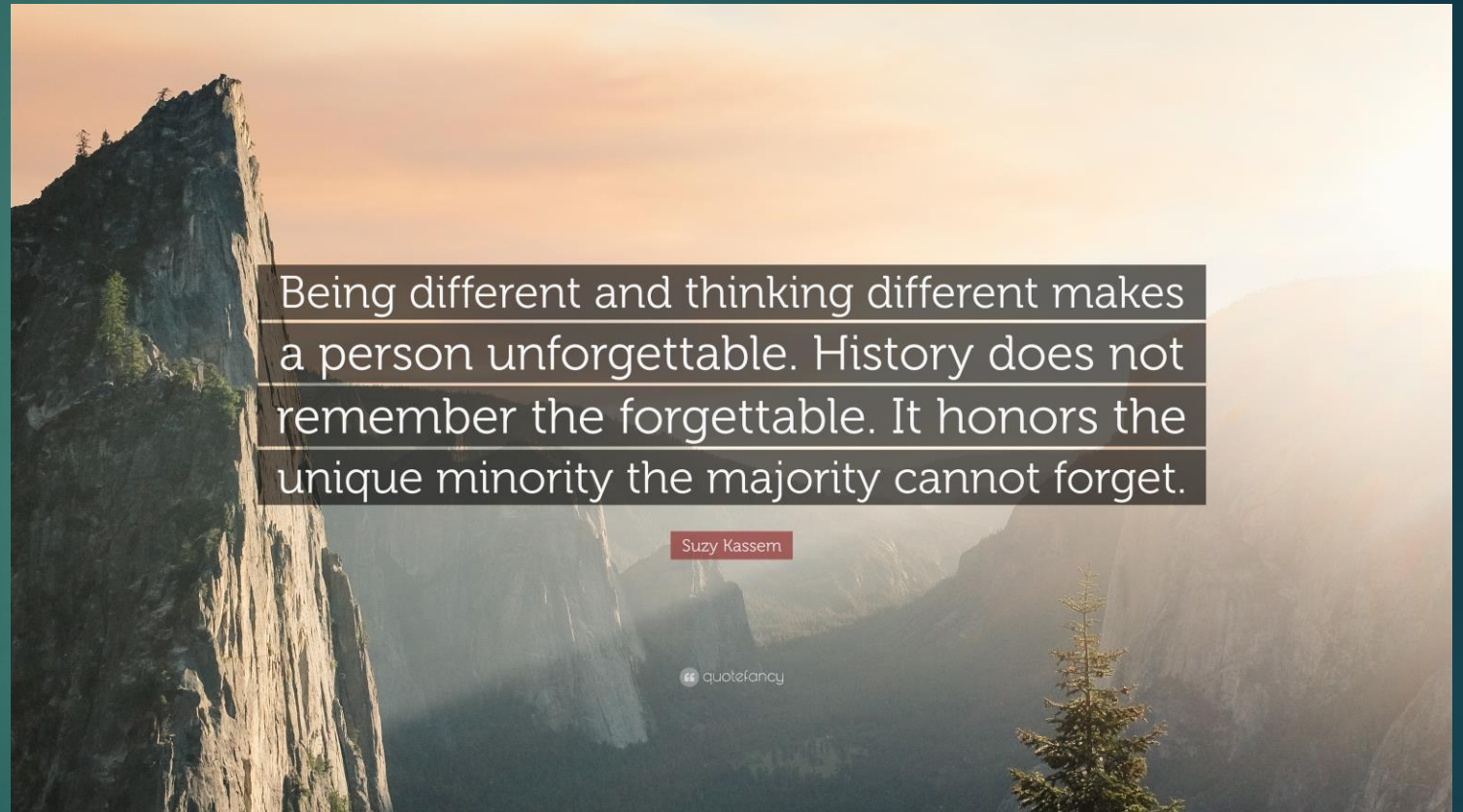
- ▶ Create a STRATEGY
- ▶ Seek Knowledge and Truth
- ▶ ASSERT your Rights
- ▶ Cultivate Care
- ▶ Learn Natural Law as a Guide to Moral Principals
- ▶ Become a Witness to Your Thoughts and Emotions.
- ▶ Look for Patterns in your self, others, and the world.
- ▶ Notice Incongruence.
- ▶ Be honest with your self.
- ▶ Develop Effective Communication Skills
- ▶ Do Shadow Work and Process residue of Past Trauma
- ▶ Learn Emotional Regulation.
- ▶ Cleanse, process and purge. Regularly.
- ▶ When you have knowledge, take action.
- ▶ Align Yourself with the TRUTH



