

The 7 Lessons From Bees



*How to recognize & correct
dysfunctional thinking*

A strategic guide to winning the WAR against TRUTH

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This book describes events that have been systematically omitted from the historical record. It relied upon contemporary firsthand historical accounts. Although, this book discusses medical issues, it is not intended as medical advice.

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Preface

What if many of our most basic assumptions are mere illusions? The 7 Lessons expose the unrecognized consequences of an existential lie, which is any lie that people feel compelled to maintain. The choice to believe something that is false, is also a choice to reject any truth that contradicts the lie. The 7 Lessons uses the study of bees to uncover the original lie that now clouds the thinking of many Americans. And it exposes the many otherwise obvious things we don't know as a direct consequence.

For instance, what if we could dramatically reduce crime with a pill? What if our basic understanding of our biology and even the nature of food has been concealed, all to preserve the notion of racial differences? It doesn't end there. Essential details of our history have been systematically withheld because knowledge of them would fundamentally change how we see ourselves and others.

The 7 Lessons set the record straight. No one who reads this book will ever see things or think the same way again.

Introduction

A system of reality

It isn't that they can't see the solution. It is that they can't see the problem.
C.K. Chesterton

The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking. Albert Einstein

So, one could say that the only real problem is dysfunctional thinking. The rest are challenges, not problems. Eckhart Tolle

Bees are a lot like us. According to scientist and author, Lars Chittka, they “can count, recognize images of human faces, and learn simple tool use and abstract concepts.”¹ Scientists even suspect that bees experience emotions like fear and pleasure because their tiny brains resemble our own.

By studying them, we can better understand ourselves. Healthy bees exhibit an extraordinary clarity of purpose. Everything a bee does advances some goal that benefits the entire hive. Only when bees become infected with a parasitic pathogen will they engage in self-destructive behaviors.

The 7 Lessons teach the reader how to recognize and correct dysfunctional thinking. This kind of thinking does not arise on its own but is the product of a deliberate effort by human parasites to control people. Dysfunctional thinking produces a unique form of ignorance that leads to self-defeating behaviors. It causes people to reject available knowledge and evidence so that they can continue to believe in a seductive lie.

Influential people have learned they can create enormous benefits for themselves at the expense of everyone else by distorting everyone else's perception of reality. They make thinking dysfunctional so that people will not notice they are being taken advantage of. We cannot fully recognize the full scope of this problem without understanding its origins.

Winston Churchill once said,

“The farther back you can look, the farther forward you are likely to see.”

The key to understanding our present conundrum can be found by looking back at a history that has been effectively covered up. Contrary to popular opinion, America's original sin did not occur in 1619 with the arrival of the first slaves. That is not to say that slavery in 1619 wasn't inhumane and unjust. However, had slavery ended the same way it started in 1619, it would likely only be a footnote in the history of a great nation. That did not happen.

Roughly eighty years later something was done that would transform slavery into something that could be rightly described as unforgivable. The catastrophic consequences of that single action have rippled throughout history. It is the singular source of our present problem. People were made purposefully ignorant. And sadly, they have chosen to remain that way.

Slaveholders devised an insidious way of controlling people. They altered what it meant to be a Christian. In the antebellum south, you were not a Christian unless you also believed God ordained slavery. Poor white evangelicals legitimized and defended a system that produced catastrophic personal and global consequences.

Slaveholder methods proved so successful that they are still being used today to make people impervious to reason and truth. Today, you are not a Christian in many evangelical circles unless you vote republican and believe that God ordained Donald Trump.

In 1965, before a televised audience at the Cambridge Union Society, noted author and essayist James Baldwin debated William F. Buckley Jr. on the resolution, "The American Dream is at the expense of the American Negro." In his opening statement, Baldwin alluded to his deep sense of futility. It is the sense one gets when interacting with those who will not yield to reason and who reject truth.

I find myself, not for the first time, in the position of a kind of Jeremiah. It would seem to me that the question before the house is a proposition horribly loaded, that one's response to that question depends on where you find yourself in the world, what your sense of reality is, [or] what your system of reality is. That is, it depends on assumptions we hold so deeply as to be scarcely aware of them.

Baldwin lamented the thinking that ignores the obvious effects of injustice. The idea of race itself can dramatically affect one's thinking. The late author and Nobel Laureate Toni Morrison described how the specter of race produces two separate issues.

