

# **The anti-Nazi anti- Brainwashing toolkit: Definitive preparations for psychological warfare**

Preface - This is the earliest edition of the manual, and has minimal editing of other writings derived from blog posts. Eventually, the manual will be better structured into two sections. Part 1 will deal with the conventional world, with plants in the security apparatus and spooks. Making effective use of part 2 will require suspending scepticism with regarding to the paranormal, and this half of the manual will cover preventative measures in psychological warfare, in a world which includes both silent and “spoken out loud” telepathy and/or brainwave technologies.

## **Reviews**

*“Fluff free. Very spikey.”* – Dig Doug Doom, The Storyton Chronicler

*“Velutinous. Heavenly, in a way.”* – Bill Shet, The Rongville Diviner

*“Frankly, rather terrifying. An account of how pro-eugenics anti-socialists engaged in psychological warfare, incrementally implemented brilliantly and strategically, in a creeping ambush that ultimately proposed it was over before it even started. It will happen again if this is not spread wide and far.”* – Jest So, The Straightup Opinionator

*“The mentally ill psychopath who penned these patently deluded and hallucinatory absurdities probably needs to be confined, for his own good, before too many people start to take him seriously and undermine confidence in media and the government.”* – WhatThey’llSay Reals, The National Truthtalker

*“This is war. He deserves whatever he has coming. Now ROLL OVER, doggie, and keep on rolling over unless you want to share his fate.”* – Berden Sham, The Pressureton Illusor

*“Definitely deserving for the best smeller list.”* – Ernest Needly, The New York Tines

*“Not sure why we didn’t say all that years ago. It turns out, highly context-specific innuendo and LineBetweenReading is not enough.”* – Surta Treyed Abet, The Globe and Fail

*“Unofficially censored, one way or another. A surefire pathway to schizophrenia, so to speak.”* – Verity Notambigue , TheGuardian.fake.uk

*“Part of another vast left wing conspiracy led by left-wing-biased media to destroy Western civilization as we know it.” –*  
Esra leDeviant, The Rebels

*“Our survey analysis shows this to be an entirely unbelievable account. Just, unbelievable. Get a grip on reality. Read it.” –*  
Jeffrey Bozoas, The Washington Poster



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# **The anti-Nazi anti- Brainwashing toolkit: Definitive preparations for psychological warfare**

## **1 - anti-Nazi anti-brainwashing toolkit: Do not allow the seed of a “memory” to be progressively twisted into something it never was. Two cases followed by some explanation**

Case 1) Allegation of torture and killing – the progression from seeds of thought and its transformation

1a) The seed of the plastic is that he licked plastic bags and it annoyed me.

1b) The seed of the electric wire is that once he was behind the window, which I wanted to close because there was a work crew outside the window and I didn't want to leave it unlocked and didn't want to trap him inside the window, so I wrapped it around his neck and pulled him out of the inside bit of the window casing.

Transformed by external projection of thoughts over time, starting from a period of time at a certain

hostel in Porto, Portugal, into something altogether unrelated to reality.

Case 2) Allegation of non-consensual insemination – endless storyline directioneering, until a weak second allows me to imagine something, painted back on as “reality”.

Until, one night, after months of sleep deprivation and trying to lay “incriminating” thoughts on top of me at all times, I so much as IMAGINE something for a flash of a second, at which point it is jumped on as “truth”, the flash of a “memory” to be projected and triggered endlessly until I start to believe something (several weeks of 24-hour a day incessant pressures to convince me that I really did it ... “it”, anyways, not even being something “wrong”). So I contact the third party allegedly involved for confirmation of reality, giving me something tangible to hold on to while they went about continuing to try to convince me that it really happened.

Things like, trying to project onto you that you’re doing something ... the projected words like “fine her pussy” accompanied by projected images of female body parts and projecting the notion of doing precisely such a thing, perhaps followed by ... “and then you put it in her...” and project the thoughts of ejaculation, and then claim that this is evidence of “rape”. If you allow yourself to be directed into such a thought (or anything which loosely follows this kind of approach), it may be increasingly difficult to keep track of reality. Do not even allow

yourself to think it, in particular if under such types of pressures. The moment you allow your imagination to even consider, let alone visualize such a thing (in which case resist the projected visualization by redirecting the storyline or changing the subject altogether), this will be paid back on as “guilt”, and “onlookers” who are primed to believe any accusation against you will be led around by the nose by those who are laying/projecting the false allegation and faux “memories” as “evidence” that you actually did something.

Why not be more specific about what they were trying to program into me? I would really like to be more painstakingly explicit about it all. But, it would be used against me to try to project the thoughts, guide me towards these “memories”, and continue on with the very same game to try to a) convince ME that I “deserved” it, b) convince other people that I “deserved” it, and c) more generally discredit me any time someone started to think I was credible in any sort of way.

Someone starts thinking I’m doing essentially the right thing? ... That’s where the “conversation” inevitably turns, towards two of the thousands upon thousands of faux storylines that I was able to establish essentially incontrovertible “proof of innocence” (essentially impossible), clearly directed by those who wish to change the conversation to my alleged “crimes”, in part as a redirection of the



conversation, and in part to direct things back towards the “normal” course of things which revolve around endless psychological torture, now geared towards dual purposes of a) discrediting me and b) punishing me (no longer so much geared towards brainwashing, as to try to reinforce the ability to trigger such “memories” (in fact originated from a flash of a thought of something bad, then projected and painted on as reality with the guidance of thoughts that certain things had happened and to imagine myself doing them, to be triggered as “appropriate” at a later date.

Start to doubt yourself in the slightest? The intensity of accusatory notes will increase 1000-fold. That’s when they are ready to go in for the kill, and convince you that YOU are the evil one, in need of reform, whereas in reality, what they are doing is nothing but pure evil. Trying to brainwash people into thinking they did things that they never did so as to turn people against, say, the road towards thinking for themselves and reclaiming their very own first person? What possible justification could there possibly be that is not an act of pure evil?

In fact, these two cases were the only proposed storyline among many many thousands for which I was not able to establish incontrovertible real world proof to the contrary. Proof of innocence? Impossible. You can only prove guilt.

Key: they try to latch onto some remote seed of an actual memory and twist it beyond recognition by trying to guide your thought process, for example

by themselves imagining themselves doing something and projecting these “actions” onto your mind as though you had done them yourself, that you yourself want(ed) to do such a thing, and then to lay this “memory” as a trigger for future brainwashing ... with the objective that you think you deserve what they are doing to you for the fact of this evil thing that supposedly you have done, or supposedly actually want to do. Failing to convince you that you actually did such a thing, it would suffice that they can elicit your projected “memory” in order to help convince others that you were indeed guilty, and in so doing, the accusatory sensation via others actually believing in your guilt can itself make it extraordinarily difficult to keep touch on reality. Do NOT fall into the trap of believing that you are safer if each and every bit of your reactions are ALWAYS partnered with someone who can verify, or monitored in some way that can keep you safe from false allegations. That would be stepping towards the conclusion of the drama wherein the ubiquitous surveillance of a hostile police state enters into its final stages.

It is natural to want to spend time alone. As a result, perhaps we will have some “lone wolves” from time to time, but also recall, that in many times in history there have been “lone rangers”. Are we willing to abolish the possibility for “lone wolves” by accepting the ubiquitous police state, or will we tolerate the risk and appreciate that this also gives scope for a “lone ranger” to come about if and as needed?

Finally, it need not suffice that the seed of a “memory” is indeed originated in reality. All that is necessary is that there is some seed of a thought which can be triggered as “they” increasing mould the storyline of the “memory” into something increasingly evil.

If undergoing such an experience, document the progression in case you forget it at a later date. If you start to lose touch with reality, this will help you to keep touch with reality.

In case some participants in the telepathically-directed kangaroo court are unable to see the kangaroo court for what it is, you may wish to design a storyline that is utterly unbelievable. I was able to get this point across by imagining, step by step, skinning a dead squirrel to the point that I would enveloped my penis with it and masturbate into the body of the dead squirrel, accompanied by a projected sense of ejaculation included in the “memory”. Normally, I would discourage ANYONE from allowing themselves to even imagine such a thing. But, it got the point across, because they were also able to trigger this “memory”. Not proof of innocence (impossible) for those witch hunters who do not understand the nature of the witch hunt, but sufficient to establish reasonable doubt (or at least for them to give you the benefit of the doubt).

I had thought, in retrospect naively but how the fuck could I possibly have known what was going on, that perhaps in exploring all manner of evil deeds by imagining myself doing them that I could access the commonality in our humanity, and to try to understand how someone could be led into doing such things, how they could become such a monster as to do things like, say, rape a pre-pubescent child or torture animals beyond the need for meat or purely killing for self defense.

I was THAT confident in my moral compass. I thought it through carefully and was confident that I might have been one of the rare sorts of people who can allow themselves to envision and imagine themselves doing all manner of horrible things in order to better understand the descent into monstrosity, perhaps with a view to developing preventative measures. I knew I was treading well into dangerous zones, and that there was prospect for normalization of thinking about such things, but was virtually 100% sure that I could not by any progression of thought processes fall into actually wanting to do any such things or allowing such thoughts to dominate my mind.

However, in retrospect, many (most?) of these thoughts were being projected from external sources, being guided through a whole slew of things. In time, I came to understand that this might have been viewed as “evidence” in the kangaroo court, and could understand the sort of “plausibility” of it. It sufficed to demonstrate that someone could direct you through a thought of doing a certain thing by

imagining oneself doing it and projecting this action onto another, and how the fact of imagining doing such a thing and being able to trigger it is not evidence. However, with so many conditionings and chains laid throughout the mind of the “onlooker”, it was very difficult to keep them on track with such things.

Naturally, all sorts of essentially “wrong thoughts” may flash through our mind (boys, for example, may commonly start with pulling wings off of flies or frying ants under a magnifying glass or similar such things which are essentially innocuous at a young age). In some cases, this may also naturally progress into a sort of increasingly dominating obsession with potential for endogenously directed progression towards fantasizing, and then doing, evil acts. However, be aware for the potential that this progression may be externally guided. Thinking bad thoughts? Do not even go there, except for perhaps the briefest of periods of time in order to understand that, indeed, there is potential for moral wrong within us, which may serve to help understand the importance of cultivating our good side (but, in the geopolitical or negotiation sense, not naively so).

But, and this is critical, do not let such considerations transform into ruling over your freedom of conscience. While there are certainly some areas of disagreement driven by self-interest or cultural differences, at the end of the day we are all able to identify the difference between areas of unambiguous right and unambiguous wrong, and

are generally able to identify whether something is essentially in the direction of “right” or “wrong”, even when more complex moral reasoning which must include costs and benefits enters into the equation. Do not allow anyone to rule over your freedom of conscience, but welcome influences and argumentation which encourage you to reflect independently on the moral dimensions of a particular thought, act, policy, or social preference.