# You are a person with a history, working on making history.



- ▶ PERSONAL
- ▶ FAMILY
- ▶ ANCESTRAL
- ▶ There is memory in your cells
- ▶ There is memory in your DNA



# Breaking down YOUR UNRESOLVED PAST

Current symptoms are our guide to what needs to be healed. They are clues to unresolved traumas derived from our past.

- ▶ Take note of your emotional overreactions.
- ▶ Notice what triggers you.
- ▶ Write a Trauma Time Line including both big and little traumas.
- ▶ Notice periods of your history where you are missing memories.
- ▶ Notice what parts of your life you would prefer to skip over.
- ▶ What riles you behaviors do you end up regretting?



Self- Inquiry

Road To Nowhere Lyrics

The wreckage of my past keeps haunting me  
It just won't leave me alone

Ozzy Osbourne



# HOW DO YOU ENSLAVE YOURSELF?

- ▶ By Believing in a an Authority outside of Natural Law or God. This includes becoming subservient to a government, a church, a teacher, a guru, a doctor, a minister, a spouse, an employer, etc.
- ▶ Believing in false left-right paradigms such as political parties or groups that create separation and competition with other groups. The illusion of separation.
- ▶ Believing in Religion of any sort, including government, scientism, money.
- ▶ Believing (fooling yourself by believing) that the institutions of religion, banking, medicine, law, law enforcement, military, education and just about every other societal institution exist to do what they claim they exist for, and that they are for your benefit.
- ▶ Giving away your personal power and decision making.
- ▶ Operating from the FIGHT-FLIGHT-FREEZE complex of your mind-body system.

## Self- Inquiry

HOW DO YOU ENSLAVE YOURSELF WITH YOUR OWN THOUGHTS, BELIEFS and ACTIONS?



# WHAT ARE YOUR CHILDHOOD WOUNDS?

Self- Inquiry

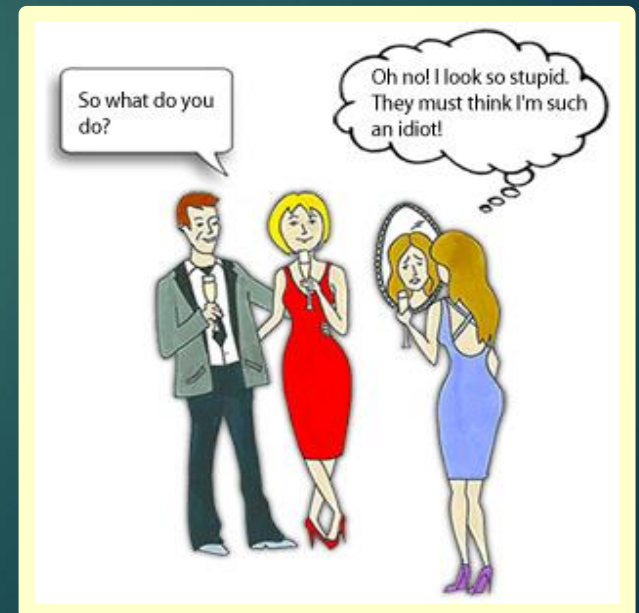
## YOUR INTERNALIZED SELF-DEFEATING SCRIPTS?

- ▶ Write a list of emotional wounds or traumas (big or small) that have occurred to you from your birth to the present time.
- ▶ With each one, ask yourself, how do I feel about myself when I remember that experience?
- ▶ What feelings and beliefs about yourself did those experiences promote?

Examples of faulty beliefs:

I am....

Helpless, Unimportant, Powerless, Not Good Enough, Invisible, Stupid, Ugly, Undesirable.....