A good deal of time and intelligence has been invested in the exposure of racism and the horrific results on its objects ... But that well-established study should be joined with another, an equally important one: the impact of racism on those who perpetuate it ... to see what racial ideology does to the mind, imagination, and behavior of masters.

This is that study. The idea of race poisons minds; especially those that believe in their own superiority. Eighty years after the arrival of the first slaves, evangelical authorities created the modern connotation of race and racial differences. They taught that one was

cursed and the other enlarged. They invented racial ideology, which promotes the idea that racial differences exist. It is not the same as racism.

When we talk about racism, we are talking about its effects on the victim. In sharp contrast, racial ideology, which refers to a way of thinking, alters the perpetrators' perception of reality. Racism is but one of its many possible consequences.

Different races do not exist. But differences that affect entire groups do. Dysfunctional thinking manifests in behaviors that can lead to such differences. Those behaviors create the illusion of racial differences. Dysfunctional thinking also blinds people so that they will not recognize the consequences of their actions.

Of all the books written about racism, few if any, discuss the underlying thinking that makes racism possible. We assume that prejudice is a natural consequence of differences. It never occurs to us that prejudices and dysfunctional thinking cause those differences.

In *The 7 Lessons*, you will learn how beekeepers exploit their honeybee colonies using a carefully constructed system of reality. It has produced an unexpected side effect. It removed the colony's ability to defend itself against parasites.

A parasite exploits its host and provides nothing in return. Systems of reality make people difficult to communicate with and easily exploitable because they involve actively maintained false beliefs. If we choose to believe in the inferiority of black people, we are also choosing to suppress any evidence that suggests otherwise. Preserving a falsehood led to belief in the absurd, which increased people's susceptibility to manipulative tactics. Control what a person believes, and you can control what they do. People clearly understood this in the 18th century.

The 7 Lessons examine the origins of this thinking, which originated in the so-called "New World." Most authorities overlook a crucial detail in the American origin story.

The first slaves arrived on American soil in 1619. In those days, black slaves and poor white indentured servants lived in common quarters, united against a common oppressor. They socialized and married. The modern concept of race did not exist. People weren't black or white; they were servants or masters and Christians or non-Christians. This class of servants outnumbered their masters ten to one.

In those early days, it was unlawful to enslave a Christian. An African slave could gain his freedom by simply converting. Many did. In the eyes of the law, they did not differ from Europeans. Some blacks even owned slaves. That would all change at the turn of the 18th century.

Slaveholders faced a moral challenge that overshadowed the fact that the servant class outnumbered them. During this period, the Bible played a central role in people's day-to-day lives.

Today, most people think the Bible endorses slavery because of the cunning efforts of enslavers. The idea on the part of evangelicals that the Bible endorses slavery has only been around for the last 300 years.

The Bible condemns enslavers in no uncertain terms.

Whoever steals a man and sells him, and anyone found in possession of him, shall be put to death. The Law of Moses.

Muddled thinking often begins with an imprecise use of language. We talk about slavery in America and slavery in the Bible as if they were the same. In ancient times, poor people routinely sold themselves, quid pro quo, into slavery for a place to live and for food to eat. The Bible does not prohibit this form of slavery. In sharp contrast, Africans in the Middle Passage did not sell themselves, nor did they receive anything for their service.

Other Africans stole these poor souls from their families and familiar surroundings to satisfy the Christian Europeans' demand for slaves. The New Testament instructs slaves to obey their masters. The meaning of this passage was clear before 1700. Today, most Christians believe that an instruction given to slaves exonerates the enslaver. The Bible gives similar instructions to all Christians.

Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." - The Apostle Paul to the Romans

This verse instructs people to do good to those who have done them wrong. No reasonable person would use this passage to justify the wrongdoer. Just as no reasonable person before 1700 would use an instruction given to slaves to imply that the Bible condoned enslavement after it clearly prohibited it.

Under the Mosaic law, the penalty was death for enslaving or buying someone who was enslaved. Most slaves, at the time the New Testament was written, belonged to non-Christians. When the Bible tells the slave to obey even harsh masters, it is saying "vengeance is mine." The writer of the book of James concurs.

Look! The wages you failed to pay the workers who mowed your fields are crying out against you. The cries of the harvesters have reached the ears of the Lord Almighty. You have lived on earth in luxury and self-indulgence. You have fattened yourselves in the day of slaughter. You have condemned and murdered the innocent one, who was not opposing you.