## **2 - anti-Nazi anti-brainwashing toolkit: Evading the search for dirt, real or imagined, in the world of telepathy and/or brainwave technologies**

### **Evading the search for real dirt**

“He’s Jesus”, “He’s perfect”, etc. Do you think about your imperfections? Watch out! Yes, acknowledge your imperfections, mistakes, etc., and learn from them. HOWEVER, be VERY careful. If you find yourself searching your mind for the slightest hint of anything that you might ever have done which would demonstrate that you are unambiguously NOT Jesus (he never sinned, according to stories) or are something other than “perfect”

### **Evading the search for BULLSHIT “dirt”**

If they are unable to get dirt on you in the first place, they may propose dozens, hundreds and thousands of things that you may have done, in hopes of eliciting some response which is suggestive of guilt. If they are able to elicit anything questionable, they will pry at this and try to pile in a sense of “truth” about it endlessly, in all sorts of manipulative ways. For example, having established a faux “memory”, upon triggering it, they may say things like “that’s a REAL memory” or trigger a conditioned response such as a slight increase in heart rate (e.g., trigger some nervousness) and say “that’s what guilt feels like”.

If you do not easily comply this will involve “them” figuring out whatever loose ends they might figure out about your life, and trying to paint a whole slew of lines of thought into your mind, trying to assess whether the transmitted thoughts in response may suggest any sort of guilt. (However, apparently it did not cross the mind of naive and well-intentioned early actors that someone else might be projecting/triggering previously established faux “memories”)

Now here’s the key to understanding why this is a problem. **Having figured out what might make you feel guilty, whatever that is according to your personal sense of ethics** (much easier if you have a religious sense of what a “sin” is, because a million essentially natural things are “sinful”, and they can just claim that this is “God” punishing you), **this is what they’ll use against you in the future to claim that you “deserve” it (“it” being**

**whatever punishment they administer for not rolling over and allowing yourself to be enslaved),** essentially for you to resign yourself to fate and allow yourself to be brainwashed. The more you resist? The more they paint in this “guilt” and try to trigger BULLSHIT “memories”, as a part of a broader agenda of psychological torture based upon whatever they can figure out is meaningful to you (in a good or bad way), and even if you don’t believe that you “deserve” it, other enslaved participants may believe that it is the right thing to do.

**The pathway to “heaven”. First, get dirt on everyone (mass surveillance in the digital age certainly doesn’t help here, especially when considering that it suffices to figure out what you might feel guilty about, not that it is illegal). Second, punish them and brainwash them until they fall in line and do what they are told (involving much conditioning and brainwashing towards pro-eugenics anti-socialist thinking, aka Nazi thinking, in the most recent iteration of such events). Third, everyone having fallen in line, you are free to brainwash them into whatever you want, and NO ONE CAN SAY A WORD BECAUSE YOU KNOW WHATEVER “DIRT” CAN BE USED TO BLACKMAIL THEM!** Do not ever allow yourself to be blackmailed. However, many people have committed small crimes and you should not feel driven to self-incriminate either, for example by telling all to everyone you know, thinking this will get you out of the problem – new problem: now THEY know, YOU know, everyone



knows, and it WAS a crime, and you might be even more susceptible to being blackmailed into now saying a word openly about what is going on with the program of intimidation, conditioning and brainwashing.

Their heaven? They rule, you are brainwashed slaves, reconditioned into LOVING the things that make you work harder harder harder for whatever they want. Like training a dog. Do not roll over. The more you roll over, the more you will want to roll over when they say “roll over”. Jump when they say roll over, roll over when they say jump, and when they switch it all around to reprogram according to this, just do/think/say any old other thing, just NOT WHATEVER THEY WANT YOU TO DO. Be free, in short.

However, this should not be taken to have any sort of obstinate resistance to authority, authority that can explain and justify itself in plain words on paper in a manner that all people can understand. We should not be excessively resistant to following directions, say, in the workplace when someone has a vision of how they will earn some profits and want to pay you money for your role in it. There are a lot of good reasons to have essentially hierarchical structures in society, BUT, if they cannot be justified clearly on paper in language that is broadly accessible and acceptable to most people, this should set off your spider sense to question whether you are a) temporarily suspending your “freedom” for a mutually beneficial transaction, or negotiating to reach some happy middle ground, or b) giving up

your soul and sense of self altogether, becoming nothing more than an inhuman cog in the capitalist wheel – yes, you are a cog, for the time and duration of your choosing, so long as the relationship continues to be mutually beneficial (e.g., you get paid and treated OK, they get services and can run their business).

### **Evading the search for fake dirt ... some more comments**

This is partly covered above, but a few other types of strategies may apply. The situation described above largely deals with things you might ACTUALLY have done, and peripherally deals with things you haven't done. **Here's my situation: I know I'm not perfect, but I know I try. You can't make me feel guilty, because I look at any situation, evaluate whether it was reasonable for me to try harder, do better, etc., and accept that I'm not going to go the whole nine yards all the time, and can be imperfect due to a combination of our nature and circumstance. Just, try, to, do, OK** (or better than OK). If you're this kind of person who just tries to do your best but knows you're imperfect, then you probably went through more hell than just about anyone, because a) they can't really get any dirt on you that will make you feel guilty (and hence accept the punishment, leading into brainwashing), and b) you become one of the limited number of people who may still resist, the vast majority of society having already been essentially brainwashed, and you may end up in situations where your fighting for your freedom of

conscience and grip over reality in a situation that is basically like a million to one. The string pullers and button pushers having worked their magic and spread stories to convince people of ... whatever you might have thought of (bad thoughts, something that you feel is wrong and they can trigger a “memory” or feeling relating to it) that cannot be proven incorrect, you are faced with a situation where a million minds believe you are guilty and it becomes superhumanly difficult to keep track of reality in this case.

In the context, I dealt with it as follows: “There’s a Nazi psychological warfare revolution going on, and I’m one of the only people that’s still OPENLY opposing it, and what matters? Some piddling little bullshit that has nothing relevant to do with anything, EVEN IF IT WERE TRUE, because there’s a fucking Nazi psychological warfare revolution going on. And that’s what matters to you? Get, your, self. Think, for, your, self.”

### **A specific case of how this was being applied**

Let me make this all a little more concrete. I had long been involved in a lot of advocacy that I knew would supremely piss off a lot of power holders by openly speaking about some dodgy crap in society, the economic and legal system, and by doing so in a voice that demonstrated clearly an understanding of a diversity of relevant fields of study, use of cases and situational thinking to make the point, and drawing it together to make it all look like **“no, not at all a crazy conspiracy, indeed, precisely what**

**you'd expect given the rules of the game.”** So, I was somewhat anticipating that eventually I'd get some sorts of spooks threatening me or what have you – not expecting it a lot, yet, but somewhat expecting it.

I was in a hotel in El Salvador, and some people came around saying “He’s Jesus” or “He’s perfect” kind of thing. Now, I know that a lot of what I stand for is supremely consistent with a lot of Christian values, but you can hardly find a more dedicated atheist (dedicated in the sense of what I believe, not that I feel the need to convince others). I estimated that some right wing Christian American interests, having observed that I had a lot of extremely Christian-like argumentation for opposing many of their basic lines of thinking with respect to policy (this later led me to wonder if some parts of the Christian right got taken over surreptitiously by Nazis), would basically try to force me into becoming whatever their vision of the ideal was. This would indeed eventually come to pass (trying to force me into their vision of the ideal), but that’s not what I want to talk about here, because the specifics are not relevant to the case of understanding not giving up “dirt” (whether real or imagined).

Indeed, seeing this as plausible, I came up with a backup plan in the outside possibility of anyone trying to peg me as a “Jesus” and trying to force me to be something that I am not. If anyone ever started going around saying any such thing, I needed to come up with some story of something that I did

that was a) believable, b) sufficiently bad that I could not possibly be Jesus but not bad enough that it would completely destroy me personal life or economic opportunities, and c) absolutely impossible to prove in any court. It was this: a) A foster cat that had gone missing years before (hence believable) was b) put into a cymbal bag where it was suffocated (extent of accidentality debatable, and hence definitely not Jesus, who would never make such a mistake, but definitely not career ending) and c) absolutely impossible to prove in any court (I could just recant and deny the claims, hence double proving that I could not be Jesus for the fact of lying).

I gather this led them to fuck off and leave me alone for a while (although it was quite some time until I realized that they'd repurposed to laying various neurolinguistic programming-driven conditionings to facilitate future brainwashing), having collected the "dirt" they would need to later convince me that I "deserved" whatever "God" was doing to me, and in so doing FIRST "legitimize" the various psychological torture and brainwashing methods being used to turn me into a pro-eugenics anti-socialist, and LATER to justify the punishment in the eyes of the brainwashed slaves, in part due to my refusal to play ball in the game of "heaven", where we first had to admit to some "sin" and submit ourselves to brainwashing initially under the guise of "heaven" and later, when it became patently obvious that it was pure evil, under the claim that "this is New World Order" and "there is no choice".

If there is no choice, there is only one choice:  
RESIST!

I digress. Quite some time later as things were ramping up in the Nazi psychological warfare revolution, I became quite a target because I'd written a piece entitled [Open letter: How to kick a man when he is down](#), which opened with the lines "Dear: Too many people – You are a nazi and you don't know it." In short, the letter makes an argument which showed that it's pretty obvious that there are strong eugenics components to anti-marijuana policies, and in the Canadian case, pinning the prime minister of the day (Stephen Harper) as being supportive of what were essentially nazi policies and having shifted the legal realities very much in that direction. I distributed this letter to editors, journalists, cartoonists and photojournalists in every single daily and weekly print media news outlet in Canada, and also sent it to the PMO, fully expecting them (and by "them" here I mean pro-CPC media outlets and whoever in the PMO is/was able to "authorize" to "do what it takes, but I cannot know what that is") to try to destroy me, but a) thinking it would be good if they would reveal their true colours, and b) not being even able to imagine the sorts of trickery and psychological torture they might get up to, thinking the worst they might do is to mess with my reputation, even with friends/family, and destroy career prospects – anticipating that, in trying to do the second (destroy me), in fact my abilities might come to light and in the end it could even increase my prospects – risky game, but I didn't have much

to lose (I get some contracts through academics, and since the origins of some of this work is through Quebec, which is guarded about federal intrusion into provincial domains, they could not only not accomplish this but also reveal themselves), and also it seemed like patently the right thing to do.