# Signs that we are Triggered

Consciousness Contracts as we Fall into Fight or Flight  
Operating from our limbic system and brainstem

- ▶ Rational Thinking diminishes or ENDS.
- ▶ Compassion diminishes or ENDS.
- ▶ Fight Response
- ▶ Flight Response
- ▶ Freeze Response
- ▶ Unable to stay within our window of tolerance: Fluctuating between hyperstimulation (anger, reactivity, mania) and hypostimulation (depression, apathy, chronic fatigue)
- ▶ Dissociation/Memory Loss/Checking out



## Triggered and Dissociated or Not?

### Some Possible Signs:

**Holding breath/sighs**  
**Heart rate increase**  
**Sweating**  
**Muscle tightening**  
**Flushing**  
**Somatic pain**  
**Sleepiness**  
**Irritation/frustration**  
**Mind wandering**  
**Dislike of client**

### Intellectualizing, talking too much

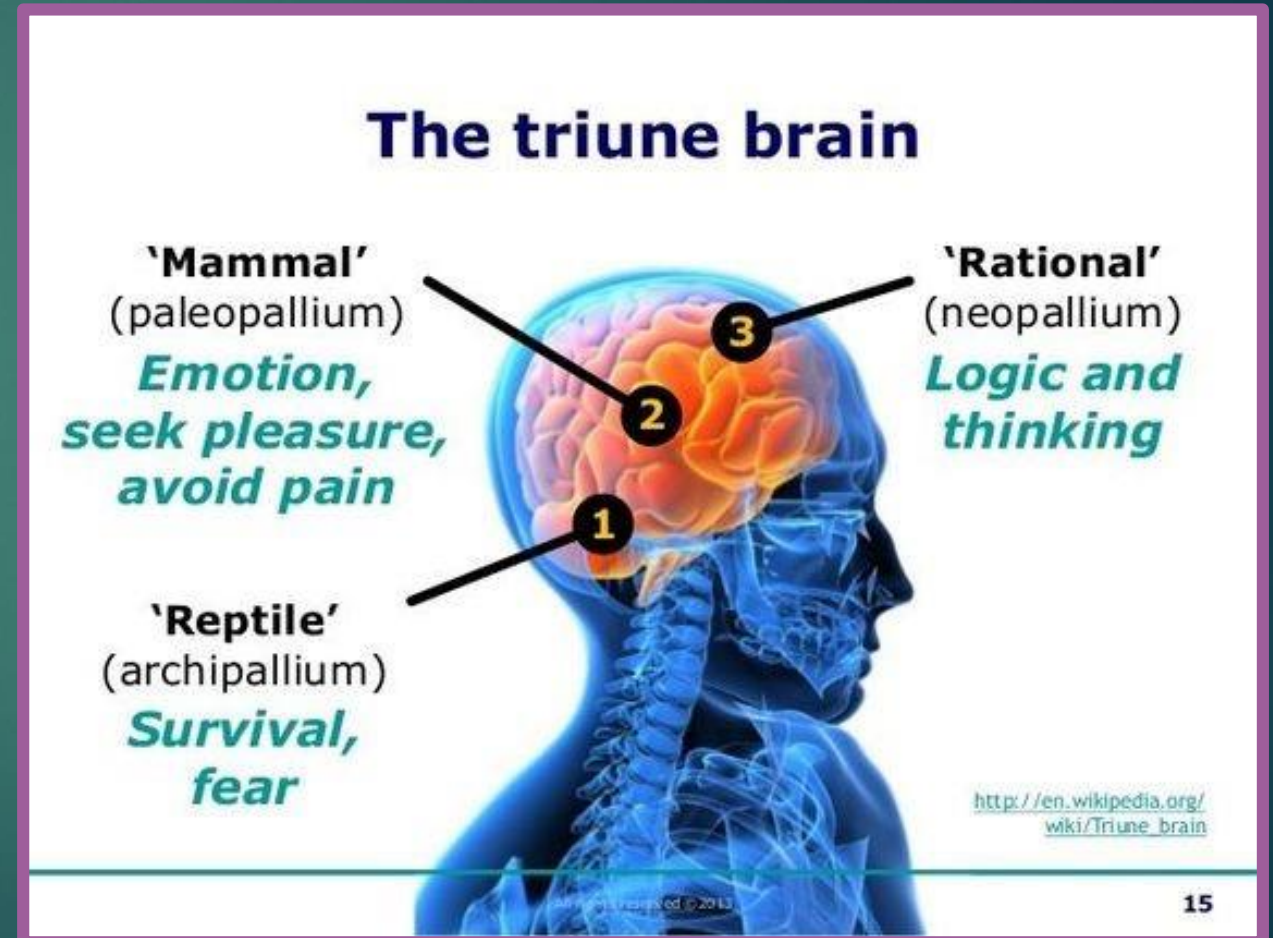
Schwarz, L. & Schwenker, R. (2014). When the therapist gets triggered.  
Psychotherapy Networker Symposium 2014.  
[www.SocialWork.Career](http://www.SocialWork.Career)