Before the eighteenth-century, people clearly understood that the Bible condemns the enslaver. We only think otherwise because of deceptive efforts to make our thinking dysfunctional. Masters needed to nullify the Bible and transform the practice of Christianity.

Church authorities complied and devised the idea of race. They created racial ideology; decreed that one race was superior while the other was cursed; and cloaked it in the guise of religion.

The Virginia Slave Code of 1705 codified this new theology. Masters freed their white indentured servants. They stripped away the slaves' rights and sold off their children.

In the eyes of the church, the slave was no longer worthy of God's grace and human compassion, and baptism would no longer provide a path to freedom.

Evangelicals crafted a new Gospel and irrevocably broke the unity that once bound slaves and indentured servants. They exchanged the Christianity of the Bible for something unimaginable.

Eighteenth-century theologians created the illusion that God ordained the enslavement of Africans. In 1787, delegates from the thirteen Colonies baked that belief into the U.S. Constitution and sent the nation on an inevitable course to the present. The Constitution counted the slave as three-fifths of a person. The Fugitive Slave Clause cemented the slave's status, even in places that outlawed slavery.

Ode to the Absurd

Theologians twisted the Bible to justify enslavement and to exonerate the enslaver. The idea of different races seems reasonable to us today because of this carefully cultivated system of reality. With only a few twisted scriptures, Bible teachers got people to embrace this new gospel.

They conflated slavery with Christianity and nullified basic Christian principles. No longer was it necessary to "Love one another" or "Do unto others as you would have them do unto you." Evangelical church leaders preached this new gospel from the 1700s through the mid-20th century.

Church leaders conceived race-based slavery and racial ideology, claiming it stemmed from the Bible. This theological absurdity transformed Christianity into a tool they then used to exploit Christians. They transformed unsuspecting Christians into the unwitting hosts of parasites. The Apostle Paul describes the parasitic nature of those who exploit religion, "For such people are not serving our Lord Christ, but their own appetites."

Belief in absurdities makes one susceptible to parasitic influences. Racial ideology instilled former indentured servants with a false sense of superiority. Slaveholders exploited this misperception and robbed poor whites of their compassion so they would no longer sympathize with slaves.

The elite class made themselves into a parasitic influence that used imaginary threats to blind non-slaveholding white people and to control them. Poor whites would pay a horrific price for their ignorance. It is the ultimate sign of a parasite, which creates benefits for itself by ultimately destroying the host.

None of us are immune to the effects of a pervasive system of reality. Increased intelligence or education will not diminish our susceptibility, particularly when we have all been educated to believe that system.

Imagine that you are a historian, raised to believe certain things about the past. Your brain would instinctively cause you to filter out unflattering historical details. Now imagine that you are a scientist or doctor trained to believe certain things about people, you too would instinctively overlook any evidence that would unsettle your deeply ingrained beliefs. Psychologists call these tendencies cognitive biases. These same biases could also cause people to see things that are not real and to ignore even the most obvious truth. The idea of race would eventually spill over into the realm of science. The word race, as we

understand it today, did not come into vogue until the 19th century. However, the seeds of this false belief were planted by people who called themselves Christians.

The popular virtuous view of American history reflects a dominant system of reality and a history that demands a singular, watered-down view of slavery. As a result, few know about the role of 18th-century Christians in perverting this already perverted institution and setting off a chain of events that would lead to world wars, disease, and an untold number of lost innocent lives.

The modern social construct of race rests on the false premise of racial biological differences. In recent years, a second belief has been added—the notion that racial animus does not exist. This book does not talk about racial discrimination per se. Instead, it focuses on the incredible consequences produced by maintaining false beliefs. Preserving the myth of slavery as a benign institution requires a stunning level of knowledge suppression.

For example, very few know that slavery irrevocably corrupted the practice of Christianity. Or that it impaired thinking on a planetary scale. Or that it created a public health disaster that literally damaged brains. Knowledge of these critical details would undermine our present system of reality.

The medical community presently overlooks a treatable condition that affects brain function. This malady would be instantly recognizable had historians told the entire truth about slavery. Instead, we have been kept in the dark. Exposing the cause of this condition would shed light on the false beliefs and thinking that now animate much of the present landscape.

Roughly 100 years ago, a scientist discovered the cause and cure for a condition that now wreaks havoc on entire populations, unchecked. In the 7 lessons, you will learn how slavery created a public health nightmare that primarily affected poor whites living in places where people were enslaved.