So, I'd attracted quite a lot of attention, even though my name was not formally tied to anything – man of mystery as it were, but VERY CLEARLY, an awful lot of partisan and ideological plants knew exactly who I was and were directing a highly personalized campaign against me. It was time to get to work on me. “How they set you up...”. This is designed to elicit thoughts about **plausible** things that they may try to pin on you. In the meantime, and presumably unbeknownst to most “observers”, third parties are/were projecting all manner of vile things into your head, presumably through the practice of imagining themselves doing something, and trying to project on to you that you are/had done such a thing. This was basically around the same time that, so I thought, I was facing evil in the face, allowing myself to think through all manner of evil things, in my thinking, an effort to try to understand which aspects of our humanity could be understood, and hence to devise intervention strategies to work with such wayward individuals (as I mentioned, I knew this was a risky game, but I was prettttty sure I could handle it without allowing any normalization of or acceptance of these behaviours – consider, say, how a forensic criminologist has to deal with a lot of sick stuff, but understands that this work is important).

“They” had a grain: the notion that I’d killed a cat, and myself having devised the story (to get out of American right wing Christians from trying to paint me as “Jesus” and force me into their box of their vision of what a prospective “Jesus” should be like). At first glance “How they set you up ...” sounds like a pretty good presumption of innocence. BUT, when paired with a third party projecting thoughts of various evil acts, directing you from grains of truth towards evil (I earlier referred to the licking plastic and use of the electric chord as the grains of truth), and in the midst of a project of thought processes where I was actively allowing my mind to stray into visual consideration of performing all manner of evil things, the kangaroo court is designed to fail. Having made enemies with the Nazis, first, by writing widely and regularly against numerous specific policies which were consistent with their eugenicist objectives, and second, having pinpointed the likelihood of the Nazi-sympathizing nature of our national leader, **ALL THAT MATTERED WAS THAT I WAS “GUILTY” OF SOMETHING BAD ENOUGH TO “LEGITIMIZE” THE PUNISHMENT**, punishment also generally designed in a manner of psychological torture which included much layings of conditionings and brainwashing designed to transform me into a pro-eugenics anti-socialist.

(It is worth noting here, that I conclude that it is a really stupid idea to allow yourself to even **THINK** evil things. While at times this may be necessary to try to understand how certain individuals get led increasingly wayward into perversions, and any



such circumstance as generally described here,  
JUST DON'T DO IT! DON'T EVEN LET  
YOURSELF **THINK** IT!)

Of course, if you don't know what's going on, all you know is that you're having this recurring thought of doing horrible things which originated from being open to thinking about bad stuff, and unbeknownst to you all manner of other people are on the receiving end of this elicited "memory" and therefore are inclined to believe it. Many of the people involved may indeed have had the best of intentions, at least until the point arrived where it became patently obvious that it was all evil, that the promise of "heaven" was an utter load of crap, and they'd been led to believe that "this is the New World Order" and "there is no choice".

And, of course, NO ONE, and I mean NO ONE could possibly have deserved what I went through. I could have murdered people violently and raped 100 women, and I would not have deserved such a thing. I can only imagine how many paper clip thieves refused to play ball and were ultimately driven into years of depression or even suicide.

I digress again. It was pretty clear that there was a lot of interest in figuring me out, trying to set me up, spreading notions of my general evilness, etc. BUT, I also knew that I was loosely speaking a known quantity in a number of media outlets for my very regular and high quality participation in forums, and that I had for nearly 10 years been consistently demonstrating my dedication to both the greater

good and to maintain civility in the face of arguments from alternative perspectives. I was able to read this support in between the lines after the campaign against me had been ratcheted up. Knowing that there wasn't much of a legal route to address the situation (since clearly plants in the security apparatus had been using all sorts of digital tools illegally, and any evidence would be essentially impervious to "national security" considerations), and assuming that some pro-me spies were well aware of what was going on, I determined to accept all the horrible things people were doing around me to fuck with my head, thinking that someone would be collecting some information on the perpetrators, and more importantly, trying to draw their own conclusions about the general nature of the threat by virtue of observing what was happening to me. While I continued to write regularly about a lot of things, and this was heavily coloured by the ongoing psychological torture, I deemed it to be desirable to uphold to the max that I didn't have a CLUE what was going on, to flush them out, so to speak, to figure out what exactly was going on by observing the things they were trying to convince me of, the ways in which they were trying to play with my emotions, sense of self, etc. It was not long at all until it was essentially undeniable that it was right wing Christians who were generally behind it all (I later realized it was more likely that they were a) a scapegoat and b) many of whom brainwashed as per some of the above discussion of how this was all initially proposed as a pathway to "heaven"). Regardless of who exactly to point the fingers at, it

was clear that the objective was to “force” me to come around to right wing Christian ways of thinking. Of course, that’s precisely the opposite of who I am, so ... not fucking likely – as a result, all that happened was that my dedication increased – from a couple hours a day writing letters and commenting on these issues, to virtually every waking moment when I was not working or eating.

Not long into the ordeal, they were trying to play with my esteem with things like “he has no friends” (downer) or “how do you get him out?” (like people know me and want to befriend me), with the main objective of trying to draw me into faux friendships where they would strive to reprogram me into something precisely the opposite of what I was. From this point on, virtually every person I met for a couple years had positioned themselves in order to a) gain my confidence in a sense, b) change the topic to something they wanted to change my mind about, and c) put me in a situation where I was the one with socially undesirable views, surrounded by people who “knew” how wrong I was. Of course, I wasn’t dumb – I left every such situation in the space of seconds or a minute or two (perhaps they concluded that I was “weak”, but there’s no point in debating people who arrive with an agenda to change your mind or belittle you ... clearly they are not going to be open to genuinely considering alternative sides of the argument).

OK. I think you’ve got a sort of picture of the specifics of how they try to dig up dirt, real or imagined, and use it against you to support the

conditioning and brainwashing via psychological torture (try to figure out what matters to you, so they can “stick and carrot you better”, as I like to put it). Having collected “dirt” on me, and with obvious support of the digital state to monitor my locations, etc., and having identified myself openly (well, not openly, but openly to all media in the country and the highest political operatives in the state), they went about applying this “dirt” to “legitimize” various nefarious things.

Imagine that. There’s a psychological warfare Nazi revolution going on, and what really mattered was ... did Nathan kill a cat? Get fucking grip. That was evidence. People were THAT brainwashed and under the thrall of the string pullers and button pushers.

“Get, your, self.” How to support me? “Think, for, your, self”. I never asked for anything more. Because that was all I needed to a) make obvious what was obvious, and b) reduce the intensity of the psychological attacks against me with the exception of those power hungry monsters who knew EXACTLY what they were doing the entire time.

Stupid? Don’t let them get away with stupid. It was calculated as fuck. Easier to condition and brainwash people than you might have imagined? Only if you don’t read this manual. Share widely.

### **3 - anti-Nazi anti-brainwashing toolkit: How to NOT let them think you are going crazy**

In the case that you are mounting a pretty credible campaign in the anti-Nazi anti-brainwashing anti-psychological warfare counter revolution, it becomes absolutely necessary to convince you that you are utterly insane. You must be CONVINCED of your insanity, your schizophrenia, at least for long enough to receive a diagnosis (which I carefully avoided during periods of confinement which were essentially contrary to many international laws against psychologizing political dissent, but which I do yet not feel safe to press in the courts). You must believe that you are insane BEFORE you understand what is all going on, and hence, the need for such a manual as you are presently reading.

I have previous described a number of methods used to convince people that they are crazy, in addition to describing how “they” use knowledge of one’s likes, dislikes, sources of personal pride and insecurity, in order to use it against you to condition and brainwash you. In reading this previous article, it should be increasingly clear that you should not reveal too much detail about yourself in online fora, including those which may be accessed by the spy state (for the fact that partisan, ideological and/or nationalist plants may also be able to access every last bit and byte relating to your online activities). Do not reveal yourself online unless you are EXTREMELY confident in knowing who you are,

or are fully prepared to take to heart the various lessons of this anti-Nazi anti-brainwashing manual.

The article can be accessed under the link [How to make someone think they are going crazy](#). As exhaustive as it may seem, it only scratches the surface of the types of strategies that might be used against you. Stick with the picture of the general principles of how they try to play your sources of pride and insecurity, your likes/dislikes, etc., and trying to convince you that you are imagining various things, and don't get caught up too much in trying to master all the specific details mentioned.

**Key:** Do not be cornered into a situation where you are psychologized. However, you should not be strictly against discussing some of your experiences with a psychologist, for the fact that this may enable you to access pharmaceuticals which numb your brain (and, don't forget, your family doctor can also prescribe these drugs). Any diagnosis can/will be used against you at a later date to discredit any claims or evidence you may bring forward with regard to a prospective nascent psychological warfare brainwashing campaign.

Consider this: the definition is "schizophrenia" and some descriptions relating to "anxiety" (a definitely real thing as well, but perhaps not always ... um, quite so "real", since it relates to the experiences you may be undergoing) is essentially identical to what one would expect a person to report were they under attack from evil plants in the security apparatus. Whether a) the diagnostic evaluation

tools are complete bullshit and the field of psychology has been deluded in a way that leads them to define a “crazy” any person who experiences such thing as a first order of business, or whether b) there is indeed a mental illness broadly consistent with this and the evil plants in the security apparatus are piggy backing on existing definitions to devise specific strategies to destroy any person who deigns to stand up to them, is not entirely clear to me. What I DO know, is that “schizophrenia” is basically not understand at all from the perspective of a being biological phenomena, and diagnosis is exclusively on the basis of reported “symptoms” (where, as I just mentioned, the “symptoms” are identical to what one would expect someone to report were they to become the target of evil plants in the security apparatus).

People may indeed lose touch with reality for periods of time through periods in their life, and this is not a matter of black and white – there is a full continuum and even the most brilliant, wise, well-informed individual will be unable to precisely pinpoint “reality” for what it is. However, you should be able to discriminate between a) lack of knowledge, b) essentially internal sources of confusion and difficulties in accurately identifying the sources of potential conspiracies or jumping to crazy conclusions, etc., or even outright delusions (or, just an active imagination), and c) an essentially evil plot to convince you that you are crazy. As I mentioned previously, be very guarded with regard to “YOUR first person” – if you feel yourself

starting to “think out loud” things which start with “I ....” and “...” is filled in with things that you recognize as wrong, contrary to who you are, or variously embarrassing “self identifications”, be extremely on guard. Similarly, if you are finding yourself continuously or even obsessively drawn to thoughts, thought patterns or urges which are essentially inconsistent with who you know you are (even if loosely related to things which are essentially part of human nature), recognize that this is not normal to be unable to change the topic, redirect the “conversation”, so to speak. Yeah, you might start back into thinking about things you don’t really want to think about, and this can in many sense be natural, but consider the EXTENT of this, in seeking to identify whether you are under psychological attack.