# TRIUNE BRAIN (simple model)

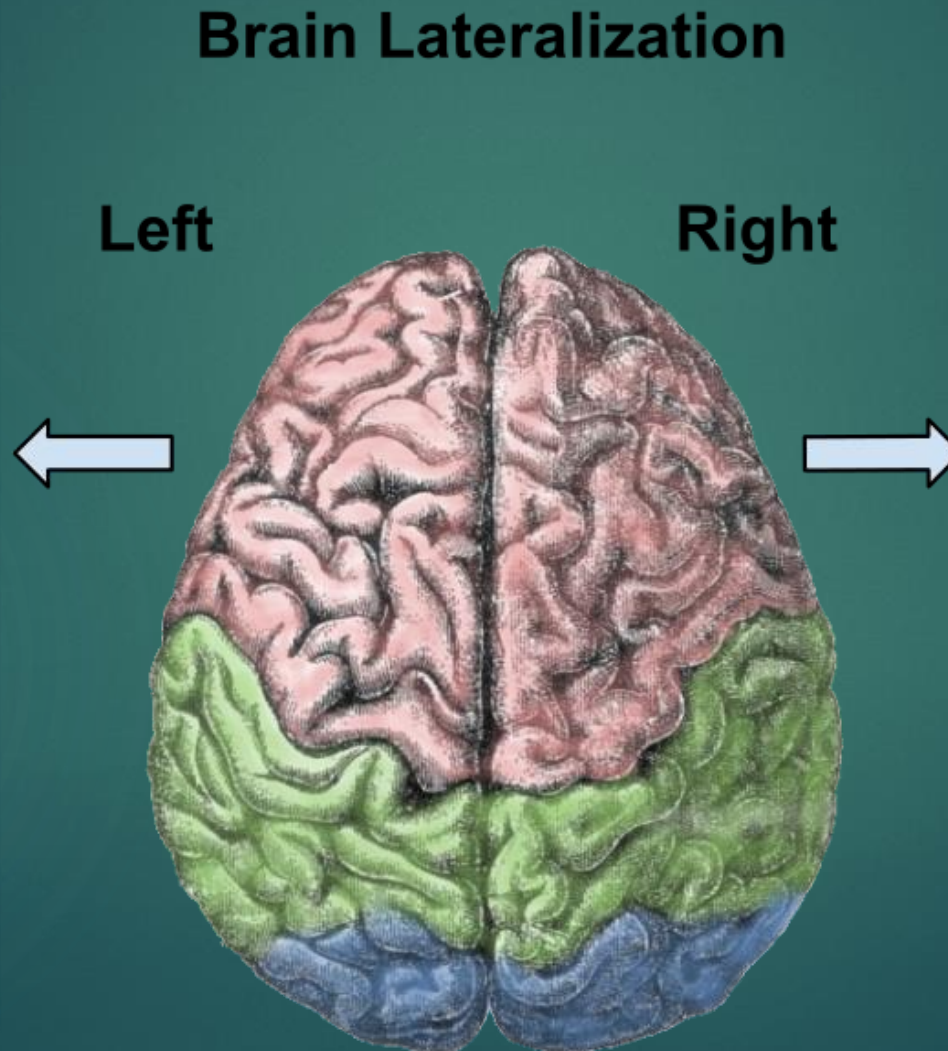
- ▶ Frontal lobe/Neocortex = Unique to Human Brain = Thinking Brain
- ▶ Limbic system with AMYGDALA = Animal Brain
- ▶ Brain Stem = Reptile Brain

This natural brain/nervous system dynamic operates unconsciously in our biology, and it can be both manipulated and managed.