This condition destroyed their health and damaged brain tissue. It led to diminished learning capacity and made them prone to violent criminal behavior. A second man deliberately covered up the truth. Emerging from this was the scholar-embraced theory of “eugenics,” which was a scientific veneer on top of racial ideology that gave rise to the notion of good and bad genes. Eugenics promotes a lie about heredity by covering up the truth about a preventable medical condition.

Eugenic efforts laid the groundwork for a world war and the Holocaust only a few decades later. To this day, certain aspects of medicine and the biological sciences are more influenced by eugenics than by science.

Eugenic thinking led to the 2015 brain injury lawsuit involving the National Football League (NFL). Lawyers sued because teams based injury thresholds on a false belief in bad genes and racial differences. They required black players to have more severe brain injuries to receive the same compensation as white players with less injury.

The original settlement presumed the cognitive inferiority of black players. Therefore, one could not compare black players with white players.

According to a different study, black babies are twice as likely to die when treated by white doctors, compared to being treated by black doctors. White physicians are not deliberately killing black babies. On the contrary, they are exhibiting the effects of dysfunctional thinking. In sharp contrast, a white baby is no less likely to die if treated by a black physician compared to a white one.

You can see the effects of dysfunctional thinking in the pages of textbooks that perpetuate this muddled thinking to the next generation.² For instance, a popular high school world geography textbook, published by McGraw-Hill in 2015 referred to enslaved persons as “workers” in a section titled “Patterns of Immigration.” *The American Pageant*, a popular textbook in high school advanced placement courses published by Cengage, similarly uses “immigrants” to characterize enslaved persons.

Textbooks also promote a narrative of the Civil War known as the Lost Cause myth. A group of former Confederates, determined to honor themselves, conceived the Lost Cause after the Civil War. In this revisionist view, the War was a noble and just cause that wasn’t fought to preserve slavery. On the contrary, it deemed slavery a necessary evil and a minor inconvenience that produced beneficial results for the slave.

A 2015 article in the San Francisco Chronicle describes how the *need* to maintain a lie has impaired our understanding of American history.³

They say that history is written by the victors, but the Civil War has been the rare exception. Perhaps the need for the country to stay together made it necessary for the North to sit silently and accept the South’s conception of the conflict. In any case, for most of the past 150 years, the South’s version of the war and Reconstruction has held sway in our schools, our literature, and since the dawn of feature films, our movies.

The Lost Cause not only preserves the dignity of the South. It conceals vital historical knowledge that every American should know. The need to maintain a lie doesn’t just arise when we think about history. People with this need will struggle with any information that contradicts their cherished beliefs. They will blur the line between right and wrong. And they will do things that defy reason.

Dysfunctional thinking produced both Donald Trump presidencies. Both rested on lies and absurdities. A significant number of Trump’s evangelical supporters embraced QAnon. It is the belief that Democrats are Satan-worshiping, cannibalistic pedophiles. Many of his supporters voted based on the belief that Trump would do battle against the forces of evil, which presumably reside in the Democratic Party.

The 18th-century French philosopher Voltaire acknowledged,

Anyone who can make you believe absurdities can make you commit atrocities.

Trump promised, in his first term, to restore America’s lost greatness. In the end, he attempted to end the democracy upon which that greatness was based. He did so by

appealing to racial ideology and by attempting to negate the vote in places with majority black populations. Not surprisingly, Americans voted him back into office in 2024.

According to a 2023 CBS News poll, people believe Trump more than their family members and religious leaders.⁴ The 7 Lessons explain how many evangelicals came to view Trump as their Messiah.

America suffers from a longstanding problem of collective dysfunctional thinking. It's like the parable of the frog and the boiling water. If you place him in a pot of hot water, he will immediately jump out. But, put him in a pot of cool water, gradually heat it, and you will boil him alive. It is why so few recognize the extent of our present thinking dysfunctionality. The impulse to embrace Donald Trump was many years in the making.

That impulse reached a fever pitch on January 6, 2021, when an angry mob stormed the U.S. Capitol based on a blatant lie. Most pundits blame Donald J. Trump. He certainly bears direct culpability. However, we also need to recognize that he is a symptom. Focusing on a symptom does nothing to remedy the problem that causes it. Eliminate one symptom, and another will emerge. The thinking that led to belief in absurdities and Trump existed long before he did.

The 7 Lessons are not a political tome. They are not about policies or politics. On the contrary, these lessons describe how the Republican party has become the home of right-wing provocateurs who use the same fear and conspiracy theory tactics as slaveholders. They exploit religion and have transformed religious conservatives into a cult that embraces falsehoods.