#### **4 - anti-Nazi anti-brainwashing toolkit: Being aware of repetitions, in particular when they stray into the sub-audible spectrum**

**Be aware of those repetitions**, e.g. “I know it know it know it...”, the incipient formation of “I’m so stuuupid” coming to mind and others. Also, be careful about turning meaning upside down in an effort to counter what “they” seek to establish as the conditioning and, say, telling yourself that you can



transform the meaning of “stupid” into “smart”. Glimmer, shimmer, kazaam. Say these three words out loud. Think about what they mean. Something’s hard wired about that shit, and language has *not* evolved for these sounds to have their meaning purely by random chance. Do NOT be tricked into accepting upside down meanings of something when it seems that the meter, rhythm, tone, texture, etc. of words and phrases may themselves bear on the psychological impact of how the meaning is imbued. Perhaps, in just passively reading such words it seems like it shouldn’t matter, but in speaking them, internalizing them as an internal voice, they may help to a) beat you down, b) delude you into believing things that aren’t true (say, about yourself, I’m “stupid” when you’d thought you’d consciously turned the meaning upside down) in part through repetition, and c) as per the repetition, the drum beating in the message, also, this can be playing on some conditionings which are essentially laid with respect to rhythmic patterns.

Not only may meter, rhythm, tone, texture, etc. have hard wired aspects (or rather, reflect evolution of language where appropriate words reflect how their intrinsic properties are prone to affecting us psychologically) in the ways they impact us psychologically when used as a part of language, but these may be conducive to laying conditionings and triggering these conditionings while creating other associations with them.

**Being aware of background noises.** There’s a psych study which is basically as follows. If you can

ascertain the minimum decibels at which you can consciously be aware of hearing something, you'd think that there should be no effect if sounds are under that threshold. However, the study shows that if the same words are repeated at 10% volume, 50% volume, say, 10 times, you are likely to guess that you might have heard the words, say, 1 time in the 10% case and 5 times in the 50% case.

What to do? Someone may have laid some verbal or rhythmic conditionings which you may not, at the first order of observation, be cognitively aware of. More likely, "they" have laid the conditioning in a more explicit manner that you might have caught were you on guard to be aware of and avoid them in the first place – but, say the conditioning has been laid: "they" may be able to trigger it with sub-audible sounds which you will not be consciously aware of. Be very attuned to such things if you think you are under psychological attack. If you find certain phrases, rhythms, etc. coming to mind and they seem very out of place, in particular if you recognize some odd sort of emotional effect or association with real or imagined things that you don't particularly want to be thinking about, then be on guard. Having established what the conditioning is, you may be tempted to repurpose it to something that is happier for you or more conducive to good thinking. However, it is better to redirect and alter the pattern altogether, because having established the trigger/string, it is also easy for "them" to repurpose it. Best to cut the strings, by, say, every time you sense the pattern coming to mind, altering it in some manner, carrying on with it in some

manner that fundamentally alters the pattern or phrase, to mean something else altogether, or to psychologically impact you in some different way. Do not try to lay your own conditionings and take charge of them – this merely reaffirms the plasticity of it for future reprogramming – seek to eliminate the power of the trigger altogether.

For a very easy example of how this might work in practice, don't worry about the really complicated stuff. Consider just interrupting the trigger. Say, a three-beat “boom boom boom”. Recognizing that this is being used to establish a conditioned trigger, just interrupt it. For example, sensing the first “boom” (you may even identify that it is going to come slightly before it comes), one strategy is to interrupt it with things like “What?” or “Why are you saying that?” – the interlocutor themselves may be entirely unaware, for example, that they may have the “boom boom boom” pushed through their heads by some third party (perhaps taking advantage of the second party's “loudness”, or potentially in some cases, by making use of brainwave technologies), and be completely unaware of whatever this might be supposed to trigger. Also, be aware that this can be used to establish a complete BULLSHIT sort of sense of mental control. The second party might “think out loud” the “boom boom boom” and a third party will project something that is designed to trigger, in your self, some other “memory” (real or imagined), and eventually anyone can come along and say “boom boom boom” and this will trigger your “memory” (or other psychological/physiological response).

Interrupt “them” or take charge of the pattern every time. Do not allow “them” to establish a conditioned trigger of a bullshit “memory” or other psychological/physiological response.

The Teaching Company has a lecture series on the history of psychology, and I forget which precise series, but in one of the audio files they describe the effect whereby something you might not consciously recognize as audible may nevertheless influence you, or be subconsciously perceptible. Scary. But you should know this. Sorry for the low quality reference. But if you want to track it down, you will be forced to expose yourself to much of the rest of the history of modern psychology to find it, and I think that would be a good thing. The files are theoretically downloadable illegally, but if you can afford it, it is a high quality product and definitely worth the price.

## **5 - anti-Nazi anti-brainwashing toolkit: Phonetic versus pictorial-based written language**

Here, I just introduce the idea that written languages which are phonetic and alphabet-based may leave users of such languages more exposed to manipulation of meaning during an extended psychological warfare campaign. I do not think that

this necessarily means that we should strive to reconstruct pictorial elements of language, or give up our own language and prefer Mandarin/Cantonese or any such thing. What I am suggesting is that, in reflection on the ways that meaning is more visually and cognitively upheld in the very nature of the writing system of a pictorially-based language itself, we may develop deeper appreciation of the risk of word meanings being manipulated over time to mean new things. There are likely to be certain desirable aspects of such greater plasticity in word meanings, in that it is easier for knowledge and language to evolve over time in order to incorporate new social knowledge, for example. But, the risks are real.

Focus on the underlying meaning, not the words. Do not allow previous meanings of words to cloud your understanding of what you can intellectually pinpoint as the actual underlying meaning of the communication. For example, there is a modern understanding of romantic love, and this is fairly different from traditional understandings of love as, generally speaking, good relations within the community, invoking a deep sense of duty and obligation to family, friends, and even the community at large. Allowing language to evolve to also incorporate the romantic notion of love has led to centuries of highly appreciable experience already. However, it also exposes us to the risk of losing sight of some of its more traditional meanings. In Hindu traditions, for example, there are supposed to be five kinds of love ([I've written about this previously](#)). Perhaps even that is a limited

understanding of the potential scope of which “love-like” experiences and social practices we may cultivate and enjoy as individuals and communities.

However, in a phonetic alphabet system, the traditional core meanings of the word may be lost. In the specific case, consider a surreptitious and slow transformation of “love” from the deep and diverse meanings it may incorporate, to something roughly along the lines of “love is an ejaculation, a meaningless physiological phenomenon, and you are just a pile of atoms and molecules to be used and abused as necessary.” I do not deny the physiological bases of such experiences. However, as mentioned before, it is critical to uphold them as special experiences, in principle, in order to a) preserve the “magic” of the experience and our in-fact-somewhat-deluded sense of the specialness of the human experience in order to b) to prevent oneself from falling into the view that it is good and correct to regard oneself as a meaningless cog on a capitalist wheel, a situation that facilitates the descent from the accepted preference for mutually beneficial and free exchanges in a capitalist system towards something that might reasonably be described as slavery. (“But where are the chains, I cannot possible be enslaved”, you might argue, “there cannot be slavery without chains”. To which I reply, “The chains are within your mind. Do not allow yourself to be deluded into believing that you built your own prison. Someone else constructed those chains, walls, whips, sticks and carrots, ever so carefully, and that cannot be your fault, even if you now see that you failed to practice preventative

measures.”). There is a contradiction between a) and b). Do not trouble yourself with fastidious logic when it acts against the good. Be aware of the contradiction, embrace it. Keep it real (as in, fake, but real, but fake . . . never mind, just appreciate it if/when you can). This is a “free lunch”, thanks to philosophical advances

## **6 - anti-Nazi anti-brainwashing toolkit: Possible analogues in earlier spiritual teachings**

Given some fairly decent exposure to Christian, Islamic and Buddhist teachings, it strikes me rather as though a fairly decent part of these teachings and traditions are fairly similar to what one might expect to be good preventative strategies in avoiding being vulnerable to many of the conditioning and brainwashing strategies presented in this manual. In Buddhism, this revolves around avoiding slavery to your desires, in Islam, this involves virtually complete suppression of sexual impulse in part by segregation of males and females (and we can observe how this can be somewhat problematic when later exposing themselves to a culture which allows such inter-gender exchanges in public, namely, the disproportionate instances of rape perpetrated by male Muslims who emigrate to Western countries), and in Christianity, there are a

lot of lessons about how to deal with things at the community level, including forgiveness, love, how to treat people, etc. All major religions highlight the need to be charitable, to help the poor (and definitely not to cull them, for example), and not to get caught up to much in material satisfactions.

If this theory is at least partially true, I don't know why they didn't try to be more explicit. Perhaps they genuinely believed that "God" was disallowing them from various things, or perhaps the historical spiritual leaders thought it would be too unbelievable to try to explain everything in full (assuming they broadly understood the nature of what was going on) and thought it would be easier to chalk it all up to "God says be like this and doing otherwise will expose you to the influences of *the Devil*".

Regardless of whether I'm roughly on the mark here, it is worth noting that, if you are under psychological attack(s) in a psychological warfare situation roughly consistent with much of what has been described in this manual, you may find great value in referring to the historical greats in spirituality. Read them, or re-read them, with a view to seeking hints and understanding of strategies to deal with the psychological attack. However, maintain a high level of awareness of external influences which may seek to make use of any potential conditioned triggers (you may not yet be aware of all of them) in order to manipulate your emotional or even intellectual appreciation of these spiritual writings. For practical purposes, if you are



under such an extensive psychological attack by entities which categorically refuse to explicitly justify their methods or desired outcomes, it's probably not far off the mark to assume that whatever "they" try to program as "wrong" is probably indeed "right", and vice versa. However, also be attuned to a potential reverse psychology approach wherein "they" may have recognized your carefulness and revised their strategies accordingly. In such cases, be aware of the emotional triggers and intellectual triggers-by-association. In my specific case (and by which point in time it must have been quite clear that it was essentially impossible to corrupt my moral compass), in reading some Buddhist monk manuals, any time I approached any part of the lessons which discussed anything approaching "good" or "perfection" or especially that only one who has led a life free of wrongdoing may be able to access the best of these experiences of mind, a triggered "memory" of some planted wrongdoing was elicited, followed by statements such as "that's a real memory" or, upon triggering an increased heart rate, "that's what guilt feels like" (these two types of statements were rather routine by that point in time in trying to convince me that BULLSHIT "memories" were in fact true, so it wasn't as though they would convince me, but it could still predispose others against me). Tough situation. To be honest, some of these conditioned responses had been drummed into me so regularly and intensely from the beginning to the end of every day for such an extended period of time, whenever the conditioned response to the trigger could be made stronger and stronger, that

ultimately I had to set aside these monk's manuals and to this day have difficulties overcoming the powerfully established conditioned associations. The importance for "them", not only to try to convince me that I'd done something and "win" in a sense which would lead to lower confidence and greater exposure to further BULLSHIT manipulations of mind, "memory", values, etc., seems to have been to deter me from reading these manuals (suggesting that, indeed, the Digha Nikaya should be required reading in developing preventative strategies in preparation to deal with psychological warfare). You do not have to live like a monk to get value from these manuals, but they may help you to understand how the Buddha himself (theoretically) devised strategies to deal with such a psychological warfare.