# Right and Left Hemisphere Functions

- Analytical thought
- Detail Oriented Perception
- Ordered Sequencing
- Rational Thought
- Verbal
- Cautious
- Planning
- Math/Science
- Logic
- Right Field Vision
- Right Side Motor Skills



- Intuitive Thought,
- Holistic perception
- Random Sequencing
- Emotional Thought
- Non-verbal
- Adventurous
- Impulse
- Creative Writing/Art
- Imagination
- Left Field Vision
- Left Side Motor Skills



# The Only Rules That Should Guide Us

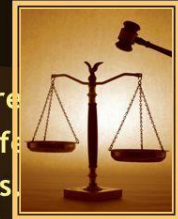
## NATURAL LAW PRINCIPLES Provide the ROAD MAP TO MORALITY and FREEDOM

- ▶ **UNIVERSAL, INHERENT, OBJECTIVE, NON-MAN-MADE, ETERNAL, and IMMUTABLE CONDITIONS** which **govern the consequences of behaviors** of beings with the capacity for understanding the difference between harmful and non-harmful behavior. The understanding of NATURAL LAW is **centered upon bringing our own CONSCIENCE into alignment with OBJECTIVE MORALITY**. This means definitely **KNOWING** which behaviors are **RIGHTS** because they do **NOT** cause harm to other sentient beings, and which behaviors are **WRONGS** because they **DO** cause harm to other sentient beings.

- ▶ Natural Law is sometimes called Cosmic Law, or Universal Law or God's Law or Spiritual Law

### Natural Law

- Suggests that human laws are derived from eternal and unchangeable principles found in nature.
  - People can become aware of these laws by the use of reason.
- Examples of *natural law*:
  - Parents should care for their children.
  - One should try to preserve one's life.
  - People should do no harm to others.
  - We should help the vulnerable and disadvantaged.



We, each alone, are responsible for implementing natural law in our lives. This involves increasing consciousness and managing our emotions and stress reactions.



# WAYS WE DO NOT SEE

Quotes by Michael Tsarion



“The symbolically illiterate man is less able to resist the propaganda of the hidden dictators who control the world. He is vulnerable and perpetually victimized by overlords who manipulate his beliefs and allegiances. As time goes by, he becomes completely dependent on his masters, and will do and think whatever keeps him in subconscious rapport them. If maintaining the status quo means loss of individuality, it is a sacrifice he makes. Modern man has just enough freedom to entrap himself, enough will to enslave himself, and enough understanding to choose ignorance.”

Modern man's failure to attune to his inner voice ensures he lives inauthentically.

“Each man is his own priest and each woman her own priestess.”



# SLAVERY: How much freedom do you need to lose before you consider it slavery?

- ▶ The Belief in Authority Legitimizes Slavery.
- ▶ If we give up our power of choice to another person or group, we are enslaving ourselves mentally if not also physically.
- ▶ Government in reality involves coercion and threat.
- ▶ Government condones physical violence.
- ▶ Slavery conditions teach people not to think for themselves and makes them passive, turning to others to solve their problems.
- ▶ Slavery conditions, big or small, lead to a diminishment of our moral compass.
- ▶ Subtle Slavery conditions include an External Locus of Control and a Willful Abdication of our Free Will and Our Right to Self Defense.
- ▶ "Slavery stops people from making choices in their own lives." Chris Jantzen from EndEvil.Life
- ▶ What amount of coercion and threat against our body and freedom is not slavery?

We need to take a serious look at the morality of government.



Government Is Slavery



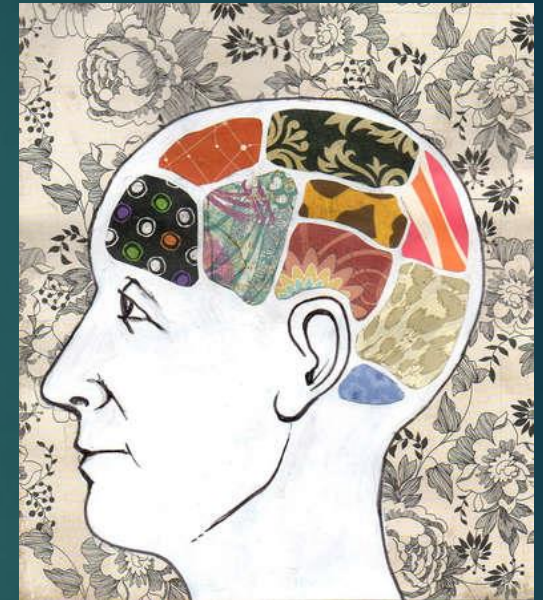
# DIVIDED WITHIN: TRAUMA FRAGMENTS THE MIND