Cults impair followers' ability to think independently. Not all cults are religious. But all are parasitic. They create benefits for a few by exploiting the masses. They exist in academia, the halls of government, and scientific laboratories.

Believing in falsehoods doesn't benefit all believers equally. To recognize dysfunctional thinking, you must uncover who benefits, who gets hurt, and who it deceives. You must learn to spot the gatekeepers of knowledge who determine what knowledge gets propagated and what knowledge gets suppressed. Arbiters of justice determine our perception of right and wrong. Legislators codify these perceptions into law. And religious leaders provide moral cover.

We bear responsibility for those we choose to follow; the prominent, the influential, and the partisan. For example, prominent historians perpetuate the Lost Cause narrative. Influential doctors promoted the idea of "race-norming," which led to the NFL settlement and other health disparities. Partisan politicians, among other things, pass laws to perpetuate this darkness through the educational system.

In The 7 Lessons from Bees, you will learn about the origins, consequences, and beneficiaries of our collective dysfunctional thinking. Studying the bee will enable us to cut through the darkness that now clouds our understanding.

Bees have a special relationship with light. They travel great distances and never get lost because they always know precisely where the sun is, even when it is obscured by mountains or buildings. They don't get lost because they can see the direction the light is traveling, and they can tell time. Bees will drop to the ground when dark clouds

completely obscure the sun. They do not fly under the cover of darkness, because when they do, bad things happen.

People who actively seek truth are like bees that are guided by the light. In sharp contrast, the act of maintaining a lie causes us to fly in the dark. Many bad things have happened because people didn't have vital knowledge and because they didn't realize they were being exploited. As C.K. Chesterton once said,

It isn't that they can't see the solution. It is that they can't see the problem.

Learning about bees and their plight will teach us things racial ideology doesn't want us to know. It impairs thinking and relies on a general state of "not-knowing." By the end of this book, you will recognize racial ideology and the notion of different races for the delusional absurdities they are.

Each of the 7 Lessons stands alone. You can read them in any order. None deals with grievances. Yet each describes troubling events and trends that reflect a prevalent system of reality. The 7 Lessons are not political, yet they describe tactics that adversely affect how people behave, think, and vote. Some will find this book an uncomfortable read because it exposes their cherished system of reality. If that describes you, we recommend you read the last two lessons first. Racism and social injustice are real; but they are also distractions that prevent us from seeing their true purpose and the thinking that causes them.

The Four Perspectives

We have all seen otherwise rational people do dumb things. And we have all asked, "What were they thinking?" In this book, we have undertaken to answer this question. We will then expose an insidious threat. Racial ideology is a complex and multifaceted problem that we examine from four perspectives:

- Neuroscientific: Racial ideology affects the structure and function of the brain.
- Historiographic: It causes historians to omit critical historical details and distort essential facts so that vital lessons from history remain unlearned.
- Genomic: Racial ideology caused an unrecognized bias in scientific thinking that has contorted society's understanding of genetics and nutrition.
- Theological: Evangelicals altered their theology to accommodate slavery, racism, and white supremacy. They corrupted the practice of Christianity and have never corrected themselves. Misguided evangelicals now threaten the foundations of our nation.

We have divided the book into seven lessons, each with one or more chapters. We will first describe how thinking can literally alter the biology of the brain. Bees will help us understand how "good people" can be stirred up and turned to violence. Enslavers created an ideology that altered the brains of those who embraced it. Even though the institution

of slavery ended over 150 years ago, the artificial reality created to protect it lingers on because it has been transmitted from one generation to the next.

The 7 Lessons then expose vital details that historians have strategically omitted from the historical record. Consequently, we have perpetuated the health consequences of slavery into the present. The book also reveals basic health knowledge that has remained hidden because some in the fields of biological research and medicine seem more guided by the ideological premise of genetic racial differences than by actual research. Our genetics do not make us significantly different. Rather, the same non-genetic factors that make some bees vastly different from others also produce vast human differences.

The last two lessons focus on the heart of our problem in thinking. It is a religious deception that mirrors a strange malady known as Colony Collapse Disorder which currently threatens domesticated honeybee populations. The evangelical church's response to slavery led to teachings that have made evangelicals easily exploitable. You will learn about the people who now exploit this theological flaw. And finally, as promised, bees reveal how to correct our dysfunctional thinking.

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