

Reality Training

A lot of people do not understand their capabilities, so 'training' is required.

Too few know very much about 'brain washing' and that it is most easily dealt with through simple applications.

This works for any form or level of mind control known.

As an example, the 'super soldier' control breaks easily and completely.

The huge number of techniques used are of no consequence when reality takes over.

> First the 'de-programmer', parent, or whomever is undertaking this, needs to know what they are doing, and what they are dealing with.

Find something that happens or is a problem you are dealing with, preferably on a daily basis.

This can be anything that should not be happening, a problem that takes place daily, and that causes you to start your day off on the wrong foot, bad mood, etc.

A case in point is losing your car keys. A lot of fun tearing up the house looking for them, right? That is a 'first' level problem.

Constantly being late, unprepared, etc. are ALL mostly minor problems.

Resetting these involves the simple change of using the same location for your keys. This goes to habits as much as anything else. However, IF this is persistent no matter what you do, you will need to re-program yourself.

All this has to start with you, in order to be able to help yourself or others.

As I said, pick a recurring problem that is at least annoying, and address it. IF it persists, bring on the de-programming.

De-programming involves a system that allows you to reprogram you.

The best (and only) way to do this is within yourself.

There are several methods involved even at this low level, but the simplest will be presented.

Think in terms of a picture, this is a picture you 'see' in your mind. Oh yeah, you will need to close your eyes for this to work. A quiet place helps as well.

The picture you are after is not a daydream kind of picture, rather 'see' a real situation.

Designate a specific place to put your keys, and do not deviate from that. IF that solves losing your keys, then good enough. IF not, you will need to get your subconscious mind to help.

> The two conscious levels are conscious and subconscious.

Most do not understand how the mind works, especially in this area.

What you do as a conscious, awake person is easy. You go through your day, doing things, etc. This is the normal for most people.

The process involves 'envisionment' where you 'see' a picture of you/your actions, and show yourself accomplishing what you want or need to happen.

The subconscious mind records everything, and primarily directs your conscious mind and actions.

The really neat thing your subconscious mind does is to direct everything you do towards the goal you put in it. It does not matter what the goal is, everything you think, do, and say, goes as the subconscious mind directs.

This needs to be a regular, everyday, activity of envisionment for it to work. Keep doing all this until you reach your goal.

Some are quicker than others, some are slower. Doesn't matter when you succeed.

Only after you heal your own problems will you be able to be effective with others.

Influencing another person requires you to know the other person, intimately, as a best/good friend,

direct blood related, etc.

Those who have been brain washed, always have a 'chink' in their protection of their 'condition'.

> The key is that a person has to want true reality rather than someone else's ideas.

This is usually a weak link in the chain of thought or an incomplete train of idea.

Many have heard of kidnapping a person to forcibly deprogram them. IF and only IF this has an extreme hold on the other person's mind, is this called for. Think of grilling a person to the point of exhaustion and beyond to get the idea. If this is used, pay no attention to any emotional responses, as crying, sobbing, screaming, are normal responses.

On the other hand, if a person simply has wrong ideas planted, a very direct conversation can work well.

Whoever is talking to a person with this sort of problem, make sure to note the chinks in their protection or breaks in their chains of thought. These are the keys to causing the person to go, 'wait a minute', and question the info they were given.

Some people mistake a general acceptance for programming, in which case it may take multiple sessions before finding a weak spot.

Much of the ideas within political convictions come from peer pressure or the idea of being subject to the intimidation from everyone they know. Some of this is very nasty, unfriending and losing friends is very common when a person adopts a new outlook.

Going through life without very many, if any, friends is considered the same as being dead.

This can be a long and hard way to go, but, when the BS gets separated from reality, the person will find a much clearer path in everything.

Within this, a person needs to be made aware that they will need to learn 'reality' to the point that things like 'critical thinking' is what they wanted all along.

Practice seeing the 'hidden persuaders' that tell you that you need peer groups, that your life is defined by commercials, and that this is all Horse Hockey.

It will be found that most who propound 'this is The way to be', have no idea. That they are just as lost as everyone else, BUT, if you follow along, it is better than being independent.

After getting the basic idea of 'reality', go into it to the extent that the truth of reality will carry them the rest of their lives.

The idea of shows is to take a person out of their reality and allow them to 'escape' into the fantasy land being shown.

The idea of 'commercials' is to direct a person's thinking in a specific direction, usually stipulating you ain't nothing without these clothes, car, house and job.

Sit together and have them point out the raging mind controlling and brain washing BS.

There are a lot of armor involved in protecting a person's mind. Holding a thought that exposes those who are trying to control you, subjugate you, is very refreshing. Clear unadulterated thinking defends itself through understanding what is really going on.

It is my hope that what I have presented here, helps many, but even one is more than adequate.

Thank you,

Drake

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