- ▶ Humans are amazing and resilient beings. Our adaptability allows us to function through and despite extreme stressors.
- ▶ Our brain and nervous system responds to stress and trauma in such a way to allow us to keep functioning in one way or another, even when the nervous system is injured or sick.
- ▶ With chronic prolonged or extreme trauma episodes, aka CHRONIC STRESS, our system responds by compartmentalizing itself.
- ▶ Trauma fragments the mind so that the trauma/stress does not overwhelm the individual so much that he or she can't survive.
- ▶ Basic Compartments include the survival/functioning self and the traumatized self.
- ▶ (Take note that most all government organizations are highly compartmentalized and one department is separate from another)



# Our Compartmentalized Mind

- ▶ When a person's own mind is split into compartments, their functioning becomes disjointed and out of congruence, resulting in states of cognitive dissonance. One aspect of self is not consciously connected to what the other part is feeling or needing and contradictory behaviors result. People may feel incapable of stopping certain behavior patterns.
- ▶ A compartmentalized mind that operates unconsciously splits us off from our own self and interferes with its ability to integrate our full personality. We end up being driven by unconscious unmet needs.
- ▶ This might result in behaviors that work against our stated goals. For example, if my goal is to save money and avoid impulse spending, I may repeat overspending behaviors anyway and feel repeated frustrated. Self sabotaging behaviors are common outcomes.
- ▶ Compartmentalization is also a social manipulation strategy that leads to obfuscation of information and leaves people ignorant. When one department does not know what another department is doing, people are left unclear of and separate from the big picture. This makes people vulnerable to misinformation and manipulation, and feelings of powerlessness.



# COGNITIVE DISSONANCE

The state of having inconsistent thoughts, beliefs, or attitudes, especially as relating to behavioral decisions and attitude change.

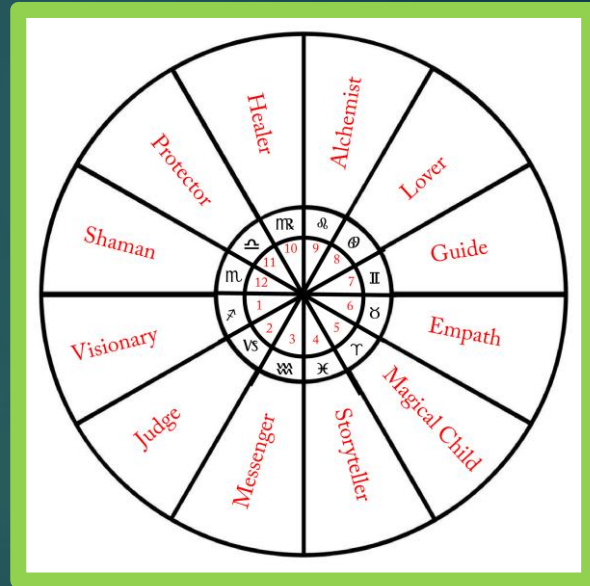
INCONSISTENT THOUGHTS, BELIEFS & ATTITUDES



# IDENTIFYING THE SEPARATE PARTS OF YOUR SELF

In an attempt to function and survive, our mind and consciousness can become compartmentalized. Each part of self, even if it appears self-destructive, is created in an attempt to serve us, to keep us alive. Sometimes, however, destructive aspects of ourselves dominate or take over too much control of our system. The result is unhappiness, and a sense of being out of control of our lives.