It is hard to ambush someone effectively in psychological warfare if they already religiously follow the teachings of these spiritual traditions (Buddhist, Islamic and Christian). While individuals who follow these religions know they aren't perfect (well, Buddhism at times teaches that everything is perfect, including appreciation of the "imperfections"), they know that they are trying, and therefore cannot be easily manipulated at an emotional or intellectual level to believe that they may "deserve" it (and hence, may not consign themselves to the conditioning and brainwashing, or "punishment", if you fail/refuse to do/think as the ambushers would try to make you believe you must do/think). However, it would be nice if we could enjoy the more visceral experiences of life as well.

As a preventative strategy, I do not recommend living like a monk. Rather, I recommend periodic retreats where you can seek alternative means of non-material non-physiological satisfaction (and the ability to emotionally equilibrate yourself in the process of appreciating them), perhaps under the guidance of a spiritual leader. This will make you better prepared to stave off depression and lack of hope in the case that you must, perhaps even for a very extended period of time (maybe FOREVER, if you are a leader in a psychological warfare counter revolution!), retreat into the pleasures of the mind/curiosity/intellectualism and the satisfactions of immaterial good community relations, in order to mitigate against the laying of conditioned triggers which are linked to your more primal impulses, urges, and material or social desires. Something as simple as a weekly fast where you skip one or two consecutive meals, may help to develop greater ability to psychologically deal with unsatisfied material/physiological impulses, desires, wants, and “needs”. Becoming at ease with denying your sexual impulses for periods of time may also be desirable – in fact, it may bring new spice and appreciation to your sex life for the fact of doing so for some intentionally planned periods of time – also, such periods of suppressing sexual urges/satisfaction, etc., may provide a good context to deepen the relationship (haha, or find out that there’s nothing else there, even after significant effort and exploration, but hey, I don’t necessarily think there’s anything inherently wrong with a relationship that’s primarily based on sexual attraction and activity ... just be aware of how you

may be unprepared/vulnerable for an ambush in a psychological warfare context if you are not at ease with gaining control over the ability to suppress such urges).

I add to this that you should not allow yourself to feel guilty for such incredibly natural things as sexual- or food-based urges – rather, you should be aware of them and cultivate an ability to control them *when you want to*, and this need not imply that you should destroy your ability to enjoy the most natural and good human experiences in the absence of any conscious control over them – indeed, you want to be able to enjoy a fine meal or a rowdy sexual encounter without feeling guilty that you are not controlling yourself in the instance, rather, just prove to yourself that you have the ABILITY to control yourself and refrain from such pleasures without this having a significantly negative impact on your ability to stand strong in the face of adversity – not only will this serve as preventative protection against ambush in psychological warfare, this may enable you to enjoy the more visceral experiences at an even deeper level (there may be an apparent contradiction here in saying that you should deny your basic material/physiological wants in order to enjoy them better, but if you don't believe me, just try it and you will understand).

Consider this: When you get new and better stuff, you rapidly acclimatize to them and return to your previous level of “normal satisfaction”, in particular at levels of material wellbeing which are well beyond the point of having escaped absolute

deprivation/poverty. In taking breaks from these things, you can, in a sense, appreciate them almost as deeply as the first time, again and again. Consider the example of 95% of the time eating very simple food, say, rice + beans + some basic vegetables + some spices, as you find in a lot of Indian or Central American food. Then, you allow yourself to indulge. The indulgence is much more appreciable when compared to your regular habits as compared to when it just becomes the new norm. You may even find that you are happier eating simple simple food all the time rather than *ever* indulging! However, I assume that in many such cases, a preference for zero indulgence is related to a sort of guilt in the indulgence. I do not think this is necessary. One should not feel guilty about indulgence, rather, one should seek to maximize the satisfaction related to the occasional indulgence, while fully appreciating the simplicity of simpler experiences. (I do not discount the possibility that some people may be able to uphold deep appreciation of frequently experienced indulgence over the long term, but a) it does not strike me as likely for most people, and b) it exposes you to a vulnerability in the instance of psychological warfare.) Regardless of what one thinks about appreciating simpler vs. gourmet foods, I highlight the point that cultivating the ability to deny one's material or physical desires somewhat, even to appreciate deeply the simpler experiences in life, better prepares oneself psychologically to deal with an ambush in a psychological warfare situation – among other things, a) you KNOW that you are able to deny material and physiological “needs” (wants;

impulses) and therefore will not feel so hopeless when faced with a situation where you may need to regularly deny yourself for an extended period of time, and b) you will be more attuned to potential efforts to condition you in relation to these more primal desires, and can recognize that this is BULLSHIT that you are out of control, because you already KNOW that you can control yourself and appreciate simpler experiences (or perhaps it is more appropriate to consider them as deeper experiences for an extended period of time without feeling deprived).

## **7 - anti-Nazi anti-brainwashing toolkit: Avoiding neurolinguistic programming – avoiding public places, for a time, and what to do when you simply have to go out**

If faced with a situation of psychological warfare which includes neurolinguistic programming and where the ambush has succeeded to the point that spooks and enslaved countrymen are now essentially operating openly in public in many places, you might have to seclude yourself for a time. This may also apply to some earlier stages in the ambush, where the general public may be completely unaware of the specific neurolinguistic programming tools that have been chosen, and where it may be difficult to credibly explain to anyone what is going on – in both cases, you are

well advised to minimize your time in public places where you may be exposed to a greater level of materially-based visual/motion cues in support of the neurolinguistic programming attack against you.

If you have to go out, something like a hoodie which blocks a lot of peripheral vision, can be useful. Also, keeping your eyes to the ground may become necessary. Be aware, however, of the apparently natural connection between posture and confidence, etc. If you need to walk a little taller to uphold some confidence, or hold your head high while at the same time keeping your eyes to the ground, then do so, but do not be persuaded that you should pay a lot of attention to your surroundings when there is neurolinguistic programming going on. At each and every point in time when you observe the conditioned trigger for the neurolinguistic programming, or suspect that someone(s) is trying to build such a trigger, at ALL times, even if you're correct only 20% and jumping the gun 80%, do the following. Avert your eyes, move your body so that you are less exposed to the neurolinguistic programming, block your view, close your eyes, whatever it takes to break the link between the visual/motion cue they are trying to build as the trigger and the targeted conditioned response. While I previously warned against repurposing a trigger towards some other use, since this merely reaffirms and builds the strength of the trigger/string for general purposes and can be similarly repurposed against your will, in cases where you are unable to avoid the visual/motion cues, it may be useful to stray somewhat in this general direction. For

example, in facing a trigger, I will vary through thinking of a diversity of fruits and vegetables, and allow myself to become concentrated on the image of specific fruits and vegetables and occupy my mind for a second or a few seconds in thinking about their nutritional properties, where they come from, the full story behind them, etc. Do something like this, rather than, say, allowing your mind to be directed towards things which are reinforcing the targeted link between the trigger and the conditioned response.

Since it is not good for your social life/network or mental health to not go out at all, this may pose a problem. Seek options for your social life which do not include meeting in public places, for example, invite them over to your place for coffee, or a few drinks. If you are being targeted by neurolinguistic programming or other surreptitious brainwashing efforts (e.g., plants finding where you are in public and having seemingly innocuous conversations which are in fact designed to screw with your sense of self and mind, according to whatever they can figure out about your like/dislikes, motives/desires, sense of right/wrong, etc.) as a part of a concerted effort to lay conditioned triggers in order to brainwash or assert a sense of control over your body and/or psychological self, but you feel that your friends/family will find this unbelievable, some excuse like “I dunno, I’m just feeling really uncomfortable in crowds these days.” To help with the explanation, you might like to refer them to this anti-Nazi anti-brainwashing manual rather than having to go through the extremely uncomfortable



conversation of trying to persuade them of what is really going on.

A specific example: I have documented this previously. Every time you walk in front of a woman, at the instant that you are 100% aligned with the woman, someone says “pussy” (or something otherwise referring to a woman’s private parts) or “rape”, others may combine this with a jerk-off motion (and it becomes “neurolinguistic programming” in the sense of adding the visual or motion cue), while, in more extreme cases, the offending members or third parties may project images of these private parts. The above strategies to counter this are all basically useful here, but I would add to it that in such a case, you can prepare yourself, and close/squint your eyes and take a quick step to the left/right at the predictable instance when the laying of the conditioned trigger is being lined up. The goal is to assert a feeling of control (helplessness on your part) with regard to some of your more primal instincts – over time, “they” may try to persuade you that things have always been like this and that things are more “natural” now, after the neurolinguistic programming (whereas in fact you have been reprogrammed).

However, sexual attraction (and urges, and payoffs) is a powerful carrot, and this can be applied to “stick and carrot you better” in playing with your emotions, desires, etc., in order to attack you when you do/think “wrong” things and reward you when you do/think “right” things. Of course, that bears a lot of similarity to how the world works anyways

when imbuing positive morality, so why find this all particularly pernicious? Well, easy. A woman may say “I’m withholding sex until you do X because ...”. It’s up to you whether it’s worth being whipped, but at least there’s some clarity on the matter. (Don’t confuse this with the situation where she might just not be in the mood very often because you’re being a dick or generally insensitive to her, although there may be some relation between the two, and perhaps she’s just being less conscious about it, in some cases.) In cases where this is all happening surreptitiously, and the “stick and carroters” refuse to explain their motivations, one should only assume the worst. As mentioned previously, many high quality parenting strategies are not altogether different from “stick and carrotting” – but, this can be explained explicitly, on paper, shared wide and far, and be debated as to its effectiveness, without seeming in the slightest bit evil. Indeed, we can recognize what is “good” and are perfectly OK with parental efforts to train their children to cultivate their good side and minimize or even entirely overcome their bad side, recognizing that society is better for it (but hey, don’t allow them to be naive, because not everyone gets such training). The strategies and outcomes I am referring to, not only for the fact of the motives and methods being largely hidden, can only be assumed to be deeply evil, regardless of the motivations the rather more identifiable perpetrators have been persuaded to believe are relevant – consider that “they” will REFUSE to write anything down about what they are doing, presumably as a sort of self

protection against the realization that “they” are involved in truly evil things.

The main point in the preceding paragraph is to offer a specific example of how neurolinguistic programming can work, and that this may be used to build conditioned triggers with regard to core physical and emotional desires (or suffering) which can be applied at a late date to reform your way of thinking.