- ▶ Our goal is to access the core Self and then from there recognize and understand each of the different parts, promote dialogue between them and ultimately heal and integrate the disparate parts into one cohesive aware and working unit.
- ▶ The Internal Family Systems Model (created by Richard C. Schwartz), for example, identifies generally types of parts as : Exiles (psychological trauma and wounds which carry the pain), Managers (which take a role of protecting the person from harm and painful emotions), and Firefighters (which emerge when Exiles break out and demand attention. Firefighters divert attention away from feelings of shame and express in impulsive or inappropriate behaviors such as overeating or substance use or overworking).



# WE ARE ALL PROGRAMMED:

## Our Beliefs, Shoulds and Judgments

*Where do they come from?*

- ▶ Social Engineering (media, marketing, advertising, etc.)
- ▶ Family/Parental/Spousal programming
- ▶ Education system
- ▶ Someone else's agenda
- ▶ Someone else's profit
- ▶ Someone else's benefit
- ▶ Someone else's power trip
- ▶ Symbolism (covert and overt)

The Amazon logo, featuring the word "amazon" in a black, lowercase, sans-serif font with a curved orange arrow underneath it, all enclosed in a red rectangular border.

# Circles of Influence (and Programming)

What beliefs and world views have you adopted from each influence?

What beliefs about your self have you taken on from them?

Self inquiry

- ▶ **Family**
- ▶ **Teachers**
- ▶ **Coaches/Mentors** (or other significant adults)
- ▶ **Friends**
- ▶ **Workplace**
- ▶ **Community**
- ▶ **Religion**
- ▶ **Political Affiliation/ Government**
- ▶ **Region/Sub-Culture** (i.e. Do you live in the city, suburb, countryside, mountains?)
- ▶ **Ethnicity**
- ▶ **Gender**
- ▶ **Food You Eat** (do you eat processed foods, whole foods, organic, meat, vegetarian, etc.)



# MIND CONTROL STRATEGIES:

## Methods of Manipulation (Mark Passio)

- ▶ Obfuscation
- ▶ Worldview Poisoning
- ▶ Primal Fears
- ▶ Divide and Conquer
- ▶ Indoctrination
- ▶ Controlled Opposition
- ▶ Financial System
- ▶ Control of the Mass Media



- ▶ Corruption of "Food" and "Medicine"
- ▶ Illusion of Time
- ▶ The D-H-R Factor
- ▶ Religion/Binding
- ▶ Subversive Symbolism
- ▶ Chaos Sorcery
- ▶ Problem, Reaction, Solution



# COMMON MIND GAMES

Common mind games narcissists use to manipulate you

## **Gas lighting:**

using denial, lying, misinformation, and contradiction to make you doubt your sanity, memory, and perception.

## **Negative humor:**

making critical remarks disguised as sarcasm or humor to make you feel inferior or less secure.

## **Projection:**

criticizing others for things they do themselves as well.

## **Pretend ignorance:**

Playing dumb in order to get away with behaviour or things.

## **Guilt-tripping:**

Passive-aggressive way to remind someone of something bad they did in order to make them want to make up for it.

## **Victimhood:**

designed to exploit someone's good will, guilty conscience, protective and nurturing instinct in order to benefit personally.

## **Silent treatment:**

Ignoring messages, calls or questions to make you feel uncertain and to make you start doubting yourself.

## **Constant criticism:**

Constantly marginalizing, ridiculing, and dismissing you to make you feel inferior and to make them feel superior.

## **Throwing a tantrum:**

Raising their voice, using a lot of gestures and sometimes even physical abuse to get whatever they want. Intimidating and fear inducing behaviour.

- ❖ Gas lighting
- ❖ Projection
- ❖ Guilt-Tripping
- ❖ Silent Treatment
- ❖ Negative Humor
- ❖ Pretend Ignorance
- ❖ Victimhood
- ❖ Constant Criticism
- ❖ Throwing a Tantrum