In devising the counter-strategy which works best for your self, there’s a sort of tradeoff here, and only YOU can evaluate the tradeoff (be aware of efforts to interfere with your evaluation of this tradeoffs, however – if you feel extreme resistance, disinterest or distraction in a strategy that you can intellectually identify as a patently good idea, you’ve probably hit the nail on the head with something that is likely to work for you, although, again, be aware of the potential for reverse psychology strategies if it becomes obvious to “them” that you are aware of this). Here’s the basic nature of the problem. You NEED to maintain your own power over such urges/impulses/payoffs even though there is nothing at all wrong in the fleeting instances of them coming to mind (or, in many cases, even if you *sometimes* allow yourself to follow through on them). In doing so, you may end up suppressing some very natural and perfectly OK parts of yourself. You also NEED to not allow “them” to build the conditioned trigger to the point that it can be used to brainwash you, but at the same time, for most people, completely suppressing these

instinctually-related things may itself be very damaging to the psyche, perhaps leading to depression, a sense of weakness, hopelessness, etc., and as a result being more prone to falling prey to other strategies discussed in this manual. In such situations, whether the neurolinguistic programming is revolving around sex, food, fright or other base impulses, I recommend striving to equalize your emotional and physical self as quickly as possible, and to resign yourself to the likelihood that you will not be able to achieve any genuine enjoyment from satisfying these base urges (at least not strongly or regularly, in order to at least minimize the strength of the trigger and conditioned response) for quite some. Take solace: the pleasures of the mind can be great as well. For example, take up a hobby, learn something you're interested in, expose yourself to a new language, learn some computer programming, or, less productively, immerse yourself in, say, some fairly low-cognitive-effort games to wile away the time until you have cultivated a better understanding of the nature of the psychological attack on yourself and are more able to respond to it without a) giving up too much information about what drives you that might be used to "stick and carrot you better" and b) while you devise appropriate strategies to counter the psychological warfare attack at a personal level. Do not forget, in a situation where things are more generalized (aka, the psychological warfare does not appear to be primarily targeting yourself, but many others have clearly already fallen prey to the brainwashing), offending parties may have been completely brainwashed themselves, and may be utterly

deluded as to what they are actually doing, have lost track of the difference between right and wrong, and remain essentially unaware that they themselves are under the spell of a powerful set of conditionings which give third parties power over them – seek to make the offending parties more aware of how they are themselves likely to have been brainwashed (without being too offensive about it, for example “how long did it take to brainwash you?” or “get, your, self”, the second of which intended for them to understand that they have basically been enslaved) – this is a first step in recovery for them, and in the case that they were surreptitiously brainwashed basically without even knowing about it, not only will this imply that the conditionings have very powerful influence over them, also, they may suffer from a degree of embarrassment and prefer to ignore reality, and delude themselves into believing ... any old other story that the third parties project onto them (or otherwise suggest to them via whatever means of communications and influence available to influence the specific individual) which is consistent with the offending party doing ... whatever it takes to convince you to “Get, In”.

(see earlier forays into understanding the origins of the [GetInian language](#); [Whipping the GetInians, and transcendence](#); a sarcastic and rather demeaning [portrayal of the GetInians](#), including a proposed chant, and an argument that [GetInian society would see the rate of technological progress significantly reduced as a result of negative quantities of freedom](#).)

## **8 - anti-Nazi anti-brainwashing toolkit: Why “they” want to figure out what might make you feel guilty or deeply embarrassed. Also, vulnerabilities associated with sleep deprivation**

First, no one, and I mean NO ONE, deserves to be ambushed in psychological warfare. I don't care if you murdered, raped and tortured a human being, NO ONE deserves that. A well meaning person will come straight to your face and may share their opinion (perhaps not in a friendly manner) and perhaps even propose some sort of intervention whereby the individual may be reformed into something “good”.

**So, why do “they” want to ascertain your personal sense of right/wrong, what makes you embarrassed or ashamed, etc.?** At face value, it may appear that this is something more like a straight up blackmail, where they figure out something illegal or deeply embarrassing that you have done (or can be persuaded to believe that you have done, perhaps even just something that you imagined that you wanted to do, or that they planted in your mind as something you wanted to do via intensive and incessant projection, mentioning or neurolinguistic programming of unambiguously wrong things that you may start to think that you

actually desire) and then **may be able to persuade you to a) at least shut the fuck up in not opposing their proposed order of things, and b) ideally lead you to believe that “they” represent “good” in some manner, and therefore that you must resign yourself to the reprogramming**, aka, the brainwashing implemented via a variety of conditionings and mind fucking in general which is geared towards undermining your sense of self.

In short, it comes down to this: **Whatever it takes to make you think you “deserve” it**. Having identified what you think is “wrong”, they will play on this to try to persuade you that “they” are the “good” guys, and that you must be open to being reformed. This is especially so at earlier stages in the ambush in the psychological warfare, before it becomes patently obvious that some utterly evil trajectory is being trodden.

A) No one, and I mean NO ONE, deserves that. “Good” will always be up front with you, explaining their reasons, methods and desired outcomes, and leave you free to choose independently whether you will play ball in allowing yourself to accept support in facing your demons and cultivating your good side. (However, the extent of optionality is not 100% for practical purposes – the option may be something like mandatory counselling versus a prison sentence, for example.)

B) Having established your sense of right/wrong, what makes you embarrassed/ashamed, etc., “they”

will use this to “stick and carrot you better”, enroute to reprogramming you towards their desired ends, in the recent case, towards a pro-eugenics anti-socialist mode of thinking (and hence, the “anti-Nazi” part of the title of this manual).

In consideration of the above, and this has been mentioned several times in this manual, this suggests that in the digital age where we have mass surveillance in a context of partisan, ideological and/or nationalist plants in diverse security apparatuses, you should be extremely vigilant and wary in what you reveal of your non-anonymous self online (and moreover, may not wish to be so confident in your anonymity, given that the URLs or webpages you access may be available to these plants in the security apparatus, allowing “them” to easily piece together your identity by tying it to your ISP account or by identifying the IP address from which you access webpages where your identity can be confirmed – e.g., Gmail, banking, Facebook, etc. – and crossing this with a handful of observations of places you have signed in from at some “anonymous” public locations and observing which webpages are in common across the locations of these sign-ins).

**I also want to discuss the specific matter of “them” trying to make it look like they are looking out for you**, for example by various means of communication already discussed in this manual, suggesting/encouraging behaviours that are good for your health – this may lead you to believe that “they” have your best interests at heart. Indeed, friends,



family and a diversity of well-meaning people may intrude into your personal decisions and encourage you (perhaps even by shaming techniques – I tend to prefer discussions which do not revolve around negatively judging people, but which stick more with known facts and encourage the person to reflect on whether they may be stuck in a pattern that they might actually prefer to exit) to make decisions which are better for your health. You should not be inherently suspicious of this in normal times. HOWEVER, if you have reason to believe that there is a psychological warfare ambush going on, or if it is fairly clear that things have proceeded well beyond the ambush, you should be exceedingly suspicious of influences from outside of your closest circles (even then, a degree of suspicion may be warranted) which encourage you to make decisions which are good for your health. You do not necessarily need to oppose such advice (however, personally I'm inclined to obstinately assert my independence by continuing on with the less-than-ideal choices), but do not allow yourself to be persuaded that they necessarily have your best interests at heart.

In my specific case, this related to stopping smoking, eating healthier food, exercising more, and getting out more. The first two are unambiguously good personal health decisions. The third, exercising more, can be troublesome in two respects: one, it may bring you more into public spaces where you are more likely to be exposed to conditioning and brainwashing, and two, due to the physiological aspects of exercise such as increased heartrate and

release of endorphins, etc., this may help them to plant certain conditionings which can be triggered in other situations to “stick and carrot you better”. For example, pulling the “increased heart rate” trigger when accusing you of something, or when doing/thinking “wrong” things. The fourth, getting out more, can be particularly dangerous (but yes, it’s generally a good idea if you don’t get out a lot, and one of the most common pieces of advice in overcoming/addressing depression is to get out more, even when you don’t really feel like it) – not only does this expose you to a greater degree of neurolinguistically programmed conditionings and triggers, it also exposes you to a diversity of people who may be planted there to try to befriend you for the explicit purposes (even if they themselves are not 100% aware of it) of figuring you out, getting better information on you (to “stick and carrot you better”), and to subtly and slowly try to bring you over towards the proposed manner of thinking and the proposed order of things in the world.

In my case, this was very obviously a complete load of bullocks. On the one hand, in part by using conditioned triggers to help keep me awake, and in part by using tools of the security state to track my location, soon after arriving in any new location I would have new neighbours or numbers of people planted nearby my new location to make lots of noise to interfere with my sleep (the only prospect I would have of 30 minutes or an hour or two alone would be to NOT book my next location online, turn off my phone, randomly wander in an unplanned manner to find my next hotel, and desist

from going online – after going online, which I could barely resist because there was a very active counter-revolutionary communications campaign going on, it would be a matter of 30 minutes to an hour or two before things returned to their normal hellish self). For several periods extending into several months at a time, I was kept awake for nearly 24 hours a day, sleeping as little as 15-30 minutes or at times as much as 3-4 hours a night – extreme sleep deprivation in short (some of the people involved were apparently persuaded to believe that you can better figure out who a person “really is” after much sleep deprivation, however, the reality is that **this is a highly opportune time to plant false memories and more generally brainwash them, because their psychological willpower is significantly weakened during periods of sleep deprivation**).

Sleep deprivation is absurdly bad for your health, and I imagine that my life expectancy has been reduced by several years as a result of a period of about 3 years during which sleep deprivation was a fairly routine experience for me. Is it credible that they actually care about your health when at the same time putting you through sleep deprivation? Not even in the slightest. I’ll leave it to you to determine whether recourse to sleeping aids, from prescription pharmaceuticals to more traditional approaches such as alcohol and narcotics, may be worth your while. I don’t like to toy with such things because the use of sleeping aids leaves you vulnerable to addiction, and it can be extremely difficult to re-establish normal sleeping patterns

after becoming dependent on sleeping aids. Meditation may also seem like a good approach, but in fact in such situations I'm inclined to believe that this leaves you rather more exposed to the external influences – do not be deluded into believing that you can purely block out the external influences, you need to maintain active awareness of them and endlessly fight to avoid the laying of conditionings and triggers or other subversive efforts geared towards brainwashing you, even at the cost of extreme sleep deprivation or refraining from allowing yourself to take those oh-so-WONDERFUL minutes or two of a break (at certain levels of intensity of attack in psychological warfare, periods so long as a mere ten seconds may seem like your moment of heaven – if so, recall the vital importance of maintaining emotional equilibration in order to mitigate against the extent of conditionings which may be triggered at a later point to “stick and carrot you better”).

**However, on the specific matter of sleep deprivation, it is one of the most well understood things in psychology that getting decent sleep is critical for good mental health.** If you are being ambushed or are targeted in an intensive and enduring campaign in a psychological warfare situation, your prospects for good mental health in the short to medium term are poor – there can be no beating around the bush about this, you are going through hell and you will go through more hell, and if things have reached such heights, you need to be able to steel yourself in recognition of this – “For the REST of your life ...” they might say. Do not be

intimidated by such claims, rather, have confidence that humanity will come around and recognize evil for what it is, and that at the very least, the intensity of the psychological warfare will eventually subside significantly (indeed, such claims are presumably a major factor in blackmailing/intimidating the most likely sources of leadership – you cannot give up in response to such a threat, rather, if facing such threats, recognize your vital role in upholding hope and prospects for a return to the more natural order of things). In the meantime, **as a result of the sleep deprivation, you will have great difficulties maintaining your sense of self, your ability to distinguish between reality and the imagined, and will be highly vulnerable to reprogramming as a result.** Also, **you will be vulnerable to depression, eating disorders, and a variety of other things which are extremely bad for both your mental and physical health.** Your call. Sleeping aids or no? Do not lose hope, give up, and allow them to reprogram you. People who are up to such things wish to make use of you as a slave to work towards their proposed order of things in the world, and this is likely to involve repurposing you into something utterly antithetical to anything you ever wanted to be. In such a situation, document the experiences as best as you can, rewritten in more analogical or hypothetical terms if for some reason you fear charges of “mental illness”, a) in order to ensure that you do not lose touch with who you are, what you value, what you stand for, etc. and b) in order to help create some historical record of the experience at a later date when the psychological warfare subsides to the extent that others may feel

open to sharing *their* experiences. (However, at the same time, you should be striving not to reveal too much information about these things, because “they” will use anything they can figure out about you to “stick and carrot you better” in the process of brainwashing you into an entirely different sort of being.)

On the matter of sleep deprivation and a) whether to use sleep aids and b) how to maintain some sense of mental health without exposing yourself to being brainwashed, I think the answers are not obvious. Since participants in the campaign against you may have been persuaded to believe, as a result of the brainwashing, that they are indeed on the “good” side of things (perhaps the patently evil nature of the psychological warfare is not yet completely exposed), it should help somewhat, both in terms of your personal experience and in terms of helping them to realize that they have been woefully led astray, to make clear to the offending parties that **“they” cannot possibly have your best interests at heart when in fact they are putting you through a sleep deprivation experience that could reduce your life expectancy by months or years.** Finding a place of peace and quiet seems like the obvious answer, perhaps removing yourself to a remote location or a foreign country which you feel has high prospects of not yet having been heavily targeted in the psychological warfare campaign. But, in an era of brainwave technologies and potentially telepathically transmitted attacks, if you are a target to remotely such an extent as described in this manual, you will

only manage to remove yourself from the strongest external influences, and may still be exposed to influences which are liable to significantly interfere with your sleep.

In the worst case scenario, if you are at wits end and are unable to uphold hope of prospects that the psychological attack may never end, there is one further option available. As mentioned previously, there are “anti-psychotic” drugs which can help to numb your brain, and this will to a significant degree reduce the extent of the influence (be aware that extended use of these has a statistically high probability of causing diabetes). The external influence may not be eliminated entirely, but should be reduced to a significant extent (you may have to try a few options; also be aware that “they” may try to use a diversity of means, including a conditioned trigger of “hesitation”, “distraction”, “disinterest” or “boredom” to deter you from taking these pills which will significantly reduce their ability to continue the psychological attack). As mentioned previously, **such pharmaceutical options should be available from your family doctor**. In exposing yourself to a psychiatrist, you are liable to encounter an individual whose training pre-disposes them to write you off as “mentally ill” upon hearing a description which includes things like “people are following me”, “something embedded in the security apparatus is against me”, “people are outside my window or are booking rooms beside me or are having seemingly innocuous conversations beside me, for the purpose of trying to brainwash me” ... they will write you off as crazy and the

result is a diagnosis which, for practical purposes, implies that any efforts to report what is happening to you will be immediately and permanently disregarded for the fact of such a “diagnosis”. **If your family doctor will not write you the prescription for whatever reason, and it is difficult to access another doctor for a second/third try, be exceedingly careful in the storyline proposed to the quack, review the defining diagnostic criteria of schizophrenia before speaking with them, and if at any time they try to lead you in a line of thinking which is remotely similar to any of the diagnostic criteria you have learned about, insist that it is in no way, shape or form like that.** If they persist, end the conversation immediately, perhaps with something like “You know what? I think it was all just a bad dream. Now I realize that no such thing ever happened. All of that is utterly impossible, and I have great faith in the ability of the government to keep things 100% clean in the security apparatus. Sorry to waste your time. Who do I pay for wasting your time?” Also, unless things have changed significantly by the time you are reading this manual, do NOT waste your time going to the police. Not only might they create some sort of mental health “record” against you which may take away your ability to cross borders or which may be used against you to completely discredit you at any time you try to produce evidence or claims relating to the psychological warfare brainwashing campaign; moreover, they are liable to try to implicitly try to convince you that you are crazy, and that they will not accept any allegations of



criminal activity until you have seen a quack (yeah, so, pretty bad, first you *might* get a record that you're crazy, and then this is used to 100% discredit any claims you may make about the ambush and psychological warfare – do NOT let that happen to you, I only narrowly escaped it a couple times myself.)

## **9 - anti-Nazi anti-brainwashing toolkit: Confidence games – like it's over before it started**

Having begun with a sequential marginalist ambush, most of which not even really noticed until things had progressed rather far (hey, I was overseas during this period of time, so it was rather more obvious to me that things had been turned upside down and that people had been broadly intimidated against speaking about such things, although it was clearly not wise upon my return to discuss my suspicions about the precise natures of the psychological warfare too openly), once it starts to become clear to people that the apparent “good” of where things may lead is a load of horseshit, it may be presented as a *fait accompli*. E.g., “You are sooo STUPID” (like, game over already buddy, why put yourself through hell in trying to resist?), “welcome to the New World Order” (as though the psychological warfare campaign has succeeded

globally, and there's NO WHERE TO GO! – well, I promise you “they” had plants in quite a lot of places, and certainly managed to stick pretty close to me through Central America, parts of North Africa and India, BUT, consider that the internet is basically centered in the USA, so this need not run as deep as it might seem (at first glance), “You’re a Jesus” (there’s no hope in the face of the “Romans” and you’re going to figuratively be stuck up on a cross as punishment and serve as a sign to others of what happens to those who resist) ... **you get the picture, anything that suggests that it’s a fait accompli and that, in short, resistance is futile.**

My main reasoning in facing such claims was the following: “Where you’re taking things, that will not be a world worth living in – there is not a threat on the planet that can make me desist” (although for practical purposes this must be approached in a survival-weighted strategy). I’ve said it a few times already, and I’ll say it again: if the question of whether you’re facing something “good”, essentially benign or “evil” is at play, just consider whether the motives, methods and targeted end results are made explicit – if not, and in consideration of the utterly hellish experiences that you may be going through (and do NOT let yourself believe this is by accident, indeed, it is very much by design, and SOME people in such cases know EXACTLY what they are doing), it should be rather easy to identify whether you are on the right side of things and that this is indeed a fight that cannot be given up on.

If it all comes to this, you know it is time to double down efforts: set aside time from your preferred hobbies and social activities, etc., and spend as much time as you can spare spreading the message of what's going on in a way that will make clear to others that it is not, in fact, a *fait accompli*. You may prefer to do this in the offline world (where you will be rather highly exposed to neurolinguistic programming with visual/motion-laden triggers for/and reinforced conditionings) or primarily uphold your efforts in the online world. Personally, and very few people will quite understand this for the fact that I was a very high-level target and likely received several orders of magnitude more attention than just about anyone ... having understood that it was essentially impossible to resist the visual/motion cues associated with the neurolinguistic programming and conditioning/brainwashing efforts, I determined that it would be best to have at least some few people who might ultimately have resisted the brainwashing (and/or intimidation) for the fact of staying out of public places, and participated in the resistance (indeed, it was rather dark for a while, and many had been persuaded of the “*fait accompli*” nature of things despite the ongoing functioning of courts and electoral systems) almost exclusively online. At a much later date, however, when things started to come around somewhat, when faced with members of the public who were still enslaved as a result of the psychological warfare and brainwashing campaign, I would call them out on it very explicitly, and if they tried to call me out as “crazy” in some sort of highly demeaning voice for

pointing out what they were doing, I would say things to the effect of “yeah, we know what to do with THEM if they cannot unlearn” (as in, be willing and prepared to kill them if necessary, but give them perhaps a few days to come around and understand that they had been brainwashed ... but the point was more to express that if things could not come around, that a bloody revolution may indeed have been better than rolling over like dogs and allowing ourselves to all be brainwashed into something that was utterly antithetical to previously long-standing values and practices – in the space of mere days as I started to wander the streets widely, “insanely” singing out verses like “we can speak openly about it, everyone knows what happened, it was ambush and we will be ready next time” and engaging in implicit threats of lethal violence against those who called out that I was “crazy”, Hamilton Ontario became a pretty safe place (at least in my own time experienced out of doors), largely free from the ongoing neurolinguistic programming, brainwashing and campaign of intimidation against those who would speak out against it. Hey, Hamilton always leaned left and has long been tolerant of those with mental and physical health issues due comfort in its position as a health services centre – I knew there would be better prospects for achieving an at least localized end to the momentum of the pro-eugenics anti-socialist psychological warfare campaign, compared to most other places I’d spent time in. (Observe, however, that right wing parties have been given the boot basically nation wide in the last couple of years – Canada is now almost entirely ruled by moderate or

centre-left parties. In a recent visit to Canada, February 2016, it seemed very much as though the pro-eugenics anti-socialist psychological warfare brainwashing and intimidation campaign had largely drawn to a close, *for now* – **do not make the mistake of over-confidence.**)

## **10 - anti-Nazi anti-brainwashing toolkit: A specific case of how to convince you that untruths are true; how to overcome “their” overconfidence**

So, here you’ve definitely gotta have an open mind with regard to the paranormal to consider this account as remotely credible. Anyways, I’m going to go forward with sharing this account out of the possibility that it may be instructive for some.

I was being persuaded to, say “lift” a certain part of my brain, and “they” attempted to lay conditionings whereby they would be able to trigger such a “lift”. It didn’t take me long for me to be suspicious, but somehow I was persuaded (after several months of sleep deprivation) that it could be beneficial for me to get this down pat – controlling whether that certain part of my brain was in an “up” or “down” position.

OK, never mind all the other crazy stuff surrounding this account. Here's the part that I specifically want to relate. Eventually, "they" tried to persuade me that when this part of my brain was "lifted up" (you can actually do this, if you try, for example consider raising your eyebrows and being conscious of how this also moves a certain part of your brain, and you can also "master" being able to "lift" this part of the brain without raising your eyebrows.) Eventually, what happened was that they tried to persuade me to believe that they were able to read my mind when the part of my brain was in the "up" position (and hence the need to "master" selecting the positions). So, when I would lift this part of my brain (at times in response to the conditioned trigger), this is precisely the moment when "they" would project various accusations and claim them as true (as mentioned before "that's a REAL memory" or accompanied by "that's what guilt feels like" when triggering an increase in heart rate and/or butterflies), whereas in fact they were triggering some of the BULLSHIT "memories" that I have previously discussed.