# “SOFT” Mind Control



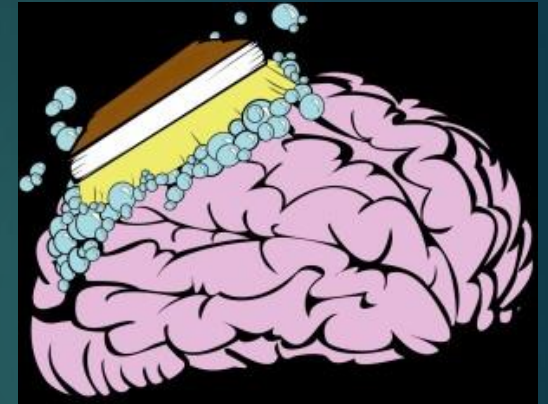
“Mind control is sometimes loosely defined as information control. This being one of many accepted ways to define the term should immediately raise questions of distrust towards your information sources. Since what we think is based on what we learn, manipulation of a mind, or a nation of minds , can be accomplished through control of information. With though control being a result of information control, many avid researchers of mind sciences simply label it “soft” mind control. – Mark Phillips from Trance Formation of America

Imagine... what happens to a young human psyche when information is combined with physical and emotional trauma?



# Brainwashing (also known as Mind Control, Menticide, Coercive Persuasion, Thought Control, Thought Reform, and Re-Education) -from Wikipedia

- ▶ Is the concept that the human mind can be altered or controlled by certain psychological techniques. Brainwashing is said to reduce its subjects' ability to think critically or independently, to allow the introduction of new, unwanted thoughts and ideas into their minds, as well as to change their attitudes, values and beliefs."
- ▶ Philip Zimbardo defined mind control by religious cults as "the process by which individual or collective freedom of choice and action is compromised by agents or agencies that modify or distort perception, motivation, affect, cognition or behavioral outcomes", and he suggested that any human being is susceptible to such manipulation.



# CULT TECHNIQUES — Think about how these techniques are incorporated in common institutions that we don't normally think of as cults (such as the military, police force, Catholic schools, etc.)

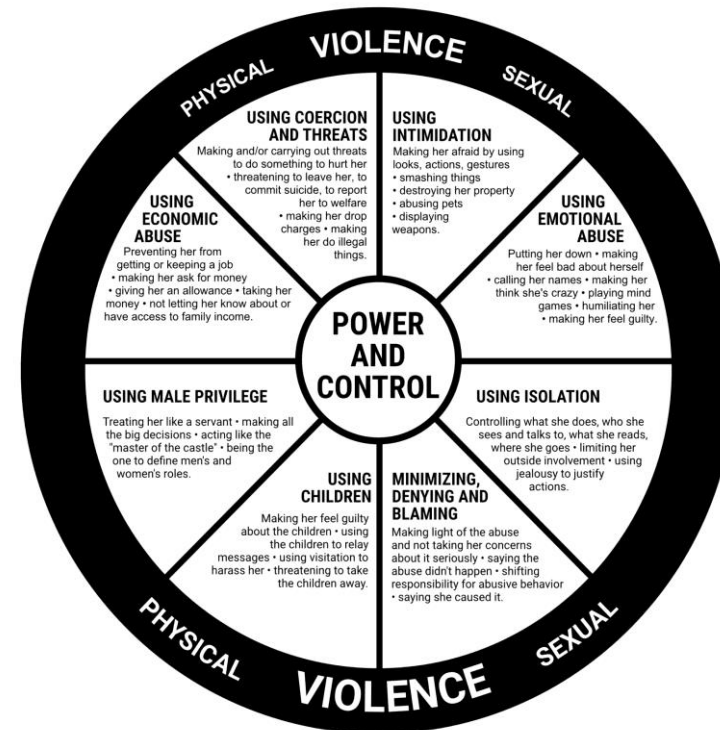
- ▶ Isolation (Us vs. Them mentality),
- ▶ Conformity (sameness), i.e. Uniforms
- ▶ Indoctrination Through Repetition (includes rigorous schedules, drills, etc.),
- ▶ Physical Trauma (exhaustion, disrupted sleep, poor diet), and
- ▶ Mental/Emotional Trauma (verbal and psychological abuse, shocking scenarios, atmosphere of fear).



# Wheel of Power and Control

(in domestic violence situations)

- ▶ Intimidation
- ▶ Emotional Abuse
- ▶ Isolation
- ▶ Minimizing, Denying, and Blaming
- ▶ Using Children
- ▶ Economic Abuse
- ▶ Male Privilege
- ▶ Coercion and Threats



DOMESTIC ABUSE INTERVENTION PROGRAMS  
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218-722-2781  
[www.TheDuluthModel.org](http://www.TheDuluthModel.org)