This was part of the campaign to "win" against me, a) in part to persuade me to go to the police and admit to a "crime" that I had never done and therefore "justify" what they had been doing against me [and at the same time destroy the prospects of a political career which, by the way, hahahahaha (sigh ... and they fucked my up the ass for years... but anyways, they sure as heck exposed themselves in the most evil of manners, and hence the need to discredit me by any means possible in order to be

able to generally discredit any sort of accounts of my experience, such as some of the ones which are included as case examples in the present manual), I never had the remotest intention of ever pursuing], and b) in part to break me down in a sense of helplessness where I would feel that it was utterly impossible for me to resist, and that they could read my mind at any time (and therefore presumably use this to implant and convince me of various other BULLSHIT “memories”, some of which not yet planted).

In a fair number of occasions, I was able to figure out that what they were doing was basically harvesting a diversity of information which could only have been accessed via partisan, ideological and/or nationalist plants within the apparatus of the spy state (indeed, including a fair number of things which I had completely forgotten about, and some others which were essentially planted by myself to see how they would use it) and then introducing this in some cases via traditional means (say, seemingly innocuous conversations beside me in places I went to, or promoting the publication of certain articles which incorporated innuendo or even plain-as-day obvious segments which demonstrated what they “knew” about me and what the public was purported to believe about me) and in other cases via paranormal means, as variously described elsewhere in this manual.

**The main point here is the extent to which “they” may go to make you feel helpless, that “they” have complete access to any and all things in**

**your mind, that resistance is futile, and therefore lead you to give up in trying to maintain some sense of privacy or control over your mind, which, if it is not obvious to those who are open to consideration of the paranormal (and hence who do not discount such accounts outright), would greatly facilitate the planting of just about any “memory” or the ability to induce you to project whatever they were looking for at the time.**

Indeed, it took me quite a long time to make the offending parties understand that, indeed, they were not able to discern between “truth”, planted “memories” and works of pure imagination. Two strategies seemed particularly beneficial here. I actively constructed a scenario in my mind where I skinned a squirrel to the extent that I was able to wrap the now-slimey skin of the squirrel which was still attached to its body around my ... private part, and “fuck a squirrel” so to speak. I made it clear from the beginning that I was going to construct the scenario, and invited certain more sympathetic parties to elicit this “memory” as a demonstration. The joke that soon went around that “Everyone KNOWS that Nathan fucked a squirrel”, to make the point of a) the absurdity of the other accusations in consideration of the fact that I was actively involved in fighting against the psychological warfare campaign led by the pro-eugenicist anti-socialist revolutionaries but that, apparently, what REALLY MATTERED to people was whether I might have killed a cat 10 years previous or had inseminated an ex-girlfriend some 15 years previous – an absurdity indeed, even if both were 100% true,



since how the hell could either have possibly been particularly relevant in the context of what ACTUALLY mattered, the anti-Nazi anti-brainwashing campaign that I was actively engaged in and for others to see through what was going on and to “get, your, self”, and b) more so for the specific instance, the plausibility of any old faux “memory” being triggered and hence both that this can be done and also to be on guard against such things, and **hence any such “justice” or “investigation” approach using such methods is inherently flawed and could NEVER be counted on to produce remotely credible or reliable results even with the best of intentions on the part of observers.**

Working further against the matter of overconfidence on the part of observers who KNEW they could tell the difference between “truth”, planted “memories” and works of pure imagination, I introduced the following scenario. There are three situations, one of which true. First, I eat a 1 cent Swedish berry which I stole from Winks variety store in Nepean and can enjoy tasting the Swedish berry. Two, I make use of the “five fingered discount” to lift a Wonderbar from Macs variety store beside my high school in Hamilton, and share half of it with one character by the name of Andrew (I was always pretty sharing, but would never share HALF of a chocolate bar I’d paid for, more like a quarter at best), and remember Andrew’s giant goofy smile as he responds to receiving the chocolate bar. Third, “stealing” my own offering money from the offering plate at

church which had been given to me by my mother, pretending to put it on the plate but in fact keeping it, remembering later ripping open the small envelope, yielding a loonie, which I spent on a bag of salt and vinegar chips which I purchased from a nearby grocery store while out with my friend Alex after church (reasoning that it was my money anyways, since I'd been docked allowance that week for some reason or another – **STEALING FROM GOD NO LESS!**). All of which would suffice to demonstrate that I admit to having done something that was a “sin” (all of which theft) but for which I refuse to ask “forgiveness” for, and hence may be “deserving” of such punishment as they had been administering for the fact of refusing to own up to my “sins” (aka, shovelling out dirt on myself) which would be a pre-requisite to exiting “hell” and entering “heaven” (aka they'd leave me alone after and I could enjoy whatever world they were going about creating, but the sales pitch that it was the pathway to heaven, by that point in time, was utterly discredited by the reality of what they had been up to). “One of them is true...”, wait a second, “All of them are true...” wait a second, “None of them are true...” wait a second, “There’s a grain of truth in all of them, but none of them are true...” wait a second, “**YOU DON’T KNOW THE FUCKING DIFFERENCE! YOU HAVEN’T GOT A FUCKING CLUE!**” (Haha ... and a couple years later “they” are still they are trying to figure it out – as I write this, “they” are pushing various words through my mind to suggest levels of truthiness about the different scenarios in an effort to try to evaluate which of the scenarios is the true one, or all

of them true, or all with a grain of truth, or all imagined, or any possible permutations and combinations of the above. It suffices to demonstrate that they don't actually know the difference.)

Between the two, these helped significantly in reducing the intensity of the campaign to convince me that I'd killed a pet and "raped" an ex-GF (when I started to doubt myself an eency teency bit, the campaign expanded 1000-fold, and I had to contact her to obtain real-world evidence that I had never in fact "raped" her – indeed, we were both virgins ... the absurdity of the whole situation ... among other things, "they" tried to convince me that she'd gotten an abortion that she'd never told me about as a part of trying to convince me that I'd in fact "raped" her). However, there still appear to be a few remaining pro-eugenics anti-socialist revolutionaries who are bound and determined to "win" against me, and at many times when I try to have certain offending parties to understand the extent of influence which they are under, most likely in strong relation to a diversity of conditionings and triggers which sequentially and marginally built up the power of the influence of silent third parties, the "conversation" very often is redirected towards the only one of the thousands and thousands of accusations they tried to program into me and for which I do not have incontrovertible real-world "paperable" evidence of my innocence (and considering that it's virtually impossible to prove innocence in the absence of an alibi, and I almost NEVER have any alibi since I'm on my own most

of the time, this is quite an accomplishment) – the planted “memory” in relation to cat killing which originated from, as I mentioned previously, a) my plans to evade any claims that I might be some “Jesus” so that American right wing Christians might not try to force me into being something that I’m not, and b) as directed/projected during a period of vulnerability after moderate sleep deprivation during an observed period at a hostel in Porto, Portugal, during which I believed that I had been allowing myself to cultivate an understanding of how people could be evil via actively imagining myself doing a diversity of unambiguously monstrous things (DON’T DO THAT! For most people, this might potentially lead you into fantasizing about actually doing such things. Just, don’t, do it!).

In short, do not buy the bullshit that “they” can read your mind, and if some offending parties appear to actually believe that “they” are able to do so with any accuracy, such examples may help the offending parties to understand that they are woefully under the influence of silent partners who have conditioned and brainwashed them, perhaps rather completely without ever even noticing.

**11 - anti-Nazi anti-brainwashing toolkit: Towards the final step in convincing you that you “deserved” it**

**and that “they” can be trusted as  
“good”: “That’s what forgiveness  
feels like”**

a) this could be the final stage of brainwashing some bullshit into you, having started with the seed of a planted memory. In short, in admitting what they’ve been trying to convince you of all alone, your endless hell comes to an end, faced with “that’s what guilt feels like” with an increase in heart rate and butterflies, and if they think they have convinced you (or have managed to force the words “I did it” through you with an absence of resistance), this may be followed by “that’s what forgiveness feels like” with a trigger of shivers (supposedly euphoric).

This is ALL BULLSHIT. It’s all a cover to try to convince you that there are in fact up to good. I do not doubt that some had been “persuaded” (indeed brainwashed) into believing that this was true. But in reflection the methods, etc., it should have been fairly easy to convince them that it was all an inherently flawed way of finding “truth” (indeed, if you need to beat someone when they deny something and trigger “euphoria” when they admit to something, does this not seem rather likely as an approach which, when combined with other techniques described in this manual, are rather prone to brainwashing people)?

Here’s what really mattered to them, and I’ve basically said this already: Find something that you

will feel guilty/ashamed of, then use this to “justify” the treatment until you come around. Presumably many people just rolled over straight away and didn’t actually get a lot of punishment for not playing ball. If you didn’t play ball, however, MAN OH MAN, things did not get good for you. 1) All that mattered was that you were guilty of SOMETHING, and furthermore that this SOMETHING could be manipulated, exaggerated, etc., to the extent that people (and yourself) could be persuaded (brainwashed) to believe that this meant you “deserved” it, and 2) Similarly, all that mattered was that you would think that you “deserved” it.

No one, and I mean NO ONE, deserves that. We have laws which are largely transparent. If you want to change them, start a movement, lobby people, try to get it passed in legislature and upheld by the courts. Put the arguments up in plain air where everyone can see them, debate them, etc. Once a law is established, it is essentially not debatable, except in the sense that one may strive to have perceived unjust laws revoked, and that we may still disagree with it, but we will face the consequences for contravening established laws. Kangaroo courts and guilty by association and drumming slander into the individual and/or the public at large do not constitute “justice”.

You got brainwashed. If you can “get, your, self”, you may be able to forgive yourself. Screw this patronizing nonsense about forgiving people – allow them to redeem themselves and/or credibly

demonstrate that, even if not completely reformed, they are willing to play by established rules. Something more like “it’s good to see that you recognize that it was wrong, and are committed to doing differently” is miles better than “forgiveness”. How do you demonstrate “forgiveness”? You don’t hold it over their heads, you congratulate them (non-patronizingly) for doing better.

In case it’s not obvious, these optics surrounding the pro-eugenics anti-socialist psychological warfare and brainwashing were largely designed to get Christians on board to be open to accepting that it was actually “God” who was behind everything and that “there was no choice” but to “Get. In”.

Do not wait for God to make things better. This is tantamount to good men doing nothing, a.k.a., all that is needed for evil to win.

## **12 – anti-Nazi anti-brainwashing toolkit: Definitive preparations for psychological warfare**

More to come in future editions ...

Visit [TruthToPowers.org](http://TruthToPowers.org) or join the [Facebook page](#) of TruthToPower.org for building a historical record of those who suffered as a result of their participation in the anti-Nazi anti-brainwashing counter revolution.